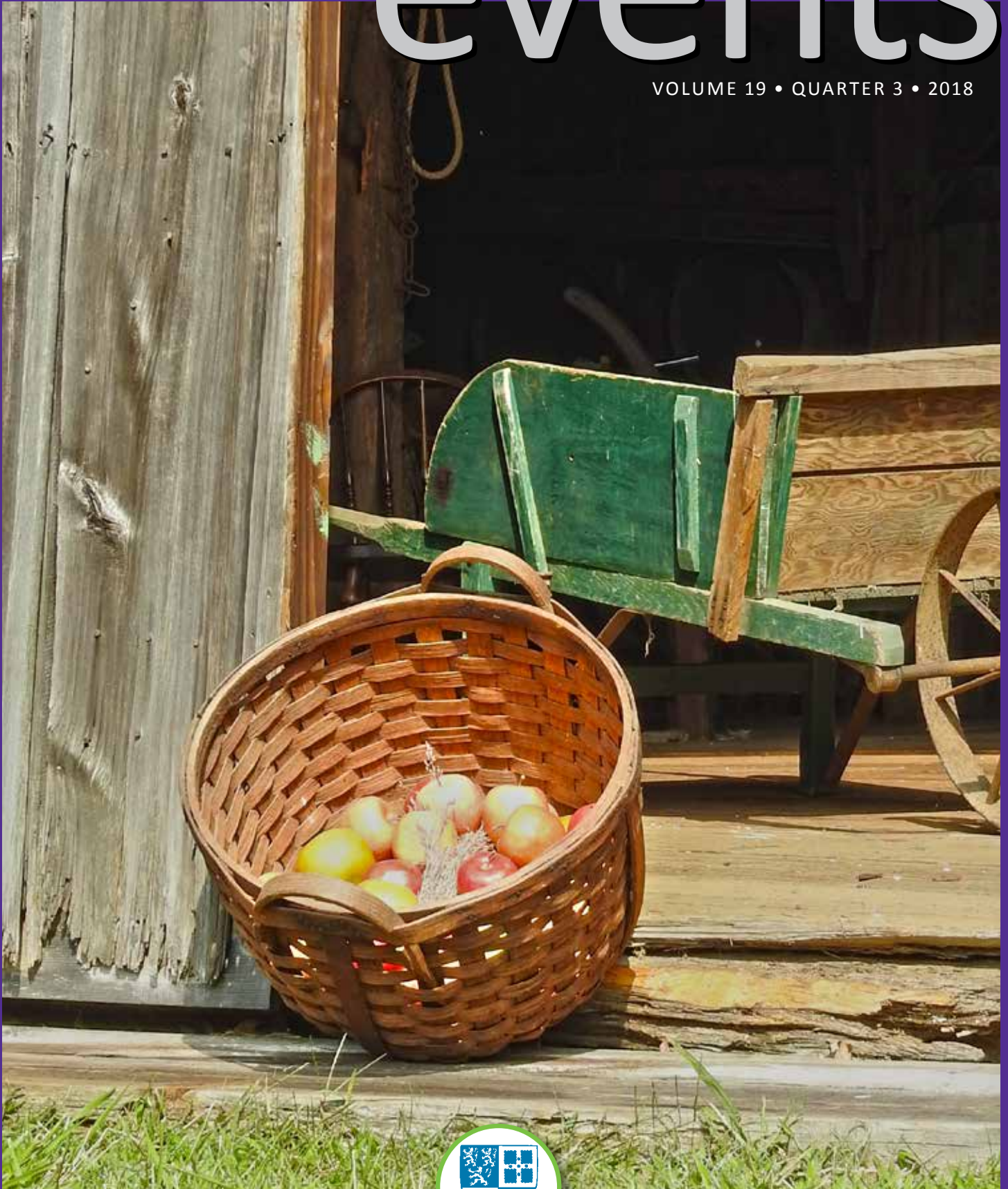


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The Selectmen's Corner

Happy fall from the The Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr., and Selectmen Scott Giegerich and Carol Conklin. The fall brings with it so many great outdoor activities. I hope you enjoy the season. We thank you for entrusting us with running your local government.

On Monday, July 30, 2018 I had the honor and privilege to administer the oath of office to Jeannine M. Lewis, the new Judge of Probate for the District of Saybrook. Jeannine is an accomplished attorney who specializes in probate work, and has written several manuals for attorneys to guide them in their probate practice. Of course, with a new judge, we must say goodbye to the former Judge of Probate, Terrence Lomme. Judge Lomme has been the probate judge for approximately 9 years. He undertook the consolidation of the Probate Court which led to the Saybrook Court, located in our Town Hall, being the seat for 9 towns (Killingworth, Clinton, Westbrook, Lyme, Essex, Chester, Haddam, Deep River and Old Saybrook). This was no small task and we thank Judge Lomme for the fine work he did on behalf of the citizens of the district. Judge Lewis will continue Judge Lomme's good work and will undoubtedly burnish her own reputation as a judge of tremendous character, intellect and compassion. The District is lucky to have her and should our citizens have the need to interact with the Saybrook Probate Court, I am certain they will feel similarly.

The Town has hired a new Library Director, Amanda Brouwer. Amanda comes to us from Hebron but makes her home in Waterford. She is an accomplished librarian who will bring strong managerial skills and a welcoming spirit to the Acton Public Library.



First Selectman Carl P. Fortuna, Jr.

By the time this article is published, work will have commenced on the Chamber of Commerce building at the head of Main Street. This building was constructed just over ten years ago. Unfortunately, the roofing has failed and the cupola, the distinguishing characteristic of this building, leaks. This is a town building that is leased to the Chamber of Commerce in 5 year options. We have saved money from these lease payments and some of those funds will be used to fix the building. These rents will not cover all the costs of renovation as there is quite a bit of remedial work that needs to be done to make this building fit for rental occupancy. We are committed to reconstructing this building so that it meets the needs of our community and is representative of Old Saybrook. The Chamber building is an iconic landmark and we will make certain that it **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. The chairs have blue cushions. On the table, there are plates of food, glasses, and a straw hat. The patio is paved with grey stone tiles. In the background, there is a swimming pool, a lawn, and a large white house with a porch. Beyond the house, there is a body of water with several boats and a distant shoreline with trees. The sky is blue with some light clouds.

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Selectmen's Corner... continued from page 1

gets the repairs it needs. Thank you for your patience while this construction is being performed.

A project that I have been attempting to get off the ground for several years is coming to fruition this fall: The Town will be repairing sections of sidewalks in our downtown area that are desperately in need of repair. For now, the focus will be from Saybrook Point towards the center of town and out towards the Goodwin School. I am hopeful that as funds become available we can continue this work on Route 1 and in other areas. Sidewalks in our town are a critical quality of life component, both for our residents and for visitors. Improving our infrastructure - roads, buildings and sidewalks - is a never-ending task but one of the core functions of government. We budget funds for these projects but it is rarely enough. Over the last few years, as the town has run healthy surpluses, we have allocated funds over and above what was budgeted in an attempt to catch up. Progress is being made but we must continue to be diligent with our efforts.

Recreational opportunities for all our constituents are another quality of life issue. Baseball, football, lacrosse and soccer fields are primarily for our younger set but, as we all know, the demographic in Old Saybrook (and our state) has shifted to the older set. Pickleball is a racket sport that has become quite popular all over the country and is a sport that is multi-generational. In Old

Saybrook, there is a current demand for pickleball courts that exceeds the current available areas to play. This is also true with other towns in the area. So, in conjunction with our Parks & Recreation Department, we will be constructing 3 pickleball courts in our downtown park area, between the new parking area and the communications tower. The courts are being funded partially with State grant funding and partially with town funds. Constructing 3 pickleball courts allows the eventual conversion, if desired, to one tennis court or one basketball court. We look forward to this long planned completion of Phase I of our downtown park.

In an effort to always keep our consulting professionals sharp and delivering the best services at the best value to the Town of Old Saybrook, the town recently advertised two requests for proposals: one for a benefit broker (health and life insurance) and one for actuarial services (to be performed yearly as mandated by the State of Connecticut). The town is not necessarily dissatisfied with either professional consultant but, in keeping with best practices, we thought this the prudent thing to do. Good discussions were had with all applicants, which will lead to new and improved services, and perhaps some financial benefit to the town.

This will be the last issue of Saybrook Events before Connecticut's
continued on page 4

Dear Readers & Advertisers!

It is with great excitement that I announce the launch of Events Magazines' inaugural "The Last Word" segment.

WHAT IS "THE LAST WORD?"

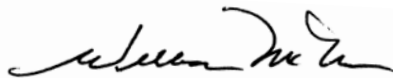
"The Last Word" is a new feature article that will appear on the last page of all of our Events Magazines currently published in 13 Connecticut towns. Each quarter there will be a story about someone with Connecticut ties who has made major accomplishments not only in his/her professional field but also in the community. Our inaugural "The Last Word" segment for the third quarter of 2018 highlights NASCAR professional driver Joey Logano, who is a native of Middletown, CT. It touches on his racing career milestones as well as his work in Connecticut and around the country through the Joey Logano Foundation.

WHAT'S NEXT?

Well, I can't really give that away just yet. We've got some ideas in the works for the 4th quarter issue of Events Magazines.

COMMENTS AND FEEDBACK?

As always, we welcome your input and insights on how we can continue to enhance the magazines for the benefit of readers and advertisers alike. All of us at Events Magazines hope you enjoy our first-ever "The Last Word" feature. We look forward to continuing to serve the community through our Events Magazines!



William McMinn, Owner, Essex Printing & Events Magazines

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Selectmen's Corner... continued from page 3

gubernatorial election. When our next Governor goes to work in January, 2019, he will face a 4.5 billion dollar deficit in the July 1, 2019 - June 30, 2021 biennial budget. The next Governor has a tall order. As I have said to so many of our citizens, Old Saybrook cannot thrive without a financially stable state government. Pivoting from crisis to crisis does not engender business confidence and stymies investor sentiment. Whoever our next Governor is, we all need to stand with him and be hopeful that a plan will be put in place that will rescue Connecticut's finances. The last eight years have not been kind. Connecticut's economy has not grown, and in fact has more likely contracted during this time. We lag the nation coming out of the Great Recession and, as a State, are in great need of pro-growth policies that will encourage businesses and individuals to put down roots and stay. Without that, many Connecticut towns and cities will continue to have financial struggles. We live in a great and beautiful place. Let's work together to do better.

There are always good things happening in our beautiful town. I wish all who live, work and play in Old Saybrook a happy and safe fall.

