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Milford-Orange Times

Vol. 8 / Issue 7

www.TheOrangeTimes.com

June 20, 2019

Orange Clarifies Recycling Rules For Residents



Sherill Baldwin from the Connecticut Department of Energy and Environmental Protection, left, and Orange Recycling Committee Chair Mitch Goldblatt, right, speak to an audience at Case Memorial Library June 10 on navigating the town's recycling rules.

By Brandon T. Bisceglia

The Orange Recycling Committee held a presentation for town residents June 10 at the Case Memorial to clarify what can and cannot be recycled.

The event sought to provide guidance for residents at a time when the town, like many others around the state, are facing higher recycling costs that have spurred more stringent policies by recycling companies on what they will accept.

Sherill Baldwin from the Connecticut Department of Energy and Environmental Protection led a thorough discussion describing the entire process of recycling, from bin to market to resale.

"We are at the front line of that system," she told the audience.

Many of the recent changes in the recycling process are being driven by new policies in China, which has historically

bought many of the recyclables generated in the U.S. China enacted policies in 2018 banning the import of unprocessed plastic and mixed paper. It also raised its contamination threshold for other plastic and paper recyclables to 0.5 percent.

As a result, recyclables have had fewer places to go. In 2017, about 36 percent of recyclable plastics from the U.S. went to China. That dropped to only 5 percent in 2018. Paper exports also fell precipitously, from around 60 percent to 40 percent.

Markets have already begun adjusting to the new requirements. Some paper mills and plastics processors are opening in the U.S. to take up the slack from what China is no longer accepting.

In the meantime, residents have not adjusted their own recycling habits, which fall far short of those requirements.

See Recycling on pg 15.

Milford Hospital Acquired By Bridgeport Hospital



Milford Hospital has been acquired by Bridgeport Hospital under the umbrella of the Yale New Haven Health system. Photo by Sgt. R.K. Blue.

By Brandon T. Bisceglia

Milford Hospital employees had a new employer as of June 10.

That was the day they officially became employees of Bridgeport Hospital, part of the Yale New Haven Health system.

The hospital merger had been in the works for about a year, as Milford Hospital sought a way to stay afloat after years of declining patient volume and falling reimbursement rates for care.

The final piece of the deal fell into place June 7 when the Connecticut Officer of Health Strategy gave its approval, which hinges in part on a cost cap that ties the rate of cost growth to the consumer price index.

Connecticut Office of Health Strategy Executive Director Vicki Veltri said in a news release that the cost cap will help allay a nationwide problem in cost growth.

"For residents who use Bridgeport Hospital in Bridgeport or Milford, that will keep cost growth in check and stabilize it in the future," Veltri said in a news release.

YNHH says it will invest heavily in Milford Hospital, including an agreed-upon \$50 million to improve clinical services and physical infrastructure. The plan is to make Milford Hospital a center for gerontologic health.

Milford Hospital likely would have been unable to survive without the merger. The announcement a year ago came on the heels of the resignation of hospital president Joseph Pelaccia. Financial distress had already led Milford Hospital to start a collaboration in 2014 with Bridgeport and Yale New Haven hospitals to house their Inpatient Rehabilitation Units.

Numerous hospitals in the area fall **See Hospital on pg 11.**

Duck Day In Milford



The United Way of Milford and the Woodruff Family YMCA hosted the second Annual Milford Harbor Duck Race on Saturday, June 1, 2019. Finn and Cole Macomber. Photo by Wendy Macomber

Orange Native Opening Gym In Hometown

Orange native Arsen Sapsa is opening a 10,000 square-foot membership gym at 464 Boston Post Rd. in the town where he grew up.

The gym, set to open sometime in the fall, will have over 50 strength machines, indoor turf, personal training, a full cardio section and a powerlifting section which will allow the use of chalk.

Sapsa said that he spent over three years collecting the necessary equipment through sites like Craigslist and Facebook Marketplace.

"I knew that I wanted to open a gym since I was 14 years old," he said. "Once I graduated high school, I decided to take a risk and pursue this dream instead of going to college."

Sapsa got his personal training

certifications but didn't have any clients or money. Instead he walked door-to-door in Orange and offered to train people for free in their own homes, hoping to build a clientele.

"I purchased 5,000 postcard advertisements, but I couldn't afford to ship them out," he said. "So I rode my bike around town, opened up people's mailboxes and put my postcards inside. These methods worked very well for me."

Sapsa opened his first facility in Milford at the age of 19. After about a year he relocated across the street into a 2,000 square-foot facility.

Sapsa is currently taking presale memberships on his website at arsensgym.com.

Campaign Season Beginning In Milford, Orange

The campaign season in Milford and Orange is beginning to ramp up ahead of elections in both municipalities this November. In Milford, Republican Dan German has launched his campaign against incumbent Democrat Benjamin Blake, who is running for a fifth term for mayor after recently passing a budget with a small tax cut. In Orange, where Republican James Zeoli currently serves as first selectman, no challenger has been announced. Democrats are expected to choose an opponent shortly after their July 16 caucus.

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News & Events

Orange Players Seeking Playwrights

The Orange Players is seeking authors of unpublished works for its fall performance of "Acting Up!," an evening of 10 ten-minute one-act plays.

Scripts should be sent via email to TheOrangePlayers@gmail.com no later than June 30 and must: be no longer than 10 minutes when performed; consist of two characters or more; and be in script format. Set pieces needed for each work must be relatively small in size – pieces that can be moved by one or two people at the most. Additionally, playwrights must be at least 16 years old.

Each playwright may send up to three script submissions, which will be reviewed by the Orange Players One Act Reading Committee. Selected authors will be contacted no later than July 30.

A meet-and-greet for directors and playwrights will be scheduled during the week of Aug. 26. During that event, each author will have an opportunity to speak about their play for a few minutes. Copies of the plays will be on hand for directors to read through. All names will go into a hat and each director will pull out a selection and be assigned to that play, though they will have 20 minutes to swap their assignment

with another director. Each director must agree to a swap.

Open auditions for the plays will be held for two nights on Tuesday, Sept. 3 and Wednesday, Sept. 4 at High Plains Community Center, which will also be the location for the performances and tech week. High Plains is located at 525 Orange Center Rd. in Orange.

The Orange Players will provide one copy of the script to each actor and director of the assigned plays. Playwrights may attend the auditions, but may not audition for their own works.

Technical rehearsals will be held Oct. 21 through Oct. 23, at 7 p.m., with a dress rehearsal on Thursday, Oct. 24 at the same time.

Playwrights, directors and cast will provide their own props and costuming. No special will be available. Overhead hanging microphones will be used during the performances; there will be no body mics.

The shows will take place on Friday, Oct. 25 and Saturday, Oct. 26 from 8 p.m. to 10 p.m. Seating will be cabaret-style, and attendees will be allowed to bring their own light adult beverages and food.

Milford's German Kicks Off Mayoral Campaign



The campaign for Milford Republican Dan German held its official kickoff in the race for mayor on June 11 at Stonebridge Restaurant in downtown Milford. German is running against incumbent Democrat Benjamin Blake. Inset, Rich Conine and Dan German. Photos by Steve Cooper.

Orange Democrats To Hold Caucus

Orange Democrats will hold a caucus to choose candidates for the Orange Democratic Town Committee July 16 at 8 p.m. at High Plains Community Center, located at 525 Orange Center Rd. in Orange.

Enrolled members of the Democratic

Party in Orange are eligible to participate.

The caucus is required by the rules of the Democratic Party and state election laws. In addition to endorsing candidates, the caucus may conduct other relevant business that comes before it.

News & Events

A Look Back

By Priscilla Searles

It is Feb. 12, 1950, and the Orange Police Department is celebrating the opening of its new building, located at 355 Boston Post Rd. Chief Carl A. Peterson, who designed the structure, heads the department. He often can be seen traveling up and down the Post Road on his motorcycle seeking truckers who are ‘breaking the law.’ Because haulers traveling north were forced to go via Route 1 in Orange (it would be 1958 before most of I-95 opened), Peterson has no problem promoting the “watch out for Orange” reputation. Today’s sophisticated headquarters, located on Lambert Road with a personnel list of 58, is a far cry from the small but dedicated police force of 1950. The red brick Post Road building has long since disappeared.

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 Orange Police department building at 355 Boston Post Rd. in 1950. The building has long since been replaced. Photo courtesy of the Orange Historical Society.

Orange Community Farmers’ Market Opening

The Orange Community Farmers’ Market will have its opening day on Thursday, June 27 under the pavilion at the Orange Fairgrounds at High Plains Community Center.

There will be many full-time and part-time vendors selling their farm-grown products including vegetables, fruit, meats, baked goods, honey, pasta, soaps and crafts. Farms from the local area will be present, including Grassy Hill, Laurel Glen, Oronoque and

Shamrock. Other vendors include Durante’s Pasta, Lizzie’s Corner, Mill Pond Essentials, New Haven Teas, Sugaree Acre, and Sweet Seidner’s. Food trucks include Cousins Main Lobster, Dad’s Desserts, Lenny & Joe’s Fish Tale, Tippy Cones and Zuppardi’s Pizza.

Guest vendors are scheduled throughout the season. Paparazzi Jewelry and Harper Keehn Knife Sharpening will be attending

the June 27 opening. Bring your knives or tools that need sharpening.

Five bands are scheduled throughout the summer to perform under the gazebo beginning at 6 p.m. Boogie Chillun will kick off the market on June 27. Other performances include Fools on the Hill on July 18, Al n Sal Duo on July 25, Bad Moon Risin’ on Aug. 8 and the Vybrations on Aug. 22. Instrumentalists will perform

under the pavilion on dates when bands are not performing.

The market runs on from 3:30 p.m. to 7 p.m. on Thursdays until Sept. 26. There will be no market July 4, Aug. 1 or Sept. 12. High Plains Community Center is located at 525 Orange Center Rd. in Orange.

Check the website at farmmarketorange.com for vendor and entertainment schedules. For additional information call 203-891-1045.



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Opinion & Editorial

The Anti-Business Session Pushing More People Out Of The State



STATE REP. (R-119)
KATHY KENNEDY

The 2019 session has now been completed, and as a first-year legislator, I must say I was shocked and dismayed by the majority party and the governor for pushing through legislation that will ultimately make Connecticut less attractive and affordable to live, work or retire in.

There seemed to be a real lack of understanding this session by legislators about the real financial costs of the many bad economic policies foisted on the business community. Overwhelming testimony I read and heard talked about how Connecticut is too expensive to live or to run a business and anything the General Assembly could do to mitigate would be much appreciated.

This year, we unfortunately have seen a large corporate exodus from our state. I, along with other House Republicans, have fought for pro-job growth legislation, less regulation and lower taxes, and against the punishing economic policies of higher taxation and more business mandates that has led to negative job growth in Connecticut and an outward migration of residents to lower-taxed states.

Here is a list of the latest departures: Hubbell, IT equipment manufacturing (54 jobs), from Bethel to Alabama; Stag Arms, firearms manufacturing (103 jobs), from New Britain to South Dakota; United Technologies, a Fortune 500 company, headquarters (100 jobs), from Farmington to Waltham, Massachusetts; and Forum Plastics, plastics manufacturing, (150 jobs), from Waterbury to somewhere out of state as yet to be determined.

No wonder businesses are wondering whether Connecticut is worth the blood, toil, tears and sweat required in making a successful company. Just look at the newest list of taxes that were raised during the 2019 session, including on digital downloads, prepared food from grocery stores and restaurants, plastic bags, soda and alcoholic beverages, bus fares, dry cleaning, parking, rideshare services, safety apparel, small business pass-through income, an extension of the 10 percent corporate surcharge, and increased filing fees for LLCs and LLPs.

My hope is Connecticut lawmakers finally realize punishing businesses that want to stay and do business here only leads to fewer businesses coming to Connecticut and fewer jobs for state residents.

As always, if you have questions about our state government, please contact me by phone at 1-800-842-1423 or by email at Kathy.Kennedy@housegop.ct.gov.



STATE REP. (R-114)
THEMIS KLARIDES

Partisan politics aside, the economy of Connecticut is not in a good place and has been at a constant disadvantage in comparison to our neighboring states and the entire East Coast for more than a decade.

It should not be seen as mere coincidence that a company employing 19,000 individuals that has called Connecticut home for almost 100 years announced the departure of its headquarters and is moving north to Boston. Connecticut's largest employer, United Technologies in 2014 said, "Connecticut is a great place to do business," while simultaneously receiving a \$400 million tax relief package. Yet just a few days after the close of the 2019 legislative session the company announced its next business endeavor will be in Massachusetts.

There were rumors of UTC's concern for Connecticut's business landscape and economic future in late 2018, and Gov. Ned Lamont was aware. Lamont has prided himself on being a businessman with a depth of experience that Connecticut will benefit from.

I think we have rough waters ahead given the recent announcement of UTC's headquarters departure and the new antibusiness, antitaxpayer agenda pushed through by Hartford Democrats. I think it is fair to anticipate more companies based in Connecticut announcing their offloading of assets, relocating headquarters or beginning new phases in other areas of the country.

