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Rose To Retire From Connecticut General **Assembly**

By Brandon T. Bisceglia

Vol.9 / Issue 2



Kim Rose. Contributed photo.

State Rep. Kim Rose (D-Milford) has announced her retirement from the Connecticut General Assembly after a decade in the General Assembly. She currently serves as House Chair of the legislature's Internship Committee and as a member of both the Veterans Affairs and Housing committees.

She has decided not to run for reelection and will finish her term, which ends this year.

"Representing the 118th District has been one of the greatest honors of my life." Rose said. "I did not take the decision to retire lightly. During my tenure serving my constituents, I have made strong relationships that I will forever cherish. The connections I made with everyone, serving and helping in any way I could, was the best part of this job. I was fortunate to represent this part of Milford so I could concentrate all my efforts to helping my friends and neighbors. This was a difficult decision to make, but over the years, my family has grown, and I'd like to be with them more often as they get older."

Rose's family has grown by three grandchildren in the last 4 years.

"Rep. Rose has been a strong voice at the Capitol for her hometown of Milford for many years, and will be sorely missed Continued on page 11

Orange Mourns Loss Of Fire Marshal

By Brandon T. Bisceglia

Orange is reeling from the loss of longtime Fire Marshal Tim Smith in a Jan. 19 motor vehicle accident.

Smith, 56, was the town's fire marshal for 30 years. He became a town employee in 1986 as a deputy fire marshal and rose to the fire marshal's post in April 1989.

"The Orange Volunteer Fire Department and Orange Town employees are mourning the untimely passing of Tim Smith, our fire marshal," said Vaughan Dumas, the town's

Dumas said Smith was called to a structure fire at 161 Tyler City Rd. around 1:20 p.m. Sunday to determine the cause and origin of the fire. He had completed that task and was returning home when he was involved in a motor vehicle accident in Woodbridge.

The Woodbridge Police and Connecticut State Police accident reconstruction team are still investigating the crash.

"Tim was an invaluable member of the town's public safety corps and will be missed here in town and across the state," said First Selectman James Zeoli.

Many from the town and region came out to celebrate Smith's life and service during his



Orange Fire Marshal Tim Smith. Photo by Steve Cooper.

wake Jan. 24 and funeral the following day. An honor guard was provided by members of the Orange Fire Marshal's Office and the Orange Volunteer Fire Association, as well as members from surrounding departments who

worked with Smith.

During the funeral procession, Smith was transported from the funeral home to the church on the back of a fire engine

Continued on page 6

Turkey Hill Development Defeated Again By Brandon T. Bisceglia

A controversial housing development off Turkey Hill Road went down to unanimous defeat for a second time on Jan. 21 at a special meeting of the Inland Wetlands and Water Courses Commission.

The development was proposed by a team representing town resident Richard Meisenheimer, who wanted to build 10 multifamily residential buildings and a single community building on a compilation of parcels on the 22.5-acre property that he owns. It has faced continuous scrutiny from

neighbors, who have argued the proposal is too dense for the area.

A different proposal for the same property was the subject of strong opposition in 2018 and was ultimately denied by the Town Plan & Zoning Commission.

The most recent iteration didn't even make it that far. Residents came out in force to oppose it during public hearings before the Inland Wetlands Commission. Those hearings have been held in the cafeteria at High Plains Community Center separately from the commission's regular meetings to accommodate the large crowds that have been attending.

Even First Selectman Jim Zeoli, who has often spoken at town meetings in favor of development, has voiced opposition to this one, saying there are better locations in town for a high-density project of this nature that would be less detrimental to the environment.

In addition to the teams of lawyers and experts representing the developers and opponents, the commission brought in several of its own scientists to review the plans and

Continued on page 14.

Milford Chamber Gives Annual Awards

The Milford Chamber of Commerce held its 65th Annual Meeting and 2019 Awards of Distinction luncheon on Jan. 29 at Great River Golf Club in

Recipients are honored for their service to the Milford Chamber of Commerce, the greater Milford business community, and the City of Milford. This year's awardees are: Public Service Award, Open Space Director Steve Johnson; Business Person of the Year, Peter Cozzolino of Napa Auto & Truck Parts; Community Service Award, Steve Cooper of the Milford Performance Continued on pg 4









Oyster Festival



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News & Events.

A Look Back

By Priscilla Searles



Chestnut Ridge Road after a blizzard in 1934. Photo courtesy of Marge Menze.

When it comes to snowstorms, it's common for some of us to say something like, "Oh, this is nothing. When I was a kid we'd get so much snow we had to use the windows to get out of the house."

This photo, taken on Chestnut Ridge Road after a blizzard in 1934, is a reminder of the snowstorms of yesteryear. If you look carefully you can see that the snow is considerably higher than the roof of the car. Standing on the car is Harry Riggs, who lived in the old house at the corner of Chestnut Ridge and Dogwood roads. Riggs, along with the Russells, who lived on Chestnut Ridge Road, hand-cleared the road so they could get to their cows and feed them.

Although accurate records of snow amounts have only been recorded in relatively recent times, we do know of some storms that brought our area to a complete stop. In 1717 a series of storms over roughly nine days in February and March dumped five-plus feet of snow on the New England colonies, causing 16-foot drifts in Connecticut. All that snow and no snow-removal equipment. The granddaddy of New England's worst snowstorms was the Blizzard of 1888 that dumped around 50 inches on Connecticut during a two-day period in March.

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.

Bar Louie Closes In Milford

Bar Louie, a restaurant located in the Connecticut Post Mall in Milford, abruptly closed Jan. 26 as the chain filed for Chapter 11 bankruptcy.

In a press release, Bar Louie said it was closing underperforming locations in advance of its bankruptcy filing "to strengthen its operational and financial position."

The restaurant opened in the mall in 2016.

Bromford Gets Funds To Acquire Orange Manufacturer

England-based Bromford Industries, acquiring Orange-based is aerospace manufacturer Numet Machining Techniques, Inc., has received funding from Citizens Commercial Banking to fund the

Numet is a provider of aerospace engine machined components requiring complex geometries and exotic alloys to organizations like Pratt & Whitney, GE Aviation and the U.S. Department of Defense from its single location in Orange.

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Friends Of The Milford Library Hold Elections



The Friends of the Milford Library elected a new board Jan. 26. From left: Kathy Goldbach, Ashley Volkens, Pam Pilla, Margaret Downey, Arlene Painter and Paula Goncalves. Photo courtesy of the Friends of the Milford Library.

The Friends of the Milford Library held their annual meeting and Thank You Party at the library on Jan. 26. Friends, library staff and local supporters were greeted at the door by students from Foran High School's Key Club. Guests gathered on the upper floor of the library to enjoy a wine and cheese reception before reflecting on their accomplishments in 2019.

Several volunteers received awards, including Judy Kennedy and Cheryl Cappiali for their conception of the Friends' first jewelry sale and Paula Goncalves for her dedication on the decorations for the 2019 Party in the Stacks fundraiser. The Little Libraries Committee and the City Perks volunteers were also recognized for their service to the group.

The Community Supporter award went to Greg and Liz Davies of The Crushed Grape

in Milford. The Davies have been long-time supporters of the Friends, donating their bar and helping obtain sponsorships for fundraising events and functions.

Officer elections were held shortly after the awards. All positions were unanimously agreed upon by the group. Kathy Goldbach was elected Treasurer with Paula Goncalves Assistant Treasurer. Arlene Painter was elected Secretary, and Ashley Volkens Vice President of Public Relations. Pam Pilla will continue her term as President, and Margaret Downey as Vice President of Membership. The Vice President of Special Events position remains vacant.

Outgoing officers Karuna Kasbawala and Louise Uchaczyk were both thanked for sharing their time and talents while on the board. A book will be donated to the library in each of their names.

News & Events Milford Dentist Expands



Sensitive Care Dental Health Center in Milford held a grand reopening Jan. 9 to celebrate the introduction of expanded services. Photo courtesy of Sensitive Care Dental Health Center.

A Milford dental practice has changed its name and held a grand reopening with the Milford Regional Chamber of Commerce to reflect the expansion of the services it offers.

Sensitive Care Cosmetic & Family Dentistry, owned by father-son partners Alex and Mitchell Quintner, has become Sensitive Care Dental Health Center. The business, in operation for 37 years, has become a multispecialty dental practice with a team of eight

The grand reopening on Jan. 9 included a ribbon-cutting with the chamber representatives and Mayor Ben Blake.

Sensitive Care is located at 55 Old Gate Ln. in Milford.

Mary L. Tracy To Hold Children's Fair

The Mary L. Tracy School Children's Fair will be held on Saturday, Feb. 8 from 11 a.m. to 3 p.m. The snow date is Feb. 15. This annual event is held at the school, located at 650 Schoolhouse Ln. in Orange.

The fair is the PTO's largest fundraising event each year, with proceeds benefitting the kindergarten and preschool students at the school.

Tickets for the fair are \$20, which includes kellypmolina@gmail.com.

children's games, entertainment, arts and crafts, face painting, nail painting, tattoos and cupcake decorating. Items not included in the admission price are raffle baskets, the silent auction, food, the bake walk and the photo booth.

For more information, contact Kay Yanagisawa at kay7@optonline.net or at 203-671-1450, or Kelly Molina at kellypmolina@gmail.com.



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Opinion & Editorial

Teaching Climate Change In Our Schools A Must



STATE SEN. (D-14)
JAMES MARONEY

Many who watched or read about Australia's wildfires were shocked and deeply saddened by the news reports. Millions of animals have died, people are left without homes and communities are forced to start over again from the ashes of these wildfires

It may be easy for some to put their phones down, throw on a coat, head out into the New England winter weather and go on with their day. It may be easy to put off the need for immediate action to prevent extreme weather events or the exacerbation of wildfires.

It may be easy, but it can no longer be the response. The stakes are too high, and time is not on our side.

As state Senator for the 14th District, which includes Milford, Orange, Woodbridge and West Haven, climate change and its effects are incredibly important to me and should matter to you as well. For this legislative session, which began Feb. 5, I remain committed to voting for and supporting environmentally conscious policies. I am proud to say I received a perfect score of 100 for my voting record during the 2019 legislative session from the Connecticut League of Conservation Voters.

Communities within the 14th District like West Haven and Milford rely on the coastline. Its beauty attracts people from across the state. The location is advantageous for businesses and homeowners. It is an important part of the district's character.

However, sea level rise because of climate change is a threat that must be taken seriously.

This legislative session I will be supporting proposed legislation requiring educators to teach our children about climate change and its very real effects. As we increasingly see signs of the impending danger climate change poses to our communities, it is imperative that we have the knowledge necessary to keep ourselves and our land safe and thriving. Similar legislation was introduced last year by my colleague state Rep. Christine Palm. An Act Concerning the Teaching of Climate Change in Public Schools was not raised in the state Senate, but I remain confident this important piece of legislation will gain passage in 2020.

Despite the climate change bill failing in 2019, last year was still a success on other environmental fronts. We banned single-use plastic bags and fracking waste, and we authorized the procurement of 2,000 megawatts of offshore wind energy. I am proud of what we accomplished last year. The work of my colleagues, especially Environment Committee Senate Chair Christine Cohen, was masterful, impactful and admirable.

Climate change impacts everyone and all our systems as well. It affects our health. Did you know impacts from climate change on extreme weather and climate-related events affect air quality and the transmission of disease through insects, pests and food?

