

# Essex events

VOLUME 20 • QUARTER 4 • 2016



DELIVERING TOWN NEWS



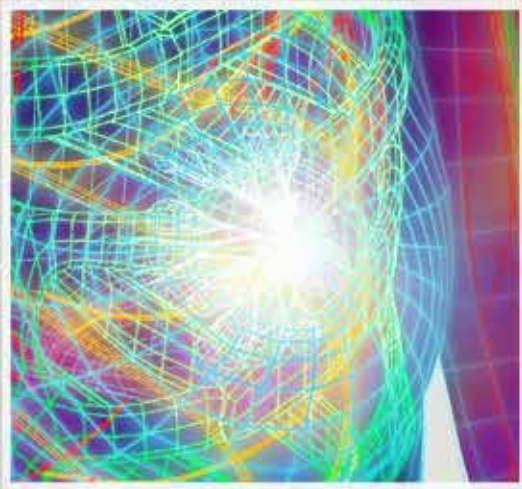
TO EVERYONE IN TOWN



# THE NEXT DIMENSION IN BREAST IMAGING

Using the Most Advanced Technology to Identify Smaller Problems Sooner

At Middlesex Hospital, our new 3D mammograms are giving radiologists the ability to see through layers of breast tissue like never before—resulting in a 40% increase in invasive breast cancer detection. And, for any issues that need a closer look, we're the first hospital in the state to offer dual-head Molecular Breast Imaging, one of the most powerful new detection tools available anywhere. Using better imaging to create better outcomes—that's *The Smarter Choice for Care*.



To learn more, visit  
[middlesexhospital.org/3D](http://middlesexhospital.org/3D)

 **MIDDLESEX**  
HOSPITAL

 **CareNetwork**  
Member

# First Selectman's Corner

Dear Friends and Neighbors,

The cool fall temperatures are settling in, the foliage has peeked, and winter is just around the corner. After the hot, dry summer we experienced this year the cooler temperatures are welcome relief. There are a lot of events happening in town this fall and winter. Please take some time to enjoy them. As always, I encourage you to support our local events, businesses and organizations.

Over the summer we completed several projects in Town as part of the \$8 million Capital Improvement Plan. The parking lot and both driveways at Essex Elementary School were repaved and new sidewalks installed along the front of the school. The offices of the Land Use Department were gutted and redesigned to improve customer service and overall departmental operations. Renovations were successfully completed and department reopened in the newly renovated offices on Monday, Oct. 17th. In addition, construction on a new four bay garage at the Public Works Department is moving along and we expect that to be completed before the winter weather arrives. The ability to provide indoor storage space for major equipment will extend the life of the equipment and improve security.

Also included in the Capital Improvement Plan is the Ivory Street Reconstruction Project. This work is underway and we anticipate the road to reopen by mid-November. The project involves grinding and reclamation of the existing pavement, and the removal of existing sidewalks and bridges. The road will be repaved, new sidewalks installed and the two Ivory Street bridges replaced.



Norm Needleman, First Selectman

I'm pleased to report that the new sidewalk project on Main Street from Essex Elementary School all the way down to Bracket Lane is complete and looks fantastic. This was achieved through a Safe Routes to School Grant recently awarded to the Town. I'd like to thank the many people involved that kept this project on schedule. In addition, we have decided to continue the sidewalk replacement on Main Street all the way down to Ivory Street and anticipate the work to be completed in the near future.

**continued on page 4**

*The finest home furnishings  
you'll forever love*

*the Shops at*  
**Saybrook  
Country Barn**

Furniture & Interior Design | 2 Main St., Old Saybrook | 860.388.0891 | saybrookcountrybarn.com

# events

**TM Ventures, LLC**  
**dba Essex Printing & Events Magazines**

18 Industrial Park Road, P.O.Box 205  
 Centerbrook, CT 06409

860-767-9087 Fax 860-767-0259  
 email: [print@essexprinting.com](mailto:print@essexprinting.com)  
[www.essexprinting.com](http://www.essexprinting.com)

**PUBLISHER**

William E. McMinn

**ART DIRECTOR**

Kathy Alsop 860-391-4372  
[kathy@eventsmagazines.com](mailto:kathy@eventsmagazines.com)

**COVER EDITOR**

AC Proctor 860-767-9087

**LAYOUT & AD DESIGN**

Lynne Hardt

**SALES REPRESENTATIVES**

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

**ESSEX • WESTBROOK • CLINTON • MADISON**  
 Ward Feirer 914-806-5500  
[wfeirer@gmail.com](mailto:wfeirer@gmail.com)

**OLD SAYBROOK • OLD LYME • EAST LYME**  
 Betty Martelle 860-333-7117  
[betty@eventsmagazines.com](mailto:betty@eventsmagazines.com)

**MONTVILLE • NEW LONDON • STONINGTON**  
 Chris Angeli 860-391-5725  
[cangeli@eventsmagazines.com](mailto:cangeli@eventsmagazines.com)

**BRANFORD • GUILFORD • WOODBRIDGE**  
 Nancy Lee Salk 203-219-3282  
[nancy@eventsmagazines.com](mailto:nancy@eventsmagazines.com)

**CHESTER • EAST HADDAM  
 EAST HAMPTON • HADDAM**  
 Sue Smith 860-885-9670  
[sue@eventsmagazines.com](mailto:sue@eventsmagazines.com)

**Cover Photo**  
 AC PROCTOR

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

**1.2 MILLION READERS  
 21 TOWNS EVERY QUARTER**

Copyright © 2016 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

## CONTENTS

First Selectman's Corner.....	1
Essex Garden Club Announces Officers for 2016-2017.....	4
First Annual Tri-Town Veteran's Day Parade .....	6
Don't Miss Your Chance to Collect a Piece of Local History! .....	8
FISH - Friends in Service Here .....	10
Friends of Essex Library.....	10
Essex Library Programs and Events .....	12
Ivoryton Library .....	13
Essex Land Trust Calendar of Events.....	14
Essex Land Trust - Being Bear Aware .....	15
Family Friendly Events at Essex Historical Society .....	17
Planning Commission Update.....	18
Winter is on its way. . . ..	19
Town Clerk's Office.....	20
Tax Assessor's Office .....	22
Essex Social Services .....	23
Department of Parks & Recreation - Who We Are .....	25
Zoning Commission is as Busy as Ever! .....	28
Regional Mental Health Awareness.....	28
Estuary Council Regional Senior Center .....	30
Visiting Nurses of the Lower Valley .....	32
Thinking about your financial plan?.....	34
Sunglasses Now or Botox Later .....	36
Valley Regional High School Crew .....	37
Chronic Dry Eyes.....	37
Eastern Connecticut Ballet's The Nutcracker .....	38
Ivoryton Playhouse .....	40

*Want to reach every  
home & business in town?*

**Call Ward Feirer at  
914-806-5500**





William  
Pitt

Sotheby's  
INTERNATIONAL REALTY

## The Secrets to Staging

Highlighting a residence's most positive attributes through the power of home staging is an essential step in the home selling process. Whether it involves reorganizing, adding new furniture and decorations, or even making repairs and renovations, staging can make a powerful impression on a prospective buyer.

Here are some basic guidelines to help you get started.



1

### Boost Curb Appeal

Make a strong first impression with your home's exterior and lawn.



2

### Clear Away Clutter

Showcase your home's true potential by clearing out unneeded items.

3

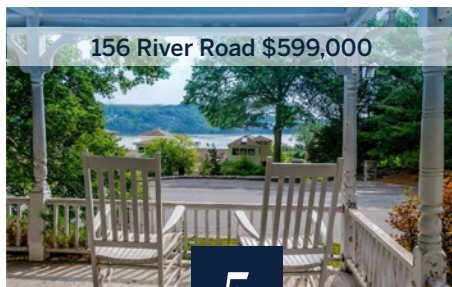
### Let There Be Light

Adding brightness to a room by eliminating drapery goes a long way.

4

### De-Personalize

Limiting personal items while retaining a warm environment allows buyers to imagine adding their own personality.



5

### Present a Lifestyle

Capture the essence of being "lived in" by presenting a relatable, authentic environment.

OLD LYME BROKERAGE | 103 HALLS ROAD | 860.434.2400 | ESSEX BROKERAGE | 13 MAIN STREET | 860.767.7488

Each Office is Independently Owned and Operated. Equal Housing Opportunity.

**FIRST SELECTMAN'S CORNER... continued from page 1**

The Plan of Conservation and Development, which is updated every ten years, has been completed. In this update, the focus has been on development and redevelopment in the three Village commercial areas while safeguarding the unique characteristics of the Town. Thank you to all involved in this process and we look forward to working more cohesively among the Planning, Zoning, and Economic Development Commissions.

This summer was the warmest on record for Connecticut and precipitation along our coastal towns was 4.5 inches below normal. The utility companies across the state are encouraging residents to continue to conserve water to lessen

the impact on our natural resources. Please go to [www.ctwater.com](http://www.ctwater.com) for tips on water conservation.

Lastly, I'd like to extend my sincere gratitude to all the residents in Town that give their time so generously and passionately while serving the community we cherish. So many of our successes are as a result of volunteers who serve tirelessly on Town Boards and Commissions, join the Volunteer Fire Department or Ambulance Service, lend a hand to care for plantings along roadways, participate in our parade coordination (whether on land or water), and more. We couldn't do it without you!

All the Best, Norm Needleman

**Essex Garden Club Announces Officers for 2016-2017**

Officers for the Essex Garden Club for 2016-2017 are Barbara Burgess, President, Augie Pampel, 1st Vice President, Barbara Muhlfelder, 2nd Vice President and Assistant Treasurer, Betsy Godsmann, Recording Secretary, Judy Greene,

Corresponding Secretary, and Patricia Mather, Treasurer.

In Barbara Burgess's opening remarks, at the September meeting, she described the club's agenda and activities for the upcoming

year ahead and introduced the theme for the year, "Partnering for Success." She shared how The Essex Garden Club has partnered with the Land Trust in sponsoring a conservation program, this

continued on page 6



**JENNIFER & JANE ASSOCIATES**  
*Essex Brokerage*  
 2015 Sales of \$45,996,500  
 #1 Team Companywide 2013, 2014, 2015  
 #1 Dollar Volume Closed 2015 in all of  
 Middlesex and New London Counties  
 Licensed in Connecticut and Rhode Island



**Jennifer Caulfield**  
860.388.7710  
**Jane Pfeffer**  
860.227.6634  
[jenniferandjane@wpsir.com](mailto:jenniferandjane@wpsir.com)

**Experience The Value Of Partnership**



**INTRODUCING!**

**120 River Road, Essex**  
*On one of the highest summits in Essex, this extraordinary European designed home sits on over ten private acres. mls N10155762 Offered at \$1,800,000*



**INTRODUCING!**

**1 River Road, Essex**  
*This beautiful residence underwent a carefully designed renovation and expansion in 2005. mls N10156846 Offered at \$495,000*



**NEWLY PRICED**

**16 New City Street, Essex**  
*This village Victorian has been thoughtfully renovated and substantially enlarged to provide for carefree one floor living. mls N10155762 Offered at \$840,000*



**NEWLY PRICED**

**18 Lookout Hill Road, Essex**  
*Sited on a beautifully landscaped lot on a quiet cul-de-sac close to the Village of Essex with views of the Connecticut River. mls N10139685 Offered at \$790,000*



**NEWLY PRICED**

**173 Essex Street, Deep River**  
*Overlooking Pratt and Post Coves out to Money Creek and the CT River, this direct waterfront home was built by Yankee Barn. mls N10147758 Offered at \$775,000*



**SOLD**

**1 Spinnaker Lane, Essex**  
*Each and every aspect of this elegant property has been thoughtfully renovated to incorporate all ingredients of today's lifestyle. Simply stunning! mls N10109897 Offered at \$2,150,000*

ESSEX BROKERAGE | 13 Main Street | 860.767.7488 | OLD LYME BROKERAGE | 103 Halls Road | 860.434.2400

Each Office is Independently Owned and Operated. Equal Housing Opportunity.

[williampitt.com](http://williampitt.com)  
\*According to YTD Traradatum Stats



# Personal Attention, Beautiful Results

*Look younger without surgery!*



Botox • Voluma • Juvederm  
Laser • Skin Tightening  
Skin Care Products

**FREE CONSULTATION**

Dr. O'Malley offers a unique approach to beauty. She treats your face as her own in a discreet, caring atmosphere.



Dr. Susan O'Malley



869 Boston Post Road, Madison 203-245-2227 madisonmedspa.com

## *What you can expect from us...*



We've been insuring families and businesses for generations. Over the years, we've earned the reputation for providing:

- prompt, courteous service with a caring attitude
- innovative insurance products designed with your needs and budget in mind
- choices of insurance companies, payment options and coverages selected just for you

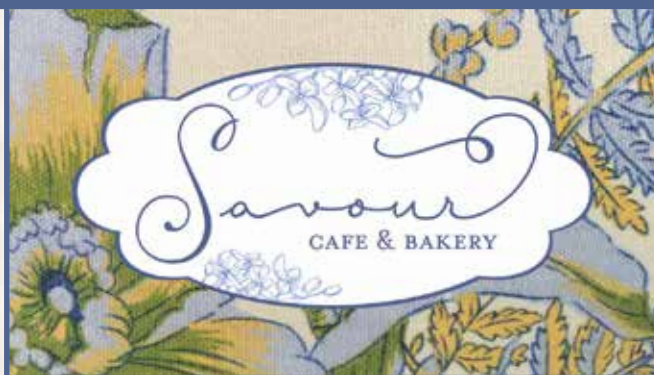
*Why not give us a call to see how we can help you?  
As always, we'll place your needs before ours!*

190 East High Street  
East Hampton, CT 06424  
860-267-7889

46 Plains Road, Unit 31  
Essex, CT 06426  
860-767-0084



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



**NOW OPEN**

- ✦ Serving Handcrafted Sandwiches ✦ Soups Salads and other Specialties ✦
- ✦ French Inspired Pastries, Cakes and Desserts ✦
- ✦ Offering Fresh Gourmet Prepared Food for Take Home ✦
- ✦ Breakfast, Lunch, Late Day Tea and Coffee ✦

**Open:** Monday – Friday 7:00am – 7:00pm ✦ Saturday – Sunday 8:00am – 2:00pm

90 Main Street ✦ Spencer's Corner ✦ Centerbrook, CT 06409

**860-662-4438 ✦ [thesavourcafe.com](http://thesavourcafe.com)**



From left to right: Pat Mather, Betsy Godsman, Augie Pampel, Barbara Burgess, Barbara Muhlfelder, Judy Greene.

year on the topic of Native Pollinators. In addition, the Essex Garden club provides resources to the libraries and schools to partner in educating both adults and children in our community.

