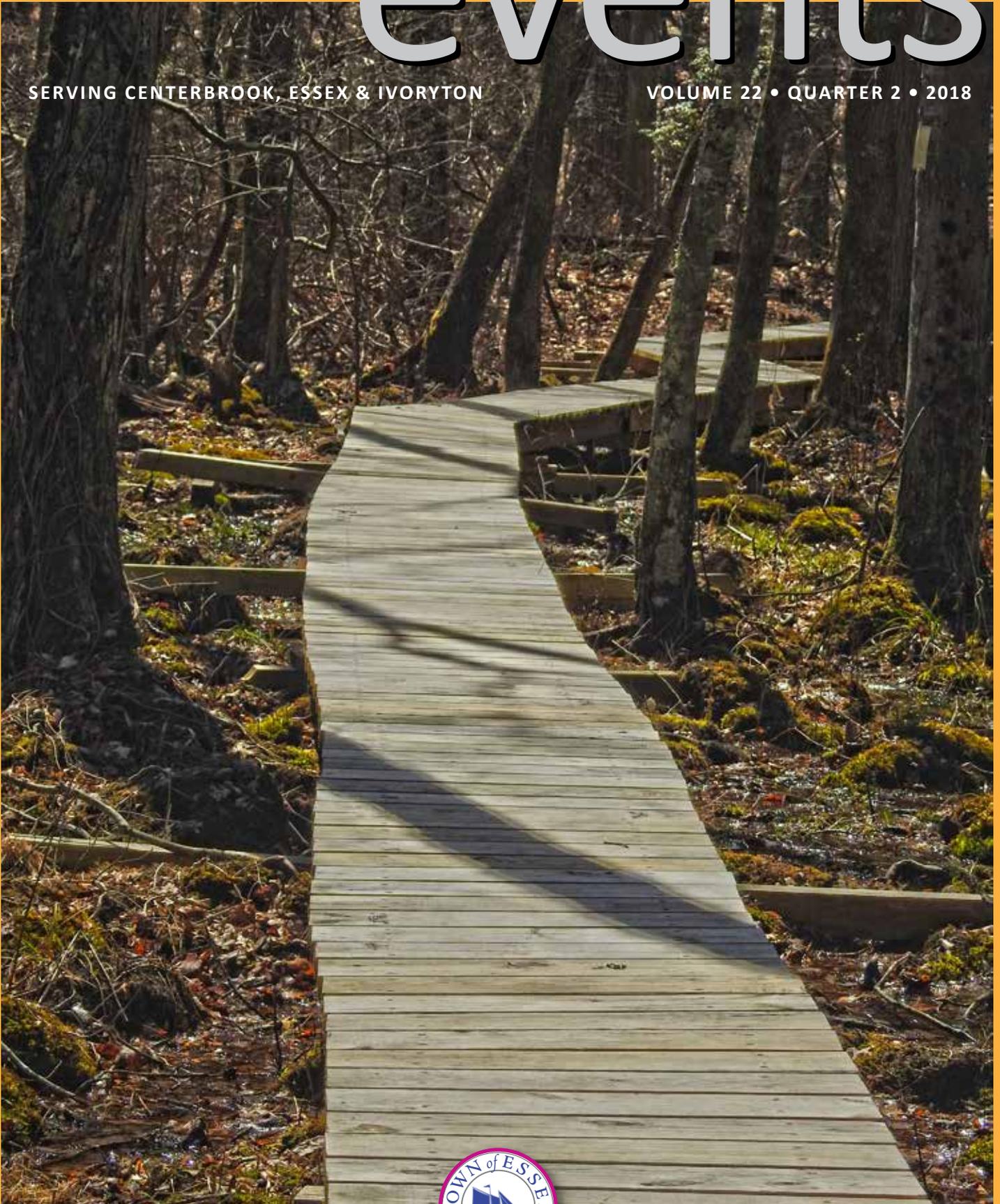


# Essex events

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Member

# First Selectman's Corner

Dear Essex Friends & Neighbors,

Spring is finally here! While enjoying the warmer temperatures, I encourage you to spend some quality time outdoors and be a part of the activities happening in Town this time of year. Explore our parks and the Essex Land Trust trails. Take some time to enjoy the Garden Club's May Market, the Memorial Day Parade and the Burning of the Ships Parade. Think about signing the kids up for the Park and Recreation 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 shops and restaurants.

In February we sent out a request for volunteers and I am pleased that so many residents have come forward. While we may not have an immediate position for all applicants, it will provide the Town with a pool of potential volunteers to call upon as the need arises. So please keep sending them in. For more information on volunteering, contact Betsy D'Amico in the First Selectman's office at: 860-767-4340 x145 or visit the Volunteering page on the Town website at: [www.essexct.gov](http://www.essexct.gov). The whole community benefits when we all come together to focus on the greater good.

The past couple of years have been busy with Town Hall renovations, repairing and replacing bridges, elementary school upgrades, and a new storage garage at Public Works. This year the Town Hall restrooms are being renovated and brought up to code. In addition, the elevator, circa 1972, is on the schedule for replacement this spring. A new Harbor Patrol boat is on order and will arrive in time for the boating season. The previous Harbor Patrol Police boat was destroyed in a December storm.



Norm Needleman  
First Selectman

The Boards of Selectmen and Education have sent their 2018-2019 budget proposals to the Board of Finance, which moved them to Public Hearing on April 26th. Residents will have a chance to vote on the budget at a Town Meeting on May 14th at 7:30 pm in the Essex Town Hall auditorium. For more detailed information about the budget please check the Town and Region 4 websites.

Finally, I'd like to thank David Caroline, our Public Works  
**continued on page 3**

An advertisement for Saybrook Country Barn. The background is a photograph of a well-maintained outdoor patio area. In the foreground, there is a white plastic outdoor dining set with four chairs and a round table, set with plates, glasses, and a hat. The patio is adjacent to a swimming pool. In the background, there is a large body of water, a boat, and a house. The text "Outdoor Furniture Built To Last" is overlaid on the top right of the image. The Saybrook Country Barn logo is in a dark blue box at the bottom right. The address "2 Main Street - Old Saybrook CT" is below the logo. The phone number "860-388-0891" and website "saybrookcountrybarn.com" are in the bottom left. The slogan "Home is better when you love where you live." is at the bottom center.

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Country Barn**

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860-388-0891  
[saybrookcountrybarn.com](http://saybrookcountrybarn.com)

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# events

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## First Selectman's Corner... continued from page 1

Director for over 20 years, for his outstanding service to the Town. Dave has decided to reduce his work hours in order to spend more time with his family. As a result, I'd like to congratulate Ryan Welch, our new Public Works Director. Ryan has worked for the Town of Essex for several years as part of the crew and shown he has the knowledge, drive, and leadership skills to be an effective Public Works Director. Congratulations Ryan!

All the best,  
Norm

## Clean Energy Task Force

### WELCOME TO SPRING! FINALLY!

In the first quarter of the year the town endured several snowstorms, one of which caused widespread power outages that lasted for days. Those without heat cuddled up with blankets and sleeping bags, bunked with nearby friends and family or made do with the limited output of generators and fireplaces.

Anticipating an extended power outage, town leaders from Essex, Deep River and Chester made the decision to open a community emergency shelter at the John Winthrop Middle School. Running on a 450 kW generator until its own power was restored, the school offered residents of all three towns heat, showers, three meals a day, charging stations for technical equipment, and even sleeping accommodations in the gym. Those without water were able to fill up buckets to take home. With this well coordinated community program in place all three towns are made more resilient and better able to withstand potential disasters.

In the wake of the state's budget cuts for energy programs, the Clean Energy Task Force (ECCE) has turned its focus to what residents and business owners can do to be more sustainable and self-sufficient.

To learn more about ECCE, please visit our website: [www.essexcitizensforcleanenergy.com/](http://www.essexcitizensforcleanenergy.com/). Meetings are held at 7:00 pm on the fourth Tuesday of the month at the RiverCOG, 145 Old Dennison Road, Essex (behind Dunkin Donuts). Visitors are welcome.

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of Essex Events  
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and download the issue you desire!



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Angie's list

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# Assessor's Office

## Real Estate Tax Relief

### FOR 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 \$43,000 for a married couple; and less than \$35,300 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 2017, 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 residence in the home. 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 2017 SSA 1099, and proof of any income earned in calendar year 2017 or a copy of the 2017 tax return prior to May 15, 2018.

The Town of Essex also offers a tax deferral program where your real property taxes are essentially "frozen" at the 2017 level. There would be a lien placed on the real property so that the amount of deferred taxes would be paid to the Town in the event of the sale of the property or death of the owner.

We are looking forward to the opportunity to assist you.

Please call or email us with any questions. Further information is also available on the Assessor's page of the Town of Essex website at: [www.essect.gov](http://www.essect.gov).

Jessica Sypher, CCMA II, Assessor  
[jsypher@essexct.gov](mailto:jsypher@essexct.gov)  
 Nancy Berryman, CCMA I, Assistant to the Assessor  
[nberryman@essexct.gov](mailto:nberryman@essexct.gov)  
 860-767-4340 ext. 123



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43 River Road, Essex

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\*Source Broker/Media, SmartMIS, closed sales for residential single family homes, lots and land in New London, New Haven, Middlesex Counties 1/1/17-12/31/17

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# Town Clerk's Office - Dog License Renewals

## JUST A REMINDER...

2018 - 2019 Dog License Renewals will be due from June 1 to June 30th, 2018 (No early renewals prior to June 1st). Up-to-date Rabies vaccine information will also be required as well as any current spayed or neutered procedures.

