

Essex events

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First Selectman's Corner

Dear Friends and Neighbors,

Well, we made it! Spring has finally arrived in all of its glory. After this difficult winter, it feels great to be able to go outside, enjoy the warmer temperatures and partake of the many activities happening in Town this time of year. Take some time to enjoy the Garden Club's May Market and the Memorial Day and the Burning of the Ships Parades. Think about signing the kids up for the Park and Rec Department's summer camp. Go visit the River Museum, take a ride on the Steam Train, or see a show at the Ivoryton Playhouse! While you are out and about, I encourage you to support our local businesses. They rely on our patronage.

The Boards of Education in Essex, Chester and Deep River requested the Region 4 School District to propose a plan to regionalize Grades Pre-K through 6 in order to continue providing an excellent education for our students and put in place an improved structure to address the State and Town's declining enrollment trend. In response, the District's Board of Education, along with Municipal Leaders, collaborated with a Committee of six working groups to review and identify the educational and financial benefits of expanding the Region 4 educational system to include the elementary grade schools

and come up with a plan which would allow for more effective sharing of resources, increased efficiency in administration and budgeting, and enhanced Board of Education governance by reducing the number of Boards from five to one.



First Selectman Norm Needleman

At a special joint Board of Education meeting, working with an Attorney from Shipman & Goodwin, a draft regionalization plan was developed. A series of public hearings will be held to solicit thoughts and opinions from residents of the three Towns. The committee will take that public comment into consideration and may make changes as a result. There will be a joint BOE meeting on June 4th to consider the final version of the plan, and if accepted, the plan will then go to a referendum on Sept. 29th in all three Towns. Each Town must support the initiative by voting yes in order for the plan to be implemented. If passed, regionalization will become effective July 1, 2016. I strongly suggest that all residents participate in this process by familiarizing themselves with the plan, provide input at the public hearings and vote. This is

Continued on page 3

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Essex: A Crown Jewel is reborn. Total renovation of 1870 home featuring Marvin windows and doors, Geothermal Heat Pump system, new electrical, plumbing and roof. Chef's Kitchen overlooks open floor plan dining and living areas. Light filled 4,500 square feet. Offered at \$2,950,000



Old Saybrook: Beautiful 1870 historic home, with stunning views of the CT River and North Cove entrance. The 4 Bedroom, 4 Bath home has been totally renovated. Two Master Suites, formal and informal living areas, Gourmet Kitchen. Attached two car Garage. Beautifully landscaped over 1/2 acre with amazing water views. Co-Listed with Randi Bradbury. Offered at \$2,450,000



Essex: Waterfront building lot with breathtaking views of the CT River, Lyme Hills and North Cove. Walking distance to Essex Village. Perfect site for a classic home! Offered at \$1,225,000



Deep River: Waterfront Serene setting, phenomenal views overlooking Money Creek, the CT River and Eustacia Island. Private road, 3 Bedroom, 3.5 Bath with separate Studio/Office with 1/2 Bath. Artfully landscaped gardens, in ground Gunite pool, screened porch, deck. Teaming with wild life. Marinas nearby. Offered at \$1,178,000



Essex: New England Farmhouse. Set on a level lot. This charming home offers a first floor Master Suite with fireplace, and 3 guest Bedroom, 2.5 Bath, lovely sunroom with private terrace, and Guest Cottage ideal for a home office. Walk to Main St., Marinas, town landing and CT River. Offered at \$698,000



Deep River: Water views of the CT River. Circa 1790 Cape with Guest House. Beautifully restored, keeping the original and incorporating modern conveniences. Custom eat-in Kitchen with Viking, Subzero. Air Conditioned, 3 Bedroom, 2.5 Bath. Professionally landscaped, water access across the street. Offered at \$679,000



Essex: Walk to Essex Village from this well maintained, Antique, Classic Stephen Starkey home, 4 Bedroom, 3 Bath. All baths updated, open eat-in Kitchen, screened in porch, views from most rooms of the beautiful landscaped gardens. Barn with electricity. Offered at \$598,000



Old Lyme: Charming Antique home set high with original wide board floors, 3 Bedroom, 2.5 Bath, Dining Room with French Doors leading to stone patio. Four fireplaces. Central air. Offered at \$495,000

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SELECTMAN'S CORNER...continued from page 1

one of the most important issues to come before the public since Region 4 was formed 65 years ago.

The Boards of Selectmen and Education have sent their 2015-2016 Budget proposals to the Board of Finance, which has moved them to Public Hearing. Residents will have a chance to vote on the budget at a Town Meeting on May 11th. For more detailed information about the budget please check the Town and Region 4 websites. Once again we've developed a Citizens Guide to the Essex Town Budget with copies available at the Town Hall and online.

Replacement of sidewalks, decorative crosswalks, re-grading, new curbing, drainage improvements, and road replacement will begin shortly in Ivoryton Center with help from a State of Connecticut Main Street Investment Fund grant. Also included in the project is new landscaping in and around the Park, some additional streetlights, and a reconfigured parking area at the Park. All efforts will be made to accommodate the schedule of events for Ivoryton during the construction period. Additionally, a competition is underway to design an artistic symbol reflecting the Village history. It will be constructed and placed in the center of the Village.

Enjoy the warm weather! We all deserve it after the winter that just passed. All the Best, Norm





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4th Annual Run for Chris 5K



The 4th Annual Run For Chris 5K will be held June 27 in Essex. The race is held in memory of Christopher Belfoure, a 2005 graduate of VRHS, to raise money for the The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County.



While a student at Valley, Chris went on several school trips abroad. These experiences served as catalysts for a strong desire to learn more about what lay beyond the scope of his horizon. Chris went on to major in History and Chinese Studies at West Virginia University, where he spent a considerable amount of time studying abroad in China. He developed a keen interest in and fondness for the Chinese people and their culture (all the while becoming fluent in Mandarin). Upon graduation from WVU, Chris secured employment in Shanghai working for an international information technology firm.

Inspired by his own life-altering journeys, Chris was passionate about encouraging others to broaden their own horizons and follow their own paths. And so to keep his inspiration and passion alive, The Chris Belfoure Memorial Fund was established at the Community Foundation of Middlesex

County in 2011. The Fund is intended to perpetuate Chris' vision by helping local area high school students travel abroad.

A number of area students have benefited from the Fund, traveling to such places as Costa Rica, France and Spain. Local Essex resident David Hayes, a fund supporter and avid Run For Chris participant, relayed how the fund has benefitted his own daughter: "I am glad to continue to support such a worthwhile cause with such deep meaning. The way you have turned the loss of your son into supporting multiculturalism in our local community is inspiring to me. My daughter was lucky to have been involved in the VRHS language programs, and is now a college freshman in California. She was greatly influenced by her trips abroad. As for me I will try to keep Chris in mind as I travel and run in locations near and far."

To register for the Run, go to www.aratrace.com. For more information, contact George Chapin, Race Director, at george_c@snet.net.

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It's Some Enchanted Summer at the Ivoryton Playhouse

Summer in Ivoryton is going to be sizzling hot! We open the summer season on June 1st with the US professional premier of one of the UK's most popular shows, **Calendar Girls**. Adapted by Tim Firth from his smash hit Miramax film of the



same name, it is based on an inspiring true story that is both poignant and hilarious. A group of extraordinary women, members of a very ordinary Yorkshire Women's Institute, spark a global phenomenon by persuading one another to pose for a charity calendar with a difference! As interest snowballs, the *Calendar Girls* find themselves revealing more than they'd ever planned...

