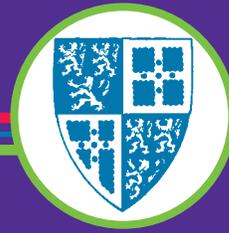


# Old Saybrook



# Events

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

Volume 15 • Quarter 3 • 2014



# SMARTER CARE NOW HAS A NEW ADDRESS

## Shoreline Medical Center Is Now Open in Westbrook

At twice the size of our previous facility in Essex, our new Shoreline Medical Center in Westbrook offers expanded 24/7 emergency care and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state—that's *The Smarter Choice for Care*.

***Learn more at [middlesexhospital.org/shoreline](http://middlesexhospital.org/shoreline)  
or call (860) 358-3700***

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Just Before the Tanger Outlets

The Smarter Choice for Care

 **MIDDLESEX HOSPITAL**  
SHORELINE MEDICAL CENTER

## First Selectman's Corner

Happy Fall from the your Board of Selectmen: Carl P. Fortuna, Jr. First Selectman, Scott Giegerich and Steve Gernhardt, Selectmen. We hope you are enjoying the change of seasons.

### The Preserve

Since the last issue, the Town has successfully voted to keep the Preserve property as open space. This property has been the subject of many legal battles and impassioned public speech over the last 15 years. With the State of Connecticut as a partner and private funding led by the Trust for Public Land, the Town of Old Saybrook will be acquiring 930 acres of forest. To be clear, this will not be a Town or State Park, but more of a State Forest with trails and other passive recreation. The Board believes there are many benefits to acquiring this land. While the acquisition is beneficial in the present, we believe the benefits will continue to accrue to future generations. There are numerous environmental benefits, both for flora and fauna. Without getting too deep into the weeds on this topic (pun intended), the value lies not just in preserving land but in preserving this large tract of land. Because the Preserve is a large forested parcel within a predominantly forested regional landscape, it is of exceptional importance to protect the ecological services provided by the larger forested landscape of which it is a part. While Connecticut is heavily forested, suburban sprawl has eaten away at large pieces. For any reader who would like to read the State study on this very topic,

please contact me. Sprawl drains Town finances and can be harmful to the environment by creating large impervious surfaces (the development of this property was projected to have 38% impervious surface). Furthermore, open space is less of a drain on Town finances, for the most part, than residential development. The bottom line on most residential development is that it costs more in Town services (policing, fire, roads, schools) than it returns in taxes. There were those who thought development of this parcel, in today's economy, was a long shot so why acquire it? While the economy may not support a large development in Old Saybrook today, the idea is to protect this property forever. This is long term, forward thinking. These decisions are always hard when they need to be made. However, we firmly believe that 2, 5, 10, 20 and 50 years out, the decision our Town resoundingly approved on July 8 will continue to resonate positively. Thank you to all who participated in this accomplishment, whether you were a voter or a Board/Commission member who shared an opinion. We appreciate your involvement.



Carl P. Fortuna, Jr.

Next up is creating a management plan for this piece of

*continued on page 3*

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*Phyllis Donohue in her new apartment with her cat Francey.*

**I found it Easy to Move to The Saybrook at Haddam...  
However, My Cat Francey Found the Move to be Traumatic.**

Everyone at The Saybrook at Haddam has helped make Phyllis and her cat Francey's move from their home in Madison to their bright and spacious apartment – a wonderful experience! Francey is becoming more comfortable with his surroundings, while Phyllis is enjoying time in the gardens, meals in the elegant dining room, exercising and social activities.

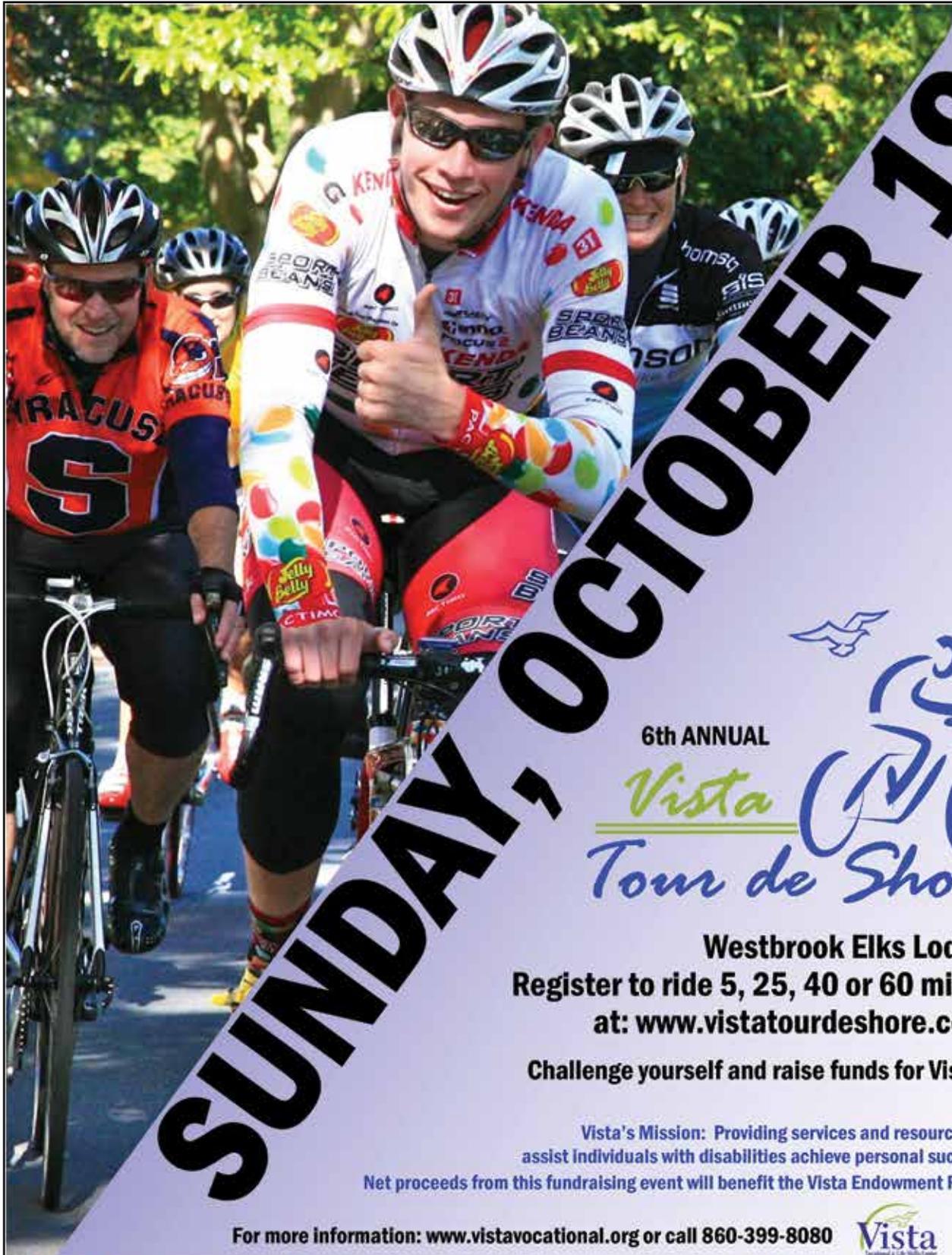
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Westbrook Elks Lodge  
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at: [www.vistatourdeshore.com](http://www.vistatourdeshore.com)

Challenge yourself and raise funds for Vista!

Vista's Mission: Providing services and resources to assist individuals with disabilities achieve personal success  
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For more information: [www.vistavocational.org](http://www.vistavocational.org) or call 860-399-8080



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

property. We are consulting internally with Parks & Recreation, our Land Use Department and members of the public in conjunction with the State of Connecticut and the Town of Westbrook on trails and access. The Town of Westbrook owns a 4 acre piece of property accessed by Connecticut Route 153 which we hope will be a main entry point into a trail system. While I know we are all excited to walk or bike the property on day one, developing and refining the trail system will take time.

**Big Y Grocery Store/Max' Place**

There is lots of new business activity in Town. On August 21, I attended the Grand Opening of the Big Y grocery store. This is an exciting development in Town that has taken 10 years to bring to fruition. The project was first proposed in 2005. However, after moving through the appropriate regulatory channels, the Great Recession occurred. Getting to the Big Y Grand Opening this time around was a true team project. While I believe government should stay out of the way as much as possible, it is important that government deliver when it needs to. Many hours by devoted staff brought this project to fruition. I want to thank our staff that saw to it that this important piece of Old Saybrook's economic pie was completed and open for business on the promised date. Don Lucas, our building inspector, spent countless hours at the Big Y, and his last visit was at 7 a.m. on the day of opening; Donn Dobson, Fire Marshal, addressed important safety regulations; Christine Nelson and Christina Costa from our Land Use department were there from day 1 to opening making sure "I's" were dotted and "T's" crossed; and our public safety, the Old Saybrook Police Department headed by Chief Spera and Old Saybrook Fire

Department headed by Chief Dunn, gave their valuable input and assistance to seeing this project completed. By the time you read this publication, Kohls will also have opened which will mean that many of those mentioned above continue to make sure businesses can open, and thrive, in our town.

Up and down Main Street, there is significant construction and remodeling. As I mentioned in a previous issue, we will be seeing lots more to come with the paving of Main Street and the 2015 construction on North Main Street where the State will add 199 parking spaces at Saybrook Junction. This addition will keep our train station viable now and in the future and will increase our foot traffic on Main Street, our village business hub.

**Inside Town Hall**

We have finalized union negotiations with 3 of our 4 municipal unions. The Town has migrated most of our work force to High Deductible Health Plans (HDHP). For those that remain in the old plan (the PPO-Preferred Provider Option), we have increased the amount being contributed by that employee substantially (to a 20% cost share which increases 5% per year after 2014). These union negotiations were my administration's first opportunity to address health care costs. I believe we have moved substantially in the right direction towards reducing costs while understanding that there is no magic bullet when it comes to health care costs. These negotiated contracts are for 3 year terms. The main obstacle to a fourth or fifth year (and the associated labor attorney fees) is a provision called the "Cadillac tax" which is part of the Affordable Care Act (ACA) and which tax will go into effect in 2018. This tax applies to plans that cost over \$28,000, an amount

*continued on page 4*

*Events presents ...*

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



Small businesses cannot survive without the support of the community they are located in. I'm Pamela Atwood and our family business, Auto Service of Old Saybrook, Inc., knows this well. My husband Bill and I opened our doors on January 4, 1993, in the hopes of pursuing our dream.

We strive to serve our customers with honesty and integrity. Our mechanics service vehicles of all makes and models. Our services include

basic oil changes and maintenance, to full engine and transmission replacements. We perform computer diagnostics and work with the latest technology. Our customers are local and have followed my husband from the businesses he worked in before. Many of our customers are seniors and have come to depend on us for taking care of their vehicles. That is why we have decided that senior discounts will be given daily. We started this program as a way to show our appreciation for the support we have received from our customers for the past 21 years. Our family and Auto Service of Old Saybrook, Inc., look forward to serving our customers for many years to come.

**4 Jade Court, Old Saybrook, CT**

**860.388.6838**

*First Selectman's Corner ... continued from page 3*

the Town was already paying in 2014 under our PPO option. The ACA applies a 40% tax to any portion of the premium over \$28,000. Obviously, neither the Town nor the union wants to be responsible for this tax so all our labor contracts will expire prior to 2018. This issue is not unique to Old Saybrook; there is a national discussion on this issue. It just happens to be an unfortunate unintended consequence of the ACA which will likely be addressed by Congress soon.

We continue to look for good economic opportunities for Old Saybrook. We have a vision for a revitalized Town that keeps the feel of our small Town while driving business friendly development into Town. A business friendly Town Hall that implements consistent regulatory policies and procedures

is good for everyone. When grants are available, and where they can be helpful to economic development and quality of life, we must leverage that money with Town resources. To date, since November, 2011, the Town has received approximately 2 million dollars in grants. These grants serve a diverse population: helping us keep our low income elderly in Town, helping us identify historic properties and helping us stimulate downtown economic development.

I hear from so many people and I appreciate all the input. We all want to make Old Saybrook the best Town it can be. Thank you from the Board of Selectmen.

*Carl P. Fortuna, Jr.  
First Selectman, Town of Old Saybrook*

## Old Saybrook Selectmen - ALS Ice Bucket Challenge

On Monday, August 25, the Board of Selectmen participated in the ALS Ice Bucket Challenge. Selectmen Steven Gernhardt and Scott Giegerich look on as First Selectman Carl P. Fortuna, Jr. receives a second dunking from his staff members, Georgiann Neri and Elaine Seaforth. The Selectmen were nominated by Clinton First Selectmen Willie Fritz. The ALS Ice Bucket Challenge raises funds and awareness for the fight against amyotrophic lateral sclerosis, known as Lou Gehrig's disease.



# Mary Stone

for STATE REPRESENTATIVE

Old Saybrook ★ Westbrook ★ Lyme ★ Old Lyme



### Mary Stone for State Representative – A New Voice for Us

*“My greatest satisfaction comes from helping individuals and communities achieve their goals. As your State Representative, I will work tirelessly for our towns, our neighborhoods, and for you.”*

- Create jobs by helping small and medium-size businesses grow
- Prepare for storms
- Protect our Lower Connecticut River Valley
- Fix public education mandates
- Increase the accountability of our public institutions to restore confidence

*Positive achievements for the community:*

- ★ Lyme–Old Lyme Board of Education, 2 terms: 1999 – 2007
- ★ Old Lyme Zoning Board of Appeals, 2 terms: 2011– present
- ★ Old Lyme Open Space Commission
- ★ Friends of the OL-PGN Library Co-President, 2004-2007
- ★ Lyme-Old Lyme Education Foundation, Secretary.