For many years the Club has partnered with the Town of Essex to keep our parks and community looking beautiful. These strong partnerships continue benefiting both our organizations and the community.

## First Annual Tri-Town Veteran's Day Parade

Please bring your families and join us for the First Annual Tri-Town Veteran's Day Parade. It will be Saturday, November 5, 2016 from 1:00 pm-3:00 pm.

### THE PARADE ROUTE:

The parade will begin at Devitt's Field and end at Memorial Green, Deep River, CT

### TRANSPORT VEHICLES:

Veterans who cannot march will be provided vehicles for transportation.

### DRESS CODE:

Please wear your uniform or khaki pants, white shirt or a shirt with your armed forces emblem.

### SPONSORED BY:

American Legion Post 97 and the Town of Deep River, CT. Call Jane (Deuse) Cable (USN 1968-1971) at 860-204-9473, text 602-622-5946 or email cable\_jane@yahoo.com for any questions, if you would like to help in any way or if you will need a transport vehicle during the parade. More information to follow through radio, newspaper, flyers and posters.



# WRIGHT'S

Now serving lunch  
Monday-Friday 11:30-2:30pm

Happy Hour  
Monday-Friday 5-6pm

Late Night Menu  
Seven days a week 9pm-close

Live Acoustic Music  
Thursdays 5-6pm

Now taking reservations for  
Thanksgiving dinner and holiday parties!

wrightssteak.com | (860) 767-2440  
78 Main St. Centerbrook, CT 06409





## Extremely Personalized Furniture



  
american  
made

 **SMITH BROTHERS**  
of BERNE

### Stronger, More Durable

*Frames made with double doweled joints and the strength of kiln-dried solid maple wood.*

### More Comfortable

*With a patented coil spring suspension and the plush density of our Qualex® Ultra foam.*

### More Style

*Choose from over 1000 fabric options - traditional, modern, classic or casual.*

### Lifetime Warranty

*Protection that covers the hardwood frames, spring units and even the seat foam cores to assure you that your purchase becomes an heirloom piece.*

*Now Offering Nationwide Furniture Delivery!*

# KLOTTER FARMS

KlotterFarms.com | 860-871-1048 | 216 West Rd, Ellington, CT | FREE DELIVERY in CT, MA, RI \$1500 min, Extra charge for Cape Cod.

# Don't Miss Your Chance to Collect a Piece of Local History!



Just a few of the many street signs up for auction on eBay to benefit the Essex Community Fund.  
 Visit: [www.essexcommunityfund.org](http://www.essexcommunityfund.org) for more information and link to their eBay auction

With the new blue street signs in place around town, many residents wondered what would happen to the old signs. Wonder no more. Now's your once-in-a-lifetime chance to own a piece of Essex history while supporting Essex Community Fund!

Signs are being auctioned on eBay in waves lasting 10 ten days only. While the first

wave took place in September, it's not too late to get your own piece of history. One more wave is planned in the coming months:

**WAVE 3 (SIGNS N-Z)**  
 November 5-15 Pick up Saturday,  
 December 3 @ Essex Stroll

And if you can't be in town to pick up your sign, they can be shipped to you for an additional \$18.

Bidding starts at only \$50. These make great birthday and holiday gifts for family and friends or yourself!

**VISIT:**  
[www.essexcommunityfund.org/auction/](http://www.essexcommunityfund.org/auction/)  
 for more details, a link to the eBay page, and a full list of available signs.

**AND THE FINE PRINT:**  
 No pre-bids accepted. You must have an eBay account to bid, and conditions

of signs vary and may not always match pictures.

Special thanks to First Selectman Norm Needleman and Selectmen Stacia Libby and Bruce Glowac for making the signs available to ECF for this auction. Our thanks also to David Caroline for helping to move the signs to their temporary home. What a great way to treasure our local history while helping our neighbors in need!



One of these signs could be yours & support Essex Community Fund.



*Colette Harron*  
 860.304.2391  
[charron@williampitt.com](mailto:charron@williampitt.com)



*For all Levels of Real Estate*  
**#1 in Volume and Units 2015**



**ESSEX • \$1,090,000**      *N10115991*  
 A beautiful Contemporary set high on a wooded 2.49 acre lot with a private road and driveway leading to the house. Phenomenal views!



**ESSEX • \$795,000**      *N10132575*  
 Water Views! This one floor home offers elegant living style with open views of the Lyme Hills, Connecticut River and Hamburg Cove.



**ESSEX • \$769,500**      *N10110902*  
 Pristine 1850 Niles Tooker Federal on a Village street of Historic homes. 3 Bedrooms, 3 full baths and 2 half baths. Wide pine floors throughout.



**ESSEX • \$645,000**      *N10150782*  
 A New England style home, located at the end of a cul-de-sac, totally renovated from top to bottom with a first level Master Suite.



**ESSEX • \$529,000**      *N10167014*  
 The Antique Classic Stephen Starkey home is surrounded by flowering shrubbery on nearly a one acre lot, creating a park-like feel.



**ESSEX • \$480,000**      *N10129369*  
 This picturesque, two bedroom "Cottage" is surrounded by lovely gardens, blue stone patios and stone walls. Deeded access to South Cove.

ESSEX BROKERAGE | 13 MAIN STREET | 860.767.7488  
 OLD LYME BROKERAGE | 103 HALLS ROAD | 860.434.2400

[coletteharron.williampitt.com](http://coletteharron.williampitt.com)

Each Office is Independently Owned and Operated.



# Riggio & Sons Inc.

- New Construction
- Remodeling & Additions
- General damage and Insurance repairs
- Kitchens, Baths & Corian countertops
- Entertainment centers
- Decks
- General Excavation
- Site Work
- Licensed Septic Installers
- General Trucking
- Screened Topsoil
- Dumpster Rentals

General Contractors / Gary & Paul Riggio / Ivoryton, CT  
**860-767-8494**

Since 1950 our family owned business has continuously supplied quality work and pride ourselves in building strong customer relationships



William Pitt

**Sotheby's**  
INTERNATIONAL REALTY

**YEARS OF LISTING AND SELLING THE SHORELINE AND THE CT RIVER VALLEY**



**Deep River • \$599,900**  
 CT River views highlight this 3 bedroom, 2 bath beauty! 2 car barn with loft style legal rental apt, also with CT River views. MLS: N10119720

**Chester • \$439,900**  
 "Located in the village district", this versatile property lends itself to a residence with commercial or office use. MLS: N10150748

*Donn Holland 860.227.4737*  
*Leslie Holland 860.575.5144*

williampitt.com

ESSEX BROKERAGE | 13 MAIN STREET | 860.767.7488  
 OLD LYME BROKERAGE | 103 HALLS ROAD | 860.434.2400  
 Each Office is Independently Owned and Operated.



SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE! • SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE!

The Area's  
**BEST**



**SEASIDE WINE & SPIRITS**

118 Main Street - Old Saybrook

**860.388.3015**

Shoreline's Best

Visit our other location

**Spirits of Madison**

Super Stop & Shop Plaza



SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE!

SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE!

**SERVICE - SELECTION - EVERYDAY LOW PRICES - CONVENIENCE**  
**EASY PARKING - WEDDING & PARTY SOLUTIONS - SMILES**

# FISH - Friends in Service Here

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The FISH logo originated during the World War II bombings in London. A London household with available food and a place to sleep would place a fish symbol, a reference from the Bible, in the house's front window to let displaced people know that free food and a place to sleep were available.

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

the triangle of Middletown to the north, Guilford to the west and New London to the east.

In the 1st 8 months of 2015, FISH provided 304 round-trip rides to Essex residents. Of our 51 drivers, 40 are residents of Essex.

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



Peggy Tuttle

## Friends of Essex Library

### FALL & HOLIDAY BOOK SALES UPDATE

Peggy Tuttle, Book Sales Coordinator for Friends of Essex Library, thanks all who contributed to the success of the October Book Sale. "The folks to acknowledge and appreciate are numerous," said Tuttle. "Donors of books, back room volunteers

who sort, categorize and price the donations, cashiers, floaters and greeters, and of course, the book sales patrons. The sale would not be a success without each and every one of you."

Tuttle went on to announce two special **continued on page 11**

# ALL INVENTORY MUST GO!



**860-388-2298**

HOD 591  
HTG.0403715-B1  
0303724S1

*A Family Business  
Serving Families*



YIKES!  
TOO  
HOT!



Call For Our  
Current  
2016-2017  
Oil Plans

**\$500 OFF**

**COMPLETE CENTRAL AIR SYSTEMS**

With this coupon. Cannot be combined. Expires 11/30/16

HOUSE SIZE Square Footage	MODEL	TONNAGE	FOR AS LOW AS
850 - 1000 SF	RAKA024JAZ	2	\$5,400.00
1,000 - 1,250 SF	RAKA030JAZ	2.5	\$5,650.00
1,250 - 1,500 SF	RAKA037JAZ	3	\$5,900.00
1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,500.00
1,750 - 2,000 SF	RAKA048JAZ	4	\$6,700.00
2,100 - 2,500 SF	RAKA060JAZ	5	\$7,400.00

Price Guide for basic complete installation. Two-day installation in most cases.

**Call Moroni & Son, Your Local Ruud Dealer For A FREE Estimate**

**THREE GENERATIONS, OVER 60 YEARS OF CONTINUOUS SERVICE**



ORNAMENTS GIFT CARDS JEWELRY

MIXED MEDIA SOAPS KNITWEAR FOR ALL AGES SCULPTURE DISHES FELTED OBJECTS

**THE BEST PLACE FOR HOLIDAY GIFTS**  
BY LOCAL & REGIONAL ARTISTS



Shop In-Store & Online *Spectrum*  
Anytime [spectrumartgallery.org](http://spectrumartgallery.org)  
Embellishment & Ornamentation  
**HOLIDAY SHOW**  
Open Reception Fri Nov 18 6:30-9pm  
(EXHIBIT NOV 18 - JAN 8)  
**PLUS WINTER ART WORKSHOPS!**

**Spectrum | Gallery**  
(860)767-0742  
61 Main St. Centerbrook, CT  
Wed - Sat 12 - 6pm Sun 12- 5pm

PAINTINGS STAINED GLASS WOOD SERVINGWARE POTTERY BASKETS PERFUME BOTTLES

PHOTOGRAPHY VASES CERAMICS

**ESSEX**  
OLIVE OIL  
COMPANY

**ARTISAN OILS  
&  
BALSAMIC  
VINEGARS**

**Open 7 Days**

860.581.8725  
19A Main Street  
Essex, CT 06426  
[www.essexoliveoil.com](http://www.essexoliveoil.com)

**HOWARD'S  
BREAD**

*A Cafe Bakery*

Artisanal Breads and Pastries  
Soups, Salads, and Sandwiches  
Hot and Cold Beverages

Hours:  
*Monday - Friday*  
7:30AM - 6:00PM  
*Saturday - Sunday*  
7:30AM - 2:00PM

Entrance and Parking  
In Courtyard

860-581-8303  
90 Main Street • Building 3 • Unit 109  
Centerbrook, CT 06409

**Riggio's Garden Center &  
The Essex Flower Shoppe**  
*For the Holidays*

- Fresh Hand Decorated Wreaths
- Handmade Bows
- Fresh Floral Centerpieces
- Quality Plants
- Unique Gifts
- And Much More

*Come by and Check Us Out...  
You'll be Surprised at what We Have!*

**860-767-0126**  
136 Westbrook Road  
Essex, CT  
[www.riggiosgardencenter.com](http://www.riggiosgardencenter.com)






## FRIENDS OF ESSEX LIBRARY... continued from page 10



Left to Right: Judy Taylor, Lumie Han, Lois Thomsen

book sales. The first will be a "Cooking Sale," featuring numerous cookbooks and related items just in time for the holidays. This sale will run from November 1st through November 21st during regular library hours.

The second special sale will be the Holiday Sale, which will run from November 21st through December

31st, also during regular library hours. This sale will feature many books in pristine condition, music CD's, movies, and activities for all ages. All of these will be attractively priced and perfect for holiday giving.

Proceeds from all sales support the Friends' ongoing projects, special programs, and activities.

## Essex Library Programs and Events

The Essex Library has outstanding programs and events for all ages scheduled during the coming months. As usual, our ongoing slate of offerings includes meetings of the First Thursday, Historical Fiction and American History book clubs, bridge on Thursdays and Fridays, Bereavement Counseling, and a knitters group that meets each Tuesday afternoon. We're expanding that list to include regular programs for knitters and those who are interested in genealogy on Saturdays. Check our website: [www.youressexlibrary.org](http://www.youressexlibrary.org) for more information. While we're on

the subject of digital information we are not only on Facebook, but now have a Snapchat account, as well.

Several special adult programs will also be held this fall. They include Black Holes and the Origin of the Universe on November 5, Letters From Italy on November 12, and the return of Jeffrey Engel, who will give a talk about classical music on November 30. Again, check our website for details.

Set the tone for a beautiful home this fall.