Carl P. Fortuna, Jr., Old Saybrook First Selectman

Revaluation Update from the Assessor's Office

This year is a revaluation year in Old Saybrook. As a result, Vision Appraisal data collectors, Mary Kate Moody and Stephan McCarty, were in town during May and June reviewing and updating property sales that had occurred during the past 12 months. Whenever possible they looked at the interior and reviewed measurements to be sure that the property sales that are being used to determine the 2018 assessments are accurate. The next step in appraising the residential properties will be the final review. That will be an on-going process during the summer.

Since early May, commercial appraiser Bob Trembly and his associates have also been reviewing commercial and industrial property sales in town, much of the time working here at the Town Hall and in the field.

By the end of October we should have a sense of what the next grand list will look like in terms of percentage of increase in the commercial and residential assessments.

For more information on the revaluation process, see the answers to some of the most common revaluation questions listed on the next page:

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Why is a revaluation being performed in the Town of Old Saybrook?

Connecticut General Law mandates, (Pursuant to C.G.S. § 12-62), that all cities and towns perform a revaluation every 5 years. Old Saybrook performed its last revaluation in 2013.

What exactly is a revaluation?

A revaluation is the process of estimating new values on real estate based on specific rules and current market data. A careful analysis of recent selling prices is conducted to identify and quantify the features that have motivated buyers and sellers in the real estate market. This analysis results in the creation of schedules which are used to value all of the properties in town. These schedules are then statistically tested to verify their ability to predict estimates of current fair market value, accurately and uniformly. An analysis of current income and expenses supplied by local commercial property owners is utilized in the commercial valuation process. These value estimates are statistically tested and proven.

What is “Fair Market Value”?

The American Institute of Real Estate Appraisers defines fair market value as “the most probable price for which a property will sell in a competitive market with buyer and seller each acting prudently, knowledgeably and for self-interest and assuming that neither is under undue duress.” Sales such as foreclosure and

family sales are not considered to be “arms-length” or fair market transactions.

When will the revaluation project be completed?

The project will be completed in the spring of 2019 after all hearings and Board of Assessment Appeals hearings have been completed.

Will the revaluation raise taxes?

Revaluation does not, in itself, increase taxes. It simply provides a basis for the fair distribution of the tax burden among all property owners. The Assessor’s Office is responsible for assessing each property in a fair and impartial manner as provided by law.

When will this revaluation affect my tax bill?

The revaluation will first affect your July, 2019 tax bill. The amount of your new tax bill is calculated by multiplying your new assessed value times the new mill rate. Since the new mill rate will not be established until the budgetary process has been completed in May of 2019, it is not possible to estimate your new tax bill at this time.

When will property owners be notified of their new assessed value?

The Vision Appraisal Company will send out notices that have the **continued on page 6**



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Assessor's Office... continued from page 5

2017 assessment and the new 2018 assessment by early December 2018.

What can taxpayers do if they disagree with their new assessment?

The first step is to call and make an appointment with the Vision Appraisal staff for an informal hearing. A Vision Appraisal phone number will be included with the assessment notice. If a property owner has any information, such as a recent property appraisal, it is important to bring that information to the meeting.

At the informal hearing, the property owner will have an opportunity to provide evidence of incorrect information regarding the property, or valid information as to why the new value is inaccurate or unfair. Note that the Vision Appraisal Company will not be able to provide any information as to what the new mill rate or tax levy will be.

If a property owner is not satisfied with the results of the informal hearing process, he or she may request a hearing with the Town of Old Saybrook's Board of Assessment Appeals. An application must be filed by February 20, 2019, in order to be heard. These applications are available at the Assessor's office. The final option for appeal is before the courts under C.G.S. § 12-118.

What if you need to contact the Assessor or the Assessor's Office?

Any property owner who needs or requires property information may contact the Assessor's Office by phone at: 860-395-3137 or 2922 or by email at: Assessor, Norman B Wood, Nwood@Town.Old-Saybrook.ct.us, or Assessor's Administrative Assistant at: bridgetriordan@oldsaybrookct.gov.



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Town Website: www.oldsaybrookct.org

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- May 18th
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- June 9th
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- June 16th
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- June 21st
William Ross and Lisa Stanhope
- June 22nd

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- July 15th
Jordan Brayman and Amanda Southworth
- July 28th
Daniel Hadden and Nicole Strandson
- August 4th
Stephen Harvey and Chelsea Huettner
- August 10th
Brian Delcavo and Amanda Epperson
- August 11th
Jared Macri and Elizabeth McGill
- August 10th

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Economic Development - Mariner's Way Redevelopment Update

The Mariner's Way Redevelopment Advisory Group has met and begun the transition from planning redevelopment on Mariner's Way to implementing the steps outlined in the plans to encourage redevelopment.

Thank you to the following community members leading this effort:

- Carl P. Fortuna, Jr., First Selectman
- Sandra Roberts, Economic Development Commission
& Mariner's Way Property and Business Owner
- Thomas Cox, Planning Commission
- Emily Grochowski, Architectural Review Board
- Judy Sullivan, Executive Director, Old Saybrook
Chamber of Commerce
- Brittini Oxendine, Edward Jones & Old Saybrook
Chamber of Commerce
- Steve Pernal, Parks & Recreation Commission

The Advisory Group is using the remaining \$20,000 in Brownfield Area-Wide Redevelopment Grant funds to explore creating a Tax Increment Finance (TIF) District as a redevelopment tool and marketing the redevelopment opportunities along Mariner's Way to attract developer interest.

TAX INCREMENT FINANCING (TIF) DISTRICT

TIF Is... a financing method used as an incentive to encourage economic development. It allows a municipality to use the incremental increases in future property tax revenues in a specific area targeted for revitalization to help pay for current costs associated with redevelopment of that area. These can be public and/or private costs. TIF is a local economic development tool that is enabled and guided by state law, Connecticut Public Act No. 15-57. It does not require State approval and its structure and details are determined by the local legislative process.

TIF is Not... TIF is not a new tax or a special assessment on top of the existing property tax. TIF applies the same property tax rate used by a municipality for all properties and uses the same assessment process. TIF uses a portion of the new property tax revenues in a designated area targeted for revitalization that result from redevelopment.

The Board of Selectmen, Town Hall staff and the Advisory Group are consulting with the CT Main Street Center to draft a potential TIF policy for the Town. Once the draft is complete, public

continued on page 10

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Economic Development... continued from page 9

hearings will be conducted. The TIF policy must be approved by a vote at a Town Meeting.

For more information on TIF Districts visit the CT Main

Street Center website at: <https://bit.ly/2whZ5RV>. Or contact Old Saybrook's Economic Development office at: 860-395-3139, susan.beckman@oldsaybrookct.gov.

Zoning - Zillow Highlights Climate Change

The popular real estate website Zillow is now including information on climate change issues and sea level rise for its users based on data from the National Oceanic and Atmospheric Administration (NOAA).

This data projects that approximately 1.9 million homes nationwide (roughly 2% of all U.S. homes), worth a combined \$882 billion, are at risk of being underwater by 2100. In some states, the number of the

properties at risk of being underwater is alarmingly high.

A November 24, 2016 article titled, "Perils of Climate Change Could Swamp Real Estate" published by the New York Times also highlighted how buyers of coastal properties are increasingly asking important questions related to future sea level rise: How many feet above sea level is the home? Are there sea walls to protect against storm surges? Does it have

emergency power? Rising sea levels are changing the way people think about waterfront real estate.

Although the demand for coastal property remains strong, homeowners across the nation are growing more wary of buying property vulnerable to the effects of climate change.

Article reprinted courtesy of the CT DEEP Torrent Newsletter, autumn, 2016.

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Water Pollution Control Authority - WPCA Update

As of the end of the summer, the WPCA's count of Upgrade Compliant septic systems in the Decentralized Wastewater Management District totaled approximately 1050.

The septic system upgrades to the 350 properties in Cornfield Point, the last area we expect to remediate using conventional onsite septic systems, are on schedule. The last contract of the 8 Cornfield Point contracts was awarded and will be completed by December 2018.

There are 66 remaining non-compliant septic systems in Phase II that were originally designated as requiring Advanced Treatment systems. The WPCA is working with the CT DEEP to try to remediate those properties using more conventional means.

Benefit Assessment public hearings were held as the Cornfield Point contracts were completed. Approximately half the

contracts assessments remain to be levied as they close.

Planning for Phase III, which includes the 5 remaining beach areas; Plum Bank, Great Hammock Beach, Saybrook Manor, Indiantown and Chalker Beach, is ongoing. The draft report begun by the engineering firm of Wright-Pierce is being finalized and is slated for review and recommendation by the WPCA in the fall of 2018.

The Septic System Pumpout Program, requiring residents to pump out their septic tanks every 5 years per Ordinance #75, continues with the mailing of quarterly postcard reminders. Please note: The WPCA and Department of Public Health recommend tanks be cleaned as often as necessary [based on usage and results of prior pumpouts.]

Service providers input the information into the online "Carmody" database,

which was updated and re-formatted in the spring. Residents are advised to ensure their service providers record their pump out data in the Carmody system.

The WPCA staff are on the boards of the CT Association of WPCAs and the DPH Code Advisory Committee, and attend workshops held by National Onsite Wastewater Recycling Association (NOWRA), Connecticut Institute for Resilience and Climate Adaptation (CIRCA), and field related seminars, to stay current with regulation and advances in the environmental and wastewater industry and participate in ongoing programs that impact Old Saybrook.

We would like to acknowledge the passing of George D. Gwizd. George was an original member of the WPCA serving 21 years from 1996 to 2017. He contributed to the Authority in development of its charter, protocols, ordinances, programs, and staffing, and participated in the long



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negotiations with the CT DEEP. George attended many wastewater classes and workshops and played an important part in the campaign and passage of the WWMD referendum. We greatly

appreciate his dedicated and tireless efforts during the referendum process and his tenure on the board. He will be missed.

For further information about any of our

programs, we encourage residents to call 395-2876, stop into our office in Town Hall or attend our monthly meetings held on the 2nd Mondays in Town Hall. Or visit our website at: www.oswpca.org.

Conservation Commission - What is Plastic?

In 1856, Alexander Parkes patented Parkesine - a molecular compound considered to be the first man-made plastic. So exactly what is plastic? The Wikipedia definition of plastic is "a material consisting of any of a wide range of synthetic or semi-synthetic organics that are malleable and can be molded into solid objects of diverse shapes. Plastics are typically organic polymers of high molecular mass, but they often contain other substances. They are usually synthetic, most commonly derived from petrochemicals, but many are partially natural." The invention of plastic revolutionized many industries - and indeed, the very fabric of our modern civilization.

In 1907-1908 the invention of two plastic compounds propelled plastic into everyday living. The first was cellophane - a light and non-reactive compound that revolutionized the packaging industry with its ability to protect product during shipping and handling. It also revolutionized common household storage practices. The second plastic compound was Bakelite - it was light yet

durable and provided the basic building blocks for many tens of thousands of items. Because of its heat resistance - it was very useful in the electronics industry from light sockets to toasters, from the automobile industry to aerospace. Common household items such as the telephone, toys and even jewelry further integrated plastics into our daily lives.

