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# First Selectman's Corner

Welcome to the fall and cooler weather in Old Saybrook. The Board of Selectmen, consisting of First Selectman Carl P. Fortuna, Jr., Selectman Scott Giegerich and Selectman Steven Gernhardt, hope you are able to get out and enjoy all the great things our town has to offer. The end of the summer only means warmer clothes at the beach or the ability to enjoy other outdoor activities like hiking, biking and fishing. It of course also means back to school!

Over the summer, we completed several long needed and asked for projects that will enhance the learning experience of our students in grades kindergarten through 8th grade. A new roof was placed on the Middle School and new windows installed at the Goodwin School. The Middle School roof has been leaking badly for several years. Somehow, when the roof was put on 20 or so years ago, the life span was only guaranteed at 15 years. While somewhat inexplicable, we will not make this mistake again. The new roof will last closer to 30 years. The windows at the Goodwin School have been a topic for years, going back at least 15 years. Some of these window units are original to the building (1965) and other are of a slightly more recent vintage. All were in need of replacement to control temperatures in the building in warmer and colder weather and to keep moisture out of the building. With this construction, the Town has updated nearly all its school infrastructure. Town infrastructure, other than routine or emergency maintenance, is also up to date. The Town will see its bonded indebtedness fall off over the next 5-10 years yet our

infrastructure will be current. We, as a Town, are indeed well positioned. In fact, the Town had a healthy budget surplus from its most recent fiscal year (2014-2015). This is achieved by watching expenses closely, always looking for in-year savings on Town consumables and better than expected revenues. In addition, we were fortunate to recently receive nearly \$600,000 in federal funds from FEMA as expense reimbursement for repairs to Town facilities and recreational areas after Superstorm Sandy (which occurred in October, 2012). Yes, the wheels of government move slowly, but receiving these funds now allows the Town to show reserve funds of over 8% of our 2015-16 budget, a healthy fund balance that credit agencies demand of municipalities with credit ratings as good as ours.



Carl P. Fortuna, Jr.,  
First Selectman

Old Saybrook as a Town has great local control over the services we provide, whether it be education, public works, youth and family services, parks & recreation or public safety. However, no town in this State can go it alone. As a result, Old Saybrook has also belonged to a regional agency for many years. More recently, this agency, the RiverCOG (a COG being a council of governments) was expanded to 17 towns. What does a COG do? A lot of regional planning that towns, on their own, may not have the resources to complete. Our Federal transportation dollars flow

**Continued on pg 2**

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## First Selectman...continued from page 1

through the COG. For example, Old Saybrook's nearly 1 million dollar grant to rebuild North Main Street from Route 1 to the railroad tracks with sidewalks and lights derives from our joint efforts with the COG. The COG also will seek state and federal grants to conduct regional studies. One that was recently completed is the Route 1 corridor study, examining how to make Route 1 from Clinton to Old Saybrook a better road to drive, walk and bicycle on. Another interesting study, completed with a grant received by the COG, was the Valley Railroad State Park Economic Impact Study. This study looked at the best use for the railroad track that runs from Old Saybrook (at Route 1 and Bokum Road) to Middletown. Both these studies can be viewed at the RiverCog website. More recently, the COG is undertaking a Regional Strategic Economic Growth Plan. The Strategic Economic Growth Plan will consist of primary data collection for the basis of the economic growth strategy for the region's 17 towns: Cromwell, Middletown, Portland, East Hampton, Durham, Haddam, East Haddam, Killingworth, Clinton, Lyme, Old Lyme, Westbrook, Essex, Chester, Deep River, Middlefield and Old Saybrook.

Primary data collection will include the review of existing materials, traditional data collection, as well as workshops, and interviews. The information will seek to identify the following:

- Mapping and graphic representations to identify key topics, issues, and recommendations
- Town-by-Town assessments that identify key assets and issues relating to land capacity, infrastructure, market accessibility and typologies, with emphasis on the collaborative vision. The Consultant will provide recommendations and strategies for each of the seventeen (17) member municipalities in context with identified municipal capabilities and deficiencies
- A discussion of current municipal capabilities, shared opportunities between towns, and regional economic conditions
- Existing deficiencies/voids in existing market
- Determine the role of natural resources, scenic, and tourism amenities in the region
- A prioritized implementation plan (bold steps) for municipalities and policymakers including identification of lead organization(s)
- Identification of additional opportunities for kick-start projects and funding sources that will further increase the region's economic capacity
- A discussion of long term, future-facing economic, demographic, industrial, and cultural trends
- Strategies to attract and maintain a young, skilled/diverse workforce; replacement workforce for trade professions and other identified business clusters. The project will develop key strategic themes, directions, and action steps based on feedback from workshops with employers, employees and the public. A final workshop will present the findings to the public. This workshop will review the material for final input from municipalities, stakeholders, and residents. A regional forum for implementation will be conducted by the Consultant. This is an opportunity to review findings and next steps with the public. Please check the RiverCog website so your input may be heard.

The town has also been notified that our Amtrak/Shoreline East train station will be renovated in the near future. This historic building will receive more modern amenities while keeping the building's historic bones. With 199 new parking spaces likely to be available this fall, and a complete rebuild of North Main Street next year, this stretch of Main Street will be reinvigorated. With more visitors for the trains, I am confident that our Main Street businesses will benefit.

As we head into the fall, there are always great things to do in our town. From fishing, to leaf peeping, cool evenings at the beach and long walks on Main Street, please safely enjoy all our town has to offer. The Board of Selectmen wishes you a happy and safe fall.

Carl P. Fortuna, Jr., First Selectman

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**PUBLISHER**  
William E. McMinn

**DIRECTOR OF ADVERTISING/OPERATIONS**  
Suzanne Spires 860-391-5534  
[suzanne@essexprinting.com](mailto:suzanne@essexprinting.com)

**ARTICLE COORDINATOR / ART DIRECTOR**  
Kathy Alsop 860-391-4372  
[kathy@eventsmagazines.com](mailto:kathy@eventsmagazines.com)

**FINANCE MANAGER**  
Donna Everts

**COVER EDITOR**  
AC Proctor 860-767-9087

**SALES REPRESENTATIVES**  
**VERNON • TOLLAND**  
Tom Fortin 860-299-4568  
[tom@eventsmagazines.com](mailto:tom@eventsmagazines.com)

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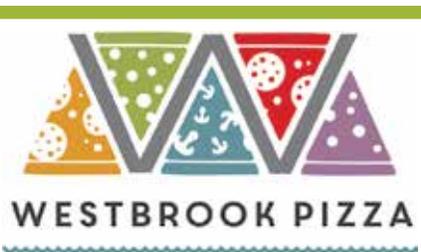
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# Economic Development Asks: What Do YOU need to SUCCEED?



The Town of Old Saybrook and other towns in the surrounding region want a better understanding of our regional economic development opportunities and challenges. Working with the River Council Of Governments

(RiverCOG), we organized a committee to review regional economic development and identify how we can work cooperatively to leverage our collective strengths and improve upon weaknesses.

To get started, we need to know what you, your business and your family need to continue living, working and succeeding in Old Saybrook. What challenges are you facing and what opportunities are benefitting you?

Think about the following questions:

- “Who is going to buy your house?”
- “Can you afford to retire here?”
- “Why can’t you find qualified employees?”
- “Will they ever be able to move out of your basement?”
- “What can we do with that old factory?”
- “Is it time to create your own job?”
- “Will you ever be able to move out of your parents’ house?”

Share your answers on the RiverCOG GrowSMART website, [www.GrowSMARTRegion.org](http://www.GrowSMARTRegion.org). Use the QR code to go directly to the GrowSMART website on your mobile device. Also watch for our mobile workshops and public forums in the region which will provide additional opportunities for you to share your concerns and ideas.



While each town should pursue its own economic development goals, it does so within the context of regional economic development and cannot succeed at the expense of others or if others fail. The economic strengths and challenges of one town affect all of the towns in the region.



We need your input to be sure Old Saybrook’s strengths and challenges are accurately captured in this study. Go to the [GrowSMARTRegion.org](http://GrowSMARTRegion.org) website and give us your input!

Susan Beckman,  
Economic Development Director

*We need to know what you think about the current state of our economy and our future.*

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## Welcome to the 1,000 acre forest

The official ribbon cutting to mark the opening of the 1,000 acre forest known as The Preserve took place in August. More than 200 people, many of whom worked tirelessly for more than 16 years to see this day, attended the ceremony sponsored by the Trust for Public Land. They joined Gov. Dannel P. Malloy, Sen. Richard Blumenthal, President and CEO of The Trust for Public Land Will Rogers and other officials in the field near the entrance to Great Cedars Conservation Area on Ingham Hill Road. The now publicly owned Preserve connects to Great Cedars East and West creating nearly 1600 acres of public passive recreation area.

Two members of the Old Saybrook Land Trust Board are part of the ad hoc committee appointed by First Selectman Carl Fortuna, Jr. The committee works with the state and the town to guide the future of the property and to facilitate public access.

While there are many trails on the property that supported varied uses over its three centuries of private ownership, they are not marked. Hikers and mountain bikers (no motorized vehicles are allowed) are encouraged to have GPS capability and use care while using the trails to avoid getting lost.

To stay up to date on the progress of trail marking, follow the Old Saybrook Land Trust and the group, Preserve 1,000 Acres, on facebook and online at [oslt.org](http://oslt.org) or [preserve1000acres.com](http://preserve1000acres.com).



Citizen supporters, activists and dignitaries celebrated the official ribbon cutting marking the start of public access to the 1,000 acre Preserve. Pictured here are (l-r) Gov. Dannel Malloy, First Selectman Carl Fortuna, Jr., past OSLT President Joe Nochera, Sen. Richard Blumenthal and current OSLT President Mike Urban. Photo by Bob Lorenz.

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# Leaf Pick-up in Old Saybrook



Leaf pick-up in Old Saybrook is scheduled to begin the week of November 16th.

Residents are asked to bag leaves without sticks, grass clippings or brush, etc., into biodegradable paper bags. These bags are available at local retail and hardware stores. Secure the bags and leave them by the roadside. Leaves in plastic bags will not be picked up under any circumstances. Town trucks

will circulate throughout the town and pick up bagged leaves beginning November 16th thru December 11th. Do not overload the bags. Over-stuffed bags will not be picked up.

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

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

If you have a need for leaves for garden or other land-conditioning use, please call the Selectmen's Office before November 16th to arrange for delivery.

Carl P. Fortuna Jr., First Selectman  
 Larry Bonin, Director Public Works

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# Old Saybrook Chamber of Commerce

## “Local Business Rocks” Business Expo

Step inside the Valley Shore YMCA on October 29th and you’ll discover that this is definitely not your father’s business expo. The first thing you’ll notice is the sound of the talented Shiny Lapel Trio! Visit the nearly fifty exhibitors, representing businesses and community organizations. Attendees will be treated to Octagon’s award-winning chili, tasty food and samplings of select fine wines and beer from area establishments.

The Expo, presented by Comcast Business, offers a unique opportunity to visit multiple businesses, entrepreneurs and community leaders. Businesses and non-profits are encouraged to exhibit to gain exposure for their organization. Expo committee co-chair Elaine Beame stated, “this is the time to broadcast what you do, let everyone know what sets your business apart.” Chamber Executive Director Judy Sullivan explained, “We wanted to make this a fun evening that combines both business and entertainment, and the rock ‘n roll theme does just that.” Door and



*The Valley Shore YMCA hosts the “Local Business Rocks” Business Expo. From left to right are Kristen Roberts, VP Public Relations & Community Investment, Comcast, with Chris Pallato, Executive Director, Valley Shore YMCA & Sam Cooper.*

raffle prizes, as well as an open air photo station will add to the excitement. Exhibitor space is limited and can be reserved by calling the Chamber office at (860) 388-3266, or online at [www.oldsaybrookchamber.com/business-expo](http://www.oldsaybrookchamber.com/business-expo). For a complimentary ticket, stop by the office or email [info@oldsaybrookchamber.com](mailto:info@oldsaybrookchamber.com). Valley Shore YMCA, 201 Spencer Plains Road, Westbrook, 5:30 – 8pm

### **Beware the Scarecrow Invasion**

Town-wide Scarecrow Contest beginning October 10th. In October, don’t be

surprised if you see scarecrows popping up all over town. It’s not a scarecrow invasion exactly—these displays are part of the Chamber of Commerce’s Scarecrow contest, a community-wide endeavor open to all businesses, organizations, schools and families. Winners will be determined by online voting and judged in three categories: traditional, whimsical, and spooky. Contest winners will be announced and recognized at the Chamber’s “Local Business Rocks” business expo on October 29th at the Valley Shore YMCA. To enter the contest go to [www.oldsaybrookchamber.com/scarecrow](http://www.oldsaybrookchamber.com/scarecrow) or stop by the Chamber office. There is a \$25 entry fee per scarecrow. Cast your vote at [www.zip06.com/oldsaybrookscarecrow](http://www.zip06.com/oldsaybrookscarecrow) from October 10 - 27th.

