

Old Saybrook Events

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Volume 14 • Quarter 2 • 2013



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First Selectman's Corner

Summer in Old Saybrook

For many of us, summer is the season and the reason we live in Old Saybrook. We live near the water so now is the time to go to the beaches, get out for those long walks or runs, bicycle, golf or just hang out and enjoy the heat. After the snowy winter and cold spring, there should be very few complaints about the heat. So as you get out and about this year, take a look around. There should be a little less trash on the side of our road thanks to a "Green Up" Day that was held on Saturday, April 27, 2013. Many members of our community participated in a successful cleanup of our Town. The effort was the idea of local resident Bill Casertano, and endorsed and spearheaded by the Conservation Commission. As First Selectman and a resident, I want to personally thank all who led and participated in the effort. Community involvement like this is so important and is what makes Old Saybrook a spectacular place to live.

Continuing on the "clean theme", last year I received a whole host of citizen comments (complaints?) about the condition of Saybrook Point and the Causeway during fishing and crabbing season. Fishermen and crabbers were not being respectful of others who recreate in those same areas. Walkers, runners and bikers had to dodge coolers, fish guts, fishing poles and lines and persons gathered in one spot to catch their share of seafood. Last summer, as a stopgap measure, I had "No Littering" signs posted more visibly than the ones that currently exist. I also arranged to have a garbage receptacle placed near the entrance to Fenwick so that some of the offenders might get the message. Additionally, as a result of these comments, I did some research with the State about who has the right to enforce activities on the Causeway sidewalk. Since the sidewalk sits astride a State highway (Rte. 154) I could not be certain that the Town could regulate activity adjacent to a State Road. As it happens, the sidewalk is within the Town's regulatory powers. This summer, I intend to engage our citizenry to be proactive protecting our shoreline. I will provide flyers to those folks who are fishing and crabbing. They will be told to keep our causeway sidewalk clean and unobstructed, or else they will be prohibited from using it for fishing and crabbing. The sidewalk is actually a passageway: runners, walkers and bikers should not be impeded passing from one end to the other. If desired, the Town can bring to Town Meeting a proposed ordinance that fines those who block or impede others who wish to use the Causeway. While it may seem over the top to put this much energy into regulating this activity, take a look at what is happening to our coastline. As residents of this great Town, we should be able to enjoy our Town when the summer arrives. We should not have to avoid certain areas because others don't know how to be respectful of our shoreline. This is a quality of life issue which can affect us all.

By the time this issue of Saybrook Events goes to print, there may be plans developing for a referendum on a new Police Station, as well as some school repairs. I have been developing a five year plan that, along with reduced debt payments, places the Town in a favorable position to finance these plans with little

effect on the mil rate. The plan commenced when I was in my final year as Chairman of the Board of Finance and has continued for the first two fiscal years of my term. We started a capital non-recurring account that we have been growing every year. With appropriate discipline, the Town has been and will be putting away monies

that should serve capital and, if necessary, bonding needs for years to come. During the economic slowdown from 2009-12, the Town significantly under invested in capital needs, from paving and sidewalks to large capital projects. Now in year three of this plan, we are making significant progress. By the time bonding comes due for the Police Station project, I am confident that any impact on the mil rate will be minimal. We have also put politics aside and fast-tracked the Police Station project to take advantage of historically low interest rates. I appreciate your support in revitalizing Main Street, something I believe a downtown police station will go a long ways towards accomplishing.

This summer and fall will also see lots of positive economic activity in Town. Parts of Main Street are getting a different look. Essex Savings Bank and the building next to it (home of Sweet Luna's) are getting a significant facelift. Tractor Supply will be building a new facility in Town where Standard Door currently sits. On Route 1, a new restaurant will be occupying what used to Pat's Kountry Kitchen, Hunter's Ambulance has opened up a brand new facility and a car dealership may be coming in to rehab and replace the former Chrysler dealership. Site work should be beginning out on Spencer Plains Road for a new Big Y grocery store and a Kohl's department store. And, of course, we are all pleased that Paperback Café, smack dab in the middle of Main Street, has re-opened. Many of you ask me what will come of the North Cove Outfitters building. Due to less restrictive regulations recently acted upon by our Zoning Commission, I am quite confident that there will be new development on that parcel before too long. I continue to do my best to encourage new business to locate here in Old Saybrook. I have met with developers, land owners and big and small businesses in an effort promote smart growth in our Town, growth that will positively impact the tax base.

Have a great summer.



Carl P. Fortuna, Jr.,

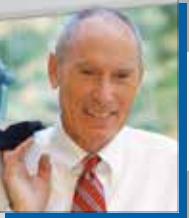
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Welcome Our Nurse



East Lyme Pediatric Clinic would like to introduce Sonia Stavens, our licensed practical nurse. Since joining our practice in February of 2011, Sonia has participated in a wide-range of patient care from vaccinating our children to advocating and empowering parents in the care of their children. Sonia has a unique passion for pediatrics which is just one of the reasons why she chose to further her education to receive a Bachelor's in Nursing. Sonia strives to meet the needs of our busy parents here at East Lyme Pediatric Clinic. Skilled with an art of distraction, Sonia makes sure our children have a favorable, compassion-filled patient care experience.

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CT RIVER WATERFRONT



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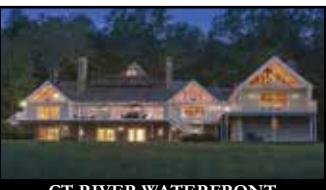


Jennifer Caulfield 860.388.7710
Jane Macy Pfeffer 860.227.6634

Old Saybrook: CT River waterfront offers a protected small boat basin & dock, sandy beach, beautiful pool complex, first-floor master suite & remarkable chef's kitchen & family room!
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Old Lyme: Designed by noted architect Alice Washburn, this home is sited beautifully on 2 acres w/stunning vistas. Total restoration & renovation in 2005 has brought this gracious home to mellow perfection!
MLS: M9137286 \$1,645,000

Essex: Warm & charming village residence with first floor MBR suite, large great room w/fpl, chef's kitchen and formal LR, all completely renovated to perfection with new systems and beautiful outdoor living space.
MLS: M9140790 \$775,000

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**CLINTON**

\$199,000 - Property offers a serene setting bordering the Menunketesuck River. Solid home-nice family room addition off the back. 3 Bedrooms and 2 Baths. Formal living room complimented by the granite fireplace. Walk-out LL-potential for inlaw setup. NEW SEPTIC SYSTEM May 2013. "AS IS" SALE. Call Sarah Marcinek.

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**WESTBROOK**

\$333,900 - Bright, open floor plan located on Patchogue River with views and private side yard and deck. 1st floor master suite, second floor family room space and unfinished attic room. 2 car garage and a Sunroom overlooking the river. Pat Reed.

**OLD SAYBROOK**

\$299,000 - NEW Condo Complex. 1389 sqft units with garage. Stainless steel, energy efficient appliances and granite countertops. Each of the 2 bedrooms has its own bath plus a ½ bath on first floor. Walk to YMCA. Joe Wren 860-202-0693.

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\$99,900 - Fully updated home in Jensens Yankee Village. This is a 55 and older community. Siding, roof, windows, kitchen, bathroom and painting have all been updated, large deck in back with newer outbuilding for extra storage. Enclosed porch is open to house. PAT REED.

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 Centerbrook, CT 06409
 860-767-9087 Fax 860-767-0259
www.essexprinting.com

Publisher
 William E. McMinn

Director of Sales
 Suzanne Spires
 860-391-5534

Coordinator/Art Director
 Kathy Alsop
 860-391-4372

Cover Editor
 AC Proctor
 860-767-9087

Sales Representatives
 Ward Feirer
wfeirer@gmail.com
 914-806-5500

Betty Martelle
betty@eventsmagazines.com
 860-333-7117

Magazine Layout
 Amy Bransfield
 Patricia Stenbeck

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Family Conversations

Through many years of experience working with seniors and their families, we at Chester Village West have discovered that there is a need to assist adult children with the approach and eventual conversations they will have with their parents and loved ones.

These adult children are usually between the ages of 45 and 60. They are managing work, educating their children, and worrying about their aging parents at the same time. They have many options, but little time to do the research on their own. They need answers in a factual and timely manner.

Through our new "Conversation Starters Program," we offer free consultation services for your family, employees, clients and/or peers. We will provide a balanced approach, whether the family decides to re-locate their parents to a senior living community, or access in-home care. We will help them assess their current situation and streamline the process to give them enough knowledge to make their own decisions. We understand that "knowledge is power." Contact Sara Philpott at 860-526-6800. www.AConversationStarter.com/CT.

Flag Disposal Program

Old Saybrook Establishes Flag Disposal Program

When an American flag becomes soiled, torn, faded or in a general state of disrepair, it should be disposed of in a dignified and respectful manner. The proper way to dispose of a flag is to burn it in a ceremony as prescribed by The Flag Code.

The Town of Old Saybrook has placed barrels inside the door to the Town Hall as well as at the Transfer Station. Flags left in either place will be collected by members of the Westbrook Veterans Honor Guard and burned in accordance with the prescribed honors.

Old Saybrook resident Bob Wilcox heads up this program and the Town appreciates his help in setting up this program.

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Salt Marsh Opera

Let us reintroduce ourselves! We are Salt Marsh Opera, a non-profit organization, whose mission is to bring opera to the community through live performances and education for all ages. We aim to make opera accessible to everyone in our shoreline communities. We are members of the Old Saybrook Chamber of Commerce and feel at home in your town, thanks to people like Karen & Judy at the Chamber, Wilma Asch, of the Old Saybrook Economic Development Commission and Chuck Still at The Kate, where in 2009 we presented Die Fledermaus followed by La Sonnambula, Rigoletto and La Cenerentola.

This summer, we would like to warmly invite you, the people of Old Saybrook, to join us for our free outdoor concert and our free educational lecture. You may recall that for several years now, we have been presenting Opera in the Park on the town green adjacent to the Kate. This year's concert will be held on Tuesday, August 6 at 6:30pm and will feature internationally acclaimed bass-baritone, David Pittsinger, who made history singing in Hamlet at the Met and in South Pacific at Lincoln



Center on the same day and soprano, Patricia Schuman, celebrated for her starring roles in Mozart operas across the globe. This free concert will feature an unforgettable evening of opera arias and Broadway selections under the stars. Don't miss this rare opportunity to hear two world-class singers in an extraordinary evening of music!

Also plan to attend Saturday, July 13 at 10:00am, when The Guild of Salt Marsh Opera brings a lecture to the Acton Public Library which will feature local resident and supporter Jane Gullong, former Executive Director and Development Director of the New York City Opera and current Director of Development of Opera America. Jane will present a lecture entitled "Opera Today" which will address the sweeping changes technology is bringing to opera worldwide, introduce the Opera America National Opera Center and discuss the important place of Salt Marsh Opera in building audiences and introducing young American singers. We hope you will join us!

For more information, please visit www.SaltMarshOpera.org. We look forward to seeing you in the audience!

WWMD Construction Process

Once the bid contract has been signed, construction progresses as follows:

- The contractor has about 100 days to complete the contract depending upon the season and number of upgrades in the contract.
- The CT River Area Health District (CRAHD) issues Orders to Upgrade per DPH regulations to everyone in that contract whether or not they have accepted the Clean Water Funding (CWF). Property owners who have "opted out" of the funding must install an upgrade compliant system by the date specified in the Order corresponding to the contract deadline.
- The contractor then has approximately 2 weeks to complete the designs for the systems and submits them to CRAHD for review and sign off along with the WPCA Site Manager.
- Upon approval of the designs, the contractor completes a Permit to Construct for each property, and submits a Call Before You Dig request.
- The design is added to the homeowners' "Upgrade Package" which also includes information on the program, benefit assessment, and restoration. Homeowners are contacted to review their Upgrade Package with the Site Manager and

Financial Manager. Current procedure includes the signing of an access letter.

- The contractor must maintain the schedule unless change orders (which currently include emergency situations) and bad weather extend it.
- The WPCA field crew is onsite every day observing and documenting the construction for quality control, invoice accuracy, and restoration needs.
- The Site Manager reviews and approves all change orders.
- CRAHD inspects, approves the installation, and issues the Permit to Discharge.
- The contractor submits "As Built" drawings to CRAHD and invoices to the WPCA Financial Manager for processing and payment.
- The bills are reviewed and approved by the Site Manager and the WPCA for payment.
- The invoices become part of the monthly submissions to the DEEP for CWF reimbursement and loan.
- The homeowner is sent a "Completion Kit" which includes their "As-Built", Permit to Discharge, pump manual (if applicable) and Septic System Care brochure.
- The septic tank must be pumped out every 5-years and effluent filter cleaned to retain the Permit to Discharge.