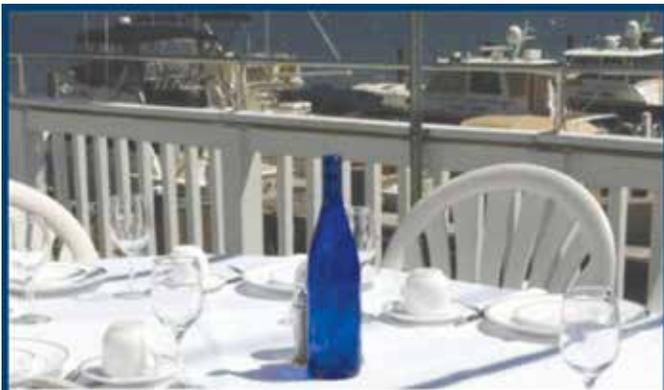
## Town Clerk's Office

29 West Avenue, Essex, CT

### WELCOME TO CENTERBROOK, ESSEX AND IVORYTON

Michael & Karen Silverberg	3 Abby Lane	Essex
Christopher & Marlene Stebulis	85 River Rd., Unit C6	Essex
Warren & Jayne Richmond	3 Hudson Lane	Essex
Cooper Kean	10 Parker Terrace	Essex
Michelle A. Holzinge	20 Curiosity Lane	Essex
Joseph Ganci & Lisa Macbride	13 Crosstrees Hill Rd.	Essex
Caleb J. Garrett & Jacquelyn Khadijah-Hajdu	23 Eagle Ridge	Essex
Patricia E. Kirkwood	15 Sunset Terr. Unit 4	Essex
Robert N. Cummings	33 Cedar Grove Terr.	Essex
Terry Lynn McDonald & Dustin L. Aliano	32 Birch Mill Trail	Essex

Jeffrey S. Bridges	69 Lynn Road	Ivoryton
Susan Campbell	22 Summit Street	Ivoryton
Richard C. Astles	92 River Road	Essex
Julie Holub	45 Walnut Street	Ivoryton
Karen G. Beni	65 Main St., Unit 20	Ivoryton
Susan M. Schindler	50 Bokum Rd, Unit 4	Essex
Kimberly A. Freeburg	19 Blake Street	Ivoryton
Sebastian Martinez & Mehri L. Paydar	15 Old Dobbin Lane	Ivoryton
Sarah & Vagn Worm	31 Dennison Road	Essex
Michelle Cone	10 Foster Lane	Ivoryton



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## LOSS OF RESIDENTS AND FRIENDS

### January

Joan R. Pacelle  
Julia R. Pomeroy  
Beverly L. Nyman  
Winona Goings  
Edward E. Barry  
Hobart Wilson Kraner, Ph.D.  
Leslie Walter Simmons, Jr.

### February

Jeannette Jones Pollard  
Claire Bruce Reeve  
Marcia Pond  
Barbara A. Brooks  
Richard G. Ertelt  
Marshall Clark  
Claire K. Rippey

Jean Hunt Murkland Luburg  
Diomedes Torres

### March

Anne Wigton Hall  
Elizabeth Tuttle Knapp  
June Lillian Trask Sacatos-Bronen  
Joseph W. Lux Sr.

Respectfully submitted, Yvonne Roziak, Assistant Town Clerk

## Registrar's Office

### ELIGIBILITY FOR VOTING IN PRIMARIES IN CONNECTICUT

In Connecticut you must be registered with the political party whose primary you wish to vote in. If you are registered as unaffiliated you may switch to a party up to 12 noon the day before the primary.

If you are currently registered with a political party and you want to switch to another party to vote in their primary you must do that at least 90 days before the scheduled primary.

There are potential primaries scheduled for August 14, 2018 for

Governor and other offices. The cut-off date for switching parties will be May 14, 2018.

You can check your registration status through the Secretary of the State's website: [WWW.SOTS.CT.GOV](http://WWW.SOTS.CT.GOV) or with your local Registrar of Voters office. You can do a party registration change online through the Secretary of the State's website: [WWW.SOTS.CT.GOV](http://WWW.SOTS.CT.GOV) or with your registrar of voters or town clerk.

John V. Heiser, Essex Registrar of Voters  
860-767-4340 ext. 142  
[jheiser@essexct.gov](mailto:jheiser@essexct.gov)



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# Essex Community Fund



Members of the Essex Community Fund along with several of our non-profits met with Representative Siegrist. John Heiser (FISH), Henry May (FISH), Bill Young (Essex Veterans Memorial Hall), Lou Denette (Essex Veterans Memorial Hall), Jean Schneider (Essex Community Fund), Alex Breen (Essex Veterans Memorial Hall), Ellen Rabin (Shoreline Soup Kitchen and Pantries), Pam Visel (Essex Community Fund), Jacqueline Doane (Essex Community Fund), Representative Robert Siegrist. Present but not in the photo was Dan Jones (Essex Veterans Memorial Hall) and Peter Bierrie (Essex Community Fund).

Corporation, Shore Publishing, David F. LaMay, CFP, Essex Financial, The Clark Group. A special thanks to all those attending. Keep an eye out for details of next year's event. Planning will begin shortly!

## MEETING STATE REPRESENTATIVE BOB SIEGRIST

Essex Community Fund board members and representatives from several grant recipient non-profits, including FISH (Friends In Service Here), Essex Veterans Hall and the Shoreline Soup Kitchen & Pantries recently met with Representative Robert Siegrist to learn more about what our residents in need are facing, how the Fund helps and what more can be done. The topics discussed ranged from fighting homelessness and the opioid addiction crisis, donating food and clothes to those in need, to helping

veterans and to resolving transportation issues. All agreed this meeting would be the first of many opportunities to work together to continue to address the needs of our residents.

## ANNUAL DAY OF GIVING

Moved to late April this year due our Cheers for Charity event, we look forward to a new format. Being hosted at Essex Meadows, a local attorney will be presenting on how the new tax law will affect local non-profits, as well as distributing much needed grant funding to over two dozen organizations.

## 1ST ANNUAL CHEERS FOR CHARITY

Our 1st Annual Cheers For Charity event was held on a sunny winter day at the Essex Steam Train. With over 15 local breweries in attendance and a sold-out crowd of 200 people from near and far attending, it was a definite success. The yummy food available from The Drunken Baker and Ted's Famous Steamed Cheeseburgers was enjoyed by all. Thank you also to our corporate sponsors who helped make this event possible: Noble Construction and Management, Norm Needleman & Jacqui Hubbard, Page Taft Christie's International Real Estate, Underwater Construction



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# Park and Recreation Department



## IT WAS A GRAND DAY FOR A PARADE.

The Town of Essex Park and Recreation Department would like to extend a thousand thanks to our local businesses and organizations that helped make the 8th Annual Essex go Bragh Parade a huge success. We especially appreciate our local businesses and community groups that hosted our festival events such

as Earth & Fire Art Studio, The Community Music School and The Griswold Inn. Additional Festival support was provided by The Park & Recreation Commission, Selectman's Office, Department of Public Works, Essex Police Department & Board of Trade.

Special thanks to ALL our marchers and to our local community groups who organized their members to come "March with Us." Save the Date. Next year's parade will be on Sat. March 16th.

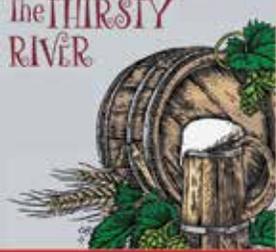
- The Essex Veteran's Color Guard
- The Sailing Masters of 1812
- Our 2018 Grand Marshal - Mr. Alan Miller
- The Essex Board of Trade
- Our Elected Officials
- Essex Girls & Boys Scout Troops
- Mulkerin School of Irish Dance
- Essex Community Fund
- Essex Elementary School Green Team
- Howard Bound Connecticut
- Bike for Kids
- The VRHS Girls Lacrosse Team
- The VRHS Girls Crew Team
- The Ivoryton Village Business Alliance
- Bushy Hill Nature Center
- The Essex Corinthian Yacht

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 The Essex Historical Society  
 Save A. Tree of the Esturay Transit District  
 Essex Ambulance Association

**SUMMER CONCERTS SERIES**

Our much anticipated Summer Concerts Series will return to the Villages of Ivoryton & Essex. Please check our website or Facebook page for weather-related information. All concerts are from 6:30 pm - 8:00 pm.

- Tuesday, June 26 Ivoryton Green, Long Island Sound
- Wednesday, July 4 Essex Main Street, Middletown Symphonic Band
- Tuesday, July 10 Ivoryton Green, Leaf Jumpers (New!)
- Wednesday, July 18 Essex Main Street, River of Dreams
- Tuesday, July 24 Ivoryton Green, Southern Voice
- Wednesday, Aug 1 Essex Main Street, Meadows Brothers
- Tuesday, August 7 Ivoryton Green, Blues on the Rocks
- Wednesday, August 16 Essex Main Street, Shiny Lapel Trio

**ESSEX SUMMER CAMP**

Join us for tons of summer fun at our exciting, engaging Summer Camp! Sports, games, arts & crafts, field trips, and more! Camp is offered to children ages 5-12, Monday-Friday, 8:30 am - 3:30 pm (early care is available), June 25 through August 10. Choose any week or all seven. Cost is \$125 per child. Camp is at Essex



Elementary School, with Field Days Fridays as weather permits at Grove Street Park.

**SPRING AND SUMMER PROGRAMS:**

For full information please see our brochure available on our website.

- Aspiring Young Engineers
- Spring Break Camp: April 16-22
- Running Rams: April 23
- Introduction to Archery: April 26

continued on page 12

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**ESSEX - SOUTH COVE CONNECTICUT RIVER WATERFRONT** - 18th Century Reproduction Gambrel. 4 BRs, formal LR & DR w/fpls. Pretty porch with fabulous views of Harbor & CT River. 3-car barn/garage. Sits on 4.5 exquisite acres. Very private, yet walk to Town. Offered at \$1,400,000

**ESSEX - FANTASTIC WATERFRONT LOT** - Superb 4.6+ Acre residential lot with 218' of waterfront. Overlooks Essex Village and CT River. Walk to Village. Open field & wooded. High & dry no flood insurance needed. Amazing Opportunity to build your dream house! Offered at \$950,000

**CHESTER - PERFECT COUNTRY CAPE** Gorgeous Cathedral Living Room with balcony loft. Family Room with built-ins, kitchen with island, leathered granite countertops, double ovens. 3 bedrooms, 2.1 baths, huge deck and stone patio. Ideal! Offered at \$385,000

**ESSEX (Ivoryton) - HISTORIC OSWIN REDFIELD HOUSE** c1877 Wonderful Victorian home with fireplaces, built-ins, wood floors, enclosed and wrap around porches. Renovated kitchen. Beautiful yard. Offered at \$375,000

**KILLINGWORTH - FABULOUS POST & BEAM** ON 6.4 ACRES 10 rooms - 4 Bedrooms, 3 Baths, first floor master with cathedral ceiling, large decks, 3 bay barn/garage. Perfect property for horse and animal lovers. Offered at \$575,000

**ESSEX (IVORYTON) - LOCATION LOCATION LOCATION!** - Quick walk to the Ivoryton Center. Open floor plan, living room, dining room, two bedrooms, two baths. One level living. Unfinished second floor. Two acres. Offered at \$255,000

**LYME - STUNNING BARN RENOVATION** - This 1745 barn has been transformed into a spectacular home. Open floor plan, original beams, 2 fireplaces, first floor Master Bedroom Suite with private deck. Beautiful yard, stone patio. Magnificent! Offered at \$585,000

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- Zumba Kids: May 2
- Girls Volleyball: May 3
- Cooking with Kids: May 3
- Tennis: May 5

**SUMMER SPECIALTY CAMPS**

- Running Rams: June 18
  - Aspiring Young Engineers: June 18
  - Tennis Clinics: June 25
- (5 weekly sessions until July 26)

Jr. Warriors Basketball  
 Competition Week: June 26  
 Jr. Warriors Basketball Clinic:  
 July 31

**Adult Programs**

Adult Basketball Wednesdays until June 2018  
 Sound Steps Walking Program  
 Archery: April 26

**DEPARTMENT STAFF**

**Park and Rec Director:**  
 Mary Ellen Barnes  
 860-767-4340 ext.110

**Recreation Aides:** Tim Lachance & Kai Recchia  
 860-767-4340 ext.148

**CONTACT US!**

**We'd love to hear from you!**  
 Remember to visit our website at: [www.essexct.gov/park-and-recreation](http://www.essexct.gov/park-and-recreation) for updated announcements, program information, and online registration! Also like us on Facebook for the latest updates!