*Paid for by the Old Lyme Democratic Town Committee. Approved by Mary Stone.*



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**Old Saybrook:** Overlooking scenic North Cove with a full service permitted dock, this architect designed and custom built home is truly exceptional.

MLS: M9149282 \$3,950,000  
Jennifer & Jane Associates 860.227.6634



**Old Saybrook:** Beautiful historic home with stunning views of the CT River and the entrance to North Cove. This 1870 home was totally renovated between 1999 in 2002.

MLS: M9148372 \$2,650,000  
Colette Harron 860.304.2391  
Randi Bradbury 860.510.2478



**Old Saybrook:** Breathtaking beach front home offers spectacular views and the best of everything. Your own sandy beach!

MLS: M9149482 \$2,495,000  
Jennifer & Jane Associates 860.227.6634



**Old Saybrook:** Waterfront, Nantucket Colonial totally renovated, views from every room, overlooks Cornfield Point Beach.

100+' of frontage on Long Island Sound.  
MLS: N354406 \$1,925,000  
Colette Harron 860.304.2391



**Westbrook:** If you like yachting, this extraordinary house is a must see! The views of Long Island Sound are phenomenal. Association beach across the street.

MLS: M9149549 \$1,880,000  
Janet Peckinpaugh 860.985.3659



**Westbrook:** The joys of beachfront living without the need for flood insurance!

Private direct beach lot in quiet association. Character and incredible views!  
MLS: M9149556 \$1,275,000  
Rick Weiner 860.227.3191



**Old Saybrook:** North Cove - The Asa Kirtland House, c1805, is an historic enthusiasts dream. This home melds many original architectural details with today's amenities.

MLS: M9148370 \$998,000  
Jennifer & Jane Associates 860.227.6634



**Old Saybrook:** Great price for this custom home! Open floor plan with the highest quality materials and workmanship. Close to Connecticut River, marinas and town.

MLS: M9148081 \$749,000  
Marianne Woolfson 860.883.3667



**Old Saybrook:** Waterfront views that extend for miles from this immaculately well kept home just off of North Cove. Cost to construct well over 800K.

MLS: M9147589 \$649,000  
Byron Lazine 860-941-2755

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# Spectrum Gallery

## Current and Upcoming Exhibits at Spectrum Gallery

Spectrum Art Gallery and Store of Centerbrook, presents two exhibits to celebrate the fall/winter season at 61 Main Street.

Arts Festival Group Show, running October 10 through November 9, presents a mixed media show of local and regional fine artists and artisans also participating in the annual Outdoor Autumn Arts Festival. The FREE Festival will be held on the Madison Town Green the weekend of October 11-12, and includes music and food. Both events include representational and abstract painters, photographers, sculptors, potters, ceramicists, jewelry designers, and fine artisans working with glass, fabric, wood and more. An Open Reception for the Arts Festival Group Show is held on Friday, October 10 from 6:30-9 pm at Spectrum Gallery.

Spectrum Gallery's holiday exhibition, running November 21 through January 11, presents work of local and regional fine artists and artisans interpreting their ideas of the Kindness of Strangers. An Open Reception for Kindness of Strangers is held on Friday, November 21 from 6:30-9 pm.

Spectrum Gallery is open Wednesday-Saturday (11 am - 6 pm) and Sunday (11 am - 5 pm). The Gallery is an expansion of the non-profit arts organization Arts Center Killingworth, which offers classes, workshops, camps, and musical events for all ages. In collaboration with Spectrum, the Arts Center's mission is to provide opportunities for emerging and established

artists to display and sell their work. For information about Spectrum, call 860-767-0742 and visit [www.spectrumartgallery.org](http://www.spectrumartgallery.org). For information about the Arts Center Killingworth, call 860-663-5593 and visit [www.artscenterkillingworth.org](http://www.artscenterkillingworth.org).



Annual Autumn Arts Festival held on the Madison Town Green, running in conjunction with the first Arts Festival Group Show at Spectrum Art Gallery and Store in the Town of Centerbrook. The Festival is open Saturday, October 11 (9:30-5:30) and Sunday, October 12 (Noon-5) rain or shine.

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Arts Center Killingworth  
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**MADISON TOWN GREEN**

Sat Oct 11 9:30am-5:30pm  
& Sun Oct 12 Noon-5pm

And NEW Juried Gallery Show of Autumn Festival Artists  
Oct 10 - Nov 9

Reception Fri Oct 10 6:30-9pm



**Spectrum | Gallery**

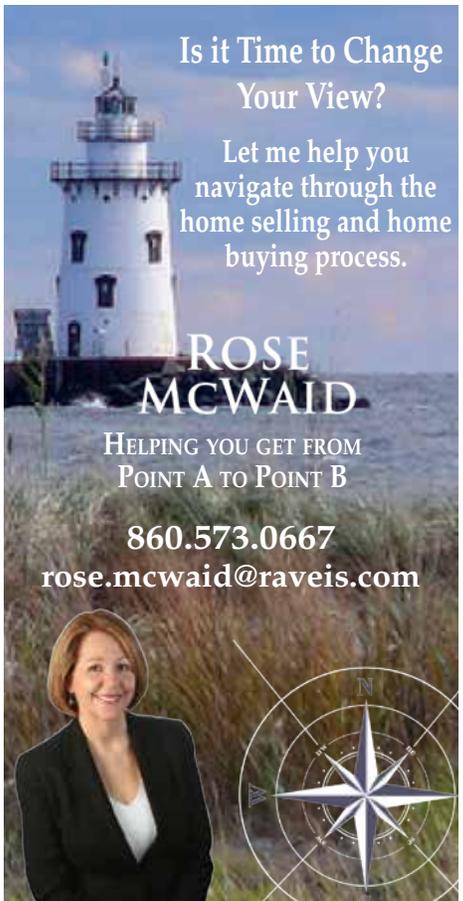
61 Main St. Centerbrook, CT 06409  
(860) 767-0742  
Wed - Sat 11 - 6 & Sun 11 - 5  
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**Old Saybrook** - Katharine Hepburn's spectacular former Fenwick estate "Paradise" completely renovated to the finest standards. Year round luxury living and entertaining in perfection, Superb amenities. Private sandy beach, Private dock leads to L.I. Sound. Its golden pond opposite is added privacy. A rare jewel.  
Price Upon Request



**Old Saybrook** - Fenwick Masterpiece- This private waterfront property with a 100 ft dock overlooks the famed links course, South Cove, the CT River and Long Island Sound. The 5,174 sq ft residence has been meticulously renovated. Offering 130 ft of waterfront and set high and protected by a 22 ft high seawall.  
Price Upon Request



**Old Saybrook** - Six plus acre waterfront estate on the CT River set high to savor the captivating, panoramic vistas. The grand living room with high bow ceilings, a large fireplace and a wall of windows make it perfect for year round entertaining. The swimming pool has infinity like views across the river to protected coves. Deep water dock complete this beautiful property.  
Offered at \$4,250,000



**Old Saybrook** - Stunning water views over the CT River & the entrance to North Cove. Beautifully renovated 4 bedroom, 4 bath home. Two master suites, very private in-town lot over 1/2 acre. Does not require flood insurance.  
Offered at \$2,650,000



**NEWLY PRICED**

**Old Saybrook** - Waterfront set high, spectacular views of CT River! Views from nearly all rooms. New addition with oversized master suite and sitting room. Exceptional patio professionally landscaped grounds and stone walls.  
Offered at \$1,985,000



**Old Saybrook** - Fenwick, rarely available approved building lot. Amazing views of Long Island Sound, two light houses and the Connecticut River. An ideal building location. Subject to deed restrictions.  
Offered at \$1,998,000



**NEW LISTING**

**Old Saybrook** - Waterfront Nantucket Colonial totally renovated. Open floor plan, views of Cornfield Point Beach from every room. 100+' of frontage on LI Sound, artfully landscaped double lot. Detached guest quarters & 2 car garage.  
Offered at \$1,925,000



**UNDER CONTRACT**

**Old Saybrook** - Spacious, modern 3 bedroom, 3 bath home on 3+ beautifully landscaped acres in desirable Otter Cove. New Pool. Great outdoor spaces and pond view. New high end kitchen. Close to Essex Village and Old Saybrook Center. Comfortable one floor living.  
Offered at \$849,000



**UNDER CONTRACT**

**Old Saybrook** - Spectacular views from this approved building lot overlooking the mouth of the CT River and North Cove. 12.64 Acres total. 1.68 is an approved building lot. 11+ acres are wetlands with fully permitted dock. Totally peaceful and private.  
Offered at \$699,900



**Old Saybrook** - Impeccable Knollwood charmer. Fully permitted dock with access to South Cove. Beautiful marsh views. A short walk to Knollwood Beach, club house, tennis, playground and association parking. Outdoor shower, vaulted ceilings, central air and new furnace. Offered at \$449,800



**Old Saybrook Lot** - An incredible opportunity to build your dream house on .75 acres overlooking the Connecticut River. Approved building lot set on high ground for spectacular water views. A very private and peaceful location.  
Offered at \$450,000

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Sessions are by appointment and space is limited to ensure your privacy in this beautiful waterside setting. Day passes, monthly, seasonal and annual memberships (at discounts!) for individuals & couples available now.

**Fitness on the Water**

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9 Novelty Lane, Brewer's Dauntless Marina

OR EMAIL US AT **INFO@ESSEXWELLNESSCTR.COM**

## Connecticut River Area Health District (CRAHD)

### Health District Completes Private Well Testing For Arsenic and Uranium

Earlier this year, CRAHD tested private wells for the presence of arsenic and uranium. This was done for state and local health departments to get an idea of how pervasive the problem of these two contaminants are in our private drinking water wells. There have been pockets of high concentrations found in some parts of the state. We tested 90 wells in the district towns and, although we found very few isolated levels that were high, the levels overall were very low to not be detected. However, if not tested before, it may be a good idea for homeowners to test their individual wells for arsenic and uranium the next time the well is tested.

### Health District Passes New Ordinances

Back in June, the district's board of directors passed three new ordinances that took effect July 1 of 2014. The first ordinance requires licensure of all food service establishments. Now, all restaurants and places that offer food are required to be licensed annually. The second ordinance requires all body care establishments to be permitted to operate. Body care establishment is a term applied collectively to beauty and nail salons, barbershops, massage and tanning operations. The new body care code has written sanitary standards that must be followed by these establishments. Lastly, the district established a new public swimming pool ordinance that requires a permit to operate any public pool or spa. All three ordinances require annual renewal of the license or permit to operate. "These ordinances are necessary for maintaining health codes and standards in all three operation types", claimed Jim Monopoli, Health Director. "They also give us the ability to suspend or revoke licenses and permits when minimum sanitary standards are not being met."

### District Offers Education on Skin Cancer Prevention

The health district has developed a program for Skin Cancer Education. Through a preventative health block grant, the CT River Area Health District has been offering small groups education on the risks associated with over exposure to the sun. Skin cancer is the most common form of cancer by far. However, in most people, it is entirely preventable. This short, but informative presentation offers valuable advice on how to protect oneself from skin cancer. If you have a small group that would be interested in receiving this free education, please contact Sherry Carlson at 860-661-3300. The presentation is free, offered year round, and takes about 30 minutes.

### Remember To Get Your Flu Shot

It is that time again to remember to get vaccinated against the annual flu. We urge you to get your flu shot again this year. The Centers for Disease Control is recommending that everyone over 6 months old should get the flu shot. You may have seen signs and notices for places where flu clinics are being held. They are easy to find with little effort. We have posted some flu clinics in our district, however, this list is not complete.

Please make getting your Flu Shot part of your autumn/early winter routine this year!

The VNA of Southeast CT has planned one of its public flu clinics with us. It will be from 3:00 p.m. to 7:00 p.m., on Monday, October 6 at the CRAHD office, in the Saybrook Junction Plaza next to the train station. Save The Date!

### Carbon Monoxide Poisoning Concerns in Winter

Every year we hear of deaths associated with carbon monoxide poisoning. The sad part about these events is that they are usually completely avoidable.

Carbon monoxide is a colorless, odorless and deadly gas produced by the incomplete burning of fuels used in appliances such as furnaces, portable stoves, auto exhaust, grills, generators, water heaters, gas dryers, and portable gas generators. The fuel used in these items could be natural gas, oil, kerosene, coal or wood.

To prevent CO poisoning, we offer the following advice:

1. Install a CO detector in your home near the bedrooms. Test alarms frequently, change the batteries annually.
2. Have your heating systems, chimney flues, appliances and generators checked yearly, and cleaned and serviced by qualified heating/appliance contractors.
3. DO NOT use alternative heating sources, such as a kerosene heater inside the house or garage.
4. DO NOT use a gas oven to heat the house or apartment.
5. Never go to bed with a fire burning or smoldering.
6. Repair or replace faulty car exhaust systems promptly.
7. DO NOT run cars, mowers, generators, snow blowers or other gas-powered equipment or tools in enclosed spaces such as a garage, porch, or basement. OPENING WINDOWS AND GARAGE DOORS DOES NOT PREVENT A BUILD UP OF CARBON MONOXIDE!
8. DO NOT use any equipment or appliances designed for outdoor use inside the house.

*Jim Monopoli, Director of Health*

## News From Registrars of Voters Office

### Important dates prior to November 4, 2014 election

- Saturday, October 18, 2014 10:00 a.m. to 2:00 p.m. Special Voter Registration for new voters as well as any changes such as address, name, or party affiliation. Takes place in the registrars' office, please use back door of town hall.
- Voter registration by mail must be postmarked by Tuesday, October 21, 2014, and received by the registrars office by November 3, 2014.
- Tuesday, October 28, 2014, 9:00 a.m. to 8:00 p.m.

