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Preventive Measures

Milford, Orange Businesses And Facilities Adjust To COVID-19

By Brandon T. Bisceglia

Saturday afternoon is normally a prime time for going out to eat or gathering with friends for a fun activity.

But starting Saturday in March after the COVID-19 pandemic shuttered many businesses in Connecticut, some popular locations in Milford and Orange were ghosts of their former selves.

After Gov. Ned Lamont ordered restaurants and bars closed except for delivery and takeout, he quickly followed suit with orders that closed entertainment venues where large groups of people gather. In late March, he also ordered nonessential businesses to close. Those orders were originally set to expire in late April, but have since been extended to the end of May.

The state Department of Labor had received 302,000 unemployment claims since March 13, leading to a six-week backlog in claims processing.

Cases have continued to rise in the state despite the closures. As of April 11, the state Department of Public Health reported 111,510 confirmed cases across



Shoppers line up with at least six feet of distance between them outside the Trader Joe's grocery store in Orange. Some stores have instituted strict controls to limit capacity and enforce social distancing guidelines during the COVID-19 pandemic.

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Firefighter To Seek Maroney's Seat



Mike Southworth. Photo courtesy of the Southworth campaign.

Mike Southworth, a resident of West Haven, announced March 30 that he has officially filed paperwork to run for State Senate in the 14th Senatorial District and is seeking the Republican nomination for the seat.

The 14th Senatorial District covers all of Milford, Orange and parts of West Haven and Woodbridge. The seat is currently held by Milford resident James Maroney of

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By Brandon T. Bisceglia

The world has changed dramatically since the March 5 issue of the *Milford-Orange Times*.

In the oh-so-distant past of last month, schools were in session, government offices and restaurants were open, mask-wearing was reserved for medical workers and home improvement projects.

Covering COVID-19

Since then, the governor has prudently shuttered businesses and ordered limitations on gatherings. Even so, thousands of Connecticut residents – including some in Milford and Orange – have contracted the novel coronavirus that causes COVID-19.

In once sense, Connecticut can count itself lucky: neighboring states have seen massive increases in infections that dwarf the numbers here, dire as those may be. That

may partly be due to the relative lack of density (even in our cities) compared with New York City or Boston. But it may also be because Connecticut leaders acted early and Connecticut residents mostly complied with the new restrictions on daily life.

The COVID-19 pandemic has raised some editorial questions for the *Milford-Orange Times*, most pertinently: how do you cover a

Continued on page 9

Saying Goodbye

Two of the original columnists for the *Milford-Orange Times* are leaving the ranks.

Tedra Schneider, whose Room 911 column explored the dos and don'ts of interior decorating, is hanging up her hat after writing 100 columns for the newspaper over her nearly nine-year tenure.

"I have appreciated and I have enjoyed writing for these many years and many issues," she said, but added that she felt she had covered everything she had to say.

Schneider's final column is included in this issue on page 7.

On a sadder note, Book Club columnist Peter Hechtman died March 4. He suffered from pulmonary fibrosis for 16 years before finally succumbing. His death occurred shortly after he submitted what would become

his final column for the March 5 issue.

Hechtman was the cousin of *Milford-Orange Times* publisher Steve Hechtman and was tapped for the role because of his ardent love of literature and voracious reading habits.

His full obituary is printed in this issue on page 15.

Both Schneider and Hechtman were highly valued by this publication for their commitment and creativity. They will both be missed.

We wish the best for Schneider in everything she does, and we extend our condolences to Hechtman's loved ones.



TEDRA SCHNEIDER



PETER HECHTMAN

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News & Events

A Look Back

By Priscilla Searles



Horses were a valuable commodity when Orange was mostly a farming town. Photo from the Doris Russell Terrell collection.

A peek into the past when life was less complicated – just two horses enjoying some leisure time in the days when Orange was primarily a farming town. Still, life had its unique problems 100-plus years ago. The following gives us a clue into the importance of a horse in a farming community.

At a special town meeting held on Aug. 4, 1881, the following action was taken: "Voted that the town offer a bounty of \$300 for detection and conviction of any person stealing a horse from any citizen of the town

of Orange, \$100 for stealing a carriage or wagon, and \$25 for stealing a harness.

To give you an idea how important horses were before cars became common, \$300 in 1881 is the equivalent of \$7,60818 in 2020.

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.

Extended Hours Return To Milford Transfer Station

Milford Mayor Ben Blake has announced the return of extended hours at the city's Transfer Station beginning April 11 and running through mid-December. The extended hours will be from 7 a.m. to 3 p.m. on Saturdays. Regular weekday hours will remain the same (7 a.m. to 3 p.m.).

This program is for Milford residents only. The extended hours do not apply to commercial haulers. Visitors to the Transfer Station will be asked to present their vehicle registration at the gate.

Construction and demolition materials will not be accepted at the Transfer Station.

These items may be brought to Waste Conversion, located at 221 Old Gate Lane in Milford on Monday through Friday from 7 a.m. to 4:00 p.m. and on Saturdays from 7 a.m. to noon. Waste Conversion is a private company; residents are responsible for disposal costs.

Due to the ongoing COVID-19 pandemic, the city will monitor community health conditions before determining whether the 2020 spring bulk trash pickup moves forward in May, is postponed, canceled or modified.

Orange Garden Club Celebrating 90 Years

The Garden Club of Orange is planning a 90th anniversary celebration on June 6 at the gymnasium at Holy Infant Church in Orange.

The Club began in 1930 with a group of 23 women from Orange who had a love of gardening and promoting the beautification of the town's gardens. Today, the Garden Club of Orange continues to plant and maintain annual flowers on the Town Green, conducts an annual May Market, conducts

educational demonstrations at the Orange Country Fair, maintains the herb garden at the Stone Otis House, decorates wreaths for town buildings in December and the biannual holiday house tours.

Larry Huzi and Gail Nixon are leading the planning for the celebration, which will include a small standard flower show, demonstrations, a master gardener, boutique, children's activities and a raffle.

St. Mary Preschool Adds New Class

St. Mary Preschool in Milford is adding a new enrollment option to their program for 3-year-olds for the 2020-2021 school year. In addition to three-day classes, a five-day, full-day option is being added

for children who are 3 years old by Sept. 1, 2020. For more information or to apply, email info@smsmilford.com. St. Mary School is located at 72 Gulf St. in Milford. Learn more at saintmaryschoolmilford.org.

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Your Health

Strategies To Slow The Spread Of COVID-19

It has been several weeks since the declaration of the statewide emergency and the closure of schools and nonessential businesses. The southwestern part of the state – especially Fairfield county – has become a “hot spot” for the COVID-19 pandemic. Currently, no specific drugs or vaccines are available and healthcare systems are being overwhelmed.

Community transmission across the state is widespread as the healthcare facilities and providers are testing more patients. Local health departments are being regularly notified about positive cases of COVID-19.

Community mitigation requires self-isolation and social distancing. These steps will significantly decrease the person-to-person transmission of virus. I want to provide further guidance to help you and your loved ones stay safe and healthy.

I strongly recommend that all residents should take the following steps to protect themselves and others.

If you were in close contact with someone who has tested positive for COVID-19, you must:

- Stay home and self-monitor for 14 days; don't resume work.
- Avoid having people (friends, family, coworkers) over to your home.
- Practice good respiratory hygiene, including washing hands frequently and avoiding touching your face.

- Frequently clean high-touch surfaces, such as doorknobs, counters, bathroom fixtures and bedside tables.

- Avoid public places or activities that bring you in close contact with others (close contact means within six feet of another person for more than 15 minutes).

- If you must go out for emergency reasons (groceries, medications refills), cover your face (cloth mask, scarf), clean the handle of the cart, and wash your hands for 20 seconds afterwards.

- Be aware of scam phone calls related to COVID-19; do not give any personal information or donations over the phone.

- Always follow the guidance from the official sources like the Connecticut Department of Public Health, the Centers for Disease Control, or the town's website. Avoid fake news and rumors from social media outlets.

You should be self-monitoring your health by:

- Checking your temperature each morning and evening, about the same time every day.
- Closely monitoring for signs of fever, chills, cough or difficulty breathing.

If you develop a fever, cough, or difficulty breathing, you should immediately:

- Stay home and avoid direct contact with household members and others.
- Call your medical provider and follow their recommendations.
- If you need to be transported by



DR. AMIR MOHAMMAD

ambulance, let the dispatcher know that you have been exposed to a person with laboratory confirmed COVID-19.

People with underlying health conditions like chronic kidney disease, heart disease (uncontrolled blood pressure, stroke, heart attack), chronic lung disease (asthma, COPD), diabetes, former smokers, and those with cancer are at higher risk for developing severe COVID-19.

If you have conditions such as those listed above and are experiencing symptoms of COVID-19, including fever, cough, or shortness of breath, then you should immediately contact your health care provider.

Stay safe, stay home, and keep praying.

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

Recycling Tip

Hold those pink bags from recycling until further notice. Mitch Goldblatt, chair of the Orange Recycling Committee, was informed by Simple Recycling (which handles the pink bags) that it is considered a nonessential business during the coronavirus shutdown. Curbside pickup has therefore been suspended until further notice. We will inform you when the program starts again. Thank you for your support of this important recycling program.

