West Haven Voice

November 12, 2026

Vol. 31, Issue 21, 20 Pages

West Haven's only independent news source

By and For West Haven

Voice Features

An in-depth feature

Beach walk banners honor 45 'Hometown Heroes'

See page 8





Photo by Michael P. Walsh

'The Hub' grand opening

Mayor Dorinda Borer, with city officials, West Haven High School students and corporate sponsors, cuts the ribbon to mark the grand opening of the new West Haven Community Center at 255 Meloy Road on Oct. 22. Joining Borer are Comcast Vice President of Government and Community Affairs Rob Earley, project coordinator Ernie Chiarelli, LTKE Law managing partner Stephen J. Errante, Human Resources Commissioner John M. Carrano, University of New Haven President Jens Frederiksen, Yale New Haven Hospital President Dr. Katherine Heilpern, New Haven Bank President and CEO Judith Corprew and Borer chief of staff Rick Spreyer. See page 3 for details.

Committee gears up for annual dinner

What has become a late fall tradition continues as the the 15th annual Community Thanksgiving Dinner is once again set for Nov. 26. The dinner will once again be hosted by The First Congregational Church, which has sponsored the dinner in its current format since the mid-2000s.

Bill Ewry send out his annual letter and is accepting reservations and donations from interested residents.

The dinner will be served in the church's Fellowship Hall, and curbside from the church entrance at 464 Campbell Avenue.

"The dinner will have all the fixings of a traditional Thanksgiving dinner. The dining room service will be from Noon to 1:30 p.m.," Ewry noted in his letter. "The time for the curbside pickup will be announced prior to Thanksgiving."

All dinners will be provided by registration only. The committee is accepting requests for dinners by phone, the church website, or email. Phone: (475) 766-0004 Email: thanksgivingdinner@fccwesthaven.org. Requests will be accepted no later than Friday, Nov. 20.

"Once again, The University of New Haven, through the school's food services provider, has volunteered to provide some of the food for dinner," wrote Ewry.

The university has been very supportive of the event for many years.

While this is year 15 for this iteration of the Thanksgiving Dinner, it was originally begun in the mid-1980s as a project of the West Haven Clergy Association, and then a venture of a committee of then Christ Episcopal Church and several other churches.

Eventually, a committee headed by the Rev. Arthur Yost, pastor of First United-Wesley Methodist Church, ran it for several years as an adjunct to WHEAT, the West Haven Emergency Assistance Taskforce. That was abandoned when other operations became more prominent, and time consuming. A committee of First Church was formed and took up the mantle under the current format.

Such undertakings, despite sponsors and volunteers, needs financial support. Ewry us hoping residents will join in the effort by making donations.

If anyone would like to support the dinner with a monetary donation, checks can be made out to "The First Congregational Church of West Haven" and sent to the church office at 1 Church St., West Haven, 06516, attention Bill Ewry with "Thanksgiving Dinner" in the memo.

"Thank you in advance for sharing this information, and aiding us in this community effort, Ewry said finally.





Naomi Burey, age 2, is a student at the West Haven Child Development Center, Inc. She is predicting cooler weather and colorful leaves falling.

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Next Issue Date
November 26, 2026

On this date

1991 – Dili massacre -- Several pro-independence protesters were shot at the Santa Cruz cemetery in Dili, East Timor by Indonesian soldiers. About 250 people were killed in this event, which is also known as the Dili massacre or the Santa Cruz massacare.

1990 – Coup in Lesotho. Justin Metsing Lekhanya staged a coup against King Moshoeshoe II of Lesotho and took over the government of Lesotho. Lekhanya was deposed a few months later in another military coup.

1984 – First salvage operation in space. Astronauts Dale A. Gardner and Joseph P. Allen aboard space shuttle Discovery performed a series of space walks to salvage parts from two satellites, the Palapa B-2 and the Westar.

1981 – STS-2 launched. The second space shuttle mission by NASA, space shuttle Columbia was launched from NASA's John F. Kennedy Space Center in Florida.

1966 – First images of a Solar Eclipse taken from space. The crew of Gemini 12 which included Edwin Eugene "Buzz" Aldrin were able to view and take pictures of the total solar eclipse over South America.



City Photo

Marchitto feted

Longtime Elk Edward M. "Ed" Marchitto receives a West Haven Elks Lodge 1537 "Italian of the Year 2026-2027" plaque from Mayor Dorinda Borer at a lodge dinner Oct. 17. Marchitto was honored by the Benevolent and Protective Order of Elks for his "unwavering leadership" and "playing a pivotal role in shaping the West Haven Lodge into what it is today."

City Hall hosts Trick-or-Treat Parade









Photos by Michael P. Walsh

Mayor Dorinda Borer, dressed as the Mad Hatter, joins students from St. Lawrence School on the front steps of City Hall during the Halloween Community Trick-or-Treat Parade on Oct. 30. The fourth- and fifth-graders and their teachers, along with preschoolers from the West Haven Kids Club Learning Center and their teachers, paraded through the first-floor hallway of City Hall to show off their "spooktacular" Halloween costumes while costumed city employees handed out candy and other treats. The parade of little goblins was presented by the mayor's office.

‘The Hub’ opens with fanfare

By Michael P. Walsh
Special to the Voice

“Welcome to ‘the Hub’!” Mayor Dorinda Borer declared at the highly anticipated opening of the new West Haven Community Center on Oct. 22.

Borer marked the opening of the center at 255 Meloy Road in grand style, complete with a ribbon-cutting ceremony, the news media, and an audience of more than 200 corporate sponsors, employees and residents.

Nicknamed the Hub, the West Haven Community Center serves as a centralized home for seniors, youth services and veterans.

Driven by her vision and obtaining state funding, Borer turned the project over to a dynamic team of city employees who led the charge to completely renovate the former Anne V. Molloy Elementary School. The building received extensive infrastructure and technology upgrades to convert it into a state-of-the-art community center.

The multilevel facility is the new home of the West Haven Senior Center and features a floor for youth activities and programs, a veterans suite, rooms for arts and movies, a workout room with new equipment, and a place for the city’s social worker, public health nurse and Police Department to have office hours.

The project, financed with $1.8 million in state grant funding, was overseen by Borer, Human Resources Commissioner John M. Carrano and project coordinator Ernie Chiarelli, both of whom the mayor thanked in her remarks, along with the Community Center Committee, for their “tireless oversight.”

Borer called the former school building “a nonperforming asset sitting empty in the middle of our city draining resources and losing potential” and touted the new center as “a true one-stop shop for our community, particularly our most vulnerable populations.”

“This new center represents a transformative investment in West Haven’s residents, from our young people to our veterans and seniors,” Borer said. “By repurposing Molloy School, we’ve created a vibrant, modern hub that brings essential services, health resources and recreational spaces together under one roof.”

“I also want to express my deepest gratitude to our ‘Room Champions,’” the mayor said. “Because of your generous corporate sponsorships, we’ve been able to outfit this facility with world-class amenities.”

The main level’s community room features a stage with a 15-foot movie screen and is sponsored by Yale New Haven Health, which also invested in the building’s nursing section.

Dr. Katherine Heilpern, the president of Yale New Haven Hospital, was in attendance and said the center “reflects Borer’s incredible vision and represents an important legacy.”

Heilpern was accompanied by Paul Mounds Jr., YNHH’s vice president of community, corporate and government relations, who Borer said shepherded Yale’s investment after touring the facility months ago.

In a statement, acting YNHH CEO Pamela Sutton-Wallace said: “At Yale New Haven Health, we believe improving health and well-being means looking beyond the hospital walls and further investing in the communities we serve. The West Haven Community Center reflects a shared commitment to creating opportunities for residents to access resources, programs and support that can make a meaningful difference in our lives.”

Amenities on the main level include an outdoor patio, an exercise room sponsored by New Haven Bank, and two Comcast-sponsored technology labs for adults and young people that feature six computer workstations.

Rob Earley, Comcast’s vice president of government and community affairs, labeled the project “an amazing, amazing accomplishment.”

Borer said, “This is how we bridge the digital divide, by offering free access and com

See The Hub, page 12

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Dear Felicia

Mark Twain is credited with sayin' something to the effect, "If you don't like the weather in New England, wait a minute. It'll change." Well, in the parts, dearie we've had a bit o' that in the latter part of October and the beginning of November. Mornings have had frost on the ground, and then the temps have climbed up to the 60s, and in some cases, 70s. Meanwhile, effen yore on the Internet, there are posters who are claiming that a Polar Vortex is gonna make a big change and very soon. "

Very Soon" was s'posed to be Halloween weekend. Nope! Then last weekend. Nope! And now, it's coming, jest be ready for it. I think that's what the kids call "click bait." It'll git cold, and when it finally does, we will be perty sudden, methinks, and we won't see anything warmer until the crocuses decide it's time to wake up.

Here in the Asylum by the Sea the election is over, and it wasn't a good one. All the usual suspecks are still in power, and nationwide the wolves are at the gate. So, we in our little corner of the universe can expeck more nonsense, more disruption and more taxes and spending. Luckily, the "veto" is still a check against those who would bankrupt the country.

A lit'le closer to home the four-year term won in the charter revision vote. Cobina wasn't against that, she was against the "non-gendering" of the language in a woke fit by the Charter Revision Commish. She voted against that. Haven't seen the numbers, but Iyam sure that passed. People don't take language as seriously as they should. Why say something that is clear when you can say something fuzzy and show yore "empathy" and "forward thinking." Bosh.