After WWII, compounds such as Teflon, Nylon and even Plexiglas propelled us into even greater use of plastics. Styrofoam was also created during this time. Go into any store or into any house - and it is easy to see how one might consider us to be in the Plastic Age - the modern day equivalent of the Bronze Age or Stone Age.

To learn more about plastics and their impact on our environment as well as other environmental issues facing our community, please sign up to receive an electronic copy of Old Saybrook Conservation Commission's quarterly newsletter. To receive a copy, please send email to: Gillian.Carroll@oldsaybrookCT.gov.

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Public Works - Leaf Pick-Up

Residents can take loose leaves or bagged (biodegradable paper bag) leaves to the old landfill site located at the end of Coulter Street beginning October 29, 2018. Leaves in plastic bags must be removed from the bags at the site. Public Works will keep the gate open provided all rules and regulations are followed. If you see illegal dumping please contact the Old Saybrook Police Department 860-395-3142.

Leaf pick-up in Old Saybrook is scheduled to begin the week of November 19th. Residents are asked to bag leaves without sticks, grass clippings or brush, etc., into biodegradable paper bags. These bags are available at local retail and hardware stores. Secure the bags and leave them by the roadside. Leaves in plastic bags will not be picked up under any

circumstances. Town trucks will circulate throughout the town and pick up bagged leaves beginning November 19th thru December 14th. Do not overload the bags. Over-stuffed bags will not be picked up.

Again, absolutely no grass clippings or brush or plastic bags will be accepted.

If you have a need for leaves for garden or other land-conditioning use, please call the Selectmen's Office before November 19th to arrange for delivery.

Carl P. Fortuna,
First Selectman

Jr., Larry Bonin,
Director Public Works

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 for additional information or call us at: 860-388-1611.

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YOUR VOTE MATTERS

Paid for by Matt Pugliese CT, Donald S. Brodeur Jr., Treasurer. Approved by Matt Pugliese.



Old Saybrook Parks and Recreation Department



TEEN CENTER 2018-2019

It's that time of the year again!

The kids are back to school which means the OSPR

Teen Center is back in full

swing. Offering a fun, safe and supervised environment for Old Saybrook youth, the Teen Center is open each day afterschool for students to engage in a variety of activities. Just a short walk from the middle school, students can play on XBOX/PlayStation gaming system, shoot some hoops or simply socialize with friends! Memberships for 6th-8th graders include access to the Teen Center Monday through Thursday 2:30 - 5:30 pm and Friday Nights from 7:00 pm - 9:30 pm. A membership costs \$20.00 dollars for the entire year. For our 4th & 5th grade students, the Teen Center is open exclusively to them from 2:30-4:00 pm each Friday afternoon; a membership costs \$5.00 dollars for the year. For more information about the Teen Center or memberships, please contact Taryn Erb at: Taryn.Erb@OldSaybrookCT.gov or by phone at: 860-395-3152.

4TH & 5TH GRADE HALLOWEEN PARTY - Teen Center - October 26th

On October 26th we will have our annual Halloween Party for just 4th & 5th Graders. The event will take place directly after

school. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, we'll have plenty of Halloween candy on hand and some great games and activities to get everyone in the Halloween mood! Free for Members or \$5.00 at the door. Time: 2:45 - 4:00 pm. For more information about the Teen Center or memberships, please contact Taryn Erb at: Taryn.Erb@OldSaybrookCT.gov or call: 860-395-3152.

TEEN CENTER HALLOWEEN PARTY - October 26th

On October 26th, we're celebrating Halloween early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! In addition, we'll have plenty of Halloween candy on hand and some great games and activities to get everyone in the Halloween mood! Free for Members or \$5.00 at the door. Time: 7:00 - 9:30 pm. For more information about the Teen Center or memberships, please contact Taryn Erb at: Taryn.Erb@OldSaybrookCT.gov or by phone at: 860-395-3152.

FALL SOCCER WITH OSPR

We are in the middle of our outdoors soccer season and everyone is having a great season. Thank you to all our coaches and players **continued on page 16**



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Carl P. Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
Lee Ann Palladino, Finance Director	395-3127	leeann.palladino@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

ACCOUNTING

395-3132

ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Bridget Riordan, Administrative Clerk		Bridget.Riordan@OldSaybrookCT.gov

BUILDING DEPARTMENT

Tom Makowicki, Building Official	395-3130	Tom.Makowicki@OldSaybrookCT.gov
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ECONOMIC DEVELOPMENT

Susan Beckman, Executive Director	395-3139	Susan.Beckman@OldSaybrookCT.gov
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FIRE MARSHAL

Pete Terenzi	395-3133	Pete.Terenzi@OldSaybrookCT.gov
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LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Gillian Carroll, Environmental Planner		Gillian.Carroll@OldSaybrookCT.gov

PARKS AND RECREATION

Ray Allen, Director		Ray.Allen@OldSaybrookCT.gov
Jonathan Paradis, Assistant Director	395-3152	Jonathan.Paradis@OldSaybrookCT.gov
Rick Pine, Office Manager		Rick.Pine@OldSaybrookCT.gov

PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
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REGISTRARS OF VOTERS

Joan Broadhurst	395-3134	Registrar@OldSaybrookCT.gov
Joan Strickland		Registrar@OldSaybrookCT.gov

TAX COLLECTOR

Barry E. Maynard	395-3138	Barry.Maynard@OldSaybrookCT.gov
Wendy Morison		Wendy.Morison@OldSaybrookCT.gov

TOWN CLERK

Sarah Becker, Town Clerk	395-3135	Sarah.Becker@OldSaybrookCT.gov
Christina Antolino, Assistant Town Clerk		Christina.Antolino@OldSaybrookCT.gov

TREASURER

Robert Fish	395-3073	Robert.Fish@OldSaybrookCT.gov
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WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	Robbie.Marshall@OldSaybrookCT.gov
Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Amanda Brouwer, Director	395-3184	abrouwer@actonlibrary.org
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Police Department - 6 Custom Drive

Non-emergency	395-3142	
Michael A. Spera, Chief of Police	395-3142	mspera@oldsaybrookpolice.com

Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate	510-5028	
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Social Services - 322 Main Street

Susan Consoli, Social Services Coordinator	395-3188	Susan.Consoli@OldSaybrookCT.gov
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Transfer Station

499 Middlesex Turnpike	395-3187	
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Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director	395-3190	Heather.McNeil@OldSaybrookCT.gov
Linda McCall, Administrative Assistant		Linda.McCall@OldSaybrookCT.gov

www.OldSaybrookCT.org

Parks and Recreation... continued from page 15

for a great season. Thank you to our league sponsor and back for a 3rd consecutive season, Central CT Pediatric Dentistry and Orthodontics. Coming up in October will be registration for our indoor soccer league. We have two co-ed leagues, one is for those in kindergarten and one for 1st graders. Games take place on Tuesday or Thursday at the Rec. Please visit our website to register and we are always in need of coaches.

Adult Programing from OSPR

This fall, OSPR has some great activities for adults. At the Rec, we have two nights of open gym for basketball, Mondays is 18 and older and Tuesday is 30 and over. On Wednesday night we have pick up volleyball and on Thursday night we have Ladies Night for open gym that includes, a variety of sports and will change from week to week. You can expect basketball, volleyball, pickleball and ultimate Frisbee to name a few. All of these programs take place from 7:00 pm to 8:30 pm.

We also have pick up soccer on Saturday mornings at Trask Park, 8:00 - 9:00 am. Bring a ball, grab some friends and have some fun. Fields are lined and goals are provided.



OSPR is also pleased to say we are back for a 5th season at Fenwick Golf Course for our adult golf lessons. We are pleased to announce that this year we have two, four week programs lead by Sue Cart of Troon Golf Academy at Lake of Isles. This program takes place on the 5 hole Ryder Course. Monday classes start promptly at 5:00 pm and will end at sunset. Saturday classes start at 8:00 am to 9:30 am. This great program is just \$75 for residents. Thank you to Fenwick for there continues support of OSPR.

OSPR is also offering for the first time a new Adult Dodgeball league which will start on Wednesday, October 17th and run through December 19th. Only the team captain needs to register for their team of 8 and the cost will be \$50.00 per team.



AJ Shea Construction

ajshea.com

For more information or to register for these or any programs with OSPR, please visit our website at: www.oldsaybrookrec.com.

THE NATURAL SIDE

Back for the 3rd year is a set of programs designed to get the family outside and learn a thing or two about your community, our properties and wildlife. We have 4 great activities lead by Patricia Laudano, Naturalist Field Researcher and Educator, members of Old Saybrook Land Trust and Assistant Director Jonathan Paradis. We have a hike at Clark Community Park, a marine ecology scoops, kayaking in North Cove and a spooky version of Letterboxing!! All of these great programs are free, but registration is required. Please visit our website to reserve your spot! Email Jonathan Paradis at Jonathan.Paradis@oldsaybrookct.gov to schedule a start time for Spooky Letterboxing. Space is limited.

Saybrook Point



Miniature Golf

SAYBROOK POINT MINIATURE GOLF

We will be open through Columbus Day weekend!! Starting after Labor Day weekend, Saybrook Point Mini Golf will be open on our off season hours and

still just \$5.00 per round!

Friday 5:00 pm - 10:00 pm

Saturday 11:00 am - 10:00 pm

Sunday 11:00 - 8:00 pm

SCARECROW MAKING WORKSHOP

Join Parks & Recreation for this great family fun workshop. Make a cool scarecrow for the "spooky" season for the whole family to enjoy. We will supply the hay, instruction, cider and donuts. All you have to bring are the clothes to stuff with hay and great big smiles.

Saturday: Oct 13th Town Green Gazebo.

From: 10:30 - 11:30 am.

Fee: \$5.00 per family.

ANNUAL HALLOWEEN PARTY AT THE REC CENTER

This plans to be a scary cool night. Great music by the live DJ and dancing, Cookie decorating, games, prizes, giveaways, a photo booth to capture the night and plenty of candy for all to enjoy. This event is FREE to all residents!!!

Saturday: October 27th

From: 5:00 - 7:00 pm preschool to Grade 3

For more information or questions regarding programing at OSPR please email Jonathan.Paradis@OldSaybrookCT.gov or visit our website at: www.oldsaybrookrec.com.

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Connecticut Cancer Foundation's Inaugural Gallery Exhibition Horses: In Harmony

CCF'S INAUGURAL GALLERY EXHIBITION HORSES: IN HARMONY
October 1 to October 26, 2018

The Connecticut Cancer Foundation of Old Saybrook, CT will celebrate its Inaugural Gallery Exhibition, HORSES: IN HARMONY. Gallery Discussion and public viewing, Fridays 2:00 pm - 7:00 pm, led by the curator of the exhibition, Marsha Malinowski of Malinowski & Associates, Fine Art Advisory.