1275 Boston Post Road • Westbrook, CT  
860.399.6161  
[www.westbrookfloor.com](http://www.westbrookfloor.com)

**WESTBROOK**  
**FLOOR COVERING**

Tues - Fri: 9am - 5pm • Sat: 10am - 4pm  
Closed Sun & Mon  
Evening Appointments Available





The Children's Department will run weekly story times from September 23rd - December 8th. Those with little ones (aged newborn - 2) are welcome to drop in on Fridays at 10 am. Preschool story time meets weekly on Thursday mornings for stories, movement, music and exploration centers. We'll host our annual Nutcracker program with a visit from the Eastern CT Ballet Company in late November. Join us during your winter vacation week for gaming, art, and yoga. Stay

tuned for fabulous reading programs and events for all ages! For more information or to register for any of these programs, please call the Essex Library at 860-767-1560.

Finally, now that the holidays will soon be upon us be sure to stop by the Essex Library to check out our extensive collections of home decorating and cookbooks. You're sure to find a great new idea for those special occasions!

## Ivoryton Library

### TRIVIA NIGHT RETURNS!

The Ivoryton Library will host WhatTrivia at the Centerbrook Meeting House on Saturday, November 5, 7:00 pm. Teams of up to 8 players are invited to compete for prizes in 4 rounds, one bonus half-time round, then wager all your points (if you dare) on one final question. Tickets are on sale now at the Ivoryton library for \$25. \$30 at the door. Snacks and a cash bar.

### TOY DONATIONS.

Once again, the Ivoryton Library will be collecting toys for the children during this holiday season. This year, we keep it local by partnering with Child and Family Agency who will receive all the donations and will distribute them to area families. The boxes will be up November 1 and we will be collecting well into December. Bring new, unwrapped toys any time during library hours or visit

continued on page 14

*Let us design your Kitchen*

**We're Big on Service!**

- Kitchen Cabinets, counter tops and design
- Full service mill shop
- Chain Saw & blade sharpening
- Propane filling station
- Key cutting
- Keyed alike locks
- Window and screen repair
- Glass cutting
- Computerized color matching
- Pool testing
- Boom & moffit trucks
- Delivery available
- Hydraulics while you wait
- Small engine repair
- EV charging station

**Visit us on the web**

Mt Parnassus Rd. & Route 82, East Haddam, CT  
 Call or see web for directions 860.873.1946  
[www.shagbarklumber.com](http://www.shagbarklumber.com)

**\$5 Off**  
**Any Gallon of Paint**  
 Limit 2 gallons

No clipping necessary tell cashier: I ♥ the events calendar

## IVORYTON LIBRARY... continued from page 13

the library during Ivoryton Illuminations on Saturday, December 3 from 5-8 pm. While you're here, write a letter to Santa or send a card to our troops.

### IMMIGRATION IN IVORYTON.

The latest in our series, "An Intimate History of Ivoryton" will look at immigration in the village of Ivoryton. Comstock, Cheney and Co. attracted large numbers of immigrants from Sweden, Italy, Poland, Hungary, even France and Ireland in the late 18th and early 19th century. Were your relatives among them?

We'd love to hear their story, showcase your memorabilia. Please contact Elizabeth Alvord at the library and look for our exhibit opening in February, 2017.

**A REMINDER:** The Ivoryton Library has a notary on staff. Please call the library for availability and to set up an appointment.

### CONTACT US AT:

860-767-1252, [staff@ivoryton.com](mailto:staff@ivoryton.com),  
[www.ivoryton.com](http://www.ivoryton.com) and Facebook.

## Essex Land Trust Calendar of Events



### CROSS LOTS PRESERVE AUTUMN CLEAN-UP

Saturday, November 19, - 9 am to noon  
40 West Avenue, Essex

Help put this Land Trust's preserve to bed for the winter, get a mild workout, and connect with your neighbors in a beautiful setting. Refreshments will be served. Please bring rakes, blowers, etc. Families, dogs welcome.

Rain date: Saturday, Nov. 26 at 9 am. Park on West Avenue or at Essex Town Hall.

## Olsen's Sanitation Company, LLC

*Four Generations in the Waste Removal Business!*



### Septic Tank Pumping

Commercial & Residential Reasonable Rates



### Portable Restroom & Trailer Facilities

Job Site, Weddings, Parties, Park & Recs or Special Events

### Roll Off Dumpsters

8-30 Yard Units Available



*Family Owned and Operated  
Waste Services Since 1957*

15 Airport Industrial Park, Chester, CT 06412

**860-526-3404**

Fax: 860-526-0848 Tollfree 1-800-4A-TOILET

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

## Pilates for Life

The Tradition and Method of Joseph Pilates

**Joseph H. Pilates**, originator of **Pilates Method**...  
trained **Romana Kryzanowska**, Master Teacher NYC...  
Romana trained **Marlene Powers**, let Marlene train you  
in the true tradition...

Fitness and Flexibility  
Alignment and Posture  
Deep Core Strengthening  
Physical Therapy Compliment

Certified Instructor  
Over 900 Training Hours

Mat Classes  
Private Equipment Instruction  
Beginner to Advanced



2010, 2013 & 2015  
Readers Choice  
**Best Pilates Studio**  
26A Saybrook Road  
Essex, Connecticut  
**860-227.5790**

**Celebrating 11 Years!**  
**Marlene Powers**  
[www.inspiredbypilates.com](http://www.inspiredbypilates.com)  
email: [info@inspiredbypilates.com](mailto:info@inspiredbypilates.com)



## CANFIELD WOODS HIKE

Saturday, December 10, 9 am

Book Hill Woods Rd. entrance, off Book Hill Rd, Essex  
Hike the Land Trust's largest preserve and explore its trails.  
Shared by Deep River and Essex, Canfield/Meadow Woods

Nature Preserve is made up of more than 300 acres of hilly, forested land with a wide variety of terrain. Seventeen trails wind through mixed old and new growth forest, and the preserve's many rocky outcroppings are a highlight. Moderate hike of up to 1 1/2 hours. All welcome. Bad weather cancels.

## Essex Land Trust - Being Bear Aware

Editor's Note:

This article has been extracted from the Connecticut Department of Energy & Environmental Protection website. To access the full article and other useful wildlife information, use the following link: <http://www.ct.gov/deep/wildlife>.

Since July 31, 2015, there have been 5,235 Black Bear sightings in the State of Connecticut. Reports of bear sightings, even in heavily populated residential areas, have been on the rise. The Wildlife Division has also seen an increase in the number of reported problems with black

bears. The primary contributing factor to bear nuisance problems is the presence of easily accessible food sources near homes and businesses. Fed bears can become habituated and lose their fear of humans. Bears should NEVER be fed, either intentionally or accidentally.

Black bears are impressive animals. Even a long-distance glimpse of one foraging in woodland is an unforgettable experience for most outdoor enthusiasts. However, glimpsing a bear in Connecticut was once unlikely because bears were extirpated from the state by the mid-1800s. Since

then, bears have made a comeback. Their return is due, in part, to the regrowth of forestland throughout the region following the abandonment of farms during the late 1800s. Beginning in the 1980s, the DEP Wildlife Division had evidence of a resident black bear population. Since then, annual sighting reports have increased dramatically, indicating a rapid increase in the bear population. With the number of bears increasing in the state, it is important for residents to learn the facts about black bears and how to coexist with them.

**continued on page 16**



## 4th Annual Food Drive

Saturday, November 19 @ 9 am  
46 Plains Road / Essex, CT

**A Huge Thank You to Event Sponsors!**

To donate or learn more go to: [www.mob-fit.com/fooddrive](http://www.mob-fit.com/fooddrive)

Questions [info@mob-fit.com](mailto:info@mob-fit.com)



WELLS THOMAS  
Retirement Plan Design & Administration



*Thankful Hearts*

# Christmas Bazaar

FIRST BAPTIST CHURCH  
ESSEX, CT  
NOVEMBER 19, 2016  
9 AM - 3 PM

*Benefits Church &  
Missionary Projects*

**Homemade Crafts**  
**Jams & Jellies**  
**Baked Goods**  
**Oldies But Goodies Table**

LUNCH SERVED  
11:30-1:00

## ESSEX LAND TRUST - BEAR AWARE.. continued from page 14

The black bear is a stocky animal with short, thick legs. It is the smallest North American bear. In Connecticut, adult males, or boars, normally weigh from 150 to 450 pounds, while females, or sows, weigh from 110 to 250 pounds. Yearlings weigh 45 to 100 pounds. Adults are 5 to 6 feet long.

### INTERESTING FACTS

- The black bear is an intelligent animal with keen senses of smell and hearing. It can detect the slightest aroma of food, which may lead the bear to campsites and near homes. Odor from carelessly stored food and garbage can lure bears long distances. Black bears travel and feed primarily at night, but can be active any time of the day.
- Females with cubs tend to have restricted home ranges, which average 5 to 7 square miles in Connecticut, while males move about widely in home ranges of 12 to 60 square miles. The size of a home range varies geographically and often depends on the quality of habitat geographically and often depends on the quality of habitat.
- Black bears are not classified as true hibernators but their body temperature is lowered and heart rate slowed during winter denning. Denning enables bears to overcome unfavorable weather conditions and lack of food during winter.
- Black bear habitat is forestland, usually with deciduous and coniferous trees, as well as streams, swamps, and rock ledges. Bears prefer areas with thick understory vegetation and abundant food resources. Mature forests provide soft and hard mast (e.g., acorns) in late summer and fall. Wetlands are particularly important in spring when emerging plants are one of the few available foods. Bears are omnivorous.

### Black Bear Do's & Don'ts

Black bear attacks on humans are exceptionally rare. In residential areas, bird feeders, garbage, outdoor pet food, compost piles, fruit trees, and berry producing shrubs attract black bears. In most hiking areas, bears normally leave once they have sensed a human. However, at campsites and campgrounds bears can be attracted by poorly stored food and garbage.

#### BEARS NEAR YOUR HOME

Bears are attracted to the garbage, pet food, compost piles, fruit trees, and birdfeeders.

- DO remove birdfeeders and bird food from late March through November.
- DO eliminate food attractants by placing garbage cans inside a garage or shed. Add ammonia to trash to make it unpalatable.
- DO clean and store grills in a garage or shed after use.
- DON'T intentionally feed bears. Bears that become accustomed to finding food near your home may become "problem" bears.
- DON'T approach or try to get closer to a bear to get a photo or video.
- DON'T leave pet food outside overnight.
- DON'T add meat or sweets to a compost pile.

#### BEARS SEEN WHEN HIKING OR CAMPING

Bears normally leave an area once they have sensed a human. If you see a bear, enjoy it from a distance. Aggression by bears towards humans is exceptionally rare. DO make your presence known by making noise while hiking. Hike in groups. If you see a bear, make enough noise and wave your arms so the bear is aware of your presence.

**Bogaert**  
CONSTRUCTION CO., INC.

60 PLAINS ROAD, ESSEX, CT 06426  
**860.767.8072**

- Custom Homes
- Additions
- Full Remodeling Services
- Custom Millwork
- Window Replacement

Fully Insured  
New Home Lic. #170  
Remodeling Lic. #523107  
[www.bogaertconstruction.com](http://www.bogaertconstruction.com)



DO keep dogs on a leash and under control. A roaming dog might be perceived as a threat to a bear or its cubs.  
 DO back away slowly if you surprise a bear nearby.  
 DON'T approach or try to get closer to a bear to get a photo or video.  
 DON'T run or climb a tree. If possible, wait in a vehicle or building until the bear leaves the area.

DO be offensive if the bear approaches you. Make more noise, wave your arms, and throw objects at the bear. Black bears rarely attack humans. If you are attacked, do not play dead. Fight back with anything available.  
 DON'T cook food near your tent or store food inside your tent. Instead, keep food in a secure vehicle or use rope to suspend it between two trees.

## Family Friendly Events at Essex Historical Society



Pratt House Museum Shop. Courtesy of Essex Historical Society

Join your friends and neighbors to enjoy your community's rich history at these indoor/outdoor public events, courtesy of Essex Historical Society:

Essex Veterans Memorial Hall, 3 Westbrook Road, Centerbrook. Public welcome to pay tribute to our vets. Refreshments. Free.

October 31, 6 pm-8 pm  
 Trick or Treat at Pratt House, 19 West Ave., Essex  
 "Witch Hazel" flies in to give treats to good little boys and girls. Free.

November 25 & 26, 11 am – 2 pm  
 Holiday Hours at Pratt House, Thanksgiving Weekend. 19 West Ave., Essex. Skip the malls, deck the halls!

November 6, 4pm  
 EHS Annual Meeting,

Revisit the Pratt House with **continued on page 16**



**PRIVATE  
 PERSONAL  
 PROFESSIONAL  
 REAL ESTATE  
 SERVICES**



**TEAM  
 JERMAINNE**  
 REAL ESTATE  
 SERVICES, LLC

email Brian: [B@TeamJ1.com](mailto:B@TeamJ1.com) OLD SAYBROOK, CT

[www.TeamJermaine.com](http://www.TeamJermaine.com)  
 860.662.0230 CALL OR TEXT

**BRIAN JERMAINNE**, Broker/Owner  
**LESLIE JERMAINNE**, Realtor





**Providing Quality Repairs and Service  
 for Over 30 Years**  
*Family Owned & Operated*

**YOUR NEIGHBORHOOD  
 AUTO REPAIR CENTER**

- Complete Repairs / Foreign & Domestic
- Computer Diagnostics
- Tires, Brakes & Undercar Service



114 Main Street  
 Ivoryton, CT 06442  
**860.767.1692**  
 email: [ivoryton\\_serv@att.net](mailto:ivoryton_serv@att.net)  
[www.ivorytonservicecenter.com](http://www.ivorytonservicecenter.com)





Pratt House decorated for the holidays. Courtesy of Essex Historical Society

## ESSEX HISTORICAL SOCIETY... continued from page 15

new seasonal décor. Children's workshop to make "tin" lanterns for parade. Free. Visit the Museum Shop for holiday gifts.

November 27, 4:30 pm  
Trees in the Rigging Parade  
Land parade kicks off at  
Essex Town Hall,  
29 West Ave., Essex. Free.