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 860-767-2350 | [graciescorner43@gmail.com](mailto:graciescorner43@gmail.com)**

# Friends of the Essex Library Upcoming Events

On Saturday, June 9, 2018, Friends of the Essex Library will sponsor a tour of seven beautiful private gardens in Essex. The Garden Tour will include a garden with European flavor, a Japanese bonsai garden, a native plant hillside, aeroponically grown vegetables, and views of the Connecticut River. Most of the garden owners will be on hand to point out specific features, offer gardening tips and answer questions, thus providing a unique opportunity to learn by example.

Tickets, priced at \$30, will go on sale April 16. Cash, checks or credit cards will be accepted. Tickets will be \$35 the day of the event, cash or checks please. The tour will take place rain or shine. For more information, please call the library at: 860-767-1560.

The Friends annual Spring Book Sale, a don't-miss event, is Saturday, May 19, from 9:00 am - 5:00 pm. Hardcover are \$2 and paperbacks \$1. Unique to this sale is a large selection of sheet music and music CDs that range from full orchestra to chamber music, film/stage productions, jazz, country, international folk and modern music, most of which are \$1. Specially priced items, such as signed books, will be marked with orange stickers.

Books will be offered at half-price from 3:00 pm - 5:00 pm. On May 21, from 10-6, book lovers can fill their bags for \$5.

Shortly before the sale, the library website, [www.youressexlibrary.org](http://www.youressexlibrary.org), will have a complete list of signed and valuable books being offered.

All proceeds from these events benefit Friends of the Essex Library. To learn more about our mission, or to become a Friend, click Friends on the library website home page.



The Essex Library receives only about half of its funding from the Town each year. The financial support we receive from the Friends is critical. I urge you to help your library by helping our Friends make this event a success! Thank you for your support.

Richard Conroy,  
Essex Library Director



**2018 SEASON**

**TICKETS ON SALE NOW!**

<p><b>THE FANTASTICKS</b> Book and Lyrics by Tom Jones, Music by Harvey Schmidt MARCH 21ST - APRIL 8TH, 2018</p>	<p><b>A NIGHT WITH JANIS JOPLIN</b> Written and Created by Randy Johnson MAY 30TH - JUNE 24TH, 2018</p>	<p><b>ONCE</b> Book by Enda Walsh Music and Lyrics by Glen Hansard and Markéta Irglová SEPTEMBER 19TH - OCTOBER 7TH, 2018</p>
<p><b>LOVE QUEST</b> Written by Mary Maguire &amp; Steven McGraw APRIL 25TH - MAY 13TH, 2018</p>	<p><b>GREASE</b> Book, Music and Lyrics by Jim Jacobs and Warren Casey JULY 5TH - JULY 29TH, 2018</p>	<p><b>THE QUEENS OF THE GOLDEN MASK</b> Written by Carole Lockwood OCTOBER 31ST - NOVEMBER 18TH, 2018</p>
<p><b>A CHORUS LINE</b> Music by Marvin Hamlisch, Lyrics by Edward Kleban, Book by James Kirkwood Jr. and Nicholas Dante AUGUST 8TH - SEPTEMBER 2ND, 2018</p>		

103 MAIN STREET | IVORYTON, CT 06442 | 860.767.7318 | [IVORYTONPLAYHOUSE.ORG](http://IVORYTONPLAYHOUSE.ORG)



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Essex, CT 06426  
860-767-0084



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## Ivoryton Library

The Ivoryton Library has begun the long process of replacing or sealing all of windows which date back to 1889, when the library was built. They rattle something fierce in the winter! Last year we were able to replace 8 windows downstairs and this year, thanks to generous donations from Southern CT Gas, Connecticut Water and York Hill Trap Rock Quarry of Meriden, we will be securing three upstairs. These windows have colored glass in part so will be sealed with a permanent storm window rather than replaced. Our aim is for a more comfortable and efficient environment for our patrons, our staff and our materials.

In the Children's Room, we are ready for spring! Join us on Tuesdays after school for programs on horticulture. We will be planning our vegetable and flower garden, planting pots for Mother's Day and exploring different ways of pollinating our plants. These programs are generously sponsored by the Essex Garden Club. Be sure to "Like" our Facebook page for more detailed information. Before we know it, Summer Reading will be here! Packets will be going home with students at the beginning of June. Our Summer Reading Launch Party is Saturday June 23rd, during the Ivoryton Farmers' Market.

Our annual May Sale takes place on Saturday, May 19 from

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9:00 am - 1:00 pm. Used books in great condition will be for sale downstairs. Stock up on beach and vacation reading. Buy an Ivoryton Library tote bag for \$10.00 and fill it with books for \$5.00. Already own a bag? Bring it and fill it for \$5.00. Plants will be for sale out front as usual, a table or two of baked goods and, this year, we're adding a tag sale. Donations of tag sale items, books, pots and plants are welcome anytime. Please drop off baked goods beginning Thursday, May 17. Thanks!

## Essex Library

Have you ever wanted to share your experiences, the people and places in your life with your family but you don't know where to start? Join our Lifestories workshop in April and be guided through the process. April programs also include a four-part series on Poetry, a Centerbrook lecture on Cranbrook with Prof. Chuck Benson and an "Ask the Expert: how to select, plant and maintain beautiful trees" event with Essex Tree Warden, Augie Pampel.

May and June programs provide events to help get us outdoors including author Jeff Romano who'll speak about the best places to go day hiking in New England; a garden photography workshop with Author/Photographer Stacy Bass and a Learn to Fish workshop offered by the DEEP's CT Aquatic Resources Education staff. Also look for more Centerbrook Architects' lectures along with music history, garden and author talks. Check our website and publicity for more information.

The Essex Library Children's Department will continue to run weekly story times for children from April - May. Those with little ones (aged newborn - 2) are welcome to drop in on Fridays at 10:00 am until May 11. Families with preschool aged children are invited to join us on Thursdays at 10 am until May 3.

Join us for April vacation activities that include technology, engineering, art, dance and a community favorite - "Bingo for Books." In addition, we'll host a return visit with our friends from the Essex Fire Department. During May and June we'll have specialty programs with the CT Science Center and the Roaring Brook Nature Center. The "Wizarding World of Harry Potter" will also be back in June. Our annual Summer Reading program begins on June 15. For more information, please call the Essex Library at: 860-767-1560.

## Child & Family Agency, Essex River Valley Auxiliary

**"INTAKE DAY" WEDNESDAY, APRIL 25TH**

**Essex Town Hall from 10:00 am - 5:00 pm**

For the uninitiated, Intake Day is a spring ritual, marking a time to find, dust off, clean, repair and donate those valued, but little-used items in your care, to benefit Child and Family Agency of Southeastern Connecticut. On Wednesday, April 25th, from 10:00 am to 5:00 pm at the Essex Town Hall, members of the Essex Auxiliary will be standing by to greet and assist with your donated items. Please use the Grove Street parking lot entrance. Tax donation letters will be available on site.

The auxiliary will collect, sort, box and then transport your contributions to the New London Armory at 249 Bayonet Street New London, CT for a bonanza, 3-day fundraiser which has earned a reputation for being one of the "Largest Tag  
**continued on page 16**

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**SUNDAY, JUNE 10 11-5pm**

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## Child & Family... continued from page 15

Sales in New England." This year's 64th Annual Sale will be held May 10th, 11th, and 12th.

### WANTED

Art work, furniture, decorative items, sporting goods, clothing, jewelry, household items, linens, tools and toys, vintage and antique items, books, records and DVDs.

The motto Bring the Best and Leave the Rest has made the town of Essex a standard bearer for "quality" donations which help to provide for an increasingly successful fundraiser. Proceeds go directly to support the many extraordinary services provided by Child and Family Agency, a non-profit organization which has

served Connecticut families for over 200 years. Today, programs address children's mental health, physical health care, child abuse prevention, treatment of family violence, childcare, and parent education.

Your collective donations make a difference every year in the lives of the children and families served, but in times of economic turmoil your support is crucial, helping to stabilize some very fragile lives. Last year over 18,000 children and their family members from 79 towns were helped by the agency's staff of 195 dedicated professionals. For more information about the work of Child and Family Agency and our auxiliaries, and to see a time-lapse video of one of our sales, visit: [www.childandfamilyagency.org](http://www.childandfamilyagency.org).

## Welcome to Essex



Essex consists of three unique villages and is ideally located on the Connecticut River a few short miles from Long Island Sound. Well-known for its beautiful landscapes, majestic trees and gardens, fascinating architecture, and cultural and historical attractions, we are a boating and sailing destination as well. Essex is famous for hosting a multitude of parades throughout the year and offers an outstanding culinary and shopping experience to our residents and visitors. Come experience, explore and enjoy the small-town enchantment of Essex, Connecticut.

**Spring is in the air!**



Spring is finally here. Are you thinking about selling your home? We have buyers and are low on inventory. Please call me for a complimentary consultation and estimate of the current market value of your home.



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[arinehart@wpsir.com](mailto:arinehart@wpsir.com)



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## FISH (Friends in Service Here)

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The officers for 2018 are: Henry May, President; Stuart Warner, Vice President; Mary Samburg, Secretary; Barbara Ryan, Treasurer, Dana Hill, Driver Recruitment and Leo Zavatone, Director. Dispatchers are John Heiser and Tony Carrano. Ali Nichols retired after many years of serving as a driver, Board member and Secretary. Mary Samburg and Leo Zavatone have joined our FISH Board.