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



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- | | | |
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| Anna Cutaia, Education | Trish Pearson, Insurance | Fern Tausig, Hypnosis |
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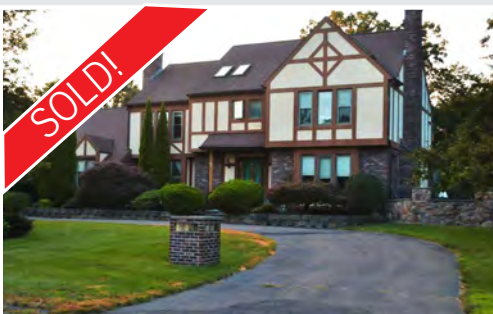
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Opinion & Editorial

Deliver Stability In Times Of Crisis



STATE REP. (R-117)
CHARLES FERRARO

To simply brand the last couple of weeks in our state and nation “unprecedented” would be a gross understatement. I’m not sure there’s a single word that captures the far-reaching strains caused by the coronavirus outbreak.

It’s claimed lives and instilled fear, upending our collective daily routines that keep society moving forward. For many, this new and stressful reality is marked by fiscal instability.

More than 220,000 unemployment claims have been filed since the second week of March, compared to the 180,000 filed in all of 2019. The state Department of Labor, hampered by antiquated technology, has struggled to keep up. Paying for the basics of life – rent, auto payments, groceries, school tuition – is a sudden challenge. Entrepreneurs, feeling the effects of decreased foot traffic or well-intentioned orders to close temporarily, fret for the future of the businesses into which they’ve poured their heart, soul and money. As a small business owner myself, I fully empathize with my fellow business owners as we struggle to communicate and maintain a connection with our customers.

My statehouse colleagues and I have worked to help our constituents find answers to questions in this shifting landscape, and legislative leaders have stayed in touch with Gov. Lamont as his administration formed the state’s response to this crisis.

Outbreak prevention aside, a \$25 million emergency loan program for small businesses has been the most substantial action to help our state’s already-fragile economy. The tremendous interest in those zero-interest loans underscores the seriousness of what’s happening: state economic development officials received about 4,000 applications in one day, forcing them to suspend the program and add another \$25 million to its coffers. Federal help has been announced, but time and red tape are concerns.

Wall Street analysts fear a \$15 billion contraction in economic activity in Connecticut. Clearly, we’ll need to do more.

The legislature has been dormant since this crisis gripped our state. Businesses and their employees have worked to adjust to social distancing. Video and audio conferences are the new norm. I hope that the General Assembly will follow suit soon to restart the people’s business, to play our role in maintaining stability. It’s critical that we do so.

This 2020 legislative session was scheduled to end May 6. Of course, the outbreak threw a wrench into the matrix of rules and deadlines that guide our work. Consequently, many lawmakers have seen legislation that’s important to them and their constituents collapse under the weight of uncertainty.

At the end of March, I joined my colleagues from the House Republican caucus in submitting a list of initial response proposals to Lamont, including one to reduce the penalty charged to property taxpayers if they pay their bill late. You can see them at repferraro.com.

When my colleagues and I get back together, I expect we’ll find common ground in pursuing a broad range of solutions aimed at helping business owners and their employees cope in both the short and long terms. Our state, and its residents, depend on it.

Coronavirus: Ways To Help



STATE REP. (R-119)
KATHY KENNEDY

In my last column I talked about sacrifice, acts of kindness and working together to fight the coronavirus.

Last week, Gov. Ned Lamont put out the call urging volunteers from the general public to participate in Connecticut’s COVID-19 response efforts.

The state is asking people to consider taking on a volunteer role in their communities to help respond to the COVID-19 crisis. The state is launching a campaign seeking volunteers from the general public who are needed for other services at many different types of providers, such as food banks, deliveries to the elderly, shelters, and more.

Volunteers from the general public will be matched with a community provider in need. Here are the basics:

- Volunteers must be 18 or older and should not volunteer if at risk or compromised. Those who are immunocompromised, over 60, showing symptoms of COVID-19, or live with or care for someone in any of those categories should avoid being in public, including for volunteer efforts. Please stay safe, stay home.

- Volunteers do not need to be health care workers. In addition to calling on physicians, nurses, and other medical professionals who may be retired, the state needs community members to help out at food banks, food deliveries to the elderly, and at shelters in a number of ways.

- For those who do have a background in health care, the state’s medical community has specific needs at this time. Hospitals have advised the state that they have a high need for critical care nurses and repository therapists.

- Every effort is being made to keep volunteers safe. The state and all of the organizations involved are working hard to make sure that everyone helping out can do so as safely as possible. If any volunteers have concerns, they are strongly urged to ask about the safety protocols of the organization for which they are volunteering.

- Volunteers will be sent where they are most needed and feel most comfortable. The volunteer process is centralized so that the state and participating organizations have a clear picture of everyone who can help and everything that is needed. That way, volunteers can be matched with an opportunity that is most in need of that person’s skill set.

Those interested in volunteering should go to portal.ct.gov/Coronavirus/Information-For/Volunteers for information on how to register.

I am also asking that you please join a new grassroots partnership with the Jewish Federation of Greater New Haven which will distribute the Level 1, FDA-approved masks to hospitals, first responders and other frontline emergency workers to combat the COVID-19 virus. Approximately 500,000 of the masks have been distributed throughout Connecticut to protect our emergency workers against this terrible virus. Visit the website jewishnewhaven.org/masksforheroes to learn more.

Please pay close attention and exercise additional caution if you have any of the

Take Time Out To Celebrate Earth Day



STATE REP. (R-114)
THEMIS KLARIDES

Fifty years ago on a bright spring day we marked a new milestone as a nation when Earth Day was born. It was conceived out of a simple concept: that we all have to take responsibility for making our environment cleaner, to leave it better than we found it for those who come after us.

On April 22, 1970, Americans turned out for public rallies in big cities across the country to honor our Mother Earth. In small rural areas armies of people and schoolchildren picked up trash along our roads and riverbanks. It was largely a ceremonial day, but it marked the beginning of the end of a standard of living that collectively we decided we could no longer tolerate.

At the time we lived side-by-side with belching smokestacks and put up with lax auto emissions standards for gas guzzling cars. Tell people now that a river in Ohio actually caught fire and they would be astounded. Back then, it was met with a shrug in the Cleveland Rust Belt.

But 1970 was in many ways a turning point. The Environmental Protection Agency was formed by the Nixon administration and a year later, here in Connecticut, our own Department of Environmental Protection took shape under Gov. Thomas Meskill.

Tougher pollution standards followed and gradually, over time, our air and water quality improved. Our lakes and rivers are not pristine, but generally they are better than they were 50 years ago.

We continue to balance the economic values of development against the greater interests of society to protect our environment. And we have made substantial investments in preserving open space here in Connecticut, a small state that is denser than most. Our goal is to preserve nearly 675,000 acres, or 21 percent of the entire state, by 2023.

I was not even in kindergarten back when this movement took hold. This April 22 we may not be able to gather in larger crowds to celebrate a half century of progress on environmental issues, but we can still do our part next week. As individuals, there is still a role we can play on a spring day when our normal daily rhythms have been otherwise interrupted by forces beyond our means. Please think about how we can still make our own place on earth a little cleaner and a little more livable.

Kennedy continued

coronavirus symptoms. Please stay home, stay safe and help us work together to save lives.

Please contact me should you have any questions about the coronavirus or concerns on any other issues relating to state government at Kathy.Kennedy@housegop.ct.gov or at 800-842-1423.

MOT
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COVID-19 Resources



STATE SEN. (D-14)
JAMES MARONEY

Recently the main thing on people’s minds has been the coronavirus. I thought it would be helpful to review some of the programs for businesses and individuals. Let’s start with business.

- **The Paycheck Protection Program:** This program prioritizes millions of Americans employed by small businesses by authorizing up to \$349 billion toward job retention and certain other expenses. Small businesses, eligible nonprofit organizations, veterans organizations, tribal businesses, as well as individuals who are self-employed or are independent contractors are eligible if they also meet program size standards. For more information, visit home.treasury.gov/policy-issues/cares/assistance-for-small-businesses.

- **DECD’s COVID-19 Business Emergency Response Unit:** It is hard to keep up with and understand all of the business programs, so the Department of Economic and Community Development has created a dedicated phone line to answer business questions. The number is 860-500-2333.

- **Small business owner’s guide to the CARES Act:** The federal government passed the CARES act, which is a large bill filled with many programs. For a guide about how the act will impact small businesses, visit portal.ct.gov/-/media/Coronavirus/20200327-Small-Business-Owners-Guide-to-the-CARES-Act.pdf?la=en.

- **Tax filing extensions:** The Department of Revenue Services has extended deadlines for filing and payments associated with certain state business tax returns. Details are on DRS’s website.

Reimbursement of medical leave costs for small and medium-sized businesses: You can learn more and get guidance from the Internal Revenue Service on COVID-19-related medical leave.

Programs for individuals:

- **Unemployment:** Anyone who has lost their job or had their hours reduced due to Covid-19 should apply for unemployment. You can file at filectui.com. Thanks to the federal CARES act, self-employed individuals and independent contractors are now eligible for unemployment. Unfortunately, the Department of Labor is still building the system to allow these new groups to apply for unemployment insurance, so you will need to wait until that is done to apply. But the payments will be retroactive to the first week of April when they go through.

- **Economic Impact Payments:** The federal government will start sending out these payments soon. If you receive direct deposit for your tax return, you do not need to provide any information. However, if you don’t file taxes and you want to receive your payment by direct deposit, you should visit irs.gov/coronavirus/non-filers-enter-payment-info-here.