December 4, 2-4 pm  
EHS Annual Holiday Party,  
Pratt House,

19 West Ave., Essex.  
Public welcome. Free.

January 15, 22 & 29, 2017, 3 pm,  
"Planes, Train & Automobiles"  
Annual Lecture Series at:  
Essex Meadows,  
30 Bokum Road, Essex. Free.  
Learn how transportation  
innovations affected CT, the  
Valley/Shore region and Essex!

For more information, please  
visit [www.essexhistory.org](http://www.essexhistory.org)

or call (860) 767-0681.

All events are free and open to  
the public. We hope to see you  
soon!



Board Book from the Museum  
Shop. Courtesy of Essex  
Historical Society

## Planning Commission Update

The Essex Planning Commission has recently completed its comprehensive update of the Town Plan of Conservation & Development (Plan), a master plan that defines the guiding principles for the next decade of Essex's growth. A copy of this Plan can be purchased at the Land Use Office at Town Hall or downloaded at [www.essexct.gov/planning](http://www.essexct.gov/planning). The Commission

has begun the work of implementing the many recommended action items contained within the Plan, and is seeking public involvement in this effort.

Specifically, the Commission is seeking ways to increase the range and type of housing opportunities in Essex.

**THE**  
**Ivoryton**  
**Tavern & Cafe**



**PATIO IS OPEN!**

**Breakfast**

Monday - Friday 6 - 9:45 am  
Saturday 7 - 9:45 am / Sunday 7 - 10:15 am

**LUNCH AND DINNER HOURS**  
Tuesday - 11:30 am - 8:30 pm  
Wednesday 11:30 am - 8:30 pm  
Thursday - Saturday 11:30 am - 8:45 pm  
Sunday Noon - 8:00 pm

**Good Food, Good Friends, Good Spirits!**

8 Summit Street, Ivoryton, CT 06442  
860-767-1449

**2017 Tickets On Sale Now**

**SUNDAY JAN 8 3:00 PM** **40th Anniversary Celebration**  
Classical, jazz, and more, with many of your favorite performers as well as emerging artists.  
*Valley Regional High School*

**SUNDAY FEB 19 3:00 PM** **Dan Levinson's Roof Garden Jass Band**  
Marking the centennial of the first recordings of New Orleans jazz in a spirited and rollicking afternoon. *Valley Regional High School*

**SUNDAY MARCH 5 3:00 PM** **Garrison Keillor**  
"Stories in Mind, Poems by Heart." The beloved raconteur, author, and entertainer will share his unique brand of wisdom and humor.  
*Old Saybrook High School*

**SUNDAY APRIL 2 3:00 PM** **Chanticleer - An orchestra of voices**  
The Grammy Award-winning, all-male chorus returns to our series by popular demand.  
*Old Saybrook High School*

*Essex Winter Series*

1977-2017  
40th Season  
Mihae Lee,  
Artistic Director

**P.O. Box 383, Essex, CT 06426 • (860) 272-4572**  
[essexwinterseries.com](http://essexwinterseries.com)



This effort could include making Accessory Apartments easier to create, adding higher density residential developments in the center of our historic villages, incentivizing the creation of more workforce housing, and creating mixed-use districts that allow apartments above office and retail uses. The Commission will be holding public meetings to conduct these conversations and

move projects forward. Please join the Planning Commission at its meetings the second Thursday of every month at 7:30 pm at Town Hall.

You can contact Town Planner John Guskowski for more information at: [planner@essexct.gov](mailto:planner@essexct.gov).

## Winter is on its way...

### TO ALL TOWN OF ESSEX RESIDENTS

It is the primary goal of the Public Works Department to make the town roads passable during storm events, minimize the hazards caused by slippery road conditions, and help restore safe traveling conditions throughout the Town as soon as possible after each winter storm. This often involves drivers working long hours in hazardous driving conditions to ensure our safety on the roadways. We ask for your cooperation and patience during these times in order to have a safe season for all.

Residents should keep in mind that snow plows are designed to remove snow from the roadway to the edge of the road. It is likely that the plow will leave behind a windrow of snow in front of driveways. Residents are responsible for removing this snow.

### PRIVATE PLOWING

Depositing of any snow from private driveways into the public streets is prohibited. This practice is dangerous and impedes the Town's snow removal

process. This includes piles pushed across the street and the windrows that are created in the street. Homeowners are responsible for the actions of their contractors.

### MAILBOX DAMAGE

During the winter season it is inevitable that some mailboxes will fall victim to winter's forces. Residents are advised of the importance of proper placement and anchoring of mailboxes and support posts to prevent damage from snow removal operations. Mailboxes should be securely fastened to a sturdy post which is sufficiently anchored in the ground to resist the impact of plowed snow.

If a mailbox or post is pushed over or damaged as a result of snow or slush coming off a snowplow it is considered a winter hazard. The Town will not replace the mailbox or post.

If it is determined a mailbox is struck by a Town snow plow, not the snow coming off the plow, the Town will reimburse the owner for a basic support post and a

basic mailbox up to seventy-five dollars (\$75.00). Payment will not include costs other than materials and will not cover the cost of decorative wood or metal posts or decorative mailboxes. The Town will do its best to assist residents with the replacement of mailboxes deemed to have been struck by a Town snow plow as time and circumstances allow.

The First Selectman or his designated representative is authorized to use reasonable discretion in resolving disputes involving unusual circumstances.

Residents are responsible for keeping their mailboxes clear for mail to be delivered.

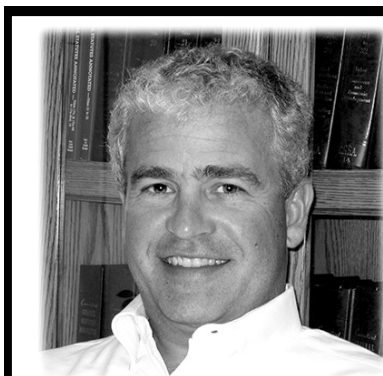
### TRASH CANS AND RECYCLING BINS

These receptacles should never be placed in the road. If a plow truck hits them because they are in the road the Town will not be held responsible for replacing them.

### ANY AND ALL PLANTINGS

Plantings within the Town's right of way are not the Town's responsibility if they

**continued on page 20**



**PETER H. CHARBONNIER**

ESQ, LLC

**860.526.1780**

97 MAIN ST. • CHESTER

*I look forward to addressing your concerns in the following areas of law...*

**REAL ESTATE** Refinance • Purchase • Sale • Reverse Mortgage • Eviction

**SMALL BUSINESS** Formation • Consulting • Purchase • Sale • Corporation • LLC

**WILLS & TRUSTS** Probate Administration • Living Wills • Estate Planning

**DEBT WORKOUT** Short Sale • Deed in Lieu • Foreclosure Avoidance

**Peter@lawforlocals.com • SERVING THE COMMUNITY SINCE 1992 • www.lawforlocals.com**

are damaged during snow plowing or any other kind of removal of snow from roads.

**ANY AND ALL FENCES, WALLS, ETC.**

If these are within the Town's right of way they are not the Town's responsibility if they are damaged during snow plowing or any other kind of removal of snow from roads.

**INVISIBLE DOG FENCE LINES**

Invisible dog fence lines within the Town's right of way are not the Town's

responsibility if they are damaged during snow plowing or any other kind of removal of snow from roads.

**ANY SORT OF SPRINKLER HEADS, ETC.**

If sprinkler heads, etc. within the Town's right of way are not the Town's responsibility if they are damaged during snow plowing or any other kind of removal of snow from roads.

The Town will not be held responsible for

any damage that is in the Town owned portion of your property. Questions and concerns during snow and ice storms should be directed to the Department of Public Works at 860-767-0715. After hours calls may be directed to voicemail and will be checked periodically. All emergency calls should be made to Emergency Services at 911.

Sincerely,  
 Dave Caroline, Public Works Director  
 dcaroline@essexct.gov

## Town Clerk's Office

29 West Avenue, Essex, CT

### Welcome to Centerbrook, Essex and Ivoryton

- |                                |                            |                                       |                              |
|--------------------------------|----------------------------|---------------------------------------|------------------------------|
| James W. Kane                  | 7 Nutmeg Lane, Essex       | Robert & Cynthia Walsh                | 27 So. Main St. #1, Essex    |
| Jeffrey Croyle & Pamela Peters | 38 West Ave., Essex        | Kelsey Muir-Tewart                    | 2 Nutmeg Lane, Essex         |
| Corey McQuade                  | 39 Melody Lane, Ivoryton   | James Gabinetti & Christine Senerchia | 29 Bushy Hill Road, Ivoryton |
| Douglas & Candice Dopp         | 6 Dogwood Dr., Centerbrook | Justin & Sara Hardy                   | 31 Dennison Road, Essex      |



**BUILDERS**  
*From Start to Finish*

**New Homes  
 Remodeling  
 Siding  
 Roofing  
 Decks  
 Sheet Rock / Taping  
 Drop Ceilings  
 Tile Work  
 Excavation  
 Site Work**

**860-345-7461**  
 email [loumilardo@gmail.com](mailto:loumilardo@gmail.com)  
 website [loumilardobuilders.com](http://loumilardobuilders.com)



*Home to the finest quality meats on the shoreline.*

**Fresh Prime Steaks  
 Our own Smoked Meats  
 Gourmet Sauces  
 Homemade Sandwiches**

Cliff Ward  
 OWNER  
 88 Plains Road  
 Essex, CT 06426  
**860-767-1539**  
 fax: 860-767-1323



**Gianna & Lou Milardo**  
**Carpet • Laminate • Vinyl • Tile  
 Solid & Engineered Wood  
 Cabinets • Vanities  
 Countertops  
 Free Estimates • Installation**

**860-345-8453**  
[RiversEdgeCarpet@gmail.com](mailto:RiversEdgeCarpet@gmail.com)  
[RiversEdgeHomeCenter.com](http://RiversEdgeHomeCenter.com)

**100 Bridge Road  
 Haddam, Connecticut  
 06438**



Ross Heise & Alexandria Bruno 27 Mitchel Terrace,  
Ivoryton  
Gregory Hawkins & Melissa Lee 13 Hudson Lane, Essex  
Melanie Carr 26 Maple Avenue, Essex  
Clay B. Hardmann Jr. 3 Chord Lane, Ivoryton  
Leonard P. Blair 85 River Rd, Unit J8,  
Essex  
Thomas & Tara Belcher 26 Lynn Road, Ivoryton  
Suzanne & Vincent Baum 116 River Road, Essex  
Hilryn Natter & Steven Schmelzer 84 Lynn Road, Ivoryton

D. Samuel & Marguerite  
D'aprile Quigley 25 River Road, Essex  
Keith & Jane Bolles 33 Foxboro Road, Essex  
Robert & Maggie Feldman  
Rubenstein 1 Spinnaker Lane, Essex  
Zachary Newton & Amy Cordner 2 Oak Street, Essex  
David Miller 30 Meadow Woods Rd.,  
Essex  
Linda Tosti 82 Main Street,  
Ivoryton

## Loss of Residents and Friends

### MAY

Anne J. Dougherty (late submission and missed last printing)

### JUNE

Elizabeth K. Brown  
Priscilla N. Lexa  
Clarence S. Lovelace  
Stephen Sokolowski  
Mildred J.D. Cook

### JULY

Edward P. Sullivan  
Jean T. Sargent

Eleanor E. Harper  
Mary Duncan  
Parker D. Handy III  
Elizabeth Glendinning  
John DeWaal  
Elizabeth Schellens  
Howard Brody

### AUGUST

Anders A. W. Krall  
Stephen S. Markesky  
Sally W. Handy  
Otto M. Bonaparte  
Marilyn Rinek

Elisabeth L. Esty  
Elizabeth W. Brennan

### SEPTEMBER

Marie A. Daudt  
John R. Cordsen  
Shirley B. Baker  
Anne T. Comstock  
Elizabeth Fagan Moore  
Timothy S. Miller

Respectfully submitted,  
Yvonne Roziak  
Assistant Town Clerk

**TRUST YOUR CAR TO THE REPAIR SHOP MORE PEOPLE TRUST...**

*We are a full service garage dedicated to quality work and service.*

**"The Only Call You Need For Quality Service & Repairs"**

**AUTO SERVICE**  
of  
**Old Saybrook, Inc.**

**We have Senior Citizen Day Every Day!**  
**We Offer 10% OFF Repairs and Service up to \$50.00 Maximum.**



We employ ASE  
Certified Technicians

Servicing Domestic & All European Cars Including  
Mercedes, BMW, Jaguar, Audi, Saab, Volvo & VW



**860-388-6838**

From oil changes & scheduled maintenance to engine repair or replacement, we can provide complete mechanical & electrical service to your vehicle.



**4 JADE COURT • OLD SAYBROOK**  
**HOURS: MON. - FRI. 8 a.m. - 5 p.m.**



# Tax Assessor's Office



Assessor's Office  
 Town of Essex  
 29 West Avenue  
 Essex, CT 06426  
 Phone 860.767.4340  
 Fax 860.767.8509

It's that time of year again. Business Personal Property Declaration Forms are due to the Assessor's Office on or before November 1st.

If you have received a form from our office and you believe it is in error, please do not ignore it. Contact our office and we can discuss your specific situation. If you have not received a form from our office, they are available on the Town Website under Forms & Documents <http://www.essexct.gov/files>.

Failure to file a declaration will result in a tax bill with a 25% penalty added onto it.

## CONNECTICUT GENERAL STATUTE 12-41 STATES IN PART:

The annual declaration of the tangible personal property owned by such person (or entity) on the assessment date, shall include, but is not limited to, the following property: Machinery used in mills and factories, cables, wires, poles, underground mains, conduits, pipes and other fixtures of water, gas, electric and heating companies, leasehold improvements classified as other than real property and furniture and fixtures of stores, offices, hotels, restaurants, taverns, halls, factories and manufacturers. Commercial or financial information in any declaration filed under this section shall not be open for public inspection but may be disclosed to municipal officers for tax collection purposes.