### **Contest dates and deadlines:**

October 5: entry deadline, last day to submit entry forms  
October 10 – 27: online voting period  
October 29: winners announced at the “Local Business Rocks” Business Expo



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# Estuary Council Regional Senior Center



The Estuary Council of Seniors, Inc. (ECSI) is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 year. Please visit our website at <http://www.ecsenior.org> for additional information or call us at 860.388.1611.

A number of fundraising events are held throughout the year to support the programs of the Estuary Council and consequently supporting Seniors along the Shoreline. In addition to special events, we hold BINGO every Thursday evening at 6:30pm. Join with friends and family for a fun evening out and try your luck on the progressive jackpot! All ages are welcome and cash prizes are awarded. Doors open at 5:30pm.

Our next special event is the annual HOLIDAY CRAFT FAIR on Saturday, November 21st. Each year, the Estuary Council brings together local crafters who display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade dessert and candy. The Fair will be open from 8am until 1pm. Contact Judy or Mike for more information, 860.388.1611 extension 203.

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# Old Saybrook is fortunate to have a dedicated team to secure a bright future

Photo: Grant Westerson

## Old Saybrook Republican Team

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*Paid for and approved by the Old Saybrook Republican Town Committee, Robert McIntyre, Treasurer.  
 Paid for by Fortuna Giegerich Fish 2015, Jason Becker, Treasurer. Approved by Carl Fortuna, Scott Giegerich, & Robert Fish.*

**Vote for proven leadership.**  
**Vote for the Republican Team on Tuesday Nov. 3**

# New Recycling Guidelines

The Town of Old Saybrook offers single-stream recycling at the Transfer Station. Acceptable items are:

- Corrugated cardboard and chipboard (cereal boxes, shoe boxes, pasta boxes)
- Newspapers, magazines, bills, junk mail, computer paper, printouts
- Aluminum and steel cans (up to 3 gallons) and aerosol cans (No paint, pesticides or other hazardous waste.)
- #1 and #2 plastic laundry product containers (up to 3 liters)
- ALL plastic food and beverage containers (nothing made of black plastic, no Styrofoam or other foam products and no plastic bags.)
- Juice boxes and milk or juice cartons
- Large rigid plastic items – toys, buckets, coolers
- Glass food and drink jars and bottles (rinsed and unbroken)
- PLEASE, NO PLASTIC GROCERY BAGS OR PLASTIC GARBAGE BAGS.

For residents who would like to learn how to use single stream recycling, a Transfer Station attendant will assist you.

Larry Bonin, Director of Public Works

**Please tear out the ad on pages 37 & 38 and post near your recyclables container to help remind you of these guidelines.**



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# Eastern Connecticut's "Nutcracker" Brings Magic To The Stage



If you want to share the magic of "The Nutcracker" with friends and family this year, you can

experience the most beloved ballet of all time close to home. The curtain will rise in the landmark Garde Arts Center in New London, CT on Saturday Dec. 12 at 1:30 & 7 p.m. and Sunday Dec. 13 at 1:30 p.m.

Eastern Connecticut Ballet brings a cast of unforgettable characters to the stage: the adventurous Clara, her brave-hearted Nutcracker, the Queen of the Rats, The Snow King and Snow Queen, sailors and toy soldiers, comical Mother Ginger, waltzing flowers, dancing snowflakes, and of course, the exquisite Sugar Plum Fairy.

Audiences will enjoy the combined star power of "the great American ballerina of our time," Sara Mearns, a principal dancer of the New York City Ballet, with NYCB co-star Jared Angle and guest artists from other nationally known companies. All will share the spotlight with 100 professionally trained dancers

from eastern Connecticut in roles ranging from the heart-warming "little mice" to the elegant dancing snowflakes.

Few know "The Nutcracker" as well as ECB's artistic director Gloria Govrin does. She has performed in or directed the classic ballet every single year since she was 14, many of those as a soloist with the New York City Ballet. The legendary George Balanchine choreographed the role of "Coffee" in "The Nutcracker" especially for her; now she is sharing the secrets of her powerful techniques with today's rising dancers and bringing new life to the ballet.

Thirty-five musicians from the Eastern Connecticut Symphony Orchestra will perform Tchaikovsky's brilliant score under the baton of Maestro Paul Polivnick.

For tickets visit <https://tickets.gardearts.org> or call the box office of The Garde at 860-444-7373, Ext 1.

Eastern Connecticut Ballet is a nonprofit organization and one of the state's premiere schools for dance.

[www.easternctballet.com](http://www.easternctballet.com)



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# 9 Town Transit Unveils New Slogan

This spring, 9 Town Transit (9TT) asked the public to help with a new slogan for the region's bus system. After reviewing the nearly 50 submissions, the district now has the new tag line "connecting your Connecticut".

"We wanted something that conveyed the impact public transit has on people's lives," explains 9TT Chairperson Leslie Strauss, "We think 'connecting your Connecticut' does just that."

The winning entry came from Alejandro Calligos, a local freelance copywriter. He stumbled across the contest on Google. "I liked the idea of public transportation that connects so many Connecticut towns and neighbors", explains Calligos.

The district plans to use the new slogan to help promote public transit, and will use it on most marketing materials. As the winner, Calligos received forty transit ride tickets which he will be donating to a local charity to make transportation a little easier for those in need.

9 Town Transit provides service to all parts of Chester, Clinton, Deep River, Durham, East Haddam, Essex, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook, and Westbrook, with connections to New Haven, New London and Middletown. All services are open to the general public. Additional information, route maps and schedules are available online at [www.9towntransit.com](http://www.9towntransit.com) or by calling 9 Town Transit at 860-510-0429.

## Historic Resources Surveyed

In January 2014 the Historic District Commission approved an application to seek funds to conduct an inventory of historic resources in Old Saybrook.

The purpose of the project was to identify a select group of structures and develop some ideas for the best methods to protect and preserve the Town's historic character. An earlier inventory was conducted in 1980 and over a period of more than thirty years much has changed. The town has experienced increased pressures from commercial and residential developmental and up to date information was needed for appropriate planning to protect the town's historic resources.

The Historic District Commission, in cooperation with the Old Saybrook Historical Society, succeeded in obtaining funds from the State Historic Preservation Office in the Department of Economic and Community Development, and invited proposals from architectural historians. David Taylor, principal of Taylor & Taylor Associates of Brookville, PA was selected to survey local historic resources and prepare a report and recommendations.

The report and recommendations was completed in August and a public presentation held at the Saybrook Point Pavilion in September. The Historic District Commission is deliberating next steps.

The Commission welcomes input from residents. Meetings of the Historic District Commission are held on the 3rd Thursday of each month, in the Second Floor Conference Room of the Town Hall, 302 Main Street. Further information about historic resources and the Commission is available on the Town's website.

## Cappella Cantorum

Join Cappella Cantorum MasterWorks Chorus A Joyful Holiday Festival with Chorus and Brass

Cappella Cantorum's Non-auditioned Registration/Rehearsal, Monday, Sept 14, 7 pm, St. Paul Lutheran Church, 56 Great Hammock Rd., Old Saybrook, 06475. Rehearsals Mon. nights. The concert will feature Rutter's "Gloria," Pinkham's "Christmas Cantata," Willcocks arr of "5 Christmas Carols," 3 Jewish Selections, Song of Galilee, Hanerot Halalu, and an auditioned ensemble singing a cappella Poulenc's "Hodie Christus natus est," Lauridsen, "O Magnum Mysterium," and Vangeloff's, "Go Tell it on the Mt." Register, pay & order music online at CappellaCantorum.org, or at registration. The Concert is Dec. 6, at John Winthrop Middle School in Deep River at 3 pm.

The seventh Annual MESSIAH Sing or Listen, sponsored by Cappella Cantorum, will take place on Sunday, Dec. 20th. Singers rehearse 3:30 pm in sections. 4:00 pm perform in The Katharine Hepburn Cultural Art Center, 300 Main St. Old Saybrook, CT 06475. The Singalong is open to all, featuring professional soloists. Bring your Messiah Scores if you have them or they will be provided. Singers Call time is 3:30 pm. There is a fee for Singers and Audience. The audience is invited to sit in the back and witness the short rehearsal and the Sing. Tickets available through the Box Office, 877-503-1286, www.thekate.org or day of performance, no reserved seats. For information: Barry Asch at 860-388-2871. www.cappellacantorum.org.

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## GrowSMART:

A Lower Connecticut River Valley  
Economic Growth Strategy

If you haven't heard about the Lower CT River Valley Council of Governments, also known as RiverCOG, we are an association of seventeen towns represented by their chief elected officials. Our purpose includes facilitating solutions and planning between the seventeen towns, the State of Connecticut, Federal agencies, and nonprofits for land use, transportation, agriculture, emergency management, conservation, and economic development. One of our foremost goals is to encourage a safe and open venue to discuss shared regional options and projects.

GrowSMART, a RiverCOG project, is looking for how the region can collaborate to attract workers and retain and grow businesses while also conserving our natural resources that are so vital to the region's infrastructure, housing values, and tourism industry.

As you drive, walk, or bike around our region in September and October, you may notice signs, posters, and banners around town. You may see an advertisement while reading a local newspaper or local on-line news. The signs or advertisements may ask a question, such as: "Why can't you find qualified help?" or "Who is going to buy your house?"

Why are we asking these questions? Our Regional Strategic Economic Growth Committee is working with Ninigret Partners to create a regional economic growth strategy. We invite you to visit the project website, [www.GrowSMARTregion.org](http://www.GrowSMARTregion.org), and learn about our travelling mobile workshop and public forums. There is also an opportunity at the website to submit your ideas.



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# CT River Area Health District (CRAHD)

(CRAHD) Receives approval for environmental class for real estate agents

The Connecticut River Area Health District has received approval from the CT Real Estate Commission for its course offered to real estate agents titled: ENVIRONMENTAL HEALTH AND THE REAL ESTATE TRANSACTION.

Jim Monopoli, director of health at CRAHD, challenged his staff of 3 Sanitarians, Scott Martinson, Steve Yenco and Ryan Grenon, to develop a course that would encompass most environmental issues that arise during the real estate sale. "Our staff deals with these issues as part of their daily jobs, and they also receive ongoing training to maintain certifications and to be better Sanitarians." stated Monopoli, "They are our local subject matter experts in these areas, and it is just a natural fit for our staff professionals to pass on their knowledge to RE agents. The better informed the agents are, certainly makes for an easier transaction for all involved."

The 3 Sanitarians worked on the course and completed it in time to offer it last winter of 2015. The course was well received and feedback from attendees indicated it is a good quality environmental primer for RE agents. During the early part of 2015, Monopoli worked with the New Haven/Middlesex Association of Realtors to get the course approved so that attendees would earn continuing education credits to attend. He was informed recently that the 3 hour course was approved for 3 CE credits. A total of 12 credits are required by agents to maintain their licenses.

The course covers topics such as asbestos, lead paint, moisture and mold, radon, drinking water wells and treatment, septic systems and lot improvement requirements. For more information or to register for the course, Monopoli recommended that agents go through their respective realtor associations. "We anticipate that this course is one that could be offered annually, on an ongoing basis." The Connecticut River Area Health District is the local health department for the towns of Old Saybrook, Clinton, and Deep River.

## Connecticut River Area Health District offers flu shots, flu clinics

The 2015-2016 flu season is fast approaching. The Centers for Disease Control recommends that nearly everyone six months of age or older should be vaccinated. The Connecticut River Area Health District (CRAHD) is proud to announce that we are now able to provide flu shots, and we are approved as a flu vaccination provider with Medicare, Anthem and Connecticare. Applications are pending with additional insurances.

We are planning flu vaccination clinics for the 2015-2016 flu season. Our program is managed by our Public Health Nurse, Sherry Carlson, R.N., and overseen by a local physician. We will likely start this program in the latter half of September and continue into the winter. If you are part of a group or organization, please let us know if you are interested in having a flu clinic at your facility. We have the ability to take our clinics on the road and set up in a convenient area. We will be happy to arrange a clinic at your convenience. Please call Sherry Carlson, R.N. at 860-661-3300 ASAP for further information and/or to arrange a clinic.

We will also be holding walk-in flu clinics at our office, 455 Boston Post Road, Old Saybrook, every Thursday from 4:30 to 6:30 starting October 1st. You may get vaccinated without an appointment. Just please remember to bring your insurance card with you.