Programs and responses are changing rapidly, so please reach out to my office to see if we can help you with these or any other programs. We send out a daily update and you can sign up by emailing James. Maroney@cga.ct.gov. You can also call our office for help at (860)-240-0381.

Opinion & Editorial

Race Brook Fourth Graders Convince Local Business Owner To Go Green

By Max B., Sadie M., Nate R. and Jake R. Special to the Milford-Orange Times

Did you know that by 2050 there will be more plastic in the ocean than fish? In Mrs. Jennifer Bronson's, class we have been learning about the dangers of plastic in the environment. In our research we learned about a turtle that was discovered with a straw stuck in its nose. The straw ended up in the ocean because they are so lightweight that they can blow away from landfills and often end up floating in water. That is just one example of the dangers of plastic. We also heard about some whales and birds that have been found dead with stomachs full of plastic.

Plastic acts like an impostor for food, and some animals accidentally eat it. Because they eat plastic, one quarter of all fish now contain plastic. Scary, isn't it? We have to do something to prevent this from continuing.

There will be a new store opening soon in Orange called Small Town Nutrition. They

will sell smoothies and teas. Some of the shake flavors include double chocolate, cheesecake, and cinnamon roll. Some of the tea flavors are sting ray, big beluga, and rainbow candy.

Sounds great, right? But one thing we noticed is that every time you order a shake or tea, it is served to you in a one-time-use plastic cup with a plastic lid and a plastic straw. All this plastic can be harmful to marine animals and birds.

We invited Marie Small, the owner of Small Town Nutrition, into our classroom to discuss this problem of plastics and discuss some of the solutions she's created to make her business more eco-friendly. First, we discovered that she offers cardboard or paper straws as well as plastic.

Next, we think she should encourage her customers to buy the reusable plastic cups with her company logo on it. She sells them for \$20. Each time they use this cup she rewards them by taking \$1 off of their drink price. They could also bring in their own reusable cup and save 50 cents. We think this would save Mrs. Small money since she won't have to buy as many one-time-use plastic cups, while also saving the environment.

We think this is a win-win solution for the business, customer and environment. We would like to thank Maria Small for coming to our classroom to hear our presentation. So remember when you visit Small Town Nutrition, bring your own reusable cups. The birds and fish will thank you.



Jennifer Bronson's fourth grade class at Race Brook School in Orange convinced a local business owner to adopt measures that would benefit the environment. Photo courtesy of Jennifer Bronson.

Commentary:

Spreading Rumors Can Be Deadly



THOMAS P. HURLEY

Last month the rumor of school closings due to the novel coronavirus started spreading in Orange. Although schools have closed since then, the rumors were false at the time they were spread.

No source for the rumors was attributed. First Selectman James Zeoli made an urgent request that if anybody knew who was generating the misinformation to call his office so he could correct their misapprehension.

What makes this deadly is not that somebody said something, but that it wasn't true and then people kept circulating this misrepresentation over and over again. When actual information is available, it gets drowned in the noise, so people do not get the real story until it is too late.

China has problems because they regularly lie or cover up negative information. Few believe government officials even when they are telling the truth because the source isn't fully trusted.

Before you spread information about things like school closings make sure you are getting the information from the source. This would typically be from the superintendent's office in the school district. Gov. Ned Lamont has declared a state of emergency in the state and this means the state government may also choose to close school districts. School boards may as a full board direct the superintendent to close schools, although this is already a responsibility of the superintendent as they are ultimately responsible for school district health and safety concerns. Again, then,

you would hear this from the superintendent's office or school principal's office.

Do not be a part of the problem by repeating rumors. Check with the legitimate source before repeating something, especially on the internet. This is always a good idea. It will also protect your own reputation.

Before we panic, remember the SARS threat in 2002-2003 and the swine flu threat in the mid-1970s that passed without the end of the world happening. Large portions of the US population were immunized with a vaccine during the swine flu threat.

Until a vaccine is available for COVID-19, being prudent in your hygiene, maintaining your distance from others when you go out and where you go, protects you most of the time by reducing the chance of exposure to the virus. The Spanish flu virus of 1918 was much more virulent, killing millions worldwide. It was later discovered that large events like parades, bull fighting and other arena sports activities with a large number of attendees in close proximity to each other quickly spread the virus. Hence today we have parade and large gathering warnings and cancellations that are being implemented as a precaution.

Please remember that when an activity is canceled it is not to inconvenience you or interrupt your pleasure, but to minimize the risk of spreading the virus. The world will still be here when this too passes.

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Real Talk: You Ask, A Pro Answers

When You No Longer Need That Big House

Do you ask yourself if you should live near your kids or grandkids? Do you ask yourself if you would prefer a warmer climate? Do you ask if you could live in less space, perhaps making sure to have a dining room for the family at the holidays?

These are all such personal questions. Planning for the future is a huge monetary issue. Location is important, but how much to invest in that next move? Where will the market be in 15 years? What would you get for selling your house now?

Too often this all seems a complicated task to take on. But if you take it apart, analyze each step and research your options, there is always be light at the end of the tunnel.

Experience is the best and only way to know. Your realtor has seen it all and has the tools to simply analyze, on paper, how this

would probably pan out.

There are so many styles of condominiums in our area with price ranges from \$150,000 to \$1 million. There are small ranches near the shoreline for \$200,000, and there are large ranches all over New Haven county that will keep a buyer who is used to having space for the family in the size and quality they are accustomed to on one floor.

Multiple oversized properties are going on deposit; this spring market seems to be starting early because of the mild winter.

Play out the scenario with your partner. Picture where you would like to live, perhaps without a well and septic, and then take a



BARBARA LEHRER

ride by some prospective buys. Have your agent do a market evaluation that encompasses the upgrades and the attractive things about your current home that has made you so happy for all these years. Once you have that number and you subtract any selling costs, then you can sit back and start thinking about what to buy.

I never recommend renting. You are at the mercy of the condition of the property and you never know when the landlord will ask you to leave; you will never feel settled.

From Milford to Madison, from Vermont to North Carolina, you can do a study of what your life would be like in different

locations and get it all on paper before a sign goes up in front of your home. Remember the Hubbard clause as the contingency that says, "I must sell in order to buy that house I love." It was created for exactly this type of situation. You need to get a buyer first, then downsize, put some money away and move to the next phase of your life.

In today's market you sell a little low, but you buy low. Real estate is always a good investment. If you love something you want to purchase, then when you are ready to sell, there will be a buyer who will love it also. Investments will show you a profit in the years to come if you hold onto the home for at least seven to 10 years.

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

Here's To Your Health

Immune Boosting Foods

In light of all that is going on around us, I am at peace. An ounce of prevention is worth a pound of cure.

You've heard me say it before, but I feel it's worth repeating that food is medicine. You can and should protect your body from the inside out, not just because you're trying to prevent coronavirus but because it's good for you. Making something a daily choice in turn becomes a habit and then eventually a lifestyle.

I love to make a veggie stew during the fall and winter months. Not only is it nutritious, it helps ward off colds and flu. Stews and soups keep all their nutrients in the pot. I add lentils and some sweet potato to make my stew a little heartier.

With all this extra time on our hands, we certainly can cook up something good and nutritious to help boost our immune systems. Here are some staple foods you should have on hand that will help:

Broccoli: Packed with vitamins and

minerals like A, C and E and has antioxidants and fiber.

Garlic: I put this in almost everything I make. Helps fight infections and may also lower blood pressure.

Citrus fruits: Grapefruit, oranges, limes, lemons, tangerines and clementines are high in vitamin C.

Spinach: Also high in vitamin C, but has beta carotene and antioxidants.

Ginger: Helps decrease inflammation and reduce a sore throat.

Almonds: They are packed with vitamin E, which is important to keeping your immune system healthy.

Red bell peppers: They have twice as much vitamin C as citrus fruits and are good for your skin.

Turmeric: Much like ginger, it serves as an anti-inflammatory, helping people with



MICHELE TENNEY

arthritis.

Yogurt: Not all yogurts are alike. They need live active cultures. Choose plain to avoid too much sugar.

Chicken: High in vitamin B6 for new and healthy red blood cells.

Shellfish: Contains zinc, which our bodies need so our immune system can function.

Please eat all of these foods and not just one or two so that you don't get too much of one vitamin and not enough of the other. They are all important, and when eaten in proper portion will most definitely help you fight illness.

I encourage you to also walk in peace and do not fear. Anxiety lowers your immune response and stress can suppress the effectiveness of your immune system. Please find time throughout the day to pray, meditate, read or listen to soothing music. Go for a walk on the beach. Sit on a park

bench and take in some fresh air. Get some sunlight: several studies suggest vitamin D may help protect against acute respiratory infections including cold and flu.

Now is a time to ban together with wisdom. We need to love and support one another, not take the "every man for himself" approach to life. Be kind, be helpful and be proactive in keeping yourself healthy. Get good sleep too. From our home to yours, may you stay healthy – spirit soul and body. May the Lord bless you and keep you.

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

Retired and Rejuvenated

The Best And The Worst Of Times

Charles Dickens's opening words from A Tale of Two Cities could not be more suitable right now given what we all are going through with the coronavirus pandemic: "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredibility...."