## PENALTY.

(1) Any person who fails to file a declaration of personal property on or before the first day of November, or on or before the extended filing date as granted by the assessor pursuant to section 12-42 shall be subject to a penalty equal to twenty-five per cent of the assessment of such property; (2) any person who files a declaration of personal property in a timely manner, but has omitted property, as defined in section 12-53, shall be subject to a penalty equal to twenty-five per cent of the assessment of such omitted property. The penalty shall be added to the grand list by the assessor of the town in which such property is taxable; and (3) any declaration received by the municipality to which it is due that is in an envelope bearing a postmark, as defined in section 1-2a, showing a date within the allowed filing period shall not be deemed to be delinquent.

## Essex - Community Listings

### CHURCHES

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

### CLUBS AND ORGANIZATIONS

Ancient Order of Essex Weeders ..... (860) 767-7628  
 Democratic Town Committee ..... (860) 767-7665  
 Community Foundation of Middlesex County ..... (860) 347-0025  
 Essex Board of Trade ..... (860) 767-3904  
 Essex Boy Scouts of America ..... (860) 767-3904  
 Essex Community Fund ..... (860) 304-2751  
 Essex Cub Scouts of America ..... (860) 790-0681  
 Essex Garden Club ..... (860) 767-2860

Essex Historical Society ..... (860) 767-0681  
 Essex Land Trust ..... (860) 767-7355  
 Essex Little League ..... [www.essexlittleleague.org](http://www.essexlittleleague.org)  
 Ivoryton Company of Fifers & Drummers ..... (860) 767-2237  
 Lower Valley Visiting Nurses ..... (860) 767-0186  
 Republican Town Committee ..... (860) 510-8318  
 SCORE ..... (860) 388-9508  
 The Shoreline Soup Kitchens ..... (860) 388-1988  
 Tri-Town Youth Services Bureau ..... (860) 526-3600  
 9 Town Transit ..... (860) 510-0429

### SCHOOLS

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



# Essex Social Services

## Kick Off Of 2016 Holiday Gift Program Fund Drive


It's that time of year again when Essex Social Services asks the public and local businesses to open their hearts and make donations to help Essex children during the holiday season to ensure that it is a positive and uplifting time of year for all. Last year, the program brought holiday gifts to about 70 children.

The Holiday Gift Program is a collaborative effort between Essex Elementary School and Essex Town Social Services to collect and allocate retail and grocery gift cards to Essex's neediest families. This year we will once again be collecting monetary donations to enable us to purchase gift cards for the families (we will be supplying gift cards for items such as: Toys, Clothes, and Accessories. Electronics, Sporting Goods, Movie Passes. . . .) Or, we are happy to accept your donations already in the form of a gift card. Also, each family will be provided with a grocery store gift card to purchase their holiday meal.

We are excited about this year's program. By providing gift cards, rather than gifts, we are able to streamline and maximize our efforts, and involve all members of our Essex community. Additionally, providing parents with gift cards with which to shop gives them more independence, autonomy and choice to individualize their gift giving to their children. The bonus of this is that not only do the children get the gifts that are most meaningful to them, but we have also given the gift of joy to the parents, allowing them to do the shopping and pick out that special something they want their child to receive!

The contact person for the 2016 holiday season is Mary Ellen Barnes, of Essex Social Services. Please mail your donation gift card or check payable to "Town of Essex Social Services Assistance Fund," 29 West Avenue, Essex, CT. 06426  
ATT: Mary Ellen Barnes

continued on page 24



**AJ Shea Construction**  
ajshea.com

## ESSEX TOWN HALL

860-767-4340 (Unless otherwise noted)

THE ESSEX TOWN HALL  
is open 9 a.m. to 4 p.m., Monday through Friday  
THE LANDFILL AND RECYCLING CENTER  
is open Mondays, Thursdays, Fridays & Saturdays, 7 a.m. to 3 p.m.

### SELECTMEN'S OFFICE

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

### ANIMAL CONTROL OFFICER

Jae Wolf	860-388-7082	jwolf@essexct.gov
----------	--------------	-------------------

### ASSESSOR

Jessica Sypher, Assessor	x124	jsypher@essexct.gov
Nancy Berryman	x123	nberryman@essexct.gov

### BUILDING DEPARTMENT & FIRE MARSHAL

Dave DeLeeuw, Building Official	x117	ddeleeuw@essexct.gov
Darcy Roper	x144	droper@essexct.gov
Keith Nolin, Fire Marshal	x146	knolin@essexct.gov

### FINANCE DEPARTMENT

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

### HEALTH DEPARTMENT

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

### LANDFILL/RECYCLING CENTER

Mike Birner, Supervisor	860-767-1926	
Bill Armstead		

### PARK AND RECREATION COMMISSION

Mary Ellen Barnes, Director	x110	mbarnes@essexct.gov
Tim LaChance	x148	tlachance@essexct.gov
Kaiulani Recchia	x148	krecchia@essexct.gov

### PUBLIC WORKS

David Caroline, Director	860-767-0715	
William Angier, Boris Churyk,	x161	dcaroline@essexct.gov
Richard Gallacher, Ryan Welch		

### REGISTRARS OF VOTERS

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

### RESIDENT STATE TROOPER

ESSEX POLICE	860-767-1054	
David Tretter, Resident State Trooper		dtretter@essexct.gov
Paul Kenefick		jkenefick@essexct.gov
Todd Belcourt		tbelcourt@essexct.gov
Karen Reilly		kreilly@essexct.gov
Christopher McCarthy		cmccarthy@essexct.gov

### SOCIAL SERVICES

Mary Ellen Barnes	x201	mbarnes@essexct.gov
-------------------	------	---------------------

### TAX COLLECTOR

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

### TOWN CLERK

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

### TOWN HALL OPERATIONS

Mark Hiatt	x136	maintenance@essexct.gov
------------	------	-------------------------

### ZONING ENFORCEMENT

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

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



**ARCHAMBAULT INSURANCE**  
An affiliate of **SmithBrothers.**

Insuring Connecticut families and businesses  
for over 100 years.

2 North Main Street, Chester, CT | 860-526-9587  
[ArchambaultInsurance.com](http://ArchambaultInsurance.com)

## SOCIAL SERVICES... continued from page 21

Submit your donation by December 2nd. Donations will be put together to purchase the gift cards for our 40+ identified families to help make their holidays bright!

Your group's generosity and spirit truly makes a difference. Thank you, in advance, for your continued goodwill - for giving time, energy, resources and support in the present for the common good of our collective future. May this holiday season find each of you happy, healthy, warm, and at peace.

## Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program is now accepting applications for the 2016/2017 heating program.

### GENERAL INFORMATION:

On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills. The Connecticut Energy Assistance Program is administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. Essex Social Services intake services are by appointment only. Our local community actions group, CRT accepts applications as well at their Middletown Office. This program is based on your income, family size and liquid assets. Contact Essex Social Services at 860-767-4340 x201 or CRT at 860-347-4465.

### ENERGY ASSISTANCE DOCUMENT REQUIREMENTS

Please be sure you bring copies of all Documents Requested to be submitted with all pages. Please bring all information listed below that applies to your household. The processing of your application will be delayed if you do not bring all necessary information to your appointment. New documentation is required each year.

Previously submitted documents cannot be used for your application. To apply on someone's behalf written permission or power of attorney documentation must be provided.

### ALL STATEMENTS MUST INCLUDE ALL PAGES, THERE ARE NO EXCEPTIONS

Required information needed for your appointment:

- Social Security numbers for ALL household members.
- Birth dates of ALL household members.
- A current active utility bill. The bill must be in a listed household member's name that is age 18 or older. ALL Pages!!
- Current copy of lease, mortgage statement or rent receipt

CT License  
E1-123441

# SICURANZA ELECTRIC, LLC



**John Sicuranza**  
Owner / Electrician

[www.SicuranzaElectric.com](http://www.SicuranzaElectric.com)  
email: [seco4343@aol.com](mailto:seco4343@aol.com)

**860-434-4343**

Specializing in all Residential  
& Commercial work

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Service Upgrades     | <input checked="" type="checkbox"/> Troubleshooting    |
| <input checked="" type="checkbox"/> Generators           | <input checked="" type="checkbox"/> Network Cabling    |
| <input checked="" type="checkbox"/> Surge Suppressors    | <input checked="" type="checkbox"/> Landscape Lighting |
| <input checked="" type="checkbox"/> Smoke / CO Detectors | <input checked="" type="checkbox"/> Marine Wiring      |



with all landlord information including; name, address and phone number. If you receive Section 8, bring your Section 8 letter. ALL Pages!!

- Current and complete statements of ALL liquid assets for every household member (e.g., savings and checking accounts, bonds, stocks/shares, Certificates of Deposit, Annuities and Individual Retirement Accounts). You will be required to fill out an Asset Declaration Form for all household members over 17 years old. ALL Pages!!

#### CURRENT INCOME DOCUMENTATION FOR EVERY HOUSEHOLD MEMBER

- The last four (4) consecutive week's pay stubs (1 pay stub if paid monthly, 2 pay stubs if paid bi-weekly or 4 pay stubs if paid weekly) and/or workman's compensation benefits for the four (4) weeks prior to your appointment date; showing gross income, tips, commissions and bonuses.
- Current MONTHLY Social Security, SSI and/or Veteran's benefit income.
- Pension or annuity check stubs, or a letter from the payer on their letterhead stating the gross amount.
- All bank interest and dividend payments for the past month (if more than \$10.00 per month).
- Unemployment Statement from the website [www.ctdol.state.ct.us](http://www.ctdol.state.ct.us) or unemployment History Printout (within 24 hours prior to appointment) showing the last four (4) consecutive weeks or fill out an Unemployment Compensation Form and bring to your appointment.
- Income from alimony and/or child support from Child Support Enforcement (letter or printout), a bank statement if payment goes directly into a bank account or fill out the Affidavit Certifying Non-Receipt of Child Support Payments.
- Rental Income: Current Documentation verifying the amount of rent you collect from your tenant(s).
- Self-employment – will be required to fill out the Self-Employment Worksheet, have it notarized and bring your most recent tax return with all schedules attached.
- DSS Cash Assistance award letter – Showing current income for household.
- A signed statement indicating the amount and frequency of payments from friends and relatives who are contributing toward your household's support that includes the name, address and telephone number of the contributing person.

## Department of Parks & Recreation - Who We Are

The Department of Park and Recreation manages the Towns' Parks and Recreation System. Residents and visitors are offered approximately 90 acres of parkland that includes: 9 park areas, a state of the art playground, eco-friendly restrooms, 3 park shelters, a walking path, 2 fishing piers, basketball court, tennis court, 3 baseball and softball fields, a dog park, and swimming hole. The department provides many recreation programs for people of all ages. These programs are offered in a wide range of interests including; youth sports, youth camps, adult sports, fitness, special interest, and community special events. In addition, activities are also provided by the department indirectly through partnerships with various organizations (Essex Little League Baseball, Valley Soccer Club, Ticks Lacrosse, Essex Land Trust, Essex Board of Trade, Ivoryton Alliance, and many other community groups). Furthermore, many local organizations are scheduled and issued Park Use Permits for various park and facility usage each year.

continued on page 26

Essex Events • Quarter 4 • 2016



HOD #310 & HOD #909 CT Contractor Lic. #S1-303161

**ARE YOU READY FOR WINTER?**

- 24/7 Emergency Service
- Automatic Fuel Delivery
- Furnace/Boiler Service & Installation
- Kohler Generator Service & Installation
- Gas Fireplaces
- Water Heaters
- Price Programs
- Service Plans
- AC Service & Installation

35 William F. Palmer Rd., Moodus, CT 06469

**860-873-3876**  
**888-388-2497**  
[www.dutchoil.com](http://www.dutchoil.com)



is

*More Than Just Great Dancing!*  
Affiliated Dance Studios

Focus

- Self Discipline
- Creativity
- Fitness
- Self Confidence

Joy!

Register today!



**TheDanceCorner.com**  
**860.663.3738**  
206 Route 80, Killingworth

## Meet Our Team

### MARY ELLEN BARNES - DIRECTOR



Mary Ellen has been with the Essex Park and Recreation Department since September 2007, taking over as Director in January of 2015. She has a B.A. Degree in Psychology from Central Connecticut State University with a concentration in political science. She received her

Certification as a Park and Recreation Professional from the National Recreation and Park Association this past March. Starting as the Park and Recreation Program Manager, she developed after school programming, specialty camps, community events and activities for all ages. A local Ivoryton resident, Mary Ellen enjoys serving her community, hiking, gardening, and traveling - especially to Washington, DC & Northern Michigan where her children attend college.

### TIM LACHANCE - RECREATION AIDE & YOUTH BASKETBALL LEAGUE COORDINATOR



Tim joined the Parks and Recreation Department in April of 2015. Tim graduated from Valley Regional High School in 2012. Prior to joining Essex Park and Recreation he worked at Waters Edge as an activity coordinator. Tim has worked

with many different coaches from his time playing sports and coaching them himself. He is a Chester resident, who loves to be involved in his small community. His hobbies include playing softball and boating.

### KAI RECCHIA - RECREATION AIDE



Kai is a Georgia transplant who has lived in Deep River since 2003. She joined the Parks and Recreation Department in early 2016. She comes to Park and Recreation with an IT software background and her own small business in Centerbrook. Kai has a great

affinity for the tri-town area, its history and events. She enjoys maintaining the small farm that she lives on with her husband and their two young sons. You can catch her at almost every Deep River Elementary School event with her active first and second grade boys.

*Good hearing is*  
**PRICELESS**



Is it time to get your hearing checked?