- Last voter registration session for admission for electors who become 18 years of age, U.S. citizens, or residents of the municipality on or before October 28, 2014. Takes place in registrars' office, please use back door of town hall.
- Remember to VOTE on November 4, 2014. Every Vote is Important! Voting is in both Districts (District 1 - Middle School, District 2 - High School)

If you are not sure of your voting district, call the registrars' office 860-395-3134.

# Historical Society



## Twilight Tour of Cypress Cemetery

This October 26, join with others in a twilight tour of tombstones to hear long buried stories of the life and times of Saybrook residents who now reside in Cypress Cemetery. The spirited annual tour of underground

history will be led by Torrance Downes and is scheduled for Sunday, October 26 at 4:00 p.m. Cost at the gate is \$5. No charge for young children accompanied by parent/guardian. For further information contact the Old Saybrook Historical Society at 860-395-1635. Join us if you dare.

## Discover and Share Your Family Roots

If you want to know more about your grandparents' immigration to the U.S., or if you are already the family expert on your Mayflower descendants, join others in attending an informal discussion about genealogy.

A genealogy club is being formed by Greg Thompson, Old Saybrook Historical Society Archivist and professional genealogist, where both the curious newcomer and the knowledgeable expert is welcomed.

Participants can learn how to research or share their successes. All genealogy topics will be on the table for enjoyable exchanges of mutual interest.

The first meeting of the genealogy club will on Tuesday, September 16 from 7:00 - 8:30 p.m. at the Frank Stevenson Archives, 350 Main Street, Old Saybrook. For further information and to attend the first meeting, call the old Saybrook Historical Society at: 860-395-1635.

## Ornament Available

An attractive pewter ornament featuring the 1678 Bushnell House and Farm is now available from the Historical Society. Perfect for holiday gift giving, the high quality ornament is crafted in Connecticut by Woodbury Pewters and is the latest in an annual series of historical ornaments available from the Historical Society. For this holiday season, give the gift of local history. Available for \$12 at Saybrook Hardware or by contacting the Historical Society at 860-395-1635. A limited number of earlier ornaments is also available.



## Chapman Lectures 2014-2015

A notable and knowledgeable group of Connecticut authors are scheduled to speak at this year's Chapman Lecture series. The popular program is sponsored by the Old Saybrook Historical Society, in cooperation with the Acton Public Library, and is made available to the public without charge. All programs are held at the Acton Public Library, 60 Old Boston Post Road, and begin at 7:00 p.m. [except 10/8].

October 8 - Matthew Warshauer, *The Forlorn Soldier: Remembering the American Civil War* [Note: Wednesday, beginning at 6:30 p.m.] Matthew Warshauer is a professor of history at Central Connecticut State University. He serves as the co-chair of the Connecticut Civil War Sesquicentennial Committee, which develops programs and events commemorating the war.

Nov. 20, Thursday - Susan Campbell, *Tempest-Tossed: The Spirit of Isabella Beecher Hooker*. Susan Campbell is the author of *Dating Jesus: Fundamentalism, Feminism, and the American Girl* and coauthor of *Connecticut Curiosities*. She has appeared on CBS News Sunday Morning, the BBC, and WNPR. Her column about the March 1998 shootings at the Newington Lottery headquarters was part of the Hartford Courant's Pulitzer Prize-winning coverage of the tragedy.

Feb. 26, Thursday - Anne Farrow, *The Logbooks: Connecticut's Slave Ships and Human Memory*. Anne Farrow is coauthor of the bestseller *Complicity: How the North Promoted, Prolonged and Profited from Slavery*.

Mar. 26, Thursday - Donald E. Williams, Jr., *Prudence Crandall's Legacy: The Fight for Equality in the 1830s, Dred Scott, and Brown v. Board of Education*. Donald E. Williams Jr. is president pro tempore of the Connecticut State Senate. He holds a J.D. from Washington and Lee University School of Law and a B.S. in journalism from Syracuse University.

April 16, Thursday - J. Ronald Spencer, *A Connecticut Yankee in Lincoln's Cabinet: Navy Secretary Gideon Welles Chronicles the Civil War*. J. Ronald Spencer is associate academic dean and lecturer emeritus in history at Trinity College in Hartford, CT.

## Popular Historian to Tell of the "Forlorn Soldier"

Tales of the Forlorn Soldier will be the subject of a talk by Matthew Warshauer, Professor of History at Central Connecticut State University, author of *Connecticut and the American Civil War*, and co-chair of the Connecticut Sesquicentennial Commission.

Sponsored by the Old Saybrook Historical Society and the Shoreline Civil War Discussion Group, in cooperation with the Acton Public Library, the talk will be held on Wednesday, October 8 starting at 6:30 p.m.

Memorials to soldiers who fought in the American Civil War are found in many Connecticut towns, including the "Forlorn Soldier," a brownstone statue of a Civil War soldier similar to the thousands of memorials erected on village greens across the country. But this one never made it out of the stone yard on Brown Street in Hartford. For years he stood guard down there, deteriorating while the modern traffic zoomed by.

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Prof. Matthew Warshauer will tell the story of this lonely figure and the effort to save and safeguard him as a remembrance of the Civil War.

That effort culminated with it's removal to a place of honor in the state capitol.

In addition to the telling of the story of the project, Prof. Warshauer weaves in other material about memorials around the state and how the nation honored and remembered its veterans.

Please note this talk is on a Wednesday and starts at 6:30 p.m. If you have any interest in the American Civil War, this is a talk you will not want to miss. There is no charge. Seating is limited.

**Valued Volunteers**

Volunteers are the life blood of most non-profit organizations and that is true of the dedicated volunteers who have made important contributions to the Old Saybrook Historical Society.

This summer an enthusiastic and devoted group of Old Saybrook High School students worked every summer weekend to acquaint visitors about the Hart House and family, and the rich history of our town.

"Their commitment this summer was outstanding," according to Historical Society president Marie McFarlin. "No task, from packaging ornaments to dusting shelves was too much. These Old Saybrook students did a fabulous job."

The student volunteers this past summer were Sam DePalma, Mackenzie Marien, Adina Ripin, Kyle Jackson, Ruthie LaMay, Eric Mitchell, Bernadette Bai, Katie DeAntonis, Olivia Gaidry, Kunsang Dorjee, Serena Eldridge, Adam and Jonah Nucci, Samantha Stewart, and Kristy Ledwith.

In addition, Maia Sacca-Schaeffer, a Williams College sophomore, volunteered in the Archives working on various projects. Mrs. McFarlin explained that Maia "sent us an application by downloading one from our website. She loves history and wanted to give back to her town by helping us. She performed admirably and we were delighted to have her join us."

***Eastern CT Ballet***

ECB will perform an original ballet at the Katharine Hepburn Cultural Arts. Treat children of all ages to family-friendly Halloween fun with Eastern CT Ballet's "Ballet Spooktacular." Special effects and bewitching costumes set the stage for spirited performances of "The Sorcerer's Apprentice", "Dancing Bones", and "Halloween Waltz". Children are invited to wear their costumes to parade on stage, trick-or-treat throughout the decorated theater and pose for spellbinding photos with the dancers. Oct. 18 and 19 at 11:30 am and 3:30 pm. Tickets available from The Kate box office - 860-510-0453. Adults: \$16 each, Children: 12 & Under \$12 each.

**Events**

**MAGAZINES**



**Old Saybrook Events**

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## Town to Conduct Survey of Historic Structures

As the oldest town on the Connecticut shoreline Old Saybrook has a unique and precious historical heritage. However, it has been over 35 years since an inventory of historic buildings has been conducted and since then the town has experienced considerable commercial and residential development, much of which has placed the Town's historic buildings and structures at risk.

To identify the remaining historic houses and structures, the Historic District Commission applied to the State Historic Preservation Office of the Department of Economic and Community Development for a grant of \$30,000 to hire an architectural historian to survey the town's historic structures.

The grant was received in late spring and a committee was formed consisting of Diane DePaola, vice chairperson of the HDC, Christine Nelson, Town Planner, and Tedd Levy, from the Old Saybrook Historical Society, to conduct a search for

a consultant. In August, based on their recommendation, the Historic District Commission selected Taylor & Taylor Associates of Brookville, Pennsylvania to conduct the survey which will identify over 200 historic structures.

Work is expected to get underway in September. No buildings will need to be entered. No restrictions will be imposed on owners of any historic buildings. Property values will not be affected.

Upon the completion of this inventory, the Historic District Commission plans to consider the most appropriate methods in which to support and encourage the preservation of the Town's historic houses and structures.

The survey work is expected to be completed by April 2015 and a report available to local officials and the public. For further information, contact Tedd Levy at the Old Saybrook Historical Society, 860-395-1635.

## Assessor

The Assessor's office would like to thank all Town of Old Saybrook taxpayers for their cooperation, patience, and support throughout our 2013 Grand List Revaluation process. We would like to thank you for your continued cooperation as we head out to follow up on hundreds of building permits during the summer and fall months.

Towards the end of September 2014 we will have sent out

Personal Property Declarations to anyone operating a business in the Town of Old Saybrook. That's more than 1,100 declarations that must be returned to the Assessor's office by November 1st of each year to avoid a 25% penalty on their assessment. If business owners have any questions on how to fill out the form they are encouraged to contact the Assessor's office. The Assessor's office staff works diligently analyzing and inputting

*continued on page 14*

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*Assessor continued from page 13*

this data from November through January. Please keep in mind this year November 1st falls on a Saturday, we are not open but we will accept postmarks.

In November of 2014 The DMV will send the Assessor's office a list of all motor vehicles registered, bought, or traded between October 2, 2013 and July 31, 2014. This is called the Supplemental List and contains roughly 3,000 motor vehicles. You will receive a tax bill on a prorated basis in December of 2014.

In December of 2014 the DMV will send a list of all motor

vehicle registered in the Town of Old Saybrook as of October 1, 2014. This list contains roughly 12,000 motor vehicles. We must price these vehicles according to State guidelines using the average retail value from the NADA. You will receive a tax bill on these vehicles towards the end of June in 2015, the billing period reflecting the timeframe of October 1, 2014 - September 31, 2015.

*Norman B. Wood CCMA II, Assessor  
Rick A. Pine, Assistant Assessor*

## ***Congratulations Old Saybrook***

Old Saybrook recently demonstrated a startlingly powerful response when asked if the acquisition of The Preserve - an unfragmented 1,000 acres coastal forest in town - was a priority. The response was overwhelming. It was reported that this was the largest turnout for a single-issue referendum in Old Saybrook history. Approximately 2250 voters responded. Even more importantly, the response was a nearly 90 percent vote for yes. From a conservation point of view, it was an extraordinarily progressive decision. Thanks goes out to all of those people and organizations whose work and dedication over the last 15 years enabled the town residents to come forth with their formidable conservation decision. Congratulations Old Saybrook.

There is more conservation work to be done. Old Saybrook faces issues with invasive species, ecologically inappropriate

plantings, sea level rise, water quality from runoff, and more. It also needs to continue the work of open space acquisition using environmental and ecological sciences on which to base those decisions. To help with these issues, the commission will again tackle the planning blueprint for open space acquisition for the next 10 years.

The Conservation Commission could use some help on these and other issues you might be personally interested in tackling. The commission is always looking for new ideas, and new volunteers to help with those ideas. The best way to get in touch with us is to show up for our monthly meetings on the second Tuesday of every month in Town Hall at 7 p.m. Member openings come up on occasion. Learn something about us; see if you fit.

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## Economic Development Update



### Sign Up for Old Saybrook Email Updates Now!

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You can get News & Announcements, Meeting Agendas and Minutes; all the information you need to stay up-to-date on the issues important to you.

A Shout Out to Staples and General Manager, Marvin Jones, for their support of Child & Family Services in supplying back to school necessities for local school children.

### What's New

- LCN USA moved its US Headquarters to Old Saybrook this summer. LCN provides the finest US salons with its exclusive all natural nail, hand, foot, body and spa products developed in Europe.
- Max's Place officially welcomed Big Y with the store's Grand Opening Celebration in August. Kohls, Ulta cosmetics, and a Five Guys restaurant will follow this fall continuing the rejuvenation at the corner of Spencer Plain Rd. and Route 1.

- Renovations began at 75 Main Street (the old North Cove Outfitters building) to create multiple retail spaces, improve the look of the property, and attract new businesses to the center of Main Street later next spring. Contact the Economic Development Office for more information on this and other available commercial properties in Old Saybrook.
- Dock & Dine continues to move forward with plans to rebuild and reopen for the 2015 summer season.

### Local Commercial Listings Online

Check out our Commercial Property Listing online. We make every effort to keep the list up-to-date. Find the current list on the Economic Development webpage on the town's website, <http://www.oldsaybrookct.org>.

To list your property, contact Susie Beckman in the Economic Development office at 860-395-3139 or by email at [sbeckman@town.old-saybrook.ct.us](mailto:sbeckman@town.old-saybrook.ct.us).

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## Webster Bank Holds Shoreline “Stuff-A-Truck” Food Drive for SSKP



Webster bankers team up with SSKP to help families.

Hunger never takes a vacation, and during the summer months, as many are taking time off, local food pantries often see a sharp decrease in food drives. Fortunately, staff members at 16 local Webster Bank branches stepped up to fill the pantry shelves, with a “Stuff-A-Truck” food drive for The Shoreline Soup Kitchens & Pantries (SSKP). The August drive, held by

Webster bankers from East Haven to East Lyme, was a big success, collecting 618 pounds of much needed household staples, such as soups, peanut butter, tuna, rice and beans.