This exhibition is the first to be presented in the new CCF Gallery in Old Saybrook, CT and it is the introduction of three acclaimed Argentine artists to the American art world. Ms. Malinowski has curated this multi-medium show to highlight the best of equine art - an artist, a photographer and a sculptor - all sharing the gallery floor and inviting us to imagine

a world where a horse is both a thing of beauty and an intrepid partner in life's work. "It's a privilege to inaugurate the CCF gallery with such an extraordinary trio of artists who so beautifully portray their respect and affection of horses in very different ways," said Ms. Malinowski who was introduced to all of the artists through her travels to Argentina.

The artists include: Marcela Ganly, a sculptor and alumna of Connecticut College whose bronze animals are alive, captured in their essence by the artist; Esteban Diaz Mathé, an artist who has devoted himself to portraying the spirit of his native country. His artistic output embraces the culture of Argentina with the realism and aplomb of the masters; and Aldo Sessa who has established both his name and his reputation in photography.



Top to bottom:
 Aldo Sessa photo,
 Marcela Ganly
 sculpture and
 Esteban Diaz
 Mathé pastel.



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Age-Related Macular Degeneration

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.


Middlesex Eye Physicians
860-347-7466

What's Keeping You Up?

DOES SLEEP COME EASY FOR YOU?

If so, count your blessings. Or are you among the millions who toss and turn, watch the clock, and worry about being tired tomorrow? The night drags on forever, but still, morning comes too soon. Why can't you sleep? Are thoughts running through your head? Are you physically uncomfortable? Have you resorted to daytime naps, which then impact nighttime sleep? Lack of sleep affects our mood, emotional controls, concentration, and health. But help is possible! Identifying the cause helps shape the response. Are you suffering from anxiety or depression? Is it a situational stressor, - relationship problem, money troubles, or worry over some impending event? Have you changed your schedule, started a new medication, or changed your diet or alcohol intake? First step is to see your

continued on page 20




JM REALTY

Betty Martelle

~ The fall is a great time to list ~

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What's Keeping You Up?... continued from page 19

physician, and address any medical issues. Learn good sleep hygiene - follow a consistent schedule for going to bed and getting up. Yes, on weekends too! Turn off TV and electronics an hour before bed. Need time for a serious talk with your spouse? Don't choose bedtime. Make your room soothing and keep it dark. Learn relaxation strategies. Limit your

eating and drinking in the evening and avoid late-day caffeine or nicotine. Seek therapy for mental health struggles, and for changing your patterns. Help is available. Have a good night!

Nancy Randall, Psy.D.
East Lyme Psychological Associates

Middlesex Hospital Strengthens Breast Program

With the addition of nationally recognized breast surgeon Kristen Zarfos, Middlesex Hospital is investing in its breast program and enhancing the services it offers.

Dr. Zarfos joins Dr. Andrea Malon, medical director of the Middlesex Hospital Cancer Center, and Dr. Chia-Chi Wang, a surgical oncologist, as surgeons who treat women who have breast cancer.

Together, the trio-with years of surgery experience between them-provide compassionate, individualized care, and they aim to strengthen an already robust breast program.

All three surgeons are part of the Middlesex Hospital Surgical Alliance, and their goal is to coordinate care in a way that helps patients better navigate cancer diagnoses and treatments-in a way that eases fears and makes the process a little easier.

Dr. Zarfos is no stranger to Middlesex Hospital. Her first job after residency was at Middlesex, where she worked from 1987 to 1999. During that time, she became a leader in the national fight to force health insurers to cover hospital stays for mastectomy patients, and she remains a passionate advocate for women's health issues.

Since early detection is key when it comes to all types of cancer, detection technology is at the forefront of Middlesex Hospital's breast program. The hospital offers 3D mammography machines at all of its Radiology locations. These 3D machines detect 40 percent more invasive cancers than 2D machines, which are no longer used by the hospital. Middlesex also offers dual-head molecular breast imaging, which uses a radioactive tracer to better detect breast cancer cells in women with dense breast tissue.

In addition, services like genetic counseling are available to Middlesex patients,



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Perhaps the Greatest Risk of Falling



It is easy to think of the problems that follow a fall—broken bones, concussions, abrasions, lacerations—but one aftermath that is often misunderstood is the fear of falling again. This fear is often unrecognized by the individual themselves. Recovery from the fall may keep them from getting out for a period of time but as the days progress the fear of another fall becomes the reason to stay at home. The accompanying social isolation can have a snowball effect on physical and mental health.

As one's daily environment shrinks to the limits of home so does the strength to participate in the usual activities of daily living. Without a concerted effort overall muscle tone diminishes and activities such as stair climbing and bathtub navigation become difficult.

The mental and emotional toll of being isolated can be the most difficult of all. An October 2015 study, "Does Mode of Contact with Different Types of Social Relationships Predict

Depression Among Older Adults? Evidence from a Nationally Representative Survey," was published online in the Journal of the American Geriatrics Society. The researchers found that having limited face-to-face social contact nearly doubles someone's risk of having depression. Study participants who met in person regularly with family and friends were less likely to report symptoms of depression, compared with participants who emailed or spoke on the telephone.

Falls don't have to be a fact of life as you age. Recognizing what circumstances put you at risk and making minor modifications to your environment and your habits can prevent many falls. But most importantly—get out and about as long as you can to reduce the greatest risk of all—social isolation.

For more information on falls or to inquire about VNA services call: 860-444-1111.

Mary Lenzini, President/CEO

VNA of Southeastern Connecticut

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Graduation Marks New Start for Vista Students



Starting back row from left: Chris Pallatto, Esther Vallas, Helen Bosch and Doug Shaw. Front row from left: Christian Price and Jon Sturtz.

Community members, families, friends and local legislators were among the more than 175 people who filled the auditorium at The Kate in Old Saybrook on Aug. 17 to celebrate the achievements of Vista Life Innovations' three graduating students.

Addressing the Class of 2018 were Keynote Speakers Chris Pallatto, executive director of Valley Shore YMCA in Westbrook, and Doug Shaw, executive director of Soundview Family YMCA in Branford. Both organizations have played an integral role in helping Vista students and members—including the three graduates—lead healthier lifestyles through fitness and nutrition training.

“On behalf of all the employees at the Y and all our members, we want you to know that you’ve really touched our lives and our hearts,” Pallatto told the graduates. “You mean a lot to us. Thank you for letting us be a part of your journey.”

A significant milestone in the lives of Vista students, graduation acknowledges the hard work and success students displayed while in Vista’s Discover program, an on-campus transitional program that prepares students to live independently as active and engaged members of the shoreline community. Through the Discover Program, students are engaged in hands-on life skills development and job readiness training to help them live and work in the community.



Vista’s Class of 2018, left to right: Jon Sturtz, Christian Price and Kathy Brisbois.

Upon graduation, the majority of students move into their own homes along the shoreline as members of Vista’s Engage Program, where they receive individualized supports to meet their needs.

Among those welcoming the graduates to the next phase of their lives as independent members of the shoreline community was state Rep. Devin Carney (23rd District).

“I know you’re going to do great things in your life and for the community,” he said. “I look forward to seeing all you accomplish.”

Although unable to attend the ceremony, Congressman Joe Courtney, U.S. Senator Richard Blumenthal, and Westbrook First Selectman Noel Bishop each offered their congratulations in the form personalized certificates or letters of recognition for each graduate.

Vista Life Innovations is a 501©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 for more information.

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

A Summer of Learning for OSMS Students

Summer is a time for fun and relaxation, but it's also a great opportunity for learning. Old Saybrook Middle School has always promoted summer reading, but this year, we have expanded our reading program to add opportunities for students to explore new learning through a variety of activities. This year's activities were described to students in a list of choices we call Summer of Learning.

The goal for Summer of Learning is to promote a growth mindset, encourage students to explore their interests and curiosities, and maintain their current skills. All students were expected to read a book and complete an activity of their choice from a list provided to them. They were also asked to complete at least one additional activity from an exploration list. These activities spanned all content areas

and included things like finding a family recipe, cooking it, and having a tasting to get feedback, designing a dream home with labeled dimensions, or collecting pictures of different plants or animals, identifying them, and creating their own Old Saybrook plant or animal guide.

When students return to school, they will share their learning experiences with their classmates in small groups. Then, the whole school will celebrate the students' learning in a school-wide assembly where students will be recognized for their work while having some fun together as a school. When students return to class, they will each receive a special gift to acknowledge their work and encourage them to go forward through the year with a growth mindset, ready for learning.

Facility Updates at Old Saybrook High School

Students and staff will be greeted with two upgrades to school facilities this fall involving the cafeteria and weight room at OSHS. The cafeteria will be in phase one of a light makeover with completion of phase two expected by the end of September. A small group of students met over the summer to brainstorm and provide feedback for changes and to select a name and theme for design of

the cafeteria. The existing murals were photographed and are in the process of being transferred to large canvases for preservation and display in the school. New furniture offering a variety of seating options is also on tap as part of the makeover.

The weight room is receiving a fresh coat of paint and some new equipment

for strength and conditioning training, along with a new floor plan to offer a better space for students to gain and or maintain their fitness levels. New equipment includes: kettle bells, rubber-plated free weights, benches for lifting, three air assault bikes, and rig systems mounted on the wall to allow for open spaces to perform med ball throws and plyometric training.



OSHS cafeteria.



OSHS weight room.



Old Saybrook Education Foundation (OSEF)

The Board of the Old Saybrook Education Foundation would like to congratulate all those who graduated from Old Saybrook High School this past June. The Foundation was honored to present awards to the following during the annual Senior Awards Night:

Sophia Alden	Lina Farias	Gabriel Lynch	Dulce Castro Ruiz
Ruby Amara	Ron Forte	Carly Michaud	Payton Saracina
Shaun Ames	Christian Fox	Sharay Marineau	Grace Scherber
Sarah Anderson	Justin Gargano	Dean Nobile	Aubrey Schilke
Shelby Argersinger	Tanya Gianitsos	Jonathan Noyes	Billy Sheahan
Ingrid Boland	Molly Holmes	Zach O'Dell	Kyle Savino
William Brodeur	Emma Hontz	Austin Parker	Maggie Shafman
Charles Carlo	Anthony Karg	Emma Pascale	Liam Sweeney
Maxwell Chupak	Nellie LaMay	Victor Pascoe	Annea Thaci
James DePalermo	Alyssa Layte	Justin Phillips	Jack Vogt
Marie Dicker	Haydon Lockhart	Keaton Roarick	James Vukovinsk

Save the Date for College Bowl

College Bowl Sunday - Sunday, October 28, 2018 at Old Saybrook High School. Come and learn from college consultants, admissions officers and higher education professionals what you need to know to start preparing for your journey after high school. Seminar style format will allow families to

choose among sessions covering college list development, affordability, the interview, standardized testing and much more! Open to all students and families. Visit oldsaybrookeducationfoundation.org for more information after September 15.