Residents of our three towns wanting rides and having no other means of transportation may call 860-388-2693 up to noon the day before their appointment (Friday noon for a Monday ride) to schedule a ride for the following day. The destinations are within the triangle of Middletown to the north, Guilford to the west and New London to the east.

In 2017, FISH drivers provided 747 free rides, of which over 300 were for residents of Essex.

The modest FISH budget is funded by grants from the Essex Community Fund, the Community Foundation of Middlesex County, the Essex Rotary Club, the Essex Savings Bank, the Deep River Community Health Committee, the Town of Chester and other organizations, as well as by contributions from our drivers and friends.

Henry May, Driver and President

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THE ESSEX TOWN HALL  
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THE LANDFILL AND RECYCLING CENTER  
is open Mondays, Thursdays, Fridays & Saturdays, 7 a.m. to 3 p.m.

<b>SELECTMEN'S OFFICE</b>		
Norman Needleman, First Selectman	x114	nneedleman@essexct.gov
Maria Lucarelli, Assistant	x112	mlucarelli@essexct.gov
Betsy D'Amico	x145	bdamico@essexct.gov
<b>ANIMAL CONTROL OFFICER</b>		
Jae Wolf	860-388-7082	jwolf@essexct.gov
<b>ASSESSOR</b>		
Jessica Sypher, Assessor	x124	jsypher@essexct.gov
Nancy Berryman	x123	nberryman@essexct.gov
<b>BUILDING DEPARTMENT &amp; FIRE MARSHAL</b>		
Dave DeLeeuw, Building Official	x117	ddeleeuw@essexct.gov
Darcy Roper	x144	droper@essexct.gov
Fire Marshal	x146	
<b>FINANCE DEPARTMENT</b>		
Kelly Sterner, Director of Finance	x122	ksterner@essexct.gov
Dana Novorio, Assistant	x116	dnovorio@essexct.gov
James Francis, Treasurer	x127	jfrancis@essexct.gov
<b>HEALTH DEPARTMENT</b>		
Lisa Fasulo, Director of Health	x118	lfasulo@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov
<b>LANDFILL/RECYCLING CENTER</b>		
Mike Birner, Supervisor	860-767-1926	
Bill Armstead		
<b>PARK AND RECREATION COMMISSION</b>		
Mary Ellen Barnes, Director	x110	mbarnes@essexct.gov
Tim LaChance	x148	tlachance@essexct.gov
Kaiulani Recchia	x148	krecchia@essexct.gov
<b>PUBLIC WORKS</b>		
Ryan Welch, Director	860-767-0715	
David Caroline, Boris Churyk, Richard Gallacher, David Martin	x161	rwelch@essexct.gov
<b>REGISTRARS OF VOTERS</b>		
Lois Ely	x142	registrar@essexct.gov
John Heiser	x142	lely@essexct.gov
		jheiser@essexct.gov
<b>RESIDENT STATE TROOPER</b>		
<b>ESSEX POLICE</b>		
David Tretter, Resident State Trooper	860-767-1054	
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Todd Belcourt		jkenefick@essexct.gov
Karen Reilly		tbelcourt@essexct.gov
Christopher McCarthy		kreilly@essexct.gov
Robert Hart		cmccarthy@essexct.gov
		rhart@essexct.gov
<b>SOCIAL SERVICES</b>		
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<b>TAX COLLECTOR</b>		
Megan Haskins, Tax Collector	x120	mhaskins@essexct.gov
Lynne Skinner, Assistant	x121	lskinner@essexct.gov
<b>TOWN CLERK</b>		
Joel Marzi, Town Clerk	x129	jmarzi@essexct.gov
Yvonne Roziak, Assistant	x128	yroziak@essexct.gov
<b>TOWN HALL OPERATIONS</b>		
Mark Hiatt	x136	maintenance@essexct.gov
<b>ZONING ENFORCEMENT</b>		
Joe Budrow, Enforcement Agent	x115	jbudrow@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov

[www.essexct.gov](http://www.essexct.gov)

## The Vascular Experts Becomes Team of 7

The Vascular Experts, which practices at Middlesex Hospital's Center for Vascular Surgery, recently expanded and is now a team of seven vascular surgeons with offices in Middletown and Old Saybrook.

Led by Dr. Bart Muhs, The Vascular Experts team is comprised of capable, board certified surgeons who are solely dedicated to vascular care and who can deal with simple or complicated cases. This team includes newcomer Dr. Megan Shue.

Utilizing Middlesex Hospital's state-of-the-art diagnostic and interventional suite, these vascular surgeons now have access to the latest technology, giving them the tools they need to better help their patients. The Hospital's suite, which opened in 2016, allows vascular surgeons to perform a number of minimally invasive procedures, which require much smaller incisions than traditional surgeries. In turn, patients experience fewer risks when having surgery, and hospital stays are dramatically reduced.

Vascular surgery patients also benefit from Middlesex Hospital's collaborative relationship with Mayo Clinic. Middlesex Hospital is a member of the Mayo Clinic Care Network, and the relationship allows physicians, including vascular surgeons, to collaborate when faced with complex cases.

Vascular surgeons at Middlesex Hospital work with physicians from other specialties to ensure that patients are cared for appropriately. They treat several different vascular diseases, and common procedures include leg angioplasty and stenting, peripheral bypass surgery, carotid endarterectomy and abdominal aortic aneurysm repair.

If you experience pain or ulcers in the legs, or if you have blocked arteries in the abdomen or the neck, you may need to see a vascular surgeon. If vascular diseases are left untreated, you may encounter risks, such as losing a limb. If left untreated, some conditions may also result in an aneurysm or stroke and can be fatal.

For more information, call 1-800-548-2394.

# Estuary Council Regional Senior Center

220 Main Street, Old Saybrook | 860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at: [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at: 860-388-1611.

## ESTUARY BINGO IS BACK

Thursdays at 6:30 pm

April 12 was the first night. Admission, including game package, is \$12 per player. Cash prizes with a progressive jackpot maximum payout of \$1,000 (increases \$100 each week). Snacks will be sold along with water, soda & hot dogs.

## ESTUARY PROM

“Classic Hollywood”

Saturday, May 19, 5:00 - 8:00 pm

Mark your calendars, shine your dancing shoes, and get your best suit or dress ready for a night out in Classic Hollywood style!

Call Deb at: 860-388-1611 x204 for details.

## CAFÉ LUNCHESES

Call 860-388-1611 x216 to reserve by 11 am the day before. Lunch is served at noon. Please join us! Meals supported by

Senior Resources with Title III funds available from the Older Americans Act. Lunch is a suggested donation of \$3 for those aged 60+ and costs \$13.93 for anyone under 60.

## ESTUARY GYM IS SILVER SNEAKERS APPROVED!

If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility easily by contacting the Estuary at 860-388-1611 x202.

## THE MARSHVIEW FITNESS CENTER

Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the office for a tour and learn how to become a gym member.

## THE ESTUARY THRIFT SHOP

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays! Daily Specials!

**Volunteers are always welcome** at the Estuary Council Senior Center. Help pack or deliver Meals on Wheels, work in our Thrift Shop, serve on our Board of Directors, and so much more. Please contact Judy at 860-388-1611 x213 for details.



### WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 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. Visit the website for more information: <http://www.211.org/#>



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# Department of Social Services

## RENTERS REBATE PROGRAM

The Renters Rebate Program starts April 1, 2018 and runs through September 30, 2018.

To qualify you must be 65 years or older or 100% totally disabled through Social Security and your income must have been less than \$43,000 for a married couple \$35,300 for a single person.

### The following information is needed to complete the application for the 2017 calendar year.

**EXPENSES:** Rent receipts, letter from landlord stating what you paid for rent in the year 2017. Utility (electric, water, oil and/ or gas) receipts or statement from utility company. You can call Eversource for a printout at 1-800-286-2000 (have account number ready).

**INCOME:** Social Security SSA-1099 statement or print-out from the Social Security Office, bank interest, pensions, VA benefits or any other sources of income. If you file a federal income tax return, a copy of your return is required.

If you are filing as 100% disabled, proof of disability is required every year by the State of Connecticut. A statement from social security STATING TOTALLY DISABLED OR A TPQY FROM SOCIAL SECURITY DATED FOR CURRENT YEAR stating that you were disabled the previous year.

You must have all information to file your application. Filing period is from April 1, 2018 through October 1, 2018. Appointments with the Town of Essex local office will begin in April 16. Application to the Renters Rebate Program is by appointment only. Call 860-767-4340 x201.

Essex Court & Essex Place Residents please use the appointment sign-up sheets will be located in the Community Room of Essex Court.

Please note that legislation allows for a reduction of renters rebate grants if claims exceed what is provided in the state budget for that program. Therefore, the estimated calculated grant may be subject to reduction.

## Essex - Community Listings

### CHURCHES

All Saints Episcopal Church..... (860) 767-1698  
First Baptist Church..... (860) 767-8623  
First Congregational Church ..... (860) 767-8097  
Ivoryton Congregational Church..... (860) 767-1004  
Our Lady of Sorrows Church ..... (860) 767-1284  
St. John's Episcopal Church..... (860) 767-8095  
Trinity Lutheran Church ..... (860) 767-0228

### CLUBS AND ORGANIZATIONS

Ancient Order of Weeders..... (860) 767-2700  
Democratic Town Committee..... (860) 767-7665  
Community Foundation of Middlesex County ..... (860) 347-0025  
Essex Board of Trade..... (860) 767-3904  
Essex Boy Scouts of America..... (860) 304-9027  
Essex Community Fund..... (860) 304-2751  
Essex Cub Scouts of America ..... (860) 790-0681  
Essex Garden Club ..... (860) 767-2860  
Essex Historical Society..... (860) 767-0681

Essex Lion's Club..... (860) 767-8072  
Essex Land Trust..... (860) 767-7355  
Essex Little League..... [www.essexlittleleague.org](http://www.essexlittleleague.org)  
Essex Veterans Memorial Hall ..... (860) 767-8892  
F.I.S.H. .... (860) 388-2693  
Ivoryton Company of Fifers & Drummers..... (860) 767-2237  
Lower Valley Visiting Nurses ..... (860) 767-0186  
Republican Town Committee..... (860) 510-8318  
SCORE ..... (860) 388-9508  
The Shoreline Soup Kitchens ..... (860) 388-1988  
Tri-Town Youth Services Bureau..... (860) 526-3600  
9 Town Transit ..... (860) 510-0429

### SCHOOLS

Beanstalk Preschool & Childcare..... (860) 767-3308  
Essex Elementary School ..... (860) 767-8215  
John Winthrop Middle School..... (860) 526-9546  
Superintendent..... (860) 526-2417  
Valley Regional High School..... (860) 526-5328

## Generous Funding Finishes Essex Place Kitchen

Six years in the making, from just an idea to an actual new building, Essex Place Centerbrook, an affordable senior residence, has occupants in its 22 units. The new building was completed in September, except for the kitchen space, which was unfinished due to lack of funding. Now the kitchen is finished with generous grants from Essex Savings Bank Community Reinvestment Act program and the Community Foundation of Middlesex County that funded the cabinetry and stove. We are most grateful for their support for this important project. The kitchen and Community Room are equipped with a generator and will serve the campus population of over sixty people from Essex Place and Essex Court during power outages.