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Chamber News

Old Saybrook Arts & Crafts Festival: Going Strong at 50. This summer marks the 50th anniversary of the town's signature summer event, the Annual Arts & Crafts Festival, which will be held on the beautiful Old Saybrook Town Green on Main Street, July 27 - 28th, from 10 am - 5pm on Saturday, and 10 am - 4 pm on Sunday.

Nearly 150 fine artisans & crafters will be displaying to over 10,000 visitors. As an added plus, local music groups will be offering entertainment throughout the two days. A variety of foods to please every age and palate is also on hand, hosted by local civic organizations.

To commemorate this special anniversary, the Chamber will hold a raffle of a unique piece of art: the 20" model of the 6' bronze fishing boy statue that adorns the northern corner of Main Street. The tickets are \$50 each and may be purchased on the Chamber web site, www.oldsaybrookchamber.com, at the



2012 Annual Arts & Crafts Festival
Photo credit: Judy Sullivan

Chamber office at 1 Main Street, or at our sponsor Liberty Bank, at 90 Main Street. One lucky winner will be announced. Only 500 tickets will be sold.

Proceeds benefit the multiple programs offered by the Old Saybrook Chamber of Commerce which include college scholarships, business educational breakfast series, after-hours business connection and networking functions, and keynote luncheons with local Connecticut personalities and state dignitaries.

Special thanks to our main sponsor Liberty Bank, and to Middlesex Hospital, Apple Rehabilitation and Health Care, and New England Alliance Mortgage.

*Meryl Tsagronis
Marketing Coordinator
Old Saybrook Chamber of Commerce*

Camp Invention is Coming to Old Saybrook!

In partnership with Invent Now, Old Saybrook Public Schools is pleased to offer the nationally-acclaimed Camp Invention program to children entering grades one through six this summer. This exciting, week long adventure in creativity immerses children in imaginative play that reinforces and supplements school-year learning in the subjects of Science, Technology, Engineering, and Math (STEM). Children will work together to seek innovative solutions to real-world challenges and sharpen critical 21st century learning skills such as teamwork and creative problem solving as they rotate through four modules each day that disguise learning as fun.

This exciting week of four fun-filled modules begins on July 8, 2013, when Mary Looney will direct the Camp Invention CREATE program at Old Saybrook Middle School. In the Problem Solving on Planet ZAK® module, children will crash-land on an alien planet, where they

collect important data about its environment to help them design shelters and spacesuits able to survive the planet's harsh living conditions. Children will explore "green" city design and create an eco-friendly infrastructure by instituting pollution-free water filtration systems, landfills, waste disposal systems, and transportation powered by renewable resources in the Saving Sludge City™ module. In the I Can Invent: Launchitude™ module, children will take apart broken or unused appliances using real tools and re-engineer the gears to invent an awesome Duck Chucking Device! Finally, in the Geo-Games™ module, classic high-energy games will be fused with global fun.

Local educators will facilitate program modules, and enthusiastic high school and college students will serve as Leadership Interns – ensuring that one staff member is in place for every eight children.

Help Wanted

Events Magazines is seeking a part-time sales representative; full commission, flexible hours and friendly working conditions.

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New Lawn Care

What To Do

Plant grass seed when temperatures are between 60°F to 80°F. Prep the area before planting grass seed by removing dead grass and loosening hard soil. The seed must make contact with the soil in order to take root.

Gently water newly planted grass seed at least once a day until it has grown 2 inches tall. Remember to water sunny areas more often than shady. Unlike established grass, newly planted grass needs to be watered more frequently as opposed to deeply.

Keep pets, mowers and foot traffic away from newly planted grass seed until the grass is 3in high.

Re-apply grass seed if the seed washes away or is eaten by birds/other animals.

Follow-up with an application of fertilizer over your entire lawn 6-8 weeks after seeding.

What NOT To Do

Don't plant grass seed too soon after applying a weed prevention product.

Don't over apply grass seed because the seedlings need enough space to access water and nutrients. Make sure there is some bare ground visible.

Don't water so heavily that the water pools or causes your seed to wash away.

Don't use a weed prevention or control product on your newly planted grass seed.

Keep on watering!

After the grass seed is planted, water it at least twice a day (more frequently if the weather is hot), until after you've mowed it once or twice. Make sure your new lawn stays moist through the top inch of soil. Keep at it until your seedlings are well established. Then you can start watering thoroughly once or twice a week.

Maintenance

Make sure you only mow the top third of the grass blades. Adjust your mower to a higher setting to keep the lawn nice and thick. When you cut it too short, weeds can sneak in.

Mowing Newly Seeded Grass

If you've seeded some bare spots or a whole lawn, hold off on mowing the area until the new grass is between 3 and 3? inches long. Make sure your mower blade is nice and sharp, and then cut your grass only when it's dry. You also want to avoid mowing too short. (You only need to remove 1/3 of the height) If you've seeded over your existing lawn, you can mow as needed, but try to cut back the frequency to limit traffic on the new seedlings.

Feeding New Grass

Feeding is important for all lawns, but it's especially for new grass plants. If you didn't feed your new grass when it was planted, apply fertilizer to provide the right proportion of nutrients new grass plants need to grow in thick and develop strong roots. If you applied a Starter fertilizer when you planted your new grass, feed 4-6 weeks later with Lawn Fertilizer to keep the new grass growing and maintain a thick, green appearance.

Weeds in Your New Grass

It happens. Weeds pop up now and then among newly planted grass. That's because dormant weeds seeds are always present in the soil, and they're waiting to sprout when they get a chance. A good rule of thumb is to wait until you've mowed your new grass at least 4 times before you treat the weeds with a crabgrass preventer or other weed-control product. The exception would be if you are using a weed-control product specifically designed to be used when seeding. As always, remember to read the product label on the weed-control product you are using.

Bugs in Your New Grass

Most bug-control products can be used any time on newly planted grass. Even so, remember to read the product label on your specific pest-control product.

Accolades for Events Magazines!

Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full with interesting community related articles.

Working with the professionals at Essex Printing is a pleasure and everyone goes above and beyond to produce exceptional products.

We are so grateful to have Essex Printing as part of our business community. Thanks for everything!

Judy Sullivan

Executive Director, Old Saybrook Chamber of Commerce

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WPCA Update

The WPCA is in the process of releasing and awarding the remaining bid contracts in Phase I. These consist of Cornfield Park 2 and 3 and Oyster River East 2 and 3. As of May, Thompson, Saybrook Point, and Cornfield Park 1 are under construction.

The WPCA intends to begin the site investigations for the next designated area, Fenwood, as these contracts are completed. When the funding is in place, residents of this neighborhood will be contacted for an information session and the program entry process will begin.

A significant challenge that has arisen in some of the contract areas is the lawn and yard restoration. Some homeowners have felt that their lawn restorations have been unsatisfactory. The WPCA has required the installers to return numerous times to re-grade, add top soil, and reseed until the lawns are level and established. Although some of the initial restorations may have been inadequate, the WPCA urges homeowners to be patient, especially when septic systems are not installed within the growing season. The process and the product choices have been refined and the WPCA wants homeowners to be satisfied with the installation. That being said, we also note that it is imperative that the seed and new grass is taken care of properly and that expectations remain realistic. This is not always the case, and the soil and grass seed has been allowed to dry out. We urge diligence in watering and are including in this issue our New Lawn Care information. A description of the construction process is provided as well.

Finally, per the December 2012 Saybrook Events Issue and the brochure inserted in our Upgrade and Completion Packages; here are the highlights of Septic System Care:

Protect Your Septic System

1. Do not drive or park vehicles or other heavy equipment on any part of the system.

2. Plant only grass over and near the leaching system to avoid damage from roots.
3. Inspect your system and pump your tank (every 3 to 5 years).
4. Do not dispose of plastics, disposable diapers, cloth or other non-biodegradable articles in the septic system.
5. Never flush moist towelettes, cigarette filters, cat litter, paper towels, cellophane wrappers, adhesive-bandages, cotton balls, personal products, or medication.
6. Use water efficiently; repair leaks and running toilets immediately.
7. Do not process large volumes of water (such as several large laundry loads) on a single day.
8. Do not dispose of household hazardous wastes in sinks or toilets.
9. Never plant a food garden over the leaching system.
10. Do not use special additives. They will not increase the life of the system.
11. It is okay to use small amounts of drain cleaner in your indoor plumbing.
12. Scrape plates into the garbage or composter, prior to washing.
13. Do not put grease or oil down the drain.
14. Do not connect "clear water" wastes such as footing drains, roof drains, water softeners or dehumidifiers to the septic system.
15. Direct all surface drainage, roof drains and other discharges away from the leaching system.
16. Consider installing water-conserving fixtures.

Please feel free to stop into our office on the 1st Floor of Town Hall, call 395-2876, or attend our bi-monthly meetings on the 2nd and 4th Mondays in Town Hall. Or for further information please refer to our website at www.oswPCA.org.

Cypress Cemetery Association

Opportunities for Burial Plots and Columbarium Niches

The Cypress Cemetery Association is moving forward with the completion of the columbarium memorial wall located in the southeastern corner of the cemetery property adjacent to South Cove, which was opened for "cremains" in 2011. The memorial wall work will include the facing of the concrete walls that enclose the columbarium structures and the construction of a walkway at the base of the wall. The intent is to have a smooth wall facing that will allow for the placement of small memorial plaques honoring those whose ashes may have been scattered elsewhere but who also want to be memorialized in historic Cypress Cemetery.



Further, Section 9-2 within the newly expanded southern area of the cemetery will be established shortly and will be open for burials in the near future. This will add additional plots to those that are still available in Section 9-1. If anyone has any questions regarding burial opportunities in one of the nation's oldest continually operating cemeteries, dating from English settlement of New England, the Association can be reached via emails addressed to jhtdownes@gmail.com or by calling Association President James W. Cahill at 860-304-4683. Further information on Cypress Cemetery can be found at www.cypresscemeteryosct.org.

The image features the Century 21 logo at the top, consisting of the word "Century" in a stylized script font above a "21" in a bold, blocky font, with a simple house roof icon separating them. Below the logo, the words "Heritage Company" are written in a bold, sans-serif font. Underneath this, a large, flowing cursive script reads "Go With Our Winning Gold Team!".

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Community Leaders Youth Summit

"Love our kids, love our town, do the right thing." That was the sentiment at the Old Saybrook Community Leaders Youth Summit on a Monday afternoon in March. The Summit, hosted by Old Saybrook Youth & Family Services, brought leaders from various sectors of the community together with the goal of coming up with ideas on how to have a sustained, positive effect on young people in town.

Heather McNeil, Director of Youth and Family unity leaders could concentrate their efforts and resources in ways that will most benefit families and youth. The underlying framework for the Summit and subsequent efforts is the 40 Developmental Assets, from the SEARCH Institute, first promoted in Old Saybrook in 1997 by the Healthy Community? Healthy Youth (HCHY) initiative. These Developmental Assets are qualities, characteristics and experiences that help youth develop in healthy ways. Research from the SEARCHInstitute.org shows that with a higher percentage of Assets present in our community and available to our youth, there is reduced evidence of substance abusing and other risk-taking behaviors.

During his introduction, Old Saybrook First Selectman Carl Fortuna spoke about evolving technology and the increased number of distractions on young people now, compared to during his youth. "There are a lot more opportunities for outside influences," Fortuna said. "The question is what's next? Well that's where we come in; maybe we can be the next thing. What is needed most of all, is participation."

Organizers split attendees into groups or "sectors" based on community involvement. There were groups for elected officials and spiritual leaders, the business community, public safety, education, civic organizations and sports and recreation. Each sector spent time discussing ideas on how to have a positive

effect on the youth community, enhance collective efforts among different sectors and organizations and how to sustain these efforts. Afterward, each sector shared some of their ideas with the Old Saybrook Police Chief Michael Spera, who kept the participants on task, thanked everyone for taking time out of their schedules to attend the event, and promised that the ideas discussed at the summit would be put to good use.

"The single reason you are here today is because you are doers," Spera told the crowd of about 70 people. "You are the ones that are too busy to be here right now. I assure you your time will not be wasted, we will do something with your great ideas, there will be follow-up, there will be action."

State Representative Marilyn Giuliano said the event was unique and shows Old Saybrook is taking a proactive approach toward engaging young people and encouraging their development and involvement in the town.