In July, come and enjoy an enchanted evening as we present Rodgers and

Hammerstein's timeless classic play, **South Pacific**. Although well known for its extraordinary score – the songs include “Some Enchanted Evening,” “Younger Than Springtime,” “Bali Ha'i,” “There Is Nothin' Like A Dame,” and “A Wonderful Guy” – *South Pacific* is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture in wartime is as relevant today as when it first thrilled audiences in 1949.



Winner of four Tony Awards, including Best Musical, **Memphis** exploded onto Broadway in 2010, and from August 5-30 this year, it is making the



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For tickets and information, visit our website at www.ivorytonplayhouse.org or call the box office at 860-767-7318.

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Essex: Traditional w/contemporary flair & modern amenities in heart of Essex village. Open floor plan, 1st floor master bedrm, state of the art KT, 5 BRs. \$399,000
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Essex: Beautiful views of North Cove & CT River from this 2nd fl ranch unit. 2 decks, new laminate floors, freshly painted, new stove, fridge & A/C units. \$205,000
MaureenNelson.com 860-227-9222



Essex: 2nd floor studio condo - walk to Village, library & park. Low monthly fee inc heat/hot water. Newer appliances & flooring, updated BA & skylight. \$45,000
PatrickCallahan.net 860-227-1587



Haddam: Unique Charm. c.1650 home converted & expanded in 2004. Riverbank location. Sunny & bright. Quaint KT w/granite, DR w/FP & built-ins, master suite. \$339,000
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Old Lyme: Year-round house @ Old Lyme Shores, short walk to sandy beach. 4BRs, LR w/FP, HW flrs, enclosed porch. Private yard, deck, playscape, det gar. Views. \$549,000
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Old Lyme: Stunning 3BR, 3BA Cape. Remodeled KT opens to large FR w/FP & sliders to stone patio. MBR suite, full basement, 2C att garage. Level landscaped yard. \$439,000
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Old Lyme: Renovated Cape w/picturesque setting has 1st floor master suite w/whirlpool bath, newer HW floors, granite KT & stone FP. Beautiful yard & Koi pond. \$365,000
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Essex Garden Club May Market

Preparations are well underway for this year's Essex Garden Club's May Market. The Market will be held Saturday, May 9th from 9am to 2pm, rain or shine, in the town park located on Main Street in Essex Village.

Always popular, the Members' Plants section of the market will offer prized perennials, ground covers, grasses, and shrubs dug and potted from the gardens of club members. These plants, grown and dug locally, are proven winners in a microclimate and soil similar to other area gardens like yours.

There will be 300 tomato plants, including many heirloom varieties guaranteed to grow in our climate. Colorful assortments of annuals and hanging baskets will be displayed for sale. Succulents, including Aeoniums, Crassulas, and Echeverias, plus other unusual plants have been ordered. Knowledgeable club members will be available to assist in choosing just the right plants for containers or gardens.

Herbs and herbal gift creations will be available just in time for Mother's Day as well as the Garden Club's famous garlic salt, made from a closely guarded secret recipe since 1953.

Fun to browse through is the "Treasurers" section, featuring jewelry and gently used home and garden items. Garden



pieces, planters, urns, gardening equipment, as well as cook books, horticulture/gardening books, children's items and an assortment of odds and ends can be found in this area.

"Connecticut's Own" will again offer products made in our own state of Connecticut. "Three Sisters" create honey, soaps, candles, lip balms, hand creams and more. Our delicious and wonderful

Continued on page 9

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MAY MARKET...continued from page 8

edibles include maple syrups, jams, marinades, pepper jellies, and fabled breads. Look for more items to be added!

The Silent Auction tent offers many interesting and unique items for bidding, all from a select group of local merchants. These items include tickets to performances at local theater and musical groups, antiques, garden items, wines, cheese, jewelry, art, and many other special items that will bring competitive bidding from morning until early afternoon.

The May Market Café is a welcoming gathering place to enjoy a bite to eat or a cooling/warming drink. Choose from a varied menu including grilled hot dogs, chips, and a variety of other culinary delights. Coffee and donuts will be available for the early morning shoppers.

May Market is the Garden Club's only annual fundraising event. Proceeds from purchases support the Club's educational and civic improvement projects. These funds enable the Club to beautify the landscapes of our town parks and traffic islands. Annuals are also purchased for the Essex Town Hall, Essex Fire Department, Essex Landfill and Recycling Center, Centerbrook Post Office, Silent Policeman, and to the Ancient Order of Weeders who plant the islands on Route



154. Importantly, May Market funds provide scholarships for high school seniors, college students, summer camperships for young students, and educational programs for Essex Elementary School and John Winthrop Middle School.

May Market is a gardener's delight. Come and join the fun and you will undoubtedly find something beautiful for your garden or for someone special in your life.

NEW SPRING LISTINGS

 Old Lyme Offered at \$2,050,000	 Lyme Offered at \$1,995,000	 Westbrook Offered at \$1,950,000
 Lyme Offered at \$1,750,000	 Lyme Offered at \$995,000	 Deep River Offered at \$950,000
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Architects as Traveling Photographers



Essex, CT. Photo by Brian Adams

Architects like to travel and usually pack their cameras when they do, and they often see and capture things that others miss. Centerbrook's peripatetic staff have collected their printed observations from across the globe, and are displaying them in the Drill Bit Gallery at Centerbrook Architects, 67 Main Street in Centerbrook, CT.

"The World According to Architects" is free to the public, weekdays from 10 to 4, at the firm's office, which is located in a former factory building that produced metal augurs.

Subject matter ranges from graffiti in Thailand and a Hawaiian beach, to a riotously colorful Jamaican fishing village and downtown Essex with a double rainbow arching over the Connecticut River Museum.

More than two dozen prints, one by each photographer, are displayed, augmented by five video screens that allow visitors to view hundreds more images taken by the exhibitors. Photographs of buildings – Jean Nouvel's stunning Torre Agbar in Barcelona, a chapel in the Alps, and a red barn in Amish Country – are complemented by scenes of nature, people, and striking landscapes, such as a skerry (small rocky island) in Norway. One photo captures the rocks on Bermuda's Horseshoe Bay Beach that appear to be acknowledging the ocean that helped to shape them.

"This exhibit follows on the heels of an architects' watercolor show," said Centerbrook Partner Mark Simon. "It is rare that

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ARCHITECTS...continued from page 10

you find such a large group of visually sophisticated people, and we are delighted to showcase their extraordinary talent in yet another medium.”

The exhibit was organized by Matt Montana, head of the Drill Bit Gallery, and curated by Derek Hayn, the firm’s Graphic Designer, and Patrick McCauley, Master Model Maker and Product Designer. Founded in 1975, Centerbrook Architects has a staff of 66 people.



Photo taken in Thailand by Alan Paradis.

Town Clerk’s Office

Just a reminder...2015 – 2016 Dog License Renewals will be due from June 1 to June 30th. Up-to-date Rabies vaccine information will also be required. **No dog renewal registrations will be accepted prior to June 1.**

Please Note: Keeping dogs licensed is required by State Statute 22-338 and not

just a way to identify lost dogs, it is also a matter of safety, for pets and their owners.

Our Animal Control Officer is Jae Wolf, he may be reached at 860-388-7082 or 860-767-3219. When a dog is impounded it must be licensed before it’s released. The fine for an unlicensed dog is *\$75.00; the fine for failure to have an updated Rabies

Certificate is *\$136.00; and the fine for a roaming dog is *92.