**County Hearing and Balance**

**OLD SAYBROOK**  
900 Boston Post Road  
860-388-0022

Call us for a Free Initial Consultation  
All services by Doctors of Audiology  
[www.countyhearingandbalance.com](http://www.countyhearingandbalance.com)

HOURS  
MONDAY: CLOSED  
TUESDAY - SUNDAY: 4PM - 9PM

**BRICKSIDE**



EST. 2016

**PIZZA**

104 MAIN STREET IVORYTON, CT  
PHONE: 860-767-2555

**WOOD FIRED PIZZA**

FACEBOOK: [WWW.FACEBOOK.COM/BRICKSIDEPIZZACT](http://WWW.FACEBOOK.COM/BRICKSIDEPIZZACT)  
WEB: [WWW.BRICKSIDEPIZZACT.COM](http://WWW.BRICKSIDEPIZZACT.COM)



## Our Other Programs

### ESSEX YOUTH BASKETBALL LEAGUE

Park and Recreation will offer the Essex Youth Basketball League (EYBL). Our program focuses on fun, skill development, and sportsmanship. The EYBL runs from November 16-March 5. Ivoryton, Centerbrook and Essex children in grades 2-6 are eligible to participate. The registration deadline is November 2. Our 2nd - 6th grade divisions play organized games and meet twice per week. Volunteer coaches are needed.

Our youth basketball league programs depend completely on volunteer coaches. This is rewarding opportunity to work with children and give back to your community, please consider helping by coaching a team this year. It is valuable for the kids to have their parents and guardians involved and to have positive role models. If you are interested or have any questions, please contact the Essex Park and Recreation Department at 860-767-4340 x110 or mbarnes@essexct.gov. We will hold a mandatory coaches meeting on Wednesday November 2, 5:30 pm in the Town Hall Auditorium. All first time coaches are required to fill out a Coaching Application and background check form. Contact the Park and Recreation Department for an application.

### SCHEDULE REQUESTS

We really do appreciate your offer to coach, however please note we cannot accommodate any special requests regarding schedules. If you are coaching another team or have other commitments during the season we ask that you volunteer to help as a team parent or assistant coach and allow someone with a more flexible schedule to be the head coach.

Practices will begin November 14th. Games will begin on January 6th and end on March 3rd. Coaches: Please be aware games will be scheduled Fridays 5:20-6:20, 6:30-7:30 and 7:40-8:40; Saturday games will be played between 8 am and 1 pm. Please send me any feedback you have throughout the season. Thank you for your past and future volunteer time.

### KINDERGARTEN BASKETBALL

Our Kindergarten Basketball program is the perfect way to introduce your child to the game of basketball in a safe and fun setting. We will use a variety of confidence-building games and drills to teach the basics of the sport. The registration deadline is December 17. Volunteer coaches are needed. Be sure to include the player's shirt size on the form. This program is held at Essex Elementary School, beginning Wednesday January 11-February 8 from 3:15 -4 pm. Tim LaChance - Instructor.

## MARK REEVES, BUILDER 860-388-3825

*Fall Renovation Time!*



New Homes • Whole House Remodels • Additions  
Kitchens • Bathrooms • Basement Conversions  
Siding & Windows • Entertainment Centers  
Flooring • General Remodeling



Look me up on

CT LICENSE # 538583 & 10263  
FULLY INSURED

**MARKJREEVESBUILDER@COMCAST.NET**  
**WWW.MARKREEVESBUILDER.COM**

VALUE • QUALITY • EFFICIENCY

**ESSEX**  
LIMOUSINE SERVICE  
SERVICING OVER 600 CITIES WORLDWIDE  
www.EssexLimousine.com  
860-767-2152 • 860-388-5466  
CT DOT # 2389

**ESSEX TAXI**  
www.EssexTaxiCT.com  
860-767-7433 • 860-767-RIDE  
CT DOT # 1121

FULLY LICENSED & INSURED — UNDER NEW OWNERSHIP

# Zoning Commission is as Busy as Ever!

On Monday, September 19, the Essex Zoning Commission approved the site development for three luxury apartment buildings, known as Essex Station, on the northeast end of Plains Road. The development will have an affordable housing aspect for moderate income residents.

The Zoning Commission recently approved an application for a new restaurant to be known as The Essex, at 30 Main Street in Centerbrook. The new owner is hard at work converting the interior into a contemporary gathering place that will serve lunch and dinner. A deck will be located to the front of the

building for outdoor dining. Prepare to be amazed.

The Commission has a working group that has been reformatting the zoning regulations and making minor changes. The monthly meetings are open to the public. Please check the monthly calendar on the Town website or call the Zoning Enforcement Official for date and time.

Off the west side of Bokum Road there has been an approved over-55 residential development called Essex Glen waiting to be started. That day may be close as site developers are about to begin the con-

struction of the road that will lead up to the 26 detached homes to be located on a single parcel. This road will start just south of the railroad crossing.

New businesses have recently opened in town. They include Howard's Breads, Savour Café, Connecticut River Artisans, Independence Solar, and White Mountain Puzzles. That's The Spirit Shoppe will be moving from Essex Village to a new location at 18 Plains Road. Finally, work is going strong at the former Oliver's Tavern where the new owner hopes to open The Scotch Plains Tavern before the end of 2016.

# Regional Mental Health Awareness

As a member of the state's Regional Mental Health Board, Catchment Area Council #10 (CAC10), I welcome you to my publication initiative to reduce the stigma around mental health while providing information and resources to the county

residents. The goal is to broaden both conversation and awareness here in our community. A quick internet search to define what exactly mental health is will return multiple options. A 'little' agency called The World Health Organization (WHO) explains



**9 TOWN TRANSIT**

**CONNECTING YOUR CONNECTICUT!**

Public Transportation for all ages serving Chester, Clinton, Deep River, East Haddam, Durham, Essex, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook & Westbrook

**Medical Transportation to Middletown**

Connections to Southeast Area Transit buses in New London, CT Transit New Haven in Madison, Middletown Transit and CT Transit Hartford in Middletown

**Call 860.510.0429**  
**www.9towntransit.com**



9 Town Transit is Operated by the Estuary Transit District



**Good Food Deserves Great Wine**

We carry a comprehensive selection of fine wines, spirits, and the latest and greatest in craft beer, all at competitive prices.

Let our friendly and knowledgeable staff help you find exactly what you're looking for.

**Essex Wine & Spirits**  
125 Westbrook Road, Essex, CT  
Next to Colonial Market  
**860-767-8606**



that mental health is: “A state of complete physical, mental and social well-being, and not merely the absence of disease.” The WHO clarifies that mental health is “the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders.”

So, if the definition is positive, why does the term mental health resonate in such a negative way for so many? What is it about owning an association to mental health that we are ashamed to claim? We keep our experiences hidden as if it's a bad thing to admit. In fact, the term behavioral health is often now substituted for mental health, presumably in an attempt to soften perception.

People exhibit great pride about exercising or eating healthy to care for their physical selves and yet keep silent efforts taken to care for their mental health. Social media is filled with images of friends buying new sneakers and eating low-carb meals, which is awesome. But, I think others would be ok knowing they are caring for their inner self as well.

Together we can bring discussions about mental health out of the shadows. Through open communication we may realize that our experiences can help others. Who knows, perhaps someday we'll even see selfies posted on social media with one's therapist or support group!

[http://www.who.int/topics/mental\\_health/en/](http://www.who.int/topics/mental_health/en/)  
 Jackie Boudinot, LMFT, NCC, CDM  
 Middlesex Wellness & Mediation, LLC  
 Connecticut Regional Mental Health Board – CAC10

# LORI'S HAIR DESIGN



**LORI MATT**  
OWNER

**FULL SERVICE SALON**  
**33 YEARS EXPERIENCE**  
**BY APPOINTMENT ONLY**

**860.662.4223**

LOCATED IN  
**MEAGAN'S BARBERSHOP**  
 61 MAIN STREET  
 CENTERBROOK, CT  
 LORISHAIRDISEIGN.NET



**Sotheby's**  
INTERNATIONAL REALTY

**40 YEARS EXPERIENCE SELLING  
 ESSEX AND THE SHORELINE!**

*Kathy Schellens*  
860.395.4441

*kschellens@wpsir.com*

**SOTHEBY'S GOLD AWARD  
 TOP PRODUCER**



**ESSEX • EXCEPTIONAL WATERFRONT**  
 Breathtaking views of South Cove and CT River. Robert Stern inspired 10 room shingle style home. Fabulous living room, dining room, kitchen and library. 3 BR, 4 1/2 Baths. Spectacular and Private.  
**Offered at \$1,525,000**



**ESSEX • CHARMING CAPE**  
 Great Location next to Nature Conservancy. Five Bedrooms, 4 Baths, living room with fireplace and balcony, dining room, office, first floor master, wood floors, large deck. In-law apartment. Charming!  
**Offered at \$495,000**



**KILLINGWORTH • FABULOUS POST & BEAM ON 6.4 ACRES**  
 10 rooms-4 Bedrooms, 3 Baths, first floor master with cathedral ceiling, large decks, 3 bay barn/garage. Perfect for horse and animal lovers. Lovely Property!  
**Offered at \$615,000**



**ESSEX • STATELY FEDERAL**  
 Historic Federal in fabulous Village location. Spacious home with lovely level yard. LR with FP, large family room, formal DR, Klaff kitchen, 3-4 BR, 3 Bath, pretty patio. Garage.  
**Offered at \$650,000**



**OLD SAYBROOK • YEAR ROUND INDIAN TOWN** Deeded beach rights. Water view. 2 beaches, clubhouse and marina. Pretty ranch home w/furnishings. Spacious Kitchen, living room with fireplace. GREAT RENTAL HISTORY!  
**Offered at \$469,000**



**ESSEX VILLAGE • HISTORIC HOME**  
 Make this house your Dream Home! Excellent neighborhood, three bedrooms two and a half baths. Spacious kitchen. Level yard and two and a half car garage.  
**Offered at \$595,000**




**ESSEX MAIN STREET**  
 Mixed use - Currently Commercial/Retail and 1 Residential Apartment. Could be converted to Residential Use. Call for Details.  
**Offered at \$799,000**




**ESSEX VILLAGE**  
 Sweet eight room, four bedroom, two bath Cape near park, library and tennis courts. Barn/Garage Nice Backyard.  
**Offered at \$225,000**

**ESSEX BROKERAGE | 13 MAIN STREET | 860.767.7488 | OLD LYME BROKERAGE | 103 HALLS ROAD | 860.434.2400**

Each Office is Independently Owned and Operated



**Coastal Cooking Company**



Catering on the Waterfront  
**Essex Corinthian Yacht Club**  
 or  
**Your Location**  
*We Make Events Special*

Reserve Now  
 Weddings, Showers, Rehearsal Dinners,  
 Special Occasions and Events

Call Monique for a **FREE Consultation**

**860-501-5036**  
[Monique@coastalcookingcompany.com](mailto:Monique@coastalcookingcompany.com)  
 9 Novelty Lane, Essex, CT 06426

## Estuary Council Regional Senior Center

220 Main Street, Old Saybrook  
 860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

### HOLIDAY CRAFT FAIR

Our annual HOLIDAY CRAFT FAIR is Saturday, November 19. Local crafters display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade desserts and candy. NEW this year – breakfast will be served! The Fair will be open from 8 am until 1 pm. All ages are welcome to come and get their holiday shopping done! Contact Judy for more information, 860.388.1611 extension 203.

### BINGO AT THE ESTUARY!

Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at

continued on page 32




**BEAUTIFUL TREES  
 MAKE A HOUSE  
 A HOME.**

We're Bartlett Tree Experts, a 100+ year old tree and shrub company with global reach and local roots. Our services include:

- Tree & Shrub Pruning
- Cabling & Bracing
- Fertilization & Soil Care
- Insect & Disease Management

**BARTLETT TREE EXPERTS**  
 FOR THE LIFE OF YOUR TREES.

Call us at 203.453.1357 or visit us at [BARTLETT.COM](http://BARTLETT.COM)  



**WMRD**  
**1150 - AM**  
 Middletown - Hartford



**WLIS**  
**1420 - AM**  
 Old Saybrook - New London

**We are  
 The Best of the Valley & Shoreline!!**

*News, Weather, Sports, Traffic, Music, Talk  
 and Opinion, from around the Corner  
 and around the World!!*

**We've Got Personality!!!**

[www.wliswmrd.net](http://www.wliswmrd.net)



# Triangle Building Associates

Inc.

Carpenters  Builders

General Contractor  
Remodeling Projects  
Complete Additions  
Custom Homes

ESSEX, CT  
860-767-1272  
email: [trisquare2010@att.net](mailto:trisquare2010@att.net)

NH Lic#0003590 HIC Lic# 0556517 Suffolk Cty NY Lic# 41997-H



William Pitt

Sotheby's  
INTERNATIONAL REALTY

**SOLD**



2 Point Road, Old Saybrook Offered at \$1,500,000

Getting it done the right way!

**David Rodriguez**  
860.819.0511  
[drodriguez@williampitt.com](mailto:drodriguez@williampitt.com)

[davidrodriguez.williampitt.com](http://davidrodriguez.williampitt.com)

ESSEX BROKERAGE | 13 MAIN STREET | 860.767.7488  
OLD LYME BROKERAGE | 103 HALLS ROAD | 860.434.2400



Each Office is Independently Owned and Operated 

ESSEX  
**Steam Train**  
AND  
**RIVERBOAT**

## There's Nothing Like It!



**Santa**  
Special

BEGINS NOVEMBER 25th



A FUN-FILLED DAYTIME TRAIN  
EXPERIENCE WITH SANTA AND  
FRIENDS... perfect for young families!  
(Tickets start at \$20 per person)

Call 800-377-3987 or Visit [ESSEXSTEAMTRAIN.COM](http://ESSEXSTEAMTRAIN.COM)



## ESTUARY COUNCIL REGIONAL SENIOR CENTER... continued from page 30

5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000 (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

### ESTUARY GYM IS SILVER SNEAKERS APPROVED!

The Estuary Gym is a Silver Sneakers wellbeing fitness location! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does

NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

### ESTUARY THRIFT SHOP

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

## Visiting Nurses of the Lower Valley

### CELEBRATE FRUITS & VEGGIES!

There are over 200 varieties of fresh, ripe, juicy and delicious fruits and vegetables to choose from. They include all the colors of the rainbow! All the wonderful colors provide natural vitamins and minerals along with essential fiber which improves health. Eating fruits and vegetables can be easy to do. Try fresh, frozen and canned varieties. Children and adults alike benefit from a crunchy, craving satisfying carrot or celery stick dipped in light ranch dressing or peanut butter. Surprise your loved one with plain yogurt and diced fruit for breakfast or lunch. Make them guess what fruit is hiding in the yogurt. It helps to take a little bit

of time weekly to pre-cut fruits and vegetables so they are handy when you get home from work and feel those hunger pangs. Remember the simple rule of thumb; make fruits and veggies half of what you put on your plate and you will improve your health day by day.