The only good thing is that we still have Rosa DeLauro Greenberg to lampoon. She of the purple pate is gonna be well into her dotage by the time this term is over. And that voice, oh, that voice ! Now she'll be a chairman (no chairwoman, no chair) of some oversight committee or t'other and badger people with whom she disagrees. What a deplorable biddy. But, we like roasting her. Gal never worked a real job in her life. Jest proves mediocrity flows upward.

~~~

The wag was in t'other day and he had a good query. Earlier this month, Nov. 1 to be exack, we went from Daylight Saving Time to Eastern Standard Time. Now, when yew and I were in our salad days, DST didn't start until late April. Then because of the 1973 fuel crisis, it was moved earlier, and was moved earlier again to the pernt that for virtually eight months outta the year we are on it.

Sooooo, the Wag queried, "If we're only on Eastern Standard Time for four months, how 'standard' is it?" That's quite the query. Should DST now be called "standard," and EST called, oh, I dunno, "winter" time? And, of course, with the change of time, the stories and columns about the disruptions setch things cause was plastered everywhere. But nothing ever happens, and it won't. Effen it doesn't have to do with spending our hard-earned kopecks, Congress isn't interested. And that is both parties.

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On the quasi-political front, the new "Hub" was opened. That's the community center that now stands in the same building that was once Meloy School (on Melloy Road). Sammy Bluejay was there and sez that all the high mucky mucks were there, much like they were there for the press conference more than two years ago, when the projeck was announced.

It is now going to house sundry groups, and we hear even a performing troupe to utilize the auditorium space. The Senior Center has been moved there and we hear-tell the Noble School building is gonna be put up for sale. Not sure where that puts the West Haven Child Development Center that rents space in the building, but Iyam sure that discussion is being had by someone with a plan.

Of course, the project could have been done earlier, but it couldn't git started until Washington School moved to the new building. It's been over a year, but still the school stuff had to be moved, the place gone through to bring it up to code, and then work could git started on what it needed to be a community center.

The "Hub" is the current name for it. I got a feeling that setch a monicker won't last long. And our offer to help run a contest to git the place named is still in place.

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Meanwhile, the city's teachers got a new contrack, according to Nelly Nuthatch. The terms of the contract haven't been announced as of this missive, sweets, but methinks there are still some dotting and crossings to be done. Now, I understand that the teachers need more money. And I certainly don't want to trash them.

But I seem to remember when a English Coordinator wanted to ditch Shakespeare for graphic novels, thinking the kids would read them. It's same ole same ole dumbing down instead of pushing up, or as someone once said, the "soft bigotry of low expectations."

We wonder why our kids can't read and can't write, cursive or anything else. It's cuz the school leadership is made up of people with degrees that were padded with nonsense about the aforementioned "empathy" and "forward thinking" bovine residue.

Is there a correlation between contracts and reading scores. Yes and no. But, in the real world, not the fake one of government, results matter more than buzz words and feel-good ideology. Someday we might actually believe that again.

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In a folly-up to the library story from the last missive, the council has implored the library system to use its funds for improvements it needs now that the purchase of the land on the Boston Post Road cannot include the $1 million if American Rescue Plan Act funny money that was given out after the pandemic. Word is the library is gonna move ahead with the purchase trying to find alternative sources of funding.

Of course, the fack that the Village Improvement Association signed a Letter of Intent for the property does put them under some type of contractual obligation. The details of what happens next will be interesting.

Effen yew look hard enough, I will bet the rent that "other sources" will be found. Some NGO or foundation or federal program is out there somewhere. How much the entire project will cost will come later in the process as these things go. There are details upon details, not to mention timelines that have to be established and other setch things.

We will keep you posted. This is a little blip on the screen, not a trainwreck for the VIA.

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Not to put too fine a pernt on it, but other people have noticed it as well. The day after the election last week, gasoline prices went down, and not jest be a few cents. In some places as much as 15 or 20 cents. Now, I ain't a conspiracy type of gal, but experience has shown that there ain't no setch thing as coincidence.

Oil has been flowing out of the Strait of Hormuz for weeks, with pre-war barrels topping out about a month ago. Yet, the commodity market kep' things high. Like I said, Cobina ain't the only one who noticed.

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Our own lit'le Jimmy Olson has a story on the fack that a new apartment complex is set to go up where the former Mantilia Motors/First National supermarket (for those of us old enuff to remember) once stood. He pernted out in his story that the place has been vacant since 2009. That was a punch to the gut for Cobina. That means it's been 17 years. Where did they go, Felicia?

Tennyrate, 90 apartments are expected with commercial space on the ground floor. Now, I jest have a question: if we have soooo much commercial space we can't get rid of – cuz people aren't using brick-and-mortar stores, why are we requiring setch spaces? Jest wondering.

Go along Campbell Avenue or anywhere else and stores have closed left and right, and there ain't nothing to take their place. People let their fingers do the walking, and not through the Yellow Pages, but through their apps.

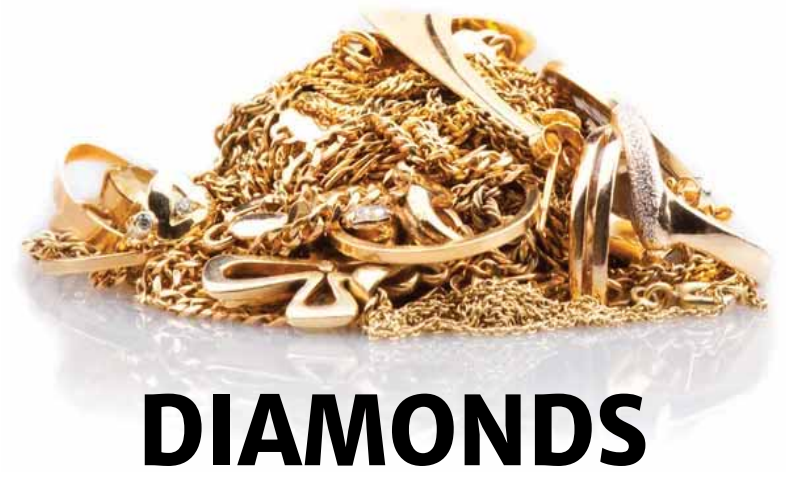
Hey, if we can git the spaces rented, great! But empty retail space jest makes a main drag look even more desperate. Here along the Boston Post Road, stores are closing, even ones that are of the "bargain" variety. I jest wonder effen there will be a market for these spaces.

On the other hand, having a new building constructed over on Campbell Avenue may spur some movement on the former Christopher John Michael's and the old American Buckle Company properties.

It'll close this time itll next, mitt luff und kizzez,

Cobina

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Behind the stacks



Right -- Congratulations to our Library Card Signup raffle winners Brian Oherron Jr. and Gail Yurman.

Welcome back to Behind the Stacks! We hope everyone had a fun and safe Halloween season. Did you happen to catch our new Bookmobile out and about last month? Our Outreach Librarian Melissa hit the road to hand out candy at the West Haven Little League's first Trunk or Treat event.

Whether princesses or superheroes, ghouls or goblins, over 100 children donned in their Halloween best were able to get a treat, sign up for library cards, and explore the inside of the Bookmobile.

Our Children's Departments also got in on the fun with Miss Amanda's costume parade, leading lots of littles through each department in the Main Library to trick or treat.

Miss Carrie's Ghostly Gallery event was complete with a cornhole-style eyeball toss, ghost bowling, ring around the witch's broom, and a Find the Phantom scavenger hunt. Crafts included creative cauldrons, creepy collages, and "A Spooky Night" themed lanterns. Thank you to all our teen volunteers for helping run the Ghostly Gallery event, as well as the Friends of the West Haven Library for sponsoring. And don't forget Ora Mason's outdoor story walk featuring the book *A Halloween Scare in CT*. Staff and patrons alike were delighted to take part in all the seasonal Halloween festivities this year!

Ora Mason will also be offering new Take and Make kits as we usher in November. Adults can make a DIY fall room spray, complete with everything you need to measure, mix, and emulsify your own toxin-free pumpkin cinnamon mist! Kids can enjoy coloring fun with a variety of fall-themed watercolor pages.