Thank you for supporting your local health department as we provide this additional service in the name of disease prevention. For clinic information visit our website: <https://sites.google.com/a/crahd.net/crahd1/>



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# The SAT Takes Over For the SBAC

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



After a somewhat tumultuous rollout of the mandated Common Core curriculum and its accompanying Smarter Balanced Assessment Consortium ("SBAC"), the legislature voted this past session to remove the SBAC test and replace it with the popular SAT for high school junior assessments. Since federal approval was given in August, this change will go into effect for the current 2015-16 school year. I supported this effort because many high school students in the 23rd District already take the SAT (many in their junior year) and this would mean one fewer standardized test. The change should lead to lower student stress and more time spent learning in the classroom.

This should bring a sign of relief to Old Saybrook teachers, parents, and high school juniors. Beyond the benefits of reducing duplicative testing, students will receive a fee waiver to sit for the SAT as opposed to paying the ~ \$50 fee to take it, since it will be taken during the school day. According to The College Board (the company that produces the SAT), the exam will now focus on math that matters more for career readiness and move away from testing obscure vocabulary words. The guessing penalty will also be removed from the test.

In addition, the state has established a Mastery Examination Committee to address standardized testing in grades 3-8. This committee is studying the impact of standardized examinations on learning time, whether these exams are an appropriate assessment, the feasibility of reducing the time required to complete these exams, and the best format in which to take them (computers vs pen/paper). The legislature will be receiving reports from the Committee in February 2016 and January 2017. As always, I welcome your thoughts and opinions on this or any other topic. I can be reached at repdevincarney@gmail.com or (860) 240-8700.



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# WPCA Update

The summer of 2015 has been a busy time for the WPCA. The Phase II Wastewater Management District (WWMD) septic system upgrades are progressing in several neighborhoods simultaneously and are in various stages of the process.

The Ingham Hill and Meadowood construction will be completed by the end of the summer, while the 5 Maple Avenue North contracts are either beginning construction or being released for bidding.

The public information session for Group I properties (approximately 165) in Indiantown and Saybrook Manor was held in August. Soil testing and site investigations will continue in those areas throughout the year. Contract bidding and septic system installations for the Indiantown and Saybrook Manor Group I properties will be conducted in 2016.

Although all properties located within the WWMD are mandated by the State to upgrade their septic systems (if they are not designated "Upgrade Compliant" by the CT River Area Health District), occasionally some are not completed according to schedule. This is due to the following reasons; 1) A property is in Probate, 2) A property is scheduled for a demolition-rebuild project, 3) A property is in foreclosure, 4) A property has been relegated to Enforcement due to the homeowners' refusal to comply with the WWMD Ordinance. Owners of properties that fall out of sequence may not have the opportunity to participate in the Clean Water Fund program, as CWF phases and contracts are closed out.

For the past 2 years the EPA has held an annual Septic Smart Week. If you are interested in learning more about this outreach program, the link to their Smart Week page is;

<http://water.epa.gov/infrastructure/septic/Septic-Smart-Week.cfm>

Included in this issue is an article from the Long Island Sound Study titled, "The Impact of Septic Systems on the Environment."

For further information, please feel free to visit our office, call 860-395-2876, or attend our Board meetings on the 2nd and 4th Mondays in Town Hall. You can also visit [www.oswpca.org](http://www.oswpca.org) or our pages on the Town website.

## Celebrating the Protection of "The Preserve"



Left to right: Rep. Devin Carney, Sen. Art Linares and Sen. Paul Formica on Aug. 13 joined with state and local environmental advocates in Old Saybrook to celebrate the permanent protection of "The Preserve," the 1,000 acre coastal woodland.

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## Parks & Recreation

### Teen Center 2015-2016

It's that time of the year again! The kids are back to school which means the OSPR Teen Center is back in full swing. Offering a fun, safe and supervised environment for Old Saybrook youth, the Teen Center is open each day afterschool for students to engage in a variety of activities. Just a short walk from the middle school, students can try out our brand new XBOX gaming system, shoot some hoops or simply socialize with friends! Memberships for 6th-8th graders include access to the Teen Center Monday through Friday 2:30-5:30pm AND Friday Nights from 7:00pm-9:30pm all school year long. For our 4th & 5th grade students, the Teen Center is open exclusively to them from 2:30-4:00pm each Friday afternoon. For more information about the Teen Center or memberships, please contact Samantha Wilson at Samantha.Wilson@OldSaybrookCT.gov or by phone at 860.395.3152.

### Saturday Teen Trips

Building on the success of our Summer Teen Trips, OSPR will continue to host teen trips throughout the school year for students in 7th-12th grade. Held on Saturdays once a month, trips will return us to some of our favorite summer spots, as well as some new and exciting places! Trips will offer students the opportunity to spend time with friends in a fun, safe and supervised setting. On October 17th we will be traveling to Lyman Orchards to take on the famous corn maze and do some delicious apple picking. On November 21st, we will head to Flight Trampoline Park, where students can participate in trampoline dodgeball, jump in the foam pit or simply bounce on one of 50 trampolines! Finally, on December 19th we will head to AMF Lanes in East Haven to bowl under the black lights! For more information or registration, please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

### Teen Center Halloween Party – October 30th

On October 30th, we're celebrating Halloween a day early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! In addition, we'll have plenty of Halloween Candy on hand and some great games and activities to get everyone in the Halloween mood!

Free for Members or \$5.00 at the door Time: 7:00-9:30pm.  
For more information about the Teen Center or memberships, please contact Samantha Wilson at [Samantha.Wilson@OldSaybrookCT.gov](mailto:Samantha.Wilson@OldSaybrookCT.gov) or by phone at 860.395.3152.

### Adult Programing from OSPR

This fall, OSPR is proud to offer some new recreational opportunities for adults in town. After a successful summer fitness program at Town Beach, with certified fitness instructor Marie Mozzi, we are offering a six week program "Morning Workouts with Marie" on Monday, Wednesday and Friday mornings at 7:30-8:30am. The first three weeks will take advantage of the warmer weather and will meet at Town Beach, the final six weeks will take place at the Rec Center. This program will incorporate both resistance and cardio training and welcomes all levels of ability. Marie will also be instructing an evening class on Tuesdays and Thursdays at the OSMS exercise room,



Jerry Weiss, *S-Shaped Nude*, oil on linen, 36" x 36"

# FALL FOR THE ARTS AT LYME!

Come to LYME to enjoy the new Center for Arts Programming with year-round offerings. Registration for Fall classes opens September 15, 2015. To learn more about our classes and to register online visit: [www.lymeacademy.edu](http://www.lymeacademy.edu)

#### Upcoming events include:

**September 18** – Alumni Exhibition Opening; exhibit on view through November 14

**October 23** – Artist Lecture by Nancy Friese, Master Printmaker

**November 5** – Artist Lecture by David Dewey, Watercolorist, Professor Emeritus, LYME

**December 9** – Lecture by Roger Mandle, former President, RISD

All lectures are from 6-8 p.m.; Reservations Required.  
RSVP to: [eoleschuk@lymefs.newhaven.edu](mailto:eoleschuk@lymefs.newhaven.edu)

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## Parks & Recreation, cont.

Body Jam with Marie. This program will integrate movement and cardio into a dance workout. Music will keep everyone moving throughout this high energy class.

OSPR is also offering adult tennis lessons at Trask Rd. on Mondays nights, 5:30-7:00pm at Kavanagh Park. These lessons will be taught by OSHS varsity tennis coach, and USPTR certified instructor Ruthanne Rothman. This program will meet five times and is only \$40.00. For more information or to register for these or any programs with OSPR, please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

### Saturday Morning Craft Shop

On the 3rd Saturday of each Month OSPR along with Kidscapades is offering an hour long program for your 3 year olds through Kindergarten. This program will have a monthly theme and participants will make a craft as well as participate in some fun sensory play and games. This class is one hour long and each participant must be fully potty trained and able to separate and participate.

Fall Themes; Sept. Let's Get Messy, Oct. Fall Into Science, Nov. Toddle Time Art, Dec. Grinch Day.

Saturdays: 9:30am-10:30am at The Rec., Oct. 17th, Nov. 21st, Dec. 19th  
Age: 3yrs - Kindergarten  
Fee: \$10.00 per session

### Mommy (or Daddy) and Me Time

This new program is designed for new parents to get out of the house and socialize with other new parents or any parent with a toddler (6months - 2yrs) at home. This program is designed for you to meet other parents in the area and gain some knowledge about what other programs and services are out there for you and your child. Lite refreshments will be served. This program will meet weekly at the Saybrook Point Pavilion on Fridays.

Fridays: 10:00-11:00am, Ages: New born-2yrs, Dates: Oct. 2nd, 9th, 13th Fee: FREE  
*\*If this program is a success, we will meet weekly for the year, except for holidays and could move to a Trask Park during nicer weather.\**

### Annual Halloween Party at the Rec Center

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

Saturday, October 24th

From 5:00-6:30pm preschool to Grade 2  
From 6:45-8:00pm for grades 3rd -5th

### Scarecrow Making Workshop

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

Saturday: Oct 10th Town Green Gazebo from 12:00—1:00 pm Fee: \$5.00 per Family  
For more information or questions regarding programing at OSPR please email [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov).

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# Eye of the Storm

Several years ago, two tropical storms in subsequent years (Irene & Sandy) precipitated an increased awareness of the approaching impact of sea level rise (SLR) because of warming oceans and melting glaciers. These storms were major factors that lead to the formation of the Sea Level Rise & Climate Adaption Committee (SLRCAC) by the First Selectman (a subcommittee to the Town's Conservation Commission.)

The mission for this Committee has been to develop policy recommendations and an action plan for the Town of Old Saybrook to mitigate against and adapt to the effects of SLR and climate change in the near-term future (20 years). Also, the Committee is to advise on a plan of action for the following fifty (50) years concerning the town's natural resources, infrastructure and public health.

The SLRCAC presented its findings and recommendations at a combined meeting of the Board of Selectmen and Board of Finance on Tuesday, September 15th. In addition, there have been a series of public forums to educate the community of its findings and recommendations and to invite feedback from those in attendance. The first of these forums was held at the Pashshauke Pavilion on June 23rd where over sixty residents were in attendance. The Committee presented to the Knollwood Beach Association, the Saybrook Manor Association, the Borough of Fenwick and the Lynde Point Land Trust. The Committee held

another presentation at the Conservation Commission's Nature of Old Saybrook symposium on Sunday, September 13th at the Town's Recreation Center. Plans have been underway for autumn 2015 to approach other Town and community organizations that may be interested in having the Committee conduct other presentations.

What's at risk? Here are some facts. More than thirty-five percent of residences (3,000 homes) and almost thirty-two miles of roads (25%) are in the FEMA 100-year flood zone. Nuisance flooding currently occurs in some parts of town during the monthly high tides and will increase in depth, frequency and area with SLR. It is quite evident that SLR is happening and will have significant environmental, cultural and economic impacts on the town. The findings and recommendations of the SLRCAC have been to highlight these concerns and offer remedies to minimize costs and waste. It's not too late to take action. Find out the facts and consider getting involved. The SLRCAC meets the second and fourth Thursdays at the Town Hall first floor conference room from 3:30-5pm. The public is always welcome. Our tenure as a committee ends this coming December.

Michael Momparler, Secretary  
SLRCAC

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# Acton Public Library Saybrook

## September

Come to see the many changes in the children's room at the Acton Public Library! Karen Giugno, Assistant Director/Children's Librarian has been reorganizing the children's space, as well as the collections. The room feels more spacious, and it should be easier to find your child's favorite book. Take a look for yourself! In addition to making changes in the space, Ms. Giugno has also restructured the story time programs, and plans a special Halloween event.

### Story Times at Acton Public Library

#### Fall 2015

Wed., Sept. 8 - Fri., Dec. 11

#### Pajama Power Story Time

Thurs. evenings

6:30 - 7:00 p.m.

Wear your pajamas to this drop-in evening story time with simple craft. For kids ages 2-6 with their families.

#### Wiggle Bookworms

Weds. mornings

10:30 - 11:00 a.m.

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

#### Stay And Play

Weds. mornings

11:00 - 11:30 a.m.

Expand your baby's story time experience with a 1/2 hour of social time immediately following Wiggle Bookworms. Parents and caregivers can mingle as babies enjoy social play with toys provided by the Library.

### Fantastic Fridays

Fri. mornings:

10:00 - 10:30 a.m.

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

(Special Music with Miss Martha on the 3rd Friday of every month. See below.)

### Music with Miss Martha

The 3<sup>rd</sup> Fri. of every month

10:00 - 10:45 a.m.