Find helpful recipes to add more fruits and vegetables to your diet at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

A healthy diet can also help prevent illness. So, as the kids go back **continued on page 34**



- A & A Office Systems
- A.R. Mazzotta Employment Specialists
- Belltown Motors
- BEST Cleaners
- The Black Seal
- Brown & Brown of CT, Inc.
- Connecticut Lighting Centers
- Direct Energy
- East Hampton Rotary Foundation, Inc.
- Essex Printing/Events Magazines
- Interfaith Golf Open Tournament, St. Mary's Church, Portland and Congregation Adath Israel, Middletown
- LiveKind
- Mahoney Sabol & Co., LLP
- Malloves Jewelers, Middletown
- M&J Bus Company, Inc.
- Paulson Training Programs, Inc.
- Nancy Raczka, Attorney
- The Rossie Group
- Elizabeth Shulman, LMFT
- Suburban Stationers, Inc.

IN PARTNERSHIP WITH: Connecticut Association of Schools; Rushford, a Hartford Healthcare Partner; EMPOWER Leadership Sports; The First Tee of Connecticut; iCRV Radio; Donny Marshall.

## STAND UP TO MEAN-SPIRITED BEHAVIOR.

**Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack?** Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

### Help make Middlesex County a bully-free community.

Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to [www.bullyfreemiddlesexcountycf.org](http://www.bullyfreemiddlesexcountycf.org).

## TAKE THE PLEDGE.

[BULLYFREEMIDDLESEXCOUNTYCF.ORG](http://BULLYFREEMIDDLESEXCOUNTYCF.ORG)





**Full Service  
Hair and Nail Salon**

Specializing in Updos / Makeup  
Straightening / Waxing / Foiling  
Coloring / Precision Cutting  
Gel Polish / Manicures / Pedicures  
and More

**Celebrating 5 Year  
Anniversary**  
20% OFF New Clients!

Call or stop for an appointment!

**860.322.4448**

**salon154**

439 Main Street, Deep River, CT 06417



Like us on Facebook at  
[www.facebook.com/salon154deeperiver](http://www.facebook.com/salon154deeperiver)



William  
Pitt

**Sotheby's**  
INTERNATIONAL REALTY

**It's All About The View!**



OLD SAYBROOK: Bright and airy home perched above the luscious green meadows just off of the Long Island Sound. Sit in the sunroom take in the sea breezes and watch the beauty every season brings and dramatic sunsets every night. Enjoy the full moon high tide in it's splendor. Deeded beach rights to Cornfield Point! Offered at \$499,000

**Tina Rupp**  
860.876.6072  
[trupp@williampitt.com](mailto:trupp@williampitt.com)



[tinarupp.williampitt.com](http://tinarupp.williampitt.com)

**ESSEX BROKERAGE**  
13 MAIN STREET |  
860.767.7488

Each Office is Independently Owned and Operated.

**ST. JOHN'S EPISCOPAL CHURCH**  
MAIN AND CROSS STREETS ESSEX CT



**A Service of  
Lessons & Carols**

RECEPTION TO FOLLOW

**PLEASE JOIN US DECEMBER 11, 2016**

**SUNDAY AT 4:00PM**

NEW AND TRADITIONAL CAROLS WITH  
FULL CHOIR, INSTRUMENTALISTS, & SOLOISTS

THIS YEAR WE HONOR THOSE WHO WORK  
IN SUSTAINABLE FARMING.  
READERS WILL BE THOSE FROM OUR COMMUNITY  
WHO WORK IN THAT FIELD.



**Retire into a life you love.**

Work with a Financial Advisor who understands the challenges you face as you prepare for the future.

**The Meotti Wheeler Group at  
Morgan Stanley**

**Jeffrey Meotti, CFP®**  
Senior Vice President  
Financial Advisor  
860-447-4841  
[jeffrey.meotti@morganstanley.com](mailto:jeffrey.meotti@morganstanley.com)

**Wendy Wheeler**  
Senior Vice President  
Financial Advisor  
206-786-2181  
[wendywheeler@morganstanley.com](mailto:wendywheeler@morganstanley.com)

**Maureen Zavatore**  
Senior Vice President  
Financial Advisor  
860-447-4860  
[maureen.zavatore@morganstanley.com](mailto:maureen.zavatore@morganstanley.com)

64 South Main Street  
Essex, CT 06426  
860-447-4841  
[www.morganstanleyfa.com/meottiwheelergroup](http://www.morganstanleyfa.com/meottiwheelergroup)

A well-planned and well-funded retirement is all about freedom. Freedom to spend time with your family. Freedom to pursue philanthropic interests. Freedom to work — or not — based on the things that interest you most.

At Morgan Stanley, we can help you plan for a rewarding retirement. Our Financial Advisors take the time to understand your individual situation, your passions and your goals—and to enlist the resources you need to help meet them.

To see how we can help you, please call us at the number provided.

**Morgan Stanley**

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and federally registered CFP (with flame design) in the U.S., which it awards to individuals who successfully complete CFP Board's initial and ongoing certification requirements.

© 2016 Morgan Stanley Smith Barney LLC. Member SIPC. CRC1581602 09/16 7177439 SEG003 09/16

## SALES REPRESENTATIVE

Due to expanded growth we are seeking a full time sales representative to sell advertising in our Events Town Magazines.

We seek someone experienced who understands the consultative sales process.

Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, and identifying and capturing new business through cold calling.

Apply if you are an overachiever. Send resume to [print@essexprinting.com](mailto:print@essexprinting.com).

## VISITING NURSES... continued from page 30

to school and viruses start to appear, eat all the colors of the rainbow and wash your hands often to stay fit and healthy.

Prevent flu this season, get your flu shot. Local flu shot clinics will be posted at [www.visitingnurses.org](http://www.visitingnurses.org). For more information call Deborah Ringen RN, MSN, FCN at 860-767-0186.

### ABOUT VISITING NURSES OF THE LOWER VALLEY

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

## Thinking about your financial plan?

### SPEND 30 MINUTES THINKING ABOUT THE NEXT 30 YEARS.

The best place to start the financial planning process is to consider the values and goals that are most important to you. The objective is to clearly articulate what you want and how you plan to attain it, just as you would in the to-do list you create for your day.

1. How do you and your family enjoy spending your time?
2. Where do you see yourself in the next 5 or 10 years?

**AUTOMATIC FUEL DELIVERY • INSTALLATIONS • 24-HOUR EMERGENCY SERVICE**

**MORONI  
& SON LLC**  
**OIL COMPANY**

**860-388-2298**

**FULL SERVICE  
OIL COMPANY**

**447 Spencer Plains Road  
Westbrook, CT 06498**

- Automatic Fuel Delivery
- Burner Installation
- 24-Hour Emergency Service



HOD 591  
HTG.0403715-B1  
0303724S1

## PRE-SEASON SALE!

**Boilers • Oil Tanks • Hot Water Heaters  
Hot Air Furnaces • Indirect Water Storage Tanks**

**SAVE \$400**

With this coupon.  
Cannot be combined.  
Expires 11/30/16



**TFI Everhot  
Oil Fired  
Water Heaters**  
Cost: As low as  
\$2600.00



**Williamson  
Centennial  
Low Boy  
Oil Furnace**  
Cost: As low as  
\$3100.00



**New Yorker  
High Efficiency Oil Fired  
Water Boiler**  
Cost: As low  
as \$6200.00

**Call  
for  
Our  
Current  
2016-  
2017  
OIL  
PLANS**

**[www.moronioil.com](http://www.moronioil.com)**

**SERVING FROM MIDDLETOWN TO EAST HAVEN**



3. What are the five things you value most in life?
4. What goals do you have for your life?
5. What does it mean to you to be wealthy?
6. What's the best way for you to build your wealth?
7. How would you like to help your community?
8. What would you like your legacy to be?
9. What do you envision your retirement to be like?
10. What assets would you like to leave to your heirs?

Reviewing your long term goals can be a productive exercise for individuals and families. If, for example, a vacation home was once your goal, but now it's education for your kids, that realization may help you re-think your investment strategy. Formulating a statement of your goals requires reflection and analysis. When your family is involved, it is even more ambitious an undertaking. If the process is careful and diligent, your hard work has the potential to be well rewarded. Once you have your mission statement in place, it will serve as a useful framework directing how you move forward and highlighting the effectiveness of your strategy over time.

Maureen Zavatone, Financial Adviser  
Morgan Stanley Wealth Management Essex CT.

Reprinted from "Women and Wealth," ©2016  
Morgan Stanley Smith Barney LLC, Member SIPC.



EXTENSIVE WINE COLLECTION  
BEER  
SODA  
LIQUOR  
ICE  
LOTTO  
FREE DELIVERY

**SHORE DISCOUNT LIQUORS**

211 MAIN STREET  
DEEP RIVER, CT 06417  
860.526.5197  
860.526.5413 FAX

OPEN SUNDAY 10 - 5  
wnbrseller@aol.com  
www.shorediscountliquors.com





**Rick Weiner**  
860.227.3191  
rweiner@wpsir.com  
sothebysrealty.com

Licensed Real Estate Broker  
Connecticut and New York  
Member Greenwich MLS  
Real Estate Board of NY

 <b>Essex Waterfront</b> 20 Hemlock Dr. Offered at \$1,695,000	 <b>Essex Village Elevator</b> 32 Main St. Offered at \$1,250,000	 <b>Chester Private</b> 34 Pinnacle Lane Offered at \$1,175,000	 <b>Chester Waterfront</b> 44 Spring St. Offered at \$845,000
 <b>Deep River Water Views</b> 126 Essex St. Offered at \$825,000	 <b>Essex Village Water Views</b> 7 Mack Lane Offered at \$775,000	 <b>Old Lyme Pool</b> 4-2 Talcott Farm Rd. Offered at \$599,000	 <b>Essex Village Renovated</b> 20 N. Main St. Offered at \$549,000
 <b>Essex Village Delightful!</b> 10 Mack Lane Offered at \$499,900	 <b>Essex Village Remodeled</b> 17 S. Main St. Offered at \$399,900	 <b>Ivoryton Remodeled</b> 10 Chestnut St. Offered at \$314,500	<p><b>RECENTLY SOLD</b> 32 Hemlock Dr, Listed at \$1,650,000 2 Point Road, Listed at \$1,500,000 116 River Rd, Listed at \$1,375,000 256 Cedar Swamp Rd, Listed at \$499,000 199 Westbrook Rd, Listed at \$435,000 80 Dennison Rd, Listed at \$265,000</p> <p><b>UNDER CONTRACT</b> 2 Pennywise Ln, Listed at \$399,900 12 Mares Hill, Listed at \$397,500</p>

**ESSEX BROKERAGE** | 13 MAIN STREET | 860.767.7488  
**OLD LYME BROKERAGE** | 103 HALLS ROAD | 860.434.2400

  
 MORTGAGE FINANCING AVAILABLE 1.855.298.5650

# Sunglasses Now or Botox Later

We all wear sunglasses in the summer, but do you wear them all year round? When you think of wearing sunglasses, chances are you are thinking about protecting your eyes; but it's not just your eyes that will benefit from the protection. The skin around your eyes will thank you too.

Squinting is a natural reflex caused by exposure to bright light. It's the body's way of protecting your eyes until they adjust to their surroundings. However, when you squint you contract muscles around your eyes that are responsible for the development of crow's feet and also deep furrows in-between your eyebrows.

The skin around your eyes is the thinnest skin on your body and one of the first areas to show signs of aging. Also, there are no oil glands in the skin under your eyes, which hastens wrinkle formation.

Wearing sunglasses will help your aging eye skin in a few ways. First the sunglasses will protect your skin from direct exposure to sunlight which is the number one cause of premature aging. Secondly, sunglasses will prevent you from squinting and thereby overusing your muscles. And let's not forget about protecting your eyes themselves from harmful UV damage.

Because the muscles of the face are attached directly to your skin, overusing these muscles will lead directly to wrinkling, crow's feet and eyebrow furrows. But fear not if you already have crow's feet or furrows. Botox injections will temporarily reverse these problem areas, returning the skin around your eyes to a much smoother texture.

Botox is the number one non-surgical cosmetic treatment in the country. The injections are not painful and the procedure can be done on your lunch break. Results are temporary and usually last between three and four months.

So if you lost another pair of sunglasses, you can still have the look!

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, please call 203 245-2227 for a free consultation with or visit [www.sonasmedspa.com](http://www.sonasmedspa.com).

Susan O'Malley, M.D., Sonas Med Spa  
203 245-2227  
[www.sonasmedspa.com](http://www.sonasmedspa.com)

**Memory Care at The Saybrook at Haddam**



Safe Harbor resident John Greene is surrounded by three generations of family members who visit him daily.

## Excellence in Memory Care

At The Saybrook at Haddam, our special memory care neighborhood fills John Greene's days with social and physical activities, entertainment and cultural events, and, most importantly, visits with family. "Since Dad moved to Safe Harbor, he is much more relaxed and fun to be with, and he's enjoying life the way he should" said John's daughter, Pat.

Our experienced staff includes registered nurses, certified nurses aides and recreational therapists—all dedicated to help residents thrive.