As the world comes to grips with a pandemic unlike anything seen in the past 100 years, there is reason for concern that can easily turn into panic. It is a sickening feeling of dread, fear of getting the disease even though we've been told most who do will experience relatively mild symptoms. But for people in our age group, the consequences can be far more severe.

As the days drag on and the rhythms of life change in increasingly dramatic ways, we are called to stay strong for those who depend on us, to find ways to connect even as we keep our physical distance from each other, to be our best selves. This global, novel virus that is keeping us contained in our homes is already reorienting our relationship to government, to the outside world and to

each other.

Some changes that many experts see in the coming months and years might seem unfamiliar and unsettling to us. Will nations stay closed? Will touch become taboo? What will become of restaurants?

Crisis moments also present opportunity. Perhaps there will be more sophisticated and flexible use of technology, less polarization and a revived appreciation for the great outdoors and life's other simple pleasures. No one knows exactly what will come.

We have equated patriotism with the armed forces for a long time. Those on the front lines against the coronavirus aren't conscripted, mercenaries or enlisted men. They are our doctors, nurses, pharmacists, teachers, caregivers, store clerks, utility workers and small business owners and employees. Many are suddenly saddled with unfathomable tasks, compounded by an increased risk of contamination and death



JOANNE BYRNE

for which they never signed up. Hopefully we will all recognize their sacrifice as true patriotism, and build statues, and have holidays for this new class of people in gratitude for what they are giving to protect our health and lives while endangering their own. Perhaps we will all come to understand patriotism as cultivating the health and life of our community rather than blowing up someone else's community.

COVID-19 has forced people back to accepting that expertise matters. Dr. Anthony Fauci has become my new hero. One might hope that this crisis will return Americans to a new seriousness, or at least move them back toward the idea that government is a matter for serious people. When this all ends, I hope we will make substantial new investments in health and public services. I hope we will see how our fates are linked. The cheap burger I eat from a restaurant that denies paid sick leave to its cashiers and kitchen staff makes

me more vulnerable to illness.

We are a people who believe in the triumph of hope and life over fear. It will not be possible this year to rejoice communally on Easter morning. Jews will not be able to celebrate their deliverance from bondage when Passover seders must take place on Zoom with family members wondering if little cousin Joey remembered the Four Questions.

Separated physically we must remain, at least a little (if not much) longer for the greater good. We can do this. My wishes go out to all of you to remain healthy, safe, active as you can be, and able to appreciate all the blessings we do experience in our lives.

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.

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Room 911

Until The Morrow

I always wondered if I would live until 100. Of course, I do not have that answer.

When I started to write my Room 911 column eight years ago, I thought perhaps I would write 20 or 30. But alas, I am now writing my 100th column – and my last.

The world of interior decorating and design has been fascinating, challenging and fun. Starting out in 1986, I have had interesting and varied experiences. One of the best, however, has been writing this column for you, incorporating my ideas, trends and, I hope, solutions to decorating questions.

One of the funniest cartoons I had ever seen was in The New Yorker magazine about 20 years ago. It was something along the lines of a husband and wife in a boxing ring. He was representing those who wanted contemporary furniture, and she wanted more traditional furniture. Although none of my clients ever came to blows (thank goodness), partners

sharing a living space often felt very, very strongly about what they each wanted in their environment.

Feeling caught in the middle, it was Psych 101 and mediation that helped everyone come to solutions and/or compromises.

Tips for cleaning and decluttering in order to host holiday gatherings (throwing everything into huge boxes and putting them in the basement) always brought knowing smiles to people's faces when I ran into them in our community. To this day, I am still looking for my roasting pan and Aunt Bessie's Thanksgiving hand towels.

Our addiction to shows on HGTV like "Love It or List It," "Flip or Flop," "Rehab Addict" and the "Property Brothers" was a motivation for me to write a number of articles. Of course, most of my clients did



TEDRA SCHNEIDER

not have the extra \$35,000 for a jacuzzi overlooking a garden with a waterfall, nor was the playful banter between Chip and Joanne part of the dialogue I witnessed between the homeowners. Challenges were part of many projects.

I have made faux pas in my career and even though I was mortified at the time, I can look back now and laugh. While on an assignment in Westchester County, I was decluttering a living room/family room for some older clients. There was so much piled into the room that I could barely make my way through it. From souvenirs to piles of magazines, takeout food cartons, statues, plants and the like, I took a determined stance and told them that one of the first things they had to do was to take what I thought were bowling trophies off a shelf that was practically

touching the ceiling.

They stared at each other in disbelief so I continued my spiel, saying "in addition, take down the shelf. Who has a shelf that is nearly touching the ceiling? It is just so out of proportion to the room."

The husband, whose face was red and had veins popping out on his neck and head, replied "Those aren't bowling trophies, those are my Emmys I won as producer for CBS News."

So, my dear readers, as my mother always said, "Never say good-bye." She was right; you never know what life brings. Therefore, let me say "so long." It was my honor to write for you.

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



On Your Mind

Free Resources To Cope With Stress

Although we are living through an unthinkable nightmare, there are many positive things to focus on.

I promise it will change the way you feel. You can't control what is happening around you, but by following the proper protocols of social distancing and handwashing you can avoid this illness. Equally importantly, you can also control your thoughts. Even though the news is frightening, you can find other things to focus on that will relieve those fears. Thoughts create feelings, and feelings create behaviors.

Finally there is time to organize those closets and eliminate clutter. Clutter creates stressful and anxious feelings. There is often shame and guilt involved, which makes you feel overwhelmed, inhibiting one's ability to



FERN TAUSIG

manage it or remedy the clutter. There is so much more to it than most people realize. According to Joan Law of the Stratford-based consultancy Feng Shui Joan's Way, clutter has a negative impact on the brain by impairing the ability to focus and process information. Clutter also attracts dust that aggravates allergies.

According to David Tolin, director of the Anxiety Disorders Center, "Having a lot of clutter leads people to feel ashamed and socially anxious...whether a cause or a contributor, clutter is not a friend to happiness."

One of the best free resources to destress is an online yoga class. Yoga combines mental and physical stress relief as well as promoting inner strength and flexibility. You can find free yoga either through a gym on Facebook or Instagram page or on

YouTube. One that was recommended to me was an Ali McGraw yoga class on YouTube. There are also many professionals offering online mental health meditation and support services.

There are many stress relieving activities you can do any time and anywhere. The easiest and most effective is to breathe deeply and mindfully. It's called "heart breathing." Focus on the space around your heart and breathe in slowly and deeply as though you are breathing through your heart. Exhale slowly as you focus all your awareness on your breath. If your mind begins to wander, bring it back to your heart and refocus. Continue this for a few minutes and you will feel a shift in energy as stress is released.

Many people are also spending their time eating well and exercising.

Remember to focus your thoughts on the positive things in your life. Everyone has positive things around them, but they often

take them for granted and focus instead on the negative things over which they have no control. You can choose to focus on what you want to think, so you can always control the way you feel. Use the power of your mind to choose to feel better.

The amount of stress in your life is less of an issue than the way you choose to handle it.

I am offering a free hypnosis group online session for reducing stress and anxiety on Thursday, April 16 and 23 at 7 p.m. I will continue them if they are well-attended. They will be on Zoom and will be one hour long. You must email me or call to let me know you want to be included.

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

Grave Matters

Roger Boyd, Platoon Leader

The Orange Town Cemetery is dotted with markers noting those who fought in American wars, from the Revolutionary War, the Civil War and the two World Wars to Korea, Vietnam, Iraq and Afghanistan.

One Orange resident remembered for both military and community service is the late Roger W. Boyd Sr. When he died in 2011 at the age of 90, his obituary noted that he was truly "a pillar" of the Orange community.

Born in 1920 in New Haven, Boyd enrolled in the Yale School of Engineering. After a year there he enlisted in the Army Air Corps hoping to become a navigator. But his eyesight kept him out of that program. Determined not to become "just another airplane mechanic," he said he signed up for everything that would further his education. He soon found himself a platoon leader in the 19th infantry, 24th division, on the Philippine island of Leyte responsible for 50 men.

The mission was to secure the island. The Japanese troops still located there were not about to surrender. Proximity shells flew

over Boyd's platoon, and every afternoon the Japanese would launch a rocket he said sounded like a freight train. Japanese mortar shells were also deadly. During one skirmish, Boyd was wounded by a tracer bullet. After being tended by a local medic at company headquarters, he was put on a stretcher and sent to a field hospital where he underwent the first of a number of operations before being flown first to Hawaii, then to San Francisco, and finally to Ft. Devon near Boston. He was hospitalized for a total of 11 months.

Meanwhile, his wife Barbara was living with Roger Jr., her 3-year-old, and Roger's brother's wife near Big Bear Lake in California. She recalled how shaken she was when she got the telegram breaking the news that her husband had been wounded. During their separation, they wrote to one another as often as they could. Paper was scarce, so when he got to the bottom of a sheet, Boyd



TRISH O'LEARY TREAT

squeezed in more thoughts by writing sideways up the page.

In 2009 Boyd was Grand Marshal of the Orange Memorial Day parade. In remarks he made that day, he said "Uncle Sam" had treated soldiers well, and that his life had been changed 100 percent by his time in the service.

Once discharged, he returned to Yale to graduate from the Sheffield School of Engineering on the GI Bill. He began his professional career as a tool

designer for General Electric, later moving on to United Illuminating and then into commercial lending with Union Trust Bank.

