

# East Haddam Events



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Volume 5 • Quarter 4 • 2012



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## First Selectman's Corner

It is hard to believe that it is already fall! Our Town had a lot happening over the spring and summer months:

- Park and Recreation had a record year for summer camp.
- We welcomed our interim Superintendent Dr. Mary Beth Iacobelli.
- The skateboard park built with generous donations opened.
- The elementary school gym had a makeover with painting and refinishing of the gym floor.
- The high school auditorium ceiling was replaced.
- Our veterans have been honored by a yellow ribbon group formed by a team of mothers. Through their efforts we recently welcomed home three veterans who have returned from Afghanistan; Pfc. Matthew Shea, Sgt. Matthew Prue and Lance Corporal Jacob MacKenzie.
- A monument honoring all East Haddam residents who have given their lives in all wars was installed on the Moodus Green. This monument was the Eagle Project of Boy Scout Randy Holmgren who conceived and implemented this project. Thank you Randy for the great honor you have brought to the men and women who gave their lives for the freedoms we all have today.

The fall and winter months promise to be full as well. We have a lot to consider as a community with regard to our town

and educational infrastructure. A few years ago a committee called the "Financial Needs Roundtable Committee" was formed with a charge of a ten-year capital/infrastructure plan for the town.



As many of you are aware, there was a committee formed five years ago to evaluate and put forth a plan to convert the old middle school into a municipal complex. Through the efforts of this committee we learned that the total cost to renovate the entire building was far greater than originally anticipated. In addition, through the evaluation of the Financial Needs Roundtable Committee, many more large capital projects have been identified; to include (but not limited to):

- The potential for a conversion of the old middle school to a municipal complex in a scaled back design and utilization.
- Upgrade of our three firehouses to address many public safety needs for our firehouse structures, ambulance space needs and an emergency operations center.
- A much needed upgrade to the town-wide emergency radio system that will provide greater communication

*Continued on page 3*


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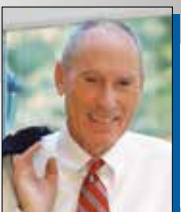
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## *A Note from the Assessor*

All persons having taxable personal property to declare such as: unregistered motor vehicles, horses and ponies, farm equipment, or any furniture, fixtures, and equipment used in the operation of a business, must do so by November 1, 2012. Declaration forms are available at the Assessor’s Office; however, they will also be mailed to all businesses and residents who have declared property in the past. Please be aware if you have taxable personal property, and do not declare it, state statutes allow the assessor to add it at an estimated amount, plus a 25% penalty.

Applications for Farm, Forest and Open Space will be accepted from September 1 until October 31, 2012. Forms are available at the Assessor’s Office, or online at the town website.

Any persons who acquired a new motor vehicle after October 1, 2011 will receive a supplemental motor vehicle bill for their new vehicle by January 2013. These bills will be prorated, based on the date of registration, for the 12-month period starting October 2011 and ending September 2012. Vehicles acquired in August or September do not receive supplemental tax bills.

New Veterans seeking exemption must record their honorable discharge papers with the Town Clerk by October 1. Active-duty military who have served 90 days or more may also be eligible for an exemption, and are encouraged to contact the Assessor’s Office prior to October 1 for more details.

The Town is currently undergoing a revaluation for the October 1, 2012 grand list. Notices of new assessments will be sent out in mid-November.

Please call the Assessor’s Office at 860-873-5026 if you have any questions.

## *Moodus Reservoir Preservation Group*

Moodus Reservoir Preservation Group represents the residents of Upper and Lower Moodus Reservoir with goals to preserve and improve the health of the water through public education, monitoring of water quality and raising funds for treatment of invasive species. The group has conducted water monitoring for clarity, participated in the DEEP boater education program at state boat launches and has distributed educational information through newsletters and e-mail bulletins. A survey of invasive plants in the Reservoir by the Connecticut Agricultural Experiment Station will provide an inventory of plants and a plan of treatment. Funds to implement the plan will need to be raised through fund raising events and grants from governmental and private associations.

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

capabilities in case of a major disaster. We are now in the process of a two-phase analysis of our communications system. The first phase is a review of our current infrastructure and the second phase is the design and cost projections to implement a new system.