“We are so grateful that our friends at Webster Bank were able to organize this summertime food drive. The food SSKP received will help assure that those in our community who are facing financial difficulties will have a place to turn for food and fellowship. On behalf of all those we serve, who experience a community that cares each time they come to one of our pantries, I sincerely thank Webster Bank,” said Patty Dowling, executive director of SSKP.

“Living up to our communities is what matters most at Webster,” said Catherine Velez, vice president, market manager, New Haven region at Webster. “Through the leadership of David Verzillo, banking center manager in Old Saybrook, we were able to assist families in need and make a positive difference in the community.”

The Shoreline Soup Kitchens & Pantries, providing food and fellowship to people in need and educating the community about hunger and poverty. Serving the Connecticut shoreline towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River. For more information, visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org).

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Carl P. Fortuna, Jr., First Selectman	395-3123	cfortuna@town.old-saybrook.ct.us
Georgiann Neri, Administrative Secretary		gneri@town.old-saybrook.ct.us
Elaine Seaforth, Administrative Clerk		eseaforth@town.old-saybrook.ct.us
Lisa Carver, Finance Director	395-3127	lcarver@town.old-saybrook.ct.us

**ACCOUNTING**

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

Norman Wood, Assessor	395-3137	nwood@town.old-saybrook.ct.us
Rick Pine, Assistant to Assessor		rpine@town.old-saybrook.ct.us

**BUILDING DEPARTMENT**

Don Lucas, Building Official	395-3130	dlucas@town.old-saybrook.ct.us
Kathleen Marshall, Administrative Secretary		

**ECONOMIC DEVELOPMENT**

Susan Beckman, Executive Director	395-3139	sbeckman@town.old-saybrook.ct.us
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**FIRE MARSHAL**

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

Christine Nelson, Town Planner	395-3131	cnelson@town.old-saybrook.ct.us
Christina Costa, Enforcement Officer		ccosta@town.old-saybrook.ct.us
Sarah Lyons, Administrative Assistant		slyons@town.old-saybrook.ct.us

**PARKS AND RECREATION**

Ray Allen, Director		rallen@town.old-saybrook.ct.us
Jonathan Paradis, Assistant Director	395-3152	jparadis@town.old-saybrook.ct.us
Judy Sherman, Office Manager		js Sherman@town.old-saybrook.ct.us

**PUBLIC WORKS**

Larry Bonin, Director	395-3123	lbonin@town.old-saybrook.ct.us
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**REGISTRARS OF VOTERS**

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

**TAX COLLECTOR**

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

**TOWN CLERK**

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

**TREASURER**

Robert Fish	395-3070	rfish@town.old-saybrook.ct.us
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**WATER POLLUTION CONTROL AUTHORITY**

Stephen Mongillo, Program Administrator	510-5001	smongillo@town.old-saybrook.ct.us
Robbie Marshall, Coordinator	395-2876	admin@oswpc.org
Gratia Lewis, Financial Manager	510-5076	glewis@town.old-saybrook.ct.us

**OTHER TOWN DEPARTMENTS**

<b>Acton Public Library - 60 Old Boston Post Road</b>		
Michele Van Epps, Director	395-3184	mvanepps@actonlibrary.org

**Police Department - 6 Custom Drive**

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

**Probate Court - 302 Main Street**

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

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

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

Heather McNeil, Executive Director	395-3190	hmcneil@town.old-saybrook.ct.us
Linda McCall, Administrative Assistant		lmccall@town.old-saybrook.ct.us

**www.oldsaybrookct.org**

# Preserve the 1,000 Acre Forest: The Effort Continues



Gov. Dannel P. Malloy, Alicia Sullivan of the TPL, and First Selectman Carl Fortuna at the Governor's April press conference to announce the state's commitment of \$3.3 million toward the purchase of The Preserve.

The Trust for Public Land (TPL) and their partners including the Old Saybrook Land Trust, worked hard to secure state, town and private funds toward the purchase of the 1,000 acre Preserve for public passive recreational use. There is still more to do, and they still need your help.

While financial commitments have added up to significant funds, and town voters overwhelmingly supported protecting this unique property, TPL needs to establish a fund for necessary improvements for public access, ongoing property protection and management.

The purchase agreement with Lehman Brothers requires \$8.09 million, but the overall goal is to reach \$10 million. The TPL needs to raise \$1.4 million by December, 2014.

Connecticut Director of the TPL, Alicia Sullivan, appreciates the hard work by private citizens, and the loud voice of support

heard during the referendum vote. While the successful vote was one large step forward, raising sufficient funds to ensure proper management is another critical hurdle to clear before we can rest assured that the property will be permanently protected.

The Old Saybrook Land Trust Board recently announced that they will contribute OSLT funds to match the \$15,000 donated by their members and friends specifically for The Preserve for a total OSLT donation of \$30,000.

Please join us, donate if you can, and spread the word to neighbors and friends. Donations are tax-deductible and may be made online, <http://www.razoo.com/story/Preserve-The-1-000-Acre-Forest-1>. Checks are also accepted and should be sent directly to The Trust for Public Land, 101 Whitney Avenue, 2nd Floor, New Haven, CT 06510. Gifts of stock are also possible, please call 203-777-7367, ext. 6, for more information.

"This is our opportunity to preserve, for all and forever, the huge coastal forest in our very midst. This chance may never come again. Let this be our legacy to generations yet unborn." Bill Childress, Campaign Committee Chair.

*Ann Gamble, OSLT Secretary*

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## Solar Workshop - November 12, 7-9 p.m.



In August 2014, First Selectman Carl Fortuna and the Sustainable Saybrook Committee launched "Old Saybrook Solar Challenge", a six-month group purchasing discount program for homeowners in Old Saybrook. The program was designed for homeowners who want to harness the power - and affordability - of the sun in their homes.

"Solar has never been as easy or affordable as it is now," said Maggie Treichel, Director of CT Solar Challenge. "Through CT Solar Challenge, Old Saybrook homeowners can take advantage of group purchasing for lower costs. We walk you through all of the technical and financial details of going solar with the goal of reducing your electricity bills immediately."

CT Solar Challenge is a group purchasing discount program for homeowners in Connecticut who want to go solar. The program will be kicked off October 9 with an early bird solar workshop being offered at the Acton Public Library, space is limited and registration is required. Homeowners can get more information and register on the website: [CTSolarChallenge.com](http://CTSolarChallenge.com) or by calling 800-505-7419.

If you are not able to make the early bird workshop, you can join us on November 12 from 7-9 pm at the Old Saybrook Middle School for the official launch of Old Saybrook's Solar Campaign. Old Saybrook Solar Challenge aims to:

- Reduce the costs of solar and offer better discounts.
  - Simplify contractor selection process.
  - Ensure quality.
  - Increase the amount of renewable energy in Old Saybrook.
- In order to participate, Old Saybrook Solar Challenge participants must:
- Reside in Old Saybrook
  - Own a home that is suitable for solar installation.
  - Sign a contract with CT Solar Challenge's pre-qualified installer by June 2015.

In addition to getting a discounted price for solar power, Old Saybrook Solar Challenge participants will be helping to support Clean Energy Communities Pledge that the town made back in 2008. Through "Old Saybrook Solar", Sustainable Saybrook's goal is to have 20 new "Sun at Work" homes in Old Saybrook.

### About the Sustainable Saybrook

SustainableSaybrook.org is a community partnership. It began as an outreach program for the Old Saybrook Conservation Commission and quickly evolved into a partnership between many citizens and community-based organizations.

Our mission is to foster collaboration among people and organizations, such as the CT Solar Challenge, in their efforts to make Saybrook Sustainable. Town-wide energy efficiency has been a long standing goal of the organization. To learn more visit our webpage at [www.sustainablesaybrook.org](http://www.sustainablesaybrook.org).

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# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### SUMMER UPDATES FROM SUPERINTENDENT PERRUCCIO

What a summer it has been. District staff has been busy with maintenance and projects in preparation for the opening of schools. The district leadership team spent time reviewing the changes to teacher and administrator evaluation both in the state and in Old Saybrook. We spent a significant amount of time reviewing our strategic plan and marking the progress with an eye to adjusting it to fit the district's needs. Finally, we conducted hiring processes for both non-certified and certified positions.

Technology infrastructure, has been a primary focus in all three buildings this summer. New switches and increased wireless access have been created. The light and heating controls project is completed. This should result in a more efficient use of energy and more carefully controlled climate in classrooms as well as quality direct and indirect lighting. The work to install new tennis courts, replace the track and install a new turf field at Old Saybrook High School are on schedule to be completed mid-autumn. New blinds and additional high security doors have been installed at the Middle School. New cabinetry has been installed in some classrooms and screens have been added to windows at the High School. The Goodwin School received some new cabinetry and additional security from installation of fencing. Finally, an architect has been chosen for the roof project at the Middle School and the window project at Goodwin School. This work will begin in June of 2015 as planned.

This summer, nine different departments participated in summer curriculum work. Significant progress was made in creating Common Core State Standards aligned units of instruction in English/Language Arts and Mathematics. Teachers of Language Art also worked with our English/Language Arts Consultant in developing new writing units, performance tasks and pre-assessments. Science teachers revised curricular units and analyzed performance task data. Several other departments including School Councilors, World Language, Music, Health, Social Studies and Technology worked on projects ranging from assessment design, performance task writing, and aligning curriculum to national standards. Summer curriculum writing is vital to the curriculum revision process as teachers have focused collaborative time with colleagues, which is difficult to accomplish during the academic school year.

### THERE WERE NEW STAFF MEMBERS HIRED FOR THE 2014-15 SCHOOL YEAR

At Old Saybrook Middle School, Laura Caruthers is joining the music department. Laura will also be teaching part time at the high school. She comes to us from The

University of Colorado. Also joining the team at OSMS is Linda Romanchok, a counselor who worked in Newtown Connecticut and Alexandria, Virginia. Pete Kiefer, special education teacher, is returning to Old Saybrook after a multi-year leave during which he was employed at a charter school. James Hespeler of Groton was named the new physical education teacher, a position left open when Jeff Mauri was appointed as the Athletic and Extra-Curricular Director for grades six through twelve.



Old Saybrook High School will start the year with a new family and consumer science teacher, Keith Caron, who was teaching at Hartford Culinary Arts School and has been involved in the food service industry and education for much of his life. Jaclyn Shearin has been hired to teach chemistry. She recently completed her degree at Sacred Heart University. Eugene Zukowski joins the High School staff as the new technology education teacher. He most recently taught in a high school in Queens, New York.

We also have a new health teacher, Katherine Mayer, who has coached at various high schools in the state and served most recently at Park City Prep Charter School in Bridgeport. Joseph Anastasio, the high school's new assistant principal, joined the administrative team in July. He has been working with Sheila Riffle and the rest of the team all summer.

Administrators spent many hours reviewing the strategic plan this summer and identifying the viability and practicality of each strategy as it fits in with state and federal initiatives and the changing world of education.

We begin the year by refocusing the lens on the initiatives we are facing in education today. There is much good that can come from these initiatives if we can address them in a thoughtful and orderly way. It is our intention to align administrators' professional goals, building level goals and the work we all do each day even more closely with the district strategic plan and district professional development

and training.

**PAWSITIVE THERAPY PAL AT OSMS**

We are very happy to announce that our therapy dog at Old Saybrook Middle School will be returning this year! One of our faculty members, Ms. St.Germain, and her dog Puddin completed the Companion Therapy training and Puddin is ready to come back to school and get to work! A therapy dog is not a service dog (which is task-oriented), rather is intended to provide emotional support and comfort to their human counterparts.

Puddin, whom we are calling our PAWSitive pal, is a sweet 4 1/2 year old female boxer who thrives around people. She was rescued from North Carolina, so she is a southern dog - hence the southern name. Puddin will be at Old Saybrook Middle School two days per week (Tuesdays and Thursdays). She will be working throughout the school supporting students with her calm demeanor. Parents and guardians have been asked to let the school know if their child has any dog allergies or if he/she has any anxiety or fears related to dogs, as we want to be sensitive to these issues. We look forward to a PAWSitive relationship between our students and their new canine pal.

*Mandy Ryan, Principal*  
*Kathleen Bai, Director of Student Support Services for*  
*Old Saybrook Public Schools*  
*Danielle St. Germain, Grade 5 Teacher*

**THE “TTT” PROJECT IS UNDERWAY**

Thanks to the voters of Old Saybrook the Track, Turf, and Tennis Court or “TTT” project at Old Saybrook High School it is well underway. The base of the new all weather field is being constructed and materials have been brought in to build a field that will drain well and be playable for much of the year. This field will replace the game field where football, soccer and lacrosse were played. The new field is designed to host football, soccer, lacrosse and field hockey games with permanent lines for all four sports. The anticipated completion date is mid-October.

The topsoil removed from the existing field has been saved to rebuild the two natural grass fields in back of the high school. By working in this very rich soil, we expect to have stronger grass and improved practice fields for all sports in the next few years.

The new tennis courts are constructed using a post tension concrete process which allows for a much stronger surface that resists cracking caused by weather conditions better than the asphalt court technology. These new courts will have a separation between each of the three courts that will allow for a viewing area for coaches and spectators.

The existing track is being resurfaced along with the pole vault runway. This portion of the project will take place as the turf field is being completed. Once the resurfacing is complete the field and track will be ready for the athletes.

These improvements will benefit the schools and the

town at large as teams and individual citizens are able to make use of the new facilities.