A devastating ripple effect will be triggered when the governor signs almost \$2 billion in new tax revenue into law. One of the most tragic things I will have seen be thrust upon the economy of Connecticut is the agenda of a lawmaker at the expense of our state and local economies. We often hear about the state's economic health regarding future generations, but what about our existing, present-day population? The people trying to make a life for themselves and their families today continuously say the cost of living in Connecticut no longer makes fiscal sense.

They have found more reasons to leave thanks to Lamont and Hartford Democrats and the new taxes they will have to shoulder. Only days after the close of the session we can already see a stark contrast has swiftly been struck. As the majority party rejoices over their progressive agendas awaiting the governor's signature, businesses and taxpayers are lining up to announce their departures.

The Good, The Bad, The Ugly



STATE REP. (R-117)
CHARLES FERRARO

The legislative session ended on June 5 with many bills that passed that will benefit our state and some that I believe will move our state in the wrong direction.

Here is a highlight of the good, the bad, and the ugly bills that passed during the legislative session.

The good:

HB 7156, An Act Concerning the Procurement of Energy Derived from Offshore Wind. As the House Republican leader on the Energy & Technology Committee, I worked with my colleagues to pass this bipartisan legislation that is good for our environment and our economy. This bill gets the state closer to renewable portfolio standard targets and generates economic development in southeastern Connecticut. It will also begin the process of opening up both New Haven and Bridgeport ports to offshore wind. A \$93 million investment in New London will start our offshore wind industry in Connecticut.

SB 3: An Act Combatting Sexual Assault and Sexual Harassment. I supported this legislation that supports victims of sexual harassment and assault and encourages them to come forward to hold perpetrators accountable.

HB 5524: An Act Increasing the Penalties for the Sale of Fentanyl. This legislation is critical to helping us combat the opioid epidemic and make sure dealers of fentanyl get harsher penalties.

The bad:

HB 5004: Increasing the Minimum Wage to \$15. As a small business owner myself and after talking to many local business owners in our communities, I could not support this rapid increase in the minimum wage. Small businesses are struggling to survive in Connecticut and increasing the minimum wage will result in many small businesses having to lay people off or having to close their doors.

SB 1: Paid Family Medical Leave with a Payroll Tax. I first want to state that I am in no way against the idea of paid family medical leave. But I am not in favor of this legislation that asks every Connecticut worker to contribute to a program that they may never use. The tax is going to take 0.5 percent out of your paycheck and will entitle employees to paid leave up to \$606 per week for a period of 12 weeks. The program's estimated startup costs are over \$13 million, and it would cost up to \$18.6 million annually to run.

The ugly:

The two-year state budget. When Gov. Ned Lamont came into office, I was hopeful he would make serious changes to the way we do business in Hartford. Unfortunately, he followed legislative Democrats and passed a two-year state budget that raises taxes nearly \$2 billion and spends an additional \$1 billion.

In addition, business owners operating as LLCs will pay an estimated \$50 million more in income taxes under the pass-through entity tax. New taxes on digital downloads, plastic bags and restaurants will all hurt the taxpayers and businesses of Connecticut.

We need to start doing things differently, and this budget just keeps us going in the wrong direction.

As always, please feel to contact me with any questions or concerns you may have at 860-240-8700 or Charles.Ferraro@cga.ct.gov

Editorial: Legislative Session A Mixed Bag

By Brandon Bisceglia

The Connecticut legislature passed a two-year budget a full day before the end of the session. In the world of state politics, this kind of on-time performance is hailed as a victory. For comparison, negotiations in 2017 over the last budget took until late October to resolve.

On the other hand, this budget was passed in part by decoupling the most controversial issue – highway tolls – and pushing them off into a special session. Had tolls remained part of talks in the Capitol during the regular session, we would almost certainly still be waiting for a budget.

This tradeoff between yin and yang is emblematic of the entire session. The resultant achievements were middling – not terrible, but not great either.

The budget itself contained no new income taxes, a promise kept by the freshman administration of Gov. Ned Lamont despite objections from many in the progressive wing of his own Democratic party, who lobbied strongly for raising taxes on the wealthiest families.

Lamont held the line on income taxes for everyone, but he and the Democrats (Republicans were largely shut out of budget negotiations) only did that by raising taxes on previously exempt services and adding other costs and fees that will disproportionately strain working-class and middle-class households.

All that, and tolls are still in play. We agree with the administration that tolls are probably the most stable and effective way to raise the kind of transportation revenue

See Session on pg 5.

Letters To The Editor:

Speak Your Mind -The *Milford-Orange Times* encourages readers to submit letters to the editor. Letters should be limited to no more than 350 words. Submit letters to publisher@theorangetimes.com. Letters may be edited for clarity or content. See theorangetimes.com/print-schedule for submission deadlines.

To the Editor:

It has been my pleasure to work for the Town of Orange for the past 37 years. One of the duties of my job as Office Manager-Selectman's Office included secretarial work for the Memorial Day Committee.

The committee made up of 20 Orange residents from all walks of life work tirelessly and meet every other week from March to May to choose the parade honorees from Grand Marshal, Honorary Chief of Staff, Honored Veteran and Keynote Speaker. It is not an easy task and they work very hard to choose the best candidates. Other duties assigned to the committee include hiring the marching bands and putting all the organizations in marching order down Orange Center Road to the Orange Cemetery. All residents of the Town of Orange should thank the Memorial Day Committee for their hard work year after year. Their main concern is to have the best parade and they have been successful year after year.

I thank the Memorial Day Committee for their parting gifts. They were overly generous.

Karen S. Goldberg, Orange

Milford-Orange Times

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Senator's Seat: Sen. James Maroney

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Cathy Bradley, Running	Barbara Lehrer, Real Estate	Raymond Spaziani, Wine
Joanne Byrne, Retirement	Annamarie Mastrangelo, Flooring	Pam Staneski, Milford Chamber
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The Milford-Orange Times is published by The Orange Times LLC, P.O. Box 584, Orange, CT, 06477
Phone: 203.799.7500 Online: www.milford-orangetimes.com

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Opinion & Editorial

Session Continued From Page 1.

Connecticut so desperately needs. But we also agree with opponents that, no matter whether you call it a tax or a user fee, tolls will add to the already high costs of living and doing business in the state.

So will the paid family and medical leave legislation that passed this session. It's laudable that lawmakers want to give everyone the ability to take up to 12 weeks of leave when they have a baby or need to tend to a sick family member. But there's no denying that residents are facing a new tax for this privilege: a 0.5 percent payroll tax with no opt-out. That means a reduction

in take-home pay, regardless of whether you ever use the option.

It's also likely to put some small businesses in a bind, because even an employer with one worker will have to provide the leave and hold the job until that worker returns.

Small businesses are also getting hit with a rise in the minimum wage over four years to \$15, which passed this session. Even if the change doesn't result in lost jobs for workers, it will raise costs for employers. Some of that will almost certainly find its way into prices, which means rising costs for everyone.

Everyone should be able to have a living

wage. It's unconscionable that there are people in this state who work full time and cannot afford a mortgage or rent payment. Raising the minimum wage was the right thing to do, but the dramatic schedule on which it was done poses a risk for everyone.

Municipalities dodged a major new expense in a proposal that was dropped to make towns and cities contribute to the Teachers' Retirement Fund, which is currently handled entirely by the state. Both Milford and Orange included the anticipated costs of these contributions in their own budgets. Now they'll save hundreds of thousands of dollars between them and perhaps have a little more wiggle

room than they thought they would. The relief, though, also comes with a note of caution. The fund, which is already a ballooning driver of state debt because of about 70 years of underfunding, is being restructured to push debt payments out many years into the future. That will even out the payments, but will also mean that our own children, if they choose to stay in the state, will still be facing them.

That, of course, is what our own parents and grandparents did to us. Connecticut has a long way to go to break some of its steadiest habits.

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Unattended Oven Leads To Kitchen Fire In Orange

A fire in an unattended self-cleaning oven on the night of June 1 caused damage to an Orange home and led to three people being evaluated for smoke inhalation.

Orange Fire Chief Vaughn Dumas said firefighters were called to 832 Quarter Mile Rd. shortly before 9:30 p.m. for a report of an oven fire. Firefighters discovered that the family had set the self-cleaning oven to clean and then left the house. When they returned, they found the house full of smoke and items in the storage drawer under the stove burning.

"The family called 9-1-1 and they were able to put out the fire and remove the storage drawer from the home," Dumas said. "In doing so, however, they inhaled a lot of smoke, causing some health concerns."

While some firefighters cleared smoke from the home, others performed an initial medical evaluation of the three people in the home. The residents were further evaluated by American Medical Response personnel but declined to go to the hospital.

Dumas said the fire resulted in damage to the oven and smoke damage to the

kitchen. The Orange Fire Marshal's office is investigating the incident.

"Operating between 800 and 1,000 degrees, self-cleaning ovens are a great convenience, but should not be left unattended," Dumas said. "While some ranges have storage drawers underneath the ovens, homeowners should be certain that the drawer is indeed a storage drawer rather than a warmer or broiler. It can be confusing. And, like any other appliance, ranges need to be maintained and used following instructions."



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89 Pond Point Ave, Milford \$350,000



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87 Pearl Hill Street, Milford \$242,000

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Arts & Entertainment

Arts Matters

by Patricia Miller

Logic will get you from A to B. Imagination will take you everywhere.
— Albert Einstein

THE ORANGE PLAYERS held a membership meeting on June 12 at High Plains Community Center in Orange. After the business meeting was concluded, program chair Thomas Homa introduced the featured speaker, Howard Sherman. Sherman went to High Plains Elementary school and graduated from Amity High School. He was a member of the Orange Players and performed in their 1979 production of *Fiddler on the Roof* as Motel the tailor. He began his professional life as a press associate at the Manhattan Theatre Club, then became public relations director at Hartford Stage. He remained there for six years before moving on to other jobs: general manager at Goodspeed Opera House, director of the Arts Integrity Initiative, director of Stage Direct, director of Alliance for the Arts, interim director of Inclusion in the Arts Initiative, executive director of the Eugene O'Neill Theater Center and executive director of the American Theater Wing, the organization presenting the annual Tony Awards.

He is currently a columnist for *The Stage* newspaper in London and is working on a book about the Thornton Wilder play, *Our Town*. He has had (and is having still) a life filled with exceptional theatrical experiences. His presentation was entertaining as well as thought-provoking, loaded with references to theater events and personalities and more philosophical topics regarding arts advocacy. Sherman has served as a voice for integrity in the intent as well as the production work of the theater. He has traveled to many communities to address boards of education and other groups in support of the production of such plays as *Rent*, *Sweeney Todd*, *Joe Turner's Come and Gone* and *Twelfth Night* when these and other works met with opposition. A few years ago he spoke at an Amity Board of Education meeting in regard to a play scheduled there.

The meeting was well-attended and the speaker well-received. If he hadn't had to catch the 9:58 p.m. train back to New York, the questions and answers could have lasted well into the night.

ART IN THE LIBRARY (176 Tyler City Rd., Orange) has a three-artist exhibition for the month of June. Rita Kelly will exhibit watercolors, Frand Gorda will exhibit oils, and Richard Christopherson will exhibit oils. The artists' reception was held earlier in the month, but the show will continue until the end of June. The Art in the Library Committee sponsors monthly shows by area artists in the second-floor gallery. The art is available for viewing during regular library hours, except when there is a special program in the meeting room.

THE 2019 STEPHEN SONDHEIM AWARDS for high school musicals were presented at a gala ceremony June 3 at the Shubert Theater in New Haven. It was a festive night, with scores of teen performers, as well as teen and adult audience members who milled around the lobby, found their seats in the theatre or reported backstage. Many were formally dressed in tuxes and gowns. The performances of production numbers by cast members of musicals from schools nominated for Best Musical were exceptional. Students nominated for Best Actor and Actress and Best Supporting Actor and Actress also performed in group numbers. The level of talent in these young



Orange native, Howard Sherman, who has led a varied career in the theater world, spoke to the Orange Players June 12. Contributed photo.

people was not to be believed. Much credit was given to mentors, directors, choreographers and production staff in the speeches of the award winners. This year, Andrea Kennedy brought home the award for Best Choreography for Amity Creative Theater's *Catch Me If You Can*.

Amity Creative Theater director Rob Kennedy invited Frank Abagnale, on whom *Catch Me If You Can* is based, to attend a performance of the show. Abagnale is the young man who successfully assumed the identities (and duties) of an airplane pilot, a doctor and a lawyer while embezzling \$2 million, all before he was 21. He served five years in prison and then was offered a job with the FBI as a respected lecturer and fraud consultant. Abagnale's schedule did not permit his attendance.