A facility evaluation was just completed of the elementary school which identified areas requiring facility upgrades to better support the educational needs.

The Old Town Hall and Grange Hall will be seeing some improvements and renovations that will restore their historic quality. I am pleased to report that most of these renovations will be paid for with a combination of a state grant and a donation from Consumers Union.

The town recently purchased property on Mount Parnassus for both open space and municipal use. We just applied for a \$430,000 state grant that would enable us to build a barn and an education center with a commercial rated kitchen. The grant would provide the ability for residents to lease their own plot of land, to learn organic farming and to learn how to commercially process food.

The town has been awarded a grant for a public dock with a floating ramp way at the end of the Goodspeed parking lot. This public dock will enable boaters to easily visit our village and patronize our businesses.

In addition, we continue to be aggressive with our capital improvement plan for annual road and bridge maintenance, equipment replacement and other planned capital needs.

As you can see from the list above, we have many competing needs that warrant public discussion. In the coming weeks, we will be holding a public hearing to provide our citizens with an overview of all of the identified projects to include potential funding sources for each project. We will be seeking public input as we begin to prioritize how we wish to proceed.

I want to take a moment and thank everyone involved in the Relay for Life this year. We had great chairmanship from the team of Donna Barney and Melissa Michalski. The money raised this year topped \$38,000.

I am so proud and honored to be East Haddam's First Selectman!

*Mark B. Walter*



*Relay for Life*



*Moodus Green Memorial - Randy Holmgren and Sgt. Matthew Michael Prue.*

## ***Essex Printing Unveils Computer to Plate System***



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Bill McMinn, President of Essex Printing, stated: "We are very excited about the new PlateWriter because our customers will receive the benefit of higher quality imaging and it allows us to deliver an environmentally friendly product."

# Events

MAGAZINES



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## St. Stephen's Episcopal Church

**STANDING STRONG: An Osteoporosis Workshop**

Saturday, October 13 at 2:00 p.m. - Michelle J. Pouliot, ND, top naturopathic physician specializing in women's health care, will be speaking on osteoporosis and yoga. Osteoporosis is a silent condition that affects 200 million worldwide, 50% of all women and 25% of all men over the age of 50. Learn diet, supplements, and yoga sequences designed to promote bone vitality, prevent joint injuries and increase your range of motion and balance which reduces the risk of falls. Yoga instructor, Geraldine Lombard, will be demonstrating yoga techniques.

For the past 20 years, Dr. Pouliot's practice has focused on helping women with hormonal issues such as PMS, endometriosis, menopause syndrome, and osteoporosis and weight management. She has been an adjunct professor at UCONN. In the past years she has taught full day seminars to physicians throughout the U.S. on the topic of naturopathic approaches to menopause, reproductive health and osteoporosis. In September 2011, she opened a private practice in New Hartford, CT.

Admission fee is \$10, and refreshments will be served. For further information and reservations, please call Ann DiFiglia at 860-873-2018 or email at musicannfrank@yahoo.com. St. Stephen's Episcopal Church is at 31 Main Street, East Haddam.

## Chicken Barbeque

St. Stephen's Annual Chicken Barbeque will be held on Saturday, October 13, from 5-7 p.m. at St. Stephen's Parish Hall, Main Street, East Haddam, CT. Menu includes one-half of bbq chicken, potato, salad, roll, and a selection of homemade desserts. Price is \$9.00. For more information, call St. Stephen's at 860-873-9547. Take-out is available. A donation of non-perishable items to the East Haddam Food Bank would be appreciated. The Food Bank feeds approximately 60+ families per week and is desperately low on food, especially children's food, such as peanut butter and jelly, cereal, milk, etc. We are grateful for your generosity.

## Volunteer of the Month

Please join us in congratulating our most recent volunteers of the month: Bryan Perry and Lenore McLean.

If you would like to nominate someone, please do so in a letter to the First Selectman.

## Tax Collector's Office

As of July 1, 2012 tax information is now available online at easthaddam.org. Go to Town Departments; Tax Collectors page and click on the link "Online Tax Information". You will be able to check your current amount due and view past payments.