*Julie Pendleton,*  
*Director Operations, Facilities, & Finance*

**WHAT IS A PARA-EDUCATOR?**

“Education is the single most important job of the Human race.” *George Lucas*

**Who we are:** Old Saybrook Para-educators are caring and dedicated men and women of a diverse age range. Para-educators have at least two years of college experience and/or have passed the Para Pro assessment (as per the federal requirements under the No Child Left Behind Act). Many Para-educators are former teachers, parents in the community, college students or recent college graduates.

**What we do:** Para-educators perform a wide range of skills under the direct supervision of a certified teacher which include:

- Provide instruction on classroom curriculum that has been modified for specific learning needs of individual students
- Assist with individualized programs for students with special needs
- Give individualized attention to one or a small number of students in a classroom while the teacher works with other students
- Facilitate interactions with students’ peers and assist students with life skills for independent living
- Assist teachers with classroom management
- Facilitate students’ inclusion in the general education classroom
- Monitor lunch and recess

**When:** Para-educators work a typical school day throughout the school year. Some Para-educators also work throughout the year in various extracurricular programs that the Old Saybrook school district offers to its students.

**Where we work:** Para-educators work throughout the Old Saybrook School district, which includes Goodwin Elementary, Old Saybrook Middle School and Old Saybrook High School and occasionally as bus monitors for students who require services while riding on transportation provided by the district.



*PE teachers Katelyn Flanagan and Jim Hespeler*



they are to staying in school and doing well there. Students who feel connected to their school are more likely to graduate and move on to successful postsecondary educational and career opportunities.” For the entire article, refer to the following link: [http://www.nassp.org/Content.aspx?topic=Positive\\_School\\_Climate](http://www.nassp.org/Content.aspx?topic=Positive_School_Climate).

The fourth grade activities included individual classroom collaboration and whole grade activities. Students worked together to problem solve a variety of challenges, including crossing the hot lava river. In this challenge, students had to determine how all members could cross the river while staying on the safe rocks. They had to work together to develop a plan and then work together again to revise their plans. The students also participated in a whole grade activity, Jeopardy, to reinforce the RESPECT initiatives of being safe, respectful and responsible. These activities helped our students feel confident and safe as they transitioned to a new school.

Fifth, sixth, seventh and eighth grade students rotated through a variety of team building and critical thinking activities. Some of these activities were based on instant challenges from Destination Imagination, an organization established to use creativity and innovation to solve problems. Students reported that they loved making musical instruments, designing and building bridges and participating in skits for the instant challenge and to illustrate the expectations of the RESPECT initiative. Teachers indicated that getting to know the whole child rather than just their performance on assessments before the year starts is an important component in lesson planning for each individual student. According to one teacher, “Building rapport with our students is one of the most essential components of a successful year for our students behaviorally, socially, emotionally and academically. The three days are key to relationship building.”

Also new to OSMS this year is a focus on school-wide expectations for use of the student planners. School counselors have provided instruction to students on utilizing the planners for maximum organization. They were offered a workshop for parents on how to support students’ organization through the use of the planner at Open House on September 4<sup>th</sup>. Classroom teachers will be reinforcing school-wide expectations throughout the year to ensure students are utilizing their planners effectively.

Finally, get up and get moving to start the day! It has been proven that morning activity helps students concentrate and enhances brain activity. Every day, students are greeted by the morning news. Physical education teachers, Katelyn Flanagan and James Hespler demonstrate the week’s morning exercise. All students and staff participate in 30 seconds of physical activity to start the day.

*Mandy Ryan, Principal  
Matt Walton, Associate Principal*

**Why we work as Para-educators:** A strong belief in making a difference in a child’s life is why many of us work as Para-educators. We feel that it is important to be a positive part of a student’s academic success and fill a role of a trusted adult who always has their best interest in mind. It is not easy to be a Para-educator, but it is a worthwhile and rewarding experience when the realization of “I make a difference” comes to fruition.

*District Paraeducators*

**MIDDLE SCHOOL FOCUSED ON TEAM BUILDING AND POSITIVITY**

OSMS began the year with three fabulous days of team and climate building. Students and staff spent these days getting to know each other, learning the behavioral and academic expectations and participating in many critical thinking and collaborative activities. Research has proven that spending the beginning of the year focused on creating a positive and supportive environment increases time on task and student learning throughout the year. According to the National Association of Secondary School Principals, “A school’s climate contributes to the academic success of its students and predicts the degree to which they actively participate in learning, including how consistently they attend school, how attentive they are in class, how carefully they complete their class assignments, and how committed



## Youth and Family Services

Youth and Family Services will be celebrating 40 years of service to the town in 2015, providing consistent prevention education, positive youth development, and clinical counseling support for residents and family members. There are programs and services available to provide education and support for every developmental phase, and here are some examples

- Early Childhood Council provides pre-school readiness programming and assessments,
- Socialization groups for K-3<sup>rd</sup> grade
- After School Clubs provide creative and physical outlets in supervised settings for grades 4-8
- High School transitional program at Camp Hazen
- Parenting resources in English and Spanish
- Grandparents raising Grandchildren group

The Agency has changed over time, accommodating changing needs in the community. The need for counseling services and social services support has grown, and in some areas, more than doubled. How and where YFS offers services is inherently flexible to accommodate the competing demands experienced by our student body and adult population. Groups/services have been developed and offered for support around parenting, relationship building, anger management/conflict resolution and substance abuse prevention and education. YFS has diligently developed counseling practices for a broad range of therapeutic services, and continues to work to increase access to services, and connect

families with other therapeutic resources. Working collaboratively with the Old Saybrook Public Schools enables earlier detection and intervention for behavioral health issues with students, and YFS is able to offer support to the entire family system, whether through parenting resources, or by offering scholarship opportunities for student/youth to become involved in our 'Positive Youth Development' programming.

The focus of our youth programming has been the intentional building of 'Assets', qualities and characteristics that have been determined through research to support positive growth and development of youth. It has been evidenced that youth with a higher percentage of developed 'Assets' are also less likely to be involved in high risk behaviors. Some of these 'Assets' are "Community Values Youth", "Positive Peer Influences", "Social Competence" and "Adult Role Models". The language and philosophy of the Healthy Community Healthy Youth initiative, centered on the 40 Asset Developmental Model, that is woven through everything YFS is involved in. We continue to seek opportunities within the community to develop meaningful roles for our youth, interning in businesses or serving on town boards and commissions. This Fall we implemented the Youth Action Council with students to provide opportunities for skill development in areas of leadership, community service and mentoring relationships.

In the Fall of 2014, there will be several Developmental

*continued on page 26*



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*YFS continued from page 25*

Asset initiatives happening concurrently. Our intention is to work towards a common language to assess need in the community" and an organized, intentional response to those needs. October 22 at 7:00 pm the "Asset Building Challenge" - the building blocks of our community - is a not to be missed opportunity to learn more and become involved.

For specific information about services provided over the past fiscal year, look for our detailed program listing in the Town's Annual Report. Copies will be available at Town Hall and the Town annual meeting.

*Detective Samuel B. Barnes, YFS Commission Chair  
 Heather McNeil LMFT, LADC, Director OSYFS*

## Are You a Parent or Grandparent of a Child Diagnosed with Asperger Syndrome?

*A Child with Asperger Syndrome*

- Misses/Misreads Social Cues
- Hobbies and Interests Border on Obsessions
- May Have Emotional "Meltdowns"
- Speech Patterns May Be Odd
- Verbal Processing Can be a Little "Different"
- May Be Physically Awkward
- Has Average to Superior Level of Intelligence

These differences can stressfully impact every aspect of a parent's life.

You are Invited to Old Saybrook Youth & Family Service's Asperger Parent Support Group. Free of Charge to Residents of Old Saybrook and Surrounding Towns

**October 15** - Helping Our AS Children Improve Social Interactions with Peers: Role Play, Role Play, Role Play!

**November 19** - Handling the Holidays and Schedule Disruptions. Communicating about AS with Extended Family Members

**December 17** - Surviving Holiday Stressors with Your Nuclear Family Relationships Intact

Meetings are held at Old Saybrook Youth and Family Services, 322 Main Street, Old Saybrook (adjacent to the O.S. Fire Station). Two meeting times accommodate work and childcare schedules: 12:30 - 2:00 p.m. and 5:30 - 7:00 p.m. Facilitated by Joanne Deal, M.A., Professional Counseling

For more information or to register, call OSYFS at 860-395-3190.

## Community Service

This summer Old Saybrook Youth and Family offered students two opportunities for community service focusing on Hunger Awareness. The four day programs held in July and August were quickly filled with Old Saybrook students from grades 7-12. Each day allowed the students insight into how our local community faces the challenge of food insecurity. They learned astonishing facts about how prevalent the need is right in their own back yards and also what some of

*continued on page 27*

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YSF continued from page 26



the real roadblocks are for those in need from transportation and housing issues to limitations on available resources for those who are considered the working poor.

They had a different activity each day. One day they were working in the community garden behind Grace Episcopal Church. Here the students were able to learn about how vital fresh food is to those in need as well as what happens to the food grown in the garden and how it's supplemented by area farms, businesses and personal donations.

The participants prepared and served a midday lunch at the Old Saybrook Soup Kitchen where they also learned a great deal about the clients and volunteers. Perhaps the greatest impact on those days were when they had a chance to sit down and share a meal with the guests, to learn about their lives and to share a part of themselves.

Another day they attended a presentation offered by the Connecticut Food Bank. During this seminar they learned about food banks across Connecticut, how limited access to such services can be for so many, how complicated the application process can be or that often these sites are only staffed with volunteers. They were able to consider what it might mean for those in need if there was no program or there were no people volunteering to help.

In what would perhaps be considered the liveliest part of the program, the students held a food drive outside of Stop and Shop. Each year there is a friendly competition to see which program can collect the greatest amount of donations based on weight. The group splits into two teams and challenge each other during the day, but then combine their collection to see if they beat the previous groups' amount. Our two groups did an amazing job this summer collecting 880lbs in July and 1,081lbs in August – a new record and challenge for next summer's program! Fun aside, they learned quickly that SNAP cards cannot be used for many necessary toiletries such as toothpaste, diapers, even deodorant or soap. So they encouraged shoppers to consider these donations.

Following the food drive, they brought the donations over to Old Saybrook's Food Pantry located in The First Church of Christ. There the students unloaded the hundreds and hundreds of pounds of food and other donated items, checked for

expiration dates, sorted by item, category and area within the food pantry and learned some more about people who will find comfort in their efforts.

The kids did a great job, learned a tremendous amount and were very sincere in helping in their community. The end of each program called for a little fun for all their hard work – a trip to mini-golf at Saybrook Point. A warm thank you to the many adults and organizations who supported the program. The kids not only had a hands-on experience, but most importantly they learned the importance of supporting the families and community in which they live.

*continued on page 28*



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*YFS continued from page 27*

### Youth Art Booth 2014

Twenty-one talented young artists, ages 9 to 19, were featured in the Youth Art Booth this summer at the Chamber of Commerce's Annual Arts and Crafts Festival. Since 2005, Old Saybrook Youth and Family Services and Healthy Communities Healthy Youth –with the endorsement of the Chamber of Commerce - have afforded this unique opportunity for young people to exhibit and discuss their artwork with patrons and other artists.

In the ensuing years approximately 150 young artists have displayed their artistry in the booth. In the last three years those who were interested were even able to offer their artwork for sale and many have done so successfully!

Congratulations to the youth artists and their families for making the 2014 Youth Art Booth a rousing success.

### Mount Saint John Legacy Continues

Since its founding in 1907, Mount St. John has supported its mission to help young men develop skills to become productive citizens. After 50 years as an orphanage and 50 more as a residential treatment facility, our agency has transformed once again into a Clinical Day School. As The Academy at Mount Saint John, we continue a mission similar to years past: "to provide high quality clinical and educational experiences that empower individuals and families with the skills, confidence and fortitude to achieve their full potential".

The beautiful, college-like campus overlooking the CT River, provides the setting beneficial to youth struggling with issues of non-traditional learning styles, emotional health, bullying and social skill difficulties. Youth identified with learning disabilities, social and behavioral problems or on the autism spectrum, often find our positive environment a key to their educational success.

The Academy at Mount Saint John accepts male students between the ages of 11 and 21. Our program is an approved, private Special Education facility with high academic rigor and strong vocational courses, including certifications and stipends. Students are motivated by the skills they learn, credits they earn and paychecks awarded weekly. All classes are taught by certified teachers; our clinicians work closely with students and families. AMSJ provides flexible scheduling including partial day, extended day and school year, and individualizes programs for each youth. Success/treatment plans assist all students in achieving their goals.

For more information, please visit our website at [www.mtstjohn.org](http://www.mtstjohn.org) or call 860-343-1357.

### Estuary Council Regional Senior Center

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**Holiday Craft Fair - Saturday, November 22** - Local crafters will display an array of hand crafted items including quilts, handbags, scarves, jewelry, photo cards and much more !

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## Holiday Happenings - Cappella Cantorum

### Bach's Magnificat and Vivaldi Gloria Concert

Cappella Cantorum MasterWorks Chorus Concert of Bach's MAGNIFICAT and Vivaldi's GLORIA is Sun., Dec. 7, 3 pm at St. Mark R.C. Church 222 McVeagh Rd. Westbrook, CT. Tickets are \$25 online at CappellaCantorum.org or 860-577-2950; \$28 at the door. The Gloria, Vivaldi's best known sacred work, is a joyful hymn of praise and worship. The Bach Magnificat is without a doubt, one of the greatest choral works ever written. Soloists include: soprano-Patricia Schuman and contralto-Heather Petrie. A reception follows the performance.