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Thatchbed Island – The Essex Land Trust’s First Property

By Steve Knauth

The Essex Land Trust has grown over the years to care for 18 properties totaling around 500 acres. Thatchbed Island is not the first one that comes to mind.

It’s never been a scenic wonder, a tourist attraction or economically important. But this humble Connecticut River pendant bar was the first piece of property in Essex to be valued for its environmental importance, the first to be saved from development and the first to be taken over by a town based land trust.

Essex was entering a new stage in its history in 1946. Once home to shipbuilding, the harbor now needed marinas to attract recreational boaters and one of the properties eyed for development was the little used, largely ignored “Thatch Beds” or Thatch Bed Island. Literally a backwater at that time, local watermen such as Oliver LaPlace fished and hunted the reeds and shallows, which attracted and harbored a variety of waterfowl and both fresh and salt-water fish.

It wasn’t the first time the site had attracted developers’ attention. In the 1930s, there was a plan to dredge Middle Cove and build a road around it. World War II put an end it. But this



Looking North from Thatchbed Island with Great Meadow in the upper part of the picture.

was 1946, and former state governor Abraham Ribicoff, along with other investors, announced plans to erect a full-scale marina on the island, complete with buildings, piers and floating docks. The cove would be dredged, the spoils dumped on the island.

That’s when local residents took notice; according to a report in the Deep River New Era, Essex yachtsman Walter Rowe purchased six acres at the north end of the island “to “protect the natural beauty of the beds” and keep them “free of ad billboards.” (Many

Continued on page 13

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This project was funded in part by matching funds from the Connecticut Department of Agriculture through the Community Investment Act, 05-228.

THATCHBED ISLAND...continued from page 12

Essex families owned small portions of the island at the time.) The marina project was abandoned.

Still, with an increasing number of pleasure and commercial craft using Essex the harbor in the 1950s and 60s came more dredging projects. Though protected from development, spoils from the cove and river continued to be dumped on "the Thatch Beds." It wasn't until 1965 that the Connecticut Water Commission stepped in to halt the dumping. Spoils were flowing back into the river during floods and freshets, the commission claimed. Two years later, the land was designated as an endangered property in a state proposal for a Connecticut River Land Trust and, in 1970, it was among the first tidal marshes to come under the protection of the state's Public Act 695: Wetlands Bill, and was thus fully protected from development.

Meanwhile, in 1969, Rowe donated his six acres on "the Thatch Beds" to the Essex Conservation Trust, which evolved into the present Essex Land Trust. The Junior Wildlife Association of Essex organized a clean up of the island.

Today, the 8-acre brackish, vegetated wetland is part of the 135-acre South Cove Preserve, an important stop for migratory birds, a nursery for fish and wild fowl and home to a family of Osprey. For several years now, the Land Trust has been

broadcasting a live video stream of our adopted Ozzie and Harriet as they return annually to raise future generations of Osprey.

Once largely ignored, Thatchbed Island is today a vital part of the Connecticut River tidelands called by the Nature Conservancy one of the "Last Great Places" in the Western Hemisphere.

Thanks to the Essex Historical Society for the use of their files in researching this article.

Essex Town Hall

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Fax: 860-767-8509

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Norman Needleman, First Selectman	x114	nneedleman@essexct.gov
Maria Lucarelli	x112	mlucarelli@essexct.gov
Betsy D'Amico	x145	bdamico@essexct.gov

ANIMAL CONTROL OFFICER

Jae Wolf	860-388-7082	jjwolf@essexct.gov
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ASSESSOR

Jessica Sypher, Assessor	x124	jsypher@essexct.gov
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BUILDING DEPARTMENT & FIRE MARSHAL

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Darcy Roper	x144	droper@essexct.gov
Dave DeLeeuw, Building Official	x117	ddeleeuw@essexct.gov

HEALTH DEPARTMENT

Lisa Fasulo, Director of Health	x118	lfasulo@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov

LANDFILL/RECYCLING CENTER

Mike Birner, Supervisor	860-767-1926	
Bill Armstead		

PARK AND RECREATION DEPARTMENT

Mary Ellen Barnes	x110	mbarnes@essexct.gov
Recreation Aide	x148	

PUBLIC WORKS

David Caroline, Director	860-767-0715	dcaroline@essexct.gov
William Angier, Boris Churyk,		
Richard Gallacher, Ryan Welch		

REGISTRARS OF VOTERS

Lois Ely	x142	registrar@essexct.gov
John Heiser	x142	lELY@essexct.gov
		jheiser@essexct.gov

RESIDENT STATE TROOPER

ESSEX POLICE	860-767-1054	
David Tretter, Resident State Trooper		dtretter@essexct.gov
Russell Gingras, Corporal		rgingras@essexct.gov
Paul Kenefick		jkeneffick@essexct.gov
Scott O'Donnell		sodonnell@essexct.gov
Todd Belcourt		tbelcourt@essexct.gov

SOCIAL SERVICES

Mary Ellen Barnes	x201	mbarnes@essexct.gov
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TAX COLLECTOR

Megan Haskins, Tax Collector	x120	mhaskins@essexct.gov
Lynne Skinner	x121	lskinner@essexct.gov

TOWN CLERK

Joel Marzi, Town Clerk	x129	jmarzi@essexct.gov
Yvonne Roziak, Assistant	x128	yroziak@essexct.gov

TOWN HALL OPERATIONS

Mark Hiatt	x136	maintenance@essexct.gov
Joe Donofrio		

FINANCE DEPARTMENT

Kelly Sterner, Director of Finance	x122	ksterner@essexct.gov
Dana Novorio	x116	dnovorio@essexct.gov
James Francis, Treasurer	x127	jfrancis@essexct.gov

ZONING ENFORCEMENT

Joe Budrow, Enforcement Agent	x115	jbudrow@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov

www.essexct.gov

Town Clerk's Office

Welcome to Centerbrook, Essex
and Ivoryton

Greig Todd & Russell Pagliughi, 10 Bank Lane, Essex
Daniel Wilcox, 18 Bushnell Street, Essex
Danny O'Neill & Sandra O'Neill, 85 River Road, Essex
Steven & Kyle Hinding, 105 No. Main Street, Essex
Robert Brown, 92 Bushy Hill Road, Ivoryton
Gery & Hollis Barry, 128 River Road, Essex
Matthew & Linda Dreselly, 17 Nott Lane, Essex
Mark Sangster, 4 New City Street, Essex
Robin Maute & Valerie Lance, 10 Novelty Lane, Essex
Suzanne Healy, 89 Book Hill Road, Essex
Cathleen Edwards, 17 Hudson Lane, Essex
Thomas & Katharine Kallman, Foxboro Road, Essex
Denis & Wendy Colomb Jr., 12 Westwoods Road, Ivoryton
Steven & Margaret Snyder, 31 Fordham Road, Essex
Pamela Serfes, 15 Curiosity Lane, Essex

Loss of Residents and Friends

December

Robert Lindsey
Barbara Earle
Arthur Howe, Jr.
Daniel Nesbett
Sarah Ellen Sprafke

January

Lewis Weinstein
William Schoen, Jr.
Jessie Anne Southwick
Barbro Persson
Lynette Twupack

February

Robert B. Gillie
Olive K. Krall
Elizabeth Hayes
Grace Sloan
Susan Hyde
Philip Simmons
Robert Walters Sr.
Elton Deckelman
Arthur Murphy Jr.

March

Robert Schneider

Submitted by Yvonne Roziak, Assistant Town Clerk

What is 2-1-1?

It is Connecticut's free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

Visiting Nurses of the Lower Valley

Time to Hire a Caregiver?