"I think more towns should follow the lead set by Heather and other organizers of this summit," Giuliano said. "I think every community wants to engage youth and provide opportunities and activities for them; but to get all of these leaders together to figure out how to do it and how to do it well shows that we are making it a priority."

McNeil explained that Old Saybrook's Healthy Community Healthy Youth is the fabric that weaves the many different community sectors involved in this process together. The HCHY/YFS Summit Committee is now planning follow-up meetings of smaller groups with the task of prioritizing Monday's ideas and to set a timeline for bringing them to fruition. For more information on Youth and Family Services in Old Saybrook visit www.oldsaybrookct.org/youth

Tax Notice

Legal Notice Taxes Due on Grand List October 1, 2012

I have received the Tax Warrant to collect the Town tax on the Grand List of October 1, 2012. All motor vehicle bills and the first installment of all other taxes over \$100.00 and the entire amount of tax less than \$100.00 is due and payable on July 1, 2013. If payment is not received on or before August 1, 2013, the tax due becomes delinquent and subject to interest at the rate of 18% per annum, 1 1/2% per month from the due date for each month or fraction thereof. A minimum of \$2.00 interest/late fee will be charged for each delinquent tax bill and installment. Interest will be taken from payments received or postmarked as of August 2, 2013. Mail with a postmark (U.S.P.S. postmark only) on or before August 1, 2013 will be considered a timely payment.

Payments will be received in the Tax Office, Town Hall, 302 Main Street, Old Saybrook, CT 06475, daily from 8:30 am to

4:30 pm, and through the lunch hour, with the exception of weekends and holidays. Note: Please consider payment by mail as parking is limited, send your payment, the entire bill and a self addressed stamped envelope - when your payment is posted we will return a receipt to you (no self addressed stamped envelope - no receipt when payment is made via mail).

If you do not receive a tax bill please contact the Tax Collectors' Office (860) 395-3138. Failure to receive a tax bill does not invalidate the tax or interest/penalty due. Questions pertaining to assessments and exemptions should be directed to the Assessor's Office (860) 395-3137. If your mailing address is incorrect, or has changed, please call the Assessor's Office.

Thank you.

Barry E. Maynard, CCMC
Tax Collector

Youth and Family Services - Summer Programs 2013

For more information on any of the following programs, call Youth and Family Services at (860) 395-3190 or visit www.oldsaybrookct.org/youth.

June 24 - July 5: Youth Summer Stock (entering grades 7 - 10), 9 am - 2 pm Monday thru Friday; performances July 5 @ 7 pm and July 6th at 2 & 7 pm

June 24, 25, 26: Community Service: Environmental Stewardship (entering grades 7 - 12), 9 am - 1 pm

June 24 - August 5: Girls Group "It's all about 'I' for positive self-image", (girls grades 7 - 12), Mondays, 3 - 4:45 pm

June 25 - August 6: "Strong Kids" Group (grades 4 - 6 Tuesdays, 3:30 - 4:30 pm

June 28th - July 2: Wilderness Challenge (entering grade 8 5-day, overnight)

July 3: Teen Trip: Footloose at Ivoryton Playhouse (entering grades 7-12)

July 3 - August 7: Guys Group "Positive Choices" (boys grades 7 - 12), Wednesdays, 2:30 - 4:00 pm

July 8, 9, 10: Community Service: Hunger Awareness (entering grades 7-12)

July 10 - August 1: Summer Bunches (Goodwin School students) Wednesdays 2 - 3:30 pm OR Thursdays 9 - 10:30 am

July 12: Teen Trip: Tubing on the Farmington River (entering grades 7-12)

July 15, 16, 18: Community Service: Hunger Awareness (entering grades 7 - 12)

July 19: Teen Trip: Laser Tag (entering grades 7-12)

July 19: Movie on the Beach at dusk

July 22 - August 2: Summer Stock for the Younger Set (entering grades 5 & 6) 9 am - 2 pm Monday thru Friday; performances August 2 at 2 & 7 pm

July 24: Teen Trip: Rockcats (entering grades 7-12)

July 27 & 28: Youth Art Booth on the Green (ages 7 – 20/21 if still a student) 10 - 5 & 10 - 4 with setup earlier both days

August 2: Teen Trip: Brownstone Exploration (entering grades 7-12)

August 6 - August 22: Summer Bunches (4, 5, 6 grades) Tuesdays 2 - 3:30 pm OR Thursdays 9 - 10:30 am

August 7: Teen Trip: Lake Compounce (entering grades 7- 12)

August 9: Movie on the Beach at dusk

August 15: Teen Trip: Horseback Riding (entering grades 7 - 12)

August 16: Movie on the Beach at dusk

August 21: Teen Trip: Providence Mall (entering grades 7 - 12) Teen Trips are co-sponsored with Old Saybrook Parks and Recreation.

Movies on the Beach are co-sponsored with the Old Saybrook Department of Police Services

Social Service Help Day

Social Service Help Day Promotes Better Access to Healthy Food for Residents on Food Stamps

According to a recent UConn study, Old Saybrook has an above average population at risk of hunger. The study found that in areas such as our community there is less access to free and lower cost food. Social Services has seen an increase in need for food help and has been organizing and running Social Service Help Days and has a schedule with CT Food Bank truck to come monthly on the fourth Thursday of every month to Old Saybrook. Among the UConn study recommendations to help those that are at risk of hunger to have greater access to good food, were to help create better meal options and to help residents learn to grow their own food, and that was just what we were doing at our most recent Social Service Help Day. The day was centered around promoting backyard gardening and how to be able to eat healthy on a food stamp budget.

The Social Service Help Day, hosted at Grace Church on May 14, had the Department of Social Services here from Hartford as well, to help residents who needed to sign up for SNAP formerly known as food stamps. We signed up residents in need of this program from 9:00 am until 5:30 pm.

Kathy Cobb, a local Registered Dietician also helped us by running a cooking class, Great Food from Seed to Table, to demonstrate to participants a healthy meal that could be made

on a modest budget with vegetables that could be grown in a backyard. Participants in our cooking class got to sample the dish as well as take home the ingredients needed to make the meal for their families when they went home.

Representatives from the Common Goods Garden with Julie Peace, helped us to distribute seed packets, starter kits and information on gardening while also being available to answer questions. Our local Rotary helped with the costs of providing supplies. Residents were given information on how to grow a fun "Pizza Garden" with their children. A pizza garden is a garden in the shape of a circle and divided in "pizza slices" where family members grow their favorite vegetable to put on a pizza.

Beach Babies, was also on hand to help residents sign up for the Care for Kids program and the YMCA was there with camp information. Safe Link was also there to sign up residents for a free phone and minutes for those on state programs.

Social Service Help Day is run every month and we will be continuing our efforts to help residents in need have local access to programs and services. For more information on attending or how you can help, please contact, Susan Consoli, MA, LPC, Social Services Coordinator, at 860-395-3188 or sconsoli@town.old-saybrook.ct.us.



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Assessor's News

Tax relief benefits for homeowners over 65 or under 65 and 100% social security disabled have been completed.

We have completed 146 applications that have been pre-approved by the Assessor's Office and have been forwarded to the State's Office of Policy and Management.

At the same time we have also processed 146 Local Option applicants and those have been pre-approved as well.

This year the renter rebate program will begin on April 1st and runs through October 1st.

All of the changes and adjustments have been entered into the Assessor's computer system and forwarded to the Tax Collector.

As part of the 2013 revaluation we have also sent out "Income and Expense" forms to everyone that owns commercial property. The information requested on these forms is used solely for the purpose of appraising commercial and industrial property whose value is based on income and expense information as well as market data. These forms must be returned to the Assessor's Office by June 1.

Our property record cards are now hosted online with Vision Appraisal. We have joined over 100 other Connecticut towns that have their parcel data hosted by Vision Appraisal. This was important to the Assessor's office in order to offer uniformity as well as the most accurate and up to date information as possible.

Our website is also constantly being updated as we try to put as many forms up as possible to make it easier for the public to obtain information.

Norman B. Wood CCMA II
Assessor

Rick Pine - Assistant Assessor,
Beverly Levasseur - Reval Clerk,
Luke Parker - Real & Personal

Property Appraiser,
John Ryan - Comm/Ind Appraiser

Applegate

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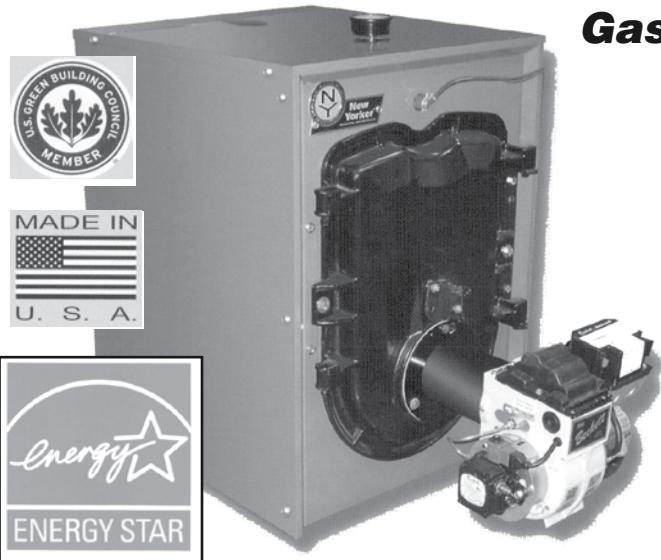
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 Cindy Kane, Assistant Town Clerk

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 Phone Number (860-395-3135)
 Town Website: www.oldsaybrookct.org

Congratulations!!

We congratulate the following on their recent marriage:

- Brian Dierberger and Heather Plenzio - March 30
- Michael Piacente and Stephanie Angelo - April 6
- Guy Ronzoni and Cheryl Gorski - April 26
- Robert Alvarez and Julie Bradley - April 27
- Deepak Gurung and Neema Lama - April 29
- Matthew DiRisio and Leslie Antonino - May 3
- Ryan Whitney and Kaitlyn Pechie - May 4
- James Shinevar and Candace Nigro - May 5

With Sympathy

Myra Ackerman
 Helen Andrade
 Jessie Aylmer
 Joanne Bauer
 Marji Benson
 Louis Cammarata
 Jeane Clarke
 James Courtemanche
 Mary Di Roberts
 Olga Dobbs
 Eleanor Duquette

Helen Fiorelli
 Alfred Garvey
 Dora Green
 Wilbert Hall
 William Helt
 Robert Hill
 Eileen LaMarco
 Rita Lee
 Patricia Livernoche
 John Neikind
 Mildred Painter

Mary Reide
 Eleanor Roth
 Charles Sohl III
 George Sorber
 Nathan Stiefel
 Margaret Sumoski
 Donald Troxler, Sr.
 Mona Wetmore
 Helen Zawacki

Probate Events

The last 30 months have been a very busy time for the Probate Court. As most of you know, there is now a regional court, which serves nine towns. This merger was part of a statewide effort that reduced the number of probate courts from 117 to 54. The new Saybrook District serves the towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. As you can imagine, merging nine courts was not a simple matter, but with the help and cooperation of the former judges and the significant effort of the clerks we were successful in completing the task. The court is now a full time court and is open from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, which is located at 302 Main Street.

Most people understand that we handle all aspects of decedent's estates, however the court also handles a variety of other matters including appointing conservators and reviewing the conservator's accountings, appointing guardians of minors and adults with intellectual disabilities, trusts and trust accountings, custody matters, removal of parental rights and adoptions.



Judge Terrance D. Lomme

Safe Grad Night

Thanks Old Saybrook

Fundraising for Old Saybrook High School's "Safe Grad Night 2013" was hugely successful this year thanks to the generosity of parents, many businesses both near and far, and the tireless commitment of the 2013 committee of volunteers. Sufficient funds have been raised to invite all seniors in the graduating class of 2013 to attend Safe Grad Night at no cost to them or their family, and because all students can attend regardless of their financial means the committee is striving for 100% participation this year. Safe Grad Night is a 14-year tradition in Old Saybrook in which the graduating seniors of OSHS have the opportunity to attend an exciting and memorable all-night graduation party in a safe, fun, and substance-free setting. It will be held this year on June 19th at a surprise location and include food, music, activities, games, prizes, and entertainment for the Class

of 2013. The committee would like to thank all of the businesses that made the fundraising events for Safe Grad Night 2013 successful by providing golfers & sponsorships for the annual Gowrie Group Golf Tournament, financial donations, goods & services, or in-kind support. The committee encourages the community to thank these businesses through continued patronage.