ARE YOU INTERESTED IN GETTING MORE INVOLVED WITH OSEF?

Board seats are available. Whether you are a kindergarten parent, new to the district, or veteran parent, we would love to have you join us and help us do more for our school community. Questions, please call Sally Ann Lee at: 860-388-4417.

“Electrify Your Drive!” A Free Electric Vehicle Car Show

The Town of Old Saybrook hosted an informative event about electric vehicles on Saturday, 15 September, at Saybrook Point to highlight the clean-air and cost-savings advantages of these now widely available vehicles.

Experienced EV owners brought their own cars. They discussed why they like their electric vehicles and how they use them on their daily commutes and longer distance drives, as well as how they charge the cars’ batteries. The Old Saybrook event was part of the eighth National Drive Electric Week (NDEW)

and was one of eight in Connecticut and more than 300 nationwide.

Participants learned about the special features of EVs, the widespread locations and different types of charging stations, and the benefits of electric vehicles for the environment and for public health.

Attendees learned about special savings programs for Connecticut EV drivers, including low-interest loans and federal tax credits, for purchasing and leasing electric vehicles.

Plug-in vehicles by Nissan (Leaf), Chevrolet (Bolt and Volt), Mercedes Benz (C 350e), Toyota (Prius Prime), Honda (Clarity), Tesla (Models S and 3), BMW (i3), and other automakers, as well as EV chargers, were displayed. Local auto dealers provided vehicles for test drives.

First Selectman Carl Fortuna presented a proclamation naming September 8 to the 15 “Old Saybrook Drive Electric Week.”

To download previous issues of Old Saybrook Events visit: www.eventsmagazines.com and download the issue you desire!



Acton Public Library

Karen Giugno,
Assistant Director,
860-395-5060
kgiugno@actonlibrary.org

Adult Programs

OCTOBER

Wednesdays: September 26, October 3, 10, 24 and 31, from 5:30 to 7:30 pm at Acton Public Library.

SCORE: SIMPLE STEPS FOR STARTING YOUR BUSINESS

SCORE, Canon® and Acton Public Library invite you to attend free workshops where you will: Define your business idea and test the concept in the market; Interact with entrepreneur peers on key start-up decisions; Think through opportunities and identify the business path that's right for you; Learn the "how" of planning a business start-up; Assess the financial feasibility of a start-up.

September 26: Start-up Basics.

October 3: Business Concept

October 10: Marketing Plan

October 24: Financial Projections

October 31: Funding Sources

All sessions are FREE. Attend all five or any one individual workshop. For more information or to register, please contact Southeastern CT SCORE at: <https://sect.score.org> or call: 860-388-9508.

Thursday, October 4 at 6:00 pm at Acton Public Library CRAFT NIGHT - TRIO OF SISAL TWINE PUMPKINS

Start your fall decorating by making these rustic pumpkins. All materials will be provided. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the event.

Saturday, October 6 at 2:00 pm at Acton Public Library CLASSICAL GUITAR CONCERT BY FRANCESCO BARONE



Award-winning guitarist Francesco Barone has performed throughout the Northeast United States and in Italy as a soloist and chamber musician. He has been presented at guitar festivals and societies including The Hartt School Guitar Festival, the CT Guitar Society and

the New England Guitar Society. Francesco was also featured on a La Bella Strings sponsored concert in 2011 in which he was a featured artist. His performances have been broadcasted on National Public Radio. Registration is suggested. Online registration is available 1 month prior to the event.

Tuesday, October 9 at 6:00 pm @ Acton Public Library

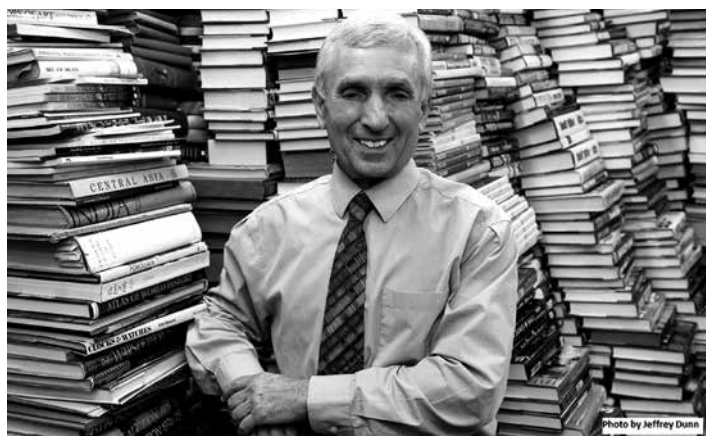
GAME NIGHT: LEFT CENTER RIGHT

LCR is a fun, fast-paced dice game that you won't be able to put down! Players roll the dice to determine where they pass their chips. The last player with chips is the winner! Free and open to all. Please register as seating is limited. Online registration is available 1 month prior to the program. Light refreshments will be provided.

Thursday, October 11 at 6:00 pm at Acton Public Library

KEN GLOSS: PBS ANTIQUES ROAD SHOW BOOK APPRAISER

Ken Gloss will be sharing his knowledge of old and rare books. The discussion will be followed by questions and some free appraisals from books brought by the attendees. Ken Gloss is the owner of the Brattle Book Shop in Boston. Free and open to all. Registration is strongly suggested as seating is limited. Online registration begins 1 month prior to the event.



Saturday, October 13 at 2:00 pm at Acton Public Library SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. The selection for this month is "Ready Player One." 2018 Rated PG-13 140 min. A poor teen competes in a contest to win control of a virtual reality world called the OASIS. After unlocking the first key to the prize, he is targeted by an evil corporation and must enlist his friends' help to fight back. Light refreshments provided. No registration required.

Tuesday, October 16 at 5:30 pm at Acton Public Library MOVIE NIGHT

Join us for a movie on our 9 foot screen. The selection this month is "Chappaquiddick." 2017 Rated PG-13 101 min. This movie depicts Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne. Light refreshments provided. No registration required.

**Saturday, October 20, 1:00-3:00 pm at Acton Public Library
TECH TIME WITH TIM: SOCIAL MEDIA STARTING POINTS**
Come learn about and discuss some of the major social media

platforms, what they are best used for, and basic guidelines for privacy and account settings. Participants are encouraged to bring their devices. Registration is encouraged due to limited seating.

NOVEMBER

Thursday, November 1 at 6:00 pm at Acton Public Library CRAFT NIGHT - FOLDED BOOK ART: FAIRY HOUSE

Learn to transform an old book by folding its pages into a work of art. All materials will be provided. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the event.

Saturday, November 3 at 2:00 pm at Acton Public Library FIRE CIDER

This tonic is revered by herbalists for its ability to help prevent cold and flu symptoms and/or shorten their duration if they occur. It's an apple cider vinegar infusion that contains powerful immune-boosting, anti-inflammatory, antibacterial, antiviral, decongestant, and (optional) spicy circulatory movers. Sample a variety of Fire Cider recipes, and then create your own warming, energizing concoction in a 16-ounce jar. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the event.

Wednesday, November 7 at 6:00 pm at Acton Public Library MONEY ORIGAMI

Create four money origami projects that you can put in cards to give as gifts. This is an adult program. Registration required. Online registration is available 1 month prior to the event.



Saturday, November 10, 1:00-3:00 pm at Acton Public Library TECH TIME WITH TIM: INTRODUCTION TO EXCEL

This hands-on refresher course will offer an introduction to some basic but useful functions in Excel. Laptops will be provided for participants. Registration is encouraged due to limited seating.

Saturday, November 10 at 2:00 pm at Acton Public Library SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. Title TBA. Light refreshments provided. No registration required.

Tuesday, November 13 at 6:30 pm at Acton Public Library BOOK TALK: HOGAN'S HOPE BY CONNIE BOMBACI

Deaf dogs are often mistreated, abandoned, or even destroyed. Hogan's Hope is the tale of a legendary deaf canine hero who, after being rescued from severe abuse, prevailed as he learned American Sign Language and provided the hope of life, continued on page 28

MAR.

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Acton Library... continued from page 27



not death, for deaf dogs worldwide. His courage to overcome prejudices and myths continues to provide inspiration to anyone - human or pet - that success and genuine love are truly possible. This valiant deaf dog reveals that by choosing hope anyone's dreams can come true and the world can be filled with steadfast faith, pure joy, and unconditional love. Books will be available for purchase. Light refreshments will be served. Free and open to all. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the program.

Saturday, November 17 at 11:00 am at Acton Public Library
KOREAN SPIRIT & CULTURE: KING SEJONG THE GREAT

The Korean Spirit and Culture Project (KSCPP), based in New York, is a not-for-profit organization was formed in September 2005 to promote Korean history and culture to the wider world. This event will include two short documentary films. One of the documentaries that will be presented focuses on King Sejong the Great, a truly enlightened monarch from the 15th century Korea. His motto was, "The duty of a king is to love his people. That is all." With this belief, King Sejong initiated numerous cultural achievements and scientific inventions to improve the welfare of his people and our other films illustrate modern-day achievements of Korea. Following the program, traditional Korean meals will be served. Registration is required as seating is limited. Online registration is available 1 month prior to the event.



Saturday, November 17 at 3:30 pm at Acton Public Library

BOBCATS IN CT: WILDLIFE PROGRAM

"The Bobcat - Connecticut's Secretive Wild Cat" presentation focuses on the natural history of bobcats in Connecticut, an overview of the bobcat habitat, diet, behavior, reproduction, and current research efforts. Bobcat artifacts are shared with the audience. Mountain lions are discussed. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the event.

Tuesday, November 20 at 5:30 pm at Acton Public Library
MOVIE NIGHT

Join us for a movie on our 9 foot screen. Title TBA. Light refreshments provided. No registration required.

DECEMBER

Thursday, December 6 at 6:00 pm at Acton Public Library
CRAFT NIGHT - PHOTO SNOW GLOBES

Create your own winter wonderland! Please bring a small, clean, empty jar and a photo that we will laminate to put inside the snow globe. All other materials will be provided. Registration is strongly suggested as seating is limited. Online registration is available 1 month prior to the event.

Saturday, December 8 at 2:00 pm at Acton Public Library
SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. Title TBA. Light refreshments provided. No registration required.

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Tuesday, December 11 at 6:00 pm at Acton Public Library
GAME NIGHT: BINGO

Free and open to all. Please register as seating is limited. Online registration is available 1 month prior to the program. Light refreshments will be provided.