A few days ago, Abagnale's representative called Kennedy and said Abagnale would be at the Mohegan Sun casino and would be delighted to meet the cast. A bus was hired, and the cast went to meet him. In his presentation, Abagnale mentioned the Amity cast a couple of times and said he thought it would be a wonderful idea if the cast would perform a number from the show. They did so, a cappella. They had no music for a production number, which sources say, was sung and danced with perfect pitch and perfect rhythm by the full cast.

AMITY REGIONAL HIGH SCHOOL (25 Newton Rd., Woodbridge) held a STEAM Day May 20, which was funded by the Jamie A. Hulley Arts Foundation. The event showcased the arts and sciences. A turtle fashioned from used plastic items greeted fifth grade students from Bethany, Orange and Woodbridge. Marine biology students made the five-foot turtle sculpture as part of "Plastics in the Ocean," a conservation project funded by the foundation. The students were inspired by reports about the Great Pacific Garbage Patch and efforts to clean it up, and they created a conservation awareness project to share with the Amity community. They worked in teams, producing educational materials, including

the turtle sculpture made of single-use and scrap plastic. Other teams contributed gyro demonstrations and provided ideas for alternatives for plastic products. An art contest was created by another team in which students were to design a graphic for a reusable shopping bag.

St Gabriel Parish Hall (26 Broadway, Milford) is featuring a traditional Irish music session on Thursday, June 29 at 7:45 p.m., sponsored by P.V. O'Donnell Comhaltas Eireann. The session is free. Musicians, dancers, singers and guests are welcome. Attendees are asked to bring their own beer. Fiddler Cate Sandstrom will join the session. She is a well-known traditional Irish fiddler from New Jersey. Her musical versatility allows her to move between music genres with ease. She studied classical music first, and later studied Irish traditional music with American fiddler maestro Brian Conway. She has been a top prize-winner in the Fleadh Cheoil Competition and won the Over 18 Slow Air Competition in 2018. The sponsor organization was founded in 1951 in Ireland to promote Irish traditional music, song, dance and language. For information on this session, call 203-876-9937.

MILFORD ARTS COUNCIL (40 S. Railroad Ave., Milford) is presenting English playwright Frederic Knott's *Wait until Dark*, on Friday, June 21 and Saturday, June 22. This is their third play in their 25th season. Directed by Kevin Pelkey, the complex and suspenseful play is the story of Susy, a blind woman left alone in her apartment. She becomes involved with a group of con men who are attempting to steal a mysterious doll brought back by her husband from his travels. Tension builds as Susy is left to fend for herself. But with the phone line dead and the house plunged into darkness, can she outwit her murderous visitors? For tickets, call 203-878-6647 or go to milfordarts.org.

MILFORD ARTS COUNCIL (40 S. Railroad Ave., Milford) holds an open mic night on the second Wednesday of every month. The next one will be on July 10. The winners of each session will compete on

Wednesday, Aug. 14 for the coveted spot to perform at the Milford Oyster Festival.

Any kind of performance suitable for the stage, including song, dance, comedy or monologue, is acceptable as long as it is family-friendly, since there are often children with their parents in the audience. Registration is at MAC at 6 p.m. Admission is \$5 at the door. Attendees are encouraged to bring your own everything. Concessions will be available.

THE INTERNATIONAL FESTIVAL OF ARTS AND IDEAS (New Haven) still has a couple of days to go. Some programs worth noting that still remain to be seen include "Home," featuring a house party to which the entire audience is invited. Absurdist Geoffrey Sobelle's visual spectacle is a meditation on the meaning of home. It is at the University Theatre (222 York St.) Thursday, June 20 and Friday, June 21. You can catch the Yale Choral Artists, the Voices of New Haven, at Sprague Hall (429 College St.), a group known for performing captivating and deeply moral choral works. Their selections include new music from musicians who have roots in New Haven, such as Caroline Shaw, Christopher Theofanidis and Aaron Jay Kernis. On Friday, June 20 the World Refugee Food Bazaar will be held, where one can experience the food and cultures of those who have resettled in Connecticut. Enjoy food and drink prepared by the Sanctuary Kitchen while listening to the concert on the New Haven Green. On Saturday, June 22, Tempo Libre will perform on the New Haven Green with the New Haven Symphony Orchestra under the inaugural direction of the newly chosen NHSO music director and conductor, Alisdair McNeal. For tickets and information, go to artidea.org.

ALISDAIR MCNEAL, recently chosen to succeed William Boughton, who ended his 12-year tenure in May as music director and conductor of the New Haven Symphony Orchestra, will officially take over on July 1. He has deep roots in New Haven, having spent six years at the Yale School of Music, where he received a master's degree in conducting in 1985. He then spent three years as the conductor of the Yale Symphony Orchestra. Subsequently, he led symphonies in California and Idaho. He is pleased to return to New Haven and says he intends to take the NHSO, the fourth-oldest symphony orchestra in the country, to new heights. The 2019 season begins in October and subscriptions are now on sale. Call 203-865-0831 or go to newhavensymphony.org.

ORANGE ARTS AND CULTURE COUNCIL (525 Orange Center Rd., Orange) has announced that the bus to the New Haven Symphony Orchestra's Classic Series will once again be provided for the 2019-2020 season, thanks to a generous grant from the Orange Foundation. OACC believes that this transportation option is a valuable community service that supports the mission of the council to support and sustain arts in the area.

MAKE MUSIC DAY (Milford) is a global music celebration on Friday, June 21 – the summer solstice. The city will celebrate by filling its downtown streets and 17-mile shoreline with music. A piano will be placed on the steps of City Hall for anyone to drop by and play. People are encouraged to bring a bag lunch to enjoy in the green parkette in front of City Hall while listening to the music. Milford invites everyone, from professional musicians to amateurs of any level to join in this global music celebration by registering online at makemusicday.org/milford. Contact Julie Nash at jnash@milford.usa or call 203-783-
See Arts Matters on pg 7.

The Book Club:

The Prophet Unleashed

David W. Blight, *Frederick Douglass: Prophet of Freedom*, Simon and Schuster, 2018

This is a book to savor in an over-stuffed armchair beside a crackling fire and with a glass of brandy at hand. Why the atmospheric? Because this biography of Frederick Douglass invites one to ponder the mysteries of human character.



PETER HECHTMAN

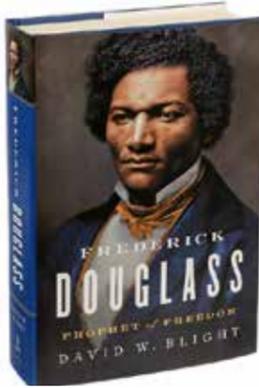
Douglass was born into slavery and, at an early age was awed by the power of words. He escaped from bondage and eventually settled in Rochester, New York, where he deployed his gifts in service of the abolitionist movement both as a publisher of his own newspaper and by never-ending speaking tours. Over his lifetime, three different updates of his autobiography, as well as a novel, were published.

By 1850, the Fugitive Slave Act had polarized the country and Douglass broke with his early mentor, William Lloyd Garrison. Douglass's insistence that a fugitive slave has not merely the right, but

the duty to kill his pursuers, clashed with Garrison's more pacifist and apolitical approach. Douglass's belief in the efficacy of violence led him to exalt John Brown, who attempted to draw Douglass into participation in his infamous raid on Harper's Ferry in 1859. Douglass struggled with the need to live up to his principles and yet not end up as a martyr. Fortunately, Brown revealed that the raid depended upon his capturing the United States Armory and Arsenal which, Douglass understood, was a suicide mission.

Douglass's encounters with Abraham Lincoln were, by turns, exhilarating and infuriating; the prophet meeting the politician. Douglass celebrated the

president's courage and wisdom in signing the Emancipation Proclamation but was driven to distraction by all the twists and turns of realpolitik that were necessary for Lincoln to arrive at such a historic decision. A prophet tells us what is right and wrong. A politician, at least a good one, tries to assemble a coalition that can agree about achieving some compromise between right and wrong. Douglass heroically attempted to straddle the fence between the principled struggle against white supremacy and membership in the Republican Party. He may have stayed a party man too long. His reasoning was that Democrats in the south carry out lynchings, while Republicans merely look the other way. Yet his financial circumstances and family demands were such that he was



dependent on the crumbs of patronage that fell off the Republican table into his lap.

During the post-Reconstruction era he frequently delivered his "self-reliance" speech, urging African Americans to develop habits of thrift and industry. It is not difficult to see why the modern GOP is so anxious to appropriate him. Douglass had, to some extent, become the prisoner of his own "pull-onself-up-by-the-bootstraps" legend.

Toward the end of his life, however, the old lion reawakened. It was in the decade of the 1890s that efforts at disenfranchisement turned ugly with lynch mobs terrorizing African Americans all over the south. Douglass's old abolitionist jeremiads became relevant again. Did he pass on the torch to a worthy successor? Yes: her name was Ida Barnet Wells.

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

Arts Matters (continued)

3230 for assistance.

This is a one-day event where free live musical performances, opportunities to play and other musical events take place around the world on the longest day of the year. Over 750 cities celebrate in this festival, inspired by France's Fete de la Musique. It cultivates and promotes the natural music maker in all of us, regardless of age or proficiency.

MUSIC MOUNTAIN (225 Music Mountain Rd., Falls Village) continues its Chamber and Twilight Jazz Concert Series throughout the summer. The chamber series takes place on Sundays at 3 p.m. The Latin Grammy-winning Cuarto Latinamericano will perform on Sunday, June 23, and the St. Louis Arianna String Quartet on June 30. Future concerts include the Ariel String Quartet on July 21 and the Shanghai String Quartet on Aug. 31. The Juilliard String Quartet closes the season on Sept. 22.

The Twilight Jazz Series takes place on Saturdays at 5 p.m. The New York Gilbert and Sullivan Players will perform on Saturday, June 23, and cabaret singer Steve Ross will appear on Saturday, June 29. Future performances include the New Orleans-style New Black Eagle Jazz band on July 29 and the Broadway review, "No Tune Like A Show Tune" on Aug. 3. Connecticut's own Galvanized Jazz Band will appear on Aug. 24. For a complete list of events go to musicmountain.org.

CIRQUE DU SOLEIL (Market Street, Hartford) comes to the big top June 19 to June 21. This year's presentation, Luzia, will have a Mexican flavor. One of the performers, Stephen Brine, grew up in Storrs, where he started gymnastic training in junior high school before he moved on to circus arts. Cirque du Soleil's shows are unique. For tickets and more information, go to cirquedusoleil.com/luzia.

MILFORD ARTS COUNCIL (40 S. Railroad Ave., Milford) currently has two art exhibits. "Waterscapes 2019 is at the MAC through Sept. 28, and "Reflections" is at the Firehouse Gallery (81 Naugatuck Ave., Milford) through July 21. "Waterscapes" features two-dimensional artwork of beautiful water views, and "Reflections" shows the relationships between patterns, reflections and colors.

YALE UNIVERSITY ART GALLERY (111 Chapel St., New Haven) features a special exhibit, "A Nation Reflected: Stories of American Glass," through Sept. 29. Displayed are objects fashioned from glass of both beauty and utility. The medium offers captivating stories of the people who made and the people who used the displayed objects. Objects from the short-lived, early seventeenth-century glasshouses of Jamestown, Virginia to objects of contemporary design are included. They mirror the expansion of colonial settlements

into a thriving nation. Flasks and bottles with images of politicians and celebrities as well as light bulbs, jars and other utilitarian pieces, and objects of beauty and artistry mirror the cultural, technological and artistic evolution of our country. The museum is free and open to the public.

SHUBERT THEATER (247 College St., New Haven) presents *The Bronx Tale* from June 26 to June 30. The musical set in the 1960s has been described as "Jersey Boys meets *West Side Story*." It is based on the 1989 play and the 1993 film, and tells the story of a young boy who is torn between working for the mafia and maintaining his father's ideals. Go to shubert.com or call 203-624-1825 for tickets.

FLORENCE GRISWOLD MUSEUM (96 Lyme St., Old Lyme) presents "The Fragile Earth: The Naturalist Impulses in Contemporary Art" through Sept. 3. The summer exhibition features the work of four ecologically-minded contemporary artists – Mark Dion, James Prosek, Jennifer Angus and Courtenay Mattison – who examine our relationship to the natural world. There is an admission fee, but Case Memorial Library has a pass for the museum donated by the Friends of the Library. For more information, visit florencegriswoldmuseum.org.

HILL-STEAD MUSEUM (35 Mountain Rd., Farmington) is hosting The Sunken Garden Poetry Festival from June 19 through

Aug. 11. This outdoor festival includes music and poetry readings by acclaimed poets. It opened with Claudia Rankine, who won the National Book Critics Circle Award for her collection *Citizen: An American Lyric*. Terrence Hayes, the author of *American Sonnets for My Past and Future Assassins*, will be featured on Wednesday, July 10. For a complete schedule of the festival, go to hillstead.org.

NO BOUNDARIES YOUTH THEATER (362 Main St., Berlin) is staging *The Tempest* at the New Britain Museum of American Art on Friday, June 21 and Saturday, June 22 at 7 p.m., and Sunday, June 23 at 2 p.m. This tale of shipwreck and sorcery is given a spin by the company, drawing upon Connecticut's nineteenth-century whaling history. Performances are free, but donations are accepted. Go to nbyt.org for more information.