Oct. 16; Nov. 20 and Dec. 18.

Join Miss Martha from the Community Music School for a special musical story time! Ages 3-5.

### About our Story Times:

All story times are drop-in and free and open to all. No registration is required.

Although each program is designed for the specific developmental needs of its intended age group, siblings are welcome to attend with their parent or caregiver.

### Our Story Time Goals:

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

### Halloween Costume Dance Party at Acton Public Library

Thur., Oct. 29 from 6:00 p.m. - 7:00 p.m.

Kids...come and join in for all of your favorite dance party classics plus some spooky tunes too!

DJ Paul Pino will shake your goosebumps away with the best dance party music ever. Be sure to wear your costume! Light refreshments will be provided. Best for children ages 3 and up. Free and open to all.

### YOUNG ADULT PROGRAMS

#### Teen Movie Night

Tues., Oct. 27, 4 p.m.

"Poltergeist" (1982)

#### Teen Game Nights

Fri., Oct. 30, 5:00 p.m.

Fri., Nov. 20, 5:00 p.m.

#### Teen Baking

Fri., Oct. 30, 4:00 p.m.

Fri., Nov. 20, 4:00 p.m.

#### Hour of Code

Tues., Oct. 13, 6:00 p.m.

Tues., Nov. 10, 6:00 p.m.

Tues., Dec. 17, 6:00 p.m.

#### Music Business Seminar

Sun., Oct. 18, 1:00 p.m.

### ADULT PROGRAMS Film Series

Lights, Camera, ACTON!

- Fri., Oct. 9, 1 p.m. - "From the Madding Crowd" (2014)
- Fri., Oct. 23, 1 p.m. - "Three Days of the Condor" (1975)
- Fri., Nov. 13, 1 p.m. - "Saving Mr. Banks" (2013)
- Fri., Dec. 11, 1p.m. - "Finding Neverland" (2014)

### Craft Program

Sat., Nov. 7, 10-11:30 p.m.

Make a miniature book - taught by book binder Lidja Petrus. All supplies provided. Space limited, please register at the library.

### Fall Concert Series

- Fri., Oct. 23, 7:00 p.m. The Meadows Brothers Sam Perduta

Continued on page 22



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## Acton Public Library...continued from page 21

• Fri., Nov. 20, 7:00 p.m.  
The Dizzy River Band (TBA)

### Technology Classes

Mon., Oct. 5, (time TBA)

### Introduction to Computers

Mon., Oct. 19, (time TBA)

### Facebook

Mon., Nov. 9, (time TBA)

### Email

Mon., Nov. 23, (Time TBA)

### Ipad Classes

Thurs., Oct. 22, 10:15 – 11:15 a.m.

Thurs., Nov. 19, 10:15 – 11:15 a.m.

Thurs., Dec. 17, 10:15 – 11:15 a.m.

### Employment Workshops

Programs presented by Youth & Family Services and CT Works

Mon., Oct. 26, 10:15 a.m. – 12:00 p.m.

Mon., Nov. 30, 10:15 a.m. – 12:00 p.m.

Mon., Dec. 28, 10:15 a.m. – 12:00 p.m.

### Alzheimer's and Dementia Information Programs

Informational sessions presented by Maria Tomassetti, South Central Regional Director Alzheimer's Association, CT

Chapter, Tina Belmont, RN, VNA, Town Nurse, and Susan Consoli, MA, LPC, Social Services Coordinator  
Mon., Oct. 19, 6:30 – 7:30 p.m.

### Dementia Care and Caregiver Tips and Strategies

Tues., Nov. 17, 6:30 – 7:30 p.m.

Celebrating the Holidays with People with Dementia

### BOOK DISCUSSION GROUPS

Wednesday Book Discussion Group

Oct. 7, 10:30 – 11:30 a.m.

*Leaving Time*, by Jodi Piccolt

Nov. 4, 10:30 – 11:30 a.m.

*The Luncheon of the Boating Party*, by Susan Vreeland

Dec. 2, 10:30 – 11:30 a.m.

*The Perfume Collector*, By Kathleen Tessaro

### Mystery Book Discussion Group

Wednesday, October 21, 1:00 – 2:00 p.m.

Wednesday, December 9, 1:00 – 2:00 p.m.

Check with the library for titles to be discussed.

  
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# Town Clerk's Office

**Sarah V. Becker, Town Clerk, Christina Antolino, Assistant Town Clerk,  
Cindy Kane, Assistant Town Clerk**

Office Hours: M-F, 8:30 am – 4:30 pm • Phone Number (860)395-3135 • Town Website: [www.oldsaybrookct.org](http://www.oldsaybrookct.org)

## Congratulations!!

Watson McLeish and Elizabeth Dexheimer – June 6th  
Gregory Balinskas and Laura Greim – June 13th  
Gary Forbes and Melissa Lanza – June 20th  
Tyler Gerber and Lauren Bates – June 27th  
Craig Labbadia and Meghann Burr – July 3rd  
Omar Samad and Francesca Genovesi – July 11th  
Stephen Goldstein and Heather Reardon – July 18th  
Brenton Liba and Stephanie Cone – July 18th

Marc Shafer and Jonai Roderick – August 15th  
James Downes and Nicole Cirilli – August 8th  
Phillip Bucchi, Jr. and Kelly Asaro – August 16th  
Ross DeLeonardo and Emily Shaw – August 22nd  
Andrew Feldman and Alison Drobiarz – August 28th  
Daniel Braun and Corey Alexa – August 28th  
Michael Alfeld and Emily Thomas – August 29th

## With Sympathy

Ann Berglund-Bardong  
Elsie Bombaci  
Mary Desmond  
Joshua Dunn  
Doris Frink  
William Gifford, III

David Genovali  
Robert Hallisey  
William Heenan, Sr.  
John Leonard  
Mary Loisel  
Brenda Morin

Marcus Nowakowski  
Maria Payne  
Virginia Plant  
Dorothy Robbins  
Rita Sierpinski  
Inez Thomas

Sargent Tower  
Francis Woods  
Jean Woodstock  
Mitchell Zygmunt

## Municipal Election - November 3, 2015

Be sure you are registered to vote.....if you will not be in town on election day you can obtain an absentee ballot from my office by requesting an application for this purpose.

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### Back to School

We're back in full swing at Old Saybrook Public Schools, and we are very happy to have our students and staff in our buildings and ready to start the year. Like everyone else, we had a busy summer and we spent a lot of time preparing for the new school year. Among the many undertakings of the last three months, we have been busy with building projects taking place at each of our schools.

A window wall replacement project at Kathleen E. Goodwin School is nearly finished. These new windows are both energy efficient and aesthetically pleasing, even allowing for more natural light to enter into our classrooms. In addition, new heating ventilators will create a more comfortable classroom environment. At Old Saybrook Middle School, a replacement roof and skylights have been constructed, both of which are guaranteed for thirty years. Finally, Old Saybrook High School is seeing the finishing touches being put on the Turf Field, Track and Tennis Courts. These new facilities will provide our athletic teams a home field advantage that our town can be proud of. We will be cheering the Rams on there for years to come. Everyone was excited for the ribbon cutting ceremony on September 24th and even more excited for the Rams to play their first games on the new field.

In addition to all of new building upgrades, we have also spent the summer hiring new staff. Administrative changes revolve around the position of Director of Curriculum. Our former Director at this post, Heston Sutman, has graciously agreed to fill the roll of Interim Principal of Kathleen E. Goodwin. Mr. Sutman has been with Old Saybrook Public Schools for

many years and through that time he has filled many critical positions within the district. We all feel very lucky that he will be running one of our schools. To fill the Director of Curriculum vacancy, we have hired Amity Goss. Amity returns to Old Saybrook, where she taught for a number of years, from Colchester Elementary School where she served as principal. She brings a lot of energy and enthusiasm to her new role, and we are confident that she is going to hit the ground running. We have also hired 6 new teachers and several new para-ed-



ucators to fill vacancies created by resignations at each school. We will start the year with a full staff.

As we go into the 2015-2016 school year, we find ourselves looking towards the future for several reasons and through several means. For instance, this is the last year of the five-year strategic plan created for the district in 2011. The District Leadership Team has already begun considering the needs of the district in the context of the direction education is taking over the next five years. Next steps will include the Board of Education and other stakeholder groups. We have also begun taking a hard look at our technology and how new skills

and innovations can help bring Old Saybrook into the future. For example, at the end of the 2014-2015 school year, we proudly launched our new website, [www.oldsaybrookschoools.org](http://www.oldsaybrookschoools.org). While we are still busily populating information onto the site and moving towards all of our end goals, we have already seen a marked improvement over our old web presence and we are very pleased with our progress so far. We have also begun exploring the use of social media and we are officially part of the Twitter world with our web address, [www.twitter.com/os\\_ram\\_pride](http://www.twitter.com/os_ram_pride). We are currently using our Twitter page to share all of our district's celebrations, achievements, and overall positive news. In keeping with the social media philosophy of "show me, don't tell me", we have also issued camera equipment for each of our schools in an effort to capture all of the amazing projects, lectures, and events given by our students and our faculty. We want to be able to share the true Old Saybrook Public Schools experience with our community, our state and the rest of the world.

We couldn't be more excited for this new school year. We feel strongly that we have a great team of educators in place to achieve all of our goals and then some. Much of our summer has been spent exploring all of the known and unknown talents of the people we have around us. From there, we have been brainstorming how we can use those talents for the betterment of the district. Our small district is poised to work well as one cohesive and highly focused organization to educate our children.

### Kathleen E. Goodwin School

Kathleen E. Goodwin School has benefitted from a much needed window wall replacement project. This project has created an aesthetically pleasing look to the outside of the building and more comfortable classrooms. This work is complete in the classrooms and will be completed in the large space settings in the coming weeks. Final installation of windowsills and new heating units is underway. Once this is completed, classroom shelves will be installed. The entire staff, especially the

custodial staff, rallied around the project and made the facility ready for the first day of school. In addition, the front office received a fresh coat of paint and other minor improvements. An energy efficient air conditioner was installed in the nurse's office. The library-media center has been wired to allow for the installation of a new 20 station computer lab.

## OSMS Changes for the 2015-2016 School Year

The master schedule at the middle school has undergone significant changes for grades six through eight this year. After a committee worked to establish priorities for the schedule, visited multiple middle schools to study their schedules, and surveyed students, the committee drafted a proposed schedule for this year. Once presented to the staff, feedback was considered and final changes were made in late spring.

Students can expect to see an extended homeroom period, which will serve as advisory, extra help, and reward time to support our RESPECT initiative. Additionally, students will have the opportunity to participate in an additional elective special every day, giving them the opportunity to explore subjects outside of the traditional schedule. New specials include: Personal Fitness, Project Adventure, Computer Assisted Design (CAD), Manufacturing, Art Skills, Digital Media, Collaborative Problem Solving and On-line independent study.

Another addition to help inspire students and support individualized instruction for all is the addition of four after school programs. Students in grades six through eight were surveyed at the end of the year to determine activities that they would like to see added to the middle school. Administration will work with the Athletics and Activities Director

to determine what activities we will add to support the district goal of 100% participation in extra-curricular activities.



The roof was not the only building project at Old Saybrook Middle School this summer. We are thrilled to begin using the giant sized chessboard built this summer in our courtyard. Alexander Ruth, a student at Old Saybrook High School and the coordinator of the Old Saybrook Middle School chess club run by Youth and Family Services, and some of his



fellow Boy Scouts have been hard at work raising money to fund this exciting project. They have spent many hours building the chessboard. We are awaiting delivery of the 36" chess pieces. In addition, some students will be working with our Computer Assisted Design and Manufacturing teachers to design and build checker pieces.

## BOE High School

More than fifty upperclassmen welcomed members of the class of 2019 during freshman orientation at OSHS. Students new to the high school participated in team-building activities and learned about the OSHS community through the eyes of student guides. The orientation culminated in the traditional Camp Hazen freshman overnight trip in early September.

### Upcoming events at Old Saybrook High School:

For the second year, OSHS students will participate in a team-building activity through the Advisory program, designing and carving hundreds of pumpkins for Saybrook Point Inn's annual "Pumpkins on the Point," taking place in late October. Students will pair-up, plan a design and set out to carve jack-o'-lanterns to be displayed at Saybrook Point Inn. In November, OSHS will welcome back the Anti-Defamation League's Names Can Really Hurt Us program. Held during the 2003-2004, 2008-2009, and 2011-2012 academic years, OSHS is thrilled to bring back this incredible program, as it has historically received overwhelming positive feedback from our student community.