Please remember, due on January 1, 2013, is the second installment of Real Estate and Personal Property tax bills that were mailed out in July 2012. No second bill will be sent on these accounts. If you are a new owner of real estate property and need a copy of your tax bill, please contact the Tax Collector. Payments may be made in person at the Town Office Building, by mail to: Tax Collector, P. O. Box 376, East Haddam, CT 06423-0376 or on-line at easthaddam.org and click on the link "Pay Taxes". There is a fee associated with on-line payments which goes to the processing company, Point & Pay for their service. A secure lockbox is located in the front hallway for payments dropped off after normal business hours. Anyone wishing a receipt must include a stamped, self-addressed envelope with their payment.

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor.

The Assessor's phone number is 860-873-5026 or assessor041@easthaddam.org.

The Tax office can be reached at 860-873-5033 or taxcollector@easthaddam.org.

*Denise Dill*

## Visit with Santa

The East Haddam Volunteer Fire Department will hold the annual children's Christmas party on Sunday, December 9th from 12:30 to 2 p.m. It will be held at the Company #1 Firehouse, 440 Town Street. The event is open to all East Haddam residents age infant up to and including age 8. Santa will have presents for the children and refreshments will also be served.

The next deadline  
for  
East Haddam Events  
is January 4

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## A message from the Superintendent of Schools



By way of setting a context for the coming year, I would like to share an excerpt from a story told by Reverend Dr. Patrick T. O'Neill.

Among the most accomplished and fabled tribes of Africa, no tribe was considered to have warriors more fearless or more intelligent than the mighty Masai. It is perhaps surprising then to learn that the traditional greeting that passed between Masai warriors was "Kasserian ingera," which translated means, "And how are the children?"

It is still the traditional greeting among the Masai, acknowledging the high value that the Masai always place on their children's well-being. Even warriors with no children of their own always give the traditional answer, "All the children are well." Meaning, of course, that peace and safety prevail, that the priorities of protecting the young and powerless are in place, that Masai society has not forgotten its reason for being, its proper functions and responsibilities. "All the children are well," means that life is good. It means that the daily struggle for existence, even among a poor people, does not preclude proper caring for its young.

When Reverend O'Neill, told this story, he posed an

interesting question. He asked, how it might affect our consciousness of our own children's welfare if in our culture we took to greeting each other with this same daily question: "And how are the children?" What would it be like if the President, the Governor, the County Commission, City Council or School Board began every meeting by answering the question "And how are the children?" What would it be like if every adult among us, parent and non-parent alike, felt an equal weight for the daily care and protection of all the children in our community? Would we then be able to say, without any hesitation, "All the children are well"?

As we embark on a new school year, it is with a personal commitment to the children in East Haddam and to our shared responsibility for ensuring that all the children in East Haddam are well: That all children in the East Haddam School District have access to and success with a rigorous, standards-based curriculum; that all children graduate with the skills, knowledge, and habits of mind necessary to be successful in college and in the workplace; that all children are able to fully participate in, and contribute to a democratic society.

I look forward to partnering with the East Haddam Community in this endeavor,

*Mary Beth Iacobelli*

## 17th Annual Project Safe Halloween

All children up through grade 8 who are residents of East Haddam/Moodus are invited to attend the Annual Project Safe Halloween Party on Wednesday, October 31, from 5 to 8 p.m. in the Elementary School gymnasium. Come take a hayride and trick or treat for lots of goodies. This event, offered as a safe, fun alternative to traditional trick or treating, is sponsored by the East Haddam Police Department.

Civic groups are encouraged to join us by sponsoring a table. Please contact Beth Schondorf at 860-873-9772 to register. You must register prior to the event even if you have participated in the past.

Calling all kids! Stop in at the Elementary School gym on October 28th between 3:00 - 5:00 p.m. to decorate a pumpkin. Then come to Project Safe Halloween and cast your vote for your favorite pumpkin in a number of different categories. Prizes will be awarded.

This event is totally funded by donations. Monetary donations are needed and can be sent to Project Safe Halloween, P.O. Box K, East Haddam, CT 06423. Donations of candy cannot be accepted. For more information or to help out at this very popular event, call Maryjane Malavasi at 860-759-5716.