Additional funding for other items was from the operating partners, Essex Elderly and Affordable Housing, Inc. and Women's Institute for Housing and Economic Development. To furnish the kitchen with utensils and cookware, there will be a fundraiser. Donations of lightly used cookware are also welcome.

The kitchen project was supplied by a local vendor, Pondsides Kitchens, and all construction, plumbing, and electrical was done by local tradesmen.

Essex Place Centerbrook is at: 26 Main Street, Centerbrook, and Essex Court is at: 16 Main Street, Centerbrook.

Visit our website at:  
**[www.essexct.gov](http://www.essexct.gov)**

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.



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## Tri-Town Youth Services



### DON'T BE PART OF THE PROBLEM

Turn in your unused or expired medication for safe disposal.

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and protects our water supply.

The non-medical use of prescription drugs ranks as the second most common form of drug abuse in America. The majority of teenagers abusing prescription drugs get them from family and friends - and from their home medicine cabinet.

### DRUG TAKE BACK DAY

Please bring any unused or expired medication to the Drug Take Back Day on April 28th from 10:00-2:00. For your convenience, we will provide two drop off locations that day:

- Tri-Town Youth Services - 56 High Street, Deep River
- Chester Village West - 315 Main Street, Chester

### CAN'T MAKE THE TAKE BACK EVENT?

You can dispose of your prescription medication anonymously at the 24-hour locked drop box located in the lobby of the State Police Barracks at: 315 Spencer Plain Road in Westbrook.

### Other tips for properly disposing of your prescriptions:

- Remove the medicine from its original container and mix it with an undesirable substance, such as used coffee grounds or kitty litter.
- Place the mixture in a sealable bag, empty bag, or other container to prevent medicine from leaking or breaking out of the garbage bag.
- Many pharmacies have medication disposal bags that safely dispose of leftover medication.

The Tri-Town Substance Abuse Prevention Coalition is planning other community events this spring, focused on drug use, prevention and community wellness.

### SAVE THESE DATES

- **High on Life Week is April 30 - May 6.** The theme for this year will be "We can all be Agents of Positive Change." There will be many school and community activities happening throughout the week. Pick up a bulletin or visit [tritownys.org](http://tritownys.org) for a complete calendar of events.
- **Community Breakfast - May 9th from 8:00 am - 10:00 am** at Camp Hazen. Keynote speaker: Dr. Michael Saxe will present "The Opioid Epidemic: The Solution is You." RSVP at: 860-526-3600.
- **We are partnering with Region 4 Schools and Project Courage** to present the documentary **ANGST** on Tuesday May 15 from 6:00 - 8:30 pm at the John Winthrop Middle School Auditorium. This 56-minute film and virtual reality experience explores anxiety- its causes, effects and what we can do about it. A discussion will follow about the risks of self-medicating with alcohol or drugs, and how to find resources and support for anxiety in our community. A must-see for parents and teens!

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## Are You Aging Gracefully?

How many times have you heard the term aging gracefully? Maybe you have even said it yourself. But what does it really mean? Do you have to let yourself go completely to be considered aging gracefully?

Do women who have decided to age gracefully still cover their grey hair? How about gym memberships - are they out of the question? Plucked eyebrows, w/fashionable clothing... off limits too? And who decides anyway?

Young women who can't conceive getting older and are appalled at the thought of injecting needles in their beautiful young faces are often leading this charge. And they're usually not leading it for themselves. For goodness sake, they're not even using moisturizer yet!

What they are really saying is "Not my mother." I've seen many women in my spa who hide their treatments from their teenage daughters. I totally understand the concept of body image and not wanting their young daughters to

think that they have to be physically beautiful to be of value. But that is not the issue.

I've had women say to me: "If my daughter knew, she would kill me. She hates Botox." Well, when your seven-teen year old daughter develops frown lines that could hold a credit card, let's talk.

In my practice I treat many women into their 70s who are beautiful because, with help and a treatment here or there, they maintain their beauty, dignity and self-esteem.

I think aging gracefully is looking beautifully age appropriate. And it doesn't matter how you get there. Sometimes nature can take care of that and sometimes you need a helping hand from technology.

For detailed information, please see our Madison Med Spa website at: [www.madisonmedspa.com](http://www.madisonmedspa.com).

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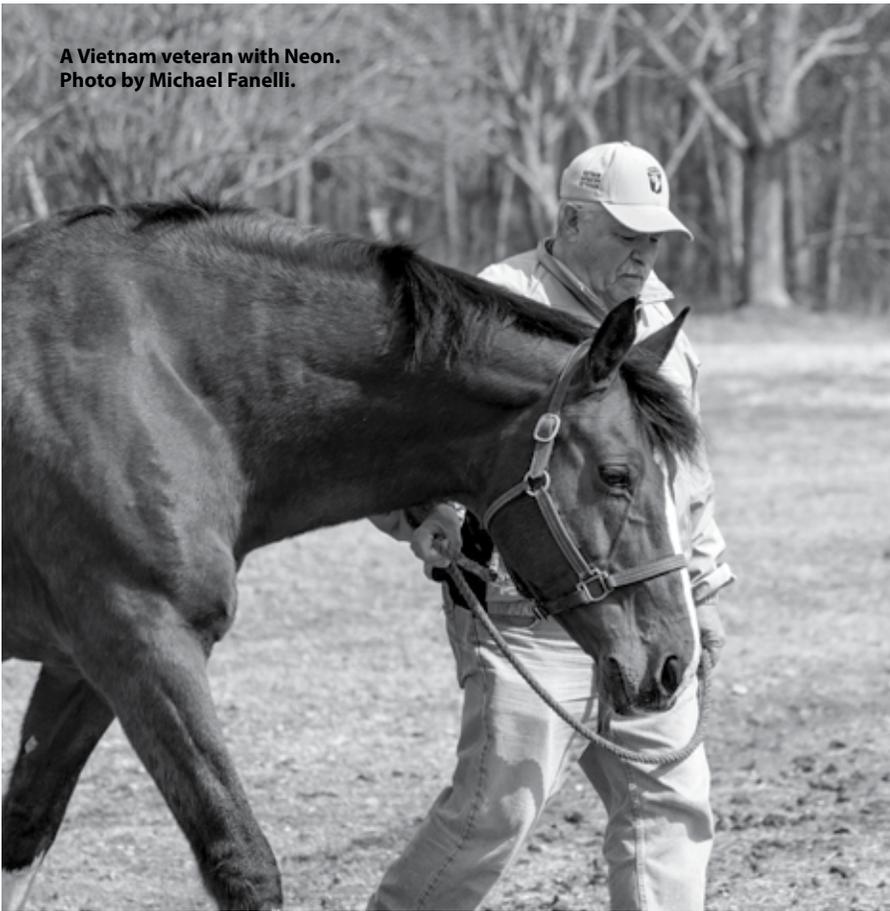
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A Vietnam veteran with Neon.  
Photo by Michael Fanelli.



## Horses & Humans Improving Lives

There's a farm in the middle of Old Lyme where horses and humans come together to improve the lives of hundreds of people every year. High Hopes provides therapeutic riding, carriage driving and unmounted horsemanship programs to adults and children, veterans and students. One of the first schools to partner with High Hopes was Essex Elementary School, and since then thousands of individuals have benefited from the special relationship that forms with a horse. Horsemanship is not restricted to riding; there is just as much to learn from the ground. "Caring for horses creates a motivating environment, encouraging students to be present and mindful," says Megan Ellis, Program Director, "and that impact has been shown to carry over from the barn to the classroom."

Another area where equine facilitated learning has been proven to have outstanding results is with veterans. John (not his real name) is a

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Vietnam veteran who has been living with PTSD since his return home. Recently he took part in The Equus Effect program at High Hopes, and it has been “life-changing.” This five-week program is designed to introduce the principles of natural horsemanship as a way to help vets regain trust and experience emotional regulation. “Through our equine partners vets learn to demonstrate the value of using finesse vs. force and cooperation vs. control,” explains Lauren Fitzgerald, an Advanced Instructor at High Hopes and one of the program’s facilitators. “Each veteran works with a peer and a clinician from the VA. Some veterans return for multiple sessions as they see the impact that horses have on their lives, families and relationships with their communities.”

Eversource Energy, The Bingham Trust and Dominion Energy are all sponsors of The Equus Effect and Horse Sense programs at High Hopes. Find out more about horses and humans improving lives at: [www.highhopestr.org](http://www.highhopestr.org).

Sarah Crisp  
 Communications Manager  
 High Hopes Therapeutic Riding

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## Appetite for Life

There is an easy and delicious way to support cancer patients in our community this June. Dine at a participating restaurant on its designated date and the restaurant will donate a percentage of your tab directly to Middlesex Hospital Cancer Center. Appetite for Life is in its ninth year and brings together restaurants and other food retailers, including ice cream and gourmet food shops and pet food stores, to support cancer patients during the month of June. Choose from dozens of restaurants throughout Middlesex County - from Essex to Old Saybrook to Middletown.

This year, The Essex in Centerbrook will host a special event on Wednesday, June 6 from 4:00 pm to 6:00 pm featuring samples from its seasonal menu. There will also be beer, wine and spirit tastings and raffle prizes. Tickets are \$20 each, 100 percent of which directly supports patients at Middlesex Hospital Cancer Center. In addition, Tuscany Grill in Middletown will host a kickoff party on Wednesday, May 30 from 4:30 pm to 6:30 pm.

“We are grateful to the dozens of restaurants participating in Appetite for Life, which benefits the Middlesex Hospital Cancer Center and our patients,” says Sarah Moore, director of development at Middlesex Hospital. “All proceeds support local cancer patient care and support services. Please join us, and eat out for a good cause!”



The Essex in Centerbrook will host a party on June 6, which will benefit Middlesex Hospital Cancer Center.

Since 2010, Appetite for Life has raised more than \$145,000 for cancer patient support services at Middlesex Hospital Cancer Center. These services include nurse navigation, social work, clinical trials, integrative medicine therapy and more.