All funds raised are managed through the non-profit corporation formed by parents several years ago. Graduation Night, Inc. is a registered 501(c)3 charitable organization which gladly accepts tax-deductible donations of all amounts. New donations will go toward Safe Grad Night 2014 for the next graduating class of OSHS. The organization's mailing address is Graduation Night, Inc. c/o Old Saybrook High School, 1111 Boston Post Road, Old Saybrook CT 06475.

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Achieve Wellness Chiropractic Action Sports	GW Beer, brewer Todd Myers	Quanta Services, Inc.
American Beacon Funds	Richard Goldfeder DMD	Quinnipiac University
AMF Lanes Old Saybrook	Gowrie Group Insurance	Ram Boosters
Angelini Wine, Ltd.	Atty. Richard Gudis	Raveis Realty
Anytime Fitness	Harbor Books	Realtime Utility Engineers
Atlantic Seafood	Harris Outdoors	Red Hen Restaurant
Apple Rehab Saybrook	Jazzercise	Red Hook Brewery
Azul Fine Clothing	Joseph's Photography	Rhodes Construction
John Beatty CPA	Klingerma Travel	RidgeWorth Investments
Best Cleaners	The Katharine Hepburn Cultural Arts Center	Rio Cafe
B & L Construction	KV Designs	River's End Bait & Tackle
BNA Dog Training	Lake of Isles Golf Course	Roots Auto Repair
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Cornerstone Energy Services	Old Saybrook Ambulance Assoc.	SWAG
Courtyard Restaurant	OS Education Foundation	Sweet Luna's
Cuckoo's Nest	Old Saybrook High School	Therapeutic Release Massage
Dagmar's Desserts	Olsen Construction Services	TJ's Restaurant
RJ Dibble Construction	Omni Hotel New Haven	Too Tasty Toffee
D-Tails Grooming	On The Rocks Restaurant	Total Design Source
Edward Jones Investments	Osso Assoc. dba Majestic Electric	Total Vision Eye Care
Drs. Elgart, Pinn, Gordon & Elgart	Oyster River Kayak Rentals	Town Fair Tire
Essence Salon	Oyster River Water Cycle Tours	Tri-State Glass
Essex Cabinet	Pampered Pets	author Mike Urban
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Essex Savings Bank	Pasta Vita	Walt's Market
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Fiore's Restaurant	PIMCO LLC	Westbrook Toyota
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Public Health Nursing Board

Annual Nightingale Scholarship Appeal

*"Save one life, you are a hero. Save 100 lives,
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Dear Friend,

The Nightingale Fund of the Old Saybrook Public Health Nursing Board provides scholarships for high school seniors who are planning a career in nursing and/or other medical fields. Our recipients are Old Saybrook residents who have been accepted into an accredited college program for the fall of 2013. We are reminded each day of the crises that have devastated our neighbors and fellow citizens and the role that nurses play in the recovery. It is all the more important to help these dedicated young people achieve their goals. By giving now, our community will benefit for years to come, as many of our past scholarship recipients currently hold key nursing positions in our state.

The need for qualified nurses, both care-givers and supervisors, has never been greater. The aging baby boomer population will stress the system even further. Failure to address this problem will surely have serious and even frightening consequences for those in need of care, no matter what their economic need. Your support of the

Nightingale Fund scholarships allows us to help alleviate these shortages, resulting in more and improved care for your families, friends and neighbors.

We again appeal to you, our friends, neighbors and local businesses. We ask that you show your generosity by making a tax-deductible* donation to the OSPNHB Nightingale Fund. Please return your contribution with the form below, in the pre-addressed envelope. Together we will make a real difference in our health care delivery system by supporting our future nurses and caregivers.

We thank you for caring about our community.

*Diane Aldi DePaola
Chairman, Public Health Nursing Board*

OSPNHB Board: Diane Aldi DePaola RN, Sharon Craft RN, David F. Frankel, MD, Janet Hodge-Burke, Mary Kennedy APRN, Elizabeth Owen PsyD., Joseph Termine CPA, & Janet Temple, LPN.

*Please keep this letter and your cancelled check as a receipt for your Income Taxes.

Old Saybrook Public Health Nursing Board Nightingale Fund Town Hall, 302 Main Street, Old Saybrook, CT 06475

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Friends of the Acton Public Library

Annual Book and Bake Sale

The book sale is at the Library in the gallery and upstairs. July 18, 19, & 20.

Thursday July 18 - 10:00 am to 8:00 pm

Friday July 19 - 9:00 am to 4:00 pm

Saturday July 20 - 9:00 am to 3:00 pm

Bake Sale: Friday July 19, 9:00 am to 4:00 pm

All types of books, audio materials, and movie materials will be available. In addition, special books, books of superior condition and superior literary quality will be available as well.

The proceeds of the sale are used to defray the cost of presenting such programming as the family concerts, children's Christmas party, summer reading program for children, young adult and adult summer reading programs. In addition, the Friends fund-raising supports the cost of the chairs and tables for the program room, poetry contest, and the museum pass program. Check the Library's webpage at actonlibrary.org for further details of the Friends programs.

Thank you for your continued support!

*Janet Crozier and Betty O'Brien,
Copresidents*

Acton Public Library

Saybrook Events Article May 2013

Special Fund Established at the library

This year the Acton Public Library was the recipient of a very special gift. Barbara Bernstein, a long-time resident of Old Saybrook, made a very generous donation to the library to establish the Ernest Bernstein Honor With Books Fund in memory of her late husband. In recognition of Ernest's childhood spent in Germany during the 1930s, Barbara asked that the fund be used to purchase books on the Holocaust. We have added an initial collection of books and DVDs on this very important topic. Barbara envisioned the fund as a way for individuals to honor or memorialize friends and family through contributions to it. Any donations made would then be acknowledged with a book plate signifying the honoree. If you are interested in learning more about this fund, or wish to make a donation to it, please contact Michele Van Epps at the library.

Art Exhibits at the library

The library also received a large, dramatic painting as a long-term loan from library board chairman Nathan Wise. The painting, entitled Homage to Rembrandt, was painted by Nathan to the exact measurements of a Rembrandt self-portrait. Nathan recreated the look of the original by carefully selecting and dying the painter's smock and cap. The end result is a self-portrait of Nathan, modeled on Rembrandt's self-portrait. This wonderful painting is currently on display in the atrium area of the library.

There is a full schedule of art exhibits planned for the library:

- **Daniel Dahlstrom:** 5/20 - 6/29
- **Dom Massa:** 7/1 - 8/10
- **The Estuary Art Group:** 8/12 - 9/21
- **Sculpture exhibit in Atrium:** July and August

Summer Children's Activities

Special Summer Programs

"In the Groove to Move" with Brian Gillie - Thursday, June 27, 6:30 p.m.

Families are invited to an interactive library dance program. Participants will have a "chance to create new moves and experience the joy of dance while getting more than just a little funky!! "

Friday Morning Story Time with Rocky, the Rock Cats Baseball Team's Mascot - Friday July 19, 10:30 a.m.

"Music and Songs" with Mike Michaels and Phil Rosenthal - Thursday, August 1, 6:30 p.m.

Families are invited to make music and sing songs at the library!

Summer Programs

"It's Theatertime!" with Judy Potter - Tuesday Mornings, July 2, 8, 16, 23, 31 11:00 a.m. Judy Potter will read a story to children, ages 3-7. Under Judy's direction the children will act out the story. Registration is required.

"Puzzle" Over Books - Thursday Nights, July 11, 18, 25, & August 1, 6:30 p.m. Children, ages 8 & up, will select a

favorite book. Each week, using a subject from the book, the children will create a pin or figurine out of jigsaw puzzle pieces. Registration is required. Materials will be supplied.

Story Times

Preschool Story Time - Every Friday Morning at 10:30 a.m. For Children Ages 2-5: Stories, songs, hand rhymes, creative activities, and lots of fun!

Bring your lunch and stay for even more fun!

Story Time for Wee-Ones Every Wed. Morning at 10:30 a.m. For Children Ages Birth to 2: Stories, songs, hand rhymes, and time for adults to socialize.

Summer Reading Programs June 17 – August 3rd

"Dig Into Reading" Children Preschool (read-to-me) through Tweens

Register, read, win prizes - and adopt a prairie dog family! To top off the program, Friends of Acton Public will sponsor a grand finale celebration.

"Ground Breaking Reads" - Teen and Adults. Teens and adults participating in the program will select their own titles, & read at their own pace. Drawings for prizes will be held every week. Each book read qualifies the member for the weekly drawing - the more books read, the more chances to win.

Young Adult Summer Programs at the Acton Public Library - groundbreaking reads. Join us for a groundbreaking summer! All events are free.

Email actonref@gmail.com to register for the following events:

July 9, 6:30 - 8:00: Get zombified with zombie makeup artist

July 16, 6:30 - 8:00: Digital photography - bring a digital camera or any device with a camera (phone, iPod, iPad)

July 23, 6:30 - 8:00: Cupcake decorating and smoothie making

July 30, 6:30 - 8:00: Daughter of Smoke and Bone book discussion and party with henna artist and Moroccan food

Young Adult Programs - September

Wednesday, September 4, 3 p.m. - Young Adult Advisory Board

Monday, September 16, 3 p.m. - Cutting Edge Cuisine: young adult baking and cooking program

Thursday, September 26th, 3 p.m. - YA Craft Group

Programs for Job Seekers at the Acton Public Library - Shoreline Works, a collaboration between CT Works, Acton Public Library, and Old Saybrook Social Services, offers programs for job seekers on Monday mornings at the Acton Public Library. All programs are free and open to the public. For more information or to register, call the Acton Public Library at (860) 395-3184 or email shorelineworks@gmail.com.

July:

Monday, July 8, from 10:15 a.m. to 12:15 p.m.: Workshop for jobseekers

Monday, July 22, from 10:15 a.m. to 12:15 p.m. : Job Networking Group

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August:

Monday, August 12, 10:15 a.m. to 12:15 p.m.: Workshop for jobseekers

Monday, August 26, from 10:15 a.m. to 12:15 p.m.: Job Networking Group

September:

Monday, September 9, from 10:15 a.m. to 12:15 p.m.: Workshop for Job Seekers

Monday, September 16, from 9 a.m. to 10:00 a.m.: Technology Workshop

Monday, September 23, from 10:15 a.m. to 12:15 p.m.: Job Networking Group

Library Programs

Salt Marsh Opera Guild - Saturday, July 13, 10 a.m.

Jane Goolong will entertain us with an informative program on opera today.

After Hours Concert - Friday, July 19, 7 p.m.

Mike Michaels and Steve Roane

Spend an evening at the library enjoying the Great American Songbook, as performed by Mike Michaels and Steve Roane. All ages welcome!

Self-Publishing - Tuesday August 6, 6 - 8:30 p.m.

Join us as author and local resident John Guy LaPlante

discusses the self-publishing phenomenon and shares his experiences after successfully publishing his own work.

Life with Dick & Jane & Sally: The Art of Robert B. Childress - Wednesday, August 7, 7 p.m. Nancy Childress will discuss the work of her father, the late Robert Childress. Nancy served as the model for Sally in the celebrated children's reader series. Her father also painted the wonderful mural which hangs upstairs in the library.

After Hours Concert - Friday August 9, 7 p.m.

FLAMENCO!

A celebration of the rich music, poetry and dance developed by the gypsies of Spain, presented by Jared Newman and Deirdre Towers.

We hope to see you at the library this summer. The library is grateful to the Friends of the Acton Public Library for making many of these programs possible.

Remember that you can access the library's catalog by visiting our website: actonlibrary.org, and clicking on the link "catalog". From there you can check your own account, renew items, and place holds on items from any LION library. If you have any questions, contact us at 860-395-3184, or by email: actonpubliclibrary@gmail.com.

The library's summer hours are:

Monday – Thursday, 10 a.m. – 8:30 p.m.

Friday and Saturday, 9 a.m. – 5: 00 p.m.

Bus Shelter Dedicated to Transit Pioneer

From the late 1800's until the early 1900's, shoreline residents could travel by trolley cars throughout the region. But automobiles soon caused the demise of the trolley companies, and regional public transportation became non-existent.

As the population grew in the 1970's, Connecticut River Estuary Regional Planning Agency director Stan Greimann saw a growing need for public transportation. He envisioned a bus system that would not only enable commuting to New Haven, but would provide travel throughout the nine town region. He worked tirelessly to spread his vision, until in 1981, nine estuary region towns created the Estuary Transit District (ETD).