All materials are included–take it home and get creative. They can also drop in to participate in Ora Mason's Crack the Autumn Code Scavenger Hunt. Search the Children's Department for hidden fall-themed pictures, each holding a secret letter. Complete the hunt to reveal the mystery autumn word and win a prize. The Graham Room at the Main Library is celebrating DINOvember with a dinosaur scavenger hunt.

A T-Rex is hiding in the Graham Room! Can you find him? If you do, tell our librarians and get a sticker and enter to win a weekly raffle prize for the month of November.

As many of you may know, we are gathering feedback from our community to help determine and shape the library's next strategic plan for the upcoming three to five years. We are so grateful to all of the members of our community who already took the time to fill out our survey.

Our next Community Conversation Group will be taking place at noon on Saturday, Nov. 14 at the Main Library! Please feel free to stop by and share your thoughts and ideas about the library and its future with us directly. Your input will help us understand our community's needs and priorities as we plan for what comes next.

Library Card Signup month has officially wrapped up for the year! We had a lot of fun creating the "loyalty" cards for you all, and hole-punching each checkout. We hope you enjoyed the event as well.

Our two raffle winners are Brian Oherron Jr. and Gail Yurman–congratulations to them both! And thank you to everyone who participated and returned loyalty cards to us.

As a reminder, both libraries will be closing at 4 p.m. on Nov. 25, the day before Thanksgiving. We will also be closed on Thanksgiving day, as well as the day after (Nov. 27).

The Friends of the West Haven Library are thrilled to be partnering with Texas Roadhouse of West Haven for a fundraiser on Thursday, Dec. 3! This Dine-to-Donate event will be held from 3pm to 10pm. Simply show your server our flyer for your dine-in or to-go order and 10% of your total food purchases will be donated to the Friends.

Flyers will be available on our website, on both the Friends' and the library's social media pages, and in person at each library location. Switch it up from Thanksgiving leftovers and stop by Texas Roadhouse for dinner–you will very likely bump into some friendly library staff members while you're there, so feel free to say hello!

City offers energy assistance

The city is accepting applications for the federally funded Connecticut Energy Assistance Program. Appointments for all heating sources can be made by calling (203) 937-3572. Applications will be processed via phone by appointment Monday through Thursday. No walk-ins will be accepted. Eligibility for assistance is based on the income. Applicants must provide pay stubs, including monthly Social Security benefits and pension incomes, for all household members 18 and older as well as SNAP benefits, Social Security numbers and birth dates for all household members, as well as current utility bills.



West Haven Voice

Opinion

Established 1997

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Bill Riccio, Jr

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Thursday, November 12, 2026 Page 6

Veterans Day remembrance

Yesterday, we celebrated Veterans Day, a commemoration of all those who served – and those who died – wearing the uniform of the nation. Originating as Armistice Day, Nov. 11, 1918, it was dedicated to the end of what was then known as "The Great War."

On the eleventh day of the eleventh month at the eleventh hour, four years of bloodshed ceased in a conflagration that saw many millions die. In many European nations, Nov. 11 is known as "Remembrance Day," and is marked by the tolling of bells at 11 o'clock.

In England and its Commonwealth, including Canada, the days leading up to Nov. 11 are solemn occasions. The Sunday before is Remembrance Sunday in Anglican, Catholic, and Reformed churches, with Anglicans and Catholics celebrating Requiem Masses.

Rudyard Kipling's "Recessional," known popularly as "Lest We Forget," has been associated with this day and the devastation that occurred not only from 1914-1918, but in World War II and various other battles. It stands as a stark prayer for forgiveness and mercy even in those wars considered "just."

It is a West Haven Voice tradition to present this hymn during the week of Veterans Day as a prayer for peace and for continued hope that wherever our armed forces are sent, they be on the side of what is moral and right.

God of our fathers, known of old—
Lord of our far-flung battle line—
Beneath whose awful hand we hold
Dominion over palm and pine—
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

The tumult and the shouting dies—
The Captains and the Kings depart—
Still stands Thine ancient sacrifice,
An humble and a contrite heart.
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

Far-called our navies melt away—
On dune and headland sinks the fire—
Lo, all our pomp of yesterday
Is one with Nineveh and Tyre!
Judge of the Nations, spare us yet,
Lest we forget—lest we forget!

If, drunk with sight of power, we loose
Wild tongues that have not Thee in awe—
Such boastings as the Gentiles use,
Or lesser breeds without the Law—
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

For heathen heart that puts her trust
In reeking tube and iron shard—
All valiant dust that builds on dust,
And guarding calls not Thee to guard.
For frantic boast and foolish word,
Thy Mercy on Thy People, Lord!
Amen.

The next issues of West Haven Voice are Thanksgiving and Dec. 10 holiday edition.



A French revolt against France

By Rich Lowry
Syndicated Columnist

The Anti-French revolt in France

"All my life," Charles de Gaulle famously said, "I have had a certain idea of France." This, though, was presumably not what he had in mind. France has been wracked by riots targeting public buildings and symbols of the nation, as well as ordinary commercial concerns.

Of course, France has a long tradition of unrest on the streets. If someone isn't setting a car alight somewhere in the country in protest, you almost wonder what's gone wrong. In 1968, President de Gaulle himself briefly fled Paris for fear that student protesters were going to topple the government, before finding his nerve.

So, it's not unusual that things are getting wrecked and burned, but the disorder is portentous all the same. It started as demonstrations against underfunded schools and has morphed into a red-green campaign of mayhem ranging much more widely.

Palestinian flags and the slogan "Free Palestine" are ubiquitous. It's not clear what either of these things has to do with burning down the elegant, 19th-century town hall building in Limoges or looting a Louis Vuitton store. But the Palestinian banner has become the equivalent of the North Vietnamese flag in the 1970s -- a symbol of resistance to the West, and in this case, fierce opposition to Zionism and so-called settler-colonialism.

The flag also speaks to the immigrant component of the riots. France has done a poor job of assimilating immigrants and their children, a large portion of whom are Muslims from North Africa, thanks to France's colonial history and, in particular, its incorporation of Algeria into France for a period of time (an insanely unrealistic project).

The problems that France has been creating for itself were foreseeable and, indeed, foreseen. As long ago as March 1959, de Gaulle is reported to have warned: "The Arabs are Arabs, the French are French. Do you think that the French can absorb 10 million Muslims who will tomorrow be 20 million and after tomorrow 40?"

One way to look at these riots is as Frantz Fanon's revenge. What the great mid-20th century theorist of anti-colonial resistance called "the wretched of the earth" are living in the downtrodden suburbs of Paris and, in effect, seeking to colonize the colonizers.

Make no mistake, though -- white radicals, too, have taken a large hand in the disorder. Jean-Luc Melenchon, the leader of an ascendant left-wing party, has participated in the protests and condemned police for their supposedly brutish tactics. He celebrates the "creolization" of France and views immigrants and their children as part of a potential "bloc de rupture" that can revolutionize French politics and shift it radically to the left.

What's ultimately in play is French identity. The country has traditionally had a universalizing mission (whether advancing Christianity or evangelizing for enlightenment values, depending on the regime) joined to a deep pride in the French nation. The rioters, who are illiberal and unpatriotic, aren't much interested in either. Melenchon has said French identity cannot be "a tradition," but is "a creation in permanent evolution." And here, as has often happened in France's history, it is evolving in the streets.