Climate change affects our economy, as best evidenced by the money in federal funding needed to protect against much more intense storms than we've ever witnessed.

Continued On This Page

2020 Legislative Priorities



STATE REP. (R-119) KATHY KENNEDY

On Feb. 5 the General Assembly began its new legislative session, which is also commonly referred to as the short session. In the short session, which ends on May 6, individual legislators cannot propose their own legislation. All legislation is raised by the committee of cognizance. Legislators can, however, write a letter to the committee co-chairs and ask that particular proposals be raised by a committee.

The number one mission of the short session is to make adjustments to the two-year state budget passed last year. The current budget for fiscal years 2020-2021 is out of balance by \$28 million, according to the state comptroller, and that is after raising taxes on Connecticut families by \$1.75 billion.

I have been asked by many constituents what my legislative priorities are for the session, and here are some.

The toll debate predated the start of session by a few days, which in my opinion is not the way we should pass one of the biggest pieces of state policy the last few years.

The prospect of voting on a truck-only tolls bill without the benefit of a complete vetting by the legislative committees of cognizance and an advertised public hearing for Connecticut residents to voice their thoughts and views is irresponsible.

I will continue my fight against tolls. I firmly believe truck-only tolls will eventually lead to a toll on all cars. We hear a lot about lack of trust in our state's government, and rightly so because our state does not have a good track record with new revenue streams going where they are intended. For the last 12 years, \$650 million has been diverted that would have otherwise been in the Special Transportation Fund.

Many of my constituents believe that building the extensive infrastructure for the toll gantries will eventually lead to the expansion of tolls to all vehicles. House Speaker Joe Aresimowicz himself recently said, "No legislature can bind a future legislature. We can change our minds about anything as long as the votes are there."

We also need to fix the law passed by the majority party last session that taxed groceries. Although both House and Senate Democrats told us there was no tax on groceries, the Department of Revenue Services has now told the legislature that state statute needs to be fixed to strike groceries out of the law.

Let's repeal the extra \$5 fee on new vehicle registrations, used to help people buy hybrids and energy efficient vehicles. We pay enough in fees and taxes on our car licenses and registrations. If people want to buy a fuel-efficient car, that's great. But all other taxpayers should not have to foot the bill.

I will continue to oppose so-called clean slate legislation that would erase certain felony convictions from the criminal record of a convict. Many businesses are worried that concealing a violent criminal's history could allow for an individual with many criminal acts to have just one or two records displaying on their report if we automatically erase records.

As a member of the Education Committee, we heard loud and clear last year that **Continued On This Page**

Making Government More Accessible



STATE REP. (R-117) CHARLES FERRARO

Creating a more open and transparent government should be a priority in the 2020 legislative session. The Legislative Office Building and the State Capitol are the people's buildings and should be treated as such.

During the legislative session, many residents throughout the state come to the LOB to meet with lawmakers, search for documents or to testify on legislative proposals. Those who come to the LOB or Capitol find that the process to testify, search for information, or even get into the building can be complicated.

For example, did you know in many committees lawmakers and commissioners get to testify before the general public? Did you know that public hearings or legislative sessions can go late into the night when most are sleeping? These are just two things that could be easily changed.

A recent article published by the Yankee Institute proposed ideas on how the legislature can be more open and transparent. Here are some of them:

- Do away with concept bills.
- A 24-hour rule for new bills.
- $\bullet\,No\,more\,``rats"\,in\,the\,budget\,implementer.$
- Government officials should have their own separate hearings.
- No overnight legislative sessions.

I am in favor of many of their bill proposals and believe we should be implementing them at the LOB and State Capitol. It's time to change the way we are doing things and rebuild trust and transparency with the public.

I would like to know your thoughts about how we can make our government more open and transparent. Let me know by emailing me at Charles.Ferraro@housegop. ct.gov. If you plan on submitting testimony or decide you want to come up to the LOB or Capitol to testify or visit, please contact my office at 860-240-8700.

Maroney Continued

The funding could have been put to other uses, but now must be used to protect states against the effects of a man-made crisis: climate change. The cost of care, which is already too high, will increase as well.

To add some context to climate change's role in the wildfires in Australia, the last two years were the two hottest on record on that continent, according to Yale's Climate Connections. This is not sustainable, it is not safe, it is not an aberration and we can do something about it. To not act would be negligent. To choose to not know would be reckless and irresponsible.

Kennedy Continued

families want to maintain local control of their school districts and not have the heavy hand of state government determining their fate. I will continue to stop attempts to force school districts to regionalize, because local districts do it right without state intervention.

As always, please contact me should you have any questions about these topics or concerns on any other issues relating to state government at Kathy.Kennedy@housegop. ct.gov or at 800-842-1423.

Middle Class Tax Relief May Not Be Coming Soon



STATE REP. (R-114) THEMIS KLARIDES

Candidate Ned Lamont put down a campaign marker in 2018 when he promised \$375 million in middle class property tax relief. That marker is coming due beginning in February with the beginning of the new legislative session.

The campaign promise may be hard to make good on given the looming budget deficit and relatively short time in which to pass legislation in Hartford. The session ends the first week of May. Lamont has spent most of the last year trying to get tolls approved by the House and Senate over stiff public opposition to an unwelcome issue.

Throw in the Democrats' focus on legalizing marijuana and sports gambling – again – and fixing the growing hole in the current budget of about \$48 million, and it may be that providing the promised property tax relief of the middle class gets shoved to the rear.

Based on candidate Lamont's pledge, he would need to outline \$165 million in tax cuts this year while the remaining \$210 million would come in the next biennial budget beginning next year. But that is when a projected \$1 billion deficit will occur according to analysts, followed by an estimated \$1.3 billion deficit that will hit in 2022 if no adjustments are made to spending.

Campaign promises are great. Keeping them is the hard part, Connecticut taxpayers and voters learn repeatedly from their elected leaders.

Tax relief is what this state needs – especially the middle class, seniors and others. In order to get there, we have to focus first on spending reductions, which would provide the flexibility to bring down taxes. Too often, government acts without considering the short and long-term effects of what it is doing.

The ill-conceived tax on plastic bags is a perfect example. That 10 cent tax on each single-use bag was supposed to earn the State of Connecticut \$54 million over two years. Instead stores and people just stopped using them and now we are anticipating just a fraction of that amount, contributing instead to the red ink.

Milford Chamber Gives Awards

(Continued from page 1)

Center; Community Tourism Award, Oysterfest Committee and the Walnut Beach Association; Entrepreneurs of the Year, Chris Willet and Jerry Candido of Milford Point Brewing; Rising Star, Victor Lamberti II of Subway; Cultural Contribution Award, Milford Public Library Director Chris Angeli; Friend of the Chamber, Bob Bogart of Colonial Paint, Robert Creigh of Patriot Bank, Simon McDonald of Full Power Radio, and Walter Micks of Micks Construction; and Kapusta Lifetime Heritage Recognition, Lenny Napoli of Napoli Motors.

Opinion & Editorial

Editorial: Community Losses Should Inspire Engagement

By Brandon T. Bisceglia

Everything changes, and not always at the times or in the ways we want them too.

The Milford and Orange communities are both facing changes, though admittedly borne of very different circumstances.

Change in Orange is coming by way of wrenching tragedy, as the community mourns the sudden loss of Fire Marhsal Tim Smith. Even though his time was cut short at the relatively young age of 56, he had already put a life's worth of service into the community, serving as fire marshal for over 30 years. He was, and is, an institution unto himself.

Our condolences must first go to Smith's family, who will need the most support through this difficult time. Even with the outpouring from first responders, officials and others, no one should be put through what Smith's family is now experiencing.

When a man dedicates himself so fully to a community, people don't have to think about what will happen when he is gone – that seems like a matter for the remote future.

But of course Smith was not the first fire marshal in town. His legacy was in part forged by upholding a position – a tradition – passed down by those who came before him. His legacy will continue through those who come after him, as they benefit from the steady leadership he provided for so many years and the improvements he brought to the office.

In Milford, the announcement that state Rep. Kim Rose is retiring at the end of her current term also brings the specter of change. Milford has a tradition in recent years

of electing "conservative" Democrats (by Connecticut standards), such as former state Sen. Gayle Slossberg. Rose fit that mold as well as anyone.

Her political career took off as part of an effort to reform the state's affordable housing laws to better protect Milford from developments that she saw as predatory. That effort bore fruit several times during her tenure, most significantly last year when the city qualified under new regulations for a moratorium on projects with an affordable component.

Rose's departure leaves a seat open in this year's elections that will no doubt be hotly contested. Milford – where her entire district is located – has been trending bluer over the last few years. But Republicans still hold their own in the city, and without the strength of incumbency it could be anyone's game.

The losses of these two individuals – of any individual, really – will certainly be felt by their communities. It is regular people like them who step up to serve and put in the hard work day after day who hold our towns together, often making them better along the way.

But it is also the case that communities are group activities. They only work when everyone contributes, when we all collectively build something together.

The examples of individuals like Smith and Rose should inspire us to step up in our own ways, to play a role in making the world better not just for ourselves, but for the other human beings with whom we briefly share our community. We all depend upon one another for it to flourish.



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Commentary:

The 2019 (Black) House Team

It is time to name the 116th US House of Representatives for what it is: the Black House of

It has been 100 years since the 1919 Black Sox gambling scandal. This scandal was trivial compared to the biggest sham ever perpetrated on the American public, the new shoddy pitch cobbled together by first base coach Adam Schiff, third base

coach Jerry Nadler, and team owner and about how the Presidentials' pitched a game pitch, but this one they think they can squeak through the league approval process.

Owner Pelosi will now live in infamy as the first female owner of the team to condone using an illegal pitch in the game. This pitch is the one that was feared by the league's founders. A legal pitch must not be balked before delivery. The proposal set before league director McConnell doesn't meet this rule. Therefore the pitch shouldn't have been used against batting champion Donald Trump.

It has now been reported that Pelosi secretly set a timetable for trying the new pitch against the newly organized Team Trump even before they took the field. This strategy was almost blown up by an early disclosure of the new pitch at team events by team pitcher Maxine Waters and her incessant ranting "impeach, impeach, impeach" early in the season.

Newly acquired team members and comic relief pitchers Alexandria Ocasio-Cortez, Rashida Tlaib, Ilhan Omar and Ayanna Pressley took up the mantra in the bullpen.



THOMAS P. HURLEY

Pelosi lost control of these players early in the season (ah. pitchers) and then determined that the right-handed pitchers would be benched for the season.

After a long review of the Presidentials' first game with the team, the Presidentials were cleared by the Mueller Umpire Association and the score of 1-0 was upheld. Then attention turned to a mystery complaint

manager Nancy Pelosi. This is not the first with the Ukraine Nationals. The Ukraine time this team has tried to use a questionable Nationals' team manager, Volodymyr Zelensky, said the game was fairly played and he had no complaints. Not satisfied with the MUA decision and seeing an opportunity to continue the mystery complaint, Pelosi decided to use the new pitch against the Presidentials before Christmas.