Thirty-two years later, the transit district Stan Greimann created and led for over two decades has grown to provide nearly 100,000 passenger trips annually servicing the estuary region with thirteen buses connecting to four other regional transit systems under the name 9 Town Transit.

As a tribute to Stan Greimann's contribution to public transit in the region, the ETD board of directors dedicated the new Old Saybrook bus shelter in his memory. The dedication ceremony, held on April 25, was attended by



Doris Sanstrom, Carl Fortuna, First Selectman of Old Saybrook, the Greimann family, Leslie Strauss, and Ralph Eno, First Selectman of Lyme.

local elected officials and members of his family.

Long time ETD board member Virginia Zawoy of Clinton said of Stan, "He spent countless hours looking for ways that would enhance public transportation in the estuary region."

A plaque memorializing Stan Greimann and his contributions to public transit was installed on the shelter located on the Boston Post Road across from Staples. State representative Marilyn Giuliano commented that "Stan's contributions were many, commendable and deserving of this honor."

The Estuary Transit District provides public transit service to Chester, Clinton, Deep River, Essex, Killingworth, Lyme, Old Lyme, Old Saybrook and Westbrook through its 9 Town Transit service. Connections are available to New Haven, Middletown, Hartford and New London/Norwich bus services as well as the Shoreline East Commuter Rail. All services are open to the general public with no age or disability restrictions.

Additional information, route maps and schedules are available online at www.9towntransit.com or by calling 9 Town Transit at 860-510-0429.

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

Spring signifies a new beginning but it also marks the ending of another school year. Most students prepare to transition from one grade level to the next. Some may be changing buildings while others will be graduating and moving on. This year is certainly no different for the students of the Old Saybrook Public Schools. The time has flown by but as the academic year draws to a close, each school in the district has had a full calendar of events.

On April 6, members of the high school National Honor Society (NHS) conducted a very successful food drive. During the course of this annual event students picked up food donations throughout the town and had a central drop-off location at the high school. When all was said and done, over 1,166 pounds of food were collected to benefit the Shoreline Soup Kitchen. If you weren't able to contribute this time around, plans are already in the making for another NHS food drive in both the fall and spring of next year.

As they are getting ready to move into the world beyond the high school, many business students have become much more financially savvy, due in part to unique programs offered as part of the accounting and finance curriculums. The accounting classes have teamed up with Junior Achievement and Guilford Savings Bank to participate in JA Banks in Action. This program enables students to understand key concepts about how a bank operates; recognize the features of banking products and services, thereby increasing consumer awareness; and to evaluate potential career opportunities within the banking industry. This volunteer-led program is centered around eight classroom sessions with Guilford Savings Bank employees. Finance class students have been participating in an on-line virtual stock exchange game. Larry Bright, Jr., Financial Advisor and owner of BRIGHT Asset Management and business teacher Mrs. Terri Linn have partnered together for the past seven years enabling students to be exposed to the principals of investing and the many different aspects of personal finance. The senior who wins the game will be awarded a \$500 scholarship courtesy of Mr. Bright.

The high school math department has had several students participating in a variety of enrichment activities throughout the year. Most recently the Math Team captured third place in the Shoreline Math Team competition behind RHAM, and Hand (Madison) and went on to compete at the state level. Derek Arbige was the top-scorer for the Greater Middlesex County Math League and won a \$300 scholarship for his efforts. Derek also qualified as a member of the Connecticut team for the American Region Math League Competition and competed on May 31st and June 1st. Additionally, Quiz Bowl participants took a strong divisional lead into the Semi-Final and Final rounds of the Shoreline League competition held in late May.

Science-minded high school students have a new program that allows them to further explore their interest in the environment. The Envirothon Team is the first of its kind for the school. It is a natural resource based education program that was started in 1992 by the state of Connecticut's Water Conservation Districts. The team worked throughout the year under

the direction of science teacher Karen Carbone and was invited to a series of training workshops in the Envirothon Study Areas of Soils, Aquatics, Wildlife, Forestry, and Current Environmental Issues. These workshops were presented by foresters, soil scientists, aquatic ecologists, and wildlife biologists. In May the cohorts met to participate in a statewide competition that challenged them to work together to conduct hands-on field investigations. Each team also prepared a short oral presentation on a real-life environmental problem and presented it before a panel of experts. Old Saybrook's first ever Envirothon Team consisted of seniors Erik Nguyen, Nick Dibble, Rachael Tarbell, and junior Grand Patterson.

The OSHS competitive spirit will continue well past the last day of school. Members of the Old Saybrook High School Submarine Team are entered in the 12th Annual International Submarine Races (ISR) from June 24 to June 28 at the naval Surface Warfare Center-Carderock Division, in Bethesda, Maryland. This will be the second time a team from OSHS has been invited to participate in this prestigious competition. In 2011 OSHS was one of only two high school teams invited to this event and they finished in 8th place. This year each team will have built a one or two-man wet sub. To prepare team members have been rebuilding, refitting, and repainting their submarine. They have also been working with Rolls-Royce Marine Division to design a new propeller. Additionally, all team members have been scuba certified and have been training to become pilots. Team members include seniors Adam Wysocki and Zach Chupak, juniors Jack Bergeron, Jack Condulis, Patrick Coley, Sara Wengefeld, Ryan Woolery, and Lauren Rhodes, and sophomores Clay Duffy, Alexis Bardos, and Peter Blank. Team advisors are high school teachers, Fred Frese and Gretchen Bushnell. According to the ISR, the race strives to inspire students of various disciplines to delve into broad areas of underwater technology advancement and to provide them and educational experience that translates their theoretical knowledge into reality.

A number of students had the opportunity to showcase their musical talents during May. Early in the month, the drama department produced Singular Sensation-A Broadway Review. This theatrical extravaganza celebrated 50 years of musicals at Old Saybrook High School and included several timeless numbers from Oklahoma, A Chorus Line, Chicago, and Lion King. On May 14 the Small Groups Concert featured performances by the Treble Choir, Chamber Singers, Jazz Band, Flute Choir, and the student-led Low Brass Choir. The following evening the Large Groups Concert included musical arrangements by the Period 6 (junior/senior) Band, Period 8 (freshmen/sophomore) Band, the Blue and Gold Choirs, and the Beginning Band.

Springtime not only denotes the conclusion of many extra-curricular activities, for each and every member of the senior class it also marks the conclusion of senior projects. Students have been working on individual or team Capstone projects since the fall. The senior project is a graduation requirement for Old Saybrook High School and covers an immense range of topics and activities. Students choose to work on or investigate a topic of their own choice and must do a minimum of 50 hours of project-related work. Additional requirements include a

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research paper on a related topic, four reflection papers, and a formal presentation to their peers. Students may also opt to do a WISE project for class credit which is an extended senior project that includes 80 to 120 hours of preparation. Projects this year have included boat restoration, training and preparation for the International Submarine Races, teaching Spanish to special needs students, a student-run drama presentation, building a shed for a local cemetery, learning how to play the piano, coaching Special Olympics and Babe Ruth teams, organizing a tour of Old Saybrook for elementary students, raising money for the purchase of pole vault mats and all related accessories, planning the annual OSHS Walk to Cure Cancer, and planning and organizing this years junior/senior prom. The public is always welcome to attend any student presentations. For more information please contact the high school office at 860-395-3175 or via email <http://www.oldsaybrook.k12.ct.us/hs/>

At the middle school, it's not only the students who will be preparing to face new challenges and adventures next fall. Middle school principal Michael J. Rafferty will be retiring at the end of the 2012-13 school year after 23 years in education. Mr. Rafferty's presence will be deeply missed and nearly impossible to replace however the transition to a new administrative team should be relatively seamless as his successor, Mrs. Mandy Ryan, is a familiar face to the faculty and staff. Mrs. Ryan has previously served as the OSMS associate principal prior to taking a one-year interim position as the Director of Curriculum, Instruction, and Assessment. As Mr. Rafferty's tenure as building principal comes to a close, it is only fitting that the middle school was once again the recipient of the New England League of Middle Schools (NELMS) Spotlight Award. This is the fourth time the building has received this prestigious award given to schools that exemplifies outstanding educational practices while creating a safe, welcoming, and nurturing environment for students and staff.

One of the criteria considered for the NELMS award is the evidence of a vast array of challenging and diverse programming and extra-curricular activities afforded to students in addition to rigorous curriculum offerings. The spring trimester provided numerous opportunities for all middle school students to partake in a variety of events. On May 2 fourth graders participated in an Energy Expo designed to showcase their application and knowledge on all matters related to this field. Students designed games, exhibits, and hands-on demonstrations to share with family, friends, and other grade levels.

The fourth graders also participated in a field trip to Bushy Hill Nature Center in Ivoryton, CT. While there they participated in a two-hour exploration of the wetland inhabitants of the nature center. Students were able to walk through the boardwalk at Cedar Swamp and examine specimens from a vernal pool and pond. Of course, the fourth graders weren't the only class to participate in field trips this spring. As the year comes to a close, each class plans an educational culminating activity designed to encompass major curriculum components unique to their grade level.

The fifth grade visited Sturbridge Village to highlight their focus on life in rural New England during the late 1700's and early 1800's. Science and math were at the forefront of the sixth grade field trip to Lake Compounce. Force, speed, velocity, mass, and probability were just a few of the topics that students were able to explore as they made real-life connections between classroom content and real-life applications. In

seventh grade there is a great deal of focus on character education and team building interwoven throughout the curriculum and students had the opportunity to challenge themselves during a visit to the Brownstone Quarries in Portland, CT. While there the seventh graders could participate in a variety of activities designed to build confidence and character. Finally, the eighth grade students traveled by coach bus to Boston for their final middle school field trip. They walked the Freedom Trail and explored many of the Bay State's historically and culturally significant landmarks.

The annual end-of-the-year activities such as Field Day, Stepping-Up Day, class award presentations, and closing ceremonies will be taking place throughout the month of June. Please consult the district calendar <http://www.oldsaybrook.k12.ct.us> or contact the Middle School office (860-395-3168) for more detailed information.

Spring-cleaning may have helped contribute to the success of the Goodwin School's Annual Tag Sale. Proceeds from this year's record setting event reached over \$3,400. Several Goodwin families worked tirelessly to organize and run this year's sale. There were also numerous area business that supported such a worthy cause including Cube Smart, Dagmar's, Art Emporium, Estate Treasures, Gather, Computer Signs, Starbucks, Dunkin Donuts, and Pizza Palace. Thank you again for your donations and patronage.

May 1 and 2 was Grandparents and Special Friends Day at the Goodwin School. Each classroom planned unique activities while Mrs. Geer and Mrs. Cole prepared a memorable assembly for Kindergarten and First Grade guests in the gym. Another feature of the day was a basket raffle coordinated by the reading teachers. Every grade level was assigned a theme and the baskets were filled with items donated by families of that grade. The baskets were on display in the school lobby for an entire week prior to the special days and drawings were held on Friday afternoon. All proceeds go directly to the Goodwin School Activity Fund.

Finally, the Kathleen E. Goodwin School held its third annual Fine Arts Day on Friday, May 31. Over 30 renowned artists and musicians from the community will participate in sharing their expertise in the areas of visual arts, music, dance, and drama. Art director Beth Ramm, and world language teacher Patti Namin coordinated the project that transformed the Goodwin School into a laboratory of fun-filled experiences in the arts. The students, ages 3 through 9, engaged in activities such as painting, kite-making, hip-hop dance, and improvised drama. They were also introduced to the sounds and uniqueness of various musical instruments such as horns, percussion, and strings. This very exciting day ended with a special performance showcasing members of The Cartell Band who were joined by other participating artists. Special thanks to all the presenters from the community at-large that volunteered their time to share their unique talents.

The 2012-2013 school year has been filled with opportunities for student growth and development. Whether in a classroom, on a stage, or on a playing field, students rose to the occasion. The district would like to acknowledge this year's graduating class and wish them all the best as they go on to pursue post-high school endeavors. To all returning students, faculty, and staff, have a restful and relaxing summer vacation. We look forward to seeing you again in the fall.

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Estuary Council Regional Senior Center

Estuary Council Regional Senior Center, 220 Main Street

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more!

Meals On Wheels - hot meals for homebound seniors, delivered to your home. Call Peg at 388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

Café Meal Sites - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

Stan Greimann Estuary Medical Outpatient Transportation

For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

Classes and Activities - Board Games, Billiards, Ping Pong,

Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

Estuary Thrift Shop - Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

The Marshview Gallery at the Estuary - Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 - 7 pm. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

Donate Your Car or Boat to the Estuary Council! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

Volunteer Opportunities - Call Judy at 860-388-1611.