Over his lifetime, Boyd took courses at six different universities in subjects ranging from industrial development and engineering to business management and commercial banking, earning an MBA from the University of New Haven along the way.

Throughout his life in Orange, where

he and Barbara raised their three children, Boyd was active in local, state and national committees for industrial development. He helped bring Saab and Pez to Orange. He also headed the Town Plan and Zoning Commission for nine years and became head of both the Orange Rotary and the New Haven Chamber of Commerce, as well as serving on the library board for 31 years.

Though it's hard to believe he had a spare minute, he found time for woodworking – handcrafting beams, installing chestnut paneling and crafting furniture – and extensive travel.

Though I only met him in the last years of his life at his friend George Whitney's Sunday afternoon gatherings, I could not help but be struck by Roger Boyd's modesty, friendliness and genuine interest in others. He left his mark on the town we have today, and he was one of its genuine treasures.

The Garden Spot

Starting Your Own Herb Garden

People often say they don't have the time to maintain a garden even though they love the sight of the greenery or flowers. If that describes you, consider creating a small herb garden, or a potted or container herb garden. This is a great project to do with young people since they can learn some botany as part of the process.



PAT DRAY

If you're going to start a garden, the most important first step is a soil test. The soil test will tell you if you need to amend your soil in any way. For example, is the pH correct for what you want to plant, or do you need to amend the soil with organic matter? If your planned garden site is close to an old building

that might have had lead paint at one time, request a lead test be done as part of the soil test, since you want to avoid planting edibles at contaminated sites.

If you're using a container, the first step is to decide how large a container you will need for the amount of herbs you'd like to grow. You can then purchase a commercial potting soil (not topsoil) and use that. Be sure to consider a way to manage drainage for the container. When I pot up large, deep containers, I put a layer of packing peanuts on the bottom to encourage drainage and limit the weight. Remember that anything outside will need more frequent

watering during the heat of summer.

Next decide whether you want to start seeds or purchase seedlings. Although it's rewarding to grow plants from seeds, you also need to have the time to nurture them until they're ready to go outside. Seedlings are inexpensive and provide you with an "instant" plant.

Try not to get carried away when shopping – think about what herbs you like to cook with and start by getting two or three of those. Whether you are growing in a garden or a container, read the planting instructions so that you space the plants out correctly. If you plant too closely, the plants will have poor air circulation and develop plant diseases.

Once your herbs are planted and start growing, keep in mind that they want to be

clipped and cooked. If you clip off the top, the plant will start to bush out rather than grow tall and spindly. Don't let them go to flower, since the plant will then slow down leaf production (the part you want to eat) and focus instead on reproduction. You can also dry your excess herbs. Just clip them, tie the springs together and hang them upside down in a warm area with good air circulation.

One last thing: there are also some herbs that are "garden thugs" and will take over everything. The most common example of that is mint – it will grow anywhere. Really, how many mojitos can you drink?

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

Education

Relationship-Building Is Crucial, Even From A Distance

I attended Fulmar Road Elementary School in Mahopac, New York. Mr. Scaglia was my homeroom and sixth grade social studies teacher. He was most beloved by the entire student body. He was funny and smart, and everyone loved going to his class. I remember many social studies classes being filled with Mr. Scaglia outlining the chapters with chalk-dusted hands while bringing history to life for all of us through his storytelling.

As my homeroom teacher, Mr. Scaglia collected money for the stay-away camp at Lake Sycamore. Most sixth-grade students waited their entire elementary years for this event, but I was dreading it. My parents did not



DR. ANNA CUTAIA

believe in sleepovers of any kind.

I put off telling Mr. Scaglia that I wasn't attending camp. I would make excuses about forgetting money to buy more time in hopes that my parents would come around.

The day came when all funds were due. I was unsuccessful in changing my parents' minds. Mr. Scaglia called my name; I dropped my head to avoid eye contact with him. He called my name again and asked me to come to his desk.

I could feel my heart pounding and tears welling up in my eyes. I approached his desk and told him I wasn't attending. I was expecting the worst, yet he did not raise his voice nor shake his head in disappointment. Rather, he put my hand in his and said, "It's going to be all

right. You will be okay."

I believe teaching is much greater than a science and skill set at lesson development and delivery. While those are critical elements of our profession, they are only effective if we marry them with the developing healthy teacher/student relationships.

Mr. Scaglia saw me as an individual who was hurting that day. He saw beyond the collection of dues for a field trip. He saw the struggle and pain in me and responded to that because he knew that was what I needed.

Based on research conducted by the research firm the Search Institute in 2018, there are five key elements to fostering developmental relationships, the cornerstone to healthy growth in youth in order to have what they need to thrive: 1) express care; 2) challenge growth; 3) provide support; 4) share power and; 5) expand

possibilities.

I believe it is more critical than ever in the times in which we find ourselves to demonstrate these acts of relationship-building to one another – especially to our young people, even in this virtual world of learning. I remember the chalky note-taking days in Mr. Scaglia's class, and I remember with fondness the care he expressed to me that day.

I believe our educators will rise during these most challenging times to provide great online learning experiences. But what our young people will remember more than Google Meet lessons are the acts of care, support and belief that our teachers have and will continue to extend to them.

Dr. Anna Cutaia is Superintendent of Milford Public Schools.

Southworth (Continued From 1)

Milford.

"I have spent my career as a first responder serving and protecting the residents of West Haven and our surrounding communities," Southworth said. "Right now, I along with many first responders and healthcare professionals are on the front lines of the coronavirus outbreak. This is uncharted territory for many of us and I understand the challenges our neighbors, communities, state, and country are facing, but we will work together to overcome this battle and win this war against the coronavirus."

Southworth said his top priorities will be helping residents and businesses through these difficult times, working to create a more affordable Connecticut and reducing unnecessary taxes placed on businesses.

Southworth is a full-time firefighter at the West Haven Fire Department, where he has

spent 19 years. In 2014, Southworth was awarded the Medal of Merit for rescuing a citizen who fell through ice.

Before joining the West Haven Fire Department, Southworth was a paramedic and earlier an emergency medical technician at American Medical Response.

From 2016 to 2018, Southworth was the president of the International Association of Fire Fighters Local 1198 West Haven Professional Firefighters. In addition, Southworth is an active member and former leader of Elks Lodge #1537 in West Haven. He also helps coach a Milford Babe Ruth Fall Softball Team.

Southworth lives in West Haven with his wife Tracy and stepdaughter McKayla.

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An Uplifting Sign



Beach Party Balloons of Milford recently decorated the entrance to the Milford Chamber of Commerce with a colorful balloon display. The chamber has been shuttered because of the COVID-19 pandemic. Photo by Robert Creigh.



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Getting To Know You

Revisiting The Story Of Rosa And Dave

Lately I've had a little more time on my hands than I usually do. I suspect it's been the same for a lot of people out there. One of the silver linings lately has been that I've gotten an extra chance to spend time with my kids. The older two were off at college and the youngest was always out and about, but they are home for a while now. At first I worried about how that would work out, but the old routines kicked back in and after we got the shower schedule worked out things started running pretty smoothly around the old house.



DAVID CROW

As a result of all this time together a strange thing has started to happen. My wife and I always parented by the adage that "we're your parents, not your friends." Focusing on being their parents prevented us from letting too much of ourselves show through in our dealings with our kids. They knew "Mom and Dad," but they didn't know as much about

"Rosa and Dave."

My kids are all older now and that wall has started to come down. Maybe it's the fact that in the process of going through the house (spring cleaning with the Clorox until everything smells like a swimming pool) we've been running across buried mementos of Rosa and Dave.

For example, concentrated basement archaeology turned up an ancient stereo system (circa 1994), a receiver, a turntable, a dual cassette deck, a CD player and a graphic equalizer. When Rosa and Dave first moved in together, one of the first things they absolutely had to have was a stereo system that was more expensive than the rest of the furnishings in their four-room apartment. It was one of those stereo systems that would shake the foundation of the apartment building if we turned the volume up over halfway.

We didn't find any speakers, but there was a cassette tape ("Get Nervous" by Pat Benatar) in the cassette deck. With that came a story about how the neighbors would complain when the young couple in H4 turned up "Shadows of the Night" a bit too loud.

Then some pictures of Rosa and Dave before the kids were born were discovered: at the 1995 Daytona 500, at Epcot Center, at Wildwood, New Jersey, kissing on the roller coaster at Six Flags, and at their Sept. 28, 1996 wedding. With those came more stories about how Rosa and Dave weren't always so sensible and practical and cautious and maybe took a foolish lark or two. Maybe the clothes and the hair are funny in retrospect, but I maintain that those mirrored sunglasses still look cool.

The good part of all this is my kids are getting an unexpected present from their parents: a small sense that Rosa and Dave aren't just "Mom and Dad." Maybe it's dawning on them that the story of Rosa and Dave began before they showed up. To be sure

they are a big part of that story, but they aren't the whole of it. Rosa and Dave had to get a few things straightened out and a few rough edges rounded off before settling into their Mom and Dad roles.

Once upon a time those two silly young kids named Rosa and Dave took a big pile of no-clues-and-no-cares that every young couple starts with, navigated through life's uncertainties and together wrote a little story that blossomed into the bedrock of their lives. These strange days are just one more chapter in that story.

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.

Covering (Continued From 1)

fast-moving story on a print schedule for a local paper that spans several weeks between issues? We cannot pretend that the pandemic does not exist, of course. It has tinged nearly every aspect of our lives.

