

Orange Town News



Orange's Exclusive Newspaper
Mailed Free To Every Home & Business in Orange

VOL. 17 – ISSUE 1 CIRCULATION 6070 FRIDAY, JANUARY 14, 2022



Health District to Re-Start Covid Clinics

BY BETTINA THIEL
ORANGE TOWN NEWS CORRESPONDENT

It is almost exactly a year ago that a Covid vaccination drive got underway at High Plains Community Center. Organized by the town's own Health Department, and staffed with volunteer medical personnel and support staff, the clinic was among the first in the state to make the vaccine widely available to the residents of this town. The hope was — and still is — that the vaccine would help get a grip on the pandemic and eventually eradicate the virus that had caused so many deaths and wreaked havoc with economies all over the world.

And during the summer it did seem like things were returning to almost normal. Outdoor festivals took place. In September, kids returned to school. But by late summer the Delta variant sent people back into quarantine and after the holidays positive cases spiked.

By the end of December, Orange recorded 198 positive cases. After the long New Year's weekend, the Orange Middle School posted 32 positive cases; at the elementary schools a total of 46.

The spike came somewhat as a surprise, even for the medical community. "It was more than anticipated, higher even than last year," said Orange Health Director Dr. Amir Mohammad in a phone conversation.

"We're trying our best to keep the schools open," Dr. Mohammad said. As opposed to the first year of the pandemic, this is not a disease of the elderly. "There are positives in all age groups," he said. In fact, the local nursing homes that initially were struggling with a relatively high mortality rate, have not recorded a single death from Covid as of late.

Dr. Mohammad credits the vaccine

See "Covid Clinics" On Page 2



Bicentennial Plans Take Shape

Celebration Will Stretch Throughout The Summer Of '22

BY BETTINA THIEL
ORANGE TOWN NEWS CORRESPONDENT

The year 2022 promises to be a very special year for the town, as it marks its 200th birthday, its bicentennial. A coordinating committee chaired by former long-time Town Clerk Pat O'Sullivan has started its work with a meeting on January 6, a hybrid meeting, with some attending in person at the High Plains Community Center Café, others calling in via Zoom, due to the pandemic.

People are ready to celebrate their town, and there are so many ideas up in the air, that the committee's first decision was to make it a Bicentennial Summer, rather than just a day or two weeks of events. The kickoff will be a Founding Day Ceremony, including an ecumenical service, on Saturday, May 28, at the gazebo.

"Fifty years ago, when we celebrated the sesquicentennial (150th), a lot of women stayed home while their kids were going to school, and it was a week-long affair," remembered Historical Society President Ginny Reinhard. But times have changed, and though the planning group started with the notion of a two-week celebration, they soon figured out that it was difficult to cram everything into that time, especially during the week.

The calendar of events will range from the Memorial Day weekend all the way to the Orange Country Fair. It will include the traditional highlights of an Orange summer, such as the Memorial Day parade and the Firemen's Carnival, but also include special events. As in previous years, the Orange Town News

See "Bicentennial" On Page 8

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2016 TOP 100 AGENCY



“Covid Clinics” From Page 1

effort with contributing to that success. While some 80% of Orange residents are fully vaccinated, the elderly are almost fully vaccinated, he said. He and all the other volunteers had worked in conjunction with the Senior Center and the OVNA nurse to bring the vaccine to those who are homebound or couldn’t attend the clinics.

Last fall, Dr. Muhammad asked the town leaders for funds to revive the clinics, for the purpose of pandemic mitigation, and in particular, for continued vaccination. In December, the Board of Finance, somewhat reluctantly, allocated \$25,000 for a three-month pilot, financed by the American Rescue Plan Act. The money would allow Dr. Mohammad to hire a nurse to conduct a once-a-week clinic. Finance board Vice Chairman Jim Leahy asked the health director to report back to the board in March, and let them know how the money was spent, and whether there was a need.

Leahy expressed doubt, given that vaccines nowadays are available at many locales, including pharmacies. He also wanted to make sure that the service would benefit Orange residents, rather than people from other towns. He criticized the fact that the Town of Orange ended up footing the bill for some of the vaccines last spring, because the crew didn’t record the insurance information.

Dr. Mohammad maintained that the Department of Health at the time did not require any insurance information from those signing up for the vaccine. In fact, there was no code for the brand-

new vaccine. That is why the vaccine was administered through public health entities, not for-profit hospitals, which entered the vaccination effort a month or two later.

Mohammad assured Leahy that his focus is on Orange residents, but he said, “if you have a visitor who needs a vaccine, I will give it to him. Vaccinations are the only effective means to protect the community,” he told the Board of Finance. And on those days when there are no requests for vaccines, they can do contact tracing and other data collection, he said. The state Department of Public Health requires local health districts to engage in disease surveillance, contact tracing and record keeping, in addition to health intervention and education.

“This thing is not going away,” Mohammad said of the virus.

In the meantime, the town had received from the state 1,350 Corona virus test kits and N95 masks. On January 6 — Epiphany, incidentally, the day when Christians remember the three Wisemen bringing gifts to the Baby Jesus in Bethlehem — members of the Orange CERT (Community Emergency Response Team) team distributed the kits to Orange residents at the far side of the fairgrounds.

The line of cars stretched for a good mile or two up and down Orange Center Road, all the way around the fairgrounds to the northern side of the exhibit halls, where members of the Orange CERT stood at the ready, armed with Covid test kits and N95 masks. The goal was to hand over one kit every 5 seconds. By the time the first hour had passed, they had handed out 795 kits.





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Veterans, Active duty Military & First Responders receive special pricing



The 4-year-old class at Orange Congregational Church Nursery School (OCCNS) visited the Case Memorial Library. OCCNS is currently accepting applications for fall 2022. Email occns@yahoo.com for additional information.

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CASE MEMORIAL LIBRARY EVENTS

Hours
The Library's hours are as follows:
› Monday, Thursday: 10 a.m.-8 p.m.
› Tuesday, Wednesday, Friday, and Saturday: 10 a.m.-5 p.m.

Holiday Closings
The Library will be closed on Monday, January 17 in observance of Martin Luther King Jr. Day and Monday, February 21 in observance of Presidents Day.

Program Fees
Programs at the Case Memorial Library are free, except as noted for materials charges, and open to the public.

Registration
Registration is required for all library programs, unless otherwise noted. Register for events at casememoriallibrary.org/events.

Zoom Programs
For online security reasons you must register with the Library to attend virtual programs. Registered attendees will receive a Zoom link via email before the event. The registrant's name as displayed on Zoom must match the name used for registration in order to guarantee admission.

Take & Make Programs
Please check the full event listing for age restrictions, deadlines to sign up, and instructions on pickup of supplies.

Story Times
Zoom 3-5 Year Old Story Time
Mondays at 10:30am
› For children ages 3-5.
Preschoolers are invited to join Ms. Michelle for stories, music, and movement! Registration is required.

Zoom 2-3 Year Old Story Time
Wednesdays at 10:30am



176 Tyler City Road, Orange, CT 06477
203-891-2170 • www.casememoriallibrary.org

› For children ages 2-3.
Preschoolers are invited to join Ms. Michelle for stories, music, and movement! Registration is required.

Events for Children
Take and Make: Melted Snowman Slime

Pickup Dates: January 24-29
› For children up to age 12.
Make white slime, then add in some classic snowman decorations, and voila! Registration is required.

Take the Library to Your Child Day: Edible Peanut Butter Cup Slime Take & Make

Pickup Dates: January 31-February 5
› For tweens in grades 4-6.
Build a car powered by a rubber band and a pencil! Registration is required.

Events for Teens & Adults
World War II: Letters from the Front

Thursday, January 27, 7 p.m.
Join us on Zoom for an historical presentation as told by Arnie Pritchard, a noted Connecticut storyteller. Arnie's presentation is culled from the contents of his father's WWII Army footlocker hundreds of letters and other family papers describing

his father's Army experiences in the front lines in Europe and subsequent work in the United Nations' Refugee Program in postwar Europe.
Presented by the Friends of the Library. This program will be held via Zoom. Registration is required.

Take & Make Craft Kit: Candle Making

Pickup dates: January 31-February 5
› For adults and teens in grades 7-12.
Create your own apple-scented candle in a tin with this take-home craft kit. Registration is required.

Mystery Book Discussion Group

Thursday, February 10, 1 p.m.
Join librarian Samantha Jasulavic for a Zoom discussion of What Comes After by Joanne Tompkins.
This program will be held via Zoom. Registration is required to receive the Zoom link.

Teen Take & Make Kit: Homemade SweetTart Hearts

Pickup dates: February 7-12
› For teens in grades 7-12.
Make your own homemade SweetTart heart candies with this tasty take-home kit. Registration is required.

Dinner Disrupted: Zoning for Resiliency
Thursday, February 17, 7 p.m.

Join us for a Zoom presentation with Emily DiSalvo, Peter Harrison, and Kevin Kurian of DesegregateCT who will discuss how restrictive zoning laws, from minimum lot sizes to a lack of multi-family housing, increase emissions and exacerbate global warming. The group's research into the link between zoning and the environment will be presented. DesegregateCT will also discuss the potential of policies like transit-oriented communities and minimum lot size reform to create a greener, more equitable Connecticut. The Dinner Disrupted series is a partnership of libraries in Fairfield and New Haven County engaging patrons in collective discussions and actions focused on engaging residents to play a more active role in their food system. This program will be held via Zoom. Registration is required to receive the Zoom link.

February Teen Book Box
Registration dates: February 1-15
Pickup dates: February 22-March 7
› For teens in grades 7-12.

Our free monthly book box service! Each month that you register you will pick up a box containing a hand-selected teen book for you to borrow as well as some treats and others surprises related to our monthly theme for you to keep. Registration is required. Space is limited.

February Adult Book Box
Registration dates: February 1-15
Pickup dates: February 22-March 7
› For teenadults.

Our free monthly book box service! Each month that you register you will pick up a box containing a hand-selected book for you to borrow as well as some surprises related to books and to our monthly theme for you to keep. Registration is required. Space is limited.



Orange Town News

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or Email: edit@orangetownnews.com

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Email us at: bulletinboard@orangetownnews.com

All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Orange Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the Editor must be unique to the Orange Town News.

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Orange Town News

Below are the next three issue dates & deadlines of the Orange Town News.

Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Date

Issue Deadline

February 11 | Valentine's Day Issue..... February 4

March 11 | St. Patrick's Day Issue..... March 4

April 15 | Easter & Passover Issue..... April 8

Note: Copy due by 4:00p.m. Thank you.