To learn more about Appetite for Life, to purchase party tickets and to see a complete list of participating restaurants, visit: [middlesexhospital.org/appetiteforlife](http://middlesexhospital.org/appetiteforlife) or call: 860-358-6200.



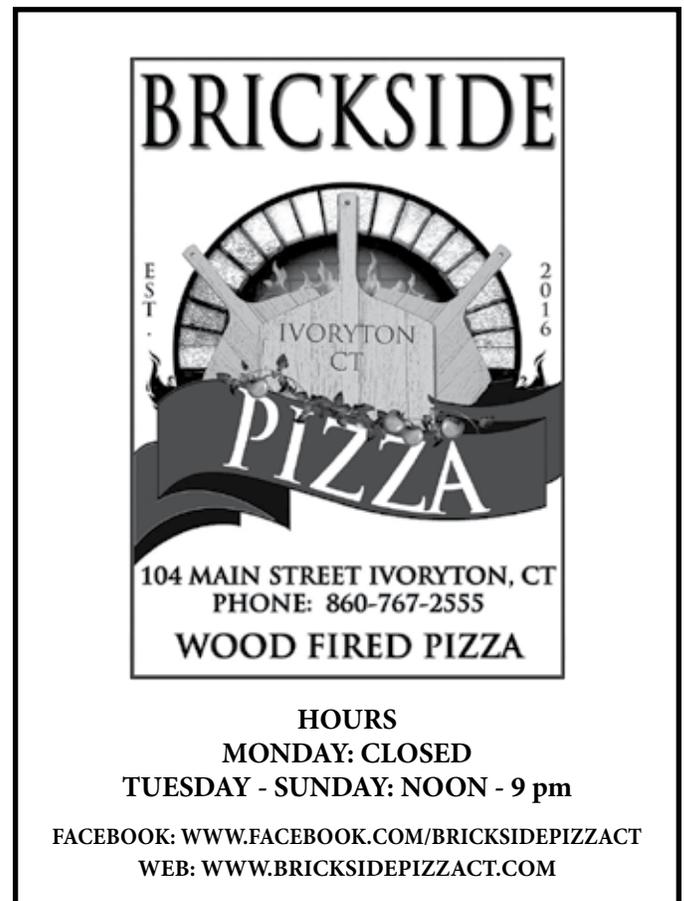
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## Regional Mental Health Board

It feels like nearly every week we're learning about another school shooting or threat. There has been lengthy discussion, often heated, regarding the issue of gun control and mental health. Proponents on each side of the debate argue which needs our attention first, with some arguing that we should address both issues concurrently. In many ways, our exposure to such devastating events has become common place. It begs examination of how we're treating each other, a reality that starts in Kindergarten and extends well into our adult lives. Recently there was a post on social media outlets challenging students to "Walk Up." The post encouraged students to consider reaching toward a classmate they would not typically talk to, sit with or engage with. A variation of the idea challenged, "Who's your 17?" In honor of the 17 lives lost during the Stoneham Douglas high school shooting.

The profiles of many school shooters include them as being bullied, troubled and isolated. These characteristics did not happen overnight. There seems to be a common thread - a lack of social connection to peers or close friends and challenging home lives. Despite signs, the rest of us wonder how that can be? How can that be? How can we miss that?

What if someone stood up ... stood out ... or pulled in this person? What difference could that have made in their decision and behavior? We all want to feel accepted, valued, and understood and yet with nearly 8 billion people in the world, many still feel alone. What will you do to change that ... even just for one person? Who's your 17?

Jackie Boudinot,  
LMFT, NCC, CFTP, CDM  
Connecticut Regional Mental Health Board - CAC10

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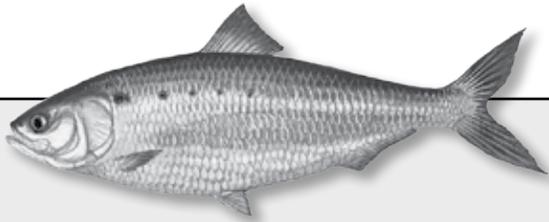
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## Haddam Shad Museum

The Haddam Shad Museum  
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April 9th to June 11th.

The museum, the only one of its kind in the United States,  
displays the history of shad on the CT. River since colonial days.

We will be glad to open it by appointment at other times  
for groups interested. The museum directors are familiar  
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212 Saybrook Road behind the  
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MJ Martin Design Woodworking opened its doors in 1994 as custom cabinet makers. Mike Martin prides himself as being a detail-oriented company with an emphasis on superior products and service to its customers.

Custom kitchens, bathrooms, offices, wood counter tops, entertainment centers and custom furniture pieces are all part of the MJ Martin offering. If you are looking for a special piece, we can build it! Each project is designed to the customer's specifications and aesthetic choices. The ability to provide both custom and semi-custom products guarantees that projects will be unique and reflect the client's personal style.

In 2010, MJ Martin partnered with Mouser Cabinetry. The partnership allows MJ Martin to offer its clients honest value and a unique semi-custom cabinet line crafted from the finest select woods. Mouser Cabinetry, based in Louisville, KY, proudly produces all of its cabinets in the U.S.

Our new showroom was opened in Old Saybrook in 2016. We invite you to stop in and see our custom cabinetry and the Mouser line of high quality product.



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# What you NEED to know about Cataracts

There are different types of cataracts, but the most common cataract is age related. Some patients will see halos around lights, suffer from glare at night or in bright sun, or other visual disturbances. This is natural progressing eye condition. In fact, cataract surgery is the most common surgical procedure performed world-wide! The internet makes it very easy to find information about cataracts; however it is difficult to differentiate the fiction from the facts.

### WHAT EXACTLY IS A CATARACT?

As we get older, the natural lens inside our eye becomes cloudy causing blurred vision, which cannot be corrected by glasses.

### WHO IS AT RISK?

Risk factors include: age, family history

of cataracts, diabetes, eye injury, smoking, radiation treatments, and exposure to UV rays.

Are cataracts preventable? Some ways to slow progression of cataracts are to eat healthy, get a complete eye exam yearly, and wear sunglasses with 100% UVA & UVB protection.

### HOW CAN I TREAT CATARACTS?

There are a few ways to treat cataracts, including the latest advancements in eye care technology to our region and the implantation of premium lenses during cataract surgery. Using the LensX laser, surgeons have the ability to customize the procedure to achieve the best visual outcomes.

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It takes a community to improve the quality of life for all – neighbors and friends who generously give their time and resources to support a passion or area of interest. Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, the arts, human services, education, heritage enhancements, the environment, and so much more.

Together we are able to make a real difference in the lives of so many. Consider the support provided by the Chuck and Rachel Wiltsie Fund to provide free legal services for indigent veterans living in Middlesex County so they have access to stable housing, affordable healthcare, and suitable income. Or the Preston Family Fund and the Kalayjian Family Fund which provide food and other basic necessities to families in need through support to local shelters and social service agencies.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, and tomorrow. We invite you to learn more by calling us at 860-347-0025 or visiting online at [MiddlesexCountyCF.org](http://MiddlesexCountyCF.org).

## Riding The Rails: Connecticut's Shore Line East

Connecticut commuters, as well as leisure travelers, have enjoyed the benefits of the Shore Line East (SLE) rail service over the years, but not everyone knows a lot of its history.

The line was built in the mid-nineteenth century by the New York, New Haven and Hartford Railroad as part of the New York to Boston mainline. This local service was operated on the line between New Haven and New London until 1969. The service was then reduced to one local train that operated until 1972. Amtrak ended the local service and substituted various types of more limited local services that ran until 1981 when all local service was ended.

The State revived the service in 1990 with the current name of Shore Line East as a temporary service to local stations between New Haven and Old Saybrook, to alleviate traffic congestion from construction work on I-95. Since then, service and ridership has expanded with new stations and more trains. Shore Line East

also connects with MTA Metro-North in New Haven providing service to New York City.

Today, SLE serves over 500,000 commuters annually who travel along nine stations: New Haven Union, New Haven State Street, Branford, Guilford, Madison, Clinton, Westbrook, Old Saybrook and New London. Most stations have free parking, and there are fun surprises as well—a classic pizza eatery in the Old Saybrook station and wonderful New England scenery as SLE runs right through Rocky Neck State Park.

SLE is much more than a commuter service. Many commuters use it to visit Mystic Aquarium or Mystic Seaport, attend performances at the Garde Arts Center in New London, or visit New Haven sites like the Yale Peabody Museum or The Shubert. And Mohegan Sun runs a special free shuttle from New London right to the casino. For schedules and special attraction offers visit: ShoreLineEast.com.

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**Deep River \$415,000**  
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# Vista Starlight Benefit to Serve Up 50s Nostalgia



rock and roll music, poodle skirts and, of course, old-fashioned hamburgers and milkshakes. Guests are encouraged to come dressed in 1950s-inspired clothing.

Funds raised by the Starlight Benefit support the many programs and services offered by Vista Life Innovations, a community-based program supporting the personal success of individuals with disabilities.

The Starlight Benefit begins at 6:00 pm. For information about tickets and event sponsorship opportunities, visit: [www.vistalifeinnovations.org/starlightbenefit](http://www.vistalifeinnovations.org/starlightbenefit). For questions, please contact Malley O'Shea, Director of Organizational Development & Communications, at: 860-399-8080 ext. 227.

Vista Life Innovations is turning the clock back to the 1950s for its annual Starlight Benefit spring fundraiser and social event on April 28 at Water's Edge Resort and Spa in Westbrook.

Open to community members, the Vista Starlight Benefit is a spirited evening that includes live and silent auctions, a cocktail hour, dinner and live entertainment. This year's event will feature a 1950s diner theme complete with soda jerks,

*Vista Life Innovations is a 501(c)(3) nonprofit organization accredited by the National Commission for the Accreditation of Special Education Services (NCASES). With campuses in Madison, Westbrook and Guilford, Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. Visit: [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org) for more information.*



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# Essex Land Trust Coming Events

The Essex Land Trust annually organizes a calendar of diverse events including hikes, lectures, nature talks, canoeing and kayaking trips, all featuring guest speakers and knowledgeable naturalists. All of these events are free and open to the general public.

**Thursday, May 3, 7:00 pm Essex Town Hall,  
29 West Avenue, Essex**  
**SKETCHING BIRDS FROM LIFE AND BECOMING  
A FIELD-GUIDE ARTIST**

Interested in learning how birds are sketched from a renowned field guide artist? The Essex Land Trust and the Potapaug Chapter of the National Audubon Society are pleased to host a presentation by nationally recognized artist, Michael Di-Giorgio. The artist will describe his journey from tracking and observing birds in the wild to learning how to express their beauty and his feelings about them in drawings and paintings. All ages welcome.