### Messiah Singalong or Listen

The Annual Holiday MESSIAH SingAlong or Listen, will be presented Sun., Dec. 21, at 4 pm in The Katharine Hepburn Cultural Art Center, 300 Main St. Old Saybrook, CT. Singers Rehearsal is at 3:30 pm. The Singalong is sponsored by Cappella Cantorum, open to all, featuring professional soloists, conducted by Barry Asch accompanied by Deborah Lyon. Tickets for Singers and Audience are \$10, and may be purchased at thekate.com the box office or 877-503-1286.

Thank you, Barry Asch 860-388-2871 barryasch@comcast.net

## Acton Public Library

### SPECIAL EVENTS AT THE LIBRARY

**Wednesday, October 8, 2:00 - 6:00 p.m.** - *Love Letters to and from a Monk* - Suzanne Taylor will read from her new book. Copies will be available for purchase and signing.

**Wednesday, October 8, 6:30 p.m.** - *Inside Connecticut and the American Civil War* - Matt Warshauer will speak on the role of Connecticut during this vital period of history. This program is jointly sponsored by the Shoreline Civil War Discussion Group and the Old Saybrook Historical Society.

**Sunday, October 19, 2:00 - 3:00 p.m.** - *The Great American Songbook: a concert!* Presented by local vocalist Julie Harris, accompanied by Steve Roane on Guitar.

**Tuesday, November 4, 6:30 p.m.** - *Gettysburg, Days Two and Three* - John Proctor will present his research on this pivotal battle. This is a presentation of the Shoreline Civil War Discussion Group.

**Thursday, November 20, 7:00 p.m.** - *Tempest-Tossed: The Spirit of Isabella Beecher Hooker*. Author Susan Campbell will present this talk as part of the Old Saybrook Historical Society Chapman Lecture Series.

**Tuesday, December 2, 6:30 p.m.** - *Civil War Medicine - Part 2* - Hugo Nickse and Eileen Richards. A Presentation of the Shoreline Civil War Discussion Group.

**Friday, December 19, 1:00 - 4:30 p.m.** - Celebration of Phyllis DaCorte, Children's Librarian and Assistant Director of the Acton Public Library. Stop by the library to say "Thank You" to Phyllis, as she prepares for her retirement in January. Phyllis has read thousands of stories to hundreds of children during her tenure at Acton, and created fabulous crafts, presented outstanding programs and instilled a love of reading in countless library patrons over the years. Be sure to come to express your appreciation of her dedicated service at a reception in her honor.

### BOOK DISCUSSION GROUP

This group meets monthly, and all are welcome!

**Wednesday, November 5, 10:30 - 11:30 a.m.** - *Defending Jacob* - William Landay

**Wednesday, December 3, 10:30 - 11:30 a.m.** - *The Life Boat* - Charlotte Rogan

### FILMS AT THE LIBRARY - LIGHTS, CAMERA, ACTON!

#### The Music of Movies Series

Monday, October 20, 6:30 p.m. - "Stand By Me", with music

from the 1950s

Monday, November 24, 6:30 p.m. - "The Book Thief", with the music of John Williams

Monday, December 15, 6:30 p.m. - Film will be determined by library patron feedback

### ART EXHIBITS AT THE LIBRARY

There is a full schedule of art exhibits planned for the library: Sholmit Ruttkamp - October

John Sargent & Bob Lorenz - November

Jennifer Holmes & Bernie McTeague - Grady Thomas Room and Gallery

Opening reception on Thursday, December 4, at 5:00 p.m.

### IN THE DISPLAY CASE

September - October: Lego creations by Riley Howard

October - November: Motown Music from the collection of Norma Wright

### CHILDREN'S ACTIVITIES

#### FALL PROGRAMS

Slime-Time

3 Origami sessions that include folding monster book marks, creating creepy hands, and money folding that makes a perfect give for the holidays (this program will be open to adults, too)

A visit from Neato, the magician

A visit from author Marilyn Davis

A preview of *The Nutcracker* ballet, performed by the Eastern Connecticut Ballet

Annual Halloween Hop, with dancing, games and treats!

**STORY TIMES** - Preschool Story Time Every Friday Morning at 10:30 a.m. For Children Ages 2-5: Stories, songs, hand rhymes, creative activities, and lots of fun! Bring your lunch and stay for even more fun!

### SPECIAL PRESCHOOL STORY TIME EVENTS

To promote Fire Prevention Week, volunteer fire fighters from the Old Saybrook Fire Department will visit with a fire truck. Come dressed in costume for our Halloween Story Time and trick-or-treat as you parade around the library.

*continued on page 30*

*Library continued from page 29*

A teddy bear sleep-over Story Time where you teddy bear is invited to spend the night at the Acton Public Library. Holiday Story Time that includes refreshments and a grab bag Story Time for Wee-Ones Every Wed. morning at 10:30 a.m. For Children Ages Birth to 2: Stories, songs, hand rhymes, and time for adults to socialize.

**YOUNG ADULT PROGRAMS**

Join us at the Acton Public Library for these free programs. These activities are recommended for young adults age 11 and older. To register, call the library at 860-395-3184, or email [actonref@gmail.com](mailto:actonref@gmail.com).

**Making Halloween Luminaria - Thursday, October 16, 3:00 - 4:30 p.m.** - Decorate jars with Halloween themes that can be illuminated with battery-operated tea candles.

**Writing the College Essay: A Program for the College-Bound - Thursday, October 23, 6:30 - 8:00 p.m.** - Professional writer Jocelyn Ruggiero will offer hints on writing this important essay.

**Teen Tech Take-Apart with Nerds to Go - Monday, November 17, 2:00 – 4:00 p.m.** - Take apart a desktop computer and learn how computers work from the inside out with a computer expert.

**Baking Mixes in Mason Jars - Thursday, December 18, 3:00 - 4:00 p.m.** - Assemble the ingredients for baking mixes in jars - perfect for holiday giving.

All of these programs are generously sponsored by the Friends of Acton Public Library

**PROGRAMS FOR JOB SEEKERS AT THE ACTON PUBLIC LIBRARY**

Shoreline Works, a collaboration, between CT Works, Acton Public Library, and Old Saybrook Social Services, offers programs for job seekers on Monday mornings at the Acton Public Library. All programs are free and open to the public.

For more information or to register, call the Acton Public Library at (860) 395-3184 or email [shorelineworks@gmail.com](mailto:shorelineworks@gmail.com). Speakers for these programs are sponsored by the Friends of Acton Public Library.

**October:**

Monday, October 6, from 10:00 a.m. to noon: Starting and Growing Your Business: Key Steps and Available Resources, with Bill Ward of SCORE and Jim Jackson of the CT Small Business Development Center.

Monday, October 27, from 10:00 a.m. to noon: Job Networking Group: Facilitated by CTWorks.

**November:**

Monday, November 3, from 10:00 a.m. to noon: Why Can't I Just Submit a Resume? An Employer Explains the Ins and Outs of Electronic Applications: with Karen Maines of the Connecticut Water Company

Monday, November 17, from 10:00 a.m. to noon: Job Networking Group: Facilitated by CTWorks.

**December:**

Monday, December 1, from 10:00 a.m. to noon: Workshop topic and speaker to be announced.

Monday, December 15, from 10:00 a.m. to noon: Job Networking Group: Facilitated by CTWorks.

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

If you have any questions, contact us at 860-395-3184, or by email: [actonpubliclibrary@gmail.com](mailto:actonpubliclibrary@gmail.com).

The library's hours are:

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

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

Sunday - 1 - 5 p.m. (Beginning October 19, 2014)

## *Friends of the Acton Public Library*

**Summer Book Sale**

The Friends biggest event of the year is the Annual Book and Bake Sale, which was held in mid-July. This year's sale was a huge success, with a total of over \$7,000. Thank you to everyone who donated books and baked goods, and to all the shoppers who supported our sale!

Throughout the year, the Friends sell recently published books in nearly new condition on the main floor of the library. In addition to the large summer sale, there is a March "mini-sale", featuring children's books, audio visual materials, and paperbacks.

The Friends sponsored three concerts over the summer, and plans are underway for more concerts this fall. So far, there is a concert planned for Sunday, October 19th, to mark the beginning of our Sunday hours for the year.

One very exciting project that the Friends underwrote for the library is the recent installation of EnvisionWare, a

computer registration and print management software program. With this program in place, people wishing to use a public computer can log on with their library card or a guest pass (available at the desk). If they wish to print something, there is now a choice of black and white or color printing. Print jobs are "authorized", and released upon payment. If there are many items to be printed, they can be authorized one at a time, and printed later, all at once. Print jobs are picked up at the circulation desk, so they are secure and your work remains private. When the session is ended, the computer resets, further insuring your privacy. The print software also allows printing from laptops, tablets, devices, and phones, through the library's Wi-Fi.

Consider joining the Friends of the Library, if you haven't already. You will have the pleasure of knowing that you are helping contribute to making the Acton Public Library the vital community center that it has become!

## 5th Annual Showcase of Business & Community Gems

Part of the mission of the Old Saybrook Chamber of Commerce is to provide valuable programs that improve the economic vitality in Old Saybrook and its surrounding communities. To that end, the Chamber will hold its 5th Annual Showcase of Business and Community Gems, presented by Comcast Business, on Thursday, October 23 at the Valley Shore YMCA. This is a showcase of approximately forty businesses and non-profit organizations that is beneficial to businesses and attendees alike. An exhibitor at last year's event enthusiastically stated that the Showcase was a "great networking opportunity to connect and promote my business with fellow exhibitors and the community." The annual event offers attendees a unique opportunity to visit with multiple business owners, entrepreneurs and community leaders in one convenient location to learn about business trends and the latest developments in our local business environment. This year's theme is Come-Explore-Local. We hope you will stop by the Valley Shore YMCA to explore the multitude of local businesses on display.

Exhibitor space is limited and can be reserved by calling the Chamber office at (860) 388-3266.

Thursday, October 23, 2014, Valley Shore YMCA, 201

Spencer Plains Road, Westbrook, 4:00 - 7pm, General Admission \$10.



Attendees at the 2013 Showcase of Business & Community Gems at the Valley Shore YMCA  
Photo courtesy of Old Saybrook Chamber of Commerce

## Vista Arts Center - Celebrating the Artist Within



The Vista Arts Center is a unique community arts program for adult artists of all abilities. Located in Madison, Connecticut, the Vista Arts Center has been offering classes in literary, performing, and visual arts since

September 2012 and is now opening its classes to all adults in the shoreline community! The Vista Arts Center is unique in that they believe that the ability lies inside everyone, and they are waiting to "celebrate the artist within" you! The Vista Arts Center's mission is to provide quality arts programming to a diverse, adult population that promotes self-expression and learning in a nurturing, noncompetitive environment. Their programming and instructional methods encourage the inclusion of all talent and skill levels while providing a platform for the development of artistic and interpersonal skill development, self-esteem and confidence. All courses are led by arts professionals with many years of experience in their field of specialty and in individualizing instruction for a variety of students.

In almost two years of operation, the Vista Arts Center has grown exponentially in its diverse offerings, instructors and community involvement. They have participated in over 7 art showings, put on a full scale, all abilities, community theater production of "Joseph and the

Amazing Technicolor Dreamcoat" in partnership with the Ivoryton Playhouse and seen their class offering grow from 4 classes to 30 classes. Registration for the Fall-Winter semester opened August 15 with new and exciting offerings for everyone!

For more information about how you can start celebrating your artist within at the Vista Arts Center, please contact Jeanean Cox, Arts Program Manager at 860-399-8080 or [jcox@vistavocational.org](mailto:jcox@vistavocational.org). Visit Vista online at <http://www.vistavocational.org>.



Vista Arts Center's instructor, Kelley Kapfer, leads art students, Laura Quintavalla and Erin Doyle in Action Painting Class.

## *It's Time To Get Your Flu Shot*

VNASC's Old Saybrook Town Nurse, Tina Belmont, RN wants to remind everyone that the best way to avoid influenza is to get your Flu Shot. Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children and to older adults. A flu shot is the most effective way to prevent influenza and its complications.

Young or old, it is very important to get immunized against the flu. The Centers for Disease Control (CDC) and Prevention now recommends that everyone 6 months of age and older should be vaccinated annually. As we age, our immune systems weaken, making it more difficult to fight off the flu. As a result, the flu becomes much more serious for seniors; it's not just a few days in bed. In fact, 90% of flu deaths and hospitalizations occur in adults over sixty-five. This makes it imperative for seniors, as well as people with other underlying health issues to get immunized.

New flu vaccines are released every year to keep up with rapidly adapting flu viruses. Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. After vaccination, your immune system produces antibodies that will protect you from the vaccine viruses and because antibody levels start to decline over time you need to get a flu shot every year.

Don't wait, the timing of when you receive your shot is also important, because as you age, your response to immunizations, particularly influenza changes. It will take longer for your body to build up immunity, so it is important to receive your flu shot as soon as they become available. It typically takes up to two weeks to build immunity after receiving a flu shot.

Vaccination is especially important for people at high risk of influenza complications, including pregnant woman, older adults

and young children. A higher-dose flu vaccine is available for adults 65 and over, this particular vaccine has a higher concentration of antigen, which helps older immune systems respond better and create necessary antibodies faster. Some individuals should not receive flu vaccinations including people who are allergic to eggs and people who have had severe reactions to previous flu vaccines. If you fall into this category, ask your doctor about other alternative vaccinations that may be available.

The Old Saybrook Town Nurse wants to help residents stay healthy and offers free screenings for blood pressure, fasting blood sugar and cholesterol. She can also provide diet, exercise and lifestyle coaching for diabetics as well as medication reviews. Clinics are held at the Estuary Council for Seniors, Acton Public Library and Saye Brook Village. Do you need a quick screening for memory loss vs. dementia? Do you have other health questions or concerns? Are you homebound and need a home visit?