Orange Town News

OTN LETTERS POLICY

Submit your letters for our "From Our Readers" section to:
Orange Town News, P.O. Box 1126, Orange, CT 06477
or email: letters@orangetownnews.com.

Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Orange Town News for publication. We reserve the right to reject any letter.

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WILEY ETTER DOYON ATTORNEYS

A New Year, New Numbers
to Keep in Mind for 2022

Estate and Gift Tax:

- The federal lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$12.06 million.
- The Connecticut lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$9,100,000.00.
- There is still an unlimited gift/estate deduction for property passing to a spouse; however, to qualify for the unlimited gift/estate tax deduction the spouse must be a U.S. citizen.
- The amount that can be gifted to any person without needing to file a gift tax return has been increased from \$15,000.00 to \$16,000.00 per recipient. Additional gifts can be made for qualified medical expenses and qualified education expenses without needing to file a gift tax return.

Long Term Care:

- If one spouse requires Medicaid and the other spouse remains at home ("Community Spouse"), the maximum amount of non-excluded assets the Community Spouse can keep has been increased to \$137,400.00.
- If one spouse requires Medicaid the minimum amount of non-excluded assets the Community Spouse can keep has been increased to \$27,480.00.
- If one spouse requires Medicaid the minimum amount of monthly income the Community Spouse can keep has been increased to \$2,117.50, and the maximum amount it can be increased to, without an administrative hearing, has been increased to \$3,435.00.
- If one spouse requires Medicaid the other spouse is living at home, the maximum amount of equity in the family home that can be excluded by the Community Spouse has been increased to \$955,000.00.

Long Term Care Provided in Your Home:

- The amount of gross monthly income you can have and still be eligible for the Connecticut Home Care Program for Elders (CHCPE) has been increased to \$2,523.00.
- Use of a pooled trust for excess income to establish eligibility or to avoid co-pays remains a viable option.

If you are interested in learning more about how these 2022 numbers affect you and your family please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.



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\$200k Bond Secured for
Accessible Public Playground

Representative Mary Weland-er (D-Orange, Derby, Woodbridge) announced that the \$200,000 state bonding request for the construction of Orange's first ever accessible public playground has been placed on the state's bonding commission's agenda by the Governor.

Rep. Weland-er said, "I am so happy to share this first-of-its-kind victory with our community. I submitted this bonding request to support our town's effort in creating a destination play-ground for all ages that is inclusive of all abilities, is available for use during the school day hours, and reflects the way that the Town of Orange supports and welcomes all families. Having proudly served on the Orange Board of Education and seeing firsthand how our community makes it a priority to support all of our children, I knew how important it was to have a space in town that allows for children and families to play safely. I am grateful for the collaboration with Senator James Maroney, Travis Ewen, Chair of the Orange Playground Committee, and the entirety of the playground com-mittee in this effort. I would also like to thank the Governor and the State Bond Commission for the allocation

of these funds to support all of the children and families of our area."

"I want to applaud Representative Weland-er for her diligence in securing this grant and I am thankful for Gover-nor Lamont for approving this request," said Sen. Maroney. "One thing we have learned through the pandemic is the importance of having safe gathering spaces outdoors. The playground im-provements will provide a safe and healthy place for families and friends to come together."

Governor Ned Lamont said, "I am glad we are able to get this state fund-ing approved for the Town of Orange and that it will be used to ensure chil-dren of all abilities have access to a playground where they can feel safe, enjoy recreational activities, make friends, and have fun."

If approved, the \$200,000 bond-ing request will provide the remaining funds needed to complete construc-tion of the fully accessible public play-ground with an estimated total cost of \$504,801. While not officially ap-proved, most bonding requests that appear on the Commission's Agenda are approved. Their upcoming meet-ing is scheduled for Tuesday, Decem-ber 21, 2021.

www.OrangeTownNews.com



2022 SPRING SEASON REGISTRATION

TEE BALL, HARDBALL and SOFTBALL

NO EXPERIENCE NECESSARY

Open to all children between ages 4-12* who reside in Bethany, Orange and Woodbridge
*Must be born between the dates of 9/1/09 through 8/31/18

2022 REGISTRATION FEE:
TEE BALL: \$160/\$140 Early Bird*
HARDBALL: \$200/\$180 Early Bird*
SOFTBALL: \$180



- *Early Bird Discount for Tee Ball and Hardball if paid before 2/1/2022.
 - Registration open until 3/1/2022
- Complete the online registration and pay by credit card.
- New registrants must provide a copy/image of the player's birth certificate.
- Large families only pay registration for the older two players.
- 2022 season: April through early June – schedule may change based on weather conditions and state health regulations.

COACHES NEEDED!

DUE TO UNIFORM PURCHASING LEAD TIMES THIS YEAR,
NO LATE REGISTRATION WILL BE ACCEPTED!

FOR FULL INFORMATION ON ORANGE LITTLE LEAGUE AND
AMITY SOFTBALL, VISIT OUR WEBSITE AT:

<https://clubs.bluesombrero.com/orangellb>

Note to returning website users: The site was switched over to a 'single sign on' portal, which means you will now use your email address to sign in rather than your username. Upon the first time logging in, you will be prompted to enter your email address and create and confirm a new password. You will then be asked to verify your email address. Once you do that, you'll be redirected to the site and should be able to login seamlessly and all of your prior account information should be there.

Questions? Email Lauren Blair at: ollctweb@gmail.com
f OLLCT orangelittleleague

ORANGE EDUCATION ROUNDUP



Front Row (L to R) Sophia Corey, Lorena Ejlli, Julia Capecelatro, Alexandra Wyскиel, Katherine Watts; Back Row (L to R) Aryan Shrivastav, Evelyn Welande, Angelina Ring, Sara Pesticci, Armaan Shrivastav



Julia Capecelatro [Photos taken by Janine Arents]

Amity Middle School-Orange Stockings for Soldiers Drive

The Amity Farm, Garden, and Craft Club at AMSO ran a Stockings for Soldiers drive during the month of December for the service men and women at the West Haven Veteran’s Hospital. Due to the generous donations, AMSO collected over 600 items and filled 57 stockings for our service men and women. This is the 14th year AMSO has sponsored this drive and for many of these men and women this is a cherished gift that they look forward to each and every year and are extremely grateful to receive. Each stocking or gift bag were filled with a toothbrush, toothpaste, DVD, bar of soap, pair of warm socks and gloves, assorted snacks, gum, and candy..

STUDENT NEWS

Dean's List
University of Vermont

Burlington, VT - To be named to the dean’s list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school. Those from Orange named to the Dean’s List are: Brigitte Gagnon (Professional Nursing major, College of Nursing and Health Sciences); Martin Gnidula (Theatre major, College of Arts and Sciences); and Izabella Jones

(Psychological Science major, College of Arts and Sciences).

Stonehill College

Easton, MA - Colton Varholak, of Orange, CT, a member of the Class of 2023, has been named to the Fall 2021 Dean’s List at Stonehill College. To qualify for the Dean’s List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

How To Teach Kids About Emergency Preparedness

Emergency preparedness is something everyone in the household should learn, including children. But approaching the topic of emergencies with youngsters requires finesse. Children are capable of comprehending many things, especially when information is presented in age-appropriate ways.

The American Red Cross recommends parents narrow down the subject matter when discussing disasters and emergency readiness with kids. Parents and caregivers can start by determining which disasters are most common where they live. There's no need to broach hypothermia safety, for example, if the family resides in a warm climate. Another good step is to speak with schools or daycare centers to find out how they handle the subject of emergencies, and then reinforce those lessons at home.

The local library may have books in their children's section and there are plenty of online resources that address safety skills and emergency preparedness in language that children can understand. In addition, the Red Cross notes there are mobile apps designed to teach and reinforce important safety skills in informative but fun ways. For example, the Monster Guard app is geared toward kids between the ages of seven and 11 who are asked to join the Monster Guard and prepare for real-life emergencies at home and in other environments.

Children may not understand everything that goes into preparing for an emergency, but they may be more inclined to get involved if they are given tasks they can handle. Children in Pre-K to grade 2 can learn how to dial 9-1-1 or practice "Stop! Drop! And Roll!" safety techniques. Older children can be tasked with making emergency supplies shopping lists and helping to put away these items, or working with parents to devise a home evacuation plan.

Practice makes perfect, and once families determine which emergency plans they should put into effect, they can role play with children to help make sure that everyone recognizes what to do in the case of an actual emergency. Important phone numbers can be posted in a key location (and programmed into mobile phones), and children should know what to do in the event they get separated from their guardians during a weather situation or another emergency. Children also can help pack go bags with key items they don't want to part with should they need to evacuate home due to a weather emergency.

Children can be involved in emergency preparedness by working through topics they can understand and explore.

Kindergarten Registration
Town of Orange

If your child is turning five on or before January 1, 2023 it is time to register for kindergarten!

Please register by February 28th on our website: www.oess.org - there may be multiple pop-ups so please click on the pop-up for: "Kindergarten Registration"

TOWN DEPARTMENTS & AGENCIES

Amity Budgets, Surpluses, & the Impact on Taxpayers

Avoid Unnecessary Tax Increases; End Inflated Budgets

BY JIM LEAHY
VICE-CHAIRMAN, ORANGE BOARD OF FINANCE (OBOF)

The annual budget surplus situation at Amity is historic, habitual, and causes over-taxation of the residents in Bethany, Orange & Woodbridge every year. For example, if Amity had sent budgets over the past 4 years that accurately requested their needs, taxes in Orange would not have had to be raised much at all.

Point 1: AMITY HAS INFLATED BUDGETS. Over the last 4 years Amity has over-budgeted by an average of \$2.9 million per year, see chart. As a result, we have consistently had to increase your taxes each year to cover these inflated Amity budgets.

Whether we believe the Amity budget is accurate or not, once the Amity budget is approved by voters, the Boards of Finance in Bethany, Orange & Woodbridge must -- by law -- cover that request by increasing taxes. Or cutting funds to our local

Amity EOY Surplus	
FY 17-18	\$3,114,711
FY 18-19	\$2,367,820
FY 19-20	\$3,449,000
FY 20-21	\$2,991,592

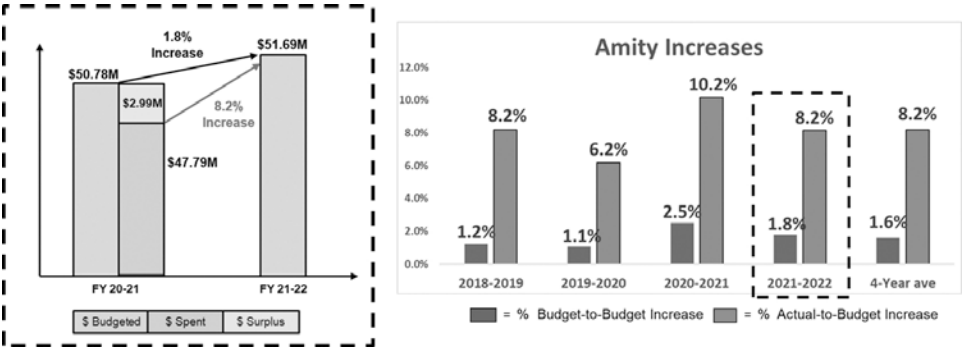
elementary schools. Or cutting funds to town services. Or both. We have no choice.