The unrest also serves as a warning that should the French public reject this left-wing vision and turn to the nationalist Marine Le Pen in next year's election, the country will be made ungovernable. With the disorder spreading elsewhere, other Western European countries will also have to take note.

A key element of de Gaulle's "certain idea of France" was its inherent greatness. His beloved France, though, is already a second-rank power. Its debt-to-GDP ratio is 120%, while much of the public apparently believes it is living

See Lowry, page 7

If nutrition is medicine, prescribe it!

By Dr. Bret Scher
Certiied Specialist

The Department of Health and Human Services recently announced an initiative to improve nutrition education across every stage of physician education and training. As part of the effort, dozens of medical schools have pledged to include 40 hours of nutrition training -- or a competency-based equivalent -- in their graduation requirements.

Those pledges take aim at a longstanding gap. Medical schools currently devote less than 1% of lecture hours to nutrition, and until recently, roughly three-quarters of schools didn't require a dedicated nutrition course at all.

As a cardiologist, I welcome this initiative.

But adding hours alone won't be enough. More nutrition education won't meaningfully improve our nation's chronic disease crisis unless medical schools also rethink what they teach. For decades, medical and dietetic societies -- even the government -- have promoted similar dietary guidance, yet metabolic disease continues to rise.

Rather than repeat the same nutrition mantra, schools should focus on two priorities: teaching physicians how to evaluate nutrition evidence and translate it into individualized patient care.

Since diet is first-line therapy for many of the most common chronic diseases afflicting Americans, physicians should be as comfortable evaluating nutrition evidence as they are interpreting the science behind the medications they prescribe. That starts with understanding how nutrition research differs from many other areas of medicine.

A conventional drug trial can often isolate a single intervention and compare it with a placebo under tightly controlled conditions. Nutrition rarely fits that model.

Nutrition science therefore relies on observational studies, controlled feeding trials, mechanistic research, and clinical interventions.

Medical schools must teach future physicians how to weigh these different forms of evidence and understand what each study design can -- and cannot -- tell them.

Evaluating the evidence is only half the job -- physicians also need to know how to apply it to the patient in front of them.

For decades, major medical groups have recommended a one-size-fits-all approach to healthy eating: reduce saturated fat, increase whole grains, eat less, and move more. But that conventional advice has failed to stem the rise of metabolic disease.

Today, approximately 90% of Americans show at least one sign of suboptimal metabolic health, while obesity and type 2 diabetes have steadily increased. It's increasingly clear that a dietary strategy that works for a metabolically healthy patient may not be the best starting point for someone whose body is struggling to regulate glucose and insulin.

Future physicians need a toolkit that recognizes a range of evidence-based dietary approaches. For instance, research routinely shows that low-carbohydrate and ketogenic diets can improve glycemic control, weight, and other metabolic markers for many patients. Mediterranean-style or plant-based dietary patterns that emphasize whole, nutrient-dense foods can also offer benefits.

Medical schools must therefore teach future physicians how to match the right strategy to the right patient.

With this initiative, HHS has created an opportunity to rethink nutrition education for the next generation of physicians. Now it's up to policymakers and accrediting bodies to ensure that the new requirements define competencies, not merely hours.

Get that right, and those 40 hours can produce better doctors -- and healthier Americans.

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Bret Scher, MD, is a board-certified cardiologist and lipidologist, and the founding medical director of the Coalition for Metabolic Health.

'Arsenic and Old Lace' set for WHHS theatre troupe

Get ready for an evening of laughter, mystery, and delightfully murderous mischief! The West Haven High School Theatre Workshop (WHHSTW) proudly presents Arsenic and Old Lace, a classic dark comedy filled with outrageous characters, unexpected twists, and plenty of hilarious chaos.

When drama critic Mortimer Brewster discovers that his sweet, charming elderly aunts have been secretly poisoning lonely gentlemen with homemade elderberry wine, his world is turned upside down. With a brother who believes he is Teddy Roosevelt, another brother with a criminal past, and a house full of increasingly bizarre surprises, Mortimer finds himself caught in a whirlwind of comic confusion as he desperately tries to keep his family secrets from unraveling.

This production marks Mrs. Christina Nolan's (WHHSTW '07) third production as director, following an incredible 2025–2026 season that included earning a Halo Award for Best Contemporary Play for Almost, Maine. We are excited to welcome audiences back for another unforgettable theatrical experience!

Performances are scheduled for Friday, Dec.\ 4 at 7 .pm.; Saturday, Dec. 5 at 2p.m.; and 7 p.m.

Ticket prices are $20 with school system staff, senior citizens and veterans $15, and students, $10.

Tickets can be purchased online at whhstw.org or at the door on the day of the performance. For additional information, please email pbc.whhstw@gmail.com.



Lowry: ***French people revolt***

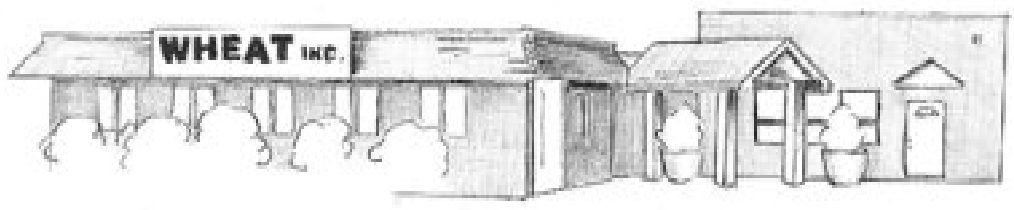
Continued from page 6

under intolerable austerity and there is no political will to pull back on spending. An overmatched President Emmanuel Macron, presiding over a restive country, represents an exhausted center that has done much to bring the nation to this point.

Whatever France's immediate future, greatness is not going to be part of the picture.

Rich Lowry is editor of the National Review.

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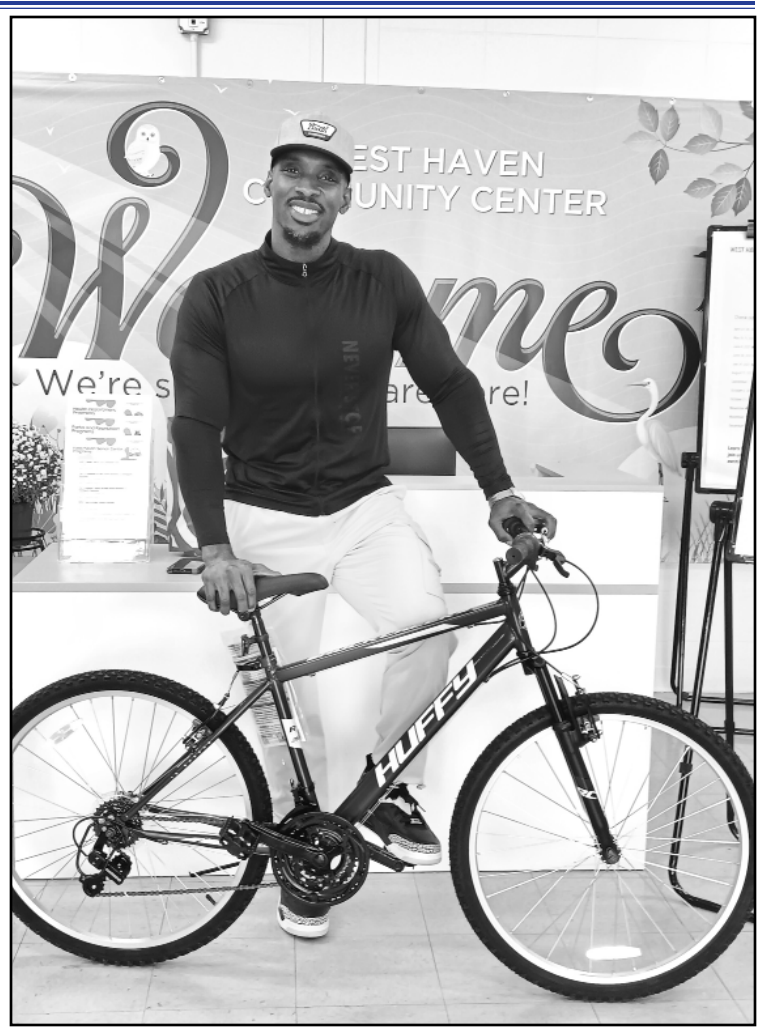
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City Photo





Bike winners

The Department of Parks and Recreation raffled off a pair of bikes donated by Mayor Dorinda Borer for the grand opening of the new West Haven Community Center at 255 Meloy Road on Oct. 22. The adult winner was Westie Jomo Bartholomew, and the kids winner was resident Violet Delgado, 8, with mother Jennifer Delgado. Participants had to get their "passports" stamped in each room of the center to have their booklets entered into the wheel spin raffle.

45 'Hometown Heroes' honored

By Michael P. Walsh
Special to the Voice

Mayor Dorinda Borer, alongside dozens of West Haven veterans and their families, dedicated 45 banners honoring the city's hometown heroes in Bradley Point Park on Saturday.

The patriotic crowd, many wearing shirts and hats emblazoned with their service branches, gathered along the Veterans Walk of Honor on Long Island Sound as Borer thanked veterans for their service and dedicated the newly draped "West Haven Proudly Honors" banners.

The mayor said the Hometown Hero Banner Program is a tribute to West Haven veterans, both living and deceased, including the city's lone Medal of Honor recipient, World War II Army Pfc. William A. Soderman, who distinguished himself in December 1944 while defending an important road junction near Rocherath, Belgium.

"Each of these 30-by-60-inch banners tells a story of dedication and sacrifice," said Borer, speaking in front of a black granite memorial in commemoration of Soderman, who died in 1980. "From the entry points to Bradley Point Park down to the very path we stand on, these banners feature West Haven residents who served across all branches of the United States armed forces and all wars. Living or deceased, these individuals represent the very best of who we are."

Borer then read the names of all 45 servicemen, whose banners display their photo in

See Heroes, page 14



Photos by Michael P. Walsh

During a ceremony dedicating West Haven's 45 Hometown Hero banners in Bradley Point Park on Saturday, family members of the late Robert E. Corbally, a Korean War Navy veteran, and Edmund J. Skerritt, a Korean War Marine Corps veteran, stand beneath the banners they purchased in their loved ones' memory. From left, Robert Corbally, Karen Corbally, Cheryl Corbally, Sally Skerritt, Deborah Skerritt, Tracy Morrissey, Kevin Kiss and Caitlin Kiss. Below -- Mayor Dorinda Borer speaks to the crowd of veterans and residents dedicating the city's 45 Hometown Hero banners at a seaside ceremony on the Veterans Walk of Honor in Bradley Point Park on Saturday.