Have you ever wondered if it is time to get some extra help at home for yourself or a loved one? Maybe household tasks that used to be easy are more difficult now. Perhaps you notice that you or your loved one is not as well groomed as they used to be. Burners on the stove are left on for long periods of time. Food is getting moldy in the refrigerator. Moments of forgetfulness may be happening more often. While there is not an absolute answer to the question of when to hire a caregiver, there are some warning signs.

Here are some of the key factors to consider:

- Bathing and dressing is difficult.
- Confusion, depression, apathy, and forgetfulness are frequent.
- Safety issues, such as falling, become a daily factor.
- Dehydration and poor nutrition are a concern.

- Lack of personal hygiene and incontinence are evident.
- Medications are not taken as prescribed.
- Routine housekeeping and errands are very hard or left undone.

There are many options for caregivers from 24 hour care to help with a bath once or twice a week. A companion can help with shopping, errands or transportation. A caregiver can help with meal preparation. Companions may even provide outings just to have some fun. Supportive care in the home is a great way to allow one to stay comfortable in their home safely for as long as possible. It is always a good idea to make an appointment with the primary physician to make sure that medical conditions are being managed effectively.

For more information call Deborah Ringen RN, MSN, FCN at 860-767-0186.

About Visiting Nurses of the Lower Valley

Visiting Nurses of the Lower Valley, Inc. is a not-for-profit, Medicare and Medicaid home health care organization serving Deep River, Essex, Chester and the Lower Valley region. Please check their website (www.visitingnurses.org) or call (860) 767-0186 for service information

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Dry Eye

Everyone will likely experience the symptoms of dry eyes at some point in our lives. Blinking replenishes our tear film providing the moisture the eyes need. The prevalence of electronic devices has resulted in a decrease in blink rate. Red, itchy, sandy, gritty, burning, and tired eyes are some of the more common complaints. Excessive tearing is also a sign of Dry Eye disease, often a result of poor tear film quality. Many dismiss and accept these symptoms as “normal.” This is an incorrect assumption. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

The tear film not only keeps the eyes lubricated, it also maintains the optical and anatomical integrity of the ocular surface. It provides a smooth interface between the eyelids and the eye itself. It also helps remove environmental debris that can cause ocular allergies. The tear film partially supplies nutrients to the cornea, as well as help defend the eye from infection. Without a sufficiently healthy tear film, the front surface of the eye is more susceptible to irritation, infection, and allergic reaction. The ocular surface insult dry eyes are subject to eventually lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune disease (e.g. Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell’s Palsy, Menopause, Skin disease (e.g. Rosacea, eczema, etc.), and Thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. Though, it is important to customize and tailor these treatment options to each individual. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision, and before it affects the quality of your life.

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White Blends for Spring

It has been a very long winter, and with Spring here we will once again be able to sit outside and enjoy a nice glass of wine. We are eagerly waiting with a refreshing white blend to kick off the season. There are a lot of interesting white blends to choose from, and with the huge interest and popularity of red blends in today's market, it is no surprise that white blends were next to be on the rise. Although not new to the market by any means, these blends are becoming more sought after.

In France, white Bordeaux is one of the oldest forms of the "white blend", being comprised of mostly Sauvignon Blanc, and then blended with Semillon and in some cases Muscadelle. This wine compliments seafood dishes exquisitely, being soft and dry with nice acidity. France is also well known for their Rhone Valley varietals, Marsanne, Rousanne, Viognier, Grenache Blanc and Clairette. When blended these

grapes produce a weightier dry white that bursts with flavor. They are typically labeled as "Cotes du Rhone Blanc" or "Châteauneuf-Du-Pape Blanc."

Italy is also known for their white blends, although many people are unaware of the fact that they are actually drinking a blend. Orvieto is one of the most popular blends, being comprised of 40%-60% Trebbiano, 15%-25% Verdello, and any remaining percentage can consist of Grechetto, Canaiolo, Drupeggio, or Malvasia. Having a slight fruity edge and complexity to it Orvieto can pair well with chicken and pork dishes.

If you are looking for something a little fruitier, or to pair with a spicy dish, California has a large variety of White Blends to choose from. Viognier and Chenin Blanc blend together beautifully for a fruity yet dry wine. Many California

blends use Gewürztraminer and/or Moscato to give the blend a sweeter edge, since the market is once again leaning towards sweeter wines. They pair wonderfully with Asian foods and anything with heat!

Start prepping for green grass and barbeques by seeking out your favorite wine guru and having them suggest a great white blend. Whether it be to pair with food or simply to enjoy with friends, they are gems searching to be found... and they will not disappoint!

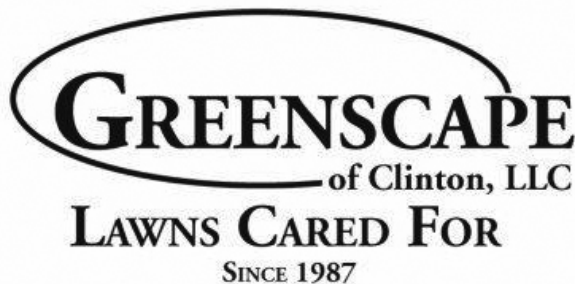
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2015 Eversource Tree Trimming in Essex

As many of you may have observed, Eversource has begun its 2015 tree trimming in our community. Augie Pampel, Essex Tree Warden, was notified by Eversource, formerly CL&P, in March that there would be additional tree trimming in our community beginning this spring. Bucket trucks and chippers from Asplundh and Lucas Tree will work throughout Essex.

These contractors are obliged by the new PURA (Public Utilities Regulatory Authority) laws to go from door to door to notify abutting owners and ask if the owner agrees with the trimming. Augie Pampel wants residents to know that according to these new laws, they have the right to challenge the tree companies about the trimming. Those wishing to challenge the trimming or removal should follow the procedure described in the handouts received from the permissions contact person.

In performing year round trimming, Eversource states that it removes potential hazardous growth close to power lines. As a result they provide not only reliable service but also safer physical and visual access for their employees who work on the lines. Problems can be solved more efficiently. Eversource states that all work is performed following professional tree care industry standards and best practices.

There are several clearance specifications outlined in the literature provided to you by the permissions contact. You should discuss the specific one that will be used in your area with the permissions contact who leaves the permission slip with you.

The trees at risk are:

- Those trees that can fall on or contact power lines and cause an outage.
- Tree professionals will determine a tree's hazardous potential based on species, location, health and structural composition.
- Eversource arborists will also determine a tree's risk of causing an outage and prioritize removal accordingly. If a tree must be removed, it will be cut as low to the ground as possible.
- Critical trimming can occur without permission by the abutting owner if there is evidence that the tree or brush are in direct contact with power lines or have visible signs of burning. This is "to protect public safety and system reliability."

Low growing shrubs and grasses will not be removed in order to maintain a low-growing plant community.

Continued on page 19

EVERSOURCE TREE TRIMMING...continued from page 18

Eversource will treat hardwood trees that can re-sprout from a cut stump with an herbicide to prevent regrowth. As per Eversource, the herbicide has been tested and approved by the U.S. Environmental Protection Agency and the Connecticut Department of Energy and Environmental Protection. It will be "selectively applied with a handheld spray bottle by state licensed and certified personnel only to the outer edge and side of a stump." According to the Connecticut General Statutes (22a-66a) certain herbicide label information must be provided to the property owner where herbicides are used. Property owners can ask the tree contractor requesting permission for trimming if herbicides will be used and request the herbicidal labels.