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

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Lifestyle

Travel Matters

Small Ship Cruising In Italy And Croatia

Small Ship cruising is becoming very popular for adults looking for more of a destination-focused cruise without the crowds – and often without children onboard.

We recently returned from a cruise on Azamara Pursuit, which specializes in “destination immersion,” staying late at night (and often overnight) in major ports such as Dubrovnik and Venice. This gives you more time to truly enjoy the ports they stop at – and beyond. It attracted an international group of under 700 passengers.

Azamara Club Cruises does an excellent job with their curated excursions, so you can experience the culture, history and cuisine of each destination. For example, when we stopped in Sorrento, we were taken to a Michelin two-star restaurant, Quattro Pasi, for a delicious wine and cheese tasting and a tour of their incredible wine cellar with a €10,000 bottle of Masseto. We were treated

to a veritable smorgasbord of prosciutto, salami, olives, Italian breads, and an assortment of cheeses. The wine flowed freely. Another option was Naples by bike with pizza.

In Dubrovnik, we went to a town called Mali Ston – oyster capital of Croatia – learning how they breed their oysters for three years and then sampling them while we were docked on the lake.

We were able to alternate these Azamara excursions with visits into Amalfi, Sorrento, Taormina, Siracusa and Kotor, Montenegro – a gem of a walled city that was one of my favorites. Montenegro has been an independent country since only 2006, known as “the teenager of Europe.”

In addition, Azamara has educators



KAREN
QUINN-PANZER

onboard, offering enrichment lectures on each of the destinations’ historical and cultural backgrounds. A resident artist from Australia was onboard and painted the beautiful coast of Amalfi live in the gallery, which was purchased by a happy art collector.

This cruise line also specializes in what they call an “Azamazing Evening.” On ours, we were fortunate enough to experience

a rock-star cellist with video backdrop in one of the best nights of entertainment I have experienced over the course of 40-plus cruises. Another example is a private reception at night at the Library of Ephesus when the ship is in Kusadasi.

On this cruise line, the officers make it a point to interact with their passengers.

We enjoyed the officer barbecue lunch by the pool. Two of the officers served up a special dessert in the dining room each night, tableside, including local specialties like 24-carat gold cannoli. The ship’s captain appeared at many events, and the cruise director wished us a great day as we disembarked the ship. Their presence was truly felt each day.

Azamara is owned by Royal Caribbean, so if you have a loyalty standing with either Celebrity or Royal Caribbean, you will receive the equivalent benefit on Azamara when you sail. On this ship, the gratuities and beverage package are complimentary and six different wines are featured each day from around the world.

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

On Your Mind:

Do You Suffer From Panic Attacks?

If you’ve ever had a panic attack you know it feels like you’re going to die. Symptoms of a panic attack can include rapid, short breaths, tightening of muscles, sweaty hands, tightness in the chest and nausea.

Interestingly, if you were in the middle of a full-blown panic attack and a little child came to you crying with a bloody knee, the panic would immediately stop and tend to the child. You can learn that the panic feeling is just a “false alarm,” just like your smoke detector that goes off when you’re cooking.

Fear of specific situations like flying, driving, snakes or a thousand other things are referred to as phobias. Severe anxiety can feel like a panic attack. Unfortunately, if anxiety is not dealt with effectively, more and more things will trigger it, causing panic attacks.

Feeling anxious in a scary or uncomfortable situation is normal. However, feeling anxious in a situation that is not based on danger is a sign that you need help. *There is no need to suffer from anxiety or panic.*

Panic attacks and phobias are triggered

by a response in the brain to a subconscious memory of a previous time when something scary actually happened. Your brain “learned” the response to that situation and continues to respond by pumping adrenaline through you, preparing you to for a fight-or-flight response.

Anxiety and panic fears of feeling afraid. A person isn’t afraid of flying, for example; they’re afraid of the way they feel when they have to fly. They can even panic just thinking about it.

Panic disorder is the name given to reactions of those who have several different triggers causing panic. It’s not really a disorder, in my opinion – it’s just unresolved anxiety.

Hypnosis works by finding what we call “the initial sensitizing event,” which is the first event that created the fear in the past. The event is safely stored in the unconscious part of the mind. In hypnosis it’s usually easy to



FERN
TAUSIG

find the cause and then neutralize it. It’s often something that happened before age 10. Although the event is over and you already survived, the memory or learning is there because that’s how the brain works.

Hypnosis uses the science of the mind to retrain the brain to know that the danger has passed and you have resources to handle things differently now. By reframing the old event, the brain learns a new way to respond and the triggers are neutralized.

Clients come to me after trying everything else. They have reported using medication or talk therapy. I’m often the last resort. Hypnosis is one of the most effective ways of eliminating phobias and panic attacks. Other effective modalities include eye movement desensitization and reprocessing, the emotional freedom technique (also known as tapping) and neuro linguistic programming. These

techniques reduce and sometimes eliminate panic and anxiety.

Because the medical community is uneducated about these alternatives, doctors often begin with medication that doesn’t work, or talk therapy which can take a long time before providing results. Insurance doesn’t cover hypnosis unless you have a health savings plan or flex spending plan with your policy. People often avoid alternatives because they’re not covered by insurance.

Hypnosis is a relatively fast process with effective results, but it could take several sessions to successfully eliminate the anxiety and panic permanently. The most frustrating part for me is when a client gives up because a phobia they’ve had for years wasn’t resolved immediately. Hypnosis works well but it’s not magic. It’s science, and therefore requires some patience.

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

Around Milford

Time to Consider Reframing As A Problem-Solving Tool

Albert Einstein taught us that we cannot solve problems from the same consciousness we used when we created them. This very wise caution has important implications at this time in our political history.

Current neurological understanding of the human brain indicates that we have a capacity to unlearn old ways of thinking and learn new approaches. This emerging science provides positive direction for human aging, for treatment of traumatic brain injury and for those who struggle with neurological and behavioral challenges. This same understanding can be brought into the political arena to improve governing for the people.

Perhaps restructuring our perception of the Connecticut world that we live in will bring some creativity to our challenges. We have become embroiled in resistive thinking, which can only lead to ineffective problem solving. It has become common to take sides, to strive only to win arguments and to use the same strategies repeatedly without examination of results – indeed, despite poor results. This leads to oppositional thinking or inaction which dooms us to repetition and inadequate

problem solving. Aiming to win without understanding the broader consequences of decisions is not an effective strategy for the long run.

The good news is that we can unlearn our political strategies and relearn new ones.

What if we used the principles of reframing, utilized in organizational leadership circles, to approach complex problems in a different manner? Reframing places the problem in a larger context, avoiding the premature closing of discussion around fixed positions.

Perhaps it is too late to reboot the tolls issue in Connecticut to have productive discussion. There is plenty of blame to go around on all sides, over long periods of time and across different political parties. Currently we seem stuck in a binary argument that has the potential to become toxic. Our elected officials in Hartford will struggle to work out a compromise in the special session. This is an opportunity to suggest a better way for the next complex issue confronting us.



ELLEN
RUSSELL BEATTY

It did not have to be this way. We can reframe problems and rearrange our thinking so that we consider real strategies to produce results without the awful sense that someone wins and someone else loses. Every crisis brings opportunity. Hidden in the discussion of an aging infrastructure in dire need of rehabilitation is the opportunity to find long-term solutions.

Our state with an economy on the mend requires a solid infrastructure, effective transportation in order to attract people to live and work here. Infrastructure, transportation, housing, education, small business development and the environment are all interconnected and must be addressed as parts of a whole.

Many elected officials have worked very diligently, but some have seized on the wrong questions based on a faulty premise that there were only two answers. We seemed to have skipped the critical step of reaching consensus regarding the problem

before us. The questions might have focused on the process rather than the pros and cons of particular solutions. How can we plan for, finance and implement roads in Connecticut? What possible revenue streams are required and in what time frame? What are the risks of nonaction? What are the unintended consequences of solving one issue without consideration of the broader effects?

When we approach the next in a series of complex problems, we might take the time to reframe the issue so that more people will engage in creative solutions.

Dr. Ellen Russell Beatty holds the rank of Professor Emerita in Public Health and Nursing from Southern Connecticut State University. She is currently serving in her second term on the Board of Alders in Milford where she resides with her spouse, Edward. Ellen has an extensive background in health care, higher education, organizational management and strategic planning. Dr. Beatty writes frequently on related topics and welcomes comments from readers at Ellenbeatty@gmail.com.

Heroes Among Us:

Grave Matters In Orange's History

After the Memorial Day parade down Orange Center Road, I visited the grave of my late husband, Howard B. Treat Jr., one of the many descendants of Milford's Robert Treat. I wanted to see for myself the flags placed by his grave (because he was a Korean War veteran) and the grave of his father (an Army captain in World War I).

As I then walked down the lanes in the Orange Cemetery, I marveled at the number of tombstones bearing the names of other old families of Orange, like the Clarks and the Allings and the Russells.

You could call me an Illinois transplant. Where I come from, "old" means the Civil War era, not a century from before the Revolutionary War. When I first came to Orange, my husband showed me the Memorial Bridge bearing his ancestor's name.

In the 30 years we were married, it always intrigued me to hear and read stories about the men and women who settled in what was

then called North Milford before it became Orange. On our bookshelf is a tattered Genealogy of the Treat Family. I was told it was a book Howard B. Treat, Sr. was proud of. He was so eager to pass on the family lineage, however, that his son tired of being drilled on it. Howard Jr.'s dreams were of the future, not the past. (Howard's sister and her children were more diligent listeners.)

The Treat descendants had a reunion in Milford in the 1980s, and other Treats came from Arkansas and Oklahoma and California to take part. The Arkansas Treats then invited the Connecticut Treats to a reunion in the tiny town of Eureka, Arkansas. A few years later, Howard and I went to Pitminster, in Somerset County, England, from which the Treats emigrated in the 1600s. The church pastor suggested their



TRISH
O'LEARY TREAT

departure was due at least in part to the fact that Robert Treat's father did not think it fair to be levied an assessment to pay for Pitminster's new church bell.

Since neither Howard nor his father were known for their faithful churchgoing in Orange, we speculated that perhaps their reluctance was hereditary. Nonetheless, when the Orange Congregational Church celebrated its 200th anniversary in 2010, Howard was asked by a persuasive Lorraine Davis to don a dashing blue coat with gleaming buttons, silk stockings and an ascot. His role was to reenact his ancestor Isaac Treat's providing the ridge pole for the new church in exchange for being allowed by a good-natured friend to cut the tail off that friend's periwig – on the grounds it was too old fashioned.

I look forward to writing about other colorful residents of the Orange Town Cemetery (and of the Jewish cemetery) and delving further into historical records like Mary Woodruff's 1947 book about Orange, as well as the more recent tales of Orange included in *Images of America: Orange*, by Harry Jones and Marvin Jamron. It is especially helpful to be able to find the families buried there listed on a website containing the names of all those interred up until 1935 (Halecollection.com/cemeteries). The lists were compiled county by county by Charles R. Hale as a Works Progress Administration project.

Readers who have heard family stories they think worth sharing about others buried in the Orange Town Cemetery are invited to let me know. For a Midwesterner like myself, it is a privilege to learn of local lives going back to the 1600s. Memories can be a treasure.

Local Wildlife

Trapping The Last Bobcat

By Cynthia V. Catapano

One chilly March morning I bundled myself up and drove a minute down the road to the High Plains Community Center, where I monitored a bobcat trap for the Connecticut Department of Energy and Environmental Protection's Bobcat Research Project.

I arrived to a usual scene: a round ball of grey fur, sleeping soundly inside. I opened the front door, and the raccoon shuffled away to find a safer sleeping spot for the day. I was to release any non-target animals that became trapped the night before and ensure that the trap's trigger plate was working properly. I also set up my camera trap to observe if any bobcats strolled by, either uninterested in my bait (a dead squirrel), or indifferent to the trap altogether.

I retrieved my SD card and went home. Watching the previous night's footage of the unfortunate raccoon trying to escape, I finally saw something I'd never before caught on camera: a bobcat! I was ecstatic, but at the same time frustrated. If the trap had been vacant, I could have trapped him. I quickly brought my second trap from home to High Plains. I disguised the trap with sticks and moss, used sardines for bait, turned my camera on, and hoped for the best.

I arrived the next morning to find both traps closed. In the first was the raccoon. In the second, a pair of dilated, glaring green eyes. Growling and hissing, there was the bobcat. I was overjoyed.

Once DEEP arrived however, they delivered unfortunate news. After the bobcat was immobilized and lifted with a scale, they found he was a young male, only 13 pounds. My bobcat wasn't large enough to wear a GPS collar. With just one collar left to deploy, there was no chance I'd trap another before the season was over. Nevertheless, any data is good data, and after measurements were taken he was released at his site of capture, sporting bright orange ear tags.