“The most important point is that Amity has highly excessive surpluses which lead to tax increases that we shouldn’t have to impose.” stated OBOF Chairman Kevin Houlihan. “We are expecting Amity to budget for what they need and not continually over budget.”

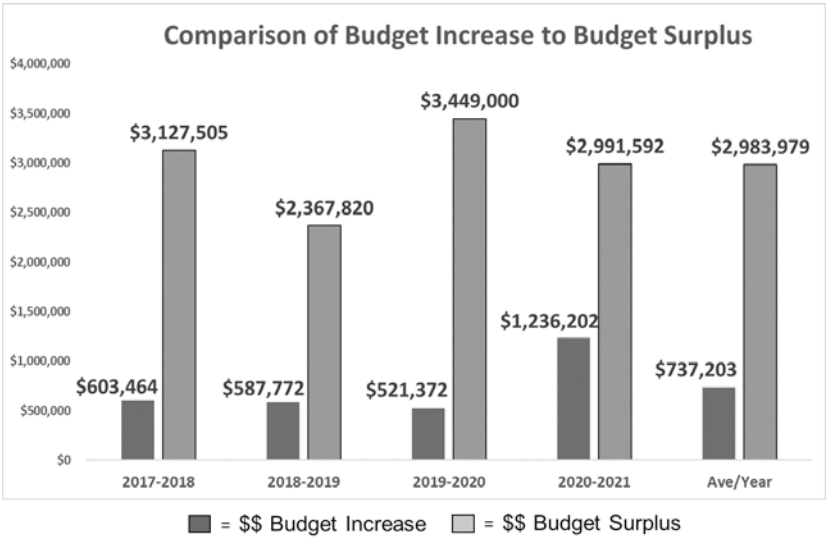
We should support the Amity Schools with the resources that they need to provide the excellent educational opportunity that our students deserve. But it is imperative during these times that are difficult for both individual taxpayers and businesses, that Amity submits a budget request that accurately reflects its needs. The habitual over-budgeting that forces unnecessary tax increases on ALL Taxpayers in our community needs to stop.

Point 2: AMITY ACTUAL-to-BUDGET INCREASES ARE SHOCKINGLY HIGH. Somewhat quizzically, these surpluses exist even as Amity has had low percentage budget increases recently. You might be thinking out loud, “How can that be?”

Permit me to explain: in FY 21-22, Amity’s budget increase was 1.8%, a seemingly modest increase. However, with a surplus of \$2,991,592 in the prior year, the budget increase from ACTUAL SPENT to the new budget was 8.2%, *over 4 TIMES HIGHER* than the requested amount. This trend has been consistent for over a decade but has become particularly excessive over the past 5 years.



Point 3: \$\$ SURPLUSES ARE SIGNIFICANTLY HIGHER THAN \$\$ BUDGET INCREASES. I place this statement in the unique category of “beyond counter-intuitive” and wrote about it in an OTN article (01-08-21) last year. See the data below.



Permit me to explain. The BLUE bar is the actual amount of the Amity budget increase. The ORANGE bar is the SURPLUS in the SAME budget year. This chart should jump off the paper to the brain of each Orange TAXPAPER.

Let’s think about this. What this means is two-fold: (1) that Amity – in EVERY YEAR – has had more surplus, *FAR more Surplus*, in its budget than even the amount of the requested budget increase; and (2) therefore, that Amity – in EACH YEAR – did its job, could have had a *0% budget increase and still have a significant Surplus* (the difference between the bars)!

“These surpluses are not a ‘one-time deal’ but consistent over time,” emphasized long-time OBOF member Kevin Moffett. “We have many things to fund in budgeting for the TOWN, not just Amity. And with inflation & high home heating costs hitting taxpayers, we need to ensure that all budgeted amounts truly reflect actual planned expenditures.”

“Bicentennial” From Page 1

and its publisher, Rocky Salperto, will be producing a special celebration for the Independence Day weekend, with a concert and patriotic fireworks display, possibly on Sunday, July 3rd.

- Other events being planned are:
- › Restaurant Week (May 28 to June 30);
 - › Garden Club Flower Show (Sunday, June 5);
 - › A Mud Run (Saturday, June 18);
 - › A parade and family dinner (Sunday, June 26);
 - › Golf tournament at Race Brook Country Club (Monday, June 27);
 - › A time capsule (Saturday, September 10); and

- › A Homecoming Weekend as part of the Orange Country Fair (September 17 and 18).

Kellie Martino and Mary Shaw are organizing a scavenger hunt and Mitch Goldblatt is heading up a commemorative committee.

Marianne Miller of the Orange Players and Ginny Reinhard are looking for volunteer actors to “resurrect” significant people buried at the Orange Center Cemetery. The event is slated to take place at the Cemetery. No date has been set yet.

The Orange Chamber of Commerce is selling Bicentennial Bricks as a fundraiser for the business community. The bricks will be installed around the gazebo. For details, go to the Chamber web-

site, <https://orangectchamber.com/>.

The Historical Society is selling a commemorative medallion, showing the historic and contemporary town seals, for \$25 each. To order, go to its website at www.orangehistory.org.

Needless to say, the Historical Society will be busy offering different events to entertain and educate today’s residents — young and old — about what life looked like way back when. Ranging from a Revolutionary War re-enactment to stone-hearth cooking at the Bryan Andrew House; taking in a historic school-room experience, to a blacksmithing demonstration, there will be plenty to choose from.

One of the highlights this year will be an exhibit of historic phones in the

Academy Building’s second floor. It will commemorate the history of Southern New England Telephone, which was headquartered in Orange back in the 1930s.

The next meeting of the Bicentennial committee is planned for Thursday, January 20. To learn more about the details, contact Ann Denny in the First Selectman’s office.

Serving on the committee in addition to O’Sullivan, Reinhard, and Denny are Selectmen Mitch Goldblatt, Connor Deane and Judy Williams; Marianne Miller, Orange clergy; Lynn Plaskowitz, Polly Demirjian, Santo Galatioto, Raymond LaPlane, Virginia Proestakes, Mary Shaw and Paul Tarbox.

“Write it on your heart that every day is the best day in the year.” — RALPH WALDO EMERSON

TOWN DEPARTMENTS & AGENCIES

From the Fire Marshal



Orange Firefighters Help Santa Visit Orange Homes

OVFD Auxiliary Brings Back Annual Visit by Santa Claus

Santa Claus arrived in Orange a week early with the assistance of the Orange Volunteer Fire Department Auxiliary and Orange firefighters. The event, conducted for the first time 27 years ago, is also the Auxiliary’s biggest fundraising event, says Jillian Gagel, president of the Auxiliary and chair of the program. She added that after COVID-19 forced the cancellation of the program last year, she was excited to see it return.

“We want to spread cheer, have fun and do something wonderful for the community,” she said. “It’s a trend we like to continue. Of course, we can’t do it without the Fire Department and their boots on the ground.”

Firefighters and members of the Auxiliary, an organization dedicated to supporting the Fire Department financially and in other ways, helped Santa by accepting gifts for children and delivering those gifts. Santa, an elf and a support team arrive at each home by fire truck.

Cancelled last year because of COVID-19, the program returned this year after its only hiatus in 27 years. Santa and the elves not only had to ask if kids were naughty or nice, they also had to ask about the family’s health and vaccination status. In some cases, presents were left at the front door and Santa waved. Where Santa thought it safe, he and his elf visited inside homes.

“We are happy to continue this tradition for our community, but it was done so with health and safety in mind,” said Orange Fire Chief Vaughan Dumas. “During the initial planning phase, the COVID positive percentage rate was significantly lower, but the uptick in positivity rates caused us to make changes to protect everyone who participated. The planners reached out to all the families who signed up for the service, arranging for outside meetings where possible and screening for illness. When people requested inside meets, Santa and fire personnel who went into the homes were fully vaccinated. I thank all the

residents who supported this event, the fire personnel, and members of the auxiliary for all their hard work and making this another successful community event.”

Ms. Gagel said that Santa was visiting more than 175 homes this year. She said the program had grown since Anne Davis started it with fewer than 100 participants. Ms. Davis passed in 2019, but her spirit was on every truck carrying Santa, said Ms. Gagel.

“She built this up to what it is and we’ve been continuing it,” she said. “Without her, it wouldn’t be what it is now.”

The Orange Volunteer Fire Association provides fire protection to residents and businesses in Orange and, through mutual aid, surrounding towns. Members receive training in fire suppression, rescue, hazardous materials response, homeland security issues and other emergency services.

Operating strictly with revenues from fundraisers and donations, the Orange Volunteer Fire Department is one of the remaining few all-volunteer incorporated fire departments in Connecticut. Active members are on-call to serve the community on a 24-hour/seven-day basis, responding from stations on Orange Center Road and Boston Post Road.

In addition, the fire company offers public education services including lectures, demonstrations and training. For information about membership, donations or public education, call (203) 891-4703, click on <https://www.orangevfd.org/> or find us on Facebook.

The Orange Volunteer Fire Department Auxiliary is a branch of the department that provides non-firefighting support to the department. This includes fundraising, social functions and rehab at or after major incidents.

The Auxiliary formed in 1995, and currently has 25 members. We meet on the third Monday of each month starting at 7:30 PM. For more information, email ovfdauxiliary@hotmail.com.

Town of Orange Meetings for the Month of January 2022



(Subject to Change, Check with Town Clerk’s Office, 203-891-4730)

18th	Orange Board of Education	7:00 pm	Mary L Tracy
	Town Plan & Zoning Comm.....	7:00 pm	Town Hall
19th	Recycling Cmte	7:00 pm	HPCC
	CERT	7:00 pm	HPCC
20th	Library Commission	7:00 pm	Case Mem. Library
24th	Board of Finance.....	7:00 pm	Town Hall
26th	Park & Recreation Comm.....	7:30 pm	Town Hall
27th	WPCA.....	6:00 pm	Town Hall
28th	Emergency Management.....	8:00 am	Police Station



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WORK PROPER SLEEP

HEALTH & FITNESS

CRINKS

“New Year, New You”

BY PETER GELOSO DPT

“New Year, New you.” That’s the saying right? For many of us that means getting back in shape, losing weight, and hitting the gym. However, you must beware of the pitfalls of doing too much too fast, not having a plan, not knowing the proper form and technique, and not knowing how to properly progress your exercise program. Failure here can and will result in lack of results, poor adherence and compliance, and worst of all injury.