> Long-time team pitching coach Rosa Delauro, a former team Clinton player, issued the following statement on the new pitch, which differed from her earlier positions:

> "Today, the House of Representatives upheld its duty to protect the Constitution of the United States. Our founders set up a system of checks and balances, separation of powers, and rule of law so that no person would be above the law. That includes the President of the United States. The Constitutional recourse for 'treason, bribery, or other high crimes and misdemeanors' is clear: impeachment. It is a heavy price—intended only for matters of grave consequence to our republic. President Trump's actions meet that high bar, and that is why I voted in favor of the articles of impeachment."

What changed her thinking from 2012? Just before the House began a series of votes to impeach President Bill Clinton, DeLauro complained that her colleagues were about to commit a "constitutional assassination."

"Benjamin Franklin spoke of impeachment as an alternative to assassination," DeLauro proclaimed on the House floor nearly 21 years ago. "Today, this body is contemplating a constitutional assassination." She said efforts to impeach Clinton were "driven by a naked partisanship" almost without lawful and civil bounds.

At least a perjury charge existed in the Clinton case. What a difference 21 years and the office holder's party makes.

Christine Angeli, Milford Library

Cathy Bradley, Running

Joanne Byrne, Retirement

Cynthia V. Catapano, Local Wildlife

David Crow, Conversations

Pat Dray, Gardening

Richard Dumbrill, Rotary Club

Steven P. Floman, Legal

Peter Hechtman, Books

Letters To The Editor:

To the Editor:

The Orange Fire Marshal's Office would like to thank the residents, businesses, religious communities, Orange Volunteer Fire Department, other fire departments and all who expressed their condolences by phone, visits, notes, flowers, food and hugs to our office upon the tragic death of Fire Marshal Tim Smith. A special thank you to First Selectman Jim Zeoli and Orange town employees. Your kindness and expressions of sympathy helped us through this very difficult time. Thank you to everyone who reached out to the OFM staff.

Jamie Vincent, Mike Knight, Tim

Milford-Orange Times

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The Book Club:

What's The Matter With Kansas?

Ben Lerner, The Topeka School, Farrar, Straus, Giroux, 2019

The bare bones of The Topeka School are that Jane and Johnathan Gordon, clutching their new graduate degrees in psychology, are transported by the churning of the 1970s academic labor market from their Brooklyn

homes to Topeka, Kansas, to work at The Foundation, referred to as a "Mayo Clinic for the Mind."

Over the course of the next twenty-odd years, they will raise their red-diaper baby, Adam, in the reddest of red states. They will also experience differing degrees of success. Jane will produce a book featuring a feminist critique of the family that is sanctified by Oprah, while Jonathan continues to apply

his clinical skills to the important but uncelebrated task of helping a generation of "lost boys."

This is a novel that critics seem to adore. They have taken the basic story as a literary Christmas tree to be decorated with choice p o s t - modernist adornments.

> Thus we read that the novel is "about" toxic masculinity (aka male rage) or we are told that it is about the disintegration of speech.

There is no question that instances of both phenomena appear in the novel, but whether they cohere into major themes that affect or alter the trajectory of the Gordon family I will leave to other

readers.

Nevertheless, any family, real or fictional, must interact with the world outside their home. For Lerner, this world appears



PETER HECHTMAN

increasingly Trumpian, with its attacks on women, its ethnic/ class-linked violence, its hyperpartisanship and its twisting of language into something both incomprehensible and hateful.

a millstone around her neck. Her telephone constantly rings with violent threats for her antifamily writings, and her public appearances are dogged with

incendiary taunts from Bible-thumping fanatics. She refers to these callers as "the

But where Lerner has admirably succeeded is in his description of the assault on language. Adam is a nerd, and in American high schools the class struggle masquerades as a war between jocks and nerds. Adam's nerdiness is expressed through his role as the leading figure in his high school debating team. In a brilliantly realized scene, Adam

both describes and encounters the use of "the spread" as a debating tactic. Those of you old enough to remember high school debating as it was in the 1950s and 60s might think that debating was an admirably democratic exercise in which young people were taught how to logically and rationally organize their arguments in order to persuade the audience or their opponents of their case. No longer so. The spread involves use of high-speed "forced speech" to drop so many ideas on the table that the opponent is certain to lose points by failing to respond to all of them.

Something is wrong with this. The adornment of eloquence has been turned into a supersonic word salad.

I believe The Topeka School to be an intelligent and thoughtful book that is worthy of your attention.

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

Wine Talk

Wines For Valentines

THE

TOPEKA

February is just around the corner, and being a romantic at heart, one of my favorite holidays is Valentine's Day.

Almost everything Valentine's Day is pink, so it would be a great time to ride the trend that rose wines are currently enjoying.

Some of the finest rose in the world comes from an area of France called Provence. Just south of the Alps in southeastern France, it was the first Roman province

outside of Italy. The Romans called the area our province, *Provincia Nostra* in Latin. That is how the region got its name. Wine has been grown in this area for 2,600 years.

The sea forms the southern border of Provence. Mild winters and very warm summers are common. It generally sees little rainfall. The region receives over 3,000 hours of sunshine per year, which is more than double what is normally required to ripen grapes. Potential for overripening is high. so vineyards must use great caution to avoid it. There is a strong north wind that can help cool the grapes from the heat and dry them after a rainstorm. This can prevent rot and other diseases.

The eastern region of Provence contains an area that consists of over 85 communes of grape growers called the Cotes de Provence AOC. Rose accounts for 80 percent of all the wine produced in this location and is considered some of the finest in the world. The grapes used to make rose from this



RAYMOND SPAZIANI

region include Carignan, Cinsaut. Grenache, Mourvedre and Syrah with a maximum of 40 percent Caignan used in an AOC rose to preserve quality. Mourvedre is the most popular grape, however. Non-traditional methods have been experimented with by a new generation of winemakers. They have used oak barrels for aging and fermenting the wine. Most winemakers use temperaturecontrolled tanks for a cooler

fermentation.

The finest roses are dry pink wines with a nice acid balance. They stand up well to garlic dishes and those with aioli components. These dry wines are a far cry from the sicky sweet and poorly made pink wines many Americans associate with rose. These high-quality wines are nothing like White Zinfandel, which despite its poor quality, is very popular in the US. So this Valentine's Day, get grandma off the White Zin and have her try some delicious rose from Provence.

Ray Spaziani is chapter director of the New Haven Chapter of the American Wine Society. He has taught wine appreciation classes at Gateway Community College, the Milford Board of Education, at Maltose wine and beer making suppliers and is a member of the International Tasting Panel of Amenti del Vino and Wine Maker magazine. He is an award-wining home wine maker. Email ray with your questions and wine events at realestatepro1000@gmail.com.

The Orange Chamber of Commerce

Orange Chamber Getting Into The Forecast Gig

Did you know that 72 percent of people are influenced by looks and a handshake? In 2019 the people who received the best results from their networking efforts participated more in "face-to-face" contact networks. The Orange Chamber of Commerce is the wire that connects its members to other members and all businesses to all other businesses.

With a new decade upon us, the Orange Chamber is looking to be the premier organization for businesses

in the area that it serves. We are partnering with the Orange Economic Development Corporation to hold our first economic forecast breakfast on March 18, titled "State of the State, State of the Town," sponsored by Avangrid with MC Ryan Wolfe, Avangrid's economic development and community specialist.

First Selectman Jim Zeoli will be speaking on the economic health of the town. He will be followed by David Lehman, Commissioner of the Connecticut Department of Economic and Community Development, the state agency that oversees a wide range of programs promoting business retention and recruitment, brownfield redevelopment, the arts, historic preservation and tourism. Lehman's business development priorities include helping build our urban centers into engines of growth,



CAROL SMULLEN

further capitalizing on the state's top-flight colleges and universities, strengthening the state's workforce marketing pipelines and Connecticut as a place that is open for business.

The breakfast will be held at 7:30 a.m. at the Grassy Hill Country Club in Orange. Call 203-795-3328 or 203-891-1045 for tickets.

The chamber's Planning Committee, led by Ted Novicki, board president, includes Lynda

Mason of Milford Bank, Hector Morales of Patriot Bank, Dr. Rob Rubino of Rubino Family Chiropractic and Sue Vigorito of Stony Creek Urgent Care. The innovative team is setting new directions for programs and events, all designed to meet the changing demands of today's businesses.

"Morning Jolt," a coffee and conversation hour, will continue, as well as the West Haven women's business lunches. New to the schedule will be one-hour business lunches, intended to attract young professionals, to be held at area restaurants. Watch for the announcements.

For all chamber events, check the Orange Chamber website at orangectchamber.com.



Orange Mourns Loss Of Fire Marshal (Continued From Page 1)

accompanied by an honor guard. Other vehicles from area departments joined the procession. The funeral included bagpipers from three pipe-and-drum groups, a last dispatch to honor Smith, the ringing of a ceremonial fire bell and the presentation of a flag and Smith's helmet to his family.

We are grateful for the outpouring of support from the fire and police departments in surrounding towns," said Dumas. "While we work to help Tim's family and friends, including members of our own department and the Fire Marshal's office, the sympathy, support and very real commitment of time and resources from these other departments is helping Orange firefighters pay tribute to

Tim and mourn his loss."

Cody-White Funeral Home handled arrangements for Smith's family at no cost as part of its "Fallen Hero Service" program, which covers funerary costs for first responders in Milford and Orange who die unexpectedly in the line of duty.

Cody-White Managing Partner David J. DeRubeis said the program was created in 2007 and extended to Orange, where his own son works as a police sergeant, in 2017.

"This is Cody-White's way of showing our gratitude to our communities for the many years of trust that have been bestowed us," DeRubeis said.

In addition to being a certified state fire

marshal, Smith was a fire service instructor for the Valley Regional Fire School. He received an award from the International Association of Arson Investigators in 2015 for outstanding accomplishment in relation to an investigation of an arson fire on

Smith was known as a progressive and innovative fire official. He inaugurated the use of drones to investigate fires. He also implemented the use of special software to track fires in town and report them to

Although Smith lived in Prospect, he was an Orange native and an Amity alumnus. He had two daughters, Hannah and Alexa, and a

girlfriend, Terri.

In Smith's free time he was a skilled woodworker, according to his obituary.

"On most days, you could find him in his workshop making furniture, wooden trucks, trains, jewelry boxes and just about anything you could think of," it said, adding he had just started a business personalizing wooden pens.

Smith built vintage and World War II model airplanes. This included a love for flying, enjoying anytime he was able to ride in a helicopter. He would attend airshows with his daughters, sharing his detailed knowledge about the history of each plane

Orange Chamber Names Board President



Ted Novicki. Photo courtesy of the Orange Chamber of Commerce.

The Orange
Chamber of
Commerce is
starting 2020
with new
leadership
under Board
President Ted
Novicki.

Novicki has been a member of the Board of Directors since 2017 and

his company, Orange-based Avangrid, parent company of United Illuminating and Southern Connecticut Gas, has been a member of the chamber for many decades.

"In today's ever-changing world, it is more important than ever to keep in touch with your customers that are located right in your local community," Novicki said. We have seen a tremendous desire for people to utilize local services, buy local products and support their community. That is where an organization

like the Orange Chamber comes into play and shines. We connect local business and promote these businesses to their local clientele. It is essential that we turn the current 'onlineonly' business paradigm on its head and look at new and innovative ways to not only promote our local businesses but assist them to grow through the power of networking and promotion. At the Orange Chamber you can enjoy a vibrant online presence and community, while simultaneously offering members amazing opportunities to interact face to face with fellow area businesses all while having the opportunity to shake hands with your next client. The future is bright and with assistance from the Orange Chamber of Commerce it will continue to grow brighter."