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# Town of East Haddam

7 Main Street ~ P.O. Box K East Haddam, CT 06423

## Administrative Office Building

Fax: (1st floor) 860-873-5042, (2nd floor) 860-873-5025

**Hours:** Monday, Wednesday, Thursday 9:00 a.m. to 4:00 p.m.,  
Tuesday 9:00 a.m. to 7:00 p.m., Friday 9:00 a.m. to Noon

### Selectman's Office

Mark B. Walter, First Selectman 860-873-5020 admin@easthaddam.org  
Linda Zemienieski, Administrative Assistant 860-873-5020 admin@easthaddam.org

### Assessor's Office

Loreta Zdany, Assessor 860-873-5026 assessor@easthaddam.org  
Patty Veselak, Administrative Assistant 860-873-5026 assessor@easthaddam.org

### Building Department

Keith Darin, Building Official 860-873-5024 building.dept@easthaddam.org  
Carolyn Hart, Administrative Assistant 860-873-5024 building.dept@easthaddam.org

### Chatham Health District

Liz Davidson, Sanitarian 860-873-5101 liz.davidson@chathamhealth.org

### Finance Department

Cynthia Varricchio, Finance Administrator 860-873-5022 financeadmin@easthaddam.org  
Dawn Snow, Administrative Assistant 860-873-5020 finance@easthaddam.org  
Kathy Klinck, Treasurer 860-873-5022 finance@easthaddam.org

### Land Use Offices

Jim Ventres, Administrator 860-873-5031 admin.landuse@easthaddam.org  
Jim Puska, Zoning Enforcement Officer 860-873-5031 zeo.landuse@easthaddam.org  
Janet Lombardo, Administrative Assistant 860-873-5031 landuse@easthaddam.org

### Tax Collector's Office

Denise Dill, Tax Collector 860-873-5033 taxcollector@easthaddam.org

### Town Clerk's Office

Deb Denette, Town Clerk 860-873-5027 townclerk@easthaddam.org  
Beverly Christopher, Assistant Town Clerk 860-873-5027 townclerk@easthaddam.org

### Public Works Department

Fax: 860-873-6014

Town Garage - Hood Lane Hours: Monday through Friday, 7:00 a.m. to 3:30 p.m.

Transfer Station - Nichols Road Hours: Monday, Wednesday, Friday 7:00 a.m. to 5:00 p.m.  
and Saturday 7:00 a.m. to 4:00 p.m.

Elizabeth Lunt, Public Works Administrator 860-873-5023 pwadmin@easthaddam.org  
Richard Toolan, Public Works Superintendent 860-873-5023 pwsuper@easthaddam.org  
Shirley Dill, Administrative Assistant 860-873-5023 publicworks@easthaddam.org  
Don MacKenzie, Transfer Station Foreman 860-873-5030 publicworks@easthaddam.org

### Other Departments

Don Angersola, Fire Marshal 860-873-5004 admin@easthaddam.org  
Tiffany Quinn, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org  
Michael Olzacki, Animal Control Officer 860-873-5044 animalcontrol@easthaddam.org  
Peter Simmons 860-873-5044 animalcontrol@easthaddam.org  
Economic Development Coordinator 860-262-0347 edevcoordinator@easthaddam.org  
Craig Mansfield, Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org

### Resident State Troopers

Jeff Rhoades and Ian Hawes 860-873-1226 police@easthaddam.org

### Probate Court

Jennifer Berkenstock, Judge of Probate 860-295-6239 ineaal@ctprobate.gov  
Linda Neal, Clerk 860-295-6239 ineaal@ctprobate.gov

### Registrars of Voters

Holly Cummings & Laurie Alt 860-873-5029 registrars@easthaddam.org

### Senior Services - 15 Great Hillwood Road

Joanne Rocznik, Municipal Agent 860-873-5034 seniors@easthaddam.org

Visit our Website at [www.easthaddam.org](http://www.easthaddam.org) for more information,  
including meeting minutes

## It's Coming Back! (snow, that is)

We hear frequent complaints about the dangerous road conditions that result when people push driveway snow out into our public roads. We actually have an ordinance prohibiting this practice, which states, "No person shall plow, throw, put or cause to be thrown or put any snow or ice from any private property or from any area in the rear of said private property or in area between a private dwelling house or structure and the legally laid out sidewalk into any public highway in the town of East Haddam."