Many people have tendencies to just jump in the gym blind, without any sense of direction. They just hop on the treadmill and start running, or aimlessly pick up a few dumbbells with not the slightest clue of how to properly warm up or safely progress their chosen activities. A proper warm up is crucial for preventing injury. It helps get your heart rate up to a working

level, increase blood flow throughout your body, increase muscle extensibility, and increase joint mobility. This will improve your quality of motion through various exercise movement patterns, in turn reducing your risk of injury.

Proper exercise progression is also a key component to success and achieving your desired results. You don’t want to get stuck in a loop of doing the exact same exercises, sets and repetitions, and resistance. A vital mistake often made by new gym goers is to do more weight than they can handle, being under the impression that more weight equals more muscles. But in reality, it usually equals poor form and technique. Another classic misconception is that low weight and high repetitions at a fast speed will get you more “toned”. These are both easy ways to find yourself injured and unable to adhere to

your desired exercise program.

If you are one of those people who are thinking about getting back in the gym as part of your New Year’s Resolution, you may want to think about having a health care professional perform a general musculoskeletal screen. This helps to identify any possible impairments that may predispose you to an increased risk of injury while beginning your journey on the quest to a healthier lifestyle. Don’t make the mistake of waiting until you’re injured to address a problem. The best way to treat an injury is to prevent it from ever happening in the first place. Let us help you start your New Year’s off right, and pain free!

.....

Peter Geloso DPT is a physical therapist at Amity Physical Therapy. He received both his Bachelors in Exercise and Sport Science and Doctorate of Physical



Peter Geloso DPT

Therapy from Elon University. He has been a licensed Physical Therapist in the State of Connecticut for nine years. Amity Physical Therapy was founded 17 years ago by Michael Dow MSPT/CEO of the practice with four offices: Woodbridge, Hamden, Branford and Milford. Peter Geloso DPT can be reached by phone with any questions at (203) 693.2350.

“Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.” — MELODY BEATTIE



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Attorneys at Law

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My name is Barry Horowitz. I am a founding partner and president of the law firm of Nirenstein, Horowitz & Associates P.C. We practice exclusively in the areas of Wills, Trusts, Estate Planning, and Elder Law.

Our Law Firm is hosting SIX COMPLIMENTARY WORKSHOPS in Hartford New Haven & New London counties to explain options families have to get their legal affairs in order.

As you can imagine, we receive numerous calls from people who ask us questions like:



“Are my Will & POA valid?”
“Why should I have a Trust instead of a Will?”
“Will my family be forced to deal with PROBATE when I die?”
“Will my family be able to make medical decisions for me if I get sick?”
“How can I ensure I am NOT forced to go into a nursing home?”
“Can I protect my property from being taken by the state if I go into a nursing home?”

We cannot answer these questions in a telephone call. As each family is unique. We know that a workshop is the best way for us to educate people about these issues.

These workshops allow us to give you this important information in a safe, sanitized & comfortable environment.

I teach many of the classes. I am a senior partner with the firm, and am a frequent speaker on trusts, wills, and proper estate planning. One of our associate attorneys, Edward Lowe, may be speaking. Attorney Lowe has been practicing law in Connecticut for 5 years, and is also dedicated to helping clients with their estate planning needs.

You must call and make a reservation if you wish to attend. *Seating is limited.* Therefore, if you want to attend one of the workshops, please call as soon as possible to reserve your seat.



Barry Horowitz & Edward Lowe

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Face masks may be required depending on town mandate.

6 Complimentary Workshops

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<p>ORANGE WEDNESDAY, FEBRUARY 9 2:00PM-4:00PM (REFRESHMENTS) COURTYARD BY MARRIOTT 136 MARSH HILL ROAD</p>	<p>NORWICH THURSDAY, FEBRUARY 10 10:00AM-12:00NOON (CONTINENTAL BREAKFAST) HOLIDAY INN 10 LAURA BOULEVARD</p>
<p>MYSTIC SATURDAY, FEBRUARY 12 10:00AM-12:00NOON (CONTINENTAL BREAKFAST) MARRIOTT HOTEL 625 NORTH ROAD</p>	<p>MYSTIC SATURDAY, FEBRUARY 12 2:00PM-4:00PM (REFRESHMENTS) MARRIOTT HOTEL 625 NORTH ROAD</p>

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Congratulations to Katy Kingston from the Peck Place School for winning the local Connecticut Fire Prevention Poster Contest. Each year, the Orange Fire Marshal's office coordinates a poster recognition program to raise awareness of fire prevention and fire safety. Katy's poster was selected out of all of the entries received from the three Orange elementary schools. Katy and her work will now represent the Town of Orange at the district level for New Haven County.



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LOCAL BUSINESS ROUNDUP

Tudino Awarded Again for Top 1,000 Real Estate Agent Nationwide

Orange resident Sharon Tudino, a real estate agent affiliated with Coldwell Banker Realty's Orange office, has been recognized again as a Top 1,000 real estate agent nationally by Realogy Brokerage Group for the 3rd quarter of 2021. She was also awarded the honor for the 2nd quarter. Realogy Brokerage Group is the parent company of Coldwell Banker Realty with more than 50,000 affiliated real estate salespersons in the United States.

"I am very proud of Sharon for reaching this achievement for the 2nd time this year. I am confident that she will continue to achieve great success in 2022 and beyond. Sharon's achievement demonstrates her commitment to providing unparalleled service to

both her buyers and sellers. She is a valuable asset to her clients," said Aileen DeFeo, Branch VP for the Orange and Woodbridge offices. "Thank you for your unwavering dedication and hard work."

With more than 20 years of experience, Tudino has been successfully meeting the needs of homebuyers and sellers in Greater New Haven and Fairfield counties, including the towns of Orange, Woodbridge, Milford, Stratford, Bethany, Hamden, Wallingford, West Haven, Shelton and all of New Haven and Fairfield Counties.

Tudino has also received the awards for the Coldwell Banker Realty International President's Circle Award for 2020, the Quarterly Awards for the Greater New Haven Middlesex Board

of Realtors this year and the CT Magazine Five Star Realtor Award for the past seven years.

Sharon Tudino can be reached at (203) 257-9601 or by email at sharon.tudino@cbmoves.com.

Coldwell Banker Realty in Connecticut and Westchester County, New York, a leading residential real estate brokerage company, operates approximately 46 offices with approximately 2,500 affiliated agents. Coldwell Banker Realty is owned by a subsidiary of Realogy Holding Corp. (NYSE: RLGY), the nation's largest full-scale residential real estate services company in the United States. For more information, visit ColdwellBankerHomes.com.



Sharon Tudino



PEACE OF MIND



"My mother had been living on her own after my father passed. Although she had been very active, she never really rebounded. She was later also diagnosed with Parkinson's Disease. She stopped participating in things she used to love, became nervous driving, and was anxious about being at home alone. It was time to make a change. I visited 13 communities before coming to Maplewood and was immediately impressed by how welcoming and beautiful it was. I felt the staff were real people; true caregivers, who were genuinely concerned about my mom's wellbeing. It took her six weeks to settle in. She started physical therapy and is working on strength training to continue to be mobile. She attends the group exercise classes, loves to play bridge, helps run the country store, and works on the welcoming committee. There is always something to keep her engaged and social. Living at Maplewood has reduced her anxiety and lessened the impact of the Parkinson's. She finally has her independence back."

—Melanie, Daughter of Resident

With a renowned reputation and unrivaled services and amenities, Maplewood Senior Living communities offer residents an exceptional lifestyle. No matter what our residents need, we provide the right level of support and the added peace of mind families are looking for.

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CLUBS & ORGANIZATIONS



Scouts climbing in the New Year at City Climb gym in New Haven



Scouts in an assembly line making the warming bags for the Beth-El Center

Climbing in the New Year!

Pack 922 spent our first pack meeting climbing walls at City Climb Gym in New Haven. Nineteen of our scouts and their families came out for a night of great heights and new challenges. Before the new year we made warming bags for the Beth-El Center in Milford to help those in need before the Holidays. We wrapped up our hiking challenge and some scouts even crossed the 100-mile mark for hiking in 2021. Our next pack meeting will be the Space Derby Competition at High

Plains Community Center where scouts will race their customized rockets. Pack 922 will be representing Orange at the Bridgeport Islanders Scout Night on January 22nd where they will be able to skate on the ice, watch the game and see a movie on the jumbotron after the game. Dens are meeting safety in the new year and will continue to work on their achievements. Stay tuned for more events as we count down the scouting year.

Orange Lions Club to Make Community Grants

The Orange Lions Club will provide a limited number of mini-grants to eligible community organizations and/or individuals in 2022, for the eighteenth year. The program is intended to provide funds to worthy causes and activities in the Town of Orange that might not otherwise be funded, announced Orange Lions Club President Mike Muttitt. Nicholas Musante has been appointed to chair the community mini-grants program this year. Blank applications for the community mini-grants program are now available at the High Plains Community Center in the Community Services Department, at the Peoples United Bank branch on Orange Center Road, at the Case Memorial Library, and from any Orange Lion. The Orange Lions feel that it is crucial to continue to use some of our fundraising resources for local community-based projects and activities. "We have an outstanding review committee which will enable us to make fair and appropriate decisions regarding all mini-grant allocations." Completed applications are due to be submitted to the Orange



Lions no later than Thursday, January 31, 2022. All Orange non-profit clubs and related non-profit organizations, individual Orange residents, and Orange government entities are eligible to apply. The recipients of Orange Lions mini-grants will be announced in late February/early March after the selection committee completes its review of all timely applications. In addition, the Orange Lions continue to provide such community activities as the annual Community Thanksgiving Dinner, Easter Egg Hunt, and Seniors' Pizza Party, and other service activities. The Orange Lions also collect used eyeglasses for restoration and distribution to needy people all over the world. Drop boxes for used eyeglasses are located in the Case Memorial Library and the High Plains Community Center lobby. The Orange Lions now conduct eye screenings for preschoolers and kindergarteners, as well as most elementary students in Orange using sophisticated equipment to identify potential sight issues in the children's early years.



State Representative Kathy Kennedy (R-119) spent part of Saturday ringing the bells and sung Christmas carols with Key Club students from Foran High School, raising money for local residents-in-need while collecting for the Salvation Army outside of Boscov's in Milford the week before Christmas.