Novicki grew up and currently lives in Orange, having attended Turkey Hill Elementary School. He received his Bachelor of Arts in government from Connecticut College, studying information systems at Columbia University and finally receiving a Masters of Business Administration from the University of Connecticut.

Milford Resident Named State Director For Bloomberg Campaign



Brett Broesder

f o r Democratic presidential h o p e f u l M i k e Bloomberg announced Jan. 28 that Milford resident B r e t t

campaign

Broesder will join as state director for Connecticut along with several other Connecticut political veterans in its effort to defeat Donald Trump in November.

"Mike Bloomberg has taken on and won on some of our country's toughest fights – be it on guns, climate, or public health – and our effort to defeat Donald Trump in Connecticut, and nationwide, will be no different," said Broesder. "I'm eager to start building an organization that will not only help us win the primary on April 28, but also in November so that we can start rebuilding America."

Broesder joins the team after serving as a managing director for Advocacy Solutions for the past year and as a recently elected member of Milford's Planning and Zoning Board. He has more than a decade of experience, including as a political consultant for Ned Lamont, Susan Bysiewicz, and Shawn Wooden in 2018.

Prior to that Broesder served as a senior aide to Hartford Mayor Luke Bronin and former Bridgeport Mayor Bill FInch, as a communications director for the Montana Democratic Party, campaign manager for Peter Kilmartin's successful Rhode Island attorney general run in 2010, and as a public affairs consultant for Ketchum and H+K Strategies in Washington, DC, and New York City.

"Broesder has an outstanding history of building and running teams on some of the most important and high-profile campaigns across the country and in Connecticut, and we're excited to have him lead our efforts in the Constitution State to defeat Donald Trump and to elect a proven leader to the White House," said Rob Diamond, East Coast States Director for Mike Bloomberg 2020.

Happy Anniversary Devon! -Dad

Happy Birthday Val! Love Always, Your Husband

Orange VFD Auxiliary Holding Pancake Supper

The Orange Volunteer Fire Department Auxiliary will hold its 11th annual Pancake Supper on Wednesday, April 22 at Chip's Restaurant, located 321 Boston Post Rd. in Orange.

The menu includes pancakes, eggs, a choice of bacon or sausage and a beverage. There will be an early seating at 5:30 p.m. and a late seating at 6:30 p.m.

The price is \$12 for adults and \$6 for LMK415@yahoo.com or visit orangevfd.com.

children 10 and under, with gratuity included. Tickets must be purchased in advance as there are a limited number of seats available.

Tickets may be purchased from any Auxiliary member or at Knight's Inc., located at 286 Boston Post Rd. in Orange. All proceeds benefit the Orange Volunteer Fire Department.

For more information, email Lynn@ LMK415@yahoo.com or visit orangeyfd.com

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Lifestyle _

On Your Mind

How Hypnosis Can Help Improve Your Relationships

We often define ourselves by our don't understand why they do relationships. I am a daughter, a wife, a mother and a sister.

At one time or another each of those relationships caused me some stress. Although one may think that it is completely normal to have stress in a relationship, one might wonder: do we have stress that affects our relationships or are our relationships causing our stress? When we are under stress, we don't make good choices or behave as patiently as we would in a better state of mind.

Hypnosis, especially self-hypnosis, can adjust and improve one's state of mind. I have worked with a variety of clients who had relationship issues in which hypnosis was successful.

The first relationship I will address is the parent-child relationship. Because most parents aren't trained in child rearing, they experience feelings of failure and inadequacy when they don't know how to handle a child's misbehavior. Sometimes parents take it personally when kids misbehave or test boundaries because they it. The parents sometimes argue about how to handle it and the situation worsens from there.

When I work with parents, I teach them self-control because although they are having difficulty controlling their children, they can only control the way they respond. They can control the way it affects them. No one can control another person. It doesn't mean they don't try, using threats

and yelling and even hitting, but when they fail, they feel angry and out of control.

When you change the way you respond to your child, they change. Exercising selfcontrol is useful in every situation and helps to change your perspective from helplessness to confidence. When parents feel helpless, they blame the kids' behavior and begin to focus on the child's misbehavior instead of the child's needs and feelings that may be driving the behavior.

Hypnosis and self-hypnosis can help



FERN **TAUSIG**

control. Remembering that you love your child and want to help and nurture them instead of control them improves relationships and promotes peace in the family.

I have also worked with marital relationships. A marriage is so intimate that it doesn't take much to create hurt feelings or misunderstandings. Problems arise when couples can't or won't communicate about minor

issues, so the feelings get repressed and the negativity begins growing inside. Each person feels frustrated because they cannot control the other.

When a couple first comes together, falling in love, they see each other through rose-colored glasses. They get caught up in passion and excitement and don't focus on the little negative things that may bother them. As time goes by, life challenges like finances or children enter the picture. The rose-colored glasses come off, the little

increase confidence and self- things appear bigger and there are more of them to deal with. Couples often forget to focus on the things they love about each other. They focus instead on the negative things that bother them and that they can't control about the other person.

> Hypnosis and self-hypnosis can change that focus to what you feel good about instead of what's bad. When that happens, those negative things become less important and can be dealt with as little things instead of being blown out of proportion.

> Relationships are complicated, but all relationships have certain things in common. They all require mutual respect, mutual validation and the feeling of being loved, understood and valued. When you learn that controlling your own behavior and responses causes people to respond positively to you, all of your relationships will improve.

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

The Garden Spot

Water, Water, Everywhere – But Not Enough

Although the Earth is considered a "water planet," with over 70 percent of the surface covered by the stuff, less than 1 percent of that water is considered available for human needs. The other 99 percent is in the oceans, frozen in glaciers and ice caps or in soil moisture.

As our state has become more developed, residential usage has expanded significantly with a concurrent growth in the use of managed landscapes – in other words, lawns.

Unfortunately, with expanded lawns comes expanded use of water for irrigation and chemicals for turf maintenance. According the EPA fact sheet "Outdoor Water Use in the United States," approximately 30 percent of the available water is used for outdoors, the majority of which is for lawn irrigation.

Understanding that lawn irrigation is a nonessential use of a limited resource should lead us to reducing usage through a few easy steps.

First, if you are thinking about reseeding a

lawn, be aware that no turf grasses are native grasses and therefore do not support biodiversity. You can reduce water usage by reducing the size of turf areas and instead use landscape plants such as ground covers that are drought resistant.

If you must reseed or replant, choose a tall fescue over a Kentucky blue grass since the fescue has been developed to be drought resistant.

You do not need to water a lawn daily. Lawns typically need about one inch of water a week, with a deeper watering leading to deeper root growth and a healthier lawn. Since the average annual rainfall in Connecticut is 48 inches, there should be many weeks when irrigation is completely unnecessary. If using an irrigation system, use one with a weatherbased sensor to prevent overwatering. Studies



PAT DRAY

have shown that a properly installed weather-based system will reduce water usage by about 15 percent.

Lawns are also treated as heavy feeders, with many vendors selling "four step programs" whether they are needed or not. Overtreatment of turf is problematic for a variety of reasons, including your health and your wallet. The EPA estimates that 95 percent of residential

lawn pesticides contain possible or probable carcinogens – hence all those little yellow signs that pop up faster than dandelions in the spring.

Sustainable lawn practice begins with a soil test. What nutrients are actually missing from your soil? Is the pH such that it allows for nutrient uptake? Tailor any program based on actual need to minimize overuse of lawn chemicals and read the instructions to avoid overapplication.

If you use a landscape firm to manage your lawn and they haven't done a soil test, they are probably overtreating. Overtreatment creates more nutrient and pesticide runoff into our watershed (Long Island Sound) and to lakes and ponds, which increases aquatic plant growth, killing fish and amphibians.

Finally, don't mow too short. Leave the grass three inches tall, and leave the grass clippings since they provide nitrogen to the lawn. Practicing good management techniques are easy and affordable.

If you're interested in learning more, you can download the EPA fact sheet at 19january2017snapshot.epa.gov/www3/ watersense/pubs/outdoor.html. For more information about soil testing, you can visit soiltest.uconn.edu.

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

Just Floored:

Taking care of your floors is an important task. We spend a lot of money on carpet, hardwood or luxury vinyl tile, and we want it to look its best all the time.

So what do we do if we spill? What happens if we drop food or the kids come in with muddy

Let's start with carpet. Red wine, grass, mud: so many stains can happen. There are some great products like Stainmaster carpet stain remover. It penetrates deep to lift out tough, set-in stains and repels dirt by creating a protective shield. Obviously you want to make sure that you check with the manufacturer of your carpet to make sure there aren't specific cleaning instructions. Sometimes you are going to want to have it professionally cleaned if it's a wool or organic fiber. Nevertheless, here are some steps to making sure you can get almost any stain out.

1. Before you use any kind of cleaner, remove soil and blot any excess liquid.

Taking Care Of Your Floors 2. Wet the stain with warm water enough. So you need to know when

- and blot again.
- 3. Spray the product you are using liberally on the affected area.
- 4. Wait three to five minutes to allow the solution to penetrate the stain (through the padding to avoid reappearing stains).
- 5. Dampen the spot with water and blot it with a clean, colorfast paper towel or cloth.
- 6. Repeat as necessary to remove

Treat stains immediately. Set-in stains can be more difficult to remove.

Dish detergents like Dawn and vinegar can also be used to remove stains. Always make sure you test the carpet in an inconspicuous spot before using it on the stain. Use a clean white rag to blot the liquid to remove the stain. Continue until the stain is removed.

Even fast and diligent cleaning might not be



Annamarie **A**MORE

enough. So you need to know when it is best to call in the professionals, especially if it is a higher-end carpet.

Most of our homes have hardwood floors. We love them, but they take a beating. The fail-safe product for these floors is soap and water.

- 1. Make sure that we sweep or vacuum daily if possible and mop once or twice a week. You can mop once or twice a month in a lesstrafficked area.
- 2. Water is wood's worst enemy. Use a damp mop rather than a soaking wet mop. You also don't want the water to sit on your hardwood floors, so work in small areas at a time. After you mop or scrub the section, dry it with a clean mop or cloth.
- 3. Do not use oils, waxes or furniture sprays. Oil will leave a residue, and furniture spray will make it like an ice-skating rink.

Daily maintenance will also help with LVT or any other kind of tile. You want to be sure you're sweeping or vacuuming and mopping when needed. Mild shampoo is also another great tool for keeping your floors looking their best. Mixing a squirt of shampoo with a gallon of warm water will help remove any hairspray buildup that you might have on your floors.

If you are going to try any kind of cleansers, you want to try them in an inconspicuous space and make sure they don't damage the floors first. No matter what you have for flooring in your home, daily maintenance will help keep it looking its best. Sweeping, mopping and vacuuming are the best options before any harsh cleansers. If a stain is really bad, don't hesitate to call in the professionals.

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

Lifestyle

Real Talk: You Ask, A Pro Answers

Keep Your Homeowner's Coverage Current

As you enhance your property, you must make sure that the replacement costs through your homeowners insurance protects your investment. In other words, insuring your home to its current value takes into account renovations, additions and expensive upgrades.