Guided by teachers, trained student volunteers and ADL facilitators, this highly interactive Names assembly allows students to openly dialogue about diversity and bias at OSHS. Students will examine the roles they play in the treatment and acceptance of others by listening to their peers' experiences and participating in small group discussions. From Facebook discussions, anonymous smart phone applications (Yik Yak & After School) rumors, and gossip to name-calling, discrimination, and stereotyping - the harmful impact of words, actions, and their collective consequences will be honestly discussed in an all-school format.

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# Old Saybrook Historical Society

## State Gardeners Visit Garden

They came to see our gardens, representing prestigious historic gardens in Connecticut - the Harkness,



Harriet Beecher Stowe Center, Wethersfield Historical

*The Heritage Garden at the Old Saybrook Historical Society, 350 Main Street. Photo by Robert Lorenz*

Society, the Hill-Stead Museum in Farmington, New London County Historical Society & Shaw Mansion, Roseland Cottage, the Webb-Deane-Stevens Museum, Weir Farm National Historic Site and others.

They interviewed head gardener Linda Kinsella for an hour, reviewed the brochure she prepared for them, and then toured the heritage gardens at the Historical Society campus.

They spoke to several of the gardeners. Everything was in place and looked beautiful. There were other visitors to Campus that morning – teachers new to the Old Saybrook schools and the Curriculum Director, four visitors from Binghamton, NY who stopped to tour the gardens, and a few Historical Society members. All duly impressed with the floral wonderland.

The important visitors ploughing through the gardens were representatives from Connecticut Historic Gardens, a limited membership organization of 14 particularly impressive historic gardens. Their purpose is to raise awareness of distinctive historic sites and gardens by combining resources to offer programs that increase recognition and visits to these sites.

New members must undergo a rigorous application process and, if accepted, must commit to engaging in an annual garden show and other activities promoting historic gardens.

Although late August is not the best time to see gardens they were definitely ready, thanks to the diligent efforts of volunteer

gardeners, Linda Kinsella, Sherry Eldridge, Edna Haaganson, Joanne Goduti, Anu Koiv, Bev Kegler, Joan and Bob Wendler and Bonnie Penders. They all pitched in to do the planting, weeding, edging, trimming, watering, labeling, relabeling, and mulching that, with a bit of sunshine and rain from Mother Nature, created a peaceful place.

The representative from CT Historic Gardens will make their recommendation to the organization's membership which votes on the admission of new members. A decision is expected by late September but accepted or not, the Society is mighty proud of its heritage garden and the volunteers who made it bloomin' beautiful.

## See the Stones, Hear the Stories

Under the stones at Cypress Cemetery lie many stories and you are invited to walk past the iron gates to enter the ancient and exciting world of the dearly departed in one of the nation's oldest continually operating burial grounds.

Sponsored by the Old Saybrook Historical Society, in cooperation with the Cypress Cemetery Association, you are invited to join a guided tour on Sunday, October 25, 2015 at 4:00 p.m. Highlighting the tour will be Lady Fenwick's tombstone, the Yale Boulder, a visit to the grave of Nathaniel Lynde, who gave land and a building for Saybrook's Collegiate School (later Yale College), Revolutionary War General William Hart, and Miss Louise James, popular proprietor of James Pharmacy.

Some of the secrets that lie buried here will be revealed by Torrance Downes, tour leader, and will feature revealing presentations by Old Saybrook High School students who will tell visitors about some of the prominent inhabitants in this historic site. The students sharing these buried histories include Kunsang Dorjee, Kyle Jackson, Ruthie LaMay, Reagan Mason, Olivia Gaidry, Adam and Jonah Nucci. The tour will be conducted, light rain or shine, and participants are advised to wear comfortable shoes. The cost is \$5 per person with children under 16 accompanied by a parent admitted

free. For further information, contact the Old Saybrook Historical Society at 860-395-1635.

## Documentary about Local Author



*Noted author and one time Old Saybrook resident Ann James Petry (1908-1997).*

Among Old Saybrook's most distinguished citizens was best-selling African-American author Ann Petry (1908-1997). Many area residents may be more familiar with Petry's more locally famous aunt, Miss James who operated her pharmacy for many years. Ann Petry also trained as a pharmacist but made major contributions to American culture through her compelling novels, short stories, and works for children.

*Continued on page 28*

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## Old Saybrook Historical...continued from page 27

Last fall, the Old Saybrook Historical Society supported a successful application for funding by Searchlight Films, a small but highly acclaimed film company that specializes in making documentary films for television, and will host a meeting in Old Saybrook of the film production team in October, 2015.

Awarded a planning grant by CT Humanities, Searchlight intends to produce an hour-long documentary about the James family, an African-American family that rose from slavery, triumphed over racism, and produced a number of "firsts" for women and African-Americans.

Ann Petry, was the first African American woman to sell more than one million copies of a book, "The Street." She also wrote numerous other books, some of which were based on experiences of her family, including Miss James, at the James Pharmacy.

The family included one of the first black men to buy property in Hartford's North End; a Buffalo Soldier who fought in the Philippine-American War; and the first African-American woman to receive a pharmacy license from the state of Connecticut.

Ann Petry saved some four hundred letters that her daughter and journalist Elisabeth Petry edited and compiled into *Can Anything Beat White?: A Black Family's Letters*, published by the University Press of Mississippi. These letters will form the

basis for the film.

Congratulations to Liz Petry and Searchlight Films for receiving support to begin this important project, and we look forward to working with them.

### The Live Poet Society

On a late summer day, in the midst of the beautiful heritage gardens that adorn the Historical Society campus, a dozen members of the Lower Connecticut Valley Poets pondered and perfected their craft of turning deep thought into a few good words.

With inspiration from the historic artifacts of the Gen. William Hart House and the natural beauty of the surrounding campus, each of the poets unleashed their creative vision to prepare verse that will be shared at a monthly meeting where they will exchange insights and constructive criticism.

The rapidly growing and widely diverse group, which includes Marilyn Nelson, former Connecticut state poet laureate, believes that poetry is important in their lives and that of their communities. In the four years of their existence they have worked with other historical societies and museums, and more recently with Old Saybrook High School creative writing students.

The Historical Society and the Poets are exploring the possibility of producing a publication as a result of their work at the

Historical Society campus. For additional information, potential poets can contact Patricia O'Brien at pobrien02@snet.net or 860-395-1976.

### 2015 Christmas Ornament Available

Lion Gardiner, builder of Fort Saybrook, is featured on this year's Christmas ornament and is now available at \$12 at both the Historical Society's Frank Stevenson Archives and at Saybrook Hardware on Main Street.

The attractive pewter ornament is hand-crafted by Woodbury Pewterers, Woodbury, CT and is made from the highest quality, lead-free pewter.

For collectors of this popular series, some earlier ornaments remain available at the Stevenson Archives. Further information is available by calling the Historical Society at 860-395-1635.



## Friends' of Acton Public Library

The Friends' of Acton Public Library are proud to report that our summer book sale was a financial success. The money raised through book sales, memberships, and donations will be used to supplement the library's budget.

Many people turned out to attend the sale. It is always very rewarding to participate in such a worthy cause. Thanks to all who attended. It is deeply appreciated.

There was great participation for the Friday evening concert on July 17th. The library remained open until after the concert, allowing both patrons and concert attendees to enjoy an evening of music and to purchase books. The concerts will become a yearly event for Acton Public Library on the Friday night of the July Book Sale.

Soon you should be able to see the new Acton Public Library canopy tent. It will provide much needed protection from the elements for books, displays, and staff when attending Farmers' Markets or other outdoor activities.

Beginning after Thanksgiving, the Friends will again offer gently used, recent hardcover books for patrons to purchase as Christmas gifts or for their own pleasure.

Have a great fall. Come to Acton Public Library and see what is happening. Consider becoming a Friend of the Library. We would enjoy meeting you, while you meet our new co-presidents: Patricia Flanagan and Joe Breindel.

Patricia Flanagan •860.395.1062 • Joe Breindel 860.388.5131

# You're Invited to the Annual Family Day Celebration Sunday, October 4th



Old Saybrook Healthy Communities · Healthy Youth and Youth and Family Services invite you to join in our 17th Annual Family Day celebration on the town green from 1:00 to 4:00 on Sunday, October 4th. Old Saybrook's Family Day has

grown significantly since its initial inception and now regularly attracts over 1000 participants – enjoying music, food, games, dancing and other fun-filled activities. This much anticipated community event celebrates our families as well as this fabulous community in which we live by offering positive activities and intergenerational fun for all ages to enjoy together. In the spirit of inclusiveness, all Family Day activities are completely free to participants and supported by the generosity of our community.

Healthy Communities · Healthy Youth is a community-wide initiative dedicated to working towards the development of our youth into healthy and productive citizens!

Should you have any questions or wish to learn more about Healthy Communities · Healthy Youth or Family Day sponsorship opportunities, please contact Wendy Mill, Program Coordinator, Youth and Family Services at 860-510-5050 or by email to [wendy.mill@OldSaybrookCT.gov](mailto:wendy.mill@OldSaybrookCT.gov).

“Like” HCHY on Facebook at <https://www.facebook.com/hchyos>. Find Old Saybrook Youth and Family Services on Twitter at [osyouthfamily](https://twitter.com/osyouthfamily).

## **Assets in Action: Old Saybrook Youth Action Council**

Old Saybrook Youth Action Council, “Assets in Action”, is an initiative begun in the Fall of 2014, to engage 13-18 yr. olds in community service, advocacy issues, partnership projects and a lot of fun! We were very pleased to have over 60 active members this past year, and look forward to the growth of the group as more students and parents learn about the awesome opportunities they will enjoy as part of the Youth Action Council.

The regular meetings for this Fall are as follows: 10/1, 10/15, 10/29, 11/5, 11/19, 12/3 and 12/17. All meetings will be held at The Pavilion at Saybrook Point, 6-8 p.m. unless otherwise advertised. Every meeting includes ice-breakers, group exercises, planning of events, food and FUN!

Our YACers, as they are known, have been planning a community awareness event for October 16, 2015. One area of concern for the students has been the national rise of teen homelessness and associated risk issues. They are planning this community project to raise awareness and some funds to donate to Middlesex County and other area shelters specifically to assist teens impacted by housing insecurity. The community is invited to attend a pasta

dinner at the Masonic Hall, 50 Old Post Road, starting at 5:30 p.m. This will be followed by an overnight on the Town Green, where the students will need to construct their own shelter for the evening out of cardboard and other materials they may find. Community members are encouraged to stop by and talk with students during this project, and are asked to make donations of blankets, sleeping bags, socks, and male/female undergarments to be donated to CT shelters. Watch for our community e-mails and check out our website for more details!

OS Youth Action Council welcomes Old Saybrook students in 9th-12th grade, home-schooled, OSPS, or attending other school districts. There is no membership fee, and activities are planned to keep costs to youth and their families minimal. YAC is partially supported through Middlesex United Way's 'Assets in Action' grant, and a grant from OS Public Health Nursing Board. We hope to see your student there! Call 860-510-5050 for more info. Let's Keep Families and Communities Healthy and Safe: Free Public Training November 4th and 11th

OSYFS and Healthy Communities Healthy Youth are pleased to bring a free public training by CAP designed to keep families and communities healthy and safe. CAP provides this free two-night training with professionals for individuals, community groups, families, coaches, faith based groups and anyone who would like more education on how to recognize, provide support and give assistance to kids and adults struggling with addictions such as alcohol, drugs, gambling, inhalant abuse, as well as many mental health issues facing us today including suicide. CAP is a program of the State of CT Dept. of Mental Health & Addiction Services and offers 5.5 CEU credits to attendees of the two-night training.

The free workshops will be held November 4th and 11th 5 – 8:00 pm at the Estuary Council of Seniors, 220 Main Street, Old Saybrook and will include a complementary light dinner (served at 4:45 pm).

RSVP by Oct. 26 via [capconference@aol.com](mailto:capconference@aol.com). Question? Contact Kapriel Mouradjian, CAP Advisor via email: [frkapriel@gmail.com](mailto:frkapriel@gmail.com)

## **Vicki's Videos**

‘Vicki's Videos’ is a Fall & Winter movie series brought to you by Old Saybrook Youth and Family Services. Vicki Duffy, as many of you know, was the Director of OS Parks and Recreation for over 25 years. ‘Vicki's Videos’ is an opportunity for outdoor/indoor movie viewing during the Fall and Winter while we wait for Movies on the Beach! This program will continue Vicki's legacy of providing fun and affordable opportunities for families to spend time together.