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90-unit complex plan for former dealership tract

By Dominic Konareski
Voice Writer

A four-story apartment complex will be coming to an already busy and tight Campbell Avenue. The West Haven Planning and Zoning Commission gave the OK in late September for a 90-unit market-rate apartment complex to be constructed at the vacant Mantilia Motors site, residing at 325 Campbell Ave.

The complex will be built with a projected 11,469 square feet of commercial space, with Planning and Zoning giving unanimous approval. Even though city officials gave their undisputed approval, several residents voiced their concerns on the complex – worrying that it will forever change the surrounding neighborhoods.

The majority of the 90-units will be either studio or one bedroom – with 12 two bedroom options. Overall, rent is estimated to begin at roughly $1,600 a month – roughly $200-$400 higher than city average for studios and one bedroom, according to Zillow trends for West Haven as of October of 2026.

Parking plans include 130 parking spaces – down nearly 70 spaces of what the present vacant lot offers now. A small walking path with a "pocket park" will go through the grounds as a public site that both residents of the complex and surrounding neighbors could use.

The developer, Enclave Properties, LLC, already has experience working in the city – it is the same developer that turned Thompson School into 46 apartments. Per an Enclave Properties representative, the developer hopes to bring in a restaurant and bakery, with the possibility of an outdoor dining option for the warmer months.

Overall, this new development coming to West Haven shines a bright light on dark, vacant grounds. The Mantilia Motors site has been closed since 2009 – add that in with already two vacant surrounding businesses in the former Christopher John Michael's restaurant (closed in 1981) and West Haven Buckle Co (closed in 1993), and officials note a need of redevelopment.

Once completed, the complex would generate more than $400,000 a year in taxes that will be accompanied by an estimated $46,000 in annual sewer fees.

With the addition of the 90 units with commercial space below, West Haven will be gaining an estimated 100-120 new residents if all tenants are from outside the 06516 zip, along with numerous new businesses. Currently, West Haven ranks fifth in the state in the top densely-populated city category, according to Zip Atlas City Comparison – West Haven has 5,078.0 people per square mile across a total of 11-square miles.

The potential for an increased population is what surrounding residents made clear during what was a failed attempt to block the apartment complex. Residents on and around Campbell Avenue such as Washington Avenue, have raised questions and

See Complex, page 14

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Photo by Michael P. Walsh

A stand-room-only crowd filled the auditorium space of "The Hub" for the opening ceremonies. The former Meloy School now serves several groups in a centrally located venue.

'The Hub': ***Community Center now open***

Continued from page 3

puter classes for all ages."

The mayor said New Haven Bank, in addition to its financial sponsorship, will host no-cost financial literacy classes at the center.

"We are excited to be a part of this," Corprew told Borer.

For the arts, the main level offers a creative arts studio sponsored by LTKE Law, a conference hall sponsored by Riva Bar & Restaurant, and a cinema with an 85-inch flat-panel TV, recliners and tables.

Riva co-owner Michael Delvecchio said, "Congratulations to the mayor and her team for bringing such a great project to West Haven."

Public safety and support spaces are also integrated into the main level, which houses a police meeting room, a social services office and a conference room.

In addition, the main level features a veterans suite sponsored by the University of New Haven. The suite provides veterans with a computer workstation, a pool and ping-pong table, recliners, and a large flat-panel TV.

"A place like the Hub inspires the community," Frederiksen told Borer. "Congratulations to everyone who participated to bring this vision to life."

Marine Corps veteran Marty Richards, a member of West Haven Vietnam Veterans, thanked UNH for sponsoring the suite, saying, "It's a place for us to go now."

Other sponsors include GHP Media and Westies Care.

The upper level is dedicated to youth programming and the Department of Youth and Family Services. The level features a high-tech gaming center with gaming chairs, 30-inch monitors, five Nintendo Switch consoles, five PlayStation 5 consoles and five Meta Quest 3S virtual reality headsets.

The upper level also includes a youth center with two flat-panel TVs, beanbag chairs, a wellness suite and a gym. Community and enrichment resources on the level include a food pantry and a creative studio for wet and dry arts.

"I'm excited to see how the community center will flourish," West Haven High School senior Aunjolie Pierre-Louis told Borer.

Senior Jade Stevens added, "We need a safe space to thrive."

Pierre-Louis and Stevens are members of the school's Youth Committee and were joined by other members, including junior Sarah Mohammad and sophomores Margarita Buren and Nisanur Saray.

Borer said that while there is a beautiful patio for residents to relax on during the warmer months, Phase 2 includes more outdoor enhancements.

To keep the grand opening celebration going, Borer and other city officials hosted an evening open house for residents to explore the center, meet department staff and learn about upcoming programs.

More than 400 turned out for the open house, which included music, tours, refreshments and demonstrations. Borer was elated with the turnout for both events.

"It demonstrates the interest, excitement and need," she said.

The center is open from 9 a.m. to 4 p.m. Monday through Friday, with expanded hours coming soon.

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Historian's corner

By Dan Shine

Saluting Our Defenders of Freedom

I looked up to them all, and most of them are gone now.

There were two of my Sunday School teachers: Mr. Muirhead, who had served in World War II and when asked about it, told a group of seven-year-olds, "Well, they pushed us, and we pushed them back." And Fred Howard, who served in the same conflict in the Army Air Corps, and recalled being on a bombing mission with flak bursting everywhere around his plane; and when he was sure he was going to die any moment, he looked out the window and swore he saw the figure of Jesus, floating on a cloud, protecting them.

And there was Bill, veteran of World War I who sat out in front of Stop & Shop in Orange, wearing a blazer, a tie and grey trousers, and selling forget-me-nots. He coughed a lot, and told me that "We were in the trenches when the Germans threw the gas at us. And I didn't have a gas mask." And so it was that Bill gave up his health while serving under his Country's flag.

And I recall my Scoutmaster Conroy Taylor, who was fighting the Japanese on board a ship that was hit by a bomb while he was manning an anti-aircraft gun. He was blown from his gun position, and fell ten feet onto the steel deck, landing face-first and losing several teeth.

My Grandpa Shine never spoke of the horrors he had seen while flying a Spad in World War I; neither would his son--my father--until his final years. Our family always knew that dad had fought with the hope that his children would never have to fight. Dad's reminders of his time in World War II were a Bronze Star and a pair of frostbitten feet, which were marked for life.

Cousin John Shine was a Huey pilot over Vietnam, and modestly told the story of evacuating the wounded under heavy fire in a grossly overloaded craft, and escaping the "hot" landing zone at treetop level, as they were hit repeatedly by small arms fire. That episode earned him one of two Distinguished Flying Crosses. And there was Uncle Ed, who was a medic in Korea and earned a Silver Star, but never spoke of the reason to his family.

Since the days of my youth, most of these men have passed away; but meanwhile there have been many others, some much younger than me, who have served this nation selflessly. Among them, I count one of my Eagle Scouts, an infantry sergeant named Sean, Veteran of conflicts in Iraq and Afghanistan. For I watched him grow up, and today, he is one more of the men I look up to. They're all a special breed, you know.