Eversource will make available to customers free of charge all cut wood or mulch produced from the tree work. Larger limbs and tree trunks will be cut into manageable lengths and mulch can be dumped where vehicle access is possible.

In advance of the tree work, a permissions contact person will seek property owner approval and provide literature about the proposed trimming and options available to the owners. It is incumbent upon the property owner to read the material carefully, ask questions and/or contact the Eversource permissions contractor listed on the enclosed forms provided to property owners. You may also call Eversource Customer Care Center at 800-286-2000 or the Eversource Business Contact Center at 888-783-6617. You can email Eversource directly at treeCT@eversource.com.

For trees that hang over the public right-of-way, you may ask for additional consultation:

- If you live on a town road, please contact your local Tree Warden (Augie Pampel).
- If you live on a state road, contact the state Department of Transportation (DOT), Commissioner's Office, 2800 Berlin Turnpike, Newington, CT 06131

To challenge the tree work:

- The property owner not wishing to grant approval for the proposed tree work, should follow the procedures outlined in the material left by the permissions contact.
- Both the property owner and Eversource may further appeal that decision to the state Public Utilities Regulatory Authority (PURA) within 10 days.
- Contact PURA at 10 Franklin Square, New Britain, CT 06051. PURA will hold a mediation session within 30 days of an appeal or an arbitration hearing within 60 days, to reach a resolution.

According to Eversource, no property owner will be billed for damages to Eversource power lines or equipment caused by trees on the owner's property that fall, regardless of the outcome of an appeal.

Augie Pampel is available to anyone who may have questions, concerns or who require more information about this upcoming tree work. Please contact him at 860-767-0766.



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The Ivoryton Library

The Ivoryton Library is pleased to bring you our 4th triennial “**Through the Garden Gate**” – a tour of 8 historic homes and gardens in Centerbrook and Ivoryton, **Saturday, June 20.**

Our tour gives you not only an opportunity to stroll through eight of these gardens but through the historic homes of their owners, displaying their interior design talent as well. This tour is unique in that it features gardens which have been created and maintained by the owners. The library is grateful to the homeowners who have graciously consented to allow the use of their lovely properties.

Tickets will go on sale mid-May and will be available at the Ivoryton Library, 106 Main St in Ivoryton, or by calling 860-767-1252.

The next program in our series: *An Intimate History of Ivoryton* is “**The**

Three Churches of Ivoryton.” Presented **Sunday, May 31** at the library, this program includes tours of the two remaining churches in our village, All Saints Episcopal Church and Ivoryton Congregational Church. Start with the presentation at the library at 2:00 pm, then visit the churches at their open houses beginning at 2:30 pm. What’s the third church? Come and find out!

Our annual **Mother’s Day Sale** will be, as always, the day before **Mother’s Day: Saturday, May 9 from 9:00 am – 12:00 pm.** Plants, baked goods and the big used book sale. We happily accept donations of books, DVDs and audiobooks year-round. Labeled plants can be dropped off two weeks prior to the sale (we have pots and labels here at the library), Baked goods Friday afternoon and Saturday morning. Thanks for the support both in donations and in coming to the sale!

Save the date! Ivoryton and Essex Libraries’ Evening at the Ivoryton Playhouse Thursday, July 9, 6:30 pm.

Please join us for an *enchanted* evening at the performance of “South Pacific,” 6:30 pm reception before performance; desserts, drinks and Meet the Cast after the performance. To benefit the Ivoryton and Essex Libraries. Tickets will be available at both libraries beginning in May.

The Children’s Room at the Ivoryton Library continually offers special programs during the school year. Story times for all ages on Wednesday afternoons at 3:45 pm and Thursday mornings at 10 am; these generally run 45 minutes and include a craft. We also host **Music with Margie** two Tuesdays a month at 10 am, registration is required for this program as space is limited. Please contact Elizabeth B. to find out when the

Continued on page 21



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next session begins or if you would like to observe the class.

Summer Reading is just around the corner. Keep an eye out for information at the library, on our website and to come home with the kids at Essex Elementary, on the great programs that we will be

hosting throughout the summer months. **Every Hero Has A Story** is this summer's state wide theme. Some of our favorite local heroes will join us throughout the summer to share their experiences. Also, the children's room continually needs gardeners, young and old, to help care for our "kitchen" garden. Help us decide what

to plant and tend the garden, and then enjoy the harvest throughout the summer.

For more information on any of this, please call us at 860-767-1252 or visit us: Tuesday and Thursday: 10-6; Wednesday: 10-8; Friday: 2-6; Saturday: 9-12; Sunday: 1-4.

Estuary Council Regional Senior Center

ECSI is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years.

Our Thrift Shop is the home of the best bargains on the Shoreline and quite possibly the best kept secret (until now!) Stop by 220 Main Street on weekdays from 10 am - 3:45 pm and Saturdays from 9 am - 12:45 pm to check out the treasures. There is a new selection of items every day. This is the place to get all of those must have items at bargain basement prices. All of our merchandise is from the generous donations of people in our

local communities. We offer a full line of clothing for the whole family, household goods, craft items, games, puzzles as well as seasonal and home decorations and sometimes even gently used furniture. Donations* are accepted daily, up to one hour before closing. (*Please, no electrical items, upholstered items, books, sporting good or luggage without wheels.) For more information, visit us at <http://www.ecsenior.org>.

"Good People Doing Great Things."



Community volunteers break ground on a new home with the Aguililar family and Middlesex Habitat for Humanity, just one of the many projects supported by the Community Foundation of Middlesex County. Learn more online or by phone.

At the Community Foundation of Middlesex County, we know that it's the little things that count, that can change a community and improve the quality of life for all. TOGETHER we feed the hungry, shelter families, teach young and old to read, preserve local history and land, help people of all ages explore the arts, teach children to swim, support anti-bullying programs in our schools, help those with disabilities experience independence, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals... all made possible by so many good people doing great things throughout Middlesex County. We invite you to join us.

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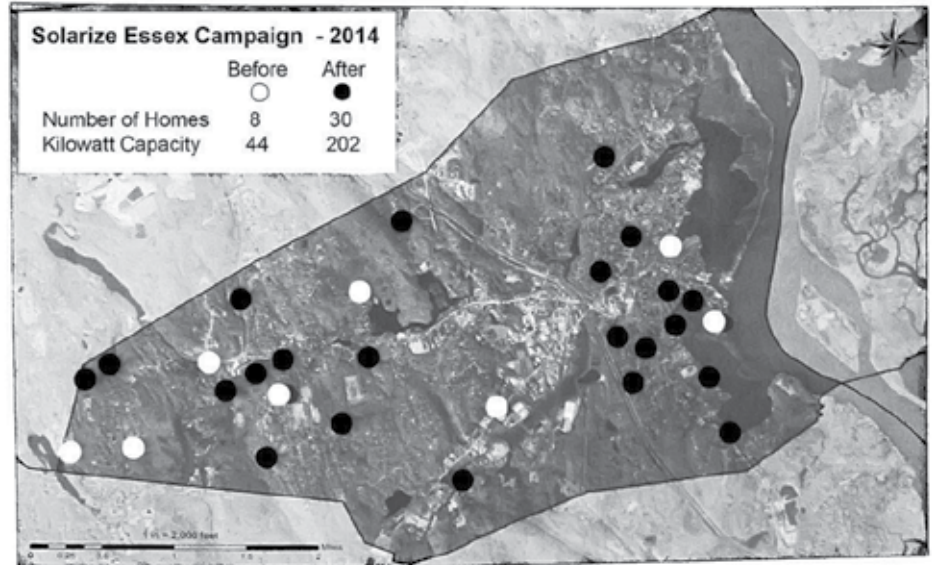
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Clean Energy Task Force



In January 2015 members of the Clean Energy Task Force began a review of the sustainability plans of the nearby towns of Chester, Westbrook and Madison. At this time Essex does not have an official Sustainability Plan but with the 2015 Plan of Conservation and Development (PoCD) now in the works, the committee felt it would be within the scope of its mission to provide recommendations for the section on sustainability to the Essex Planning Commission.