We invite you to bring your blanket/bean bag chair and some snacks, and settle in to watch these movies with family and friends:

*Continued on page 30*

## Family Day...continued from page 29

- November 13th 'Saving Mr. Bank's at the Vicki G. Duffy Pavilion at Saybrook Point (ages 13 and up) at 6:30 p.m.
- January (date to be decided) 'It's Complicated' at the Vicki G. Duffy Pavilion at Saybrook Point (adults night out)

Stay tuned for future titles and dates! If you would like to contribute to this program in Vicki Duffy's memory, please make donations to: Vicki's Videos, OSYFS, 322 Main Street, Old Saybrook, CT. 06475. All donations made in Vicki's memory will be used for the Vicki's Videos series.

### Youth Action Council Climbs to New Heights



On August 11th, eight members of the Old Saybrook Youth Action Council (YAC) visited the amazing aerial courses at The Adventure Park in Bridgeport.

Students climbed upwards of 20 feet

into the trees to attempt hair raising obstacles made out of wood, cable, rope and zip lines. Each person was challenged to push past their fears and self doubt to come out as a champion. Fellow team mates cheered and encouraged one another to go beyond their personal goals and attempt a level that seemed too intimidating. One student commented, "Once you have made it through a course together, suddenly these are your best friends."

YAC is led by Youth and Family Services staff and is comprised of 82 high school aged students from Old Saybrook. Their mission is to "Promote positive opportunities by empowering the community through youth leadership and advocacy." The group meets every other Thursday from 6-8 pm at the Saybrook Point Pavilion that began on September 17th. Dinner is provided. Each meeting is filled with team building activities, youth leadership training, information on current teen issues and opportunities for community engagement. YAC is open to all high school aged students in Old Saybrook whether they attend Old Saybrook High School or not. Come join this amazing group and join the

fun. For more information, please contact Jodi Kelly at Youth and Family Services [jodi.kelly@oldsaybrookct.org](mailto:jodi.kelly@oldsaybrookct.org) or call 860-395-3190.



### Eleven YAC Members Think Outside the Box at LEAD Conference

So what does cultural competence mean to our high school population? This year's Leadership

Encourages Asset Development (LEAD) Conference held at the New Haven Town Hall on June 25th explored this question and possible solutions to increase understanding and acceptance around cultural differences in our communities. Now in its sixth year as a Southern Connecticut collaborative youth program, LEAD was attended by nearly 100 students (entering 9-12 grade) representing 15 towns throughout the greater shoreline area including Durham/Middlefield, Haddam, East Haddam, Killingworth, Chester, Deep River, Essex, Old Saybrook, Westbrook, Clinton, Madison, Guilford, Branford, East Haven and New Haven.

This year's conference theme, "Thinking Outside the Box", unified all group building activities, collaborative conversations and workshops to aid participants in making youth connections with others from different communities and gaining a deeper understanding of micro diversity that personally impacts all youth in our communities.

Eleven students were accompanied by two of their leaders from Youth and Family Services to represent Old Saybrook's Youth Action Council (YAC) at this year's conference. For more information about LEAD or YAC, please contact Old Saybrook Youth and Family Services at 860-395-3190.

## COMPUTER PROBLEMS DRIVING YOU NUTS?



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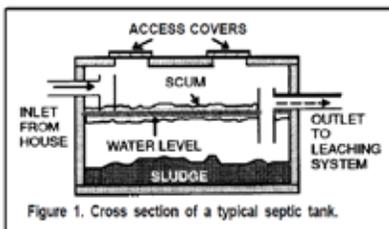
**860.740.0328**

# Long Island Sound Study: Septic System Fact Sheet

Nearly half of the homes and businesses in the Long Island Sound watershed have septic systems. When properly sited and maintained, septic systems are an excellent waste management alternative. However, when not properly sited or maintained, they can cause contamination of ground and surface waters, leading to public health and pollution problems.

## How Septic Systems Work

Septic systems have 2 key components, a receiving tank and a leaching system. A sewage line carries wastewater from the kitchen, bathroom and laundry room to the underground septic tank, where heavy particles settle out of the liquid, forming a layer of sludge on the bottom of the tank. Light materials float, forming a layer of scum on top of the water in the tank (See Figure 1). Bacteria use the solid materials, liquefying these waste products. To allow sufficient time for particles to settle and for bacteria to break down the sludge, a septic tank should be large enough to hold at least 1 day's flow of wastewater, and to provide storage for sludge and scum.



Each addition of wastewater to the septic tank displaces an equal amount of liquid into the leaching system. This may consist of a leaching pit (dry well), absorption trenches, galleries, or proprietary leaching system depending on the regulations in effect when your system was installed. The leaching system is designed to allow the liquid from the tank (effluent) to be released into and filtered by the surrounding soil. Bacteria in the soil further degrade the waste, removing harmful organisms, organic matter, and some nutrients. Ultimately, some of the effluent enters the groundwater.

## The Impact of Septic Systems on the Environment

### Groundwater Contamination

Septic systems will operate effectively if,

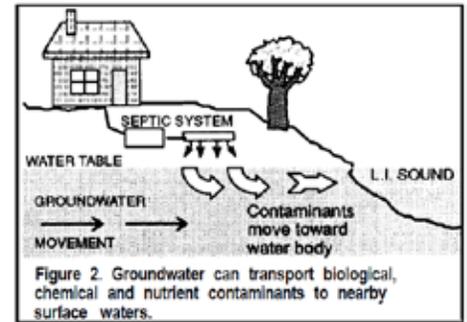
and only if, they are designed properly, situated in areas that allow proper operation, used only for the purposes for which they were designed, and given periodic maintenance. Even a properly operating system will discharge nutrients (phosphates and nitrates) and some bacteria or viruses to the groundwater. An improperly maintained or failing system will discharge even more contaminants to the groundwater.

Domestic wastewater can contain bacteria and viruses that cause dysentery, hepatitis, and typhoid fever. Infectious diseases are spread by mosquitoes and flies that breed where wastewater reaches the surface. To protect public health, it is important to minimize the amount of these organisms that reach surface or groundwater. Fortunately, soil and soil bacteria can effectively remove most pathogens (disease--causing microorganisms) from wastewater treated in a properly functioning septic system.

When nutrients such as nitrogen and phosphorus are discharged from septic systems into the groundwater, they contaminate drinking water supplies, and also represent a significant nonpoint source of pollution to ponds, streams, and the Sound. The connection between ground and surface water pollution is closely linked since the base flow of streams draining to Long Island Sound comes primarily from groundwater contributions. (See Figure 2).

In freshwater systems, phosphorus causes excessive aquatic weed growth that can limit the uses of ponds and lakes. In the Sound, nitrogen fuels massive algae blooms, which in turn die, using up oxygen as they decompose. This causes hypoxia, a loss of oxygen in the bottom waters, which has serious ecological implications for Long Island Sound.

Infectious diseases and nutrients are not the only concern. The improper use of septic systems has been shown to contribute to contamination of groundwater by toxic chemicals. Contaminants that enter groundwater through septic systems include heavy metals and toxic chemicals from small



commercial establishments, toxic household products, and organic chemicals typically found in septic tank cleaning products. Given that over 50 percent of all drinking water used in the United States is groundwater, improper use and failure of septic systems should not be taken lightly.

In order to improve the level of wastewater treatment and minimize the amount of disease organisms, nutrients, and chemicals that enter ground and surface waters, you should make sure your system is in proper working order, follow simple maintenance procedures, and conserve water.

## Signs Of Septic System Failure

- Slow drainage or sewage backup in drains or toilets.
- Septage breaking out onto the surface
- Excessive lush grass growth in the system area, even during dry weather.
- Unpleasant odors around your home.
- Excessive growth of aquatic weeds or algae in lakes or ponds adjacent to your home.

### What You Can Do

Maintenance is the most important factor that determines the length of time a septic system will function properly. Too often homeowners forget that whatever goes down the drain or toilet ultimately finds its way into the soil (and possibly the groundwater) or remains in the septic tank until it is pumped out. The following maintenance practices will help keep your system functioning well and minimize its impact on the environment.

**Pump out your septic tank.** When a system is poorly maintained (not pumped out on a regular basis), solids build up in

*Continued on page 32*

## Septic System Fact Sheet...continued from page 31

the septic tank, then flow into the leaching system, clogging it beyond repair. Since it may cost \$10,000 or more to replace a septic system, having a reputable contractor pump out your septic tank every 3 years is well worth the price. Maintain records of system maintenance and know the location of the system's components.

### Watch what you put down the drain.

The use of a garbage grinder will add 50 percent more solids to the system, and result in the need for more frequent pumping of the tank. Don't put grease or cooking oil down the drain – it congeals and can clog your pipes, septic tank, and leaching system. Dispose of unwanted household chemicals properly - do not pour them down the drain where they can contaminate groundwater; save them for the next household hazardous waste collection day. The less you put into the system, the longer it will function properly.

**Avoid Additives.** There is no scientific evidence demonstrating the effectiveness of any additive. Products marketed for this

purpose do not improve the performance of the septic tank, nor do they reduce the need for routine maintenance. Organic chemicals, such as chloroform and trichloroethylene, are typically found in septic tank cleaning products. Some of these chemicals are suspected of causing cancer, and they are generally ineffective as septic tank cleaners.

**Conserve Water.** Conserving water by installing low flow fixtures and by adopting more conservative water use practices can extend the life of the system, delay the need for repair, and lessen the likelihood of contaminating surface and groundwater. Distribute laundry chores throughout the week to avoid overloading the system on any given day. Don't connect downspouts from roofs or basement sumps to the system; in heavy rain they will quickly overload its capacity. Make sure such drainage is diverted away from the leaching system area. Minimizing water usage during periods of heavy rainfall will reduce the potential for system malfunction. Repair leaky faucets and

running toilets.

The Long Island Sound Study (LISS) is a research and management project that began in 1985 as part of the National Estuary Program, (Clean Water Act addition) created to protect estuaries of national importance. The LISS is a cooperative effort involving research institutions, regulatory agencies, marine user groups, and other concerned organizations. The purpose of the Study is to produce a management plan for the Sound administered by the 3 major LISS partners: the Environmental Protection Agency, Connecticut, and New York.

To learn more about the Study, contact the New York Sea Grant Extension Program, SUNY at Stony Brook, NY; <http://www.seagrant.sunysb.edu/> or the Connecticut Sea Grant Marine Advisory Program: UConn Avery Point, Groton CT; <http://seagrant.uconn.edu/about/education.php>

## campaign for bully-free communities

Council of Business Partners at



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Donny Marshall | Elizabeth Shulman, LMFT | iCRV Radio

## help make middlesex county a bully-free community

STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

*Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County at 860-347-0025 or go to [bullyfree.MiddlesexCountyCF.org](http://bullyfree.MiddlesexCountyCF.org).*

STAND TOGETHER FOR CHANGE.  
TAKE THE PLEDGE.

# Social Services

## Employment Workshops and Job Fair

We are continuing to bring employment help to those in our community that are unemployed or underemployed and need help with resources, networking, resume writing, job search, application, interviewing and training opportunities with CT Works, and they are CT Workforce Alliance from the New Haven office. Coming here on the last Monday of each month to the Acton Library in Old Saybrook.

We are also happy to announce that a Job Fair is being organized for Wednesday, October 28th from 9am – 2pm in Westbrook Town Hall, where both employers with available jobs and employment resource help from CT Works and other programs will be available to residents seeking employment.

The schedule of our Employment Workshops and Job Fair are:

October 26, 10:15am – 12 noon,

Acton Library, Old Saybrook, with CT WORKS

October 28, 9am – 2pm, JOB FAIR,

Westbrook Town Hall, with CT WORKS

November 30, 10:15am – 12 noon,

Acton Library, Old Saybrook, with CT WORKS

December 28, 10:15 – 12 noon,

Acton Library, Old Saybrook, with CT WORKS

For more information or to register, please call Susan Consoli, MA, LPC, Social Services Coordinator, 860-395-3188 or by email at [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov)

## Social Services Help Days

AHCT Health Insurance Open Enrollment! DSS Mobile Office, SNAP, HUSKY, MSP

## CT Food Bank Truck

This fall we will be having Social Services Help Days at Grace Church Hall, 336 Main Street in Old Saybrook with the DSS Bus coming down from Hartford as well as sponsoring Access Health on site to provide health care enrollments. CT Food Bank will also be coming here between 1:30 and 2:30 with their mobile pantry truck to provide food. The Old Saybrook dates are:

October 22, Grace Church, 10am – 3pm

November, Thanksgiving food provided by OSPD and YFS, please call for date

December 29, Grace Church, 10am – 3pm

Social Services Help Day is also being hosted in Clinton and Old Saybrook residents are welcome at Clinton Town Hall annex building on the first Mondays of the month. The CT Food Bank truck stops there at 12 – 1pm. Dates are:

October 5, Clinton Town Hall Annex, 10am – 3pm

November 2, Clinton Town Hall Annex, 10am – 3pm

December 7, Clinton Town Hall Annex, 10am – 3pm

Appointments should be made for both the DSS bus for state application processing and for the AHCT Health Insurance

Enrolments so that you may have proper documentation with you to process your application that day but Walk-ins are also welcome. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov)

**APPLY FOR ENERGY ASSISTANCE** Wednesday, October 7  
Town Hall, 9am-2pm

If you need help with fuel expenses you may qualify for this program. If you fall under the following income guidelines you may be able to apply for help:

Household size 1, under \$33,132

Household size 2, under \$43,327

Household Size 3, under \$53,521

Household size 4, under \$63,716

Household size 5, under \$73,910

Household Size 6, under \$84,105

There is an asset limit of \$10,000 for homeowners and \$7,000 for renters after which assets are added to income for total income qualification. Residents must fall below the income/asset limits to apply.