As a reminder to residents, the town also has an ordinance regarding the clearing of sidewalks adjoining or fronting a resident or business property. The ordinance states, "Whenever the sidewalk, or any part thereof, adjoining or fronting any building lot of land or any street, square or public place in the Town of East Haddam, shall have upon it an accumulation of snow, sleet or ice, it shall be the duty of the owner, occupant or any person having the care of such building or lot, to cause such sidewalks to be made safe and convenient by removing the snow, sleet or ice therefrom, or by covering the same with sand or some other suitable substance, and in case such owner, occupant or other person having the care of such building or lot shall neglect to do so for the space of eight (8) hours during the daytime, the person whose legal duty it shall be to clear the sidewalk, and so neglecting, shall be fined not more than twenty five (\$25.00) dollars for each occurrence, and every hour of neglect to make the sidewalks safe in accordance with the provisions of this section, after notice from the First Selectman or his designee, shall constitute a separate offense."

Please keep this in mind this winter. Your neighbors will appreciate it.

## Score in the "Paper Bowl"

Moodus United Methodist Church can always use 8 x 11" copy paper (especially color), to publish the monthly newsletter, and is seeking donations of paper towels, napkins, postage stamps, bathroom tissue, facial tissue, all sizes of paper plates, cups, and bowls - any and ALL paper products.

Help our church score in the annual Fall "Paper Bowl" on Sunday, October 28! Donations are tax deductible, are accepted anytime, and are always greatly appreciated and immediately put to use.

Thank you to all for your past donations. If you have any questions, please call Beth 860 873-9772.

## The East Haddam Leo Club

The East Haddam Leos are a group of 12-18 year olds from the East Haddam Community who host fundraisers and community service projects. This Autumn and Winter they will be hosting a variety of fun events.

The Leo Apple Festival is on October 20, 10:00-3:00, at the East Haddam Senior Center. There will be games, live music, face-painting and the best homemade apple treats around. There will be apple pie, apple cider, apple fritters, caramel apples, and well... you get the idea. Join us for an afternoon of family fun!

Other Leo events include participating in Project Safe



East Haddam Leos earning community service hours at the Hebron Fair

MGilroy@ehfpl.org or (860) 873-8248. The Leos meet the First Thursday and Third Tuesday of every month at the East Haddam Free Public Library (18 Plains Road, Moodus).

Halloween at the Elementary School, donating time and money to the East Haddam Food Bank, selling Christmas Trees at the Grange Hall alongside their co-sponsors the East Haddam Lions, ringing in the Holidays at the Rathbun Library with their co-sponsors the East Haddam Community Lions, and selling baked goods all over town in their annual Valentine's Day Sweet Sale. For details about joining, contact advisor Michael Gilroy at

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# East Haddam Historical Society



*This is a partial view of the Museum's new Boardman exhibit, curated by Nathan Dawes and installed by board members led by Marianne Halpin and Judi Glover. The paper globe, from before the Civil War, was in the office of the Boardman Silver Works, on the corner of Boardman Road and Route 82.*

**November 1-4** Kandie Carle, the East Haddam Stage Company, and the Historical Society present another "Plays and Poetry" extravaganza. Four days of the best writing and drama you could ask for anywhere. Shows: Thurs-Sat at 8:00 p.m.; Sat and Sun at 2:00 p.m.; Sun at 7:30 p.m. \$20/ticket,

cash wine and beer bar. This is a Museum benefit. Call 860-873-3944 for information.

**November 14th, Wednesday, 7:30 p.m.** Dr. Karl Stofko will present his 22nd annual, "Mysteries of East Haddam" lecture. All previous lectures are gathered in written form at the Rathbun Library. Donation expected from non-members.

**December 12th, Wednesday, 6:00 p.m.** Annual Christmas Potluck Supper, with silent auction and cash bar. A highlight of the Holiday Season. Everyone welcome.

For everything related to the Museum, you can call 860-873-3944, email [museum@easthaddamhistory.org](mailto:museum@easthaddamhistory.org), or consult Facebook - East Haddam Historical Society Museum or the website [www.easthaddamhistory.org](http://www.easthaddamhistory.org).