"Lest We Forget:" On Nov. 11 each year we pause to remember all those veterans, past and present, who believed in something bigger than themselves, and chose to fight for the Freedoms that we cherish and abuse. Our thanks be unto them.

Amen.

The Bradley Point Soderman Memorial, named after the city's Medal of Honor winner, and the brick walkway along the perimeter of the grounds is just one example. The Vietnam Memorial a short distance away was a community project. And farther down is a memorial that stood at First Avenue School.



Dan Shine is a columnist for the West Haven Voice, and local history buff.







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Photograph by: Biagetti's staff

Lions award

West Haven Lions Club President Steven R. Mullins presents a certificate of appreciation to member Abdul Mohammad, as club treasurer Linda Pilgrim (L) and member Andonia Clessas (R) look on. A testimonial dinner was held in Mohammed's honor at Biagetti's recently. He has been a member of several Lions Club chapters for many years and relocated with his family to North Carolina last month.



Photograph by: Lt. Kevin McKeon.

Allingtown memorial

City Councilor Dawn Callahan (D-6) speaks during the annual Allingtown Volunteer Fire Association memorial wreath laying ceremony at the Allingtown Green last Saturday. The ceremony honored the lives of deceased Allingtown veterans and firefighters. Allingtown Volunteers Fire Association Chief and Center District Fire Commissioner John Carew served as master of ceremonies. Retired West Shore Fire Lieutenant Keven McKeon played reveille and taps. The invocation and benediction were delivered by The Rev.Thomas Jackson, Rector of the Episcopal Church of the Holy Spirit.

Heroes: ***45 residents honored***

Continued from page 8

uniform, their service branch, and the war or era in which they served, including Korea, Vietnam, Iraq and Afghanistan.

The mayor called the banner program, announced in August, "a powerful, highly visible tribute to the brave Westies who served our nation with honor."

The banners hang from lampposts along the seaside walkway.

"When you look up at these banners, you will see the faces of our neighbors, our friends and our family members," Borer told the crowd. "They serve as a daily reminder of the price of our freedom and the strength of our community."

Rick Spreyer, the mayor's chief of staff, served as the master of ceremonies for the morning dedication, which was attended by West Haven Municipal Veterans Rep. Rich Deso, state Rep. Bill Heffernan, D-West Haven, and City Council members Gary Donovan, D-4, David Beaton, D-9, and Meli Garthwait, R-at large.

"Thanks to the hard work of Beth Sabo in my office, we are proud to display these banners through Veterans Day," Borer said. "We will take them down for the winter to protect them, rehang them in time for Memorial Day, and keep them flying straight through to Veterans Day each year."

The mayor added: "This program was advertised in the newspaper and on social media, which brought the 45 families forward to purchase the banners. But now that they are up and are strikingly beautiful, we have already been inundated with requests from more families asking for a Phase 2 so they can participate. I will work on this in 2027."

See the complete list of banners here: https://www.cityofwesthaven.com/ImageRepository/



Photo by Robert Creigh

A close-up view of the banners that were unveiled over the weekend.

Little Caesars set for Post Road site

By Dominic Konareski
Voice Writer

West Haven residents will soon be hearing "Pizza Pizza" as the 'hot-n-ready' chain of Little Caesars is coming to the Post Road section of the city.

This announcement comes already with the famous pizza chain actively having six locations across the Nutmeg State, with the closest one to the 06516-zip code being a 13-mile drive some 20-minutes away in Bridgeport.

The West Haven Little Caesars will reside on 1088 Boston Post Road inside Suite F of the shopping plaza, which already houses businesses such as Mr. Bubbles Laundromat, Nail City, New York Deli & Grocery and a Boost Mobile outlet store.

So far, there is no projected opening date or set-in-stone timeline to Little Caesars' opening its West Haven location. Patrick Blake, who is part of Little Caesars' global marketing communications, is cited in a Stanford Advocate article saying that the lease has been signed and permits for the West Haven location have already been approved.

No exact opening date has been set for the West Haven location. Overall, the location is projected to open sometime during the first quarter of 2027, as the company has stated that additional details will also come during the first quarter period as well. Blake did caution that construction timelines could be pushed back depending on the winter weather.

Once opened, Little Caesars will be the latest pizza style restaurant in West Haven, which is most famously known for housing Zuppardi's Apizza.

The opening also gives the city their first major chain pizza restaurant since Pizza Hut closed in 2017, with the building now being Nick's Luncheonette. Little Caesars is widely known for their pizzas starting at an affordable $7.99 and their crazy bread. The brand's iconic $5 price point is still currently available when you order two large pies.

Complex: ***90-unit plan given go-ahead by PZ***

Continued from page 10

concerns about traffic, drainage, parking and how a four-story building will affect their views and the street as a whole.

"I know this town and I know the people in this town. They're not good with change," PZC alternate Richard Standish said during a public hearing at City Hall in September.

PZC Vice Chairman John Biancur chimed in saying how the application is among one of the most detailed the commission has received. Biancur stated how it met all the guidelines of the Downtown Municipal Development Plan.

A traffic study was also conducted, finding that the addition of the apartment and businesses wouldn't increase traffic at any higher level than Campbell Ave is faced with presently.

Currently, a construction or projected completion date have not been finalized.

Halloween on the Green scares up ghoulish fun!

Photos by Robert Creigh













Westies: ***Fall seasons come to a close***

Continued from page 20

Setory over Daniel Hand. The Westies won by scores of 25-19, 23-25, 10-25, 25-16, and 15-9.

Aquino had a big night with 31 assists and 17 digs, while Ruggiero was stellar on both sides with 18 kills and 31 digs. Siguencia Tenesaca added 15 digs, Sotoj Ortiz had eight digs, Hines was solid with nine kills and eight digs, Macz had six digs, and VanBrederode had six kills.

West Haven finished the regular season at 11-9 with a 3-0 home victory over Platt Tech. The Westies won by scores of 25-7, 25-12, and 25-22.

Aquino ran the offense with 23 assists. Ruggiero had 17 kills, Hines added seven kills, Siguencia Tenesaca added five aces and three digs, and VanBrederode had four kills.

The season came to a heart-breaking end for the boys soccer team. After opening the Class LL state tournament with a 3-2 upset victory over eighth-seeded Stamford, the 25th-seeded Westies fell in the second round against ninth-seeded Norwich Free Academy, 3-2.

Despite goals by Santiago Morales and Amar Sanounou, the Westies were not able to pull off their second straight upset.

West Haven advanced to the second round by defeating Stamford. Ismail Sanounou, Amar Sanounou, and Youssouf Keira all scored for the Westies.

With optimism high entering the postseason, the soccer team was looking to make a run. Top-seeded Xavier had something to say about that as the Falcons blanked eighth-seeded West Haven, 6-0, in the Southern Connecticut Conference quarterfinals.

After qualifying for both the conference and state tournaments, West Haven set its goals on improving its seeding for the state tournament.

Playing cross-town rival Notre Dame, the Westies found themselves in an early hole, rallied to take the lead, before holding on in a 2-2 draw at Ken Strong Stadium. West Haven moved to 6-4-4 on the season.

Amar Sanounou scored both West Haven goals in the second half to lift the Westies to the draw.

Trailing 1-0 on a Notre Dame goal by Landon Roye, Amar Sanounou evened the game at one with 19:39 remaining in the game, before giving the Westies a 2-1 lead with 14:54 to go. Lucas Maciel evened the game at two with 7:01 to go in the contest.

After dropping to 6-5-4 with a 2-1 loss at Hand-Madison, West Haven looked to get back on the winning track when the team hosted Amity. Despite controlling play through certain points of the game, the Westies only found the back of the net once and fell 3-1 to the Spartans to drop to 6-6-4 on the year.