CLUBS & ORGANIZATIONS



Photo 1: Marrakech staff and individuals showed their holiday spirit as they posed for a photo op at the annual holiday party. **Photo 2:** Volunteers C. Robert Sigler, Sharon Ewen and Richard Drumbrill from the Rotary Club of Orange graciously served a meal to the individuals supported by Marrakech at the Holiday Party. **Photo 3:** Rotary Club of Orange members Richard Drumbrill, Don Lewis and Trish O'Leary get ready to set up the holiday celebration hosted for the individuals Marrakech serves.

Holiday Party Sparks Joy

On Thursday, December 9, the magic of the season was abundant as the individuals Marrakech supports were treated to a holiday celebration in the great hall at St. Barbara's Greek Orthodox Church. Individuals enjoyed dinner and holiday music provided by a DJ. In addition, each guest took home a very much appreciated gift compliments of the Rotary Club of Orange. The gen-

erosity of the Rotary Club extended beyond the financial in that volunteers contributed time and effort to set up, serve and clean up at the event. Founded in 1968, the Orange Rotary Club of Connecticut is a volunteer organization of business and professional women and men who want to make a positive difference in the community. They are a hands-on

club, helping those in need in Orange, across the greater New Haven region and around the world. Their passionate members are dedicated to the Rotary motto, 'Service Above Self.' Marrakech provides person-centered, unique and cost-effective supports to children and adults with and without disabilities across Connecticut. The organization assists individuals

who face barriers to securing employment, connecting to necessary support services, accessing safe and affordable housing, and participating fully as contributing members of their communities. To learn more about Marrakech, Inc. visit www.marrakechinc.org. For more information, please contact Lauri MacLean at 203.389.2970 ext. 1043.

Age-Based Health Screening Guidelines

Early detection is crucial to overcoming serious illnesses. Preventive care is something parents prioritize when raising children, but it’s a crucial component of healthy living as an adult as well.

Health professionals recommend various age-specific screenings and tests, and these can serve as a guideline for individuals as they navigate adulthood. The following age-specific health screening recommendations, courtesy of Beaumont Health and Columbia Doctors Primary Care, can serve as an preventive care guideline, though doctors may advise patients to get more frequent screenings depending on their medical histories.

18 to 39 years old

- › **Cholesterol:** A cholesterol check should occur around age 20, then every five years until age 35. Afterward it can occur annually.
- › **Skin screening:** An annual full body screening will identify any suspicious moles or skin lesions.
- › **Cervical cancer:** Women in this age range should receive a Pap smear every three years and an annual pelvic exam.
- › **Breast exam:** Self-examination of the breasts and examination by a clinical provider should take place every year.
- › **Testicular exam:** Men should con-

duct self exams for testicular abnormalities. Doctors may examine the testicles during annual physicals as well.

- › **Tdap vaccine:** All adults should get the Tdap vaccine if they did not receive it as an adolescent to protect against pertussis, and then a Td (tetanus, diphtheria) booster shot every 10 years.
- › **HPV vaccine:** The human papilloma virus vaccine is recommended if you did not receive it as an adolescent.

40 to 64

- › **Zoster (Shingles) vaccine:** Two doses of this vaccine will be administered between two and six months apart starting at age 50 and up.
- › **Colorectal screening:** A colonoscopy to detect any colorectal illnesses is recommended beginning at age 50.
- › **Prostate screening:** Prostate screenings begin at age 50 unless you are a high-risk individual, in which case screenings begin at age 40.
- › **Osteoporosis:** Doctors may recommend a bone density test and osteoporosis screening at age 50 and up if certain risk factors are present.
- › **Lung cancer screening:** If you are a past or current smoker, it’s wise to have an annual lung cancer screening. The American Lung Association says adults age 55 and up can have this screening covered by health



- insurance.
- › **Mammogram:** Women should begin receiving annual mammograms at age 40.

65 years and older

- › **Cervical cancer:** Most women can stop getting Pap smears at this age if they have no history of cervical cancer. Women who have had a hysterectomy may no longer need pelvic exams after age 65.
- › **Pneumococcal and pneumonia vaccines:** These are recommended every five years for certain condi-

- tions and risk factors.
- › **Cognitive health:** Doctors may assess your cognitive health to see if there are any risk factors for dementias.

In addition to these screenings, doctors may conduct annual depression screenings to assess mental health. Routine blood glucose monitoring may be necessary based on risk factors for diabetes.

Individuals are urged to speak to their doctors to map out a health screening schedule specific to their needs.

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.” — BENJAMIN FRANKLIN

Simple Strategies To Combat Stress

Just about everyone experiences stressful situations. Sometimes a measure of stress can provide motivation to do one’s best or strive for an especially lofty goal. However, when stress becomes a chronic condition, it can adversely affect individuals’ quality of life and even their overall health.

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart palpitations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling down. Learning how to effectively manage stress is essential for individuals’ overall well-being.

Exercise Regularly

Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which are natural substances that help a person feel better and maintain a positive attitude. Movement activities



like yoga or Tai Chi also can relax the mind and body and promote physical health.

Take Media Breaks

Overwhelming oneself with a barrage of negative news stories or constant information can increase stress

levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over the newspaper or tune out of social media from time to time. The Centers for Disease Control and Prevention recommends that individuals who are stressed out by

world events reduce the number of times they read the news or check the headlines each day.

Meditate or Perform Breathing Exercises

Breathing and meditation can help alleviate stress, according to the American Heart Association. A quick meditation can provide some perspective. If a situation is stressful, go for a walk or take a few slow, deep breaths until the body relaxes. Harvard Medical School also says meditation can induce a relaxation response, which is an antidote to stress.

Change Negatives to Positives

Negative self-talk may increase stress, but positive self-talk can help a person calm down. Individuals should practice positive self-talk every day. Instead of saying, “I hate when this happens,” say, “I know how to deal with this, I’ve done it before.”

A small amount of periodic stress can be a good thing. However, chronic stress poses a significant threat to individuals’ long-term health.



How To Prepare For An Extended Power Outage

Planning ahead can help make adverse situations more manageable. Such is the case when storms strike and the power goes out. Extended power outages may not be pleasant, but some proactive planning can make it easier to withstand blackouts.

Establish a local support network. Support can be just as valuable as supplies when confronting power outages. The American Red Cross urges individuals to identify people who can help them during an extended power outage. Such individuals may help you stay at home or evacuate if the power will be out for a lengthy period of time. Support networks can include relatives who live in nearby towns, but also neighbors. A single street can be served by different substations and main power lines, so friends or neighbor across the street may keep their power when your house does not, or vice versa. When the power goes out, support networks can pool their resources in various ways, including sharing refrigerators or allowing neighbors without power to access the internet. Such support makes it easier for everyone to get through the outage with as little interruption to their lives as possible.

Print a list of important contacts. If the power is out, it's only a matter of time before smartphones lose their battery power. Phones can always be plugged into vehicles to get a quick power boost, but that's not the most practical way to keep phones charged, especially if local roads are closed. A printed list of important contacts, including nearby relatives like seniors who may be incapacitated, doctors

and school officials, ensures people whose phone batteries have died can still contact their loved ones and other important individuals so long as they can use a neighbor's or a loved one's phone.

Learn to use your generator. Consumer Reports notes that improper operation of a generator can quickly prove deadly. If carbon monoxide concentrations are too high, individuals can lose their lives in as little as five minutes. And this is no insignificant threat, as the Consumer Product Safety Commission estimates that 95 people died from generator-associated carbon monoxide poisoning in 2017. CR recommends operating generators at least 20 feet away from the house. Individuals should familiarize themselves with their generators upon purchasing them so they aren't forced to endure a trial by fire when the power goes out.

Stock up on essentials. The Red Cross recommends keeping a two-week supply of nonperishable food and water in the house, making sure to date each container of water and replace it every six months. Keep some extra coolers in the house so food can be stored on ice before it spoils in the refrigerator or freezer. In addition, make sure there's enough blankets in the house to keep everyone warm overnight, as it's not safe to use outdoor heaters indoors. Stock up on battery-powered lights and candles to light the house at night, but make sure all candles are extinguished before going to bed.

Extended power outages can be a nuisance. Planning for such outages in advance can make blackouts more manageable.

DOLLAR\$ AND \$EN\$E

2022 Focus on Financial Literacy

BY ROBERTA L. NESTOR

Is financial literacy an issue in this country? Just about anyone will tell you, yes, it is a problem and, one that is easily identifiable. The good news is that more programs are being developed to devise solutions that will start to ensure that more Americans understand how to make better financial decisions and lead more comfortable lives.

Let's face it, we have all made bad financial decisions. We see it every day with ourselves, our children, and now, our grandchildren. Some of us may be victims of the Silent Generation—the generation that does not talk about money. Most families have discussions about how much things cost, but discussions on budgeting, buying on credit and managing debt are non-existent. Because the Silent Generation has been reluctant to talk about money, as a result today's Baby Boomers and Gen Xers have struggled to make sound financial decisions. Likewise, most have not talked about money with their own children. And so, silence on this topic has been handed down creating a vicious circle of financial illiteracy.

Experian has a fair summary of financial literacy, "The goal of financial literacy is to establish a feeling of control over your finances while also using money as a tool to freely make choices that build greater life satisfaction, including the ability to navigate unexpected issues like job loss and to set and work toward financial goals."

Think about it, if you are financially literate, you can understand how to allocate your income toward different goals simultaneously. This can mean juggling on-going expenses, savings, debt repayment, short- and long-term expenditures, and having a sufficient emergency fund. When you are financially literate, you possess the tools to evaluate credit cards, loans, mortgages, and eventually, investment opportunities.

Currently, only twenty states mandate high school classes for financial literacy (CT is not one of them). So, how do we get there and how do we guide our children? Of course, you can start by talking and having open discussions about money; however, this may be a foreign concept if you are part of the Silent Generation. Fortunately,

there are increased resources that can help get the discussions moving.

Let us start with The Securities Industry and Financial Markets Association (SIFMA). SIFMA is a not-for-profit trade association that represents securities brokerage firms, investment banking institutions, and other investment firms. The SIFMA Foundation is dedicated to fostering knowledge and understanding of the financial markets for individuals of all backgrounds. They provide the essential tools to help individuals increase their understanding of personal finance and make sound decisions that underpin lifelong success.

Instead of Robinhood, point your children or grandchildren in the direction of the SIFMA Stock Market Game. This is an online simulation of the global capital markets that engages students grades 4–12 in the world of economics, investing and personal finance, and prepares them for financially independent futures." SIFMA provides all the curriculum and activity sheets.