The Board thanks Ethan Damuck and Zac Pettinelli, two Eagle Scouts who completed projects that greatly improve the Museum's façade. Nathan Dawes, a senior at College of Mary Washington, volunteered many hours organizing our extensive Boardman Family archives. Look under "collections" on the website to see some digital treasures.

The Museum is always looking for volunteers. Whatever your skill or passion, there's a job for you. The Board thanks its faithful volunteers. Without them, East Haddam and Moodus wouldn't have a museum.



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## Senior News

The Senior Center is having the second annual Oktoberfest on the 20th of October. Dinner seating will be at 6:00 p.m. with entertainment starting at 7:00 p.m. Tickets are \$13.00 and may be purchased at the center. The entertainment will be the popular group so get your tickets early.

Make a Difference Day will be held on October 27. The Center, with the help of the Historical Society, is sponsoring a turkey dinner with all the "fixins". The dinner will be from 5:00 to 7:00 p.m. and is \$10. Tickets may be purchased at the center or from Historical Society members.

November 7th there will be a luncheon honoring local vets. Call the center to sign up. Joanne Barnes from the Rocky Hill Veterans Home will be the guest speaker.

The Senior Center is having a craft, bake, plant sale on November 17 from 9:00 a.m. to 2:00 p.m. Table rentals are \$10 each. A Chili lunch will be served at noon. Get an early start on your Christmas shopping. To rent a table call the center at 860-873-5034.

The Senior Club annual Christmas Party will be held on December 10th. This is a potluck and you are asked to sign up to bring a dish to share.

The center will be closed November 12th for Veteran's day, November 22 & 23 for Thanksgiving, December 24 & 25 for Christmas, and January 1st for New Years.

Watch the newsletter for dates of the Thanksgiving and Christmas dinners.

## Annual Thanksgiving Dinner Drive

The Rotary Club of East Haddam will again partner with Liberty Bank to provide Thanksgiving dinners for local needy families.

In the spirit of community support, town residents are urged to make a financial donation at Liberty Bank. For every dollar donated, Liberty Bank will match 25 cents, up to a maximum of \$30,000. The proceeds will then be used by the Rotary Club and the local Food Bank to purchase and distribute food at Thanksgiving for those in need in our town.

You can make your donation at the Moodus branch of Liberty Bank or at an out of town branch of Liberty Bank but, please specify that it is for the East Haddam Rotary Thanksgiving Fund. Donations in any amount are appreciated.

For more information, call Nancy Smith at Liberty Bank 860-873-2266 or Kate O'Boyle President of the Rotary Club, 860-460-0144.

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## East Haddam Community Lions

The Community Lions recently installed a new slate of officers for the 2012-2013 year: Arnie Davis, President; Marcy Masci, 1st VP; Patricia Thomas, 2nd VP; Maryjane Malavasi, Reporting Secretary; Margy Roberts, Corresponding Secretary; Debi Ryczek, Membership; Jiffy Spencer, Tail Twister; Frank Miner, Lion Tamer; Janice Nowik, Helen Adams and Debra Warden, 2-year Directors; Chris Parkus and Delphy Irvin, 1-year Directors; and John Bradshaw, Past President.

Our Spring fundraising started off with the 5K & 10.5 Mile Race in April, the annual Tea Party at St. Stephens and a Golf Tournament in May. The Gelston House was the setting for our June Fashion Show and Luncheon where over 100 participants viewed current fashion trends in clothing, shoes and jewelry.

Last year we raised over \$22,000 for the East Haddam Fuel Bank, Food Bank, Youth and Family Services, Project Graduation, our Libraries, Project Safe Halloween, Little League, Soccer League, Senior Center, Music on the River and more. Academic scholarships were awarded to two graduating seniors: Hannah Palmer and Nicole Govert. We also help those in our community who may be facing a hardship and need some assistance to get through a crisis. Several of our members help staff the Food Bank, many have been trained for East Haddam's Emergency Management Team, deliver Meals on Wheels and much more. All funds raised by the East Haddam Community Lions are returned to the community through service projects, through direct donation to community organizations and to foundations supported by Lions International.