The Spartans led 1-0 at the half and 3-0 late in the second half before Joel Goodlow scored with 6:56 remaining in the game for West Haven. Despite quality second half opportunities, Goodlow was the lone West Haven goal scorer in defeat.

The girls soccer team saw its run in the state tournament become a short one as the 28th-seeded Westies fell, 5-0, in the opening round of the Class LL state tournament against Notre Dame Prep.

West Haven fell to 5-8 with a 3-2 Senior Night loss against Lyman Hall. Sumeyye Uzun and Naomi Shubin scored in the loss for West Haven.

The Westies responded and qualified for the state tournament for the first time in three years with a 2-0 victory over Career. With the win, West Haven improved to 6-8.

Amiyah Jones and Lynnie Chesson each scored a goal in the win for the Westies.

West Haven improved to 7-8 with a 6-1 victory at Sheehan. Six different players found the back of the goal as Stella Porto, Jones, Mariella Cappetta, Celeste Dinallo, Adriana Fabian, and Luciana Cappetta all scored for the Westies.

The Westies fell to 7-9 with a 4-1 home loss against Cheshire. The Rams scored twice in the final 18 minutes of the opening half to take control of the game with a 3-0 lead.

Jones put West Haven on the board with 10:48 remaining, but it was not enough as Cheshire closed out the victory.

The girls swim team topped Branford, 94-70.

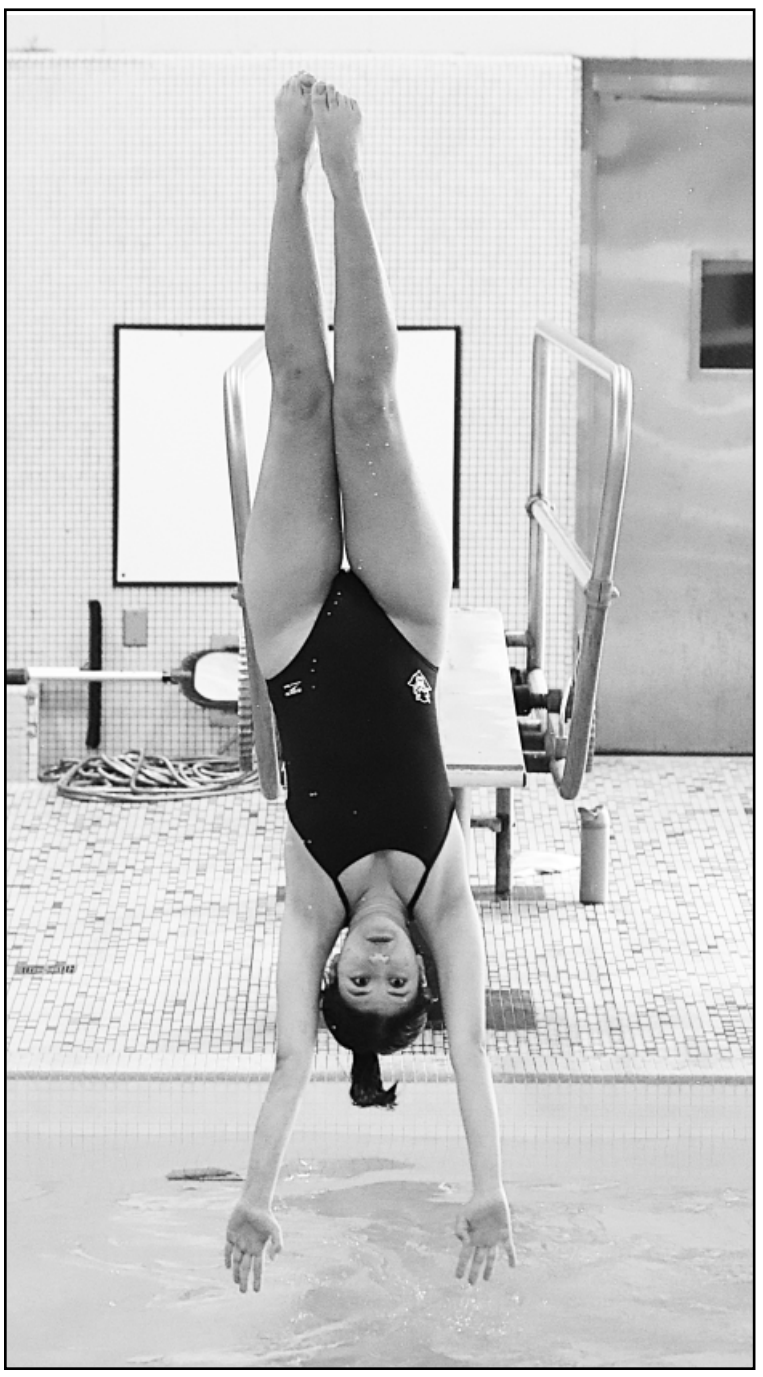
West Haven was victorious in the 200 medley relay in 2 minutes, 13.13 seconds with a team of Natalia Lowe, Sophia DeLauri, Arianna Rose, and Emily Falanga, while the team of Sila Akilli, Keren Medina Panchi, Zoey Prutting, and Monserrath Yuquilima was third.

Rose won the 200 yard freestyle in 2:20.04, while Camila Caceres was third. DeLauri placed first in the 200 IM in 2:32.94, and Brooklynn Loehfelm was second in 2:56.54, while Falanga was second in the 50 freestyle in 28.48.

Akilli won the one meter diving with 146.70 points, Margarita Buren (1:22.33), Prutting (1:44.34), and Martina Gallegos Villagran (2:59.85) were the top three finishers in the 100 butterfly.

Falanga was victorious in the 100 freestyle in 1:03.15, Haleigh McCarthy won the 500 freestyle in 6:51.94, and the 200 freestyle relay team of Loehfelm, Caceres, Buren, and McCarthy won the 200 freestyle relay in 2:11.86. The team of Yuquilima, Medina Panchi, Prutting, and Gallegos Villagran was third in 2:48.86. Rose won the 100 backstroke in 1:11.44, and the team of Falanga, Lowe, DeLauri, and Rose was second in the 400 freestyle relay in 4:28.13.







Photos by Todd Dandelske

Montage

Ellis Cortes competes in the SCC Championships for the Westies at East Shore Park. Sila Akilli competes in diving in the Blue Devils' 95-77 victory versus Naugatuck. Amiyah Jones drives the ball down field against ND Prep.



Photo by Todd Dandelske

Big tally!

West Haven's Ismail Sanounou scores for the Blue Devils in their 3-2 win over Stamford in the CIAC playoffs.

Youth Soccer League winds up fall season

On Oct. 23,Frankies of West Haven was led with outstanding offensive efforts by Iker Jimenez Figueroa, Theo Queiroz Pereira, and Ivar Talamelli against the University of New Haven blue Horses. Both Lantz Hindz, and Dereck Vega contributed great efforts on the defensive side of the pitch as they won 4-0.

Lorenzo's Ristorante Italiano Orange Tangerines fell to Stars Ice Cream 2-0. Cian Sullivan played unbelievable in the goal. Anthony Gambardella and Noah Johnson both scored.

The West Haven Police Local 895 squeaked out a 1-0 win against Milano & Wanat. Cade Hemming and Matteo Salinas had an incredible day at defense, and Liam Rodriguez and Jonathan Dias held strong at midfield. Ace Hemming scored the lone goal of the day.

Wizzard Painting played Elsie Encarnacion State Farm Insurance. Caleb Horvath scored three goals with terrific assists from Liam Calvao and Liam Hill highlighting some great teamwork. Jo Jo Stokes was once again a powerhouse, bring energy and determination to the field.

Top Hat Dance Academy won against Pinkie's Embroidery and More, 3-1. Journee Sharpe had two great breakaways, but just missed scoring. Frankie Skalkos played great defense and stopped multiple plays, and Charlotte Sebas had some really great saves while playing goalie.

The previous weekend, Physicians Physical Therapy defeated the Frankie's of West Haven, 5-0. Goals were scored by Al-Khaliq Abraham, Miracle Onafuna, and Gabriele Rossi. The team had a strong defensive effort all game long with Joshua Peters and Harris Kontouris in goal. For Frankie's of West Haven, Carlos Mendoza was brilliant in goal while Oliver Doughery and Tucker Cyr played solid defense. On the offensive end, Curtis Housley, Abdel Alejandro, and Xavier Munoz-Montano were all relentless in the offensive half of the field.

The West Haven Police Local 895 Red Dragons won a hard-fought game against Shoreline Wellness Center. Cash Papa, Liam Rodriguez, Noah Flores and Idris Green all scored goals. Landon Heaphy had a great game at defense.

Lorenzo's Ristorante Italiano Orange Tangerines bounced back and won, 4-1, against P&B Express. Curtis Diaz played amazing in the midfield. Zeyad Baoudene scored a goal. Noah Johnson also played unselfishly, setting up his teammates.

On Halloween, The West Haven Police Union Local 895 Red Dragons finished the season with an impressive 4-1 victory against Shoreline Wellness Center. Dominic Ferris held the Shoreline Wellness Center to only 1 goal. Cade Hemming was a key player at defense with Landon Heaphy and Russell Fredrickson playing great at midfield. Luke Henninger played a huge role at the offensive side of the ball with several precision throw ins.

The Bluejays sponsored by Wizzard Painting had their last soccer game of the season against Milano & Wanat, winning 3-1.

Hustle and great team spirit were on display from Liam Calvao, Yamin Said, Juan Arteaga and Ikenna Eze. In Saturday's match against Physician's Physical Therapy, Frankie's of West Haven fell, 5-1. Sterling Masterson and Isiah Montano powered the offense, while Robert Kelly IV led the defense in front of the great play of Dylan Ramiriz in net.

For Physicians Physical Therapy, goals were scored by Al-Khaliq Abraham and Wyatt Williams. Brody Birmingham and AJ Negroni moved the ball well in the backfield to assist and Ian McCarter was outstanding in goal.

Lorenzo's Ristorante Italiano Orange Tangerines finished the season strong with a 6-0 win against Stars Ice Cream. Adam Mohammadi played great, setting up his teammates. Noah Johnson scored on a beautiful shot from the outside. Jalen Hoskie was a force on the defensive end.



Writer highlights Yanks that played in city

The history of minor league baseball in West Haven now has its own place on the bookshelves.

Local author, sports journalist and New York Sports Show creator Dominic Konareski has released Pinstripes In West Haven, a 146-page paperback that chronicles the history of the West Haven Yankees.

The book, available exclusively with Barnes & Noble, takes readers back to the 1970s when the New York Yankees organization shifted their Double-AA affiliate from Manchester, New Hampshire, to West Haven, Connecticut. The West Haven Yankees had their inaugural season in 1972 and won the Eastern League title in that first season – overall, it would just be one of four total E.L. championships during their stay in West Haven, which spanned from 1972-79.

The West Haven Yankees played their home games at Quigley Stadium, which carries its own chapter in the book along with a chapter for the creator of the ballpark in Mo Quigley.

For Konareski, the book comes as his second publication following his Gloves, Engines & Glory book he released earlier this year in January. Just like Gloves, Engines & Glory Konareski made sure that Pinstripes In West Haven highlighted the city's deep-rooted athletic history.

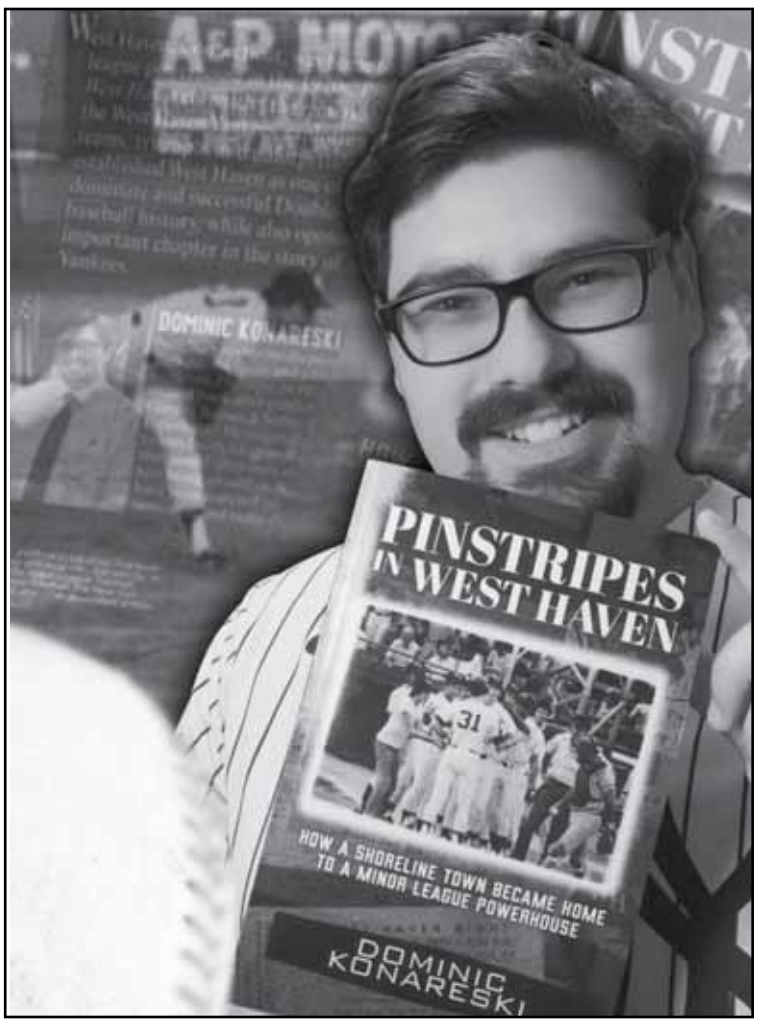
"It's incredible to me just how much of West Haven's history its own residents don't know about," said the 22-year-old author. "The West Haven Yankees helped propel New York into its Bronx Zoo era and accounted for numerous mainstays in the major leagues."

Pinstripes In West Haven carries the subtitle of How a Shoreline Town Became Home to a Minor League Baseball Powerhouse, as the book focuses heavily on the players of West Haven and the direct effect the team had on minor league baseball.

Among notable names connected to the West Haven Yankees franchise are the likes of Ron Guidry, Dave Righetti, Buck Showalter and Jerry Narron. Along with those names, the book showcases all 151 players to ever play with West Haven.

"I've had several former West Haven Yankees players reach out to me," said Konareski, who stated how much they loved the book and praised it for its accuracy.