Call 860-271-5683 and schedule an appointment with the Old Saybrook Town Nurse. [www.vnasc.org](http://www.vnasc.org), 860-444-1111.



*Tina Belmont, OS Town Nurse with the VNASC Wellness Team: Deborah Lorick, Judy Elwood & Sandra Steward*

## *WPCA Update*

Over the Summer the WPCA has been working to bring Phase I of the Wastewater Management District (WWMD) Program to a close and to begin the preparations and planning for Phase II. As of September 1st :

- Over 280 Conventional Systems have been installed.
- A total of 313 Conventional Systems are currently expected to be installed in Phase I.
- Of those 313 properties, 29 were Emergency Repairs outside of the Phase 1 study areas.
- 44 properties waived Clean Water Funding and were upgraded privately.
- 73 properties were determined to be "Upgrade Compliant."
- In addition to those 73 properties, 13 properties became Upgrade Compliant as a result of the Small Cities Grant program.
- 26 Advanced Treatment systems within the Phase 1 study areas and 8 outside Phase 1 [which entered the program due to building modifications] have been deferred until AT System installment, or another approach to nitrogen reduction on water proximity lots is approved by the Department of Energy and Environmental Protection.

To summarize, nearly one-quarter of the systems in the 1800+ property WWMD are now "Upgrade Compliant," [conform to

the Upgrade Standards in the 2009 Wastewater Management District Ordinance].

The Clean Water Fund application for the next phase has been submitted and is being processed at the State level. During this review period, the WPCA received Prior Approval from the Department of Energy and Environmental Protection to start site investigations for Phase II. Therefore we have completed the investigations for all of Meadowood and Ingham Hill and continue to perform soil testing throughout the Fall on Maple Avenue North. Upgrade bid packages will be released for these three neighborhoods as soon as it is practically possible. Surveyors have been in the field for these areas as well as Indiantown and Great Hammock Beach in order to prepare the mapping.

Lastly, please take a look at our article regarding lawn reduction and environmentally sound maintenance practices. The avid gardeners on our staff, who are very enamored of perennial plants and groundcover (for both enjoyment and practical solutions to lawn reduction and challenging sites) hope you find the "Turf Grass Madness" article of interest.

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

## *Turf Grass Madness: Reasons to Reduce the Lawn in Your Landscape*

### **Excerpts from University of Delaware Cooperative Extension**

Across the United States, it is estimated that turf grass lawns cover 62,500 square miles of ground - more than 31 times the size of Delaware! Most lawns are simply too big to be useful, with high maintenance costs, minimal wildlife value, low aesthetic interest, and negative environmental impact. Though our obsession with immaculate expanses of grass has been long in the making, it's not too late to change!

#### **Why are there so many turf grass lawns?**

In the 18th century, close-cut lawns became a symbol of wealth in Europe, a practice that made its way across the Atlantic by the 1800s. Not only did rich landowners have the hired help required to maintain the lawn before the advent of power tools, but they had the luxury of dedicating a parcel of their land - often tamed at great expense - to something as frivolous as a non-food crop.

Lawns really became the rage in the 1950s, when the post-World War II American Dream of a owning a house in the suburbs melded with widespread availability of power mowers, improvements in turf grass varieties, and effective pesticides, herbicides and fertilizers. No longer a status symbol of the rich and famous, front lawns became the desired primary property feature.

Today, lawns are undeniably the norm, blanketing the vast majority of suburban and rural home landscapes as well as commercial and government properties. Heralded for their ability to take foot traffic, they are fundamental to play areas, sports fields, and golf courses - as well as the lawn care industry, on which Americans spend \$30 billion dollars a year. Many homeowners try to achieve a large, uniform, well-kept lawn without realizing the economic and environmental implications of maintaining an extensive exotic monoculture.

#### **So, what is the impact of turf grass lawns?**

- High maintenance requirements. Frequent and costly maintenance is needed to keep turf grass looking its best. During peak growing months, a lawn may require mowing more than once a week. Mowing a 1,000-square-foot lawn produces 300 to 400 pounds of clippings per summer. During periods of drought, irrigation may be required to keep a lawn from going dormant. Yearly fertilizer is usually recommended for encouraging lush growth

- High pollution outputs with public health risks. To stay healthy, lawns require maintenance that damages our environment and health. Until recently, lawn mowers have been excluded from EPA regulations regarding emissions standards. However, the average riding mower emits the same amount of pollution in 1 hour as 34 cars. Gas-powered garden tools account for a whopping 5% of total air pollution in the United States. Water pollution is also a problem because lawn chemicals run off in rainstorms, flowing into storm drains and eventually into our natural water bodies. Runoff spiked with fertilizers causes algae blooms, which causes aquatic plants and animals to suffer and perish from low oxygen and lack of sunlight. Depleted water bodies cannot provide important ecosystem services such as water filtration. Lawn chemicals may also present direct health risks. In a 1987 study by the National Cancer Institute, children

living in homes where lawn pesticides were commonly used were 6.5 times more likely to develop leukemia.

- High water requirements. Water conservation efforts are hampered by maintaining large tracts of lush turf grass. Over 7.9 billion gallons of water are used on landscapes each day, primarily on lawns - and most often this water is fresh and potable. Our practice of irrigating so much turf combined with billions of impervious surfaces that cause water to run off (instead of recharging the water table) are major contributing factors to low groundwater levels across the country. A NASA scientist has estimated that if all lawns were sufficiently irrigated, it would require 200 gallons per person per day. According to the EPA, 30 to 60% of urban water is used to water lawns. That's 2 to 3 times the water required for a sustainable mixed landscape.

- Inappropriate placement. Turf grass is a poor choice for many areas of the landscape where we try to force it to become established. Turf requires full sun to grow best, and it does poorly under trees where it competes not only for light and water. It is impractical to install against the foundation of buildings and on slopes where mowing is difficult and dangerous.

- Does not provide a varied, diverse, landscape with year-long interest. Lawns are boring when compared to many other plant communities. The typical landscape's wide swath of green (broken by a few foundation shrubs) offers little aesthetic

*continued on page 34*

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*Turf Grass continued from page 33*

interest throughout the seasons. Turf does not bloom, it does not attract butterflies, it has no fall color. There are many plants that can provide these qualities while requiring less maintenance than open lawn.

- Low wildlife value. Turf grasses - exotic plants that evolved largely in Europe and Asia - provide little support for native biodiversity in North America. Plants have distasteful chemicals that prevent them from being eaten, except by a selection of creatures that evolved alongside them and developed a tolerance for their specific chemicals. Because turf grass did not exist in North America before importation, the vast majority of North American insects have not evolved the ability to eat it. In the absence of healthy insect populations to feed on, the vast majority of other local wildlife - birds, bats, land mammals, frogs, toads, turtles, lizards, spiders etc. - cannot survive. The huge expanses of lawn cultivated across the U.S. represent a largely sterile environment, unable to support biodiversity that provides us with essential ecosystem services. (For more information about sustaining wildlife in backyard landscapes, consult the online fact sheet "Supporting Biodiversity in the Garden." <http://extension.udel.edu/factsheet/supporting-biodiversity-in-the-garden/>)

Okay, I'm convinced I have an unhealthy obsession with my turf grass lawn. What can I do?

- Consider reducing the size of your lawn and use it for functional purposes, such as defining the shape of outdoor rooms, as wide pathways between planting beds, or as a designated play area. (For more information visit the webpage "Designing a Sustainable

Landscape to Serve Your Needs." <http://extension.udel.edu/factsheet/designing-a-sustainable-landscape-to-serve-your-needs/>

- Use low-growing, low-maintenance groundcovers which offer a great alternative to turf grass, especially in hard-to-grow or mow areas. (For more info, visit the webpage "Groundcover Alternatives to Turf Grass." <http://extension.udel.edu/factsheet/groundcover-alternatives-to-turf-grass/>)

- Employ a wide variety of low-maintenance trees, shrubs, and perennials to create garden spaces with year-round interest. For an example, consult "Can You Live Without Lawn?" <http://ag.udel.edu/udbg/gardens/southgreenhouse.html>

- On lawn area you do choose to maintain, to reduce impact on the environment and your wallet, follow these suggestions for more sustainable lawn maintenance:

- Select the type of turf grass that will do best in your climate, light and soil conditions.

- Recycle leaves that fall on your lawn to incorporate their nutrients into the soil.

- Practice responsible fertilizing that reduces pollution of stormwater.

- Limit the use of gas-powered tools, or the size of the gas powered tools you do use. Consider using a mechanical push or battery mower.

- Mow turf grass only when it is dry and with sharp blades. Cut no more than a 1/3 of the grass blade, aiming for a height of 3 inches for a healthy carpet of lawn.

- Use a core aerator to loosen compacted soil and manage thatch buildup.

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*continued from page 34*

- Employ Integrated Pest Management to monitor and control pests and diseases.
- Manage your lawn with the goal of water conservation.

**Additional Resources**

*American Green: The Obsessive Quest for the Perfect Lawn* by Ted Steinberg (W.W. Norton, 2007)

*Bringing Nature Home: How You Can Sustain Wildlife with Native* by Douglass W. Tallamy (Timber Press, 2007)

*The Landscaping Revolution: Garden with Mother Nature, Not against Her* by A and S. Wasowski (Contemporary Books, 2000)

*The Lawn: A History of an American Obsession* by Virginia Scott Jenkins (Smithsonian, 1994)

*Lawn People: How Grasses, Weeds, and Chemicals Make Us Who We Are* by Paul Robbins (Temple University Press, 2007)

*Lawn Gone!: Low-Maintenance, Sustainable, Attractive Alternatives for Your Yard* by Pam Penick (New York: Ten Speed Press, 2013).

*Looking for Lawns:* Feature Article. *NASA Earth Observatory* by Rebecca Lindsay (November 8, 2005. <http://earthobservatory.nasa.gov/Features/Lawn/>)

University of Delaware full article <http://extension.udel.edu/factsheet/turf-grass-madness-reasons-to-reduce-the-lawn-in-your-landscape/>.

## Do You Have a Renovation Strategy?

With our warmer months now coming to an end, I'm noticing a lot of home improvements while I drive about. I remember when my husband and I moved into our house and did some renovating. Built in 1979 and not maintained by previous owners, our house needed "a little work." Watching renovations take shape has brought a lot of thought into "a little work" and I have some parallels and insights that I would like to share.

Our renovation process took longer than anticipated for a couple of reasons. As we saw our ideas coming to life, my husband and I became more creative and added more ideas to our wish list. (Fun!) But more importantly, as the project progressed, it became apparent that years of neglect had taken their toll, requiring more labor and more money than initially anticipated. (Not fun!)

Through it all, we remained grounded and realistic. Some projects required more money and some less money. Sometimes things could be salvaged, but sometimes things just needed to be replaced. And, in time, our neglected colonial shaped up to be a beautiful colonial. But if our goal had been to change our neglected colonial into a contemporary, we would have been very frustrated and very poor.

We live in an instant gratification society with new

technology emerging on a daily basis. As a result, many people believe that any problem can now be solved quickly, easily and cheaply. And the truth is that a lot can, but a lot cannot. The key to a successful outcome in any cosmetic procedure is to have realistic expectations.

Every procedure will have limitations, even facial plastic surgery. Every procedure will only last for so long and will need to be repeated - even facial plastic surgery. Some procedures will last for months and some for years, but nothing lasts forever.

Each procedure is designed to give specific results. If your physician is clear about the results you can expect and those results are in line with your desired outcome, then it is an open playing field for non-surgical procedures for you.

So enjoy every non-surgical option available, explore them and discuss them with your physician (be it me or someone else). If you're realistic, not only will you be beautiful, you'll be happy too. What a combo!

To learn more about procedures that will keep you beautiful without surgery, please call 203-245-2227 for a free consultation with Dr. O'Malley or visit us at [www.sonasmedspa.com](http://www.sonasmedspa.com).

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

## Shore-Up CT



The state of Connecticut is making loans available to weather-proof coastal homes. Shoreline property owners can apply to a state-funded loan program that provides financing for coastal home and business owners, as a means of safeguarding properties from future severe weather and flooding.

The program, called Shore Up CT, will mainly finance property elevations, but also offers additional retrofitting for flood protection and wind proofing.

This program will serve as a crisis plan, allowing all those who live in shoreline communities and did not meet the criteria for similar federal programs, to protect from severe weather and flooding. Accepted applicants can borrow up to \$300,000, with a minimum loan amount of \$10,000 and a 2.75 percent fixed interest rate.

Shore Up CT will be funded by the Department of Housing

and managed by the Housing Development Fund. \$4.3 million of the program's funding will be immediately available for the initial set of projects, with up to \$25 million in additional monies to be made available.

Eligible properties for homeowners include: Primary and secondary single-family homes; One to four-unit owner-occupied rentals; Single-family homeowners who live in the property at least 14 days per year.

Eligible properties for businesses include: Businesses with fewer than 100 employees.

Must be subject to coastal flooding and located in either Zone VE or Zone AE in coastline communities as defined by FEMA and NFIP.

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

*Marilyn Giuliano, State Representative*

## Probate Court Update



It is hard to believe that it has been almost four years since the individual town courts were merged into a regional court, serving nine towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of

the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations continue to be a financial success in that it has saved the taxpayers almost \$12 million dollars, over the past three fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court has been able to keep its budget the same over the last three and a half years.