Two days after the excitement, I returned to High Plains. I couldn't believe it: there he was again. Eager to get another glimpse, I tiptoed closer.

Where were the orange ear tags? His deep, guttural growling was far different than the hissing I'd heard before. My jaw dropped. It was a second bobcat, twice the earlier one's size.

Shaking with excitement, I called DEEP. After two years of striving to trap a bobcat, I'd captured two individuals in just two days. It was a male, and he clocked in at 33 pounds.

I followed DEEP back to headquarters for processing. Measurements were taken, a bit of fur and a tooth were pulled, and a tissue sample was collected when ear tags were applied for his identification. I was able to get a photo holding this beautiful, wild animal, thrilled that I had trapped the fiftieth and final bobcat for this season's project.

I watched his release the following day. The bobcat's GPS collar, along with 50 others in Connecticut, will provide valuable research data via radio telemetry. Data will include information on the bobcat's migration and dispersal patterns, home range, and activity patterns, such as continually returning to a kill site.

Through their research, DEEP discovered that bobcat sightings are not as rare as once thought. In fact, bobcat populations in Connecticut are increasing. Their adaptable nature has allowed them to thrive in highly urbanized environments, taking advantage of ample food sources such as squirrels, rabbits and other small animals.

Despite their higher numbers, seeing a bobcat prowl through our backyards will always be a fantastical and breathtaking encounter. Connecticut's only native wildcat has come a long way since having a bounty

on their heads. This experience has been one I will never forget, and I am grateful to have trapped not one, but two bobcats, not far from my own backyard.



Milford-Orange Times columnist Cynthia Catapano holds the bobcat she trapped in Orange as part of the Connecticut Department of Energy and Environmental Protection's Bobcat Research Project. Photo courtesy of Cynthia Catapano.

Here's To Your Health:

Inhale, Exhale And Eat

My son has battled sickness-induced, cold-induced and allergy-induced asthma since he was born. By the grace of God he has markedly improved over the 12 years of his life. However, he could improve dramatically if he would simply change his eating habits. You see, my son would live on chips and chocolate despite my I repeatedly asking this persnickety eater if he knows who I am and what I do for a living.

Your lungs are the doorway to your body, providing a way for oxygen to get to every living cell. As a fitness professional, I know that regular exercise allows the lungs to inhale more oxygen and exhale more carbon dioxide, which improves not only your lung capacity but also your lung strength.

Research has strongly indicated that eating certain foods not only benefit your breathing but also may reverse some lung conditions and even hold back the progression of

others. The keys to eat in an anti-inflammatory manner. I won't say d.i.e.t. Eating more plant-based foods is the key.

Whole plant foods like whole grains, legumes, nuts and seeds are high in antioxidants and reduce inflammation. However, those of you who battle asthma need to take this way of eating to another level. Air pollution, animal fur and tree pollens can trigger an asthmatic reaction, but so can certain foods like milk and cheese. Milk and cheese create mucous, and mucous creates breathing issues – and so much more. For example, cancer loves mucous. It also loves visceral fat.

Eliminating dairy is extremely important for those who battle asthma. Avoiding animal foods because they lack the anti-



MICHELE
TENNEY

inflammatory components of plant-based foods is another way. I am also a believer in vitamin C. Boosting one's immune system is never a bad thing. Boosting your immune system helps you battle better. Vitamin C is a water-soluble supplement, meaning it can be dissolved in water so that it gets absorbed by tissue but does not get stored up in the body. Vitamin C has seven scientifically proven benefits that include battling high blood pressure, fighting heart disease risk factors and helping iron absorption.

Your lungs give you the breath of life automatically, without thought. We need to give our breath credit from where it comes and then do our due diligence about purifying and sustaining it. What we breathe in daily

in our environment is enough to harm every one of us, let alone those who battle asthma. Deep breathing exercises can benefit us all because they also cleanse and purify.

Summer is one the best seasons to battle asthma and other breathing issues because we have farm-fresh food right at our fingertips. While I do grow my own garden, there is a plethora of fruits and vegetables that I cannot grow, so farmers' markets are for me.

Get out and walk, go for a hike, just don't sit. You can do this. I believe in you.

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.

Home & Garden

The Garden Spot:

Taking Control Of Ticks

I'm sure those of you who spend any amount of time outdoors find a tick or two on yourself or your pet sometime this spring or summer. If it seems like this year is one of the highest tick years in quite a while, it's not your imagination.

The combinations of a relatively mild winter and an extraordinarily wet spring have led to a tick epidemic. According to the Centers for Disease Control, suburban development has increased the spread of ticks because people, deer and other tick hosts such as mice and chipmunks are in close contact. There is also an association between "mast years," when oak trees have plentiful acorns, and the amount of ticks. Acorns feed the mice that are hosts for the ticks in their larval and adult stages. So if you remember an unusually high number of acorns in recent years you can understand why

we are seeing so many ticks.

Though many people will immediately fear lyme disease if they discover an imbedded tick on their body, a total of seven new tick-borne illnesses have been discovered over the past 20 years.

Ticks that spread germs to people can have up to two to three-year lifecycles and go through four life stages: egg, six-legged larva, eight-legged nymph and adult. After hatching from their eggs, ticks must eat blood at every stage to survive. They're pretty adept at finding a host to feed on—they can sense body odor, heat and vibrations. They wait for hosts in areas of tall grass so that they can "hitch a ride" when the potential host brushes up against the grass. It will generally take between 10 minutes and



PAT DRAY

two hours for a tick to imbed itself on a host. It takes over 24 hours after attaching for a tick to spread Lyme disease, but other diseases can be transmitted much more quickly, so avoidance and prompt removal of any ticks is key to prevention.

Since ticks live in areas with tall grass, brush or wooded areas, when enjoying a walk outdoors stay in the center of the trail or in the street away from any vegetation. Wear a hat and long, light colored pants tucked into your socks so that you see any ticks easily and can remove them before they reach your skin. Use Environmental Protection Agency-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol

or 2-undecanone. You can also treat your clothing with products containing 0.5 percent permethrin, which will remain protective through several washings. You can also buy permethrin-treated clothing and gear. I spray my gardening pants and hat with repellent and always leave them outside between washing just in case they have a hitchhiker on board.

Shower as soon as possible upon coming indoors, but always within two hours to minimize the potential for any tick to imbed itself. Wash clothing in hot (not warm) water and/or put clothes in the dryer on high for 10 minutes to kill any ticks that may have attached themselves. Follow these tips to have a safe and enjoyable summer.

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

Real Talk: You Ask, A Pro Answers

Solar Energy Can Be A Smart Move

Everyone wants green living. Solar power is very popular and can be a part of your home's portfolio of attractive updates for future value. However, each home requires a complete study in order to customize solar panel installation. Some homes do not qualify; their roofs may face away from the sun.

Since this product is still fairly new, there is a buyer beware feeling about providers. There are many questions to ask as you shop around. References, a company's track record and the manufacturers they employ are all concerns. Energy consultants recommend staying

with national companies. Besides bringing the most experience, the larger companies offer multiple finance options.

The process is complicated, from the first step of shopping around to the final installation. Brands, batteries and maintenance over the lives of the panels are just a few of the many aspects of solar power. Warrantees need to be read completely. The age of your roof is also a factor as it will be partially covered



BARBARA LEHRER

now for a length of time.

Solar panels are becoming more and more popular because they are generating power in the middle of the day that can be used as an alternative during peak-usage times. The size of your home coupled with the type of system you need, when done properly, can save you substantial funds over a long period of time.

A solar power consultant can show you how long it will take to reap the

financial benefits of the system. There is a solar calculator that can quote comparison shopping for your particular home. There are also some tax incentives at the state and federal levels. If you do your homework properly you can get a break on installation.

Education is the key to selecting what process is right for you. Begin with a good energy consultation, take your time and find out if you can benefit from solar energy.

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

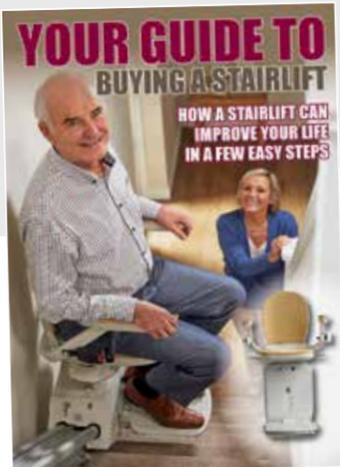
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Room 911:

Sizing Up Your Space

Many of my clients wonder what the right height is for a desk, a kitchen table, a vanity for the bathroom or a makeup table. Where do you place the mirrors? What if your spouse, partner or roommate is a different height? What happens to the placement of kitchen cabinets if you're very short? All are good questions we should explore.

As someone who is vertically challenged (five feet tall, if I've had a good night's sleep), I realize that one size does not fit all. My empirical experiences, along with many home improvement catalogues and articles, have solidified my thinking on these matters.

The word to remember is "ergonomics." According to the International Ergonomics Association, "Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system... in order to optimize human well-being and overall system performance."

In other words, if you're in your kitchen and you cannot reach your cabinets, or if you need to comb your hair but cannot see in the bathroom mirror because you're too tall or too short, you must adjust for your individual body type in regard to the object you need to use.

In the last house in which I lived I employed an architect who helped me design a kitchen where all the cabinets were below countertop level. I could empty the dishwasher in a jiffy, as the cabinets right next to it were the same height. Glasses, dinner, salad and dessert plates were all within easy reach. All cooking pots and pans



TEDRA SCHNEIDER

were also underneath the kitchen countertop and had shelves that pulled out.

Without overhead cabinets, I was not only able to put the stepstool away but was also afforded an opportunity to see the outside vistas of the lawn, flowers and trees on my property.

What if your significant other is very tall? Simple: get another significant other.

All kidding aside, adjustments can be made to have different portions of the kitchen accommodate the both of you.

There are several possible heights for bathroom sinks. The counter height should be in the 32 to 34-inch range. Go to a kitchen design/bathroom store and stand next to sinks of different heights and figure out what is reasonable for the both of you.

The website Houzz.com suggests you find an average eyeline for those using the mirrors over the bathroom sink so everyone can see themselves. The countertop height for a makeup vanity should be between 24 and 28 inches, with the lower number being more helpful to lean in and apply makeup. Showerheads should be at least six feet, six inches up, and the shower controls around 42 to 48 inches high within the center of the shower.

Now for the quiz you have been waiting for. What height should a toilet paper holder be off the floor? And the most important question: should the toilet paper be spooled so it rolls from underneath or from the top?

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

Youth & Education

Milford Book Awards Recognize High Schoolers



The Friends of the Milford Library honored five local high school juniors on April 25 at the fifth annual High School Book Awards ceremony. From left: Pam Pilla, Anna Cutaia, Grace Jordan, Sandra Chaighin, Andreina Barajas, Jonathan Huebner, Carly Weber and Milford Mayor Benjamin Blake. Photo by Ashley Volkens.

The Friends of the Milford Library honored five local high school juniors on April 25 at the fifth annual High School Book Awards ceremony.

The award is presented to a student who has exhibited outstanding personal character, made a positive impact in the school or community and demonstrated a strong and consistent love of reading. Each award winner received a personally inscribed copy of *Only in Milford* by DeForest Smith. In addition, the Friends donated a book of the student's choosing to the school library with a bookplate commemorating the student's achievement.

This year's winners were Andreina Barajas of Platt Tech, Sandra Chalghin of Jonathan

Law, Jonathan Huebner of Joseph A. Foran, Grace Jordan of The Academy and Carly Weber of Lauralton Hall.

Pamela Pilla, president of the Friends of the Milford Library, addressed the audience before presenting the awards to the students. Dr. Anna Cutaia, Superintendent of Milford Public schools, was the keynote speaker. Mayor Benjamin Blake was the final speaker of the evening.

The Friends of the Milford Library also recently awarded scholarships to two Milford high school seniors, Rewas Muhajir of Foran and Bryan Reed of Jonathan Law. The scholarships were presented during the senior awards ceremonies held at each high school.

Milford GCC Students Inducted Into Honor Society

Three Milford students are among 59 who were inducted into Gateway Community College's Phi Theta Kappa Honor Society earlier in May in a ceremony at the Church Street campus.

The Milford students were Thais Cavalcante, Kristy Hoyt and Allison Macisco.

The mission of Phi Theta Kappa is to

recognize and encourage the academic success of students attending two-year colleges. Members have the opportunity to participate in honors and leadership programs, community service and fellowship programming. Students who are inducted have completed 12 hours of course work while achieving a grade point average of 3.5 or higher.

Orange's Amity Middle School Top Scorer In Math Contest



Students from Amity Middle School in Orange participated in the New England Math League Contest in February. Edward Han, a seventh grader on Team X, received a high score of 33 out of 35 questions, helping his team rack up a total score of 141 points. AMSO was designated as the highest-scoring school in the region. Han was identified as the highest scorer in the region and was invited to the eighth annual Math International Summer Tournament at the College of New Jersey in Ewing, New Jersey. AMSO received a plaque to acknowledge the work of the students. The team, from left, included: Edward Han, Aarav Patel, Ellen Ko, Haseeb Chaudry and Annika Yun. Photo by Jennifer Bshara.