What I Heard in My First 100 Days as State Senator

I have been a Connecticut state senator for 100 days. During that time, I have held 13 Town Hall meetings in each of the towns I represent. I have also taken tours of five manufacturers in the area, getting a firsthand look at what they do and hearing their concerns about the business climate in Connecticut.

These meetings were a priority for me. I wanted to meet face to face with area residents and job creators. I listened to their concerns about the future of our state. After talking with taxpayers from Clinton to Colchester, from Westbrook to East Hampton, and from Old Saybrook to Portland, I have heard some consistent messages loud and clear:

- You are concerned about Connecticut's borrowing for pricey projects such as the \$1000-an-inch New Britain to Hartford Busway.
- You are worried that our state's huge credit card debt will burden your children and grandchildren with higher taxes.
- You want to see state government abide by the same common sense budget rules that you follow in your own households.

I wholeheartedly agree. The fiscal accountability you are demanding from your government is something I will fight for every day at the State Capitol. There is no "magic checkbook" when it comes to the taxpayers' money, and that message needs to be sent, received, and repeated in Hartford. By valuing each and every taxpayer dollar, we will be better able to stretch those dollars farther. In doing so, we can provide additional help for the disabled, seniors, and people who suffer from mental illness.



In response to the business owners I have met on my area manufacturing tours, I will continue pressing for policies which better connect employers with employees, programs which allow the jobless to learn valuable skills, and for legislation which spurs job growth and entrepreneurship. My goal is to get more people working in good quality jobs. With more people working, we will have more people paying taxes. With more people paying taxes, we will not have to raise taxes any further on our already overburdened residents and businesses.

The first 100 days as your state senator have been an amazing experience, and it truly is an honor to serve and meet with area taxpayers. I view each day as an opportunity - an opportunity to bring state spending under control, an opportunity to make this state the most business friendly state in the nation, and an opportunity to improve the quality of life for the generations which follow us.

To turn those opportunities into reality, we need to understand that the "magic checkbook" does not exist.

Sen. Art Linares (www.senatorlinares.com) can be reached at Art.Linares@cgat.gov or at 800-842 1421. Sen. Linares represents the 33rd Senate District, which encompasses Chester, Clinton, Colchester, Deep River, East Haddam, East Hampton, Essex, Haddam, Lyme, Old Saybrook, Portland, and Westbrook.

By Sen. Art Linares

OLD SAYBROOK TOWN HALL

302 MAIN STREET

HOURS 8:30 A.M. TO 4:30 P.M., MONDAY THROUGH FRIDAY

Selectmen's Office

Carl P Fortuna, First Selectman 395-3123 cfortuna@town.old-saybrook.ct.us

Georgiann Neri, Administrative Secretary gneri@town.old-saybrook.ct.us

Elaine Seaforth, Administrative Clerk eseaforth@town.old-saybrook.ct.us

Lisa Carver, Finance Director 395-3127 lcarver@town.old-saybrook.ct.us

Accounting

Sharon Migliaccio, Accounting Supervisor 395-3132 smigliaccio@town.old-saybrook.ct.us

Assessor

Norman Wood, Assessor 395-3137 nwood@town.old-saybrook.ct.us

Rick Pine, Assistant to Assessor rpine@town.old-saybrook.ct.us

Building Department

Don Lucas, Building Official 395-3130 dluca@town.old-saybrook.ct.us

Kathleen Marshall, Administrative Secretary

Economic Development

Wilma Asch, Executive Director 395-3139 wasch@town.old-saybrook.ct.us

Fire Marshal

Donn Dobson, Fire Marshal 395-3133 ddobson@town.old-saybrook.ct.us

Land Use

Christine Nelson, Town Planner 395-3131 cnelson@town.old-saybrook.ct.us

Christina Costa, Enforcement Officer costa@town.old-saybrook.ct.us

Sarah Lyons, Administrative Assistant slyons@town.old-saybrook.ct.us

Parks and Recreation

Vicki Duffy, Director 395-3152 vduffy@town.old-saybrook.ct.us

Ray Allen, Assistant Director rallen@town.old-saybrook.ct.us

Judy Sherman, Administrative Clerk jsherman@town.old-saybrook.ct.us

Public Works

Larry Bonin, Director 395-3123 llbonin@town.old-saybrook.ct.us

Registrar of Voters

Carol Conklin 395-3134 vr.oldsaybrook@po.state.ct.us

Jean Winkler vr.oldsaybrook@po.state.ct.us

Tax Collector

Barry E. Maynard 395-3138 bmaynard@town.old-saybrook.ct.us

Wendy Morison wmorison@town.old-saybrook.ct.us

Town Clerk

Sarah Becker, Town Clerk 395-3135 sbecker@town.old-saybrook.ct.us

Christina Antolino, Assistant Town Clerk cantolino@town.old-saybrook.ct.us

Treasurer

Robert Fish 395-3070 rfish@town.old-saybrook.ct.us

Water Pollution Control Authority

Robbie Marshall, Coordinator 395-2876 admin@oswpa.org

OTHER TOWN DEPARTMENTS**Acton Public Library - 60 Old Boston Post Road**

Michele Van Epps, Director 395-3184 mvanepps@actonlibrary.org

Police Department - 225 Main Street

Non-emergency 395-3142

Michael Spera, Chief of Police 395-3142 mspera@town.old-saybrook.ct.us

Probate Court - 302 Main Street

Terrance Lormme, Judge of Probate 510-5028

Social Services - 322 Main Street

Susan Consoli, Social Services Coordinator 395-3188 sconsoli@town.old-saybrook.ct.us

Transfer Station

499 Middlesex Turnpike 395-3187

Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director 395-3190 hmcmill@town.old-saybrook.ct.us

Linda McCall, Administrative Assistant lmccall@town.old-saybrook.ct.us

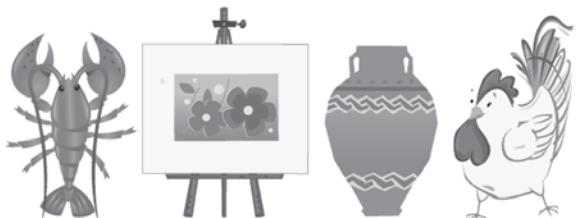
www.oldsaybrookct.org

Niantic Lions Club

53rd Arts & Craft Show

35th Lobsterfest

Chicken Barbeque



**July 6 - 7
10 am - 4 pm**

**East Lyme
Town Hall**

180 juried artists

nianticartsandcraftshow.com

All Major Credit Cards Accepted

Garden Club

Gardeners' Market. The plants were never more beautiful, the tag-sale treasures more intriguing, or the bake sale goodies more delicious than they were this year at the Old Saybrook Garden Club's Gardeners' Market, held the Friday and Saturday before Mother's Day on the Town Green. Gardeners' Market is always a rain or shine event, and this year featured some of each: The weather was just about perfect on Friday but Saturday brought on-and-off rain throughout the day. Fortunately, the big white tent under which the sale took place kept garden club members and customers dry and happy. Result: Another successful sale. Gardeners' Market is the garden club's only fundraiser. Profits support the Main Street median plantings, the Constitution Garden in front of Saybrook Country Barn, the flower bed in front of the fire station, and the planters in front of the library. They also pay for the club's annual college scholarship (see below), an educational program at Goodwin School, the Street Garden Recognition Program (which recognizes businesses in town that use plantings to enhance their curb appeal), and garden-club programs on horticulture, conservation, and floral design. The club thanks all of its loyal customers for patronizing Gardeners' Market and thus supporting the club's many civic activities.

Arboreal Award. The Federated Garden Clubs of Connecticut awarded the Old Saybrook Garden Club the Connecticut Arboreal Award to recognize the club's nurturing and planting on the Town Green of a sapling that is an offspring of one of the Centennial Elms planted around Old Saybrook in 1876 to commemorate the 100th anniversary of the country's founding. Judy Grover, garden club member and head of the group that plants and tends the garden in front of Saybrook Country Barn, recognized the seedlings, potted some up, cared for them, then turned a few over to club member and former First Selectwoman, Barbara Maynard. Finally, one of the little trees was deemed large enough to make it on its own, and it was planted on the Town Green, where it is growing nicely (and is identified by a sign). In recognition of this unique tree-planting project the state federation honored the Old Saybrook club at a recent awards ceremony.

Scholarship. The garden club awarded two \$1,000 scholarships to Old Saybrook High School seniors, Nicholas Dibble and Christopher Malin. Mr. Dibble will be attending Colby Sawyer College in New London this fall. His interest is in environmental sciences. While in high school he has been a member of the Ecology Club and has participated in the CT



Unique garden gifts, such as these unusual containers planted by a very creative garden-club member, Lee Merritt, were popular items at Gardeners' Market.



Pat Creighton, artist and garden-club member, demonstrated how to plant beautiful and successful window boxes at Gardeners' Market.



The garden club thanks everyone who helped make Gardeners' Market a success: That includes husbands and friends of club members who worked tirelessly to make it happen, and all the customers who made it profitable.



The Federated Garden Clubs of Connecticut awarded the Old Saybrook Garden Club its Arboreal Award in recognition of the Centennial elm seedling the club planted on the Town Green. Judy Grover (left) potted up the elm seedlings that sprouted in the Constitution Garden and Barbara Maynard (right) took over the nurturing of some of them.

Envirothon, the Tributary Mill Conservancy (a science and art center in Old Lyme) Project, and Youth and Family Services Environmental Stewardship

Projects. Mr. Malin will be attending Paul Smith's College in Upstate New York. His planned course of study is fisheries and wildlife sciences. He is an Eagle Scout and built an osprey platform at Founder's Park in Old Saybrook. He has worked with the Connecticut Audubon Society and on the vessel RiverQuest (on the Connecticut River) educating passengers on the ecology and beauty of the river. Both of these outstanding young men enjoy the outdoors and want to preserve and protect the environment for future generations. The garden club congratulates them and wishes them every success as they launch their college careers.

**The Next Deadline for
Old Saybrook Events is August 23**

Middlesex Hospital Now Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in "teslas" and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter "tunnel" (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In



addition, the new MRI is quieter and may require less time to capture the necessary images.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI!

CONVERSATION starter

Q: When is the best time to talk to your parents about the future?

A: There's no time like the present. Today's seniors have more options than ever for retirement living. But the longer families wait to start planning for the future, the greater the risk for a health crisis limiting those options.

Planning ahead benefits the entire family.

Chester Village West combines an active and fulfilling lifestyle now, with the assurance of on-site health services if ever needed. Now, you can explore these options with the help of a new interactive program designed to start the conversation today.

An online guide for exploring senior living options with your parents.

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or visit

www.AConversationStarter.com/CT

For a schedule of our informational events visit our website
www.ChesterVillageWestLCS.com



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Recipe Corner

No Bake Strawberry Icebox Cake

Ingredients:

3 lbs. fresh strawberries, sliced
2 8 oz. tubs regular, light, or fat-free whipped topping
1 14.4 oz. box graham crackers
1/4 cup milk chocolate chip morsels

Spread a small amount of whipped topping on the bottom of a 9x13 inch baking pan

Place five (5) graham cracker sheets down the middle and break up two (2) more sheets into crackers to fit down the sides. Lightly cover the top of the graham crackers with more whipped topping and then a layer of sliced strawberries. Repeat three (3)

times until you have four layers of graham crackers. (You may be a few crackers short on the top layer, but that's okay). You'll end with a layer of strawberries on top.

Place the milk chocolate chip morsels in a plastic bag. Microwave in ten (10) second intervals until melted. Snip the end of the plastic bag and drizzle chocolate over top of cake.

Refrigerate covered for at least four hours, or until the crackers have softened completely. Cake will last well for two (2) days. It will still be good on the third (3rd) day but the strawberries will leak into the whipped topping.

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Middlesex United Way Campaign Awards

More than 90 companies, organizations, and individuals - including several from Old Saybrook - were honored May 1 for their contributions to raising \$1.81 million for the 2012-13 Middlesex United Way Campaign.