**Our Safe Harbor Memory Care Program Includes:**

- Specialized assisted living for those with Alzheimer's or dementia
- Stimulating and therapeutic programs
- Ongoing communication and support for family members
- Personalized care and medication management 24 hrs/day
- Fresh air and sunshine in our secure "Walking Garden"



~Retirement and Assisted Living~  
~Memory Care~  
1556 Saybrook Road, Haddam, CT 06438  
[www.thesaybrookathaddam.com](http://www.thesaybrookathaddam.com)

**Call today for a private tour: (860) 345-3779.**



"Friendly and professional!"  
"Almost immediate change in my appearance"  
"I was treated with respect"  
"Answered all my questions!"



Come visit Dr. Raji and see for yourself why she was awarded the Top Doc award 5 years in a row!



**Middletown:**  
860.347.7466

**Westbrook:**  
860.669.5305

[middlesexeye.com](http://middlesexeye.com)



Middlesex Eye Physicians  
The Eye M.D.s



# Valley Regional High School Crew



In 2015 The Valley Regional High School had an insurgence of interest in Crew. Following this renewed interest in rowing, a group of parents formed a Booster Club

whose main directive is to fundraise for equipment so that Coaches John Laundon and Caroline Muhsin, can put together a rowing program that

is not only competitive – but gives as many students as possible the ability to participate in this wonderful sport.

VRHS currently uses equipment from Old Lyme HS, and we are looking at putting together a whole new program complete with equipment. Any member of the Community or VRHS Crew Alumni that are interested in donating or participating in our fundraising can reach us at:

VRHSboostercrew@gmail.com  
we would love to hear from you!

## Chronic Dry Eyes

Dry eye is a disease that affects millions of people. Normally, blinking helps replenish our tear film which provides the moisture eyes need to stay comfortable. A healthy cornea facilitates clear vision and a healthy tear film supplies nutrients that are necessary for corneal health. The tear film protects our eyes by fighting off

infection and removes environmental debris that can cause ocular allergies. The high usage of electronic devices has resulted in a decrease in our blink rate causing red, itchy, gritty, burning, and tired eyes.

continued on page 38

**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE

**Page Taft**



ESSEX: Exceptional Village Waterfront Retreat! Fully renovated residence! Dock with water and power! Au pair or in law apartment! Private location at end of cul de sac. Exquisite!  
\$1,695,000

Chip Frost, x3112  
Ct. River Properties



ESSEX: Unique elegance in this 4 BR, 5.1 bath luxury home. First floor Master suite w/access to patio to enjoy the views over the hills. State-of-the-art mechanical systems throughout.  
\$1,695,000

Maureen/John O'Grady, x3116



ESSEX: Modern open floor plan, chef's kitchen, media room, generator, 3.1 baths, office/studio, this house has it all! Fenced, landscaped yard; walk to town, park and library. Mint!!  
\$1,020,000

Chip Frost, x3112  
Ct. River Properties



CHESTER: Privately situated and close to Chester village this 4 BR, 4.1 bath home on 2.78 acres will be your forever home. Gorgeous Kitchen, private office, FR, sunroom, pool, lovely landscaping.  
\$895,000

Maureen/John O'Grady x3116

5 Essex Square, Essex, CT 06426

860.767.5390

PageTaft.com

## CHRONIC DRY EYE... continued from page 37

Contrary to what people may think, excessive tearing is a sign of dry eye disease. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

A poor tear film on your ocular surface can lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune diseases (e.g., Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g., Rosacea, eczema, etc.), and thyroid disorders are only some of the more common

conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. It is important to customize and tailor these treatment options to each individual and what is best for their eyes. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision.

Middlesex Eye Physicians  
860-347-7466  
Middlesexeye.com



## Eastern Connecticut Ballet's The Nutcracker

Eastern Connecticut Ballet's  
THE NUTCRACKER  
Saturday, December 10, 2016  
1:30pm & 7pm  
Sunday December 11, 2016 |  
1:30pm

Share the magic and pageantry of the world's most beloved ballet with friends and family of all ages. New York City Ballet sensation, Sara Mearns, "the great American ballerina of our time,"  
**continued on page 40**

## BERKSHIRE HATHAWAY | New England Properties HomeServices



Angela Ruel  
860-575-0754



Bob Senger  
860-391-5563



Melissa Pardi  
860-510-2310



Traver Steiner  
203-671-4189



Sharon Linder  
860-460-8862



Pete Zucco  
860-391-2438



Louisa Ketron  
860-395-7967



Carolyn DiPietro  
860-661-3055



Greg Young  
860-395-1551



Dawn McNary  
860-575-5001



Susan Fitzpatrick  
203-928-8000



Linda Talmadge  
Office Leader



**New England  
Properties**

**Find us on  
Main Street!**

**15A Main St. 238B Main St.  
Essex Old Saybrook  
860-767-2133 860-388-3411**

© 2016 An independently operated member of BHH Affiliates. Equal Housing Opportunity.

15A Main St. Essex 860-767-2133 |  
238b Main St. Old Saybrook 860-388-3411

bhhsNEproperties.com





# COLDWELL BANKER

## RESIDENTIAL BROKERAGE



**Essex** **\$1,875,000**  
 This gracious riverfront home with dock is located at the end of a cul de sac in a gorgeous, private neighborhood close to town. Room for everyone!  
 Andrea Woolston 203-605-4770



**Essex** **\$999,000**  
 First time offered - Spectacular River Road Nantucket Cape with shared dock, first floor master suite & wonderful water-views of Falls River Cove!  
 Joel Lucas 860-304-9150



**Essex** **\$995,000**  
 Essex Village Waterfront with Dock & Guesthouse! This mint condition home offers lovely gardens & unsurpassed views of Middle Cove!  
 Joel Lucas 860-304-9150



**Essex** **\$437,500**  
 Bow roof Colonial close to Essex Village shops, restaurants, marinas & museums. Updated KT, 1st or 2nd floor MBR option, professional landscaping.  
 Laurel Peters 860-306-2812



**Essex** **\$749,000**  
 The Best of all Worlds... warm & inviting, spacious yet intimate, updated 4 bedroom, 4.5 bath Colonial perfect for entertaining both inside and out.  
 Laurel Peters 860-306-2812



**Essex** **\$490,000**  
 Windswept Ridge is convenient to I95, RT 9 & Bokum Center. Custom built home in excellent condition. Granite tops, spacious MBR, generous deck, patio.  
 Peter Bonanno 860-227-9798  
 Shane Bonanno 860-227-7353



**Essex** **\$459,000**  
 Essex Village 3BR home. Remodeled & tastefully renovated inside & out. Beautiful KT w/stainless & granite, refinished HW, freshly painted interior.  
 Peter Bonanno 860-227-9798  
 Shane Bonanno 860-227-7353



**Essex** **\$395,000**  
 Prime Essex Village location. Unique & casual 1890 Family Homestead awaiting a restorer's touch. On 1.6 acres w/established fruit trees & berry bushes.  
 Bobbi McBride Doyen 860-662-0271



**Essex** **\$279,500**  
 A beautifully landscaped setting surrounds this 3BR, 2BA home. Master suite w/sitting room & bath, finished lower level w/gas FP, C/ A, CVAC & 2C garage.  
 Peter Bonanno 860-227-9798  
 Shane Bonanno 860-227-7353

Essex Office | 5 Main Street | Essex, CT 06426 | 860.767.2636

[ColdwellBankerMoves.com](http://ColdwellBankerMoves.com)

© 2015 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.



**THE NUTCRACKER... continued from page 39**

returns to the Garde Arts Center in New London for another breathtaking performance with Eastern Connecticut Ballet. New London's own "Nutcracker" is both a holiday tradition and a tour de force.

Sharing the spotlight are guest artists from NYCB and Pennsylvania Ballet and more than 100 professionally trained dancers from ECB. Thirty-five musicians from Eastern Connecticut Symphony Orches-

tra, conducted by Maestro Paul Polivnick, perform Tchaikovsky's masterpiece. Join Clara on her spectacular journey around the world. Applaud her brave-hearted Nutcracker, The Snow King and Snow Queen, sailors and toy soldiers, the comical Mother Ginger, waltzing flowers, dancing snowflakes, and of course, the exquisite Sugar Plum Fairy. Sail away on an enchanted ship from a seaport very much like New London in the 1850s and

watch a battle on the high seas and a snow-storm in the Arctic. Live music and classic ballet in the tradition of Balanchine make this "Nutcracker" simply unforgettable.

Performances are Saturday Dec 10th at 1:30 & 7pm and Sunday Dec 11th at 1:30pm. Tickets are available at The Garde Box Office. Call 860-444-7373 x1 or visiting gardearts.org.



Jacqi Hubbard Photo by Peter M. Weber taken from the recent article in ASPIRE magazine

**Ivoryton Playhouse**  
**A Note from the Executive Director...**

This year marks my 25th year at the Ivoryton Playhouse. I began as a Board member in 1991, then became Board President and in 1999 was hired as Artistic/Executive Director. I have watched the theatre and the community that surrounds it change and grow so much over this past quarter century. It has been an eventful 25 years with its fair share of highs

and lows and laughter and tears; with shows that tanked and shows that brought entire audiences to their feet. There were dreams that were realized and dreams that were put on a shelf for another day.

But the one thing that has remained constant through those years is the support we receive from the people of Essex and our love for our home in the village of Ivoryton. The Playhouse has a great family of actors and donors, musicians and members, sponsors, local businesses and community partners and I am so proud of what we have accomplished in encouraging growth in the village of Ivoryton and helping to bring tourism to Essex. The community we have built now supports new restaurants and businesses, a lively Farmers Market and family-friendly special events such as the Pumpkin Festival (Saturday, October 22nd) and the Ivoryton Illuminations (Saturday, December 3rd and throughout December).

So, as I celebrate my Silver Anniversary at the Playhouse, I want to thank the people of this area –the most generous, kind and supportive people I have ever met – who welcomed me into this town over 25 years ago and made me feel that this was place that I wanted to call home.

Cheers!  
Jacqui Hubbard

PS: Don't miss Tenderly: The Rosemary Clooney Musical opening Wednesday, October 26th until November 13th. December is the brightest time of the year for Ivoryton! Santa arrives at the Playhouse on Saturday, December 3rd and 300,000 lights are switched on throughout the village. To celebrate the season of goodwill, bring the whole family to the theatre for a very special holiday production of Bells of Dublin III: A New York Fairytale. The Bells of Dublin pub will be closed for the holidays as Paddy Bell and his family take a trip to the Big Apple for Christmas. Bells III opens on Wednesday, December 7th and runs until Sunday, December 18th with matinee and evening performances. Visit [www.ivorytonplayhouse.org](http://www.ivorytonplayhouse.org) for more information or call our box office at 860.767.7318 to purchase tickets.

**William Pitt**  
INTERNATIONAL REALTY

**Peg Mitchel**  
860.391.1701  
pmitchel@wpsir.com

---

**ESSEX** - Walk to Essex Village from this wonderful Maine Coastal style home featuring a spacious open floor plan. Prominently set on 1.72 acres in a private natural setting this special property is bordered by perennial gardens, beautifully manicured lawns, mature plantings and offers blue stone patios, ideal for outdoor entertaining. Offered at \$695,000

**ESSEX** - Discover all Essex Village has to offer from this wonderful two bedroom condominium in the heart of the Village. Offered at \$210,000

**IVORYTON** - Attractive two bedroom ranch style end unit. Walk to Ivoryton village, the Playhouse and great restaurants. Offered at \$119,000

**IVORYTON** - Build Your Dream Home! Large Approved Building Lots in desirable Falls River Farms. Your builder or ours. Offered from \$39,900-\$79,900

[pegmitchel.williamspitt.com](http://pegmitchel.williamspitt.com)

**ESSEX BROKERAGE** | 13 MAIN STREET | 860.767.7488  
**OLD LYME BROKERAGE** | 103 HALLS ROAD | 860.434.2400

Each Office is Independently Owned and Operated





# ESSEX WELLNESS CENTER

SPECIALISTS IN HOLISTIC SERVICES

## COMPLETE CUSTOMIZED WELLNESS PROGRAMS

- Naturopathic and Chinese Medicine
- Acupuncture
- Nutrition for Health, Weight Loss/Management
- Hypnosis for Health, Spiritual Growth
- Mindfulness Meditation
- Life Coaching | Executive, Leadership Coaching
- Eating Disorder | Body Image Therapy
- Massage | Couples Massage | Reflexology
- Reiki | Healing Touch
- Substance Abuse & Addictions Counseling
- FREE Wellness Series Starting
- Personal Training & Health Coaching at our Private Picturesque Waterside Studio
- **Fitness on the Water**
- FREE Mindfulness Meditation Sitting Groups
- FREE Yoga Waterside (seasonal) and in Studio
- Tai Chi



.....  
Personal Training & Membership in Our Private Waterside Fitness Studio  
.....

**860.767.7770** | [info@essexwellnessctr.com](mailto:info@essexwellnessctr.com)

ESSEX WELLNESS CENTER / Fitness on the Water • 28 Main Street and 8 Novelty Lane, Essex Village



**ESSEX EVENTS**

Essex Town Hall  
West Avenue  
Essex, CT 06426

PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 155  
DEEP RIVER, CT

**POSTAL CUSTOMER**

# Online and On Main Street



Some banks are closing branches in favor of online banking. Not Essex Savings Bank. Instead, we have added locations and expanded services – including online and mobile banking – to better meet your financial needs. As a community bank, we are here to serve you in the manner that works best for you. Stop by one of our conveniently located branches or visit us at [essexsavings.com](http://essexsavings.com) to see how we can meet your banking needs online and in person!



Essex, 35 Plains Road, 860-767-2573 • Essex, 9 Main Street, 860-767-8238 • Chester, 203 Middlesex Avenue, 860-526-0000  
Madison, 99 Durham Road, 203-318-8611 • Old Lyme, 101 Halls Road, 860-434-1646 • Old Saybrook, 155 Main Street, 860-388-3543  
Toll-Free: 877-377-3922 • [essexsavings.com](http://essexsavings.com)

Member FDIC

 Equal Housing Lender