*continued on page 34*

## Shoreline Overhead Door

**\$1,900**



## Fall Special!

Prepare for Fall and Winter - Call today for your Door Tune up Special

### 2 Single 9' x 7' Garage Doors

2-1/2 hp Electric Openers, Well Insulated Steel Doors (R 13.45)

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Wireless Keypads, Wall Button & Photo Safety Eyes

Included in Price: \$1,900.

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860-669-3555 860-434-1179 860-395-5544

[Shorelinedoor@sbcglobal.net](mailto:Shorelinedoor@sbcglobal.net)

## Social Services...continued from page 33

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

Help is available for all types of heat. The program has tiered levels of help depending on income and family size and the amounts awarded will help families struggling with high heating costs keep warm this winter. This program begins on November 15, 2015 for fuel assistance and will run through March of 2016 but applicants should apply as early as possible in the heating season. Program representatives from CRT will be here in Old Saybrook at the Town Hall on October 7, 2015 to take applications for the start of this year's heating season. Appointments need to be scheduled in advance and information on what documentation you should bring will be provided.

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

### **Making Quality Connections with People with Dementia**

This program will review how dementia impacts communication skills and provide practical tips to communicate effectively with people with Alzheimer's disease and other types of dementia. It will also address possible behavioral challenges and strategies that work. It will provide examples of things to say and things not to say when working with people with dementia. The program will focus on opportunities to create moments of joy in our

interactions with our family members and friends with dementia.

- Monday, October 19 - 6:30 p.m. to 7:30 p.m. at Acton Library

### **Dementia Care and Caregiver Tips and Strategies**

This program is designed to provide strategies, resources, and support for four key areas of dementia care. We will explore effective personal care strategies when caring for our loved ones with Alzheimer's disease and other types of dementia, e.g., bathing, dressing, toileting. We will provide important safety considerations. The session will include a summary of community resources, including resource lists and programs that can help to pay for care, including respite care. Lastly, we will address the importance of keeping the caregiver healthy and ways to stay healthy while caring for our loved ones with dementia.

- Tuesday, November 17 - 6:30 p.m. to 7:30 p.m. at Acton Library

### **Celebrating the Holidays with People with Dementia**

This program will explore ways for family and friends to keep connected with people with dementia over the holidays. We will discuss the importance of familiarizing others with our loved one's current abilities and challenges. The session will review ways to adjust our holiday expectations, involve the person with dementia in our preparations, and adapt our holiday traditions and gift giving. We'll provide some tips for effective holiday visits and provide some special considerations when the person with dementia lives in a care facility.

Maria Tomasetti, South Central Regional Director Alzheimer's Association, CT Chapter, Tina Belmont, RN, VNA, Town Nurse and Susan Consoli, MA, LPC, Social Services Coordinator, presenters, to register contact:

860-395-3188 or [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov)

### **H.E.A.T. Annual Spaghetti Dinner October 22nd 4pm - 7pm Fireman's Field**

H.E.A.T. is hosting its annual Spaghetti Dinner on October 22, 2015 to kick off another season of raising funds to assist Old Saybrook residents stay warm this winter. The Spaghetti Dinner is at Fireman's Field from 4:00 p.m. to 7:00 p.m. - Donation \$10 for adults. Children with adults are free.

Last winter, H.E.A.T. funds, facilitated by Old Saybrook Social Services, provided emergency heating assistance to nearly 60 households in crisis, and provided assistance to prevent discontinuances in electrical service for another dozen households due to heating costs.

Tickets for the Spaghetti Dinner will be available at the customer service desk in Stop & Shop and at the door on October 22, 2015.

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to  
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# 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, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
Elaine Seaforth, Administrative Clerk		Elaine.Seaforth@OldSaybrookCT.gov
Lisa Carver, Finance Director	395-3127	Lisa.Carver@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

## ACCOUNTING

Sharon Migliaccio, Accounting Supervisor	395-3132	Sharon.Migliaccio@OldSaybrookCT.gov
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## ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Rick Pine, Assistant to Assessor		Rick.Pine@OldSaybrookCT.gov

## BUILDING DEPARTMENT

Don Lucas, Building Official	395-3130	Don.Lucas@OldSaybrookCT.gov
Kathleen Marshall, Administrative Secretary		Kathleen.Marshall@OldSaybrookCT.gov

## ECONOMIC DEVELOPMENT

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

Donn Dobson, Fire Marshal	395-3133	Donn.Dobson@OldSaybrookCT.gov
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## LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Sandy Prisloe, Environmental Planner & GIS		Sandy.Prisloe@OldSaybrookCT.gov

## PARKS AND RECREATION

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

## PUBLIC WORKS

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

Carol Conklin	395-3134	Registrar@OldSaybrookCT.gov
Joan Broadhurst		Registrar@OldSaybrookCT.gov

## TAX COLLECTOR

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

## TOWN CLERK

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

## TREASURER

Robert Fish	395-3070	Robert.Fish@OldSaybrookCT.gov
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## WATER POLLUTION CONTROL AUTHORITY

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

## OTHER TOWN DEPARTMENTS

### Acton Public Library - 60 Old Boston Post Road

Michele Van Epps, Director	395-3184	mvanepss@actonlibrary.org
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### Police Department - 6 Custom Drive

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

### Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate	510-5028	
----------------------------------	----------	--

### Social Services - 322 Main Street

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

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

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

[www.OldSaybrookCT.org](http://www.OldSaybrookCT.org)

## Amniotic Tissue for the Eye

Patients with corneal issues often suffer with long term eye irritations, such as dryness, infections, degenerations or related systemic disorders. These are special patients where no other forms of ocular medications or other treatments have completely worked. Prokera Amniotic Tissue, a therapeutic device, is used at Middlesex Eye Physicians, for our chronic patients, to aide in reducing the inflammation, leading to quicker healing, less pain, less scarring caused by underlying eye disease. The properties that are within the amniotic tissue allow for the rapid control of this inflammation. Much like the protection of a bandage, the biologic tissue covers the area like a contact lens and stays within the eye until the cornea recovers, usually a period of 5-7 days. Many patients see an improvement shortly after its insertion and state they feel and see better. Prokera is approved by the FDA as a safe and effective therapeutic device for the cornea. Prokera is made by clipping amniotic membrane tissue placed between a ring that is placed over a patient's cornea either in the office or in the operating room depending on the severity of your corneal issues. Only your eye physician can determine the need for Prokera.

Dr. Peter Shriver, Ophthalmologist

Middlesex Eye Physicians, Offices in Westbrook & Middletown

## Essex Printing Wins 2015 Award of Excellence

For the past 3 years Essex Printing has been honored to be a multiple award winner for its quality of printing from the Print Industry of America (PIA) and the Print Industry of New England (PINE).

In 2014 Essex Printing received the highest award from PIA the "International Bennie Award". Winners are considered "The Best of the Best" in the printing industry.

Bill McMinn from Essex Printing and Gary Parrington from Lyme Art Association are shown in photo with Lyme Art Association "Incredible India Invitation". The invitation was recognized by PINE and awarded the 2015 Pinnacle Award for its exceptional use of design, print and use of paper to create a bright and lively invite. The Pinnacle Award is given to the most outstanding entry in its category. Given the high standard the entries must be flawless to win.



## How to Get Noticed

By the time we reach our 40's many of us find ourselves applying more than one product to get the desired results that used to come for free when we were in our 20's. In order to get the best results from your anti-aging products, they should be applied in a specific order.

Cleansing is an important first step. You should be using a cleanser that is specifically designed for your face and not any old thing that you have in the shower. Some cleansers that contain ingredients like glycolic and salicylic acids might be too harsh for over 40 skin.

If you use a good facial cleanser, you should not need a toner. And when it comes to drying, please put down the hand towel. Reach for a tissue and pat your skin dry.

By the age of 40 all women should incorporate a serum into their daily routine. Moisturizing is essential for hydration, but a serum can help repair damage. My personal favorites are serums that contain growth factors.

You should wait for a few minutes for your serums to dry before applying a moisturizer. So use that time to do something - brush

your teeth, dry your hair. Just something so you won't notice the time. If you're new to layering products, it will make your new routine much easier.

Your next step is a sunscreen. This is the most important step and is often neglected. You should be in the habit of wearing a separate sunscreen every day, not only in the summer months.

Many women seek out moisturizers that have an SPF and think that they have adequate protection from harmful UV rays. While this is a good first line of defense, it is not enough protection. You should be using a separate sunscreen that contains either Zinc or Titanium Dioxide for maximum protection.

Aging is a complex process and one product or procedure rarely gives the desired result. Most skin rejuvenation plans include more than one topical treatment and tightening or volumizing procedures to enhance the results. Start making a plan now! Call for a free consultation.

Susan O'Malley, M.D.  
Sonas Med Spa

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## Beat Parkinson's Today

Local Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Beat PD Today has classes for people of all ages and all stages of the disease. BeatPD Today is a program developed through personal trial and error by Michelle Hespeler, who said: "these classes were born out of the desire to offer People with Parkinson's a way to feel better - both physically, and emotionally. We've found that, in addition to the endorphins that are generated, the results are incredibly positive. As a person with Parkinson's, I can attest to that personally. Exercise has made a huge difference for me" The Beat PD Today program is an affordable exercise class based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease. Every workout is scalable to each individual within the group class. The Beat PD Today program focuses on full functional body movements that we use in everyday life. Our sessions use a variety of basic equipment such as ropes, TRX, kettle bells, BOSUs, weights and medicine balls. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form - all in an encouraging group setting.

Please register by phone/text, 860.463.3747, email at [info@beatpdtoday.com](mailto:info@beatpdtoday.com), or website [www.beatpdtoday.com](http://www.beatpdtoday.com).



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# MIRA

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## Single-Stream Recycling Guide



### ***DO RECYCLE:***



Cardboard, newspapers & inserts, magazines, junk mail, catalogs, white & colored paper, shoe boxes, computer paper, cereal boxes



All #1-#2 plastic containers under 3 gallons (no caps)



Aluminum, steel, tin & food trays, foil & cans



Plastic beverage & food containers #3-#7 up to 3 liters



Milk & juice cartons, juice boxes



Glass food & beverage jars, bottles & jugs



Large plastic items such as toys, recycling bins, coolers, baskets, containers & buckets



### ***DO NOT RECYCLE:***



Plastic bags, black plastics



Propane tanks



Metal, glass & ceramic pots & pans, scrap metal



Batteries or electronics



Motor oil, paint, antifreeze, or any other hazardous material containers



Windows, light bulbs, drinking glasses or mirrors



Learn more at [www.ctmira.org](http://www.ctmira.org)



# NEW RECYCLING GUIDE

For those who have been using the single stream recycling at the Old Saybrook Transfer Station, see the below guide for new acceptable items. For residents who would like to learn how to use single stream recycling, a Transfer Station attendant will assist you.

*Larry Bonin, Director of Public Works*

- ✓ Corrugated cardboard and chipboard (cereal boxes, shoe boxes, pasta boxes)  
Remove and place in trash liners from cereal boxes and windows from pasta boxes.
- ✓ Newspapers, magazines, bills, junk mail, computer paper, printouts
- ✓ Aluminum and steel cans (up to 3 gallons) and aerosol cans  
**NO PAINT, PESTICIDES OR OTHER HAZARDOUS WASTES.**
- ✓ No. 1 and No. 2 plastic laundry product containers  
Up to three liters
- ✓ ALL plastic food and beverage containers!  
**NOTHING made of black plastic, no Styrofoam or other foam plastics and no plastic bags, please.**
- ✓ Juice boxes and milk or juice cartons  
Rinse and remove caps and straws.
- ✓ Large rigid plastic items – toys, buckets, coolers and more!
- ✓ Glass food and drink jars and bottles  
Rinsed and unbroken; labels okay, discard caps (lids are okay).
- ✗ **Please, no plastic grocery bags or plastic garbage bags.**

**To find out more, visit [www.ctmira.org](http://www.ctmira.org).**

# Old Saybrook Garden Club

## Summer Happenings - 2015

The summer is winding down, but the beauty of the gardens along the main thoroughfares of Old Saybrook continue to bloom and delight thanks to the members of the Constitution Garden Committee and the businesses who participate in the Old Saybrook Garden Club's Street Gardens Recognition Program.