There are many other organizations — The Foundation for Financial Planning; Invest in Girls; InvestmentNews; BNY Mellon and Pershing – established firms offering programs that seek to break the cycle of financial illiteracy and position Americans for a more successful financial future. If you are interested in getting involved, whether through direct participation or financially, reach out to one of these groups to learn more.

Roberta L. Nestor is a financial advisor practicing at 759 Boston Post Road in Milford, CT offering retirement, long term care, investment, and tax planning services. She offers securities and advisory services as a Registered Representative and Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.

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HOUSES OF WORSHIP

The First Church of
Christ – Woodbridge

The First Church of Christ welcomes you to our Worship Service every Sunday morning at 10:00 a.m. in the Meetinghouse.

Zoom Option: The option to attend Sunday Service via Zoom continues to be available. To receive an invite, please email the office or log on to our website and add your name to our church email list. All people in the community are welcome in person or via Zoom.

Live Stream: Sunday Service can be viewed on our website every Sunday at 10:00 a.m. A video recording of the live stream is featured for the entire week following the service. To view previous Sunday Services, visit our YouTube channel, using the link provided on all pages of our website. (Links, contact info, and a schedule of upcoming Services are listed at the bottom of this article.)

**If you would like assistance gaining access to Sunday Services, please call us by Friday morning, at 203-389-2119, or email us at office@uccw.org.*

Office Hours: The Church office in the Parish House is open from 9:00 a.m. to 2:00 p.m. Mondays through Fridays.



The First Church of Christ

extraordinary individual!

**The Rev. Janice Touloukian has graciously offered to continue on as our On Call Pastor, helping with visitations and congregational needs when Rev. Murtha is not available.*

Weekly Bible Study: Bible Study meets at the Parish House each Wednesday, 10:00 a.m. to 11:15 a.m. All are invited!

Join the FCCW Choir! New members are always welcome. Join us for rehearsals Wednesdays at 6:30PM.

Boy Scout Troop #907: Regular scout meetings are held every Thursday, at 7:00 p.m. in the Parish House. Stop by with the young man in your family (ages 11-17 years old) and meet our great scouts! New members are always welcome. For more information go to www.troop907.org.

Pre-school space is available: Pre-school/day care space is available in the Parish House at 5 Meetinghouse Lane. Three rooms, 1,200 sq. ft., and an outside fenced playground.

For More Information: Visit our website at www.uccw.org for resources such as our calendar of events, monthly newsletter, ministry and volunteer opportunities, photo galleries, scout info, and much more! Follow us on Facebook and stay up to date with parish happenings, including memorials and baptism announcements.

Feel free to email us or call the office with all your questions. We are happy to hear from you!

**For online or media related questions, please email JoAnna Rubino at growfirstchurch@gmail.com*



Sanctuary Décor Restoration: The John Canning Company has completed the Phase One sanctuary restoration. Please attend a Sunday service and see the restored ceiling, rosette, cornices, and the north wall. The new décor is glorious.

Interim Minister: FCCW is pleased to announce that we have found a very qualified candidate to fill the position of the Interim Minister. The Rev. Susan Murtha will be starting as of February 1, 2022. Visit the church office for more information. You can also read about her on our website or in our January newsletter. We are honored to welcome such an

FCCW SUNDAY SERVICE
MINISTER SCHEDULE

Jan. 9 th	Rev. Walter Pitman
Jan. 16 th	Rev. Walter Pitman
Jan. 23 rd	Rev. Janice Touloukian
Jan. 30 th	Rev. Raquel Irizarry
Feb. 6 th	Rev. Susan Murtha
Feb. 13 th	Rev. Greg Mobley
Feb. 20 th	Rev. Susan Murtha
Feb. 27 th	Rev. Glenn Dulko

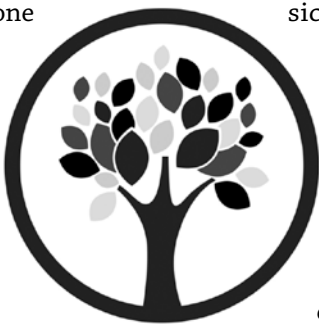
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HOUSES OF WORSHIP EVENTS

Congregation Beth El – Keser Israel Events

Tu Bishvat Seder

This Sunday, January 16, BEKI will celebrate Tu Bishvat, the New Year for Trees, with a Zoom Seder from 6:30 to 7:30 pm. To fully participate, prepare a glass of wine or grape juice and a dish of three things that grow on trees, such as almonds, walnuts, cashews, oranges, apples, pears, or olives. The program will include songs and videos to keep both adults and children engaged. This is one of BEKI's Synagogue Vegan Challenge events, supported by Vegfund. To request the Zoom link, email bulletin@beki.org.



Congregation Beth El-Keser Israel

sicology from the University of Chicago, regularly offers classes at BEKI about Jewish music. Tune in for some or all of the sessions, provided with support from the Morris & Sara Oppenheim Fund for Sacred Music. To request the Zoom link, email office@beki.org.

Services on Livestream

While all services continue to be held in person, Shabbat services will be live streamed in January at www.beki.org, on Fridays at 6:00 pm and Saturdays at 9:15 am. Weekday morning and evening services are available in person and on Zoom. To request the Zoom link, email office@beki.org. BEKI requests that only vaccinated people come to in-person services and that they wear a KN-95 or better mask.

Havdalah for Families

Children's Havura, K-2 Kehila, and Junior Congregation services have temporarily transitioned from Saturday mornings to Saturday evening Havdalah events. For more information, email Youth and Family Programming Director Annie Norman-Schiff at anormanschiff@beki.org.

Melodies for Prayer

Ethnomusicologist Rachel Adelstein is offering a 6-part program on Mondays at 8:00 pm, continuing through February 14, focusing on the origins and the evolution of tunes for Jewish prayers. Adelstein, who received her PhD in ethnomu-



What's New in Westville

Lizzy Donius, Executive Director of the Westville Village Renaissance Alliance, and Alisha Crutchfield-McLean, owner of Bloom, a new gathering space and retail shop on Edgewood Avenue, will answer questions about what's new in Westville at a BEKI Schmooze on Wednesday, February 2 at 7:30 pm. To request the Zoom link, email office@beki.org.



Art Conversation

Artist Bruce Oren will discuss his current exhibition of sculpture, photography and paintings, called "Entropy Warriors," in the BEKI galleries on Saturday, February 5 at 12:30 pm (snow date February 12). This retrospective exhibit displays 50 years of Oren's art. Sabbath rules will be observed. BEKI requests that only vaccinated people come into the building and that they wear a KN-95 or better mask.



Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)

B'nai Jacob Book Group Discussion Led By Author Mirvis

The Book of Separation a Memoir by Tova Mirvis

Sunday, February 6 at 10 am on Zoom

A New York Times Book Review Editors' Choice - Featured on the New York Times Paperback Row.

One of Jewish Week's "Books To Read This Fall",

"Tova Mirvis has already established herself as a first-rate novelist with *The Ladies Auxiliary*, *The Outside World*, and *Visible City*. With *The Book of Separation: A Memoir*, Mirvis shifts genres, reveals some of the autobiographical germs of her fiction, and compellingly chronicles the process of separating from Orthodoxy... The respect for intra-Jewish difference that Mirvis models for her children—and for readers—is a precious gift to the Jewish literary world... Beautiful and poignant." — *Lilith Magazine*

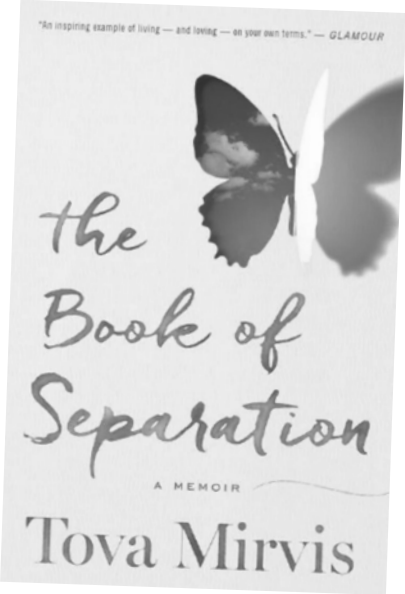
"Mirvis intimately chronicles her divorce and her separation from modern Orthodox Judaism in this bold memoir... Hers is a story of grief and

rebirth. She is compassionate and judicious in her portrayal of Orthodox Judaism... Her personal journey makes for an introspective and fascinating story." — *Publishers Weekly*

About the Author

Tova Mirvis is the author of the memoir *The Book of Separation* which was a New York Times Book Review Editor's Choice and was excerpted in the New York Times Modern Love Column. She is also the author of three novels, *Visible City*, *The Outside World* and *The Ladies Auxiliary* which was a national bestseller. Her essays have appeared in many publications including *The Washington Post*, *The Boston Globe Magazine*, *Real Simple*, and *Psychology Today*, and her fiction has been broadcast on NPR. She lives in Newton, MA with her family.

For more information contact Congregation B'nai Jacob at 203-389-21



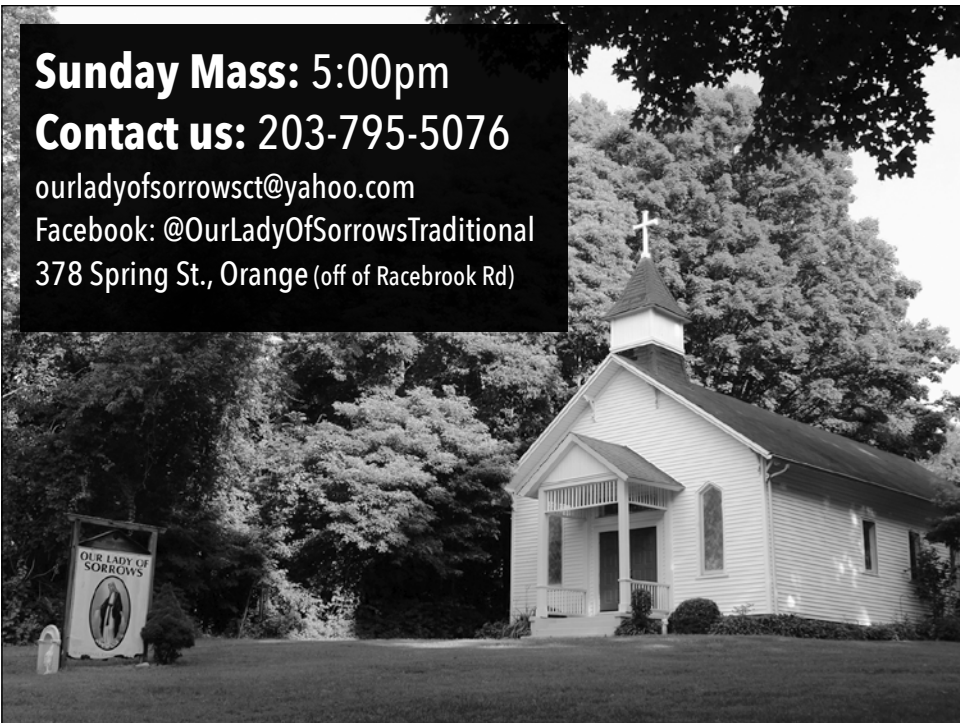
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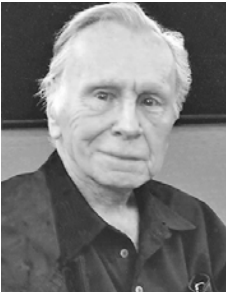
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DEATH NOTICES

Richard Dowin

Richard “Dick” Dowin, 92, of Milford, passed away on December 24, 2021. Born on February 17, 1929



in Pontiac, MI, he was the son of the late Edwin and Hannah (Ander- sen) Dowin.