Enrollment Day Coming For Amity Middle School In Orange

Enrollment Day at Amity Middle School in Orange for incoming seventh and eighth grade students who are new to Amity Regional District No. 5 and reside in Orange will be held on Tuesday, Aug. 20. Call Amity Middle School in Orange at 203-392-3200 to schedule an appointment.

Parents are required to register online prior to the appointment at amityregion5.org. They will need to bring unofficial academic records (report cards and standardized testing results) to their enrollment appointment. Immunization and health assessment records are required by the school nurse prior to attendance.

Hospital from pg 1.

under the YNHH umbrella, including Bridgeport Hospital, Greenwich Hospital, Lawrence and Memorial Hospital, Westerly Hospital and Yale New Haven Hospital.

Hospital mergers have become increasingly common in recent decades. Connecticut regulators allowed the merger in April of the Western Connecticut Health Network, which includes Danbury, Norwalk and New Milford hospitals, with New York-based Health Quest Systems in a \$2 billion deal that combines them with four hospitals on the other side of the state border.

Mergers have been growing in both number and size. A report released by analysts at Kaufman Hall earlier this year showed that the sheer size of these mergers grew 13.8 percent on average between 2008 and 2018.

The trend is nationwide, according to the report, with Texas, Florida and Pennsylvania seeing the highest numbers of mergers in 2018.

These mergers are creating sprawling regional networks that proponents say allow for more comprehensive services while reducing overhead costs.

Kaufman Hall's report points out that "successful integration of organizations that can provide a broad spectrum of healthcare services could result in care that is better coordinated, more efficient, and more relevant to consumer needs."

Critics, however, have noted that the decrease in competition can allow large health networks to raise prices without fear being undercut in the marketplace. Other research has shown that quality of care may also suffer.

One study published in Health Services Research in 2018, for instance, looked at health care outcomes among cardiology patients who were Medicare beneficiaries and found that "increases in cardiology market concentration are associated with worse health outcomes and higher health care expenditures."

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Milford Company Launches Franchise Program For Glass Fencing Business

Milford-based US Glass Fence LLC, an installer of frameless glass fences and railings in the New England area, announced on May 24 the launch of a national franchise opportunity that will allow anyone who wants to own a business of their own to enter the expanding glass fence market.

Frameless glass fencing consists of tempered glass panels secured to the ground using small stainless steel posts. The result is a strong fence barrier that offers visibility in and out of the protected area. The fences can be used for pool enclosures and are also rated for use as safety railings.

At the basic entry level, the franchise will consist of a used box truck, wrapped with graphics and fully fitted out and equipped with everything that will be needed for frameless glass fencing and stainless steel railing installations. US Glass Fence will provide training and ongoing support, along with a fully maintained website and call center.

US Glass Fence has been designing, installing and maintaining frameless glass fencing and railing systems in New England for over five years. It was established by Orange resident Robin Leigh, an English

landscape designer, in response to a client request to install a glass pool fence.

He couldn't find a local or national supplier and decided to research the materials and skills needed to meet his client's request. He ended up making contact with an industrial designer in Australia who had designed a unique post that was much smaller, more attractive and stronger than anything else on the market.

"When we made our first installation, we found it to be a difficult and time-consuming process," Leigh said. "There was no margin for error and the tolerances were small. The final result though, looked fantastic and prompted me to develop tools and techniques that make installation easier."

The idea to start a franchise began over a year ago when the company contracted the iFranchise Group of Chicago to complete a market study and analysis to evaluate the viability of the concept.

The "business in a box truck" model means franchisees can run the business from a home office without an additional physical location.

For more information, call 1-800-242-5902 or visit usglassfence.com/franchise.



Milford-based US Glass Fence is launching an opportunity for franchisees to sell and install glass fencing via box truck. Photo courtesy of US Glass Fence.

LGBT Speakers Coming To Milford Public Library

In the early hours of June 28, 1969, New York City police raided the Stonewall Inn, a gay club located in New York City's Greenwich Village. The Stonewall Rebellion served as a catalyst for the gay rights movement in the U.S. and around the world. To mark the fiftieth anniversary of this historic event and to celebrate Pride Month, Milford Pride, Milford Speaks Out, My State My Voice, and the Milford Public Library are hosting "Stonewall Speakers," a program of the Connecticut Stonewall Foundation June 22 in the library's program room. This is an

all-volunteer speaker's bureau comprised of lesbian, gay, bisexual, transgender people and their allies. Speakers will include two or more panelists and combine personal life stories with a question-and-answer session. The Connecticut Stonewall Foundation and Stonewall Speakers strives to increase understanding, acceptance and respect for lesbian, gay, bisexual and transgender people through educational outreach. The program begins at 2 p.m. All are welcome. Light refreshments will be served.

Summer Book Sale Coming To Orange

The Friends of the Case Memorial Library is hosting its summer book sale at the library from July 11 to July 13.

Tables will feature books on summer travel, gardening and sports, particularly golf and baseball. If you're a science fiction fan, fill a grocery bag with paperbacks for \$3. The children's section will be greatly expanded this year, including picture books, series books, graphic novels, vintage books and books for young adults. There is a large selection of vintage books, each individually priced. Visit the DVD shelves and browse through many titles, including those for

children and families. Newer titles can be found in the Main section. More can be found in the bargain corner.

Friends volunteers will be on hand to answer questions. Cash and checks are accepted. Proceeds will benefit the Case Memorial Library's programs.

Members Only night is July 11 from 4 p.m. to 7 p.m. The sale is open to the public on Friday, July 12, from 1 p.m. to 4 p.m. and Saturday, July 13, from 10 a.m. to 3 p.m. The Case Memorial Library is located at 176 Tyler City Rd. in Orange.



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The Milford Chamber of Commerce

Milford Packed With Summer Activities

As the summer season approaches, we are excited to see the streets from Woodmont through downtown to Devon and Walnut Beach filled with people enjoying Milford and supporting the local economy. Local businesses support local events, our schools, our non-profits, and our sports groups (love those Little League baseball games). When you shop at a local business you are helping to maintain the character of Milford and the friendly New England town atmosphere created by the people and the businesses.



PAM STANESKI

Commerce is busy working too. We are planning the State of the City, the annual presentation from our Mayor to the community; holding Business-After-Hours at local businesses; hosting a Women's Business Bootcamp at the chamber, and welcoming new businesses to the community with ribbon and big scissors.

Whatever your summer pleasure, Milford has much to offer to businesses, families vacationing or stay-cationing, or looking to relocate here. The doors of the Milford Regional Chamber are open; we are a resource for everyone.

The 2019 Summer Concert Series features: Beagles and MAC on July 12; FreePlay on July 19; the Kathy Thompson Band on July 26; Rumrunners on Aug. 2; and 5 Below Zero on Aug. 9.

As always, business is our business.



We are happy to help you start those summer weekends with our Summer Concert Series at Fowler Field being held on Friday nights in July and August. A big thank you to Yale New Haven Health and Patriot Bank for their sponsorship. If golf is your outlet, think about joining us on July 15 for the 22nd BIC Golf Classic. Proceeds fund scholarships for local students. It is shaping up to be a fun day.

While you are enjoying all that Milford has to offer in the way of shopping and recreation, the Milford Regional Chamber of

Wine Talk:

Summer A Time For Grill Mates

Beer is made by men, wine by God.

– Attributed to Martin Luther

Summer has finally made itself known here in southern Connecticut, and with it comes the necessity for wines that go well with grilled foods. Grill mates, as they are known in many quarters, are generally big red wines that can stand up to grilled beef, pork, lamb and just about anything else you can sizzle on the grill.



RAYMOND SPAZIANI

One of my favorites is a big Spanish red wine called Monastrell. This is also known as Mourvedre. From Spain it made its way to Mediterranean France, where it was used in the blending of Châteauneuf-du-Pape, one of France's premier wines. It is the number five wine in Spain as far as acreage of grapes grown.

Monastrell is a black grape that is high in tannins with thick skin. It ripens very late. The yields come and go – one year the yields will be considerable and the next not so great. It grows best in hot climates with long growing seasons. The best vineyards are Jumilla, Yecia and Bullas. These are high altitudes that ensure cool nights and warm days. The variations in temperature give the wine body and acidity.

One of my favorites is Tarima Monastrell. These grapes are grown in Jumilla, Spain. This wine is imported by Slocum & Sons and has a passionflower on the label. It contains 15 percent alcohol by volume. It has notes of licorice, chocolate and a hint of dark violets. It is a wine that is not for the faint of heart.

The next great grill mate is Primitivo. This wine is a big red with high alcohol content and big tannins with intense flavor and color. There have been many debates about the variety's origins. There is no question, however, that the current home of Primitivo is Puglia in southern Italy. It most likely came

from Croatia and has been grown in the U.S. as Zinfandel. Even though the DNA is the same, the wine tastes slightly different. I prefer Primitivo to Zinfandel. Although it has become known as America's national grape, I think the best is grown in southern Italy.

The next grill mate I would recommend is Montepulciano d'Abruzzo. If Montepulciano is the first word in a label's name, it is the grape and most likely from Abruzzo. If it is the last name in the label it is made from Sangiovese in central Italy. Montepulciano d'Abruzzo is a pleasant, easy-drinking wine that has an aftertaste that goes well with grilled meats.

Under Italian wine laws a Montepulciano d'Abruzzo DOC, or Department of Controlled Origin, wine must have at least 85 percent Montepulciano grapes with up to 15 percent of Sangiovese permitted to fill out the remainder of the wine. The wine must be aged a minimum of five months prior, and if it is labeled riserva must be aged at least two years with a minimum in oak of nine months.

Try some of these grill mates with your outdoor culinary activities as summer progresses and I think you will find them enhancing your meal time adventures.

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

Orange Dems Hosting Annual Picnic

The Orange Democratic Town Committee is hosting its annual "Meet the Candidates" picnic Wednesday, Aug. 28 at the Pavilion at High Plains Community Center in Orange.

Orange residents are invited to meet the Democratic candidates for municipal offices, including the offices of Constable, Amity Board of Education, Orange Board of Education, Town Plan & Zoning Commission, Board of Finance, Town Clerk, Board of Selectmen and First Selectman.

Orange has municipal elections every two years. The picnic affords residents

the opportunity to talk to the Democratic candidates one on one, all in one place, at one time. It is also an opportunity to learn more about the operations of the town.

The picnic will begin at 5:30 p.m. Tickets are \$25 and include beverages (beer and wine included) and food. For tickets, call Polly Demirjian at 203-494-5976 or ODTC Chair Jody Dietch at 203-314-9975. To see the flyer for the event, visit the events page of the ODTC website at orangedemsct.org or the ODTC Facebook page at OrangeCTDems.



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8/8	– Bad Moon Risin' (Rain Date 8/15)
8/22	– The Vybrations (Rain Date 8/29)

Planning Ahead

Your Finances:

Retire Debt Before You Retire

The youngest Baby Boomers today are 55 years old, and the oldest are 73. In other words, many are retired or closing in on retirement. Yet nearly eight in 10 Boomers carry some form of household debt.

Carrying debt into your retirement years is a recipe for trouble. You no longer have a paycheck coming in, so debt payments will eat away at the assets you need to produce investment income. It's possible to handle some debt after you retire, but it can be a stretch and it won't contribute to your peace of mind.

According to the April 2019 Transamerica Retirement Survey of Workers, 78 percent of Boomers carry debt, compared with 86 percent of Generation X'ers and 85 percent of Millennials. Among the Boomers, 43 percent have credit card debt, 49 percent have mortgage or home equity loan debt, 35 percent have a car loan, and 40 percent

carry other debt such as student, medical, personal or business loans. Just 22 percent say they are debt free.

A separate Transamerica study that focuses on retirees narrows the numbers down further. Among people who already have retired, four in 10 cite paying off debt as a top financial priority. Three in 10 retirees carry mortgage debt and 45 percent have non-mortgage debt.

Paring debt is a major goal of retirement planning. However, it's not a good idea to withdraw retirement funds to pay off debts. A financial planner can help you pay down debt while preserving your assets.

If you are approaching retirement with debt weighing you down, here are some ways to lessen the burden:

Stop taking on debt. This may sound



ERIC TASHLEIN

obvious, but many people in their 50s add new debt into their lives, even if they are already heavily indebted. Many people assume they will continue working past retirement age, but unexpected job losses and health problems often curtail such plans.

Prioritize your payments. Credit cards usually carry the highest interest rates, so it's a good idea to look at them first.

Pay off the highest-balance, highest-interest cards first. The same principal applies if you have non-credit card debt: pay off the highest-cost debts first.

Increase your current income. Think about ways to increase your income and dedicate the extra funds to paying off your debts. This can range from taking on a second, part-time job to selling off some

prized possessions.