Our Eye Fund Drive letter was recently mailed to all residents. Funds raised from this endeavor benefit the Connecticut Lions Eye Research Foundation (CLERF) at Yale. CLERF is dedicated to providing funds for eye research projects. The Community Lions sponsored a PediaVision Eye Screening this past spring with equipment from CLERF. Eight members were trained to do the scans

and screened 69 preschool children. Research shows that if many eye abnormalities found in children ages 2 - 5 are treated at that young age, normal or near-normal vision can be restored by age 7. This year, 4 children were found to have abnormalities and were referred to their ophthalmologist for further study. Please send in your contribution and help us continue this vital mission.

Ladies Night Out - Shopping & Eating! The event you have been asking for is returning to the East Haddam Historical Society Museum on Tuesday, October 16th, from 6 - 9 p.m. Please join us for Ladies Night Out, always a fun night of food, wine and shopping. There will be over 25 local vendors and restaurants participating this year. Come to shop at the vendor tables for cosmetics, jewelry, hair products, home décor, chair massages, unique gifts and to sample some really delicious food from area restaurants in our town. Tickets are \$15 per person and will be available at the door.

Whist is Back! Military Whist - a twist on Setback, will be held at the East Haddam Elementary School cafeteria, Friday, October 19th. Doors open at 7:00 p.m., games start at 7:30 p.m. sharp. Tickets can be purchased at the door for \$7. Come join us for a fun night of cards, food, prizes, and drawing of our Community Lions Eye Fund Drive prize give-away - fun for all adults. Instruction before Whist begins. For more information call 860-873-9650.

Help us "LIGHT-UP" the Holidays! Once again we are inviting everyone - individuals & groups - to donate a decorated holiday tree, wreath, exhibit or gift for auction. The donated items will be exhibited in the Rathbun Free Memorial Library, from November 26 - December 7. During this time, advertising and a catalogue will be distributed. A silent auction will take place (viewers can bid on exhibits anytime during this period). Once again we will host a Holiday Reception on Friday December 7th from 7-9 p.m. where final bids will take place.

*Continued on next page*



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*East Haddam Community Lions ... continued from previous page*

All donations will be acknowledged in the program and again on signage where exhibits are displayed. If you would like to make a donation or find out more information please contact us... Christmas is coming! You can "Light-up the Holidays" with us and make a difference to this community. Decorated themes may say something about you or your group, but this would be up to your own creativity. For more information see our website or call Lion Linda Bradshaw at 860-873-8933 or brashaw751@sbcglobal.net.

All proceeds from this community-wide fundraiser will go to the East Haddam Fuel Bank, Food Bank and Youth and Family Services. With your help, the East Haddam Community Lions have donated over \$25,000 to these worthy causes. The money raised helped so many, providing heating fuel, food and gifts for the children of families in need, here, in our community ... things that many of us take for granted. We Lit-up their Holidays and warmed our own hearts too.

The East Haddam Community Lions Club, chartered in May 1992, now boasts 59 men and women, and meets twice monthly. The first is a Board and Business meeting dedicated to Club projects and business matters. The second, our monthly dinner meeting, features invited guests to speak about Lionism, Lion-related topics or community issues.

The Lions motto is WE SERVE. To the individual member, it is not only a motto, but a definition and philosophy. The secret to our success? Camaraderie, new and old friendships and a desire within that encourages us to help our community - locally, statewide and worldwide.

For more information on any of our events, or to become involved with the East Haddam Community Lions Club, please contact President Arnie Davis at 860-873-1082 or Membership Chair Debi Ryczek at 860-873-9281 or visit our website at [www.ehcl.org](http://www.ehcl.org).

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## The East Haddam Free Public Library

Your Friendly Neighborhood Library is brimming with thousands of books, hundreds of movies, and dozens of new programs. Stop by to see our latest offerings. Below are a few of the amazing programs that we're looking forward to:

**Story Hour:** Make memories with timeless tales followed by creative crafts. Every Wednesday from 10:30-11:30 (ages 3+).

**Kid Art:** EHFPL is making a picture book, and we need you to provide the pictures. Kids ages 5-10 are invited to EHFPL for drawing, coloring, painting and more on the second Wednesday of every month from 4:00-5:00. (Upcoming Dates: Wed. 10/10, 11/14, & 12/12.)