It has been nearly a year since the kickoff of the town and state sponsored Solarize Essex campaign. Our main goal was to educate residents and give them an opportunity to learn whether or not solar makes sense for them.

During the 20 weeks of the Solarize campaign, site evaluations were conducted at 125 homes by Sunlight Solar, the installer chosen for the program by the town. As a result, the town of Essex quadrupled the number of homes with solar energy, and nearly quintupled its residential kilowatt capacity.

While the Solarize program for our town has ended, there are still great incentives on both state and federal levels. There are also some new financing options that were not previously available, such as the no money down CT Solar Loan.

A solar installation is a big investment, and it is not always a decision that can be made quickly. If you would like to learn more about going solar or are one of the homeowners who did not elect to have a system installed last fall but have given it more thought, now is a good time to look into it further.

Please come to the Spring open house at one of the Essex homes with newly installed solar energy, date and location to be announced. For more information, please call Sunlight Solar 203-878-9123 or email Stacy Abbott at abbottstacy111@gmail.com.

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Looking to Save Energy or "Green" Your Home?

Check out the following resources:

energizeCT.com: Need a home energy audit on a limited income? Want to see if a rebate is available for your energy-saving purchase? Research for an electric supplier? This site covers all the bases for CT businesses and residences. Plus, the benefits and costs of renewable energy options, such as photovoltaic and thermal solar systems, are covered in depth.

energy.gov (U.S. Dept. of Energy): The federal government's website also covers all the bases, such as weatherizing, saving electricity, heating water, landscaping to save energy and purchasing renewable energy systems.

cl-p.com: CT Light & Power's website offers energy and money saving tips and links to energizeCT.com.

epa.gov: Information on environmental topics such as water conservation, composting, indoor air quality, recycling and water quality.

epa.gov/greenhomes: Ways to "green" your home – reduce home energy, conserve water, use renewable energy, choose greener products, etc.

energystar.gov and toptenusa.org: In the market for new appliances, electronics, LED lighting, etc.? Both sites are helpful. The top ten website goes one step further by also rating products by energy cost and price and also gives suggestions where to buy them within your zip code area.



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Is Your Well Water Safe To Drink?

It is the responsibility of every home owner, including owners of rental units, to ensure that well water is safe to drink. Before a home is purchased, whether it is new construction or an older home, the well water should be tested as part of the home inspection. It is also important to test the water on a regular schedule to be sure it continues to be safe.

It is good practice to test the water at least once a year or any time that the water develops a change in odor or taste or if contamination is suspected.

Along with water testing it is also a good idea to regularly inspect a well to ensure the well cap and all connections to the well casing are watertight. Be sure that all hazardous chemicals and potential sources of pollution are kept at least 75 feet away from the well.

Regular testing is the only way to be sure the water is safe from harmful chemicals and bacteria. If you have small children, it is even more important to regularly test your well. Small children are more sensitive to contaminants because of their size and that they are still growing.

There are some areas of Connecticut where the water contains naturally occurring uranium and arsenic. Homes that are built on old farm ground may contain pesticides in the water. Old industrial sites may be contaminated with volatile solvents like trichloroethylene or benzene that can leach into the ground water or fuel oil can contaminate the water from leaking underground storage tanks.

You can find out more information about testing at certified laboratories, potential chemical health effects and how to treat an infected well by contacting the CT Department of Public Health at 860-509-7296 or www.ct.gov/dph/privatewells.



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State Police Tips for Summer Safety

Summer is a time of parties, cookouts and vacations and keeping Connecticut residents safe during this season is a top priority for the Connecticut State Police.

As summer begins and the temperatures rise, jumping into a pool or a cool natural water source offers great relief. That type of refreshment, however, can spell disaster if children are not properly supervised.

The U.S. Consumer Product Safety Commission reports that an annual average of 383 pool- and spa-related drownings of children 14 and younger occurred from 2006-08. About three-quarters of those drownings involved children younger than age five. Each year, about 5,000 pool or spa-related injuries occurred for children 14 and younger. Drowning is the second leading cause of unintentional injury-related deaths for children aged 14 and younger in the United States. A child can drown within seconds of going underwater, even in just one inch of water, often without any sounds or warning. Parents should be extremely vigilant whenever their children are near water.

Besides water safety, State Police remind residents that they should never leave their children unattended in a closed or

locked motor vehicle. Parents, guardians, day care providers and babysitters should be educated about the dangers involved in leaving children in cars. Children are sometimes supervised less during the more relaxed summer months and may play in unlocked cars or trunks. Children should never be left in a locked car or have access to unlocked, parked vehicles or trunks. During summer weather, temperatures inside of a car can rise into the triple digits in just a matter of minutes. Studies on thermal injury to children show that "dry heat" temperatures, within a closed vehicle, can become dangerous to small children and infants in only minutes. A high level of humidity can reduce that time by one half. Body temperature in children increases three to five times faster than that of an adult, leaving them more vulnerable when left unattended or trapped inside a motor vehicle. Even temperatures as low as 60 degrees Fahrenheit can become dangerously high in an enclosed auto within minutes and can cause heatstroke or death.

While spending time outdoors, remember to wear a helmet for many activities. Adults and children should put on a helmet before getting on a bike, a scooter, a skateboard or a motorcycle.

Continued on page 27



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TIPS FOR SUMMER SAFETY...continued from page 26

Since elderly are especially susceptible to the high heat and humidity, make it a point to check on older neighbors and parents. Ensure that they are drinking plenty of water and staying out of the heat during peak temperature hours.

- Never leave children (even those who can swim) unattended in, around or near pools or other water sources – not even for a few moments. A child can drown in the moment it takes to answer a phone.
- Never swim alone. Use the buddy system and maintain eye contact.
- Keep pool area locked and secure when not in use.
- Swim only in supervised and approved areas.
- Keep rescue equipment near the pool. Have emergency flotation devices and a phone near the pool.
- Enroll children in swim lessons.
- Enforce water safety rules. No running, pushing or dunking.
- Never falsely claim to need help in the water.

- Take all toys out of the pool when not swimming so that children will not be tempted to go after the toys.
- Learn CPR and water rescue techniques.
- Have a professional inspect all entrapment hazards in the pool, including the pump and drain.
- Know and mark the location of the electrical cut-off switch for the pool pump.
- As Connecticut residents cool down this summer, keeping safe at the pool, lake or Sound must remain a top priority. By following these simple rules, tragedy can be avoided..

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All Saints Episcopal Church (860) 767-1698
Trinity Lutheran Church (860) 767-0228

CLUBS AND ORGANIZATIONS

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Essex Community Fund (860) 304-2751
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Clubs and Organizations Continued

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Essex Little League www.essexlittleleague.org
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Essex Library Association

Spring has finally made an appearance and the Essex Library is looking forward to offering our patrons an outstanding lineup of programs and events during the coming months. Our many Adult Programs will include: *Avoiding Financial Fraud; Introductions to Genealogy Research and Memoir Writing; Meeting Home Health Care Needs and Advance Care Planning* (presented by the VNA); a Beowulf Seminar; *Landscaping with Native Plants*; monthly art exhibits and the ever popular *Centerbrook Architects Lecture Series* with architects from Connecticut, San Francisco and Seattle.