Your insurance professional may need to add more coverage to your insurance, but with new programs that serve the community better you will not necessarily have a greater cost.

Diane Eger, vice president of the Orange Insurance Center, says, "Your insurance agent is your partner in taking care of protecting your property. You need to be due diligent to protect and preserve the monetary value of your home over time."

You need to have a relationship with

your person in the insurance industry. He or she can assist you with changes, opportunities for programs and, of course, if ever there is a need for any replacement. Asset protection can only be accurate when everyone has made a diligent effort to keep up with the contracts and information necessary.

There are various replacement cost estimates used by a homeowner company when changing a policy or putting in a claim. Learn about the process by calling your insurance agent. If you have been laying low on paying the same premium with old information



BARBARA LEHRER

for 20 years and you now have a finished basement or an additional two-car garage, wouldn't you want that protected in the event of a catastrophe?

Eger points out that you want to replace property with something of like quality. How will the company know if you do not share your information?

Another reason to keep your insurance current is the normal cost of inflation, which means that

the homes in our area have increased in value over time, so perhaps you need a little more coverage anyway.

Just as every other industry has learned

over the years to expand their expertise and tweak their client needs, so has the insurance industry. When purchasing a home today this information is there and current. Still, unless you jump in to learn what's important with typical renovations you can still neglect this part of homeownership later on.

My job is to protect the real estate community from making mistakes. You should get moving to shop for information, analyze your insurance history and make sure you are doing your best. We are glad our homes maintain value and go up in value let's keep up with the times.

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

Room 911

Brighten Your Home Environment

Oh, the coziness of winter -- a bowlful of pinecones and cinnamon sticks on the coffee table along with a big mug of hot cocoa, a roaring fire in the fireplace and a luxurious throw upon your lap, a vaseful of winterberries and a big pot of stew simmering on the stove.

What more could enhance your sense of winter? As you gaze out your picture window looking at the beautiful fir trees fringed in snow and big flakes tumbling from the sky, what more could anyone wish for to complete the quintessential New England winter season scene?

For this writer, the long gray days, the ice on the driveway, the cold temperatures and the heating bills take away from the idyllic atmosphere. While I am not personally affected by Seasonal Affective Disorder, There is an anticipation as the days grow longer that soon warmth and sunshine will come. In reality, it is a long, long way off.

What can we do to brighten our environment? Here are just a few suggestions that are easy fixes while many of us wait for the arrival of spring: crocus, daffodils, tulips, forsythia and fresh green buds on the trees.

Open your curtains and let the light in. Buy some throws in reds or persimmon colors as well as stripes or patterned throw pillows to adorn your sofa. If you can take advantage of a sale, you can even buy a bright patterned small area rug to put beneath your



TEDRA SCHNEIDER

patterned tablecloth adds some punch to the room. quick relatively Α and inexpensive way to add some

coffee table. A bright runner on

your dining room table or a brightly

brightness to any room is through green vegetation. Plants, tall or waist height, tucked into the corners of a room and potted succulents for your end tables or cocktail table are welcome respites from the grayness of winter. Fruit-bearing plants and

citrusy candles enhance our sense that spring is on the horizon.

Valentine's Day will be here before long, and we will begin to see roses in a variety of colors, daffodils, tulips and eventually hyacinths. All

of these colors can chase away the winter blues. No need to buy in abundance because a few potted flowering plants or bunches in vases goes a long way.

What else do you need to brighten your room? I would be remiss if I didn't mention "decluttering" your environment. The more open space between objects and fewer objects in a room, the more likely your room will look lighter and brighter.

The big decision for me on this winter's day will be the following: Should I make a pitcher of sangria with tropical fruits (even if they are bought in the freezer section at this time of year) or a tall glass of lemonade?

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

Here's To Your Health

Make February Fiber Fitness Month

Every month is labeled with some "awareness," so why not make February Fiber Awareness Month?

Most people understand the value of fiber in their diet to help promote good digestive health and stay regular. However, fiber has many more health benefits. Fiber is a plantbased nutrient and a type of carbohydrate, but is not like other carbs because it cannot be broken down into digestible sugar molecules. Fiber passes through the intestines almost entirely intact, absorbing water and doing a great deal of work throughout its journey.

Fiber is an undigested starch that grabs ahold of cholesterol and escorts it out of your body. Foods such as apples, oat bran, barley, carrots and dried beans turn into a gel substance during the digestive process that actually prevents fat, sugars and cholesterol from being absorbed by your body

February does hold an awareness title for heart health, and fiber is a crucial component of a healthy heart. A study published in the Journal of the American College of Cardiology Foundation that followed 39,876 women for six years found that those who ingested an average of 26.3 grams of fiber daily were at lower risk for developing heart disease or having a heart attack than those who ate less. Heart •

still the number one killer of women.

Fiber promotes weight loss. Fiber expands in your stomach and intestines, meaning you will feel fuller after eating a fiber-rich meal, will stay satiated longer and eat less. grams per day



MICHELE **TENNEY**

When you eat foods with a low nutrient value, your stomach will not register your intake and will ultimately leave you feeling hungry soon after you have eaten. I tell my clients to evaluate what goes into their mouths by asking before they eat it: Will this hurt me or help me? Fiber has not been proven as

of yet to prevent colon cancer. However, you can certainly benefit in many other ways from increasing fiber intake, so why not start today? The Institute of Medicine has set a

disease, while neck and neck with cancer, is recommended daily amount for fiber intake. Men ages 50 and younger should consume 38 grams of fiber per day, and men 51 and older should consume 30 grams. Women ages 50 and younger should consume 25

Some foods that are high in fiber are peas, broccoli, figs, berries, beans, lentils, artichokes, avocados, pears and brown rice. These are foods you can easily add to your daily meal plan. This way of eating should be a lifestyle and one of balance.

If February remains Heart Health Awareness Month, that's fine with me. Just add some fiber into this month and your heart will be happier: I promise. It is the passion of my heart to help people live their lives to their fullest potential – spirit, soul and body.

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

Travel Matters

Viking Cruise Lines Comes To The US

Viking Cruises has wanted to enter the US market for a number of years. They have finally found an interesting way to do so: expedition cruises to the Great Lakes.

Viking is starting an expedition division that launches in 2022 with four of their adventures scheduled for the Great Lakes the world's largest body of fresh water.

Two new ships – the Octantis and the Polaris – are scheduled for expedition itineraries around the globe that year. They will accommodate only 378 passengers. The new polar class ships will have longer hulls and two types of new stabilizers built for expeditions. They intend to explore parts of the Great Lakes that are not normally explored and offer four different Great Lakes

Viking has partnered with the University

of Cambridge's Scott Polar Research Institute, the Cornell of Ornithology Lab and Oceanic the National and Administration. Atmospheric which will provide resident scientists for each expedition.

These scientists won't just conduct research on board. They will also provide guest enrichment and interaction, giving new meaning to Viking's slogan, "The thinking person's cruise.

Following a major trend in the industry, which includes Scenic Cruise Lines, Silverseas and Hurtigruten. Viking will also offer Arctic, Antarctic, Viking Northern Isles and other expedition-worthy routes.



KAREN Ouinn-Panzer

Itineraries will go "to the ends of the earth" as well as quite close to home with the Great Lakes. Expedition cruising is popular in the luxury travel market. especially for baby boomers who have the time and discretionary income.

Prices start at \$5,495 per person and are all-inclusive, including excursions, beer and wine with meals and often including free air. There are some special promotions available for

guests ready to book before Feb. 29. Believe it or not, some of these 2022 sailings have already sold out.

Of course, Viking is not the first to explore the Great Lakes. Blount Small

Ship adventures (84 passengers or less), and Victory Cruise Line are others that offer Great Lake cruises. Blount offers a longer itinerary from Chicago to New York that encompasses four Great Lakes and the Erie Canal. Victory Cruise Line offers 12 itineraries on two ships (202 passengers each) that focus more on the seafaring history of these coastal ports and activities are led by local guides. Local shopping and strolls throughout the Great Lakes cities are offered as well.

Viking is the first really well-known cruise line to offer this itinerary, though, and to offer it as a true expedition with scientists onboard and an expeditionary focus on wildlife.

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

Your Health

Novel Coronavirus Outbreak A Global Worry

There is an ongoing outbreak of respiratory illness caused by a novel (new) coronavirus (termed "2019-nCoV") that was first detected in Wuhan City, Hubei Province, China. Various news outlets have reported that at least 259 people have died from this new coronavirus in China and more than 11,791 cases have been reported globally as of Jan. 31.

According to the Centers for Disease Control and Prevention, these coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats and bats. The pathogen responsible for this pandemic is a new coronavirus. It's in the same family of viruses as the severe acute respiratory syndrome coronavirus, or SARS, and Middle East respiratory syndrome coronavirus, or MERS, which killed hundreds of people in the past.

Coronavirus is transmitted through the air and primarily infects the upper respiratory and gastrointestinal tracts of mammals and birds SARS and MERS can infect both upper and lower airways and cause severe respiratory illness and other complications in humans. This new 2019-nCoV causes symptoms similar to SARS and MERS.

The spread of SARS and MERS between people has generally occurred by close contact through respiratory droplets when an infected person coughs or sneezes. Common signs of infection include respiratory symptoms, fever, cough,

shortness of breath and breathing difficulties. In more severe cases, infection can cause a severe inflammatory response, including pneumonia, acute respiratory syndrome, kidney failure and death.

Since the outbreak, the United States and other countries have already implemented screening for incoming travelers from Wuhan, China. However, according to the *New York Times*, Wuhan City, China, has shut down



Dr. Amir Mohammad

able to leave the city.

As of this writing, The
World Health Organization has
declared the outbreak a global

public transportation within the

city. Planes and trains also aren't

health emergency.

The 2019-nCoV outbreak is another reminder that people should limit the consumption of wild animals to prevent zoonotic infections. WHO's recommendations to prevent

infection spread include regular hand washing, covering your mouth and nose when coughing and sneezing and thoroughly cooking meat and eggs. Avoid close contact with anyone with symptoms of respiratory illness such as coughing and sneezing.

The following additional resources are available with information on 2019-nCoV

- CDC Travelers' Health: Novel Coronavirus in China: cdc.gov/travel/notices/

watch/pneumonia-china

- CDC Health Alert Network Advisory Update and Interim Guidance on Outbreak of 2019 Novel Coronavirus (2019-nCoV) in Wuhan, China: emergency.cdc.gov/han/ han00426.asp
- CDC Health Alert Network Advisory information for state and local health departments and health care providers: emergency.cdc.gov/han/han00424.asp
- CDC Information on Coronaviruses: cdc. gov/coronavirus/index.html

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.

Getting To Know You

The Cell Phone Filter

You've got a cell phone, I'm sure. I want you to stop reading this for a minute and take a look at it. When you get done looking at it start reading again. I'll wait.

Ask yourself a question: Where was it in relation to you? I'll bet it was within reach. Now ask yourself another question. When

was the last time it wasn't within reach?
Well, it kind of has to be for it to be of any value to you, right? I mean, if the thing isn't

value to you, right? I mean, if the thing isn't in reach it can't do what you want it to do. So it kind of makes sense that it is pretty much always in reach. However, that answer begs the next question.