**Saturday, May 12, 10:00 am Essex Meadows,  
30 Bokum Road, Essex**  
**BIRDING AND NATURE WALK**

ELT member and birder, Jim Denham, will lead a 1-2 hour walk through Essex Meadows' woods to explore the peak

bird migration and breeding season. You will see and hear dozens of species around this very diverse landscape. All levels of knowledge are welcome. Refreshments provided at the conclusion of the walk, courtesy of Essex Meadows. Bad weather cancels.

**Saturday, June 16, 2:00 pm**  
**CANOE AND KAYAK TRIP AROUND THATCHBED  
ISLAND, SOUTH COVE**

Meet at the public boat launch below Essex Town Park. Bring your own boat for an early summer kayak/canoe trip around Thatchbed Island and South Cove, led by a naturalist. Discover the abundant wildlife and the history of ELT's first purchase. Participants should register on site and launch their own boats prior to the 2pm departure. A safety boat will accompany. Bad weather cancels.

**5:30 pm – Concert in Essex Town Park,  
Main Street, Essex**

Join us at the lovely Essex Main Street Park for an early summer BYO beverages/picnic and concert by the infamous Corinthian Jazz Band. Bring chairs, blankets. Relax, dance and enjoy! Bad weather cancels.



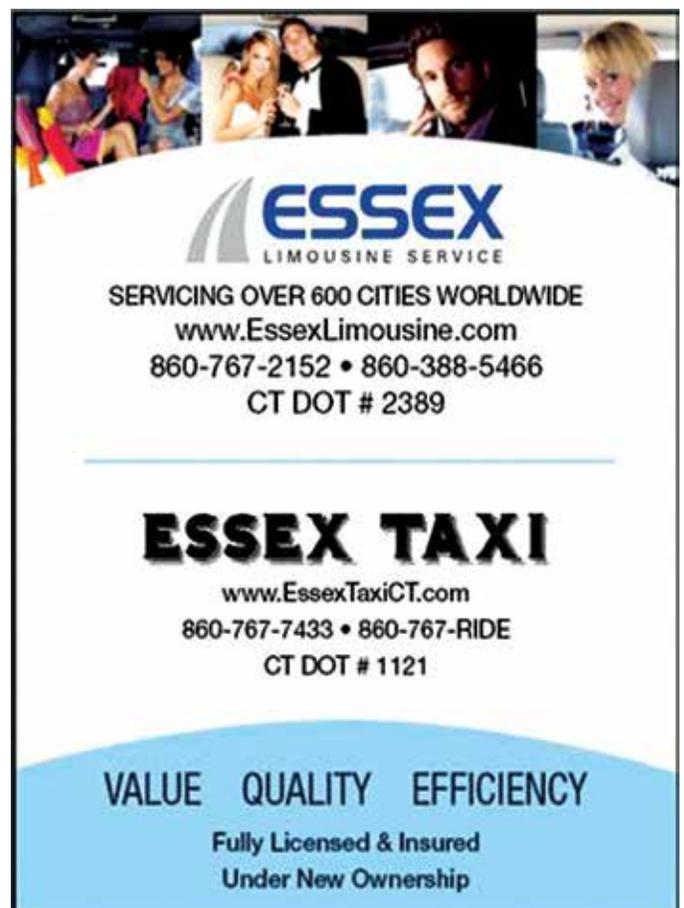
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**Saturday, July 14, 10:00 am,  
KAYAK RACE ON MILL POND**

Join us for an informal, fun and family friendly race around Jean's island, a seven-acre preserve on Mill Pond in the Falls River. Participants ages 12 and older should register on site and launch their boats from the Falls River Park Landing, located on Falls River Drive. Safety boat will accompany. Bad weather cancels.

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## Love & Rock 'n' Roll at the Ivoryton Playhouse

A renowned scientist once theorized that finding “intelligent life” on other planets in the universe would be like shooting a particular blackbird in a room full of blackbirds, with the lights out. Ironically, the same probability applies for finding a “normal man” on an online dating service.



**Love Quest** - a new comedy opening at the Ivoryton Playhouse on April 25th - explores the journeys of two women in the perilous world of online dating.

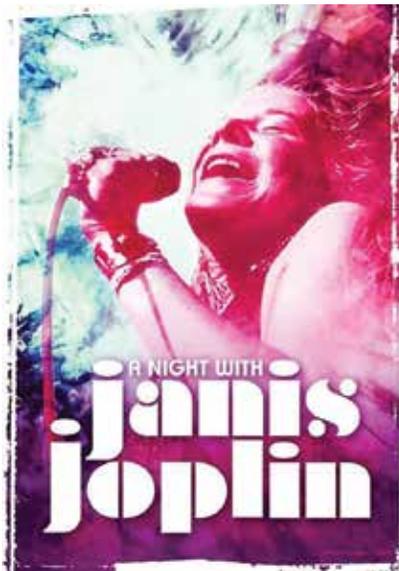
Kate Crawford, 60, was married for 30-years and divorced for 3.

Her husband left her for a younger woman and she is dealing with issues of abandonment, old age and the new world of internet dating. Her daughter, Megan, posts Kate's profile on the Love Quest dating site and Kate is thrust into unknown territory.

Brook Davis, 35, single, climbed the corporate ladder in the fashion industry with driven, single minded focus. Her ambition left little time for socializing, however executives in her firm want her to raise her celebrity profile by being seen at the right places with eye candy dates. Her assistant, Bové, reluctantly signs her up on Love Quest.

Kate and Brook meet after a bad date goes awry and they become friends and allies in this strange new dating world. Hilarious and poignant, Love Quest is written by Mary Maguire & Steven McGraw and runs until May 13th.

Then come and witness the Queen of rock 'n' roll in June with **A Night with Janis Joplin**. Featuring such unforgettable songs as “Me and Bobby McGee,” “Piece of My Heart,” “Mercedes Benz,” “Cry Baby” and “Summertime,” A Night with Janis Joplin, is a musical journey celebrating Janis and her biggest musical influences—Aretha Franklin, Etta James, Odetta, Nina Simone and Bessie Smith. Open May 30th - June 24th.



Greased Lightnin' roars into town in July when the original high-school musical, **Grease**, takes the stage.

Featuring all the unforgettable songs from the hit movie including “You're The One That I Want,” “Summer Nights,” “Hopelessly Devoted To You,” and many more. Dust off your leather jackets, pull on your bobby-socks and take a trip to a simpler time as Danny and Sandy fall in love all over again. Grease will be drag racing through Ivoryton from July 5th through July 29th.

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A Broadway classic will fill our stage in August with **A Chorus Line**. Funny, heartbreaking, and refreshingly honest, this singular sensation is the longest-running American Broadway musical ever. On stage from August 8th – September 2nd.

opens September 19th - October 7th); Queens of the Golden Mask (a world premiere runs October 31st - November 18th)

Call the Playhouse box office at: 860-767-7318 for subscriptions or tickets or visit our website at: [www.ivorytonplayhouse.org](http://www.ivorytonplayhouse.org).

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# Essex Elementary School Celebrates Arbor Day



2018 marks the seventh year that Essex Elementary School and the Essex Land Trust celebrate Arbor Day. With the support of teacher Mary Nodden and principal Jennifer Tousignant, third graders will once again commemorate national Arbor Day by planting a new tree on the grounds of Essex Elementary School. The event is planned for Friday,

April 27 at 1:00 pm. During the weeks leading up to Arbor Day, the third graders will learn about trees and their importance to the environment. Helped by the Elementary School's Green Team, they will raise funds for the purchase of the new tree to which the Land Trust also contributes.

Essex Tree Warden Augie Pampel with the assistance of Fred Weber of Fred Weber & Associates Landscaping will select a suitable tree and plant it while explaining the best techniques for successful tree planting.

Arbor Day itself is an annual event which first took place in 1872 when J. Sterling Morton promoted the idea of celebrating the role of trees in our lives. One hundred years later The Arbor Day Foundation was established as a nonprofit conservation and education organization with a mission to inspire people to plant, celebrate and nurture trees. The Foundation is one of the world's largest nonprofit conservation organizations dedicated to planting trees planting and distributing more than 10 million trees each year.

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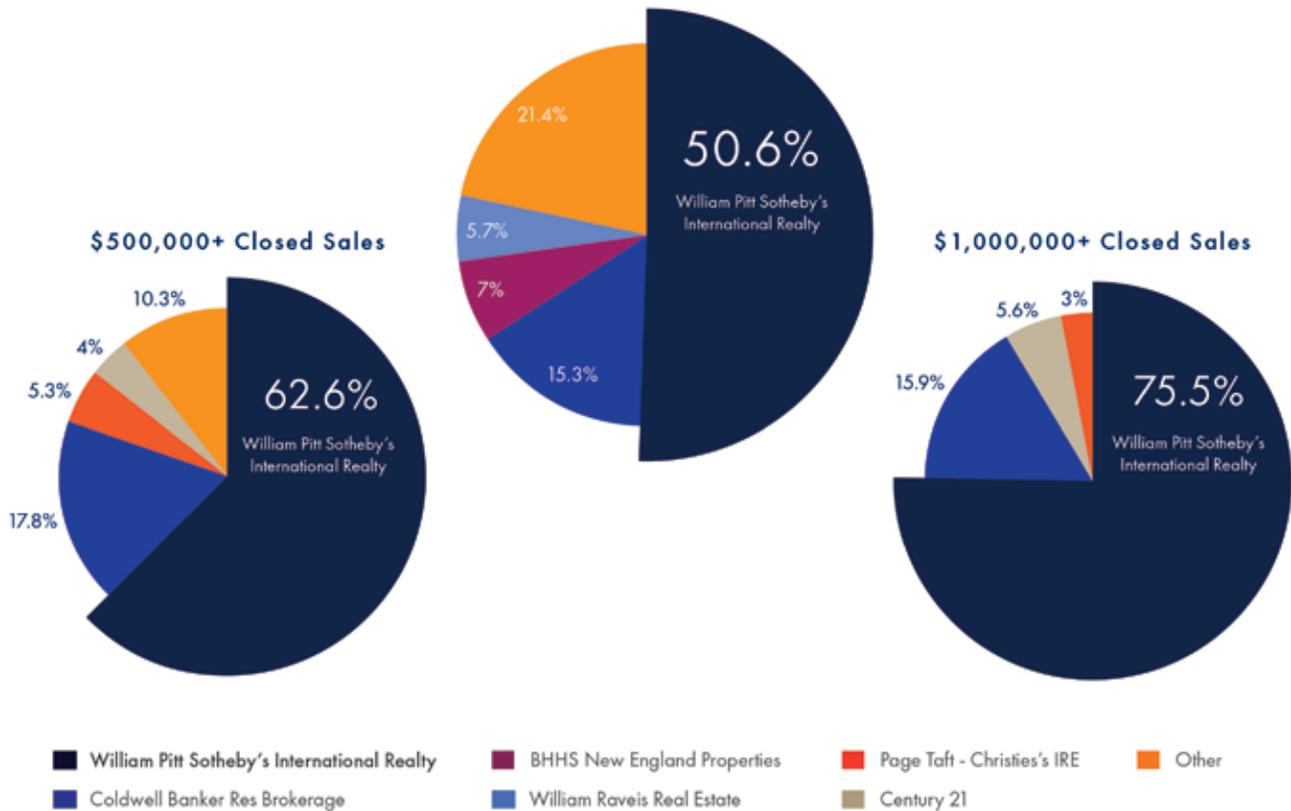
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# Valley Regional High School Students Immerse Themselves in French Culture

Recently, five Valley Regional High School students, accompanied by Ms. Kate Wheaton and Ms. Rachael Cassella, flew across the globe to visit and study in France for one week. Two participants, Lydia Wiernik-Partenio and Sophie Spaner, described their experiences.