Miss Jessica and Miss Heather invite you to join us this spring and summer for upcoming events for young people of all ages! There will be Mother's Day and Father's Day programming, a return to *Ancient Worlds* and a new special about Connecticut landforms called *Junk Food Geology*.

This year's collaborative summer reading program will encourage readers to celebrate community and celebrity heroes alike. Starting mid-June, we'll save the day with reading incentives that recognize the greatest superpower of all – literacy.

Heroes come in many forms, and we'll feature community superheroes throughout the months of July and August. In early summer, take part in *Animal Superpowers*, a live animal visit from the Denison Pequotsepos Nature Center. Become a scientific hero and join our *Citizen Scientist Campaign* as we collect local data and share it with real scientists who handle endangerment statistics. You can also attend a *Superhero Academy* and create your own hero profile. Weekly outdoor story hours and library learning centers will return, and our reading garden will come back to life.



Watch our website and the Community Events Calendar for updates and details. If you haven't already done so, please also consider subscribing to E-Lations, our award winning monthly online newsletter. You can sign up for it through a link on our web page – www.youressexlibrary.org.

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Essex Land Trust Events and Programs – May to September

The following Essex Land Trust events are free and open to the general public.

Saturday, May 2, 9 am – Hike of the Month: Vine Hill Brook Preserve, parking lot at end of Cedar Grove Terrace.

Saturday, May 16, 9 am – Birding and Nature Walk at Essex Meadows and the new Thousand-Acre Preserve – at Essex Meadows, 30 Bokum Road. ELT President and birder Jim Denham will lead a 1-2 hour walk through Essex Meadows woods and into the ELT's new "Preserve" property. The timing will coincide with the peak of bird migration and breeding season, so expect to see and hear dozens of species around this very diverse landscape. All levels of knowledge are welcome. Easy to moderate walking on trails. Cookies and refreshments provided at the conclusion of walk, courtesy of Essex Meadows. Bad weather cancels.

Saturday, June 6, 9 am – Hike of the Month: Falls River Preserve, park at end of Falls River Drive, off Main St. Ivoryton.

Tuesday, June 9, 5 pm – Kayak trip in North Cove and the Falls River – at Bushnell Street public boat launching site. Go to the foot of Bushnell Street, off of North Main St. Bring your



Participants in Falls River-North Cove Kayak Trip.

own boat for an early summer kayak/canoe trip into peaceful North Cove and Falls River, accompanied by a naturalist. See the abundant wildlife and revisit the history of this waterway where many of Essex's colonial ships were built. Participants should register on-site and launch their crafts on the rising tide prior to the 5:00 pm departure time. A safety boat will accompany. Bad weather cancels.

Sunday, June 14 - Essex Land Trust Concert and Picnic – 5:30-7:00 pm at the Essex Main Street Park. Join us at the lovely Essex Main Street Park for a summer BYO beverages/picnic and concert by Blues on the Rocks, a local band. Bring chairs, blankets and relax or dance!. Bad weather cancels.

Saturday, July 11, 9 am – Hike of the Month: Mystery Walk showcasing our newest ELT preserve walk, location to be announced on our web site.

Sunday, July 19, 4 pm – Family canoe and kayak trip in the Falls River Pond of Ivoryton and Centerbrook – Falls River Landing on Falls River Drive, Ivoryton. Explore Falls River Pond from your canoe or kayak. A two-hour naturalist-led paddle in calm waters will allow us to see abundant wildlife, including an active egret roosting site and one of CT's few purple martin colonies. Encourage your family and friends to come. Registry and boat launch will begin at 3:30 pm for a 4:00 pm departure from the small public park on Falls River Drive, just off Main St. in Ivoryton. Rain cancels.

Saturday, August 1, 9 am – Hike of the Month: Osage Trails. Take Maple Ave. off N. Main St, to Foxboro Road, then first left.

Saturday, August 22, 9 am – Family Outing in the new Thousand Acre Preserve. Parking and access off Ingham Hill Road, Essex. Bring the family and join Chris Cryder of the Connecticut Fund for the Environment and Steven Trojan, Director of the Bushy Hill Nature Center in exploring the critters, plants, and ponds of the new Thousand Acre Preserve. We'll walk

Continued on page 31

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ESSEX LAND TRUST...continued from page 30

some easy trails for 1-2 hours and share adventures, followed by refreshments. Rain cancels. All ages welcome.

Saturday, September 5 – Hike of the Month: Fern Ledge, next to old Shoreline Clinic, off Route 153.

Saturday, September 26, 9 am to noon – Source to Sea Annual River Cleanup – at the foot of Main Street in Essex. Join with your neighbors and help clean the shores of our beautiful Connecticut River. Coordinated by the Land Trust

and the Connecticut River Museum and sponsored by the CT River Watershed Council, the event will be conducted simultaneously by volunteers along the length of the river from Canada to Old Saybrook. Meet at the Connecticut River Museum at the foot of Main Street in Essex where you will be given an assignment. Wear waterproof boots, work gloves, and come rain or shine. Refreshments will be served. All ages and abilities are welcome.

For more information about the Essex Land Trust and these events, please visit our website at www.essexlandtrust.org. or email info@essexlandtrust.org.

Fine Arts Craft Fair

Our Lady of Sorrows Catholic Church in Essex, CT will host a Fine Arts Craft Fair July 18th and 19th from 9 am – 4 pm on the beautiful green of the Essex Town Park, Main Street Essex. “Essex Village is visited by thousands of tourists each year and whispers the tales of its residents dating back to the 1700s,” says Joyce Leach of O.L.O.S. “It’s an ideal location for a Fine

Arts Fair, featuring a beautiful waterfront park, inviting shops and eateries.”

“The proceeds from the fair are an important fundraiser for the local church” says Joyce, “in years past, the money raised from the fair for Our Lady of Sorrows was allocated to building repairs, programs and more.” The fair boasts over 70 vendors and will feature live entertainer “Crazy

Bob” who was most recently featured on the Travel Channel. Other vendors include; Woodcraft Arts, MJs Custom Jewelry, Vintage Times Custom Maps, Wit Brothers Photographic Arts and more.

For more information, please visit: <http://www.olos-sx.org/> or contact Joyce Leach at 860-227-8778.



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New Urgent Care Center

Middlesex Hospital will open a new urgent care walk-in medical center this spring at 1687 Boston Post Road (at the intersection of Spencer Plains Road). The Center will provide patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown.

More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the providers at the urgent

care center access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke.

The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at www.mhurgentcare.com.

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Friends of Essex Library



Pictured above are Dee Grover, Nancy Gould, Peggy Tuttle, and Joan Weingardt preparing for the Friends of Essex Library Spring Sale to be held at Essex Library May 16th and 17th. Diligent volunteers spend hours carefully sorting through stacks of books, CD's, and DVD's to ensure that only good quality items are placed in the sale.

The sale will include current and classical books of fiction, as well as large selections of non-fiction featuring books on gardening, history, literature, art, travel, philosophy, science, nature, sports, self-help and foreign languages. Always popular is the selection of books on CD's.

The annual sale will provide funds to support the library's special programs and activities. Proceeds from previous sales made possible the installation of new sliding doors at the main entrance.

Specific information about the sale, including signed books and titles offered in the various categories, will be on the Essex Library website: www.youressexlibrary.org. Click on "Friends" and the "Book Sale" page.