Why is your cell phone always in reach? I asked myself that very question recently. Everywhere I am I've almost always got my cell phone within reach. It's either in my hand, in a pocket or on some nearby flat surface. I have a feeling it's the same for you. You can probably reach it even when it's charging.

Our cell phones have become routine equipment. They're as much a part of our

daily outfit as our wallets and keys. If we don't have them near us, we feel like we forgot something.

But that doesn't tell us why we have our cell phones within reach almost all the time.

I've asked that question of other people lately. Some people said it helped them stay connected to work. Some said it helped them stay connected to friends. Some

said it helped them stay connected to family. And some said it helped them stay connected to the world. In the end they all boiled down to one answer: I need it to stay connected to other people.

I admit that was the reason I gave for having my cell phone within reach all the time. But then I started taking a good hard look about how I was using it. Truthfully all that "connectivity" wasn't very helpful when it came to staying connected to people.

Think honestly about how you use your



David Crow

cell phone. If you're honest you'll admit that you use our cell phones as a way to filter and prioritize rather than connect.

When I was young and the phone rang, we had to answer it to find out who was on the other end. It was kind of exciting because the phone didn't ring that much back then. Maybe it was the same when you were a kid. However, now we get calls, texts

and emails on our cell phones all day long, but we answer them less than we did when the phone was a giant, jangly black box with a dial sitting on the phone table (Google "phone table" if you don't believe me). Text was what came after the title of the book, and mail was hand delivered by the postman.

Our cell phones compile a list of people we'll answer immediately, people we'll call, text or email back later and people we just never seem to get around to connecting with. Instead of a tool to help us connect it's

become a personal assistant that everyone has to deal with before they get to speak to the boss. It becomes a kind of barrier to personal contact with others we don't feel like talking with at the moment:

I'm as bad as the next guy, so don't get offended by this observation. I would encourage you to try, as I am trying, to relearn how to live without a cell phone in easy reach at all times even if only for a little bit. You might meet the most important people you'll ever meet while your cell phone is resting on some out-of-reach surface. As for the people calling, texting and emailing, I promise they won't know the difference.

Until next time, y'all come out!

David Crow lives in Orange with his wife and three children. He practices law and he asks everyone to call him "Dave." Only his mother and his wife call him "David," and only when they're mad at him. You can contact Dave at Sit.a.Spell.and.Visit@gmail.com. He'll always find a half hour for a good chat.

Running

Running Good For The Heart

February is Heart Month, making it a good time to think about a healthy heart.

Running and brisk walking can significantly reduce your risk of heart disease. It decreases your resting heart rate so your heart does not work as hard.

Runner's high is real. You feel a real difference from an increase of feel-good chemicals released with brisk exercise.

You can torch serious calories – a focus for many as we start the new year.

Running is a killer leg workout, and the legs are your body's biggest muscles. It also works your core. Brisk walking or running challenges not only your six-pack but also



CATHY BRADLEY

deeper muscles that are important in stabilizing your spine.

You can always fit running into your schedule. You don't need a court, gym membership or tee time. It takes no training, and is also time alone to think, focus and solve problems.

Studies out of the University of British Columbia have suggested that regular aerobic exercise can aid in memory retention.

Running is good for the heart and good for the brain. So let's do it.

Cathy Bradley can be reached at cathy@cb-enterprises.com.

Orange Little League Registration Open Registration is now open for the 2020 There are no walk-in registrations.

season of Orange Little League, which begins in April depending on weather conditions.

The registration fees are \$160 for tee ball, \$200 for hardball and \$180 for softball. After March 13, softball registration rates will rise to \$200. Large families only pay registration for the oldest two players.

The registration can be completed online and the fees by via credit card. New registrants must provide a copy or image of the player's birth certificate. They can use a smartphone to take a picture of the birth certificate and email it to Jenn Schempp at ollctweb@gmail.com.

There are no walk-in registrations. Registrations will not be accepted after the evaluations for hardball in March, at a date to be determined.

Player assignments are made with considerations of age, player skill and parent requests. However, the player agent, in consultation with the vice president, may propose adjustments to the number of leagues and player assignments based on annual registration numbers.

For more information, visit OrangeCTLittleLeague.com.

Orange Lions Club To Hold Wine Tasting

The Orange Lions Club is hosting its annual Spring Wine Tasting on Friday, March 20 at St. Barbara's Church at 480 Racebrook Rd. in Orange from 6:30 p.m. to 9:30 p.m. The tasting will be facilitated by Ye Olde Liquor Shoppe of West Haven.

The tasting will feature a large selection of wines, boutique beers, and some specialty spirits. The event will also feature a large cheese table, appetizers and desserts. As always, a raffle of baskets will take place during the evening.

All proceeds will benefit Lions Club local and national charities.

Tickets are available from any Orange Lions Club member, Ye Old Liquor Shoppe at 174 Main St. in West Haven, and by calling 203-795-3906 or 203-645-8209. Tickets are also available at brownpapertickets.com/event/4497351.

Recycling Tip

The straw that breaks the camel's back today may well be the ubiquitous plastic straw. This straw is found everywhere. Many restaurants serve it without asking customers, and often it's already open and in the glass. Do we need a straw to drink orange juice, iced tea, milk, soda or iced coffee? The glass alone is surely sufficient. Plastic straws are not recyclable and often end up in the ocean with other plastic, endangering marine life. A 2015 video showing a man pulling a plastic straw from a sea turtle's nose went viral with nearly 37 million views and 84,000 comments.

Starbucks Coffee will cease using plastic straws this year, eliminating more

than one billion straws a year, according to the company. There are now sugarcane straws, which are compostable and 100 percent plant-based. They can be found on Amazon.com.

Next time you are in an establishment that serves plastic straws, speak to the manager about changing over to the sugarcane straw or no straw. And now that alternatives to plastic and metal straws are available, contact your Connecticut representative or senator to reintroduce the ban on plastic straws in restaurants that was put on hold indefinitely by the legislature.

For more on what can be recycled, visit orangerecycles.com.

Orange Senior Center Events

Living Treasure Nominations - Nominations are being accepted through March 2 for the 2020 Living Treasure Awards. The three individuals chosen will be honored at Pasta Festa on May 15 at the High Plains Community Center.

A Special Evening Presentation of Cut the Cable - Join the Senior Center on Feb. 11 when Josh returns with another presentation on Cut the Cable. This will be an evening presentation from 6 p.m. to 8 p.m. at the HPCC. This very popular discussion has helped many residents cut their cable bill. Call to say you are coming at 203-891-4784.

Orange Arts and Cultural Council free Bus to the Symphony - The Orange Arts and Culture Council offers a free bus to the New Haven Symphony. Join them Feb. 6 for Mozart & Part. The bus leaves HPCC at 6:45 p.m. for Woolsey Hall in New Haven. To reserve your spot on the bus call, 203-397-8915.

New Haven Chamber Orchestra - Join the Senior Center on Saturday, Feb. 29 for a performance by the New Haven Chamber Orchestra at the Fair Haven School. Park at HPCC and ride with the center into New Haven for this free concert. Call 203-891-4784 to register. The ride departs at 1 p.m.

Trip to Long Wharf Theater and Brazi's Restaurant - The Senior Center will be hosting a trip to Long Wharf Theater to see *The Chinese Lady* on April 8, with lunch beforehand at Brazi's Italian Restaurant. The price is \$75 if you drive yourself or \$80 if you take the senior van. For more information, call 203-891-4784.

Classic Movie of the Month - Join the Senior Center for *Malcolm X* on Feb. 7 at 1 p.m. Spike Lee and Denzel Washington. This biographical epic follows the controversial and influential black nationalist leader from his early life and career as a small-time

gangster to his ministry as a member of the Nation of Islam. Popcorn and soda will be served. Call 203-891-4784 for a seat.

Movie of the Month - Join the Senior Center Feb. 14 for *Rocketman* at 1 p.m. It's a musical fantasy about the fantastical human story of Elton John's breakthrough years. Popcorn and soda will be served. Call 203-891-4784 for a seat.

Documentary & Discussion - Join the Senior Center for *The Central Park Five* on Feb. 28 at 1 p.m. The documentary examines the 1989 case of five black and Latino teenagers who were convicted of raping a white woman in Central Park. After having spent between six and 13 years each in prison, a serial rapist confessed to the crime. Call 203-891-4784 for a seat.

Trip to the 39th Annual Home and Garden Show - This trip to the Mohegan Sun occurs on Feb. 22, with a Feb. 23 snow

date. The show offers a diverse array of home and garden products and services by local, state and national vendors, each presenting innovative and imaginative displays. You will receive a casino bonus and meal ticket, so feel free to leave the show at any time to try your luck at the gaming tables. The cost is \$59 per person and includes transportation, casino bonus, meal ticket and admission. Full payment is due at registration. There is considerable walking.

Trip to the Women's Basketball Semi-Final Game - Watch the 2020 American Athletic Conference Women's Basketball Tournament semi-final game live at the Mohegan Sun Arena on Sunday, March 8. The cost is still to be announced. This trip includes transportation and tickets to the game, a food voucher, casino bonus and driver's gratuity. Full payment is due at registration. There is moderate walking.

Rose To Retire (continued from page 1)

not only by her constituents but also by her colleagues in Hartford," Speaker of the House Joe Aresimowicz said. "Kim has proven herself to be a dedicated representative who cares deeply for her community, and I look forward to continue working with her in the upcoming legislative session as she completes her term."

Rose arguably has accomplished the key piece of legislation that gives cities and towns a break from affordable housing requirements that drove her to run for her legislative seat a decade ago.

She became involved in local politics in 2004 after listening to the concerns of her neighbors about overdevelopment on Naugatuck Avenue, where she coordinated an effort that resulted in the presentation of a petition with 2,000 signatures from Devon residents to the Milford Planning and Zoning Board opposing.

She ran for and won a seat on the Milford

Planning and Zoning Board in 2007, campaigning on a promise to protect the city from "predatory developers" and encourage the smart construction of affordable housing units.

From there she launched a successful bid to join the General Assembly. In 2014, Rose was part of the delegation that helped pass a one-year, retroactive moratorium on applications or pending appeals of affordable housing developments in Milford – the only time any municipality had ever been granted such a pass legislatively.

In 2017, Rose helped usher a bill through that made it easier for cities and towns to qualify for relief from the affordable housing requirements, successfully fending off a veto from fellow Democrat and then-governor Dan Malloy.

As a result of the reforms, Milford announced in 2019 that it had qualified for

a moratorium until 2023, with a possible extension to 2028. The city is estimated to have only about 6 percent of its housing stock deemed affordable. The statute originally required municipalities to meet a 10 percent threshold, but the changes to the law allowed Milford to use other criteria to qualify.

Rose also worked on a range of issues such as homelessness, unemployment assistance, addiction, health care and protecting vulnerable populations.

During the 2019 legislative session, Rose advocated to protect the Medicare Savings Program and expand access to Medicaid. She also supported the phase-in of the income tax exemption for Social Security and pension income and requiring health insurers to provide coverage for preexisting conditions.

Rose also fought against Malloy's toll study in 2018 after it became clear Milford

residents were against tolls.

In 2018, Milford residents presented Rose a petition requesting her to introduce legislation banning single-use plastic bags. That effort came to fruition in the 2019 session, resulting in legislation that implemented a 10-cent fee for single-use plastic bags until they are phased out altogether in the summer of 2021.