Overall, the creation of Pinstripes In West Haven required some 300 hours of work according to Konareski, who said he worked on the book nearly every day from late April to a week prior to its release in early October.



Writer Dominic Konareski poses witht he cover of his new book.

Youth sports writers sought

As part of its initiative to generate more information coming from the public, the Voice is seeking writer/correspondents for the various spring and summer youth programs offered in various sports.

Currently, only the West Haven Youth Soccer League sends regular, weekly information to the newspaper during its spring and fall seasons. Other sports have slowly faded over the years.

"It used to be we had to make room for youth sports throughout the seasons, but leagues have not kept up with the demand," said Editor Bill Riccio. "We have had complaints about the lack of youth sports coverage and have to tell the parents and coaches that it is up to the league to have a publicist for that task."

Those who desire to submit youth sports articles will have until Monday prior to the publication at 4 p.m. as the deadline. Stories are subject to editing and cutting as do all submissions.

The stories will not only appear in the print edition of the paper, but its online edition and in its social media platforms. Writers will be given a byline. Call (203) 934.6397 for details.

Legal Notice

West Haven Eviction Warehouse Auction Notice

West Haven Eviction Warehouse Auction Notice - Below is a list of names and addresses of owners of clothing and household supplies removed by a CT State Marshal following a lawful eviction in West Haven. Pursuant to CT General Statute section 47a -42c, these goods will be auctioned off on Thursday, November 19, 2026, at 10 am, at the storage warehouse for Public Works located at 17 Wood Street Building lC West Haven, CT 06516.

Prior to the auction, goods may be claimed and picked up by appointment only Please call 203-937-3585 to schedule an appointment. The deadline is noon Wednesday, November 18, 2026. Proper identification is required to claim goods. A $10.00 cash deposit is required for all those who intend to place bids on bins. The deposit may be returned to you after the auction. In cases where you have a winning bid, this deposit may be applied towards payment. Bidding for lots will begin at $10.00 with the balance to be paid in cash immediately following the auction. The successful bidder must have all items removed by 12 noon. Stored items to be auctioned are to be sold in lots only.

Names/Addresses:

Charles Moses, 7 Coleman Street, apt 2B West Haven, CT 066516

Heather Norton, Alana Mancini 391 Meadowbrook Court, West Haven, CT 06516

Bearnard Hanlon, 63 Glade Street Unit A-04, West Haven, CT 06516

John Doe, Jane Doe, John Doe II, Jane Doe 11, 46 Ogden Street, West Haven, CT 06516

Fallou Ndiaye, Mor Ndiaye, 33 Kenneth Street Apt #5-7C, West Haven, CT 06516

Julius Garner, 55 Glade Street, Unit C-9 West Haven, CT 06516

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Photo by Todd Dandelske

Big D

The Blue Devils defend their goal on a corner kick in their 3-2 victory over Stamford.

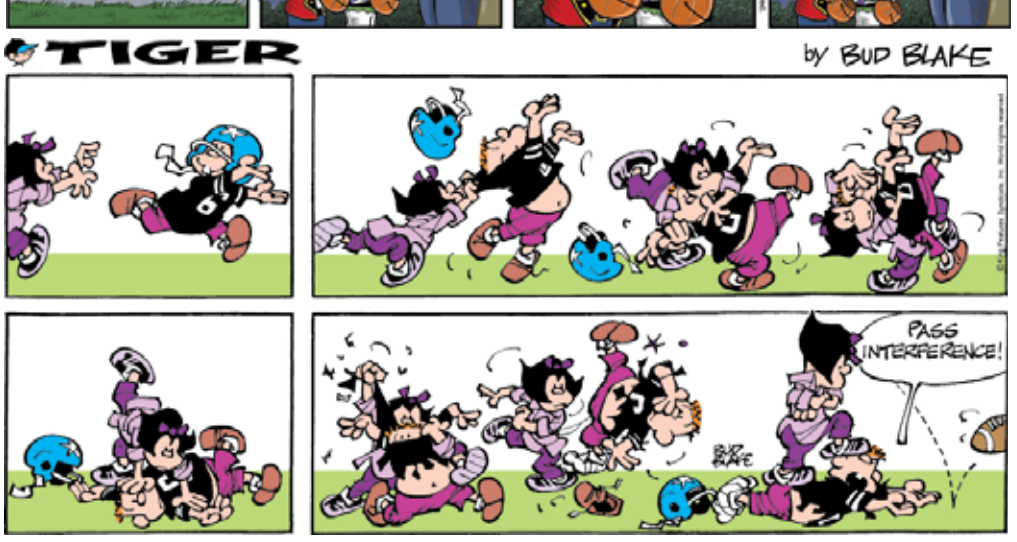
Amber Waves

by Dave T. Phipps



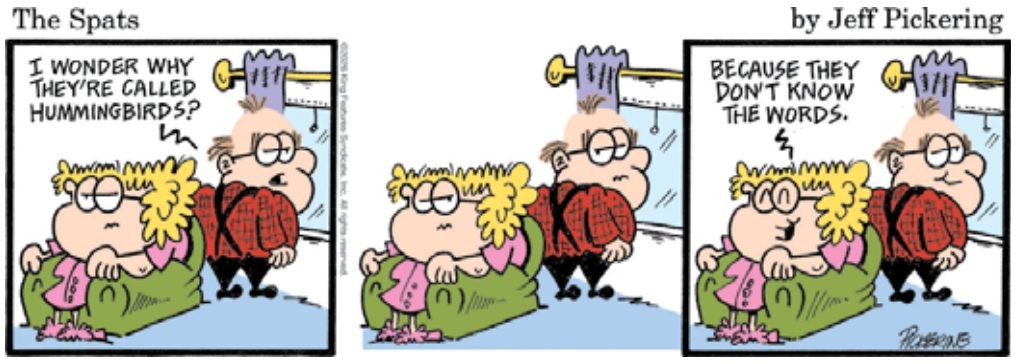
TIGER

by BUD BLAKE

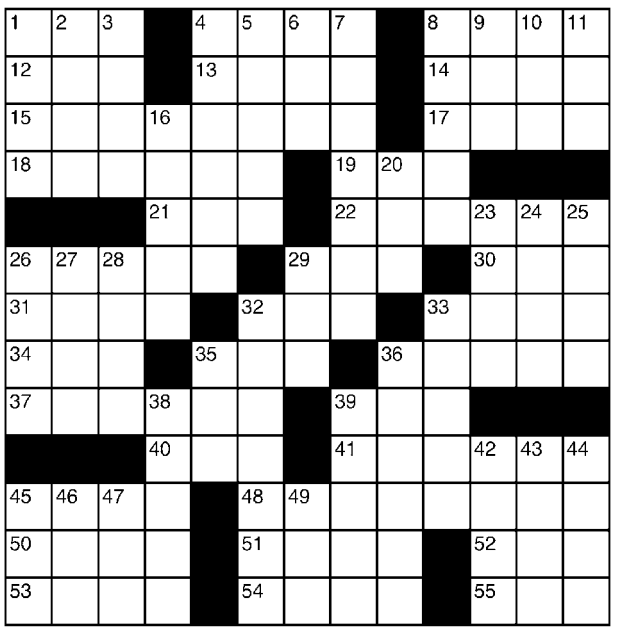


The Spats

by Jeff Pickering



King Crossword



ACROSS

1 Personal
4 Poi base
8 Fraud
12 Romance
13 — incline (tilted)
14 Unruly groups
15 Message from an admirer
17 Border on
18 On an angle
19 Vinyl records
21 Before
22 "Darn it!"
26 Scrabble pieces
29 Movie format
30 "Little piggie"
31 Rd. crossers
32 Grant's foe
33 1982 sci-fi film
34 "The Newsroom" actor Patel
35 Farm grazer
36 Resided
37 "I, Robot" author
39 Lanka lead-in
40 Storm center
41 Sculpted trunks
45 Sagan or Sandburg
48 Romantic Ella Fitzgerald song
50 Squad
51 — Stanley Gardner
52 PC linking system
53 Short cuts
54 Snitched
55 Vintage

DOWN

1 They give a hoot
2 Scarf material
3 De — (from the start)
4 Printer refills
5 Battery part
6 Squealer
7 Bob Marley hit song
8 Big hit
9 Corn core
10 — Dhabi
11 Rockies hrs.
16 Tools for duels
20 Third degree?
23 To be, in Tours
24 "Neato!"
25 Superman's alias
26 "There!"
27 Currier's partner
28 Jeans maker Strauss
29 Morning moisture
32 Mini-shutout at Wimbledon
33 Spin
35 Demure
36 Buzzed
38 Thaws
39 Unmoving
42 Aviator's milestone
43 Track shape
44 Email command
45 Young lion
46 Year in Spain
47 Chest bone
49 Granada gold

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Weekly SUDOKU

		4				1	2	8
		2	1		9	5	6	7
7	1		5		8	9		
	4		9				7	1
6			7		1	4		
3	7		8		4	2	9	
			3	9			4	
		3		8		7		
4		7						3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

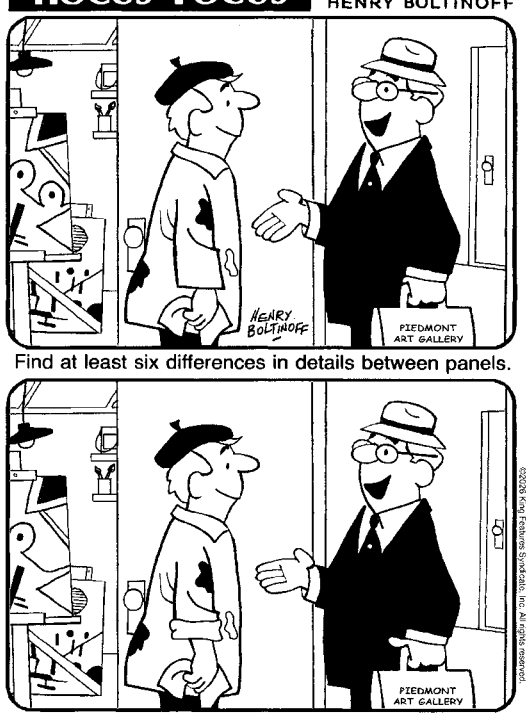
DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

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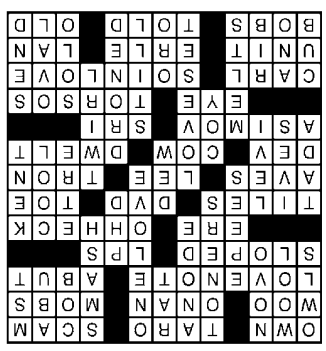
Differences: 1. Light is moved. 2. Sleeve is rolled up. 3. Hand is moved. 4. Door is moved. 5. Thumb is moved. 6. Painting is different.

Weekly SUDOKU — Answer

3	5	8	6	1	2	7	9	4
9	1	7	5	8	4	3	6	2
2	6	4	3	9	7	5	1	8
4	9	7	2	6	3	8	5	1
6	2	9	4	5	8	1	7	3
5	8	4	1	7	9	3	2	6
1	7	3	9	2	6	4	8	5
8	3	2	7	4	5	6	9	7
7	4	6	8	3	1	9	5	4

King Crossword — Answers

Solution time: 26 mins.



Trivia test by Fifi Rodriguez

1. HISTORY: In which year was the euro currency introduced?
2. U.S. STATES: Which state is the driest in the nation?
3. ANATOMY: A phalange refers to what in the human body?
4. MOVIES: Which 2012 movie has the tagline "The D is silent"?
5. LANGUAGE: What does it mean to anthropomorphize?
6. TELEVISION: What's the name of Bart's teacher on "The Simpsons"?
7. MONEY: Which president is pictured on the $50 U.S. bill?
8. LITERATURE: The characters Tweedledee and Tweedledum appear in which children's novel?
9. MUSIC: Who was the founder of Motown Records?
10. GEOGRAPHY: Where is East Timor located?

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Trivia Test Answers

1. 1999; 2. Nevada; 3. Finger or toe; 4. "Django Unchained"; 5. To give human traits to non-human things; 6. Edna Krabappel; 7. Ulysses S. Grant; 8. "Through the Looking-Glass, and What Alice Found There"; 9. Berry Gordy Jr.; 10. Southeast Asia, occupying half of the island of Timor

West Haven Voice

Sports

Thursday, November 12, 2026 Page 20

Westies fall to Hand, booters eliminated

After a big road victory over Sheehan, the West Haven football team was looking to keep the momentum going. That momentum fell short in a 48-28 home loss against Hand-Madison to drop to 2-5 on the year.

West Haven spotted Hand a 14-0 lead on a pair of Jake Rusher touchdown passes, before a Kahlil Tomlinson to Cordell Barrow 57-yard touchdown pass and the two-point conversion got the Westies within 14-8 after one quarter.

The Tigers took a 27-8 lead to the half, and increased the margin to 41-8 in the third quarter. Tomlinson then hit Jakari Harris on touchdown passes of 14 and 15 yards to get within 41-22 after three quarters, before Tomlinson ran in from seven yards out in the fourth quarter to cut the deficit to 41-28.

West Haven snapped a three-game losing streak and improved to 2-4 with a 28-22 victory at Sheehan. Tomlinson threw for three touchdowns and Harris scored three touchdowns in the win.

West Haven took a 14-0 lead in the first quarter when Tomlinson connected with Barrow for a 56-yard scoring strike. Harris then scored on special teams as his 70-yard return gave the Westies a 14-0 advantage.

After a pair of Zack O'Brien 4-yard scoring runs evened the game at 14 for Sheehan, Tomlinson connected with Harris with a 64-yard touchdown pass for a 22-14 halftime lead. The duo connected again in the third quarter for a 66-yard score and a 28-14 lead.

The West Haven volleyball saw its trip to the Southern Connecticut Conference tournament become a short visit. The 13th-seeded Westies traveled to play fourth-seeded North Haven in the first round and the Nighthawks prevailed, 25-27, 25-19, 25-13, 25-23.

West Haven had dropped its third straight contest with a 25-23, 25-7, 25-10 loss at Sacred Heart Academy to fall to 9-9 on the year.

Lizledery Aquino ran the West Haven offense with 17 assists, and she also added six digs in the loss. Gulianna Ruggiero had 12 digs and 11 kills, Katheryne Macz added seven digs, Nathaly Siguencia Tenesaca chipped in six digs, Estefanni Sotoj Ortiz had five digs, and Gabrielle Hines and Isabella VanBrederode each had four kills.

West Haven improved to 10-9 with a 3-2 home vic

See Westies, page 17





Photo by Todd Dandelske

Seniors honored

Above -- West Haven Girls' Swim celebrated Senior Night prior to their 95-77 win over Naugatuck. Below -- The girls soccer team honored its seniors with parents and friends, prior to its game with the Lady Trojans of Lyman Hall.