Constitution Garden greets residents and visitors alike each summer and fall in front of Saybrook Country Barn at the intersection of Main Street and Boston Post Road. Each year, Susan Vitro and her committee create and maintain the garden that was a gift from the club to the town in 1995.



Chaired by Paula Luby, the Street Gardens Recognition Program's committee members invite past participants as well as new businesses to plant a "street garden." The

garden styles include in-ground flower beds, window boxes, hanging or standing

containers, or plantings placed around a tree visible from the street as residents and visitors pass by. More than 70 businesses along Main Street, Middlesex Turnpike and the Boston Post Road planted and maintained beautiful displays. Thirteen businesses with exceptional displays won special recognition by the Old Saybrook Garden Club as judged by club members. They include: Best New Business – Mirsina's and The Kate, Best In-Ground Garden – Cloud Nine and Pak-It of Southeastern Connecticut, Best Window Boxes – Saybrook Country Barn and Total Design Source, Best Tree Garden – Southern Exposure and Sweet Luna's, Best Containers – Berkshire Hathaway and Harris Outdoors, Best Ongoing Garden – Esty's, Lighthouse Home Health Care, and Saybrook Family Dental Care. Photographs of all participants' gardens are on display at Acton Library.

Prospective members are welcome to learn more about the Old Saybrook Garden Club and its activities. For more information, please call 860-395-1268.

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### The Cedar Chest II

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2 Liesl Lane (Rt 1), Branford, CT  
203-488-9425

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### The Cedar Chest III

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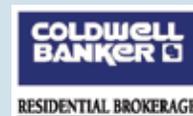
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## Wines of Spain

Spain produces great quality wines in many different styles. They grow up to 600 different varieties in this region, however most vineyards only plant about 20 or so. We will highlight the most popular varieties that will make shopping for a Spanish wine an easy and pleasant experience.

Spain is well known for its lovely white wine varieties. One of the most popular and widely known varieties in Spain is Albarino. It is a dry crisp white that perfectly complements any seafood dish, salad and light hors d'oeuvre. Another widely known grape is Verdejo which is a softer style white with a dry, round finish that complements grilled chicken and other slightly richer dishes. Viura, also known as Macabeo is one of the key grapes in Cava, which is the most popular sparkling wine in Spain.

There are many red grapes grown in Spain, of which the most sought after are Tempranillo, Garnacha and Monastrell. Tempranillo is a very versatile grape, and most notably grown in Rioja, although it is grown all over the country. This variety seems to really take on the soil make-up, and can be made into a completely different tasting wine dependant on the region where it is grown. In Rioja for example, Tempranillo is blended with other varieties and tends to be bold and full flavored with a dry finish, while in other regions it can be light and less dry. Garnacha is a more fruit-driven wine that has a little spice to it, which pairs beautifully with barbeque and grilled meats. Monastrell, also known as Mourvedre, is a full, fruit forward wine with great balance and a softer finish. This wine can accompany almost any dish and is a wonderful crowd pleaser. These are just a few examples of the amazing varieties grown in Spain. Whether you need a white for seafood, a robust full flavored red for a hearty steak, or a great sparkling Cava for a celebration, head over to the Spanish section and explore the amazing selections they have to offer!

Art Lipuma, General Manager, SeaSide Wine & Spirits

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# PROVEN LEADERSHIP FOR OLD SAYBROOK

## CARL FORTUNA FIRST SELECTMAN

### ACCOMPLISHMENTS AS FIRST SELECTMAN:

- » Managed town budget surpluses by controlling spending and promoting responsible development.
- » Controlled health care expenditures for all town employees by negotiating market based high deductible health plans.
- » Secured the 1000 acre Preserve to ensure quality of life for current and future residents.
- » Tackled long overdue projects including middle school roof, Goodwin school windows, and a new public safety facility.

### PLANNING FOR THE FUTURE:

- » Improvement of infrastructure on North Main Street and at our train station.
- » Redevelopment of Route 1 East, aka, "Mariners Way".
- » Sound financial planning has led to low growth budgets.



The team of **CARL FORTUNA**,  
**SCOTT GIEGERICH**, and  
**ROBERT FISH** will keep Old Saybrook  
moving in the right direction.



The challenges facing Old Saybrook require engaged leadership. We pledge to work with you, the citizens, to better our community without concern for party affiliation. **With your support we can continue making Old Saybrook a quality place to live, work, and raise a family.**

We ask for your continued support on **NOVEMBER 3**.  
Thank you.

Carl P. Fortuna, Jr., First Selectman  
Scott Giegerich, Selectman  
Robert Fish, Treasurer

 **Fortuna Giegerich Fish 2015**

Paid for by Fortuna Giegerich Fish 2015, Jason Becker, Treasurer. Approved by Carl Fortuna, Scott Giegerich, & Robert Fish.

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Diane Adam 860-304-9164



**Old Saybrook:** Stunning, Contemporary Waterfront with beautiful CT River views! Open floor design with gorgeous new kitchen and renovated Master. \$649,900  
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**Old Saybrook:** Delightful Townhouse in North Cove Landing! Spacious, bright rooms, cook's kitchen & LR with fireplace. Close to town. Amenities galore. \$639,000  
Susan Malton 860-227-0117



**Old Saybrook:** Gracious, 3BR Cape Cod at Knollwood Beach. Spacious, open floor concept & remodeled kitchen. Gleaming HWs and colorful flower gardens. \$615,900  
Susan Malton 860-227-0117



**Old Saybrook:** Spacious 4BR, 3.5BA in sought after location. Expansive 2007 addition. Stunning great room, gleaming hardwoods. Outstanding curb appeal! \$575,000  
Kerry McCarthy 860-227-8047



**Old Saybrook:** Beautifully renovated, Ranch-style residence. Year-round water views; fabulous open floor design. Pretty patio and manicured gardens. \$524,900  
Bill Sage 860-227-1905



**Old Saybrook:** New England charm abounds from this delightful Cape in desirable Knollwood Beach. Light-filled rooms, wood beams & park-like patio. \$484,900  
Susan Malton 860-227-0117



**Old Saybrook:** Stylish, renovated Cape on 4+ acres bordering the Preserve. Complete privacy, yet conveniently located. Delightful fir plan & new Master. \$449,000  
Maddy Mattson 860-575-4344  
Winnie Gencarella 860-455-6021



**Old Saybrook:** Peaceful waterfront home on Chalker's Mill Pond. Gorgeous views, expansive deck & separate barn/garage. Beautifully maintained & updated. \$425,000  
Jodi Strycharz 860-884-3011



**Old Saybrook:** Enchanting, year-round or weekend retreat! Lovely Cape with hardwoods throughout. Short stroll to Association beach, dock and clubhouse. \$410,000  
Bill Sage 860-227-1905



**Westbrook:** Bright, spacious, move-in ready Cape. Large, open concept and newly updated kitchen. First-floor Master & endless LL possibilities. \$385,000  
Katherine Luby 203-631-4504



**Westbrook:** Private, picturesque setting enhances this warm Ranch-style residence with detached in-law cottage. Convenient to commuter routes & beaches. \$319,500  
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## Old Saybrook Town Nurse – Flu Shot Is the Best Defense against the Flu



Old Saybrook's VNASC Town Nurse Tina Belmont, RN reminds us that the best way to protect ourselves against influenza is to get a flu vaccination. Influenza (flu) is a contagious respiratory illness caused by flu viruses. In most cases, patients recover from the flu within

two weeks. Sometimes the flu can trigger complications, including pneumonia, bronchitis, and ear or sinus infections. Among the groups most prone to these attendant complications are children under the age of two, adults age 65 or older, and people whose immune systems are compromised by other health conditions. Anyone with a chronic illness such as asthma, diabetes or heart disease is also at higher risk of developing flu-related complications.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get immunized against the flu. Timing is an important consideration, because it typically takes about two weeks for your immune system to develop antibodies that will protect you against flu virus during the 2015-2016 flu season. For most people, immunity provided by flu shots will last through the spring.

However, Tina adds, "Because our immune systems tend to weaken as we age, it is especially important that older people get immunized before the peak flu months, December through February." The new flu vaccine provides protection against strains of H1N1, H3N2 and B influenza viruses which the CDC has determined are most likely to circulate this fall and winter.

The Visiting Nurse Association of Southeastern Connecticut is a nonprofit organization offering full-service home healthcare. VNASC and its affiliates have provided home healthcare to the communities of southeastern Connecticut for more than 100 years.

For more information on VNASC services or clinics, call 860-444-1111 or visit [www.vnasc.org](http://www.vnasc.org)

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15 Smiths Neck Road, Old Lyme  
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39 Smiths Neck Road, Old Lyme  
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## Fall activities with OSLT



*This year's kayak paddle was on the Oyster River. Bob Lorenz took this photo of the group from our newest property which fronts on the Oyster River.*

It was a busy summer full of Old Saybrook Land Trust events including everything from kayak paddles to a tour of Plum Island to a beer tasting fundraiser. We invite you to join us for an equally busy fall.

The annual OSLT Thanksgiving Weekend Hike will take place in the Preserve Saturday, Nov. 28, 1 to 3 pm. Chris Cryder will lead the hike and provide an update on the status of trails and other Preserve activities. Visit [oslt.org](http://oslt.org) for details as they become available.

Our Stewardship Committee heads out at 8:30 am on the third Saturday of each month to take care of our properties. In recent months, we worked to clear knotweed from land behind the Middlesex Primary Care facility on Main Street (the old CVS) and installed a bench there. Stop by to rest a spell, bird watch, or just enjoy the view.

New stewardship volunteers are always welcome; it's a fun and rewarding way to spend a Saturday morning. To see what it is all about, send an email to [oldsaybrooklandtrust@oslt.org](mailto:oldsaybrooklandtrust@oslt.org) and we will add you to our stewardship email group.

Our OAK program for kids grades K-6 is also busy all year meeting to experience the natural world through hikes, beach explores, horseshoe crab tagging, art activities and more. Information and a sign-up sheet are available on our website, [oslt.org](http://oslt.org).



Our board welcomes new members and meets on the fourth Tuesday of each month, 6:30 pm, at the Parks and Recreation building on Sheffield Street. We are excited to create opportunities in the area's newest public property, the 1,000 acre Preserve, and to develop more ways to connect the community to the town's many areas of open space.

*The OSLT group OAK for kids K-6 helps OSLT Nature Guy John Ogren tag horseshoe crabs for the Limulus Project. Find out how to join OAK activities at [oslt.org](http://oslt.org). Photo courtesy of OSLT.*

Visit our website, [oslt.org](http://oslt.org), to learn more about your local land trust, become a member, join our email list, or follow the link to our Facebook page to stay up to date on our activities throughout the year.

# Staying Warm, Staying Safe



As the beautiful, cool weather approaches, we think of comfort food on the stove, a crackling fire in the fireplace, candles burning and being cozy and warm in our homes. These are wonderful ways to enjoy the season as long as we keep the important safety reminders in mind:

- Have your furnace cleaned once a year by a licensed professional.
- Do not leave candles burning unattended.
- Change your smoke detector batteries twice a year when you change the clocks.
- Have your fireplace cleaned once a year by a licensed professional.
- Do not burn wrapping paper, garbage, pine or any type of evergreen wood in your fireplace.
- Only burn “seasoned” wood which means wood that’s been cut and split for at least one year.

- Make sure there is sufficient clearance for candles so they are not too close to blankets, drapes or loose clothing like drapery sleeves or a long bathrobe.
- Do not go to bed with a live fire in the fireplace. Be sure it is out before you leave the room.
- Keep a fire extinguisher nearby. ABC Fire extinguishers can be purchased at many local retail stores.
- If you’d like to use your fire pit, please make sure you have an approved fire pit permit from the Office of the Fire Marshal.
- If you use an electric heater, do not use the heater near curtains, blankets or loose fabric.
- Be sure your pot handles are turned inward on your stovetop to prevent accidental spills and burns.
- Do not use the oven to heat your home.

Have a wonderful and safe autumn season, and if you have any questions, please contact me at 860-395-3133 or email me at [Donn.Dobson@oldsaybrookct.gov](mailto:Donn.Dobson@oldsaybrookct.gov).

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