Rose has served in a variety of leadership positions, including vice-chair of the legislature's Housing Committee, House chair of the Bipartisan Women's Caucus, as a member of the Environment Committee, the Veterans' Affairs Committee and more.

Rose invites constituents to contact her as usual, should they need her assistance either during the legislative session or afterwards. She can be reached at the Capitol at 860-842-8267, her cell phone at 203-701-6098, or by email at Kim.Rose@cga.ct.gov.





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Insuring Your Future

Resolutions For 2020 Should Include Insurance

For many of us January marks the beginning of a new insurance year. Whether you are continuing last year's plan or have a new policy, it is important to review the benefits and make certain that you are taking advantage of what they offer.

Did you turn 65 and are new to Medicare? Did you leave or change jobs and now have a new plan, or has there been a change in your health so you are taking new medications or need additional care? It is important to know what your plan covers and what your out-ofpocket costs could be.

All insurance plans must cover the full cost for an annual well health visit. In most cases this is also known as a check-up or physical. Some providers are trying to limit the scope of a well health visit to include only a cursory exam and some discussion. This is not the intent behind that benefit, so

don't hesitate to question your primary care physician about what to expect during your visit. Most blood and lab tests are also included, but there are exceptions. The cost should be nominal.

Annual cancer screenings such as mammograms, pap tests and PSA tests are also covered with no additional cost. Colonoscopies are covered if considered a screening (generally every five or 10 years). However, if other procedures are needed during the scope, it will be considered an outpatient procedure and subject to copays,

deductibles or coinsurance. Many Medicare Advantage plans include

dental, vision and hearing aid credits. Check out the benefit summary or ask your insurance



TRISH PEARSON

agent for details. Stop paying for aspirin. If your plan has an overthe-counter medication benefit, you can use it for such items as eye drops, nose sprays, creams or ace bandages. Some plans allow you to purchase them directly at the store: others offer online or over-the-phone options. All plans should provide a catalogue of covered medications. If you have not received yours, call customer service and request one.

Silver Sneakers covers the cost of membership at many area gyms. You can go online to the Silver Sneakers website and find out which gyms accept it. There may be a nominal charge for classes or other amenities, but many are all-inclusive. You don't have to limit your membership to one facility. Swim at one, take a yoga class at another and join a racquetball league at a third.

Some insurance plans are offering benefits that you don't want or need, such as an "inhome" visit from a nurse. This is part of their ongoing health outreach and is not required. It is offered by a contracted organization and the visits could be helpful to those who live alone, have health issues or take a number of medications. However, if this is not the case, simply call the customer service number on your membership card and request to be put on the "do not call" list.

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

Your Finances

Understanding The SECURE Act

The end of the year saw the US Senate by law to withdraw at least a enact legislation that may affect your retirement planning in numerous ways. On Dec. 20, President Trump signed into law the SECURE Act, for "Setting Every Community Up for Retirement Enhancement Act of 2019." It took effect Jan. 1.

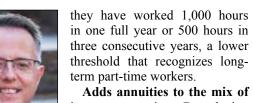
The act is intended to help more Americans save for retirement via tax-advantaged savings accounts such as 401(k) plans and individual retirement accounts, or IRAs. Just 55 percent of American workers currently participate in a workplace retirement savings plan, according to the Bureau of Labor Statistics.

The SECURE Act makes it easier for small businesses to set up 401(k) plans and offers tax credits if they offer auto-enrollment. Here are the major parts of the act that could more directly affect you:

Increases the age of required minimum **distributions.** For many years the holders of 401(k) plans and IRAs have been required set amount from those accounts each year after reaching the age of 70 and a half, based on life expectancy figures from the 1960s. The act changes the age to 72, giving account holders another year and a half to build interest. If you turned 70 and a half in 2019, you will still need to withdraw your RMD by April 1. If you turn 70 and a half in 2020 or later, you can wait until age 72.

Eliminates the maximum age limit for traditional IRA contributions. Since many Americans work past retirement age now, the previous limit of age 70 and a half for contributing in full to an IRA has been dropped.

Brings more part-time workers to the table. Part-time workers may now qualify for employer-sponsored retirement plans if



investment options. By reducing liability for plan sponsors, the act

Tightens stretch IRAs. Sosome beneficiaries the new act requires the entire account to be withdrawn within 10 years. (The 10-year rule does not apply to surviving spouses, minor children, disabled individuals, the chronically ill, or anyone not more than 10 years younger than the deceased.) If you inherited an IRA from a person who died before Jan. 1, you may still make RMDs over your lifespan, no matter your age or status. If you inherit an IRA from a person who died Jan. 1 or later, you must withdraw all of the money within 10 years unless you fall within one of the five eligible classes.

This is by no means a full account of all the changes made by the SECURE Act, so I would encourage you to consult a professional financial planner or financial advisor to see how it affects you.

Eric Tashlein is a Certified Financial Planner professionalTM 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.



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Retired and Rejuvenated

A Valentine Fairy Tale

We all love listening to a good fairy tale. I read about this one recently in the Sarasota Herald and just had to share it with you. I am sure you know of couples who once were childhood sweethearts, grew up and away from each other, found other partners, married, raised children, developed careers, retired and lost track of their early "loves."

The couple in this story doesn't remember the first time they met, but that's not important in fairy tales. It is how it ends that's important, and all that can happen once the magic sets in.

This story involves Tinker Bell, who will marry her life-long sweetheart, who she has not seen in 70 years, on this coming Valentine's Day. All that will be missing are the wings on her wedding dress.

Yes, there really is a Tinker Bell. She is now a 90-year-old California resident who was the reference model for the sprite in the 1953 classic "Peter Pan." For nine months she dressed in a bathing suit, put her hair in a bun and pantomimed the movements of Tinker Bell for the animated film.

She had dated her boyfriend for over a year in the late 1940s. He was a student at the University of Southern California at the time. One night he took her to a dance and gave her a bracelet, which remained in her jewelry box for the next 70 years.

Then came the split. He took a

job elsewhere. She continued to work on sets as an actress. Their lives went on separately. Both married other people, and after many happy years each lost their spouses to illnesses. She was a widow for 20 years and raised three children along the way.

Their lives were full and accomplished. She wrote a book about her experiences, noting the effect Tinker Bell had on people. A depressed 300-pound lady lost half her weight because looking at her Tinker Bell tattoo was an inspiration. A 19-year-old girl filled her room with Tinker Bell dolls because they represented happiness. It was no coincidence



JOANNE BYRNE

this girl's brain cancer went into remission.

The man was nothing short of inspiration himself. He served in both Europe and the Pacific theater during World War II. It was on a recent tour of battle sites with a friend that he saw the Tinker Bell emblem in a toy store in Amsterdam. He remarked that he had once dated Tinker Bell and told his friend about his first love

The friend was somehow able to locate the real Tinker Bell through her website and sent an email asking her if she remembered her first love.

A few days later the gentleman was being honored at the historic D-Day ceremony in France, where Emmanuel Macron shook his hand. But there was another thrill that day, when he received an email from his Tinker Bell. They spoke on the phone. When she hung up, she went to her jewelry box, and

there it was, the bracelet he had given her at the fraternity dance 70 years before. She never quite knew why she kept it, but now it was clear.

When he returned to California, he drove nine hours to meet her for the first time in seven decades. They kissed, and it only got more wonderful from there. She proposed to him one morning over breakfast and he said yes. The 94 and 90-year-olds will be married on this coming Valentine's Day in the same California church as Ronald and Nancy Reagan were married. They will move into a new home. He likes to golf, and she likes the arts, and it is close to Disney World, where all the magic happens. As with all good fairy tales, they plan to live happily ever after.

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.

Heroes Among Us:

Orange's Jewish Cemetery Illuminates Traditions

Although it's the most visible town cemetery, the Orange Town Cemetery is not the only one. Nestled on a hillside not too far away on Derby-Milford Road is the Jewish Cemetery. It was purchased many years ago by the Valley synagogues of Derby and Shelton, which merged with Or Shalom Synagogue about 20 years ago.

On a brisk winter day, Rabbi Alvin Wainhaus of Or Shalom showed me the cemetery and explained some customs of Jewish burial. The dates on some of the stones are keyed to the Hebrew year, which follows a lunar rather than solar calendar. The engravings on many of the tombstones signify a meaning different from those in the Town Cemetery. Traditionally, the monument to a Jewish mother is inscribed with a Shabbat candle, whereas the monument to a Jewish man often depicts the star of David.

Some monuments are shaped like a partial tree trunk, symbolizing the death of a person at a young age.

When a Jewish person dies, the custom is to bury the person within 24 hours provided that date does not fall on the Sabbath or the first or last day of a Jewish festival. There is ordinarily no embalming or cremation. There is no viewing of the body or open casket. Neither flowers nor music are customary at O'LEARY TREAT a Jewish funeral.

Often the monument put up to mark a Jewish woman's grave will reference the "woman of valor" described in the Book of Proverbs. As we walked around the cemetery, one monument to a husband and wife showed a pair of dancing slippers by her name and a chemistry beaker by his.



Trish

Wainhaus explained that she had loved dancing and her husband had been a scientist.

Another tombstone showed hands bestowing a blessing. That, said Wainhaus, signified that the family traced its lineage back to Aaron, a temple priest.

funeral customs Some vary depending on whether one is orthodox, conservative or reform. In orthodoxy, for example, the body of the

deceased is never left alone, and the body is prepared for burial by a group appointed by each congregation. According to Rabbi Joseph Telushkin in Biblical Literacy, at the funeral itself, Psalm 23 ("The Lord is my shepherd") is often recited "because of its insistence on a believer's eternal repose with

The mourning period begins with a weeklong shiva during which friends go to the house of the deceased to pay their respects to the mourners. Mirrors are often covered since it is not a time to be concerned about personal appearance. Visitors often bring and serve food to the family and other guests.

After a death, the prayer called Kaddish is recited every morning for a year by a man in the family. The prayer must be said in the company of a minyan (ten people) rather than alone by the mourner. I was surprised to learn that the Kaddish is a hymn that sanctifies God's name despite the loss of a loved one, rather than a prayer of mourning.

Whichever cemetery you visit in Orange, there is a comfort in having a place where one can quietly go to remember the loved one whom you miss.

Wizards Win Final Meet And Division Title

The Wizards swim team won their final meet of the season against the New Milford Barracudas by a score of 361-311. With this win, the Wizards are now 4-1 and they are division champions

This was also Coach Sean McCauley's 100th meet as head coach of the Wizards. Over his 15 years as head coach, the Wizards have recorded 75 wins and 25 losses.

The 8 and Under Girls were particularly dominant against New Milford. They swept the opening medley relay, taking first, second and third place. They won each of their individual events and took second and third place in the freestyle relay. Ari Rose, Ella Sutton and Camilla Procino of Milford

swept the 25-yard butterfly taking all three top spots. Sophia DeLauri, Procino and Vanessa Chen of Milford also swept the 25yard backstroke, winning all three of the top spots in that event. Procino also earned third place in the 25-yard breaststroke.

At the end of the last home meet of each season, it is the Wizards' tradition to honor their graduating swimmers with a "Last Lap" ceremony. Girls can swim with the Wizards through their senior year of high school, but boys graduate from the Wizards at the end of their eighth grade season because the high school boys season conflicts with the Wizards season. This year the Wizards have six graduating swimmers, including:

Gavin Falcigno of Milford, who has been on the Wizards for three years; Jacob Collette of Milford, who has been with the team five years; and Carly Weber of Milford, who has

been with the team for seven years.