Tuesday, December 18 at 5:30 pm at Acton Public Library
MOVIE NIGHT

Join us for a movie on our 9 foot screen. Title TBA. Light refreshments provided. No registration required.

Teen Programs

OCTOBER

Fridays, October 5, 12, 19

Fun Fridays at Acton Public Library

Join us for games, crafts, or a movie on our 9 foot screen. Light refreshments will be provided. Details TBA. 3:00 pm. Free and open to all teens (grades 6-12). No registration required.

Friday, December 7 at 3:00 pm at Acton Public Library
TEEN CHOCOLATE MAKE AND TAKE PROGRAM



This program highlights young chocolate entrepreneurs, the history of how chocolate is made and where it comes from, as well as fun chocolate trivia. Make and take chocolate creations using various

techniques of dipping, decorating, and combing. Demonstration and use of commercial tempering machine, toppings bar and more! Kim Larkin of Klassic Kreation Workshops is a licensed chocolatier and art teacher with over 20 years of expertise. Registration is required as space is limited. Online registration is available 1 month prior to the event.

Children's Programs

Story Times begin on Wednesday, September 5 - December 13

WIGGLE BOOKWORMS

Wednesday mornings from 10:30 am - 11:00 am

Drop in and share stories, songs, and simple rhymes together. A program for children age 0 - 2 and their families. Stay and socialize after the story time with our special toddler toys.

STAY AND PLAY

Wednesday mornings from 11:00 am - 11:30 am

Expand your baby's story time experience with a half hour of social time immediately following Wiggle Bookworms. Parents and caregivers can mingle as babies enjoy social play with toys provided by the Library.

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Acton Library... continued from page 29

FANTASTIC FRIDAYS

Friday mornings from 10:30 am - 11:00 am

A drop in preschool story time for children ages 3-5. Have lots of fun sharing stories, music and a craft together.

BABY & ME

Thursday mornings from 10:30 to 11:30 am

A drop-in social time for parents and caregivers of infants from birth to 12 months. Meet other parents and caregivers in a relaxed setting with light refreshments. Special guest experts will attend a meeting once a month to share their expertise and chat on relevant topics. Infant toys and soft baby books will be available for infant play.

ABC AMIGOS: PRESCHOOL STORY TIME

The 1st Friday of every month from 10:30 am to 11:00 am.

Free and drop-in preschool bilingual story time from 10:30 am to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to all children regardless of Spanish-speaking ability.

MUSIC WITH MISS MARTHA

The 3rd Friday of every month from 10:35 am - 11:20 am.

Join Miss Martha from The Community Music School for a special musical story time! Best for ages 3-5. Free and drop in.

OUR STORY TIME GOALS:

- To foster a love of language and books.
- To develop early literacy with stories, movement, and music.
- To provide young children with an early group experience.
- To foster parent connections through shared story and play experiences.

Old Saybrook Youth & Family Services

We always have new and exciting seasonal happenings, along with our regularly scheduled weekly and monthly events. Old Saybrook Youth and Family Services works to serve our town, with programs that enrich the social, emotional, and developmental wellbeing of every community member. Below, you'll find the many of the programs that Old Saybrook Youth & Family Services offers to our community. Please call 860-395-3190 for more details and for registration.

School Programs

DROP IN - OSHS, Tuesdays & Fridays, 11:20 am - 1:20 pm.

A fun, safe, and chill space to talk, to get help, or just hang with friends.

LUNCH BUNCHES - OSMS, Weekly during lunch

Weekly groups meet to have fun together and learn some important skills.

OPEN SPACE - TBA

Monthly multimedia discussion of pertinent topics to OSHS teenagers.

All story times are drop-in and free and open to all. No registration is required. Although each program is designed for the specific developmental needs of its intended age group, siblings are welcome to attend with their parent or caregiver.

FROM THE FRIENDS OF THE ACTON PUBLIC LIBRARY:

At the Annual Meeting on May 23, the Friends elected officers for the coming year including Sheila McPharlin, President; Roxanne Quinn, Vice President; Nina Garrett, Recording Secretary; Nancy Baldoni, Treasurer; Pat Smith, Assistant Treasurer; and Maureen McWay, Correspondence Secretary.

The Big Summer Book Sale on the third weekend in July was a big success, netting over \$5000 in book sales and bake sales. We tried a new twist on the final day of the sale and sold book bags for \$10 in the large sales room on the second level with the idea that a bagfull of books would be good for us and good for our patrons.

The concept was well-received and we ended up with many happy customers carrying away bags full of books.

We are looking forward to celebrating National Friends of Libraries Week on October 21-27 in some special way.

And then, in November, we will put out our collection of holiday books and special books for gift giving.

If you are interested in joining the Friends of Acton Library, membership envelopes are available on the \$3 Book Rack. If you would like to become an active Friend, contact the President, Sheila McPharlin, Friends of Acton Public Library at: 860-395-5554 for more information.

OSHS HEALTH CLASSES - Throughout the year

Bi-yearly, three-part presentations by OSYFS clinicians pertaining to healthy relationships, risk prevention, values clarity, and assertive communication.

Bi-yearly, three-part presentations by E3 members addressing pertinent issues such as peer pressure, values, and substance use prevention.

ZEN TIME - Goodwin Elementary School, Weekly Lunchtime

Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

continued on page 32



WE HAVE PLANS FOR YOUR FUTURE! COME SEE WHAT WE'RE BUILDING.

Big changes are underway at Masonicare at Chester Village. Our dining and pub areas will be renovated and a private dining room amenity is being added. We're installing a complete new back-up generator and adding 1800 square feet of event space for lectures, programs and performances. Along with a new pricing model and more assistive services, Masonicare at Chester Village is ready to be *your* senior living community.

Come visit us and see for yourself!
Call 877-983-1077 for more information.

We are a Life Plan community for adults 55 and over where each person is known, cared about and encouraged to live life to the fullest.

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Youth & Family Services... continued from page 30

Youth Groups & After School Programs

AFTER SCHOOL CLUBS AT THE MIDDLE SCHOOL

Throughout the school year 40+ after school clubs offered on Mondays, Tuesdays, and Thursdays, plus ½ day adventures with choices like invention club, junior detective, horseback riding, grub club, hip hop, and chill club. For more information contact Jodi Kelly at Jodi.kelly@oldsaybrookct.gov.

Youth Action Council (YAC) - Twice monthly

Positive youth action, activities, and skill-building to promote leadership, community service, and community engagement. Events and activities include Sticker Shock Campaign, Annual Spaghetti Dinner, Walk Like MADD, & Much More!

Junior Youth Action Council (JAC) - Monthly

Bridge the gap between middle school and high school through relationship building! This is a great introduction to YAC and its members.

E3 (Encourage, Empower, Engage) - Twice monthly

A peer facilitated group that focuses on making healthy choices. Group is actively involved in the community and school, with presentations at Wellness Day and in OSHS Health Classes. State sponsored through Governor's Prevention Partnership.

Youth Summer Stock Theater - Program Dates & Details TBA

A two-week immersion theater experience for kids! Mark your calendars! Watch for registration in February!

Youth Community Service Programs - July 2019

Each 4-day project assists students in meeting their school's community service requirements, while learning, growing, and having fun! Cost: \$50/project. Registration begins in March.

Community Programs

CAN WE TALK? PARENT SERIES - Throughout the year, TBA

Open dialogue and helpful information on topics relevant to parents and guardians in our community. Topics include social media and our teens, anxiety management, and parent-child communication.

10/11 - Anxiety Management for Families, 6:30 - 8:00 pm, OSYFS.

CommUNITY Day - Featuring the UNITY POLE PROJECT where everyone can be involved!

September 29, 1:00 pm - 4:00 pm, Old Saybrook Town Green
(Rain Date: 9/30)

Come celebrate with us! A fun-filled day in recognition of the importance of community! There will be food, fun, and festivities for all ages - live music, delicious food, local artisans, live demonstrations, a wellness center, chair massage, family portraits, bounce houses, dancing, and One Book One Town! For more information, contact Wendy Mill at Wendy.Mill@OldSaybrookCT.gov.

COMMUNITY TREASURES VARIETY SHOW - TBA in Spring
Showcases the diverse talent in our community with performers of all ages. Audition dates TBA.

EARLY CHILDHOOD COUNCIL - Monthly, Goodwin Elementary, 5:30 - 7:00 pm (Dinner included)

The Early Childhood Council is committed to promoting the physical, emotional and academic wellbeing of all children and families in the community. The Council believes in a coordinated community approach to best meet the needs of our youngest children and ensure their future success. Programs include Baby Bundles, One Book/One Town, Little Free Library program, and quarterly roundtable educational events. For more information contact Jodi Kelly at Jodi.kelly@oldsaybrookct.gov.

ESSENTIAL LIFE SKILLS SERIES - Throughout the year, varying locations and experts TBA

Youth program offers practical, hands-on skill-building and pertinent information from expert professionals from our community. Topics include car maintenance, employment skills, financial planning, cooking, resilience, and more. Contact Samantha Steinmacher, MA, EdS for details.

MODERN PARENTING: Life Skills for Our Kids - TBA in Fall

Practical, age-appropriate information provided to support parents and guardians in raising confident, competent children with grit. For parents/guardians of children 3-12 years old. Contact Samantha Steinmacher, MA, EdS for details.

MOTHER/ DAUGHTER & FATHER/SON NIGHT

(Single parent programs also available)

Spend an evening learning all about puberty during this fun, interactive class during the spring. Registration and fee required.

PARENTS/GRANDPARENTS OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME/HIGH FUNCTIONING AUTISM - 2nd Thursday/month, 12:30 & 5:30 pm

Monthly meeting to discuss diverse, pertinent topics impacting families; resources provided

RED CROSS BABYSITTING COURSE - Offered in the spring

Offered to students, ages 11-15, to learn babysitting basics for infants and children, including first aid, safety, child behavior, professionalism, and business. Cost: \$110 & registration required.

SOCIAL SERVICE HELP DAY - Fourth Thursday of every month, Grace Church Hall at 336 Main Street

Provides monthly assistance with state applications for SNAP, HUSKY and Medicare Savings Plan, as well as offering varying services, such as medical screenings, school supplies, and dental clinics.

TURKEY DRIVE - Dates TBA

Assist police department in distributing turkeys, canned goods, and other holiday meal ingredients to community members.

HOLIDAY GIVING - Dates TBA

Collect and distribute holiday gifts and support for nearly 300 community members.

Counseling Services

INDIVIDUAL, COUPLES, & FAMILY

We offer evidence-based counseling services to all community members. School-aged clients benefit from our strong relationship with the public school staff and community providers with whom we actively collaborate.

COUNSELING INTERNSHIP PROGRAM

Provides training, supervision, and active experience for Masters-level interns to better assist our community and

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Through counseling, educational programs and support services, individuals can gain a better understanding of themselves and their situations and take the necessary actions to resolve the problems they encounter.