Local organizations receiving awards include: AAA Allied Group, of Old Saybrook: Honor Roll and 75 percent or more employee participation; Community Health Center, of Old Saybrook: Campaign Achievement Award; Gibble Norden Champion Brown Consulting Engineers, of Old Saybrook: 50 percent or more employee participation and 10 percent or more increase in employee participation; Godiva Chocolatier, Inc., of Old Saybrook: 50 percent or more employee participation; L.H. Brenner Insurance, of Old Saybrook: First Step Award; Liberty Bank, of Old Saybrook: Top 10 Campaign, Campaign Achievement Award. Honor Roll, 50 percent or more employee participation and Silver Sponsor; Middlesex Hospital, of Old Saybrook: Top 10 Campaign, Campaign Achievement Award, and Loaned Executive Sponsor; Stop & Shop Supermarket Co., of Old Saybrook: Campaign Achievement Award; TJX Companies, of Old Saybrook: 75 percent or more employee participation; and Town of Old Saybrook: 10 percent or more increase in employee participation.

The Top 10 Campaign Award recognizes the top ten Middlesex United Way campaigns, based on total dollars. The Honor Roll recognizes companies for 5 or more years of consecutive campaign growth. The Campaign Achievement Award recognizes companies that top \$10,000 in total giving. The First Step Award recognizes organizations that supported the campaign for the first time.

The top honor, the Corporate Spirit Award, was presented to Middletown Public Schools. The Corporate Spirit Award is



Carl Fortuna, First Selectman of Old Saybrook, accepts an award from Middlesex United Way for the Town of Old Saybrook.



Bill Burmeister and Jim Santacroce, of Middlesex Hospital, who were named Coordinators of the Year

the highest honor a company can receive for running a United Way campaign. Other top honors were awarded to: Chandler Howard, president and CEO of Liberty Bank and William McKenna, chief of the Middletown Police Department, who earned Leadership Awards for exemplifying philanthropic leadership through support of the United Way campaign; Bill Burmeister and Jim Santacroce, of Middlesex Hospital, who were named Coordinators of the Year; Child & Family Agency of Southeastern Connecticut, named Funding Partner of the Year for achieving noteworthy results in employee giving and special events; and Welles and Lillian Guilmartin, who received the Tocqueville Society Philanthropy Award for their role in inspiring philanthropy.

Special Achievement Awards for outstanding Middlesex United Way campaigns were presented to: ATD - Attention to Detail; CL&P and Yankee Gas, Northeast Utilities Companies; Mahoney Sabol & Company LLP; Pratt & Whitney-Middletown; Seasons Federal Credit Union; and Tower Laboratories.

2012-13 Honorary Campaign Chair Gary Gomola of Mahoney Sabol & Company was honored for his leadership during the campaign, and Vincent G. Capece, Jr., president and CEO of Middlesex Hospital, was announced as the incoming 2013-14 Campaign Chair.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook.

Accolades for Events Magazines!

"I look forward to seeing Events Magazines. Covers are vivid with great color and town appropriate - you do a great job!"

*Jerry Pope, Sr.
Niantic, CT*

Health Advice for Beachgoers

Health District passes on health advice to beachgoers for upcoming bathing season

The Connecticut River Area Health District (CRAHD) is passing on this advice from the CT Department of Public Health to help make your beach visits more safe this season:

1. Pick a beach and then check with the local health department that regulates it to be sure it is open for swimming. Check with the Department of Energy and Environmental Protection (DEEP) if you plan to visit a State Park beach.
2. If you pack a picnic lunch, keep it cold at the beach to help prevent spoiling and food borne illness.
3. Wear sun screen!
4. Look for signs and advisories posted at the beach and heed them. Do not swim at a closed beach.
5. Don't swim near storm water discharge pipes at urban beaches after a heavy rainfall.
6. Keep your head above water and try not to swallow water, to help avoid water borne illness.
7. Look for and avoid animal waste. Always carry away your pet's droppings.
8. Leave the water immediately if there is a diarrhea or vomit accident close by.
9. Don't bury yourself, your friends or your children in beach sand; bacteria from bird droppings and other sources can seep into beach sand and remain active.
10. If you believe you have been exposed to contaminated swimming water, rinse with soap and water and clean any skin abrasions, cuts or wounds. Gargle with mouthwash or

clean water. Dry your ears. Wash swimsuits and towels as soon as possible.

11. If you have recent cuts, abrasions, surgical scars or infections, it is best to stay out of the water.

12. If you have an impaired immune system or you are ill, it's best to stay out of the water.

13. Do not touch or handle dead waterfowl (seagulls, geese, ducks, etc.). Report dead waterfowl to the CT DEEP, Wildlife Division at (860)642-6528.

14. Do not pick up or handle medical waste (syringes, bandages, tubing) or other unusual objects. This can include objects floating in the water or washed ashore that may look like lumps of plastic foam or discs. Immediately report them to the Life guard or to your Local Health Department.

15. If you get caught in a rip current that pulls you away from the beach, don't panic. Swim parallel to the shore until you are outside the current, then swim back to the shore or call for help.

This year, CRAHD is maintaining a phone hotline for beach status. During the bathing season (June thru Labor Day) call the health district to get information on whether a marine public beach is open in Clinton or Old Saybrook, or a fresh water bathing area is open in Deep River. The district phone number is 860-661-3300.

The staff at CRAHD wishes you a safe and happy bathing season in 2013!

*Jim Monopoli
Director of Health*

Old Saybrook Community Listings

CLUBS AND ORGANIZATIONS

American Legion	860-388-9482
Chamber of Commerce	860-388-3266
Estuary Council of Seniors	860-388-1611
Main Street Business Association	860-388-6850
North Cove Yacht Club	commodorencyc@gmail.com
Old Saybrook Garden Club	860-388-3213
Old Saybrook Historical Society	860-388-2622
Old Saybrook Lions Club	860-399-6850
Old Saybrook Woman's Club	860-395-1206
Rotary Club	860-388-4271
Veterans Affairs & Memorial Day Parade	860-388-9170
Middlesex County Community Foundation	860-347-0025

PUBLIC LIBRARY

Acton Public Library	860-395-3184
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PUBLIC SCHOOLS

Superintendent's Office	860-395-3157
Goodwin School	860-395-3165
Middle School	860-395-3168
Senior High School	860-395-3175
St. John's	860-388-0849

RELIGIOUS SERVICES

Full Gospel Tabernacle Church	860-388-2085
St. John's Roman Catholic Church	860-388-3787
First Church of Christ, Congregational	860-388-3008
Emmanuel Baptist Church	860-388-2582
Grace Episcopal Church	860-388-0895
St. Paul Lutheran Church	860-388-2398
Christian Science Church	860-388-2670
Valley Shore Assembly of God	860-388-0662
Baha'i's of Old Saybrook	860-388-5948

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Historical Society

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the History of Old Saybrook**

Cruising Down the River

Cruising down the river,
On a Sunday afternoon
With one you love, the sun above
Waiting for the moon.

The old accordian playing
A sentimental tune
Cruising down the river,
On a Sundy afternoon.

Nellie Tollerton and Emily Beadell, 1945



Historical Society Sets Sail for Anniversary Gala

Join in celebrating the Old Saybrook Historical Society's 55th anniversary by cruising down the Connecticut river on a Saturday afternoon.

This delightful Hosting for History cruise will depart from, and return to, Eagle Landing State Park, Haddam (across from Goodspeed Opera House) on Saturday, October 5, from 4:00 p.m. - 8:00 p.m.

After boarding the Lady Katharine cruise ship, the "Mystique," passengers will enjoy the majesty of mother nature as this luxury craft sails smoothly along the Connecticut River framed by blue waters and autumn leaves.

This anniversary excursion, which is expected to sell-out, is open to members and all friends of the Old Saybrook Historical Society. So, register early and come with the one you love ... we'll provide the sun above and much more.



Are you interested in keeping Old Saybrook a great place to live for years to come?

The Conservation Commission of Old Saybrook has founded a local organization called Sustainable Saybrook. Its mission is to connect people and organizations in their efforts to make Old Saybrook more sustainable. This year Sustainable Saybrook sponsored the Old Saybrook Green Up Day and an Old Saybrook High School Essay Scholarship.

Reservations are limited and required. Cost is \$75 per person which includes passage, a buffet dinner, and fine music. Payment should be made to OSHS and mailed to: Old Saybrook Historical Society, P.O. Box 4, Old Saybrook, CT 06475. For further information, call 860-395-1635.

The Search for Fort Saybrook

Researchers from the University of Connecticut and the Mashantucket Pequot Museum and Research Center, in cooperation with the Old Saybrook Historical Society and area residents, are already hard at work at Saybrook Point conducting an archaeological survey to locate the colonial Saybrook Fort and gather details related to the battles between the English settlers and the Pequots.

As new information and artifacts become available, they will be displayed in the Society's Exhibition Gallery at the rear of the Gen. William Hart House. The Gallery is open the same hours as the Hart House or by appointment. Any significant discoveries will be announced to the public. Further information will be available from the Society.

Summer Hours

Summer hours have been announced for the Frank Stevenson Archives which will be open on Thursday from 9:00 - 12:00 or by appointment. The 1767 Gen. William Hart House will be open on June 8 until August 25 on Saturdays' and Sundays' from 1:00 - 4:00. Both buildings are also available for special events and open by appointment. There is no charge for admission during regular hours but donations are always welcomed.

Good Volunteers Invited

A few good people are needed to join some great people already volunteering at the Historical Society. More specifically, help is needed in 1) the Archives to assist visitors, organize material and general office assistance, 2) upgrading technology, 3) hospitality during Society functions, and 4) planting flowers and pulling weeds in the heritage gardens. The Society is happy to work with people who can volunteer on a regular weekly schedule or with those who can be called upon when needed. Call Diane at 860-395-1635 and leave a message.

Sustainable Saybrook Survey

Now, Sustainable Saybrook has set up a survey to get your input to guide our future efforts.

Please take a moment to share your ideas by completing the survey at: <https://www.surveymonkey.com/s/sustainablesaybrook>

This survey is open to all residents and/or property owners in Old Saybrook.

It is completely anonymous and should take only 5-10 minutes to complete. All questions are optional.

Results will be published on the Sustainable Saybrook website: www.sustainablesaybrook.org.

Five Teens Earn Eagle Scout Honors

Old Saybrook, CT (April 30) - Troop 51 in Old Saybrook has five new Eagle Scouts, who received Scouting's highest honor during a Court of Honor ceremony on April 6th, at the First Church of Christ (Congregational).

The five new Eagle Scouts are Zachary Chupak, Luke D'Ambrosi, Matthew Graniero, Christopher Malin and Case Polen, all of Old Saybrook.

To achieve the Eagle Scout award, each Scout has to demonstrate leadership, responsibility, and maturity, earn at least 21 Merit Badges and design and fully execute an extensive service project that benefits the local community. The five Eagle Scouts' service projects in Old Saybrook ranged from making a new trail in a nature conservation area to building and installing an osprey platform.

Zachary Chupak's Eagle project involved the planning and building of five new cedar benches for the First Church of Christ, located on Main Street in Old Saybrook. This fall, Zachary will attend Eckerd College in St. Petersburg, Fla., where he will study biology. He is the son of Nancy and Lou Chupak.

Luke D'Ambrosi's Eagle project encompassed researching and finding 10 locations in Old Saybrook to build bat houses, which help bats combat White Nose Syndrome caused by a fungus spreading throughout the northeast. Luke will be studying electrical engineering at the University of New Hampshire this fall. He is the son of Julie and Mark D'Ambrosi.



The five Eagles were invited to visit the Capital in Washington, DC by Senate Majority Leader Harry Reid. From Left to Right: Chris Malin, Luke D'Ambrosi, Matt Graniero, Cherry Blossom Princess - Dara Fulstone, Senator Harry Reid, Case Polen, Zach Chupak, General Robert Hurbert.

Matthew Graniero's Eagle Scout project focused on the rebuilding and refurbishing of refuse containers located on Old Saybrook's Town Green as well as the Great Cedars Conservation Area in town. Matthew plans to attend college this fall. He is the son of Jenny and Richard Graniero.

Christopher Malin's Eagle Scout project involved the building and installing of an osprey platform located in Ragged Rock Creek in Old Saybrook. Christopher will be attending Paul Smith's College in New York this fall and will study fisheries and wildlife science. He is the son of Cathy and Frank Malin.

Case Polen's Eagle Scout project included moving a 200 foot trailhead about 50 feet away from a private residence at the Great Cedars Conservation Area in Old Saybrook as well as building a new bench along the trail. Case will attend the University of Connecticut this fall to study computer science. He is the son of Mitch Polen and Gea Roberts and stepfather Jim Roberts.