We could choose to print the announcements about school closures and event cancellations that have come out over the last few weeks. We could give updates about the most recent CDC guidelines or governor's orders.

Those messages are undoubtedly important. But what good would those things do you, the reader, if they're liable to change between the time the story is written and

when it gets to your door?

Instead we have tried to stake out a middle ground. On our website, we will continue to post day-to-day information about changes in Milford and Orange or statewide that impact our readers. In print, we are focusing on bringing you broader perspectives that can still be relevant or helpful to you next week – or next month.

When Gov. Ned Lamont in March released his list of "essential" businesses that could continue to operate, news media were one of the exempted categories. There's a reason for that: accurate and clear information is crucial to navigating a complex world – especially in times of crisis.

Please stay safe, stay home, and stay informed.

Orange Country Fair Announces Scholarships

The Orange Country Fair has announced that applications for The Connecticut Association of Fairs scholarship program are available at ctagnfairs.org and at the Orange Town Hall.

One \$1,000 scholarship will be awarded to a graduating senior or college student pursuing a course of study in agriculture, home economics or a related field during the next school year. One \$1,000 scholarship will be awarded to a graduating senior or college student pursuing a course of study

in any field during the next school year. One \$1,000 scholarship will be awarded to a graduating senior or college student to be chosen at the discretion of the Scholarship Committee.

All applications must be received and returned to the fair secretary by May 15. Mail completed applications to: Marianne Bauer, Secretary - Orange Country Fair, 1041 Beechlawn Terrace, Orange, CT 06477.



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Coronavirus (Continued From 1)

Connecticut, with 494 deaths. Of those cases, 2,715 were in New Haven County. Milford accounted for 187 cases; Orange accounted for 25. Those numbers were expected to continue rising.

All photos by Brandon T. Bisceglia.



The Bridgeport Flyer Diner in Milford and Chip's Family Restaurant in Orange are normally bustling eateries. Restaurants in Connecticut are still technically open, as they are allowed to serve customers for pickup and delivery. Chip's even had multiple signs out front declaring that they were open. But the parking lots of both were empty.



Despite the new restrictions, not all businesses are devoid of activity. At the Starbucks on the Boston Post Road in Orange, the line for the drive-through window snaked all the way around the building.



The Connecticut Post Mall in Milford was possibly the largest venue in the area to be shut down. The parking deck outside Macy's and LA Fitness – which would normally be bustling on a weekend – was empty.



Businesses have experienced different kinds of strains from the pandemic. The Stop & Shop in Milford has limited paper goods, like toilet paper and paper towels, to two per person. Nevertheless, the shelves have remained bare.



Some establishments, such as Eli's Tavern on Daniel Street in Milford, hung signs outside and kept their doors open to remind potential patrons that they need not stay away entirely.



Some eateries couldn't remain open at all. Around the corner from Eli's, Café Atlantique apologized to customers with a sign on its darkened window. Restaurants weren't the only places closed. Any place where people might congregate was affected. That included the Planet Fitness gym in Orange.



The Bowlero bowling alley in Milford which would normally host parties, tournaments and casual gatherings, was devoid of activity.

Travel Matters

Travel Advisors During COVID-19

Last issue, I detailed a number of closer destinations to travel to in 2020. That was when the virus was centered in China and Italy and before we reached the critical tipping point on March 15 in the US, which called for 15 days of social distancing, recently extended to May 1.

Too much has transpired for all of us in less than one month.

As a travel advisor, I have spent countless hours of hold time contacting travel companies, airlines and cruise lines as flights and sailings were canceled worldwide. We have arranged new flights for nervous clients trying to get home from destinations such as New Zealand before flights are grounded – and succeeded in getting them home. On the other hand, we had one client who took one of the last cruises out on March 8 and couldn't wait to book her next cruise for

Aug. 31. She got a suite for one third the average cost for that cruise. There is everything in between those two scenarios.

As part of World Travel Holdings, my business has preferred contact with over 45 travel suppliers. This allows us to communicate, firsthand, the ever-changing cancellation and rebooking policies that are critically important to our clients as they sort through future vacation plans. Our objective is to keep our clients whole financially. When there is a "grey" area (will this sailing be canceled and when should I cancel my trip if it hasn't been canceled yet), we can advise people on their options.

In this unprecedented crisis, travel



KAREN QUINN-PANZER

companies have been inundated with cancellations in March, April and now May. Those companies make it as easy as possible for travelers to postpone their decision for summer or fall vacations, and it's important that people know they can make a decision when they have more information. Most companies are giving either refunds or future cruise or trip credit within a year of your original vacation, depending on when your vacation was scheduled and when you are canceling.

If your cruise has been canceled by the cruise line, for example, most companies are offering full cash refunds or added value if you take your funds as a future cruise credit. A recent example is Holland America,

offering 125 percent future cruise credit to be used in 2020 or 2021, plus \$250 per person onboard credit. If you find you cannot use this credit, at any time you are eligible for a full refund of your money. Land tour operators generally issue a trip credit that is good for a year or more.

So what does all this mean for future travel? We will get past this crisis, and when we do, travel will come back. Contact your local travel advisor for assistance. We can help you rebook your trip if you have one of the future cruise or trip credits, and we will save you a lot of time and aggravation in the process.

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

Turkey Hill Drama Club Hosts Reunion Concert



The curtain opened on Friday, Jan. 10 at the Turkey Hill School Drama Club's 10th Anniversary Reunion Concert. More than 30 alumni actors took the stage singing, dancing and reminiscing. Alumni included Master of Ceremonies Marty Gnidula, Elizabeth Bodie, Mitchell Bronson, Luke Chang, Nick Clark, Maria Dalle Ave, Claire DeRosa, Ava DiVincenzo, Raegan French, Brigitte Gagnon, Marcelle Gagnon, Dana Jossick, Audrey Jurzyk, Hannah Hayes, Michaela Kraut, Anna Laganovska, Maya Patel, Thomas Sampson, James Sansone, Joseph Sansone, Sydney Sherrick, Kasey Smith, Molly Stratford and Ledgym Washington. The Jamie Hulley Arts Foundation sponsors the drama club and made the performance possible. Photo courtesy of Turkey Hill School.

Advertisement for Total Lawn Care & More featuring a \$75 OFF discount on projects costing \$500 and up. Includes contact information: 203.306.9193 and website WWW.TOTALLAWNCAREMORE.

Insuring Your Future

COVID-19 Health Insurance Tips

These are unusual times which have created unanticipated issues. The following are points related to the coronavirus, insurance coverage and a few editorial comments.

Copays: Most insurance carriers have waived copays for provider visits and virus testing. You will still need a doctor's order to be tested. There are many articles online that describe symptoms and when to be tested. The main symptoms to watch for are a fever (greater than or equal to 100 degrees) and a cough or shortness of breath.

Call your primary care provider for information regarding local testing locations. You will need an order from your primary care physician to be tested for COVID-19. If you do not have a primary care provider or another physician who you regularly see and you have the symptoms of COVID-19, please go to an urgent care center or to a

federally qualified health center to get a doctor's order to be tested.

If your plan has a telehealth option, use it. It is a safe and effective way to communicate with a medical provider. Who knew FaceTime could be so valuable? If you need assistance with how to use this service, call the customer service number on your membership card or go online and search your insurer's website.

If your plan has an over-the-counter medicine benefit, it will cover gloves and masks. Most carriers are allowing prescription refills ahead of schedule. The cost should be the same as you normally pay. If that is not the case, contact member services and request a refund. Home delivery at no additional cost is also available from



TRISH PEARSON

most pharmacies. If your regular pharmacy does not offer it, request that your prescription be switched to one that delivers and is a preferred pharmacy for your insurance. You can call or go online to confirm the preferred pharmacies in your plan.

Gym not open? Silver Sneakers is available online. Go to silversneakers.com for information on daily classes. Many YMCAs and exercise centers are offering online exercise classes. Always wanted to try Zumba, but not with others? Now is your chance. Try to take a walk daily, plant something, and learn how to Zoom (not the exercise, but the online meeting).

Many insurance carriers are offering interactive webinars and conference calls

where you can get the latest information as well as ask questions. Elected officials are doing updates on a regular basis. Listen to your voicemail, as they generally notify constituents ahead of time.

Finally, don't panic or pay unless you are satisfied that it is correct. Unfortunately, there are people who will take advantage of the fact that we are stuck at home and answering the phone. If it doesn't sound right, don't "press one to be connected."

Stay safe, care for one another, eat right, and keep moving.

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

Your Finances

More Than Half Retire Earlier Than Planned

Have you thought about how old you will be when you retire? Maybe it's no longer on your mind with the downturn, or maybe the feeling is stronger than ever. If you have developed a comprehensive retirement plan, you may have based it on age 62, age 65 or perhaps older. If you don't have a plan, you may still have formed a vague idea of the age you would like to stop setting your alarm clock and start hitting the links on weekdays.

It may surprise you to know that only 35 percent of retirees say they retired when they had planned: 56 percent retired earlier than they wanted to, and 9 percent retired later, according to the 2018 report A Precarious Existence by the Transamerica Center for Retirement Studies.

Given these odds, it's important that you incorporate the likelihood of being forced to retire earlier than expected into your retirement planning process. Retiring early

lengthens the period of time you will need your assets to cover, which can lower the amount of spending you can enjoy year to year. It can also reduce your future income from Social Security and other sources and can lead to boredom and depression.