The Wizards' next meet will be Yankee League Trials on Feb. 15 and 16. For more information, visit westhavenwizards.org



West Haven Wizards Head Coach Sean McCauley celebrating his 100th meet with swimmers. Photo courtesy of the West Haven Wizards.





Turkey Hill Development (continued from page 1)

RESOLUTION OF DENIAL

Re: Application for property located on Turkey Hill Road and Cranberry Lane; Property Owners: Midland, LLC, 179 NB, LLC and Genvest, LLC; Assessor's Map 60-5-1, 60-51A, 60-5-2 and 60-5-13.

After several nights of public hearing, and examination and consideration of all the testimony and documents provided by the applicants, their experts, the intervenors' attorney, the Commission's experts and many members of the public, the Commission makes the following

- 1) This application involves four separate and distinct parcels of land with three owners. The applicants seek a wetlands permit in connection with their proposal to construct ten multi-family residential buildings and a single community building on combined property
- 2) There are approximately 1.99 acres of wetlands and 11.85 acres of upland review area on the property. Together, this comprises about 61% of the site.
- 3) The applicants' proposed development contemplates work within the upland review area (URA). Specifically, six of ten buildings are proposed within the 100 foot URA and three of ten buildings are within the 50 foot URA.
- 4) During the public hearing, two petitioners intervened pursuant to Connecticut General Statutes Section 22a-19.
- 5) The application is incomplete. The Commission finds persuasive and credible the November 12, 2019 letter provided by the intervenors' attorney, in addition to the information set forth in his presentation on the last night of the public hearing, that there are many "data gaps" in the application. The Commission also finds persuasive and credible the concerns raised by George Logan and Sigrun Gadwa in their December 5, 2019 letter to the Commission. The following are items of particular concern:
- a) The applicants provided a hydrogeological assessment regarding detention basins on the U-shaped wetland only. A hydrogeological assessment is needed for the entire site. George Logan also expressed concern about inadequate buffers for the U-shaped
- b) The applicants failed to submit detailed construction plans for both west and east
- c) More detailed septic system design plans are required, especially considering that a large percentage of the site is comprised of wetlands or URA. George Logan stated that if septic systems fail, there would be an impact to downstream receiving waters, even as far as the wetlands on the east side of the Wilbur Cross Parkway. It is not clear how best practices regarding the operation and maintenance of septic systems would be enforced, to prevent contamination from items such as solvents, oil and

- d) There is insufficient information on leaching fields. The applicants' evaluation based on the Health Code is not the proper standard. Discharge from septic systems can adversely affect wetlands and watercourses even if Health Code standards are met. Effluent from buildings 1 and 2 is projected to be 810 gallons per day, and effluent from buildings 2, 3 and 9 is projected to be 750 gallons per day. George Logan further pointed out that some wetlands are potentially vulnerable to nitrogen
- e) It is unclear how the cleaning and maintenance of the stone infiltration trench would
- Detailed construction and sequence and phasing plans regarding soil erosion and sedimentation were not provided.
- g) No photometrics plan was submitted.
- h) The applicants did not investigate the watercourse to the west of the site or east of Route 15, and therefore, potential impact could not be evaluated
- i) More information on the wood frog habitat is required. The applicants' expert noted the presence of the wood frog. The crucial terrestrial habitat (CTH) for the wood frog is 750 feet from the wetlands.
- j) The applicants failed to comply with Section 381-24D of the Regulations by providing a description of ecological communities. A general non-specific overview is insufficient because one cannot treat the entire area as one ecological community.
- k) The Commission considers that the project should be considered as a whole and that t therefore would require DEEP approval.
- 1) Insufficient information was presented to show impact on wetlands if ledge is blasted or hammered. These activities may disrupt joints and fractures and redirect
- 6) Due to the incompleteness of the application, the Commission lacks adequate and/or mation to determine the impact of the applicants' proposed developmen on wetlands and watercourses.
- 7) Due to the incompleteness of the application, the Commission lacks adequate and/or sufficient information to determine whether the applicants' proposed development will cause unreasonable pollution, impairment or destruction of the public trust in the air, water, or other natural resources of the state.
- 8) The applicants have failed to demonstrate that there are no feasible and prudent alternatives which would cause less impact to the wetlands and watercourses. It is likely that reducing the scope and area of the proposed development would be feasible and prudent, and have less of an impact on the wetlands and watercourses. The applicants also failed to adequately explain why they could not connect to the sewer system on

Accordingly, the application is DENIED.

A resolution of denial for a controversial development off Turkey Hill Road, reprinted here, was unanimously adopted by the Orange Inland Wetlands and Water Courses Commission at a Jan. 21

also pointed out that their criticisms should be surmountable for the developers.

At the commission's Jan. 14 meeting, Chairman Rick Mangione presented two resolutions drafted by attorney Barbara Schellenberg – one approving the proposal, and the other denying it. Immediately

the site. They expressed some concerns, but members of the commission identified gaps in the plan that concerned them, which were worked into the final denial letter.

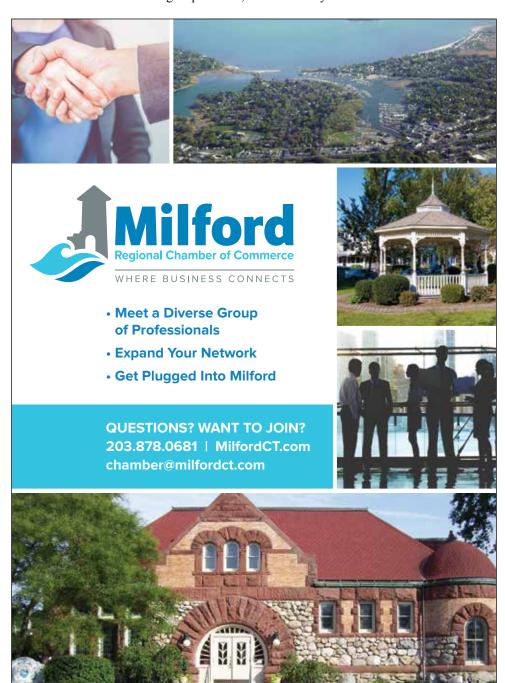
> The final letter said that the commission was denying the application because it was incomplete, including "data gaps" and "credible" concerns raised by the experts brought in by the commission.

The letter then lists 12 specific items that led to their denial. They noted that more detailed plans were needed for the septic systems, a pair of retaining walls and the overall phases of construction. It also pointed out that the applicants had not sufficiently investigated impacts on the wetlands and wildlife. It cited the wood frog in particular,

which is in decline in the state and was found to be inhabiting part of the site.

"Due to the incompleteness of the application, the Commission lacks adequate and/or sufficient information to determine the impact of the applicants' proposed development on wetlands and watercourses," the letter says.





Obituaries

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



Bernice Rogers Schulte **Bowden**, 103 of Bethany, passed away Tuesday, January 14, 2020.



James A. Braniff, 89 of Milford, passed away Wednesday, January 15,



Hilda H. Brannigan, 82, formerly of Milford, entered into peaceful rest on Dec. 31, 2019.



Marjorie S. Burgess, 85, formerly of Milford, passed away peacefully on January 13, 2020.



William Wellington **Browning, Sr.**, 81, of Milford, CT, died on January 27, 2020.



Miriam Treat Carta, 84, of Milford, passed away on Thursday, January 2. 2020.



John Joseph Celano, 75, of Milford, CT went to be with The Blessed Mother, Jan. 13, 2020.



Sandra "Sandy" L. **DeBrigita**, age 74, of Milford passed away on January 9, 2020.



Dorothy Neville Oliwa Du Bail 69, of Orange died Friday, Jan. 3.



Jeanette S. Fox, a.k.a. Jane S. Fox, 96, of Milford, passed away peacefully on January 24, 2020.



Arthur John Gladue III, 61, of Milford, passed away on January 10, 2020.



Jean Katherine Green Griffith passed away on January 21, 2020.



Janice Deborah Kennedy, 78, of Derby, formerly of Milford, passed away on January 7, 2020.



Joyce E. Kopazna, 80 passed away peacefully on January 23rd, 2020.



Ryan Thomas Lefevre, 44, of Milford, died January 30, 2020.



Randall "Randy" LeGault, age 43, passed away on Wednesday, January 15, 2020.



peacefully on January 24, 2020. Dorothy L. Luzetsky, 72,

Joyce Lindsay, age 77, died



January 8, 2020. Regina "Jean" D. Lynch, 90, of Milford, passed away

peacefully on January 4,

entered into peaceful rest on



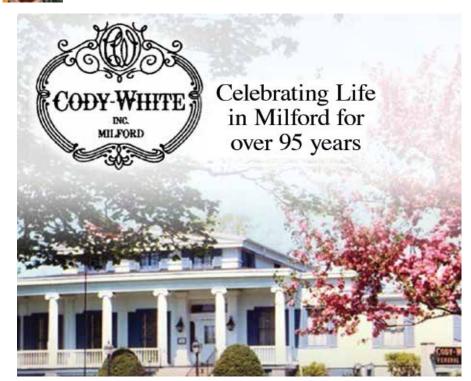
2020. Anne O'Connor, 78, of West Haven and formerly of Milford, entered peaceful rest January 7, 2020.



Dorothy Neville Oliwa 69, of Orange died Friday, Jan. 3. 2020.



Jacquelyn Marie Rath, age 94, passed away peacefully on Sunday January 19,



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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Elizabeth Marklinsky, 85, of Milford passed away on Saturday, January 11, 2020.



Vivian Mastrianno 91, of Orange formerly of West Haven passed away on January 5, 2020.



Rita L. Metivier, 92, of Orange, CT, passed away on January 14, 2020.



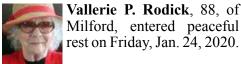
Frank J. Pacelli, Jr., 71, of Milford, entered peaceful rest on January 16, 2020.



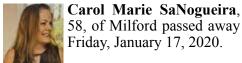
Christopher M. Panettieri, 55, of Milford, CT, passed awat on January 22, 2020.



Charles Frederick Robertson passed away peacefully on January 2,



Milford, entered peaceful rest on Friday, Jan. 24, 2020.



Friday, January 17, 2020. **David F. Schreiber**, 79, of Milford, passed away on

January 7, 2020.



Walter Scott, 89, passed away on Saturday, January 18, 2020.



Russell G. See Sr. of passed Milford, away peacefully January



Manivanh Senghilom was born on June 28, 1932 and passed away on Thursday, January 16, 2020.



Susan (Caplinger) Shenett, 57 of Milford, passed away Sunday January 5, 2020.



Walter John Shinn, known as Jack to many, shuffled off this mortal coil on January 23, 2020.



Willard George Simpson, 88, of Milford, passed away on January 14, 2020.



Timothy Patrick Smith, 56, of Prospect, passed away unexpectedly on January 19, 2020.



G. Thomas Valerio, 93 of St. Petersburg Florida, formerly of Orange, passed away on January 3, 2020.



James Toothill, 54, of Milford, CT, passed away on January 18, 2020.



Matthew Volosin was born September 24, 1974 in Milford, CT, received his wings January 4, 2020.



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