Boy Scout Troop 51 in Old Saybrook continues to experience rapid growth and has a Scout membership of about 50. The troop is sponsored by Grace Episcopal Church in Old Saybrook and is led by Scoutmaster Bill Hart. For information about joining or assisting Troop 51 in Old Saybrook, please contact John Puttre, committee chairman, at 860-227-5721.

Annual Closer to Free Bike Ride



The 3rd Annual Closer to Free Bike Ride for Smilow Cancer Hospital at Yale-New Haven will take place on Saturday, September 7. Riders have the option of cycling 25, 62.5 or 100 miles. Our ride travels through multiple shoreline towns including Branford, Madison, Guilford, Essex, and Old Saybrook. We've been called the "best organized ride in Connecticut." And for good reason ... our experienced staff and volunteers will take care of you from mile one until the finish line. Clear route cues and signage, lots of food and drink and efficient SAG when you need it will help you leave the worrying behind so you can focus on the miles ahead. Plus our finish line festival at

the Yale Bowl has fun for everyone, with live music, a beer garden, food trucks and so much more. Our volunteers and Road Crew are the backbone of the Ride. We've got fun and rewarding volunteer opportunities for anyone who wants to lend a hand. The Closer to Free Ride simply can't happen without the generous support of our family of sponsors. The Ride is the perfect platform to give your brand exposure while joining in the fight against cancer. We've got sponsorship packages to fit every budget and every goal, with lots of innovative ways to connect with our desirable demographic.

For more information on the riding, volunteering, or sponsorships please visit www.rideclosertofree.org or email rideclosertofree@ynhh.org. You can also reach us at (203) 200-CTFR (2837).



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Town Nurse - Staying Healthy This Summer

Old Saybrook Town Nurse - Staying Healthy This Summer

With the arrival of warmer weather and more time being spent enjoying the outdoors, Visiting Nurse Association Southeastern CT wants to remind everyone of all ages to take these simple precautions to help you stay healthy this summer.

Many people go to tanning salons to get a so-called "base tan," the theory behind this is a few sessions of indoor tanning will protect your skin from sunburn. But there's little evidence that this is true. Skin cancer, the abnormal growth of skin cells, most often develops on skin exposed to the sun. To prevent sunburn and other skin conditions:

- Avoid extended sun exposure between 10 a.m. and 4 p.m. The sun's rays are much stronger during these hours.
- Cover up. Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat. Clothing specifically designed to protect from UV exposure is also available.
- Use sunscreen frequently and liberally. Apply sunscreen 30 minutes before going outdoors and reapply about every two hours

We also need to take precautions for Lyme disease which is the most common tick-borne illness in North America. Deer ticks, which feed on the blood of animals and humans, can harbor the bacteria and spread it when feeding. The ticks are brown and when young, they're often no bigger than the head of a pin, which can make them nearly impossible to spot. To contract Lyme disease, an infected deer tick must bite you. The bacteria enter your skin through the bite and eventually make their way into your bloodstream. In most cases, to transmit Lyme disease, a deer tick must be attached for 36 to 48 hours. If you find an attached tick that looks swollen, it may have fed long enough to transmit bacteria..

- Wear long pants and long sleeves. When walking in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves. Try to stick to trails and avoid walking through low bushes and long grass. Keep your dog on a leash.
- Use insect repellents. Apply an insect repellent with a 20 percent or higher concentration of DEET to your skin.

Parents should apply to their children, avoiding their hands, eyes and mouth. Keep in mind that chemical repellents can be toxic, so follow directions carefully. Apply products with permethrin to clothing or buy pretreated clothing.

• Check yourself, your children and your pets for ticks. Be especially vigilant after spending time in wooded or grassy areas. Deer ticks are often no bigger than the head of a pin, so you may not discover them unless you search carefully. It's helpful to shower as soon as you come indoors. Ticks often remain on your skin for hours before attaching themselves. Showering and using a washcloth may be enough to remove any unattached ticks.

• Don't assume you're immune. Even if you've had Lyme disease before, you can get it again.

• Remove a tick as soon as possible with tweezers. Gently grasp the tick near its head or mouth. Don't squeeze or crush the tick, but pull carefully and steadily. Once you've removed the entire tick, dispose of it and apply antiseptic to the bite area.

If you're treated with appropriate antibiotics in the early stages of the disease, you're likely to recover completely. In later stages, response to treatment may be slower, but the majority of people with Lyme disease recover completely with appropriate treatment.

If you have health related questions visit VNASC's Tina Belmont, RN at one of our weekly clinics in Old Saybrook. Tina offers weekly Blood Pressure Screenings as well as Nurse Managed Clinics where patients have the opportunity to ask health related questions, have lab reports explained and answer questions on medications. She can also provide information on healthy eating for diabetic's and low sodium, low cholesterol diets as well as assist with doctor appointments. Home safety evaluations and adult health supervision screenings will also be available at that time.

VNASC offers full-service in home health care by providing skilled nursing and physical/occupational therapy for those who are acutely or chronically ill; and home health aides to assist with activities of daily living. For more information on VNASC or our clinics visit www.vnasc.org or call 860-444-1111.

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What to Expect with Aging

Our skin begins to age when our bodies stop growing in mid adolescence but the effects of aging show up differently for all of us. We all have one thing in common; we want to look as good as we can. In this article, I will let you know how your face changes at certain ages and what you can do to treat all the issues that come up.

Twenties

Women in their twenties are under a lot of stress that can wreak havoc on their skin. School, career and children can take their toll. And then there's some late night partying! These can all lead to inflammation, acne, dryness and the premature breakdown of collagen. The best defense in your twenties is a good sunscreen. Now is the time to start protecting your skin from environmental insults.

Thirties

Even those with baby faces in their twenties will start to notice signs of aging in their thirties. This is when many of us start to notice fine lines due in large part to collagen breakdown and sun exposure. The fragile skin under the eyes starts to thin out causing dark circles and some puffiness. Late night partying is harder to hide in your thirties. Now is the time to find a good night cream and a better eye cream. Products that contain peptides can help repair collagen gently.

Forties and Fifties:

You're in the game now! Lines around the mouth are forming and lines around the eyes are deepening. Brow furrows are common and jowls start to appear. Late night partying is a distant memory as menopausal changes start. Your skin is now drier and more sensitive in addition to less resilient due to collagen breakdown. Now is the time to upgrade to more intense products with proven anti-aging ingredients and start exploring non-surgical anti-aging procedures. Botox will help relax unwanted wrinkles and Juvederm can add volume to sagging skin.

Sixties and Beyond:

These women face two challenges - the cumulative effects of environmental damage, gravity, volume loss and now hormonal loss. Wrinkles deepen into folds and the change in hormone levels cause the skin to thin out. Botox to the upper face, radiofrequency skin tightening treatments and Juvederm to enhance thinning lips can dramatically change your appearance at this stage.

*Dr. Susan O'Malley
Founder and Medical Director of Sonas Med Spa*

Fondue Season is Still Upon Us

It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fonder" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start with a good, aged Gruyere. Emmenthaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from Switzerland which are also



great eating cheeses. If you can, try them before you buy and see which ones suit your palate.

The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left." www.cheeseshopcenterbrook.com

*Paul Partica
The Cheese Shop Of Centerbrook*

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Hurricane Sandy Recovery Fund

Funds are available through the United Way Hurricane Sandy Recovery Fund and Middlesex United Way for recovery needs associated with Hurricane Sandy in Middlesex County, Conn.

The United Way Hurricane Sandy Recovery Fund was established in response to the devastation caused by Hurricane Sandy, and contributions to the Fund are being used by local United Ways along the Eastern Seaboard to address the long-term recovery needs of communities that FEMA has declared disaster areas. Middlesex United Way has received \$91,964.21 through the fund to distribute in Middlesex County, Conn.

Applications are being accepted to support affected individuals and families who were already vulnerable and experiencing challenges in meeting their most basic needs.

Community based organizations can apply for funds to provide programs or services such as mental health services, legal assistance, case management, job training and counseling. Applications will also be accepted for items such as generators to allow organizations affected by Hurricane Sandy to continue to serve their communities during future disasters.

Individuals and families can apply for funds to address needs such as temporary housing; reimbursement for lost wages; home or furnace repairs; car repairs; legal assistance; medical and mental health services not covered by insurance; cleaning supplies, including mold eradication supplies; and ongoing basic needs such as food, diapers and infant formula.

If you are a community based organization wishing to apply for funds, please contact Ed Bonilla at Middlesex United Way at (860) 346-8695. If you are an individual or family wishing to apply for funds, please contact the social services coordinator in one of the following towns: Susan E. Consoli, social services coordinator in Old Saybrook at (860) 395-3188; Cheryl Church, social services coordinator in Clinton, at (860)

669-7347; and Elizabeth Carpenter, social services coordinator in Westbrook, at (860) 399-3040 ext. 154.

Where some organizations support relief efforts of an immediate nature by providing food, clothing, blankets, and short term shelter in the days and immediate weeks following a disaster, this fund is intended to meet longer term recovery needs that are not covered by insurance or government programs.

"Although Hurricane Sandy has long since passed, many people are still facing a long recovery," said Kevin Wilhelm, executive director of Middlesex United Way. "The contributions to this fund will allow communities to address unmet needs."

Additional FEMA declared disaster areas served by other United Ways may be eligible for funds as well. For information, please contact the United Way that serves your town or visit http://uwsandyrecovery.org/sandy_content/about_the_fund.

"We know that communities experiencing disasters of this magnitude have immediate and urgent needs, but often the greatest needs occur with the intermediate and long-term recovery and rebuilding of lives and communities. That's the role of United Way," says United Way U.S.A. President Stacey Stewart. "With leadership from United Way of New York City, our network of United Ways across the region and the country came together to create this recovery fund, and we will use it to strengthen the communities we rebuild."

About Middlesex United Way

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook.

Oregon Wines

Spring into warmer weather with light, bright and savory wines from Oregon. Oregon produces several different styles of light and refreshing whites. Chardonnay, Gewürztraminer, Riesling and Pinot Gris are the most widely grown varietals. One of the most sought after, Pinot Gris, is the same as the Italian Pinot Grigio grape, however from Oregon it tends to have more body with the same great acidity. The Rieslings are fruity with a slightly sweet edge to them. Due to the cooler climate, most of them tend to have a bit more acidity in the finish which makes them pair nicely with spicy dishes.

The top producing red varietal from Oregon is by far Pinot Noir, followed by Gamay Noir. The cool climate is the ideal condition to grow Pinot Noir, much like its birthplace in Burgundy, France. This varietal brought notoriety to Oregon in the mid-seventies from wine lovers all over the world,

though they have been producing other varietals since the mid-late 19th century. Pinot Noir has complex flavors while showing a light body and occasionally an earthy finish. The flavors most often noted are cherry/black cherry and blackberry. Due to its complexity Pinot Noir can be enjoyed with a wide variety of food choices spanning from light appetizers to heavier fare and meat dishes.

Prepare your palate for the warmer days ahead by venturing out and trying a few of these savory, mouth-watering wines from the west coast. They will be sure to please both you and your guests!

Art Lipuma
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Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the "welcome teams" found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker. She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day - and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small "care package" arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together.

You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

*Kathy Ryan is Executive Director
The Saybrook at Haddam*

Connecticut's Mental Health Crisis



90% of those who receive appropriate treatment and support experience a reduction in symptoms. Nationally, Connecticut has lagged behind in mental health access and treatment services for decades. This deficit is critically underscored by the tragedy at Sandy Hook Elementary School.

A January 2013 report from the Connecticut Office of the Healthcare Advocate released its findings and recommendations on mental health services in our state. Among its conclusions:

- Connecticut lacks an overall vision of how to recognize,

evaluate and provide services for individuals with mental health and substance abuse needs

- Connecticut's current delivery system for mental health and substance abuse services is fragmented and inconsistent
 - Capacity for delivery of services is insufficient for much needed community-based services
 - Mental health and substance abuse care largely is not integrated into overall healthcare models
 - For the last five years, complaints about access to mental health and substance abuse services have exceeded all other types of clinical complaints

Connecticut must adopt aggressive measures to increase mental health access, attract qualified practitioners, and offer a range of services that includes more community options so that children and adults can access appropriate services in the least restrictive environment.

Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly.

*Marilyn Giuliano
State Representative*



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Essex Printing Winner In New England Regional Awards of Excellence Competition



The announcement was made April 4 during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance. PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines.

For more information please contact Essex Printing at 860-767-9087.

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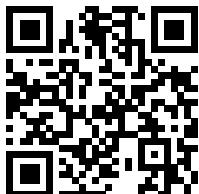
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