Among the 56 percent of those who retired earlier than expected, 54 percent cited reasons related directly to their jobs and 47 percent cited health or family issues. Only 10 percent retired because they could afford to do so earlier than planned, and just 1 percent retired due to a financial windfall. (The percentages add up to more than 100 percent because some survey respondents gave more than one answer.)

Among those citing employment-related reasons, 24 percent lost their job, 22 percent



ERIC TASHLEIN

cited organizational changes, 15 percent said they were unhappy at their place of work, and 11 percent took a buyout.

Among those citing health or family issues, 28 percent cited their own ill health and 15 percent cited family responsibilities.

Among the 9 percent who retired later than planned, 75 percent said they needed the income and 64 percent said they enjoyed their work or wanted to stay active.

What can you do to prepare? The first step is to assess your current situation and identify the most likely threats to your desired retirement scenario. Take your health status, for example. Some people underestimate the impact of current health issues on their future workplace status, and

other people develop health problems after they start planning their retirement. The first case requires you to be objective, and the second requires you to take into account different scenarios.

You may also consider hiring a certified financial planner. In conducting retirement planning for clients, CFPs take into account various aging scenarios to maximize financial outcomes, including the possibility of retiring at different ages.

Eric Tashlein is a Certified Financial Planner professional™ and founding Principal of Connecticut Capital Management Group, LLC, 2 Schooner Lane, Suite 1-12, in Milford. He can be reached at 203-877-1520 or through connecticutcapital.com. This is for informational purposes only and should not be construed as personalized investment advice or legal/tax advice.

From The Bar

Here To Help With Your Legal Matters Through COVID-19

Like you, we are monitoring the latest news about the novel COVID-19. Our primary focus is the health, well-being and safety of our team, clients, and community.

Although we are a small business we are fortunate to have already established technology that allows our entire team to work remotely and our clients to communicate with us remotely (phone, email, teleconferencing) to experience as little disruption as possible. Our systems enable us to continue to serve our clients during this unprecedented time.

Estate planning clients: We are providing telephone and video conferences for estate

planning intake meetings for new clients and making safe arrangements for the signing of final estate planning documents. If you need to create your essential estate planning documents please contact us so that we can assist you.

Estate administration clients: We can timely prepare the required probate court documents, send the documents to clients electronically to sign, and e-file them with the probate court. We can receive any statements or documents electronically through



STEVEN FLOMAN

our secure email system.

Medicaid clients: We can perform intake meetings through telephone and video conference. Our technology allows us to timely prepare the required Medicaid application documents, send them to you electronically to sign, and file them with the Department of Social Services. We can receive any statements or documents electronically through our secure email system.

We are committed to working

with you to find ways to process your legal matters as quickly and conveniently as possible.

Steven P. Floman of the law firm Floman DePaola, LLC is the author of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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Wine Talk

Macedonian Wines For Troubled Times

It can be difficult to function under the unusual circumstances we all now live in. In order to protect ourselves, our families, relatives and friends, some degree of lockdown appears to be necessary.

Throughout the history of mankind, we have been confronted with many negative issues. We have endured wars and pandemics that have been greater than this one. Yet throughout history, god has given us an outlet that has helped us gain the strength and fortitude that has allowed us to endure no matter how difficult our lives may become: a wonderful glass of wine. So please relax. Count your blessings and try some wines from Macedonia.

Macedonia, within the Greek viticulture, is a protected geographical wine producing region. Northern Macedonia produces wine

on 55,000 acres of vineyards. 80 percent of wines produced in this region are red. North Macedonia has three wine-growing regions. Povardarie is the most prominent in terms of quality and quantity. It is centered around the towns of Negotino and Kavadarci. On the border of Bulgaria is the region of Pcinja-Osogovo, and bordering Albania is Pelagonija-Polog, all around lake Ohrid.

The grape varieties common in cultivation include a large proportion of indigenous varieties and varieties common to Central Europe and the Balkans, as well as some international varieties. Red varieties include Vranec (the most common variety of North Macedonia), Kraotava, Cabernet



RAYMOND SPAZIANI

Sauvignon and Merlot.

Stanušina Crna is a unique variety of grape of local origin from North Macedonia capable of producing very high quality wines that are popular on the domestic market but little known outside the country. White varieties include Smederevka, Welschriesling (usually referred to as Laški Rizling), Chardonnay, Sauvignon Blanc and Zilivoka.

These wines are unique and are of high quality. They deserve a chance. They may be the thing we need to get our minds off of our current issues.

Experiment with some wines from a different part of the world. You can contact Edin Uzicanin. He is the head of business

development of the Wines of Illyria. You can reach him at 203-703-8347. His email is edin@winesofillyria.com. He is a great guy who will be happy to answer all your questions and tell you where you can find some of the unique wines.

Be well and stay safe.

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-winning home wine maker. Email ray with your questions and wine events at realestatepro1000@gmail.com.

Orange Cub Scouts Step Out



The Annual Pinewood Derby was held on Feb. 7 in the gymnasium of High Plains Community Center. There were over 50 racers from the pack and their families in attendance. The racers were invited to attend the Quinnipiac District Pinewood Derby finals in North Haven. Photo courtesy of Orange Cub Scouts.



Along with a few other packs, Orange Cub Scout Pack 922 held the flag on the ice for the National Anthem during the opening ceremonies at the annual Bridgeport Sound Tigers Scout Night on Feb. 29. Photo courtesy of Orange Cub Scouts.

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TrinityPoint Wealth Appoints New Chief Operating Officer



Jana Moebius L'Etoile. Photo courtesy of TrinityPoint Wealth.

Milford-based TrinityPoint Wealth has announced the appointment of Jana Moebius L'Etoile as its chief operating officer.

Moebius L'Etoile brings over 20 years of experience in operations and management and is a trusted leader within the organization, the announcement said.

As COO, Moebius L'Etoile is responsible for managing, coordinating, and monitoring all of the administration and operational functions of TrinityPoint Wealth.

"I am pleased to serve as the chief operating officer to TrinityPoint Wealth in the years to come. Working with an amazing team to ensure client satisfaction and long-term growth is essential for success," Moebius L'Etoile said.

"Naming Jana COO was inevitable. Her experience and deep wealth of back office knowledge will continue to make TrinityPoint Wealth a strong company," said James Betzig, the company's CEO.

Amity Students Win Speech Contest



Three Amity High School students won a speech contest at Case Memorial Library in Orange sponsored by the Rotary Clubs of Orange and Woodbridge. Elle Amankwah was declared the winner with her presentation on climate change. The other two candidates were runners-up with talks on immigration and volunteering. From left: Richard Dumbrill, president of Orange Rotary; Elizabeth Amankwah; Elle Amankwah; Bob Catalde, social studies chair and speech coach at Amity Regional High School; and Isabella Pfannenbecker. Photo courtesy of the Rotary Club of Orange.

Zion Lutheran Hosting Food Drop-Off

Zion Lutheran Church will continue to be a drop-off site for Foods2Kids, a local organization dedicated to providing food for children of Orange who face hunger when school is not in session.

Donations can be made by dropping off nonperishable items in the secure building at the back of the parking lot at 780 Grassy Hill Rd. in Orange from 9 a.m. to 6 p.m. Food should be in individual serving sizes with only water or no preparation needed.

Even though face-to-face worship services have been suspended due to the pandemic, in 2020 there's no need for church fellowship, community, and learning to fall by the wayside. Visit zion-orange.com to stay in touch with the congregation and attend the "virtual worship" page to find links to video meditations by Pastor Benson and devotional guides published weekly for use in the home.

Peter Hechtman

It is with great sadness that we announce the death of Dr. Peter Hechtman on Wednesday, March 4th, 2020, at the age of seventy-eight, after a sixteen-year battle with Pulmonary Fibrosis. He leaves behind his loving wife and soulmate, Dr. Lily Hechtman, his devoted sons and their wives, (Jeremy and Jen, and Kenneth and Wendy) and wonderful grandsons (Jacob and Jimi-T) and many cherished colleagues and friends. Dr. Hechtman was an Associate Professor of Molecular Genetics at McGill University and did pioneering research in identifying the different genes involved in Tay-Sachs disease. He was also responsible for a province wide, high school screening program for the illness. A true Renaissance man, he also loved literature and classics, and earned a second degree in these areas from Concordia University. Upon retirement, he continued these studies at McGill as a regular student, writing all required papers and exams. His keen mind and love of learning never left him and until

his death, he wrote a book review column twice a month for the Connecticut *Milford-Orange Times*. As a legacy to his children and grandchildren, Peter published a memoir of his family history in "One Man's Family". Dr. Peter Hechtman was born and raised in New York in a progressive, politically active family and was involved in the civil rights movement with Martin Luther King. He also headed "Our Generation Against Nuclear War" while a student at McGill. Dr. Hechtman was a founding member of Alliance Quebec and led the Snowden Chapter. His generosity, unassuming warmth, breadth of knowledge and wonderful sense of humour endeared him to many. He travelled widely and had an impressive grasp of history, culture and mythology of the places visited. He was known in our group as the "Ministère de Voyage." His determination to continue to do what he loved despite his illness, generated much admiration. People would applaud as he rode his bike with his oxygen

Bridges Healthcare Accepting Scholarship Applications

Milford-based Bridges Healthcare, Inc. is accepting applications for The Barry Kasdan Scholarship for the pursuit of a graduate or undergraduate degree in human services.