Through our prevention programs, young people can learn new life skills, take leadership roles and build self-esteem, which are essential ingredients to their positive development and successful future.

As a planning and coordinating agency, Youth and Family Services works closely with the schools, police, agencies and organizations to assess community needs, develop strategies and implement effective programs.

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Old Saybrook Youth & Family Services

Essential Life Skills Series

Each month, a different Essential Life Skills Class will offer information and practical skill-building to increase our youth's competency and confidence in important foundational life skills. Each class is distinct, taking place in different locations, and taught by various expert professionals from our community. Some classes accommodate parent attendance, and many classes will be open to all Shoreline teenagers. Call OSYFS to register for classes: 860-395-3190. Contact Samantha Steinmacher, MA, EdS for more details.

Upcoming Classes:

October 16th:

EMPLOYMENT SKILLS - co-facilitated with Robert DeLisa

Parents and teens are invited to attend. Learn the basics of job hunting, the application process, resumes, interviews, and behavior on-the-job.

Time: 6:30 - 8:00 pm. Place: TBA

October 23rd:

GRIT: A Resilience-Building Workshop for Middle Schoolers - with Alicia Farrell, PhD

A unique class format introduces concepts of resilience, self-awareness, and effective problem solving through the process of finding solutions to challenging, dynamic scenarios. Students' assumptions about success and failure are also challenged.

Open to ages 11-14.

Time: 6:30 - 8:00 pm. Place: Pavilion at Saybrook Point.

December 4th:

CAR CARE 101 - presented by Cardone & Daughter Automobile, Inc.

Students will learn car basics and practice new skills, such as changing a tire, checking fluids, general maintenance, and jumpstarting a car. Parents are invited to observe.

Time: 6:30 - 8:00 pm. Place: Cardone & Daughter Automotive, Inc.

February:

DORM-STYLE COOKING - co-facilitated by Lindsay More

During these three, 30 minute, afterschool classes at OSHS, students will learn to cook quick, delicious, and inexpensive meals to increase their confidence in the kitchen or dorm room.

Time: 2:10 - 2:40 pm. Place: OSHS Culinary Room.

March 5th:

GRIT: A Resilience-Building Workshop for High School Students - with Alicia Farrell, PhD

This unique class format teaches concepts of resilience, self-awareness, and effective problem solving through the process of finding solutions to challenging, dynamic scenarios. Students' concepts of success and failure are also challenged.

Time: 6:30 - 8:00 pm. Place: TBA.

Spring:

FINANCIAL LITERACY - presented by financial experts (TBA)

Parents and teens are invited to learn the basics for financial success: banking, credit cards, debt, loans, budgeting, wants vs. needs, and saving money. Time: 6:30 - 8:00 pm. Place: TBA.

COLLEGE READINESS: HEALTH & WELLBEING - medical and mental health professionals (TBA)

A class open to parents and their college-bound teens. The class will assist parents and teens to effectively navigate the increased autonomy and responsibilities of college, while providing practical information about independently caring for your overall well-being, medical, and behavioral health. Pertinent life skills will be reviewed along with practical know-how.

Time: 6:30 - 8:00 pm. Place: TBA.

MODERN PARENTING: LIFE SKILLS FOR OUR KIDS

A parenting class to help you raise confident, competent kids with grit. Old Saybrook Youth & Family Services will be offering this parenting education class to assist parents and guardians in teaching their kids age-appropriate life skills to increase their resiliency, confidence, self-efficacy, and overall mental health. Attendees will gain a fuller understanding of how to raise children with basic life skills: self-management, personal responsibility, time management, financial literacy, self-care, interpersonal skills, and household chores. Betsy Groth, APRN and OSYFS clinician, Samantha Steinmacher MA, EdS, will co-facilitate this class for parents and guardians of children, 3-12 years old. Contact Samantha Steinmacher, MA, EdS for more details.

Old Saybrook Early Childhood Council

OLD SAYBROOK VALUES ITS YOUNGEST RESIDENTS AT OUR SECOND ANNUAL IDEA CELEBRATION!

The Old Saybrook Early Childhood Council wants to show their community that the smallest residents have the

biggest voice through the Second Annual One Book/One Town Family Literacy Event.

The purpose of this event is to create an opportunity for the families of Old Saybrook to read a chosen book during

a specific week and start a conversation about how change occurs within our community as well as how to value ideas.

During the week of Sept 17-21, 2018 all students Pre-k-3rd grade in Old


Saybrook are invited to read the book "What do you do with a Problem?" by Kobi Yamata. Students are taught how to solve their own "problems" by creating a "decision compass."

Join us on Saturday, September 29, 2018 for our Second Annual Idea Celebration at Community Day where decision compasses will be displayed and ideas will be shared. (Town green from 1:00 pm to 4:00 pm. Free.)


At 2:00 pm we will have a "Problem Solving Skit" for the whole family to enjoy.

If you would like more information, please contact Jodi Kelly, Program Coordinator with Youth and Family Services at: 860-510-5051.

Old Saybrook One Book/ One Town and Second Annual Idea Celebration!!!!



Old Saybrook
Early Childhood Council




Second Annual Idea Celebration!
Town Green
Saturday Sept. 29th 1-4pm

Activities, games, snacks.
Share your ideas!
2pm "Problems Skit" on the Main Stage

Share your ideas!
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Free!

For more information, contact Jodi Kelly at
the Early Childhood Council at 860-510-5051



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Household Size 1,	under \$34,366	Household Size 5,	under \$76,633
Household Size 2,	under \$44,941	Household Size 6,	under \$87,237
Household Size 3,	under \$55,515	Household Size 7,	under \$89,220
Household Size 4,	under \$66,089	Household Size 8,	under \$91,203

There is an asset limit of \$15,000 for homeowners and \$12,000 for renters after which assets are added to income for total income qualification. Residents must fall below the income/asset limits to apply.

This is for help through the state programs Connecticut Energy Assistance Program, CEAP and Connecticut Heating Assistance Program, CHAP administered by the Community Renewal Team, CRT.

Help is available for all types of heat. The program has tiered levels of help depending on income and family size and the amounts awarded will help families struggling with high heating

costs keep warm this winter. This program begins on November 15, 2018 for fuel assistance and will run through March 15 of 2019. You can also call us here in the Old Saybrook office for help through Operation Fuel and our local HEAT program.

Program guidelines, including important dates and benefit levels, will be updated once the 2018/2019 Low Income Home Energy Assistance Program Allocation Plan is approved in early September. Please note the dates and benefit information displayed above are from last winter's program as this article went to print prior to September.

Appointments need to be scheduled in advance and information on what documentation you should bring will be provided. We will be hosting a town wide sign up day in town hall on September 12, 2018 and by appointment in the office through March 15, 2019. Please call for information.

Please contact Susan Consoli, MA, LPC, Social Services Coordinator, at: 860-395-3188 or by email to: susan.consoli@oldsaybrookct.gov.

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Normal view of street



View of street with Macular Degeneration vision loss

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Social Services Help Day

Provided 4th Thursday of Every Month in Old Saybrook

SNAP, HUSKY, MSP, CT Food Bank Truck, Dental Clinics

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month. We provide help for state applications for SNAP and HUSKY from 10:00 am - 2:00 pm and The CT Food Bank truck mobile pantry will come between 1:30 and 2:30 pm to provide food for all who need it; please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes.

We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy.

Workforce Alliance/American Job Center on site to bring employment job opportunities to our residents in need of a job or training to obtain a job.

THE OLD SAYBROOK DATES AND EVENTS ARE:

- September 27, with American Job Center, Employment Help 9:00 am - 3:00 pm
- October 25, with Energize CT, Weatherization Programs 9:00 am - 3:00 pm
- November 22, THANKSGIVING, Grace Church, Holiday Meal 1:00 pm
- December 27, Dental Clinic, 9:00 am - 3:00 pm

Additional Shoreline CT Food Bank stop is at Clinton Town Hall annex building parking lot on the first Mondays of the month:

- October 1, CT Food Bank Food Truck 12:00 -1:00 pm
- November 5, CT Food Bank Truck 12:00 -1:00 pm
- December 3, CT Food Bank Truck 12:00 -1:00 pm

Appointments should be made for state application processing but walk-ins are also welcome as space is available. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at susan.consoli@oldsaybrook.ct.gov.

13th Annual Black Friday Concert to Benefit Shoreline Soup Kitchen & Pantries

For over a decade, a generous and talented group of musicians have joined together to perform a "Black Friday" Benefit Concert for the Shoreline Soup Kitchens & Pantries. This year's concert will once again be held at The Kate, located at 300 Main Street in Old Saybrook, on November 23rd at 8:30 pm, sponsored by Wyeth Architects and AcousticMusic.Org.

With an emphasis on melody, lyricism and harmony, The Meadows Brothers, Ebin-Rose Trio, Moving Target, Lauren Agnelli & Dave Rave, Carter Gowrie & Friends will gather for a concert at The Kate to raise funds for The Shoreline Soup Kitchen & Pantries. All ticket and CD proceeds will be matched dollar-for-dollar by the Gowrie Group Challenge which directly benefits The Shoreline Soup Kitchen & Pantries.

The concert promises to be an entertaining night of live music - and for a wonderful cause - feeding shoreline neighbors in need. For tickets and more information, visit www.katharinehepburntheater.org.

H.E.A.T. Spaghetti Dinner

Thursday, Nov. 15, 2018 | 4:00 pm - 6:30 pm
Fireman's Field, 210 Elm St., Old Saybrook

Please join us for a spaghetti dinner fund raiser at Fireman's Field on November 15 from 4 pm to 6:30 pm. Tickets are \$10 for adults and children are free! Tickets are available prior to the dinner from H.E.A.T. volunteers and at the door. Businesses are encouraged to buy a table if they would like to help sponsor this event.

Every year the volunteers of H.E.A.T., our firemen, Stop and Shop, our town organizations, businesses and community members get together to raise funds to help their neighbors in need keep warm in the cold winter months. Please join us on November 15. Meals will also be available for take-out for busy folks that would like to help but can't stay or are on their way home from work and would like to pick up to go.

H.E.A.T. is proud to say that 100% of the proceeds go to help those in need, through our local Social Services office right here in Old Saybrook.

For more information or questions please contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or email at: susan.consoli@oldsaybrookct.gov.

Expanding Veterans' Benefits

This past legislative session, the General Assembly unanimously passed SB 284: An Act Concerning Benefits for Certain Veterans Who Have Been Diagnosed with Post-Traumatic Stress Disorder or Traumatic Brain Injury or Who Have Had an Experience of Military Sexual Trauma. This legislation expands certain veterans' benefits to former service members with an "other-than-honorable" discharge who have a "qualifying condition." A "Qualifying condition" means diagnosis of post-traumatic stress disorder or traumatic brain injury made by, or a military sexual trauma experience disclosed to, an individual licensed to provide care at a U.S. Department of Veterans Affairs facility. The Department of Veterans Affairs will have a form on its website that veterans can take to a VA hospital or a veterans' center for certification.