We open and process approximately one thousand new matters, of all types, per year. As a result, I have presided over more than 3,000 hearings since the consolidation. In addition to Decedent's Estates, the two areas which create a substantial amount of hearings are Conservatorships and Children's matters. Because there is an aging population and there are several facilities in this area, the Court receives numerous applications for the appointment of a Conservator. These applications require a hearing at which information is presented including medical and financial reports. If the person proposed to be conserved cannot come to the Court, I will go to them and we will have the hearing there. Children's matters usually involve granting or removing custody from a parent. If the parents are

removed, often the child is placed with a grandparent. There is usually an investigation by the Department of Children and Families. These can be difficult matters but the Court's focus is always on what is in the best interest of the child. We have also had the pleasure of approving adoptions which is always an uplifting event.

Last time I mentioned that the legislature had adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. Additionally, new forms, consistent with these rules, are available online at [www.ctprobate.gov](http://www.ctprobate.gov). Most of these new forms are fillable for the convenience of the public. The implementation of these new rules and forms has been going well. One of the major changes is that someone filing documents with the Court must certify that they have sent copies to all the other interested parties. Another significant change is that the prior, somewhat confusing, Final Account form has now been replaced with a simpler Financial Report.

In addition to the normal duties of a Probate Judge, I was fortunate to be the only new Judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I am also a member of the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I also attend national seminars annually. I have also had the opportunity to address several of the local senior's groups as well as civic organizations, and I have presented a 3 part series at the local library.

Thanks to the efforts of the chief clerk Valerie Shickel, and the other clerks and assistant clerks, Sharon Tiezzi, Marjorie Calltharp, Stella Beaudoin, Helene Yates, Peggy Schroeder and Jackie Craco, I am pleased to say the Court continues to operate smoothly and efficiently.

*Terrance D. Lomme  
Judge of Probate, 33<sup>rd</sup> District*

## Great Wines for Grilling

Although summers end is approaching there is still plenty of time for grilling out. I would like to explore a few less widely known red wines to pair with your grilled fare. Both of these wines come from Italy, however they are very different. The first of the two is Barbera. This wine has medium fruit and a light, dry, acidic finish. Barbera is one of the top 5 most widely grown red grapes in Italy. Some of the most popular are Barbera D'Alba and Barbera D'Asti. The latter part of the name represents the town in which the grapes are grown within the Piedmont region. There are representations of this wine in California which tend to have soft fruit and a little bit of spice.

The other wine that is overlooked is Valpolicella. Sometimes thought to be a light, inexpensive Italian wine, it can actually be quite full and delicious. It comes from the Veneto region and is made mostly of Corvina grapes and occasionally blended with a small amount of other varietals such as Molinara and Rondinella. Valpolicella gives way

to flavors of black cherry and dark red fruits with a soft, slightly dry finish. Even more interesting is enjoying this wine when it has been produced in the "Ripasso" method. This term means "re-passed," which consists of re-fermenting the wine over un-pressed, dried skins of Amarone grapes. Many people call this style of Valpolicella a "Baby Amarone." This process develops the wine into a richer, fuller bodied wine with a raisin like characteristic that is slightly higher in alcohol.

It is easy to go to the local wine shop and pick up a Cabernet or Merlot, but sometimes it is fun to change it up and try something new. The next time you are grilling out with family and friends tantalize your palate with these exciting wines. They are sure to not only impress your guests, but keep them coming back for more!

*Art LiPuma, manager  
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## Social Services

On the fourth Thursday of every month, the Connecticut Food Bank brings a truck filled with good things to eat – such as fresh carrots, apples, yogurt and bread - to Grace Episcopal Church 336 Main Street in Old Saybrook as part of Social Services Help Day. The event, in which a variety of organizations offer assistance, regularly attracts about 100 people.

Other providers will also be on hand to enroll people for services such as the Supplemental Nutrition Assistance Program, health insurance and energy assistance, and to distribute information.

A visit to the event on June 26<sup>th</sup>, offered a glimpse into what it's like.

For people who might be hesitant about attending, a woman who has been going for about a year offered encouragement. Gayle Burlingham of Old Lyme said she was nervous at first. "It was scary," she said. "But, fortunately, they have some very nice workers, and they chatted and I relaxed."

Asked what brought her out this day, Burlingham, standing in the food truck line with her walker, said simply, "Food."

"I'm disabled so I'm living on a very fixed budget," she said. "Food stamps are only \$15 a month. It doesn't go far enough." The food truck helps extend her ability to get fresh, healthy food.

Burlingham said she has taken advantage of other programs Help Day has to offer. Her troubles started when her husband passed away in 2001. "Everything was good until my husband

died," she said.

But Burlingham remains positive. "God gave me a cheerful outlook on life. If you believe you are fine, you are."

Considering how many show up, the atmosphere was relaxed in Grace Episcopal, which makes sure the facility is available each month. The garden behind the church also provides organic vegetables to the food pantry at First Church of Christ, Old Saybrook, 366 Main Street, every Tuesday, 3 to 5 p.m.

People can make appointments or drop in to Help Days. Tables were set up around the room and two dental hygienists from the Community Health Center were doing exams and cleaning teeth behind privacy screens. The only line was outside for the food bank truck, where volunteers from Shoreline Soup Kitchens and Pantries helped distribute food.

The food bank truck regularly visits Clinton now, as well, the first Monday of the month, recently moving to Clinton Town Annex, 48 East Main Street, 1 p.m. to 2 p.m. The town will also provide assistance to access other social services programs and education, similarly to Old Saybrook. (For more information, call Social Services Coordinator Cheryl Church, 860-669-7347.)

Linda Smith, who directs the volunteer program for SSKP, said summer is tough for people because donations are down at the food pantries, when contributors are on vacation. Donations are welcome year-round.

Susan Consoli, Old Saybrook's Social Services Coordinator,

*continued on page 39*

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*Social Services continued from page 38*

started the Social Services Help Day because she couldn't help all the people who needed it on her own. "It was born out of the increased need that continues to present itself," she said.

"We've had as many as 250 people show up in the summer," says Consoli. The need for food is greater now partly due to school being out and school food programs not being available, she says. "We regularly draw at least 100 people."

Generally, each service provider gets about 30 appointments, said Consoli.

Consoli started help days with a mobile bus from the state's Department of Social Services. The bus doesn't come anymore, but as time has gone on more partners have joined the effort. A representative from the state was there, as well as social service workers from Clinton and Westbrook. Planned Parenthood was helping with health insurance. Rehab Concepts of Guilford was providing

information on fall prevention programs for seniors. University of St. Joseph, West Hartford, had information on nutrition.

Consoli said she needed help because her caseload kept growing with each passing year. In her current position, over the past four years, the need quadrupled, probably due to the economy. Right now, Consoli has about 700 clients in Old Saybrook. They all need food stamps and health care and every year need to sign up for services again.

*continued on page 40*



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*Social Services continued from page 39*

"I just couldn't do it one-on-one anymore. There were just too many people in need. I came up with this concept to put it all under one roof and put people's services all in one place."

"It is all the things that people desperately need," says Consoli. "A family without food needs to eat today, not tomorrow. I just felt there had to be another answer."

"We're trying to focus on getting people in need on the shoreline because they don't have a state office here," says Consoli.

"A lot of these folks can't go to Middletown or Hartford. They have transportation issues. By working together, we can get everyone together in one group."

People might come to the event with the goal of getting their teeth cleaned, but end up finding out about other services, such as home energy audits. He-Energy Solutions of Stratford assists people with energy efficiency, helping with light bulbs, insulation, weatherization and appliances.

Every month, the event has a different focus. In the past, it has been health insurance and now it's getting back to school time.

Food and healthy eating are always highlighted.

It can be hard to eat healthy meals on a food stamp diet, said Consoli, so recipes are offered and self-sufficiency encouraged. Tomato plants were available, as well as starter kits for raising chickens.

Angela Phinney, an employee at Shagbark Lumber and Farm Supplies in East Haddam, spoke with a gentleman about

building chicken coops, which don't have to be fancy. "You can repurpose a lot of stuff to make a chicken coop," said Phinney.

The question Phinney is asked most is if roosters are necessary. You don't need them, she said, but: "If you want fertilized eggs, talk to your neighbors first." Roosters can be loud.

"People don't know there are this many people on the shoreline in need," said Consoli. People lined up for the food truck in the morning even though distribution wouldn't take place until 1:30. "They wouldn't wait this long if they didn't really need it," she said.

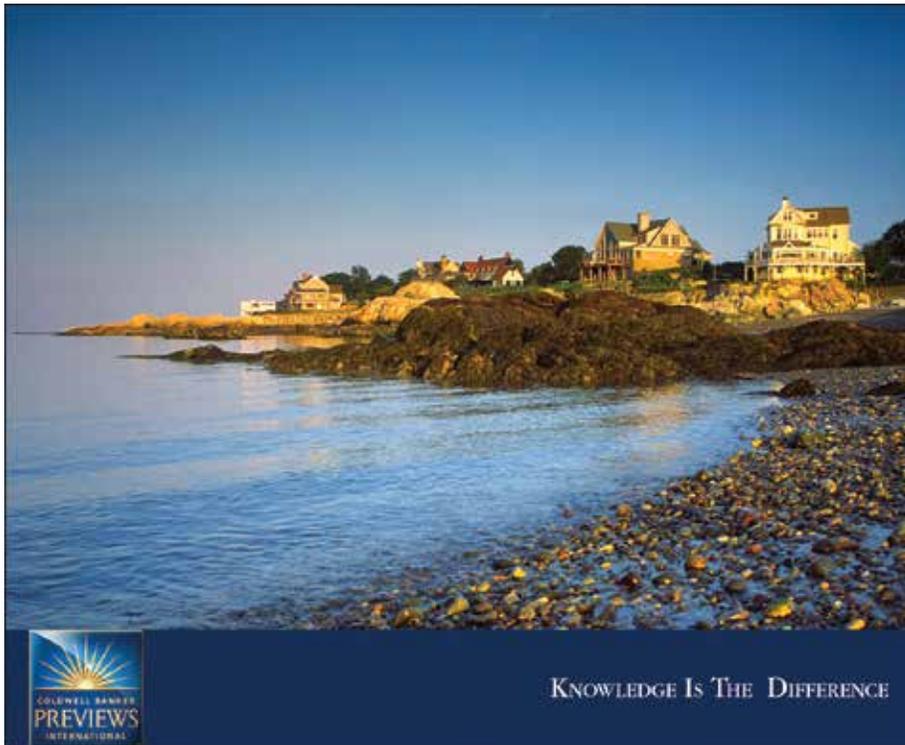
At the end of the day, as two-year old Briella Painter of Westbrook walked away balancing a huge bunch of carrots and an apple, Consoli was obviously pleased and said that was what Help Day was all about.

"Everyone deserves healthy food", she said.

To participate in the mobile food bank, 1:30 to 2:30, all one has to do is bring a bag. For an appointment at the dental clinic, call 860-347-6971, ext. 3636. Appointments for SNAP, state health insurance and DSS, call 860-395-3188. Consoli can be reached at 860-395-3188.

For information about Shoreline Soup Kitchens and Pantries, go to [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org). For information on the Connecticut Food Bank, go to [www.ctfoodbank.org](http://www.ctfoodbank.org).

*Valerie Bannister, Special to the Shoreline Times*



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## Students at the Children's Tree Montessori School in Old Saybrook have started a community garden.

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Over the summer, students and parents shoveled topsoil and compost and lined the beds with wood and rocks. This week the children started planting cold-season greens.

Elementary students are learning to be responsible for watering and weeding and monitoring the progress of their crops. Maybe they'll even learn to like spinach.

Produce like lettuce, arugula, kale and spinach will be grown until late this fall and again in the spring. Students are planning to build a low tunnel to cover the crops and extend the growing season into December.



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## Garden Club Summer Happenings



As you drove through Old Saybrook this summer, did you notice the vibrant colors of annuals planted around tree trunks and in window boxes in front of the shops on Main Street? Did you notice the flowering shrubs and perennials planted in front of the businesses along Boston Post Road and Middlesex Turnpike? If you did, you may have noticed that many of the businesses had galvanized markers and signs designating them as participants in the 2014 Street Gardens Recognition Program sponsored by the Old Saybrook Garden Club.

Now in its fifth year, the program, chaired by Paula Luby, helps the club to fulfill its mission to initiate and perform civic beautification. So popular has the program become,

the number of participating businesses has grown from 10 in 2010 to 65 this year.

The program's committee members invite past participants as well as new businesses to plant a "street garden." The garden can be in-ground flower beds, window boxes, hanging or standing containers, or plantings placed around a tree visible from the street as residents and visitors pass by.

Ten businesses with exceptional displays won special recognition by the Old Saybrook Garden Club as judged by nine club members. They include: Best New Business - Adelmans' Saybrook Tire and Auto; Best In-Ground Garden - Saybrook Soup and Sandwich and Saybrook Family Dental Care; Best

*continued on page 43*



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### *Garden Club continued from page 42*

Window Boxes - Headlines and Penny Lane Pub; Best Tree Garden - Sweet Luna's; Best Containers - Homeworks and Tissa's Le Souk Du Maroc; Best Ongoing Garden - Lighthouse Home Health Care and Esty's.

In addition to those recognized above, the following businesses participated in this year's program: Old Saybrook Chamber of Commerce, Starbucks, Café Toscano, William Raveis, Jay's Phot, Middlesex Radiology, The Paint Shop, Harbor Light, Genovali Realty, Bank of America, Essence, Maximus Antiques, Essex Savings Bank, Art Emporium, Red Hen, Main Street Realty, Southern Exposure, Cartier Optical, Liv's Oyster Bar, Walt's, Total Design Source, Jazzercise, Artisan's Harbor, Robert's Physical Fitness and Aquatic Therapy, Estuary Council of Seniors, Gentiva Home Health, Elegance Nails, Fiore's,

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Prospective members are welcome to learn more about the Old Saybrook Garden Club and its activities. For more information, please call 860-388-3213.

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