Bridges will award two \$1,500 scholarships in 2020. Eligible applicants must reside in one of the towns located in Bridges' service region or be employed or related to a Bridges employee.

The successful candidates must be a Bridges employee, spouse, child or grandchild of a Bridges employee, or a resident of Ansonia, Bethany, Derby, Milford, Orange, Seymour, Shelton, West

Haven or Woodbridge; must be pursuing a graduate or undergraduate degree in human services; and must have completed at least two semesters of college.

Completed applications are due no later than Monday, June 1.

Contact scholarship@bridgesmilford.org to request an application or visit tinyurl.com/bridgesscholarship to complete an online application. Hard copy applications with requested additional materials can be mailed to Barry Kasdan Scholarship Committee c/o Michelle LeMere, Board Chair, PO Box 74, Durham, CT 06422.

American Cancer Society Relay USA Going Online

The American Cancer Society will hold the first virtual, nationwide Relay USA on Saturday, April 25 in a new way to fight cancer. Participants will be able to unite in the Relay movement during this pandemic from the safety of their home.

"Given the new digital fundraising landscape during this COVID-19 environment, Relay USA presents an exciting opportunity to host a virtual, socially driven experience for Relayers across the nation," said Maria Clark, senior vice president of volunteer events for the American Cancer Society. "As we all continue to practice social distancing, this is an easy way to honor cancer patients and survivors and ensure the mission of the American Cancer Society continues during this critical time."

Relay USA will be streamed live on Facebook at 4 p.m. EST, where participants, cancer patients, survivors and caregivers

will have the opportunity to join the celebration from home.

The event kicks off by honoring everyone who's been affected by cancer and those who've contributed to the success of this year's Relay season. Relayers from around the world will say hello and share their news.

Survivors and caregivers will have the opportunity to share pictures of those they care most about.

There will be a luminaria ceremony, during which everyone touched by cancer is represented. All can remember or honor a loved one through a luminaria donation during this time.

Funds raised help the American Cancer Society continue with cancer research, its 24/7 helpline, and services offered to patients so they get the care and support they need. Visit RelayForLife.org/RelayUSA for more information.

Orange Senior Center Closed Indefinitely

All Senior Center activities, classes and trips are canceled indefinitely.

This year's Living Treasures awards were given to Donald Clark, Marianne Miller and Lori Swatt. Presently Pasta Festa, which includes the celebration of these individuals, is postponed indefinitely. Once

things return to normal, the Senior Center will look for a date in the fall to host Pasta Festa and celebrate the Living Treasures.

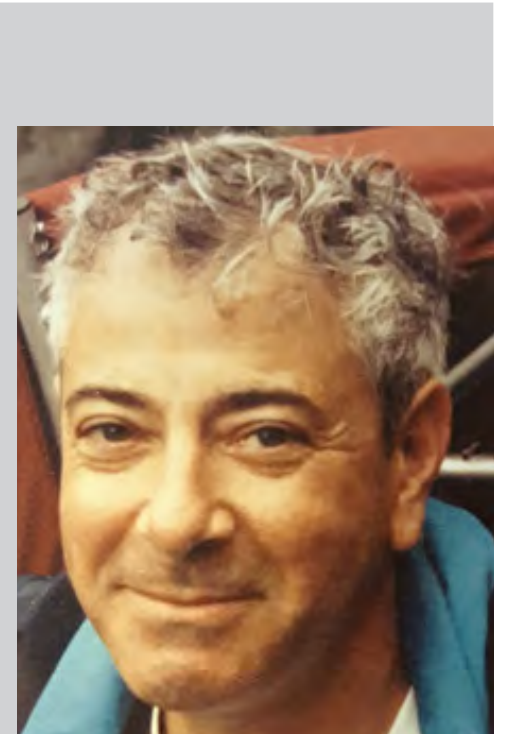
Please check the Senior Center website at orange-ct.gov/782/community-services for more information, or call the office at 203-891-4784.

Some Restaurants Committed To Closure

After Gov. Ned Lamont said that bars and restaurants in the state would likely remain closed until at least late May, state Rep. Dave Rutigliano, R-Trumbull, tweeted that it's "time to open up." Rutigliano owns seven restaurants in Fairfield and New Haven counties.

But not all restaurant owners agree. Elena

Fusco, owner of Bin 100 in Milford, said, "Although it's difficult as a small business owner to shut down your business and lay off your staff I don't believe reopening restaurants too soon is the right thing to do for our community. We have to do our part to help prevent the spread of COVID-19 and Bin 100 is committed to that."



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.



Anna Louise Anderson, 95, of Milford, passed away peacefully on March 30, 2020.



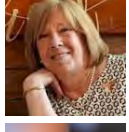
Phyllis Peck Beard, of Milford, departed our world on March 14, 2020 at the age of 93.



John Morris Borys, 92, of Milford, passed away peacefully on March 28, 2020.



Tracey A. Brazeau, 50, of Milford, entered into eternal rest on March 10, 2020.



Roberta "Bonnie" Brereton-Keegan, age 78, arrived to a welcoming party of loved ones in heaven on March 5, 2020.



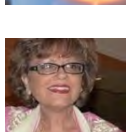
Robert B. Buzelle, age 77, of Milford, died on Thursday, April 2, 2020.



Geraldine E. "Gerry" Capodagli, age 85 of Milford, passed away peacefully on Friday, April 10, 2020.



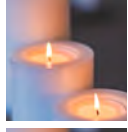
Marilyn Bennett Cowan, age 78, of Rockledge, Fla., passed away on Thursday, March 30, 2006.



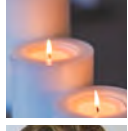
Meena Mohanani Dadlani of Milford, CT, entered into eternal rest on April 1, 2020, at the age of 58.



Thomas Francis Delaney, Jr., passed away peacefully on April 8, 2020, at the age of 79.



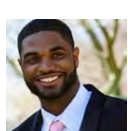
Elaine (Lubitz) Dworkin, 91, of Milford died at her home on Sunday, March 22, 2020.



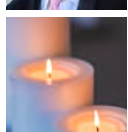
Margaret Florence Eichman, 93, of Orange, passed away peacefully on Saturday, April 4.



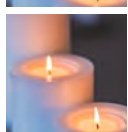
Marlene M. Givens, 88, of Milford, passed away peacefully on February 27, 2020.



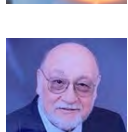
Dante Austin Hayden, age 30, of Milford, passed away suddenly on April 9, 2020.



Kimberly Hughes, of Milford passed away on April 2, 2020 at age 62.



Marie J. Hyde, longtime Milford resident, passed away peacefully on Tuesday, March 24, 2020 at age 92.



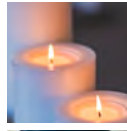
Roger Manuel Klinger, age 76 of Milford, CT, passed away on Monday, March 9, 2020.



Richard Louis Malaro, age 76 of Milford, died on Sunday, April 5, 2020.



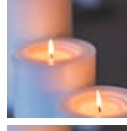
Eileen C. Marsden, age 93, of Orange, entered into eternal rest on Sunday, March 1, 2020



William Bertram Maxwell passed away on February 25, 2020.



Richard Peter McLaughlin, age 84, entered peaceful rest on March 12, 2020.



Helen P. Mikulka, age 87, of Milford, passed away on March 14, 2020.



Betty A. Morse, age 75, of Milford, entered into peaceful rest on Sunday, March 15, 2020.



Mary Michels Newell, 101, of Orange, CT, passed away peacefully on March 27, 2020.



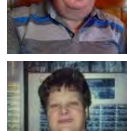
Frederick Norman Oates, lovingly known as "Butch," passed peacefully on to heaven on March 10, 2020. He was 72 years old.



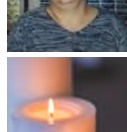
Janice Lynn Pace, 72, passed away on March 4, 2020, at her home.



Zygmunt Paliwoda, age 69, of Milford, died on Thursday, April 2, 2020.



Ann L. Panek, 63, of Milford, passed away on April 6, 2020.



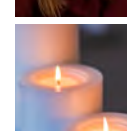
Antoinette "Anita" Pellechio, 88, of Milford, passed away peacefully on March 16, 2020.



Anthony (Tony) J. Ruggiero, of Norwalk, CT passed away peacefully on Sunday, March 1, 2020



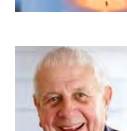
Shannon Lynn Sadler, age 48, of Milford, passed away on Thursday, March 5, 2020.



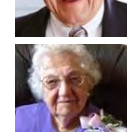
Mildred Saranelli, age 89, of Milford, died on Sunday, April 5, 2020.



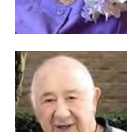
Pauline Cihal Bocchiere Segall, age 95, of Milford, passed away peacefully on Sunday, April 5, 2020.



Francis "Zack" Swan, 77, of Milford, passed away peacefully on March 8, 2020.



Ruth Pratt Upham Petremont passed away at 104 years on February 20, 2020 in Orange, CT.



John A Velleco, 83, of Milford died on April 6, 2020.




Angelo Vitti, age 82, of Orange, passed away on Mar. 10, 2020.



Sharon Woodward, 65, passed away on March 13, 2020.



Jade Lee Wu, 95, of Orange, passed peacefully from her earthly journey on April 6, 2020.



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

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