The legislation includes, but is not limited to, extending the following benefits to veterans who meet eligibility: preference for certain affordable rental housing, state high school diploma exam fee waivers, tuition waivers for Connecticut public colleges and

continued on page 40

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Veterans' Benefits... continued from page 39

universities if the veteran served in time of war, certain property tax exemptions, veterans status on driver's license and identity cards, and certain assistance programs that assist veterans and their families with finances, healthcare, and food. As under existing law, some of these benefits are limited to veterans with war time service. Prior to this legislation, these special benefits were only

available to veterans who were honorably discharged or released under honorable conditions from active service in the armed services.

About 800 Connecticut veterans will be positively impacted and will be able to get the assistance they need and deserve. This law is set to go into effect on October 1, 2018.

For a full list of benefits or additional information about this legislation or any other state-related questions or concerns, please contact my office at devin.carney@cga.ct.gov or 860-270-8700.

Devin Carney, State Representative
Lyme, Old Lyme, Old Saybrook, Westbrook

Unusual White Wines

Every once in a while we should explore some unusual wines. Here are just a few. The first wine we will discuss comes mostly from the country of Austria. The grape is called Grüner Veltiner, this being the most widely grown grape in that country. The wine is late harvested but it does develop into a slightly peppery, full bodied, but dry crisp finish. The wine can also age well to become a richer and more complex wine.

The next wine has become a very popular as a sipping wine. It is from Portugal, called Vinho Verde, which means "Green Wine." The wine is light in color and also light in body. The wine has good acidity and a little spritz to it. The region it is grown in is controlled by law not to produce a wine to exceed 11.5% alcohol content. Due to this, the wine should be drunk young, as it will be most refreshing at this point.

Muscadet is a wine produced in France at the beginning of the Loire valley. The Muscadet area only grows one grape, Melon de Bourgogne, which has been around since the 17th century. The most predominate growing region for this wine is Muscadet-Sèvre et Maine where as much as 75% of this wine is produced. The wine produces a slight mineral and limestone flavor, which is a great wine to pair with seafood dishes. Some of these wine areas are also labeled Sur Lie under the name of Muscadet. This means the wine "rests on the lees," (*which is the dead yeast, left over seeds and pulp from the grapes produced during the wine process, right after fermentation.*) This gives the wine slightly more body. Enjoy these light refreshing wines. Cheers!

Art LiPuma, Manager, SeaSide Wine & Spirits

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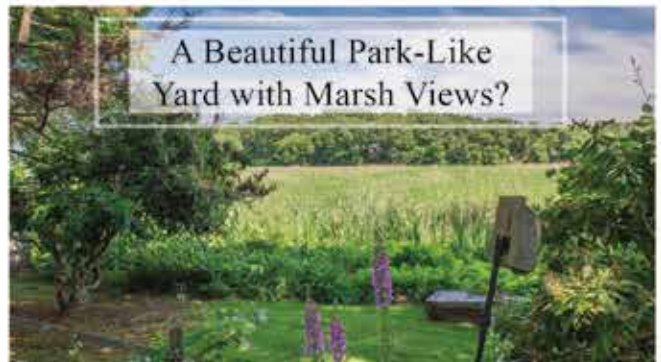
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Old Saybrook Historical Society

Dedicated to Preserving, Protecting, and Promoting the History of Old Saybrook

CELEBRATING 60 YEARS OF THE OLD SAYBROOK HISTORICAL SOCIETY

In 1958 the rich history of Old Saybrook found in historic homes, artifacts, documents, letters, and other items was in danger of disappearing or being destroyed if nothing was done to preserve these unique historic resources. A group of twenty concerned residents decided to address this serious problem by creating the Old Saybrook Historical Society.

Under the able direction of the first president Frank Tinsley, a noted historian, author and scientific illustrator, they eventually incorporated the Society and since then this non-profit, all volunteer organization has grown to include members from all over the U.S. Our one acre campus includes the 1767 Gen. William Hart House and exhibit gallery, a heritage garden, and the Frank Stevenson Archives which holds historically important documents, artifacts, and research materials and serves as a welcome center for visitors. We remain dedicated to preserving, protecting and promoting the history of Old Saybrook and we invite you to join us.

TALK & WALK OLD SAYBROOK'S PEQUOT WAR SITES

As a free community event, the Historical Society will host a talk and walk to examine some of the sites at Saybrook Point associated with the

“Siege and Battles of Saybrook Fort and the Pequot War,” 1636-37. The event will be held at the Vicki Duffy Pavilion, Sunday October 14, 2018, starting at 1:00 pm.

Archaeologists/historians from the Mashantucket Pequot Museum and Research Center and the Old Saybrook Historical Society will briefly note some of the siege and battles around Saybrook Fort during the Pequot War followed by a short walking tour, and concluding with a discussion of listing the sites on the National Register of Historic Places. The program is part of the Historical Society's grant from the National Park Service, American Battlefield Protection Program. For further information, call the Historical Society at: 860-395-1635.

HIS HOME WAS HIS CASTLE

There is no better example of a man's home being his castle than what William Gillette (1853–1937) called his “Hadlyme Stone Heap.” That famed structure and the man who built it is the subject of a talk by Connecticut Magazine senior writer Erik Ofgang, at the Acton Public Library, on Thursday, September 27, 2018 at 7:00 pm.

Gillette portrayed the fictional detective Sherlock Holmes in more than 1300 theatrical performances. His castle contains 24 rooms with secret passages and other spy contrivances that have made it one of Connecticut's most popular tourist attractions. Erik Ofgang is an award-winning writer whose work has appeared in dozens of magazines and newspapers. He teaches writing and journalism at Western Connecticut State University and at Mercy College.

TOUR OF ANCIENT BURIAL GROUND

Old Saybrook's ‘ancient burial ground,’ better known as Cypress Cemetery, a tour of the art, architecture and final resting places for both the town's most prominent personalities as well as less well-known individuals. You will not want to miss the annual tour of Cypress Cemetery, College Street on Sunday, October 28, 2018, at 4:00 pm.

One of the oldest cemeteries in Connecticut, Cypress Cemetery contains significantly carved gravestones. It was recently placed on the National Register of Historic Places. The tour will be led by the Society's board member Torrance Downes, assisted by Old Saybrook High School students who will portray some of Saybrook's more prominent historic residents. The tour will be held, light rain or shine. There is a \$5 charge. Children under 16 accompanied by a parent or guardian are admitted free.

WINTER HOURS

During the coming months the General William Hart House will be open by appointment and welcomes small group tours. The Frank Stevenson Archives remains open for visits or research on Tuesday and Thursday mornings from 9:00 am to 12:00 pm. To join the Historical Society, volunteer, or get further information, call 860-395-1635 or email: contact@saybrookhistory.org.



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Biking through barriers

OCTOBER 14



10th ANNIVERSARY

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Joey Logano – Inspiring others to do for others

by Sigrid Kun

Professional NASCAR driver Joey Logano started his racing career right here in Connecticut racing quarter midget cars and quickly made a name for himself. Starting at the age of six, the Middletown, CT native started winning championship after championship – to the point that, by the time he was 15, he was already on the radar with NASCAR racing legends. Now, he's always to be reckoned with on the NASCAR racing scene, competing full-time in the Monster Energy NASCAR series and part-time in the NASCAR Xfinity series.

THE STATS ARE IMPRESSIVE.

- Youngest driver to win a NASCAR Xfinity Series race - winning at Kentucky Speedway in 2008 when he was just 18 years, 21 days old and in only his third Xfinity Series start.
- 2009 Monster Energy NASCAR Cup Series Rookie of the Year
- Won the Daytona 500 in 2015 - Second youngest driver to win this race.
- 49 combined wins in NASCAR's top-three series

There is, of course, the glitz and the glamor that pervades NASCAR as a whole. And there's the occasional race-action controversy. And there are the ups and downs. After early successes (leading to the nickname, "Sliced Bread") and nearly winning a championship in 2016, Joey failed to make the playoffs in 2017. This year could mark a turnaround. Joey notched a win at Talladega Superspeedway in April, which ended a nearly year-long winless streak and, as of press time, he is sixth in the NASCAR Championship Point Standings.

But there's more to the 28-year-old than that. Joey and his wife Brittany, whom he married in 2014, welcomed their first child into the world this past January. Joey and Brittany have also been very committed to giving back. In a previous conversation, Joey mentioned, "If we can touch a few people's lives and help them become contributing members of our community and the world, it's really going to make a difference and it starts one person at a time." That's the crux of the Joey Logano Foundation that invests in organizations offering second chances to children and young adults during times of crisis and works to inspire others to live a life of generosity.

WHY SECOND CHANCES?

First, there was a life-changing visit to Joplin, Missouri in 2011 where Joey helped to rebuild a home for a local family following the tornado that devastated the area. That family needed a second chance. Little did Joey know that he would soon need his own second chance. He had been driving the No. 20 Toyota Camry for Joe Gibbs Racing since the 2009 season, but that ended in 2012. He received his second chance when he was picked up by Penske Racing in 2012. The following year, the Joey Logano Foundation was established.



Upper right: Joey Logano. Middle photo: Number 22 on the track. Bottom left: Joey and his wife Brittany at a Meet and Greet. Photos courtesy of the Joey Logano Foundation.

Since 2013, the foundation has invested almost \$2.7 million in various organizations across the country. Programs include inviting children who are facing tough situations (whether physically and/or emotionally) annually to a NASCAR race to be part of the crew for the day, supporting non-profit organizations during the 10-week NASCAR playoffs in each playoff race market, assembling and donating comfort care backpacks to foster and/or terminally ill children, and an annual fundraiser in Connecticut, called Driving Hope Home. A portion of the Driving Hope Home proceeds are donated to The Ronald McDonald House of Connecticut with the remaining proceeds donated to reputable charities the foundation supports to offer children in need a first or second chance. "It's our responsibility. You have to do it. If we're not going to do it, who else is going to be an advocate for these kids," says Brittany, who notes that first chances are important too. "They need a first opportunity in life. If we can shed light to this and inspire others to do the same, we can have a bigger impact than the two of us. That's our goal."

There is no doubt that Joey is a fierce competitor and a pure NASCAR racing talent. But don't overlook the other side. "When you are able to make a difference like that, you can see it in that person's face, how much it affects their lives - there's no better feeling than that," he observes. "I can talk about race wins as much as I want and how great that is but there's nothing better than that win - when you're able to affect something. That's a bigger win than any racetrack can get you."

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