Dick was a graduate of Roger Ludlow High School in Fairfield, CT, and the University of Bridgeport. He served in the US Navy from 1952 to 1954. Dick was an avid fan of University of Michigan Football and UCONN Women’s Basketball.

Dick is survived by his children, Richard (Janice) Dowin, Linda (Doug) McAward, and Thomas Dowin; his grandchildren, Christopher (Angela) Dowin and Danielle (Ricky) Pelland; his great grandchildren, Penelope and Brady; and his sister, Frances DuFraine. Dick was predeceased by his grandson, Nicholas Ciriello and by his sisters, Adrian Castro and Norma Stiles.

Dick lived an amazing life and his generosity knew no bounds. He dedicated his entire existence to family, politics and countless charities. His volunteer endeavors began well over 60 years ago. They included, but were not limited to, coaching Little League Baseball while also serving as President of the Milford chapter. Dick was a member of the Milford Senior Center Board of Directors, Liaison to the Council on Aging and the State Municipal Agent for the Elderly, representing Milford.

His years of service as Chairman of the Devon Lions Program, providing eye exams and glasses for low-income Milford children; Co-Chairman of the CT Lions Eye Health Program; and Co-Chairman of the Devon Lions Annual Christmas Party for Milford’s special children earned him the prestigious Melvin Jones Fellow Award. In addition, the United Way acknowledged Dick’s efforts as Division Chairman when they honored him with their Gold Award.

Dick served as chairman and was a member of both the Milford Republican Town Committee and State Central Committee where he worked tirelessly for decades. He served as administrative assistant to both Milford Mayors Povinelli and Lisman and East Haven Mayor Bob Norman. Dick was instrumental in converting buildings and sidewalks in Milford for wheelchair accessibility long before the American with Disabilities Act of 1990 mandates, which resulted in him receiving an award from the Disability Rights Foundation. He also implemented Cell Phones for the SAFE Seniors Program, which provides free cell phones for seniors and organizations for battered

and abused women.

In 2012, the Junior Women’s Club of Milford honored Dick with their Living Treasure Award for his life-long service to the community.

Dick Dowin will be sorely missed and remembered for his unwavering commitment to family, friends and anyone in need.

Graveside Service with Military Honors was celebrated on January 4, 2022 at King’s Highway Cemetery, 271 Cherry Street, Milford, CT. In lieu of flowers, memorial donations may be made to Devon Lion’s Club, 554 Merwin Avenue, Milford, CT 06460 or a charity of your choice. To leave online condolences, please visit www.codywhitefuneralservice.com.

Vera Gaetano

Vera Gaetano, 59, passed away peacefully on July 12, 2021 at home in Orange, CT, surrounded by her lov-



ing family. Vera was born in 1961 in Batavia, NY, the daughter of Josyp and Alice Schelemanow. She grew up in Bergen along with brothers George and Tom

Schelemanow. Vera was a 1979 graduate of Byron Bergen High School, before enlisting in the US Navy at the age of 17.

She became a Hospital Corpsman and had a distinguished career, retiring as a Chief Petty Officer. She and her husband Glenn met on the USS Puget Sound in Gaeta, Italy. Vera and Glenn lived in Burlington, VT for 15 years, where children Tyler (Allie) and Emily (Mason) were born. Vera graduated from the University of Vermont and became a teacher before the family relocated to CT. In CT, Vera taught at Foran HS, Law HS (Milford) and Shelton HS. Vera found her second calling at the VA Hospital in West Haven, CT, where she had the good fortune to work for Dr. Cindy Brandt and be part of the research department, helping fellow veterans on a daily basis. Vera was a talented gardener, craftswoman, and engineer who could fix anything. She loved her many cats and dogs who brought immense joy to her life. Vera will be remembered for her desire to assist people.

She was diagnosed with ALS and fought vigorously to the end. The family would like to thank Dr. Patwa and the ALS Team at the VA Hospital for their love and care.

There will be a private service and Adzima Funeral Home (Derby) will handle arrangements. Memorial contributions are requested to ALS Association, CT Chapter: 4 Oxford Road – Unit E4 – Milford, CT 06460 or webct.alsa.org.

Bette S. Goodwin

Bette S. Goodwin, 103, of Orange, beloved wife of the late Carl Goodwin, passed away on December 16,



2021. Born on September 2, 1918 in Stratford, CT, she was the daughter of the late George and Emily (Ecles) Seyfert.

Bette was a graduate of Stratford High School and the University of Pennsylvania. She spent the majority of her adult life in the Town of Orange.

Bette was an accomplished artist, having multiple exhibits of her work in the area. She excelled at all things creative. She loved knitting, needlepoint, and basket making. Bette also played competitive Badminton for over 30 years. She was a member and former president of both the Badminton Club of New Haven and the Garden Club of Orange. She was an active member of the Orange Volunteer Fire Association Auxiliary for over 20 years. She was also a member of the Milford Yacht Club. She enjoyed many hours on Long Island Sound as well as voyages to Nantucket, The Vineyard and Block Island. She also spent many hours as a volunteer at Hartford Hospital and the School for the Blind in West Hartford.

Bette is survived by her son, Peter Goodwin and his significant other (and her friend) Bert Gallant. In addition to her parents and husband, Bette was predeceased by her brother, George Seyfert.

All services will be private. In lieu of flowers, memorial contributions may be made to the Orange Volunteer Fire Association or the OVFD Auxiiary. The family is being compassionately cared for by the staff at The Cody-White Funeral Home, 107 Broad St., Milford, CT. To leave online condolences, please visit www.codywhitefuneralservice.com.

Dorothy (Dolly) von Hacht

Dorothy (Dolly) von Hacht, age 97, of Milford, died on January 4, 2022 in Milford. She was the daughter of



the late Harry and Gladys Hull von Hacht and the granddaughter of the late Judge and Mrs. Elbert O. Hull of Bridgeport. She was a graduate of the North-

field-Mount Hermon School, Brown University, New Haven State Teachers’ College and Fairfield University. Prior to becoming a teacher, she worked as a research assistant in Microbiology at Yale and Stanford University in California.

Born in Milford, she and her mother returned in 1950 to reside there until both of their deaths. Predeceased by her cousin Carlotta Songhurst Biggs, Dolly’s survivors are Carlotta’s children Jeffrey Songhurst (Nancy), Karen Songhurst Conneman (Jim), Gregory Songhurst (Marie Claire) and Douglas Songhurst (Donna).


Starting her teaching in Wallingford, she ended her career in Milford’s Fort Trumbull, Point Beach and Live Oaks Schools for 37 years retiring in 1986. She was a Life member of the Connecticut Education Association Retired, the National Education Association Retired, The Association of Retired Teachers of Connecticut and the Retired New Haven County and Greater Bridgeport Teachers’ Associations. She was a Half Century member of the Race Brook Country Club in Orange and a former member of the Brooklawn, Wepawaug- now Grassy Hill, and Canaan Country Clubs. Dolly was a past President of the Connecticut Badminton Association, the Connecticut Women’s Golf Association and the Race Brook Women’s Association.

Early on, she had volunteered at the Milford Red Cross and for over 50 years, she served as a volunteer at Milford Hospital. During her lifetime, she competed in many sports including golf, tennis, State and national badminton tournaments, bowling, youth and collegiate swimming meets and recreational skiing. She was an avid fan of the New York Giants and the UConn Husky football and basketball teams. Over the years she enjoyed the companionship of her dogs and cats. She was greeted at “The Rainbow Bridge” by three German Shepherds Gypsy, Enkelin and Gudrun and two Boxers Hully and Darcy and many cats.

There will be no calling hours. A Memorial Service will be celebrated on Monday, February 7, 2022 at 11:00 a.m. at First United Congregational Church of Christ, 34 West Main Street, Milford, CT. Contributions in her name may be made to the Milford Animal Shelter, 664 East Broadway, Milford, CT 06460. Arrangements are in the care of the Cody-White Funeral Home. To leave online condolences, visit www.codywhitefuneralservice.com.



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TOWN OF ORANGE | LEGAL NOTICE

TAX COLLECTOR'S NOTICE

Notice is hereby given to the taxpayers of the Town of Orange that the second installment of taxes on Real Estate, Personal Property, and the Supplemental Motor Vehicle taxes on the October 1, 2020 Grand List are due and payable on January 1, 2022. If taxes are not paid or USPS postmarked on or before February 1, 2022, such tax will be considered delinquent and subject to interest at a rate of 1.5 percent per month from the January 1, 2022 due date (\$2.00 minimum). Taxes are payable by mail to Town of Orange Tax Collector, 617 Orange Center Road, Orange, CT 06477-2432 or online at <https://bit.ly/orangetaxjan22>

Service fees apply online Payment in person may be made by check and cash, at the Orange Tax Collector's Office, 617 Orange Center Rd, Orange, CT Monday through Friday from 8:30 AM to 4:30 PM, except holidays. Service fees apply for all debit/credit card transactions. Payment may be made by drop box at the Tax Collector's office between 8:30 am and 4:30 pm, no cash please. Payments submitted during non-business hours will be received when the office reopens. Failure to receive a bill does not relieve the taxpayer of the responsibility for payment of taxes or interest charges (CT Gen Stat 12-130). If you have purchased property, paid off a mortgage or do not have a tax bill, contact the Tax Assessor's Office for amount due or copy of the bill. For more information, visit our website at Tax Collector | Orange, CT (orange-ct.gov) or call 203-891-4726.