We settled into our homes for the week, speaking as much French as we could (it's harder than it is in class!) and connecting with the students at school. In the mornings, we would attend classes with our host students, ranging from Latin and German to world history and hair styling. And truly, despite the language barrier, the French students and ourselves were very much alike. They liked television, Snapchat, and were as fascinated by English catchphrases and slang, as we were with the French ones. In the afternoons, we were taken on excursions to nearby towns and landmarks like Carcassonne, one of the world's last walled medieval cities. After, we met up with our host students and went home for the night with them. Many host

families enjoyed playing board games like Rummikubagame that, even with a language barrier, is simple and understandable. This was a good way for us to practice our French and them to practice English. No matter how much we insisted on them speaking French with us, the students wanted to respond in English! In the end, we compromised so the American students would speak French and the French students would speak English. They wanted just as much to practice their new language as we did.

It was amazing to make a connection with people from across the world about such basic things as movies, technology, and board games. For the rest of the week, we continued to bond over common interests. When it was time to leave, the students sent us off with a kiss on the cheek and a light hug, saying simply, "Until next time." They waved as the bus drove away. Visiting France was absolutely incredible. We will never forget the places or people we met.

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# News from the Riverfront at the Connecticut River Museum

The winter season has been a busy one here at the Museum. Despite the unpredictable weather, the Winter Wildlife & Eagle cruises were well attended. Professional and amateur photographers alike acquired wonderful photos of eagles and their natural habitat. Brian Hess filled the house for his narrated Eagle Cruise and Brown Bag talk; Stanley Kolber had two sold out Photography Workshops where he taught techniques for catching that perfect nature shot; and Birds of Prey took over the Essex Town Hall as A Place Called Hope brought their beautiful birds to Essex for a live demonstration.

On January 26 and March 23, many joined us for a lively evening as the historic Samuel Lay House was transformed into a riverside tavern with music and drink tastings. We were overrun with pirates at the annual Privateers Bash looking for a lively way to let off some winter steam in a playful nod to the privateers who made their wealth by relieving foreign ships of their valuable cargo during the War of 1812.

In March, the stunning Avian Art of Michael DiGiorgio graced our walls with the exhibit From Field to Frame and will remain there through May 6. DiGiorgio's art has been exhibited at many museums including the noted Roger Tory Peterson Institute.

## Here are the highlights coming up for spring:

- April 27 Evening at the Lay House Tavern Night – featuring beer tastings with Olde Burnside Brewing, live music with Rick Spencer and Dawn Indermuehle and historic food pairings by Catering by Selene.
- May 12 Burning of the Ships
- May 17 Exhibit Opening for: The Thirsty River: four centuries of drink, life, and reform in the Valley
- May 31 RiverFare
- June 1 Onrust Cruises Begin
- June 2 Essex Annual Shad Bake with the Rotary Club of Essex



The Inca Jay is one of the featured works in the Connecticut River Museum's spring exhibit From Field to Frame: The Avian Art of Michael DiGiorgio on view through May 6.



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## Its May Market Time in Essex

The long-awaited May Market is almost here. Set your calendars, iPhone and smart phones to Saturday May 12th from 9:00 am to 2:00 pm, rain or shine, in the town park, located on Main Street in Essex Village.

Just in time for Mother's Day there will be herbs and herbal gift creations as well as the Garden Club's famous garlic salt, made from a closely guarded secret recipe since 1953. This garlic salt is made by the Essex Garden Club which also boasts the ever-popular May Market Members Plants. People have been coming to Essex on May Market day for years from all over New England to take advantage of the healthy plants dug and nurtured by the Garden Club members. These plants include perennials, ground covers, grasses and shrubs dug and potted from the garden club members. The many varieties of tomato plants grown from seed and cultivated carefully are an early sell out in the Members Plants area each year. There will be 300 tomato plants, including many heirloom varieties guaranteed to grow in our climate. There will also be a colorful assortment of annuals and hanging baskets for sale. Knowledgeable Garden Club members will be available to help with any questions on caring for the plants. Back by popular demand this year is the all-natural compost available for sale.



The "Treasures" section is a great place to find gently used pieces of jewelry, garden pieces, planters, books. Children's items, gardening tools and a mix of odds and ends. The Silent Auction will have an incredible array of goods and services donated from many generous merchants. Last year our Fresh Flowers were such in demand, we are going to have them again! In addition, we have also added a few new things... Garden Gifts, things that every gardener would love to have, or children could purchase as a Mother's Day gift. The May Market Café offers donuts and coffee starting in the morning and light lunch fare at midday. And don't forget to look for the Artist in the Park who will be painting scenes of May Market.

May Market is the Garden Club's only annual fundraising event. Proceeds support civic improvement projects, such as beautifying town parks and traffic islands in Essex, Centerbrook and Ivoryton. Funds also provide scholarships for high school seniors and college students, summer camperships for young students, and educational programs for the Essex Elementary school and John Winthrop Middle school. Funds also support adult and children's programs in both the Essex and Ivoryton Libraries.



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# Essex Memorial Day Parade & Essex Veterans Memorial Hall Open House

On Monday, May 28, 2018 at 9:00 am we will "step off" with our annual Memorial Day Parade, beginning at the "Foot of Main St."

The parade ends at Essex Veterans Memorial Hall at approximately 11:15 am, following a brief ceremony, everyone is invited into Essex Veterans Memorial Hall for a complimentary lunch and dessert.

On behalf of the membership,

Alex Breen Jr., President  
Essex Veterans Memorial Hall



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# German Wines

Germany is the fourth largest wine growing country in Europe. Even though it is a big grower of grapes, it is small in comparison to the other products that are grown there. Most of the high quality wines are grown on steep slopes above the Rhine river. These vineyards need to be handpicked, which takes many extra hours. Where there are smaller portions of flat land, machines are used for harvesting.

In the 80s Liebfraumilch was one of the largest white wines exported, which brought a lot of new people into drinking wine due to the sweetness. The most popular grapes now are Riesling, Muller-Thugau, and Silvaner.

One of the most difficult things about German wines is understanding the label. One item that is always on the label is the region. There are thirteen winemaking regions in Germany. The four major wine regions are Mosel, Pfalz, Reingau, Rheinhessen.

You might also see words like Kabinett, Spatlese, Auslese, Trocken, Beerenauslese, Trockenbernauslese, and Eiswein. Trocken meaning dry. In a Riesling you get a dry crisp wine if this term is on the label. Kabinett is picked during normal harvest which leads to a semi dry or dry wine.

Spatlese means picked late, hence these wine are a little sweeter. Auslese is a process that the fullest ripe grapes are picked, which results in a fuller, slightly sweeter wine. With the Beerenauslese method the best grapes are hand picked to produce a juicy sweeter wine of slightly better quality. Trockenbernauslese is similar to that of Beerenauslese but the grapes are dried so they become raisiny and hence produces a sweeter and more intense wine, which is usually expensive.

Lastly, one other type of wine is Eiswein. This is a process of freezing the grapes on the vine, they are then pressed while they are frozen which makes for a concentrated wine with sweet fruit, also classified as a dessert wine.

Hopefully this will give you a better understanding of German wines and make it easier to pick out the wine you desire from Germany. With the variety of the wine making processes you can purchase a Riesling from bone dry to intensely sweet. Have fun with your next selection of German wines, as they will prove to be a tasty accompaniment to the upcoming holidays.

Art LiPuma, Manager, SeaSide Wine & Spirits



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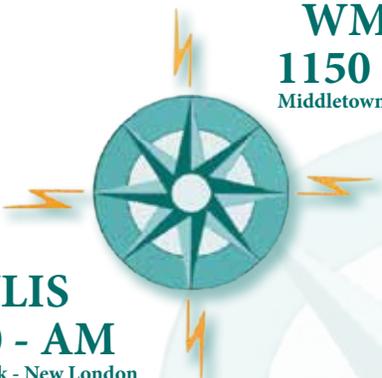
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## 7th Annual Run for Chris with the Y 5K

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Proceeds from the Run for Chris with the Y 5K support the Chris Belfoure Memorial Fund at Community Foundation of Middlesex County. The fund honors the memory and vision of Chris Belfoure, a 2005 graduate of Valley

Regional High School. Influenced by his own life-altering experiences traveling and living abroad, Chris was passionate about encouraging others to broaden their own horizons. The fund benefits foreign language study abroad programs at local area high schools.



To date 189 local high school students have benefited from the fund, with a total of \$13,679 in grants. Student have traveled to such places as Costa Rica, France and Spain. In April, 2018, students from VRHS will go to Spain for their exchange program, supported by a \$3,000 grant. This year Westbrook High School students will also benefit from the fund, traveling to Marseille, France, with the aid of a \$1534 grant. Both grants are made possible by proceeds from the run and from our sponsors.

Of note, a runner from the 169 Towns Society has chosen the Run for Chris with the Y as her 169th town in which to run. This group's mission statement is, "Do Every Blessed Town In Connecticut (DEBTiConn)." This Society of runners has been formed by men and women who aspire to race in every town in the state of Connecticut. "

Race information and registration at: [www.chrisbel4mf.com](http://www.chrisbel4mf.com). Note: Until June 8 ages 14 and under free, group rate discounts (online only.) Awards include... under 20 age group awards (<10, 10-14, 15-19).

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