Plan for remaining debt. Retiring with some debt is not the end of the world. Add the payments into your retirement plan and decide on some expenses that you will forego in order to make the payments, rather than using retirement funds. Savings are everywhere, from letting go of that morning cappuccino to putting off that dream vacation for a couple of years.

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.

Your Health

The Truth Behind Fasting Diets

Much of our culture and lifestyle, at least in America, is rooted around eating three main meals that define our days (breakfast, lunch, and dinner). As children, we grow up hearing our parents emphasize that "the most important meal of the day" is breakfast. Whether we are in school, working, or at home, our eyes are always looking at the clock to see how long until we have our lunch break. And once we're all done with our day, we pack up our stuff and rush home for dinner. We even spend much of our time between these three courses munching on snacks.

However, there is no biological basis for a three-meal-a-day routine. Different meal frequencies are observed in other cultures across the globe.

We have seen various diets and lifestyle modifications gain a lot of attention over the years. Recently, there has been a buzz about "intermittent fasting."

Looking through an evolutionary lens, we can rationalize that our ancestors seldom had

the resources to eat several times a day and often may have engaged in periods of fasting. Many religions and cultures around the world fast throughout the year. Religions and philosophies that practice fasting include Buddhism, Christianity, Islam, Judaism, Taoism, Jainism and Hinduism.

In 2012, Dr. Michael Mosley released his TV documentary, "Eat, Fast and Live Longer." He also published his best-selling book, *The Fast Diet*. Both were based on the 5:2 concept of intermittent fasting, in which one eats normally for five days of the week but takes in only a few hundred calories on the other two days. In *The Fast Diet* he advocated a form of fasting called "time-restricted eating."

Today the term intermittent fasting is often thrown around loosely without a proper understanding of the diet itself and



DR. AMIR MOHAMMAD

its potential health benefits. Nutritionally speaking, intermittent fasting refers to a recurring dietary pattern in which zero to few calories are consumed for extended periods of time ranging from 12 hours to multiple days.

The physiologic basis of intermittent fasting centers around the metabolic switch that occurs in extended periods of fasting when the human body shifts metabolism away from the utilization of glucose towards the use of fatty acids that are derived from fat storages throughout the body. Intermittent

f a s t i n g theoretically has the potential to improve the body composition of overweight individuals.

Researchers

have found that intermittent fasting by restricting food intake during the day can help prevent health problems such as high cholesterol and triglyceride, high blood pressure, and obesity, as well as improve mental health and wellbeing.

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, a graduate of Amity Regional High School, and a first-year medical student at the Yale School of Medicine, contributed to this article.

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Spring Cleaning Never Ends

Call it spring cleaning, decluttering, or downsizing – it’s all the same process for simplifying our lives.

As we move through the years, we tend to accumulate baggage in the form of possessions, and at some point, we become burdened down with all these things. What better time than now to start lightening the load?

As I said in my last column, you should ask yourself three questions: Do I use it? Do I need it? Do I love it? If the answer is no, then get rid of it.

Clutter can be obvious or not-so-obvious, but when it is gone, you feel better right away.

Start with the junk drawer in the kitchen. We all have one. It’s full of odds and ends that we don’t quite know what to do with, such as batteries, paper clips, rubber bands, buttons, old keys, ketchup packets, coupons and



JOANNE BYRNE

receipts. Dump the drawer out, select only what you absolutely need, and throw the rest out. Put things you are keeping in small containers, plastic bags or trays.

Now you can move to the closet. Many of us have three sets of clothes: those that fit, our “skinny” clothes, and our “fat” clothes. You may also have things you bought on sale but that don’t go with anything else, those that are now out of style or things that look better on the hanger than on you.

Start by discarding anything you haven’t worn for the past year. If you are not sure, move them to another closet, out of the way and see if you miss them. Get rid of the skinny and fat clothes. Don’t set yourself up for frustration or for weight gain.

Keeping control of books is an ongoing process. If you love books, it is hard to get

rid of them. However, when the bookshelves are overflowing, it is time to do some purging. We all have some books for show, some we have read and loved, some we want to read, reference books, and perhaps some college textbooks. Get rid of the college books to start. It is not likely you will read the same books again, so donate those you have read to the library or a second-hand bookstore – or give them to friends.

What to do with that lifetime of photos? Don’t waste your time putting them into albums unless this is your hobby. Photo boxes hold many more photos, so you could begin by sorting through photos by subject, date, events or whatever you choose. I did this a few years ago when I was recovering from minor surgery and couldn’t do much of anything else. I made a box for each family member and tossed hundreds of meaningless photos into the garbage. It was exhilarating.

Family heirlooms are a special type of

life’s baggage. We are often the recipients of items that have been handed down from generation to generation. Some things we love and some we don’t even like. Some are valuable and some are not. We feel obligated to keep them and pass them along to the next generation. When our relatives bought these items, they chose them because they liked them or needed them and were not thinking that you would want to have them as family heirlooms. You are not obligated to keep them unless you want to. You are allowed to sell them or give them away.

Once you start pruning your possessions, you will feel a sense of freedom. Your living space will also look much better.

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.

Insuring Your Future:

Legislative Update on Insurance

The Connecticut legislators were busy this past session proposing many bills that would impact insurance coverage. As of the end of session, though, a limited number passed and were sent to the governor for his signature.

The bill that has the largest impact is the Family Medical Leave Act. This legislation guarantees workers in Connecticut up to 12 weeks of paid leave for personal or family medical reasons at 70 percent of their monthly earnings.

At this point it is not clear how the benefit will be administered. One proposal is that it be administered by an insurance carrier, another is that the state would hire a subcontractor to run the program. While the cost of the program would be funded by a 0.5 percent payroll tax, the greater cost will be to employers who will have to hold a position open during the leave period.

Certain health insurance plans will be mandated to allow special enrollment for pregnant women. It applies to individual health plans subject to the Affordable Care Act HMOs, and hospital and medical service corporation contracts offered to individuals. This will allow women to enroll in a health



TRISH PEARSON

insurance plan or to switch plans if their plan does not cover maternity.

There was also an expansion of breast imaging services that certain health insurance plans must cover. This provision requires that insurance companies cover more than a basic mammogram. Many women are also recommended to have an ultrasound and plans should cover all or most of the cost.

Mental illnesses must now be treated the same as other illnesses

by health insurers. The bill requires insurers to cover mental health and substance disorder treatment at the same level as physical health. The bill also requires insurance companies to submit documentation annually to prove they’re complying with the legislation. Copays, co-insurance and benefit limits must be comparable to benefits provided for treatment of other illnesses. Some insurance companies currently limit the number of visits in a year or number of days covered in an inpatient treatment facility. This will no longer be allowed.

The Medical Savings Program, which provides benefits for reduced costs on

prescription medications, as well as the Medicare B premiums and copays were left intact. The income limits will remain the same and will not include assets – which had been on the table.

Individual insurance will again only be available through the health care exchange. The proposed “Affordable Care Legislation” did not pass. While it would have provided an option for small businesses to purchase group plans through a state sponsored plan, there were too many unknowns for it be approved before the end of the session. It appears that the insurance companies who

currently participate on the exchange will stay the same. It remains to be seen if there will be any additional players. Access Health is awaiting direction on the income levels for advanced premium tax credits.

In the meantime, enjoy the summer and get ready for Medicare and individual open enrollment this fall.

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

Recycling from pg 1.

According to Baldwin, Connecticut’s contamination rate in 2015 was between 14 percent and 19 percent.

“What it tells us is that when we went to single stream (recycling) we ended up not doing a great job of helping understand and educate all of us on what should go in there,” she said.

Some of the top contaminants in Connecticut’s recycling stream are plastic bags, shredded paper and loose bottle caps. These items cause equipment jams and pose health hazards for workers.

Connecticut mandated recycling for all households and businesses starting in 1989. Baldwin noted that the items that must be recycled haven’t changed much in the intervening years.

They include items like glass and metal food and beverage containers, plastic containers, cardboard, newspapers, magazines and office paper. All of these can be placed in the household “blue bins.”

Other items that can be recycled but can’t be placed in the bins include scrap

metal, leaves, electronics, paint, mattresses, textiles, eyeglasses and plastic bags.

Some things, however, can’t be recycled at all. These include straws, coffee cups, pens, toothbrushes, balloons, polystyrene and packaging foam.

“When we want to look at the definition of recycling, we want to make sure that we complete the loop. And if that material can’t be sold and made into a new product, then we’re not really recycling,” she pointed out.

The DEEP has attempted in recent years to harmonize what is acceptable in the blue bins across municipalities. It has launched a website and app to answer residents’ questions about what can be recycled and how at recyclect.com.

Toward the end of the presentation, Baldwin quizzed the audience on what could be included in the recycling stream. They discussed a variety of complex items, from milk cartons (okay with the bottle cap on) to aerosol cans (only okay for food-based cans) to, jokingly, children (not okay).



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News & Events

Muse Paintbar Opens In Post Mall



Muse Paintbar held a ribbon-cutting at the Connecticut Post Mall in Milford June 6 to celebrate its grand opening. Muse combines a restaurant and bar with painting instruction. From left: Kelly Frantz, marketing manager for the Connecticut Post Mall; Pam Staneski, executive director of the Milford Regional Chamber of Commerce; Anne Rankin, senior regional training manager for Muse Paintbar; Kenneth Sterba, Connecticut Post Mall general manager; Martin Kechichian, tri-state regional manager for Muse Paintbar; Don Houston, Muse Paintbar instructor; Milford mayor Benjamin Blake; Robert Morrison, CEO of Muse Paintbar; and Teresa Gagnon, Muse Paintbar instructor. Photo courtesy of Muse Paintbar.



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Orange's Colonial Properties Brokers \$1.4 Million In Sales

Orange-based Colonial Properties, Inc., recently completed two sales worth a total of \$1.4 million.

Vice president Kevin Weirsman and Al Melotto represented the seller in the sale of 257, 269, and 297 Peck St. in New Haven, three properties totaling about 20,000 square feet of office and warehouse space on around 1.10 acres of land that sold for \$975,000.

The buyer, New Reach Inc., was represented by Jed Backus of Backus Real Estate. New Reach plans to consolidate several locations and substantially renovate the new location.

The seller's attorney was Stan Dombroski of Dombroski Hillis LLC in New Haven. The buyer's attorney was Gregg Burton of Carmody, Torrance, Sandak & Hennessey LLP in New Haven.

Weirsman also represented seller Longo Properties, LLC in the sale of 1158 Farmington Ave. in Bristol. The approximately 3,000 square-foot retail building sold for \$430,000 to Jon Rondeau/1158 Farmington Avenue, LLC, which plans to open a deli at the property.

The buyer was represented by Scott Nardozi of Cavanaugh & Company LLC. The seller's attorney was Bryan F. Meccariello, Esq. in Southington. The attorney for the buyer was Dale Clift of Steeg & Clift, LLP in Bridgeport.

"These two sales completed by Mr. Weirsman represent a continuing trend in the market of strong demand for Owner/User properties to purchase," said Michael Richetelli, president and designated broker for Colonial Properties.

Orange Gets New Loader



The Orange Highway Department took delivery of a new 2019 John Deere 544L Wheel Loader on May 30. The machine was purchased from the WI Clark Company in Wallingford. The loader cost approximately \$89,000 with the trade-in of an older machine. Photo courtesy of the Orange Highway Department.

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Veteran's Corner:

American Legion Officers Elected

American Legion Orange Post 127 held our annual elections on June 5. Re-elected for the 2019-2020 membership year were Commander Lewis Merritt, Senior Vice Commander Thomas P. Hurley, Junior Vice Commander Alvin Dewalt, Adjutant Martin Kintzler, Treasurer Elfo Pol, Chaplain Anthony Monaco, Historian James White and Sergeant-At-Arms Philip Grande.



THOMAS P. HURLEY

In addition, the following members were reappointed to lead critical Post committees: Thomas P. Hurley, Chair of the Membership Committee and Boys State Coordinator; James White, Post Baseball Chair, Oratorical Contest Chair and Service Officer; Alvin Dewalt, Housekeeping Chair; and Philip Grande, Scholarship Committee Chair.

The post's new membership year starts July 1. If you have served federal active duty in the United States Armed Forces during any of the war eras listed below, and have been honorably discharged or are still serving, you are eligible for membership in the American Legion.

The eras include: World War I, from April 6, 1917 to Nov. 11, 1918; World War II, from Dec. 7, 1941 to Dec. 31, 1946; the Korean War, from June 25, 1950 to Jan. 31, 1955; the Vietnam War, from Feb. 28, 1961 to May 7, 1975; Lebanon/Grenada, from Aug. 24, 1982 to July 31, 1984; Panama, from Dec. 20, 1989 to Jan. 31, 1990; and the Gulf War/the War on Terrorism, from Aug. 2, 1990 to today.

Because eligibility dates remain open, all members of the U.S. Armed Forces are eligible to join the American Legion until the date of the end of hostilities as determined by

the U.S. government.