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Valley Baseball's New Dugouts

If you haven't driven up to the Valley Regional High School lately then you haven't seen the four new dugouts sitting on the baseball and softball fields. They are a result of the hard work and determination of a group of dedicated, baseball players (now seniors) and their parents.

It was freshman year when this core group of ballplayers had a dream to have dugouts built before they graduated from Valley. The school budget didn't include money for that kind of capitol expense, so the weight of seeing this dream realized fell on the shoulders of these kids. Led by senior Ethan Petroka, they engaged the Baseball Booster Club to help raise funds and the four year journey began.

First, they had to find a local architect to draw up plans and have them approved by the Deep River Building Official. With plans in hand, the boys approached the Superintendent and attended a Region 4 Board of Education meeting to present their idea and to gain approval. It was at this time that the boys were educated on the Title IX Education Amendment of 1972 which would require that they also build two dugouts for the girls' softball field as well. Their big dream now became a huge dream! And the amount of money needed was doubled!



Along with Petroka, seniors Evan Makowicki, David Bradbury and Peter Jones, and juniors Jacob Meketa and Arik Sypher pitched their idea personally to local businesses and merchants by going door-to-door, writing letters or making phone calls. They attended meetings of the Rotary Club, The Lions Club and the Region 4 Foundation and reached out to the tri-town area Little Leagues.

Continued on page 35

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DUGOUTS... continued from page 34

Despite all of their hard work and time commitment, when the money was counted late last spring, they were still shy of their goal. Petroka decided to begin another letter writing campaign and it was through this process that Ethan met both Mr. Herb Clark and Mr. Norm Needleman. Both of these local business owners were so impressed by the dedication and determination of the players and because they both concurred that the high school should have dugouts, they offered to make up the shortfall! Construction could now begin!

So in June of 2014, the architectural plans were redrawn gratis by Thomas Lee Elliott, AIA and work was started. Most of the work was accomplished by volunteer efforts from the players, their parents and tradesmen who donated their time and talents. Local companies, such as Haynes Materials, Essex Concrete and Ring's End Lumber either donated materials or offered building supplies to the group at a discount. Greg Peterson and his crew of Peterson's Dirt Works donated their time as they did the excavation, site prep and concrete portion of the project. Local stone mason Scott Hartzell, built the stone block dugouts and offered his services at a discount since Ethan and Evan volunteered their help, sometimes working from 5 am until 7 pm! Framing was done at no expense to the project by parents John Petroka, Tom Makowicki, Michael Martorelli

and Paul Dona; while the roofing was donated by Marco Amaya Home Improvements. The finishing touch was the installation of the homemade benches in each dugout donated by the Jim Sypher family. All-in-all the project took over three months to complete, with work continuing into September as Ethan and Evan would head down to the dugouts afterschool and on the weekends.

It has been a long haul for all who supported the project from inception to completion. The Booster club could not have provided all the support needed without the generosity of the local businesses and civic groups who got behind this worthwhile project.

The Valley Boys baseball team is looking forward to the upcoming season which begins in March. They have a new head coach, Mr. Gray Marineau who shares the enthusiasm for the sport and for all the new changes at Valley with that of the ball players returning to his squad. How appropriate it is that the seniors of the class of 2015 can enjoy the fruits of their labor this season when Valley takes the field and they get to use the new dugouts. Come out and catch a game and support Valley Regional High School baseball and of course, check out the new dugouts!

LIST OF DONORS:

The Valley Regional High School Baseball Booster Club would like to thank the following for their support and either their generous

Continued on page 36






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DUGOUTS...continued from page 35

monetary donation or a donation of goods and services towards the new Valley Regional High School Dugouts. It was because of their generosity that the dugouts could be completed!

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The Assessor's Office

Jessica Sypher, CCMA II, Assessor
Nancy Berryman, CCMA I, Assistant to the Assessor

Real Estate Tax Relief – Persons Totally Disabled or Over Age 65

The Assessor's Office is accepting applications for the State of Connecticut Circuit Breaker program until May 15th. In order to qualify for this program a person must be totally disabled or over age 65. In the case of a married couple, only one spouse needs to be over 65. The total household income, including Social Security benefits, must be less than \$42,200 for a married couple; and less than \$34,600 for a single person.

The property that you are seeking assistance for must be your primary residence. Once qualified for the State Circuit Breaker Program, a person/couple is also eligible for the Town of Essex matching benefit.

The amount of tax relief is a sliding scale based on the total income. For example, if a married couple had a total income of \$20,000 for calendar year 2014, they may qualify for assistance from the State of up to \$1,000. The \$1,000 would be taken off their tax bill and the Town would match that benefit up to 100%, depending on age and years of residency. In this example, the tax bill could be reduced by as much as \$2,000.

If you, or someone you know, might be eligible for this benefit, please have them come to the Assessor's Office at Town Hall with their 2014 SSA 1099, and proof of any income earned in calendar year 2014 or a copy of the 2014 tax return prior to May 15, 2015.

We are looking forward to the opportunity to assist you. Please call or email us with any questions at (860) 767-4340, ext. 123.

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Slamma Jamma Basketball Camp – Join the Valley Regional High School Players & Coaches. The camp is built on individual instruction and fundamentals. The goal of the camps is to provide instruction that will help your child become a better basketball player. New this year we will be offering a **“Competition Week”** for the more experienced player. As the saying goes

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Essex Memorial Day Parade

Memorial Day offers an opportunity to reflect on our freedoms and honor those that have given their lives in defending those freedoms. In recognition of these fallen heroes, the Essex Memorial Day Parade will provide a reverent celebration winding through the streets of Essex. The parade will commence on Memorial Day, May 25th, at 9 am. All veterans are welcome; wear your uniform of choice or collared shirt/slacks and join your fellow warriors. Assemble at the Foot of Main Street in downtown Essex at 8:45 am.

The parade will follow a three mile route as it makes the following stops to pay respects: Riverview Cemetery, First Baptist Church, Town Hall, Centerbrook Cemetery, and the Essex Veteran's Memorial Hall. There will be a short ceremony at the Veteran's Hall at the conclusion of the parade (approximately 11:15 am).

If weather precludes a parade, ceremonies will be held at Essex Town Hall at 9:30 am and at the Essex Veteran's Memorial Hall at 11:00 am. All interested parties please contact Alex Breen Jr., at (609) 805-7146 or email huntnfreak@icloud.com with questions. Veterans who may require transportation please contact the above.

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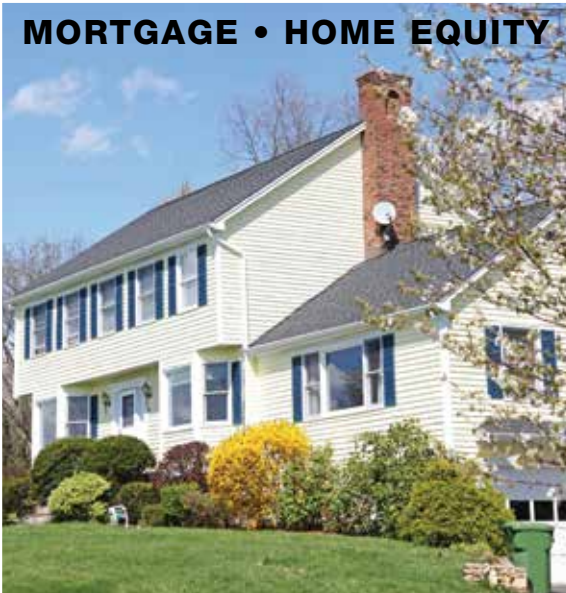
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