Thomas P. Hurley, Collector of Taxes, Town of Orange

PUBLIC NOTICE


The United Illuminating Company (UI) is proposing to rebuild 9.5 miles of its existing 115-kilovolt transmission lines, which are presently located within the Connecticut Department of Transportation / MetroNorth Railroad corridor from UI's Milvon Substation in Milford through Orange and West Haven to UI's West River Substation in New Haven.

A virtual Open House to provide information to the public will be held at
www.UIRailroadTLineUpgrades.com
from January 11, 2022 at 12:00 noon – January 25, 2022 at 12:00 noon

For more information please visit
UIRailroadTLineUpgrades.com or call 888.848.3697.

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HISTORY CORNER



BY GINNY REINHARD

It's Like This Folks...

We all learned about Alexander Graham Bell inventing the telephone, right? We need to reteach this information. Now don't put the paper down, this gets more interesting, I think.

You know that middle name of his? Well, if he hadn't pleaded with his parents for a middle name like his two brothers, we would have had to remember Alexander Bell but somehow the Graham always creeps in. First at the age of 12, he built a homemade device to mill flour and the mill owner, seeing his intelligence and creativity gave him the run of the mill for "inventions."

His mother, growing deaf, made Alexander aware of acoustics, but at the Royal High School in Edinburgh, he left at the age of 15 with an undistinguished record marked by absenteeism and lackluster grades. Hmm. His main interest was science, treating other subjects with indifference. As he matured, he embraced his father's occupation in elocution and became interested in working with deaf people. Sound intrigued Alexander and throughout his lifetime sought to integrate the deaf and hard of hearing with the hearing world. To this end he encouraged speech therapy and lip reading.

While he was working with private students, one of his students was Helen Keller who later praised him for his passion to see that the deaf would be able to achieve complete assimilation into society. Bell was fascinated by sound, sound made with tuning forks, each different when struck so he gave up his teaching to concentrate on ideas, ideas that ran through his head as he stayed up nights with his thoughts. A breakthrough came when he experimented with a phonograph, a pen-like machine that could draw shapes of sound waves on glass by tracing the vibrations. He began working on a method of sending multiple tones on a telegraph wire.

Meanwhile, in 1874, the telegraph was expanding and the then president contacted Thomas Edison and Elisha Gray to find a way to send multiple telegraph messages on each telegraph line to avoid costly multiple lines. Hearing of Bell's experiments, backed him in his efforts. Bell was encouraged by a comment that if he didn't have the necessary knowledge to pursue his ideas of sound he needed to "get it". Bell went on to meet Thomas Watson. Do you

remember him from school? The rest is history but still very convoluted with this one and that one claiming patent rights. If you don't remember the Mr. Watson story...ask me.

The details are irrelevant here but oh my are there details, but this was only the beginning; the beginning of transmission of the human voice over a wire. What I am leading up to with these first paragraphs is to enlighten you with the difficulties of the invention of the telephone, an instrument that took on a life of its own. Telephone company after telephone company vied for the market and what has spiked my interest is a 9' piece of copper, carved with intricate designs that was almost turned into scrap had it not been for my sister who asked if she could have it as it was being torn from the S.N.E.T building on Chapel & State in New Haven during demolition.

The relief, as it is called, is hanging on the wall of the OHS research center awaiting an exhibit of telephones through the ages. New Haven was the site of the first commercial telephone exchange beginning operations in 1878 in what was known as the Boardman Building. George W. Coy designed and built the world's first switchboard for commercial use, inspired by Alexander Graham Bell's lecture at the Skiff Opera House in New Haven in 1877. See? I told you there would be more interesting "stuff". See the quotes on "stuff"? I use it for fun but it really isn't a very good word for those of us who should have a better, working vocabulary. I could use words like material, information, details, but "stuff" is more fun.

Oh, did I forget to tell you that the Bell Telephone Company was created in 1877 and by 1886 more than 150,000 people owned a phone in the United States?? Yup. At first Bell and his associates offered their patent for the phone to Western Union for \$100,000 and the president said that



S.N.E.T. Building Orange

the telephone was only a toy. Two years later he was quoted to say that if he could get the patent, he would pay \$25 million, considering it a bargain... hey buddy, you snooze you lose!

In that same year, 1877, Coy applied for and received a franchise from the Bell Telephone Company for New Haven and Middlesex counties, establishing the District Telephone Company of New Haven on January 15, 1878, the same year our own Academy was built. The switchboard Coy built was constructed with carriage bolts, handles from teapots and bustle wire, oh my... at that time the furnishings and switchboard were worth less than \$40. As many as 64 customers could be connected, only two conversations handled simultaneously and six separate connections had to be made for each call! Hello, hello? Number please.

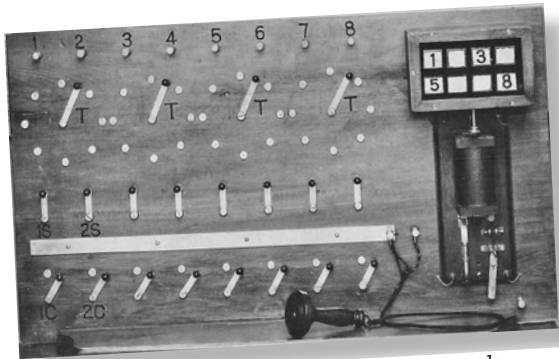
The cost to the subscriber in 1878 was \$1.50 per month and by February, a telephone directory was published listing 50 subscribers with only 11 residences. The New Haven District Telephone Company, note the change in the name, grew quickly and re-organized several times. By 1880 it had the right from the Bell Telephone Company to service all of

Connecticut and Massachusetts and as it expanded became Connecticut Telephone and then, ta ta ta tat ta... Southern New England Telephone Company, S.N.E.T.

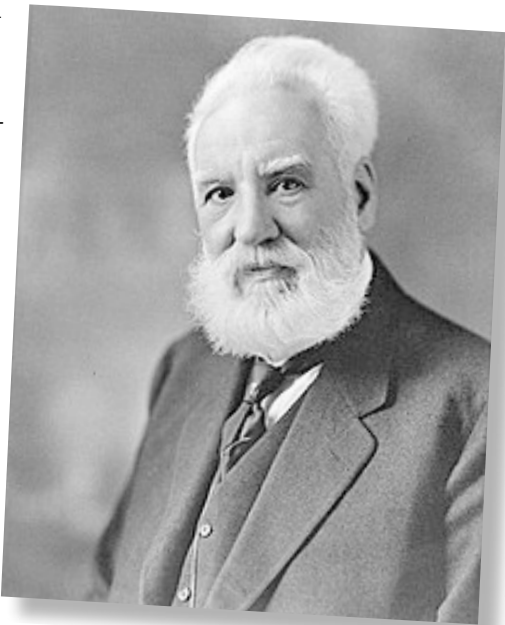
Now, I don't like to write the negatives but you know what? Sometime after the site of the First Exchange was given the designation of a National Historical Landmark in 1964 with a plaque presented in 1965, the building was acquired by the New Haven Redevelopment Agency in 1968 and in 1973, the building was gone. Remember the relief I told you about? Well, we at OHS have it and in commemoration of the Southern New England Telephone Company we are going to present the world of phones on the 2nd floor of the Academy starting after the Bicentennial for Orange kicks off.

There you will see a historical collection of phones, old ones, not the old iPhone you replaced last year which folks refer to as my old phone, but the really old ones. Children will be encouraged to call each other on a set of phones, drop a dime into the pay phone and hear it clink, and turn the crank of the old wooden wall phone to make it ring. We are getting donations from everywhere. So, you won't have to ask why S.N.E.T? I will just say this, leaving the details to the exhibit, in 1895 the first telephone system was inaugurated among 3 houses and one store and by 1908 subscribers increased and voila, S.N.E.T. Now don't ask me any questions...come see the exhibit after May 28th and have some fun.

P.S. By the way, if you have the opportunity to refer to S.N.E.T., do NOT say snet, it's "s" "n" "e" "t".



George Coy's Switchboard - Replica



Alexander Graham Bell



S.N.E.T. Building Chapel & State



The Pros And Cons Of Running

Few physical activities inspire the devotion that avid runners have for running. Millions of individuals across the globe lace up their sneakers and run for miles on end each day, and the fitness experts at Fitbit note that running is the most popular activity in the world.

The global popularity of running suggests it's an activity that's all gravy and no grief. However, running can take a toll on a body, and individuals who can't wait to lace up their sneakers and hit the road should consider the pros and cons of running before doing so.

Pros

Running and heart health: Running generally has a positive effect on heart health. The heart is a muscle, and much like weight training can help strengthen muscles like biceps and triceps, running can strengthen the heart and make it more efficient. Cardiologists with the Copenhagen City Heart Study noted that jogging increases oxygen uptake, which makes it easier for the heart to pump a larger amount of blood and do its job more easily. In addition, various studies have found that running can reduce individuals' risk for heart disease by a significant percentage.

Running and mental health: "Runner's high" is a well-documented yet not entirely understood phenomenon. Thought it's often associated with the release of mood-enhancing hormones known as endorphins and characterized as a routine and euphoric byproduct of running, experts at Johns Hopkins Medicine note that research indicates very few runners actually experience runner's high. Instead, runners may feel good after running because physical activity increases levels of endocannabinoids in the bloodstream. Higher levels of endocannabinoids may promote short-term responses like reduced anxiety and a greater feeling of calm. This is an important distinction, as runners who don't feel runner's high

after a long run should know that they're likely still gaining some mental benefit from running, even if a long run makes them feel more nauseous than euphoric.

• Running and brain power: Running also has been found to benefit brain power. Researchers at the University of Ulm in Germany found that individuals who jogged for 30 minutes per day three times a week benefitted from a substantial improvement in concentration and visual memory.

Cons

Running and joint health: Though many medical professionals now dispute that there's a link between running and osteoarthritis, running can lead to wear and tear on the joints over time. It's important to note that such degeneration can occur even in non-runners, especially those who live sedentary lifestyles. Being physically active is an important part of maintaining long-term joint health, but individuals who like to run should be sure to devise a balanced workout regimen that includes strength training to make the muscles and tissues around joints stronger. Running without strength training could contribute to unhealthy joints.

Running and injury risk: All physical activities involve some measure of injury risk, but it's still worth noting that runners are not immune to such risks. The Cleveland Clinic notes as many as 60 percent of runners will experience injuries that sideline them for several weeks or months. Plantar fasciitis, runner's knee, shin splits, and Achilles tendinitis are some injuries commonly suffered by runners. Common running injuries can make it hard to perform any cardiovascular exercise, which can have a significant and adverse effect on runners' overall health.

Though medical experts generally suggest the rewards of running outweigh the risks for healthy individuals, it's still important that men and women weigh the pros and cons before lacing up their running shoes.

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