U.S. Merchant Marines are eligible only from Dec. 7, 1941 to Dec. 31, 1946.

Sign up online at: legion.org/ or by calling me at 203-605-3947. Please ask for Orange Connecticut Post 127 membership when applying.

The Knights of Columbus Hon. Patrick Donlin Assembly, #2459, which serves the New Haven area, is having its seventh annual

Golf Tournament for the benefit of veteran and military programs at the Tradition Golf Club in Wallingford on Sept. 11 at 8 a.m. For details, contributor's opportunities, and registration call Ric Raffone at 203-640-6482 or email rraffone@hartynet.com.

PATRIOTlink enables all veterans, their families, caregivers, and survivors access to vetted, direct, cost-free veteran services. PATRIOTlink users can browse and use hundreds of available resources. The Code of Support Foundation also offers one-on-one assistance to struggling service members. Premium services are provided at additional charge through the foundation, and service-connected information, such as length of service, time of service, type of discharge and branch of service are required to sign up for this service. For more information, visit patriotlink.org/signup?type=free.

The VA welcome kit guides veterans to the benefits and services they've earned. Step-by-step instructions on how to enroll in VA health care, apply for a disability rating, education benefits, memorials and more are available at va.gov/welcome-kit/.

Feeding Milford's Hungry Children

For more than 165 Milford grammar, middle and high school students, June 7 was more than the last Friday of the 2018-19 school year.

It was also the last Friday that, until school begins again at the end of August, they would bring home bags of food to ensure they wouldn't go hungry over the weekend.

For three years of Fridays now, the all-volunteer Milford Food 2 Kids program has been providing needy schoolchildren with weekend bags containing single-serve packages of macaroni and cheese, cereal, fruit cups and other nutritious, non-perishable foods that can be eaten hot or cold and take little or no work to prepare.

Schools tell the small nonprofit based out of the First United Church of Christ, Congregational, how many of their students are part of families struggling with food insecurity, and Milford Food 2 Kids volunteers drop off the necessary number of food bags.

For the summer, Milford Food 2 Kids established partnerships with the Milford Boys & Girls Club, Camp Happiness and the Milford Recreation Department to ensure that these children continue to receive food during the months school is out.

But without the schools as intermediaries, identifying and communicating with needy families can be a challenge, said Milford Food 2 Kids Co-Director Michelle Steinlauf. She and Co-Director M. Ashley Grant, First Church associate pastor, founded the program in 2016.

That first year, Milford Food 2 Kids had the means to help feed 26 students at two Milford schools. With the help of an ever-growing base of individual, business and community donors willing to give both time and money, Milford



CINDY WOLFE BOYNTON

Food 2 Kids has grown to where, at one point, it was providing food bags to as many as 177 students at 15 Milford schools.

"But many of these kids could spend part of their summers hungry," Steinlauf said. "And no Milford child should ever go hungry. Thanks to people and supporters like The Milford Bank, which alone made it possible for us to add high school students, our resources to purchase food are

there right now." Mirroring the statewide average, as many as 15 percent of Milford families are unable to regularly put food on the table. Many of the children Milford Food 2 Kids helps come from what Steinlauf calls an "invisible population" – families of three or four with incomes of roughly \$38,000 to \$46,000 a year.

"They make too much for their children to qualify for free or reduced-priced lunch, but not enough to buy their kids snacks, or provide seven days of food, after rent and other essential bills are paid," Steinlauf said.

While during the school year all Milford Food 2 Kids recipients must come through the school system, during the summer needy families can reach out to the organization directly by emailing milfordfood2kids@gmail.com or calling 203-258-8182.

"Though future and continuous sustainability is something we're always concerned about, one thing we know for sure is that a kid who eats today is definitely going to be hungry tomorrow," Grant said. "We need to do everything possible to help make sure the food they need is there."

Cindy Wolfe Boynton has lived in Milford all her life and written about it for more than 30 years.



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News & Events

Orange's Amity Middle School Holds Career Fair

Over 30 professions were represented March 30 at a career fair at Amity Middle School in Orange to give students a chance to explore career opportunities. Half the presenters being parents, former parents, and former students. The goal was to give students an opportunity to

speak to someone already working in the field. Some of the vocations represented included dog trainer, art therapist, dentist, attorney, realtor, weatherman and actor.

The career fair occurs every other year and has been held for over a decade at AMSO.



1



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1. Cake decorator Brook Derosa with students Bella Costanzo, Sophia Vitiello, McKenzie Martin and Julianna Barrett. 2. Operating nurse Lucy Palmucci with students Jayden Benichak, Avery Palmucci and Hannah Chen. 3. Orange Volunteer Fire Department members James Vincent and Tim Borer with students Marissa Angerame Green and Caitlyn Carrier. 4. Actor and magician Steven Miller with students Jacob Ebert, Ryan Kelly, Lily DeMaio, Casey Smith and Molly Stratford. 5. Physical therapist Carol Galloway with students Kyle Grande, Matt Wezenowski, Maggie McDonald and Lily Kaempfer. Photos courtesy of Amity Middle School.

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Orange Firefighters Discuss Living Safely With Older Adults



Firefighter Doug Fenichel and Deputy Fire Marshal James Vincent gave a presentation June 10 at the Orange Senior Center geared toward fire safety for older adults. Photo courtesy of the Orange Volunteer Fire Department.

About 15 adults at the Orange Senior Center listened raptly June 10 as an Orange firefighter told them they were twice as likely as the general population to be killed or injured by fire, and then discussed ways to avoid becoming part of those statistics.

Doug Fenichel, a firefighter with the Orange Volunteer Fire Department, was joined by James Vincent, deputy fire marshal of the Orange Fire Marshal's office for a program called "Retire Fire." The pair covered smoke and carbon monoxide alarms, cooking and home fire sprinklers.

"Statistics tell us that adults over 65 are 2.7 times more likely to die from a fire than the total population," said Orange Fire Chief Vaughan Dumas. "In 2015, older adults represented only 15 percent of the country's population, but suffered 40 percent of all fire deaths. While we still love to teach kids about fire safety, this is a population that is growing every year and merits special attention from the fire service."

Using slides and props, Fenichel covered some basic tips on fire safety, and then homed in on fire alarms, cooking and sprinklers. Vincent elaborated on many of the points.

The pair reminded attendees not to move or disable smoke and carbon monoxide detectors. They discussed maintenance of the alarms, including changing batteries when clocks are changed and knowing when

a detector has reached the end of its life.

Cooking is an obvious source of fire danger, Fenichel told the group. Unattended cooking is the leading cause of kitchen fires and related injuries. He warned against wearing loose clothing because sleeves can touch burners and light up instantly. Clothing accounts for 18 percent of cooking fire deaths. He offered other safety tips, such as making sure handles are pointed toward the back of the range, not leaning over a hot burner and turning the stove off when cooking is through. The pair showed the residents how to put out a pan fire with a lid or cookie sheet but warned them that anything bigger should be handled by the fire department. And they warned against leaving a stove unattended, even for a minute.

The one-hour talk also discussed getting out of a home in case of a fire. That's of special concern for a population where residents may need mobility assistance or help staying oriented to the situation. Vincent gave a quick lesson on using fire extinguishers, including where to keep an extinguisher and how to care for it.

Fenichel showed a dramatic video demonstrating the impact sprinklers can have on a fire in a home. He acknowledged that many residents who live in their own homes probably don't have sprinklers, but he said the video also demonstrated how quickly smoke detectors activate and how rapidly fire spreads.

"This is why we tell you to get out and call us," said Fenichel. "Fire spreads exponentially. We have the tools and the training to find and extinguish the fire."

Residents asked numerous questions about escape routes, smoke detectors and other issues of concern to them.

"Responding to fires isn't the only way we can help our neighbors stay safe," said Dumas. "Education is a powerful tool to help people avoid emergencies that can threaten lives and property."

The Fire Department and the Fire Marshal's Office offer public education programs for various audiences. Firefighters can also welcome groups to the fire station with advance notice.

Dog Licensing Due In Milford

Dog licenses for 2019-2020 in Milford should be purchased from June 1 through June 30 beginning to comply with state statutes.

Milford City Clerk Joanne M. Rohrig said that the following establishments have agreed to participate and have the "mail-in" application available to the dog-owning general public at their places of business: Animal Clinic of Milford at 135 Gulf St.; Baybrook Animal Hospital at 56 Quirk Rd.; Companion Animal Hospital of Milford at 100 Lansdale Ave.; The Groom Room at 801 Boston Post Rd.; Milford Animal Hospital at 256 Cherry St.; Milford Veterinary Clinic at 525 Boston Post Rd.; Pond Point Animal Hospital at 632 New Haven Ave.; Shoreline Pet Grooming at 365 New Haven Ave.; Silver Sands Veterinary Center at 17 Seeman's Ln.; Snowflake Pet Center at 1

Rowe Ave.; and Milford Canine Center at 664 East Broadway.

Rohrig noted that all dogs over the age of six months are required to have a current rabies vaccination and must be licensed by July 1 of each year. Rohrig also said that all dogs that use the newly renovated dog park at Eisenhower Park must be licensed. In addition, for all newly licensed dogs, certificates proving that the dog has been altered should be submitted to the City Clerk's office. The owner of a dog not licensed is subject to a penalty of \$1 per month for each month the dog is not licensed beginning July 1.

Fees are \$19 for a non-neutered/non-spayed dog and \$8 for a neutered/spayed dog.

For questions, call the office at 203-783-3210 or e-mail cityclerk@ci.milford.ct.us.

June Dog License Month In Orange

Dog licensing is due by the end of June in Orange. Residents should visit the Town Clerk's Office from Monday to Friday, or you may mail the Town Clerk's Office by enclosing: a rabies vaccination certificate; a neutering/spaying certificate;

a check payable to the Town Clerk; and a self-addressed stamped envelope. Both certificates will be returned. After June 30 there is a state-mandated \$1 per month penalty for unlicensed dogs.

Obituaries

Full obituaries for the May 30 issue 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.

Darrin James Amore passed away on Saturday, May 26, 2019 at the age of 53.

Michael Tyler Assad passed away on Thursday, June 6, 2019.

Deardre L. Barber, age 43, of Milford, died on Thursday, July 1, 2010.

Michael J. "Bentley" Benevento, Sr. age 68, of Milford, died on June 9, 2019.

Joseph M. Bereski, Sr., 70, of Milford, passed away peacefully on June 4, 2019.

Salvatore Cappetta, Jr., age 36 of Orange, passed away May 28, 2019.

Renato (Ron) Francis Carboni Jr., age 82, of Vero Beach, FL and Milford, CT passed away on June 1, 2019.

Thomas H. Cody, 77, of St. Petersburg, Florida, formerly of Orange, CT, passed away May 10, 2019.

Esther Condon passed away on June 2, 2019 at the age of 102.

Daniel Damcis, passed away on June 1, 2019, at his home in Milford.

Vincent Raymond DeCrescenzo, 53, of Milford, passed away on April 21, 2019.

Paul Francis Erlacher, Jr., (Bud) 96, of Milford, entered eternal rest on May 30, 2019.

Judith Evans passed away on May 30, 2019 at the age of 74.

Robert Fitzgibbon (gge 68), formerly from Milford, CT passed away on Friday, May 31, 2019.

Joan T. Gagner, age 81, of Milford passed away on Monday, June 10, 2019.

Elizabeth "Betty" Hawkins, 94, passed away peacefully at Connecticut Hospice on May 28, 2019.

Anna Hiltz passed away on May 26, 2019 at the age of 90

Carol A. Lynch, age 76 of Milford, passed away May 22, 2019.

Rose Marotta passed away on June 6, 2019 at the age of 93.

Richard A. Millette, age 94, died on Wednesday, June 5, 2019.

Richard "Dick" Roy, 76, of Milford, passed away peacefully on Sunday, June 2, 2019.

Paul Rusanowsky, 88, of Milford, passed away on Monday, May 6, 2019.

Cristoforo Schiano, 68, passed away peacefully at home on June 6, 2019.

Anastasia (Esther) Smidowicz, age 98, formerly of Milford, passed away on June 9, 2019.

Visit milford-orangetimes.com for complete obituaries with photos. Obituaries are free of charge.

Robert Swirsky, age 99, passed away in the afternoon of June 11, 2019.

Veronica "Ronnie" S. Vigliotti, 69, of Orange, CT passed on May 21, 2019.

Mary "Mudgie" E. Volanth passed away June 6, 2019 at the age of 96.

Patricia B. Wheeler, 86, of Milford, CT passed away peacefully on June 8, 2019.

Gregory C. Wojnarowski Sr., age 51, of Milford, passed away suddenly on May 26, 2019.



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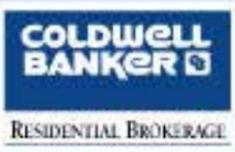
"Show me the manner in which a nation cares for its dead and I will measure with mathematical exactness the tender mercies of its people, their respect for the laws of the land and their loyalty to high ideals." – William Ewart Gladstone, Former Prime Minister of the United Kingdom

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