**Art Works:** We'll be making everything from stained glass art, to metal necklaces, to decorative paper designs. It's a great program for parents, tweens, and teens. Join us the Second Wednesday of every month from 5:00-6:00 (Upcoming Dates:

Wed. 10/10, 11/14, & 12/12)

**East Haddam Book Club:** Grab a copy of the book of the month from the circulation desk, read it and bring your opinions (and your sense of humor) to the library on the first Wednesday of every month from 7:00-8:00. (Upcoming dates: Wed. 11/7, 12/5.)

**Holiday Hootenannies:** The library is celebrating Halloween, Thanksgiving, and Christmas with revelry and merrymaking. Join us for games, light holiday themed refreshments, music, and good times. It's fun for the whole family (and is followed by the library's monthly bad movie night) 5:30-6:30 on Thurs 10/25, 11/15, & 12/20.

To see all of our programs: visit our website, call us, or stop by in person. EHFPL - 18 Plains Rd, Moodus | (860) 873-8248 | <http://ehfpl.blogspot.com>

## Annual Double Auction

Friends of the East Haddam Free Public Library are holding their Annual Double Auction. The event will begin on Friday, October 5 and will run through Thursday, November 15. Be the highest bidder in the Silent Auction and you could win some great quality prizes or buy tickets in the Chance Auction to enter

and win in the prize drawings. All proceeds will be used to support library programs and buy new books.

Your library is free for your use, but its value is immeasurable. Stop in during library hours: Monday and Wednesday 10-8; Tuesday, Thursday, and Friday 12-6 and Saturday 9-1.

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## Holiday Closings

The Town Office Building will be closed on the following holidays:

Columbus Day - Monday, October 8

Veterans Day - Monday, November 12

Thanksgiving - Thursday & Friday, November 22 & 23

Christmas - Noon on December 24 through

December 25, reopen December 26

New Year's - Noon on December 31 through January 1, reopen January 2

Martin Luther King Day - Monday, January 21

Regular hours will resume on the next business day.

The Transfer Station will be closed all day on October 8, November 12, November 23, January 21, and at noon on December 24 and December 31.

## The East Haddam Lions Club

The East Haddam Lions would like to thank everyone who helped make this year's annual Lions Club Auction a success. Thanks to your kindness, generosity and support, the club raised over \$18,000. This money will be used in the community to help various town organizations, charities and efforts such as the Food Bank, Fuel Bank, and Nathan Hale-Ray Senior Scholarships. A special thanks to Lion Joe Busher for his outstanding efforts in organizing this epic event!

The Lions would also like to thank all the businesses, sponsors, and participants who helped make the annual East Haddam Golf Tournament and East Haddam Phonebook successful. The proceeds once again benefit the entire town. A special thanks to Lions Mark Potash and Tim Curtis for making the tournament and phonebook possible. These fundraisers help make events like the Senior Chicken BBQ and Relay for Life Breakfast possible (thanks to Lions Don Goss and Zac Jezek for putting those together).

The Lions will once again be selling Christmas Trees every Saturday/Sunday morning in December. Stop in for freshly cut trees at the cheapest prices around. The club will also be packaging food baskets at the East Haddam Food Bank in November. If you would like to donate to the club and help serve the East Haddam Community, please contact Lion Michael Gilroy at MGilroy@ehfpl.org or (860) 873-8248. To get the latest news on the Lions, be sure to "Like" their page on Facebook.

On a final note, the Lions would like to congratulate their newest President, Lion Dave Carpenter on the wonderful job he has done thus far. If you see Dave, wish him well on the year ahead!

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## Music at the Meetinghouse

**Music at the Meetinghouse Fall Concert Series** - On Saturday, October 13 at 7:30 p.m. in the Sanctuary, the second of the *Music at the Meetinghouse Fall Concert Series* will host the acclaimed blues and roots-based original art rock group *Parker's Tangent*. A professional all-star group with many years of experience, they consist of a female lead singer whose voice has been compared to Grace Slick and Nora Jones, drums (also female!), a rhythm guitar, rhythm and lead guitar, bass and violin. Their music is original and enjoyed by people of all ages. Tickets at the door are \$15, or \$12 in advance by calling 860-537-2052. Children are free. A reception will follow and patrons can meet the musicians. Proceeds support the Music Program of First Church.

**Thanksgiving Ecumenical Concert** - As part of the *Music at the Meetinghouse Fall Concert Series*, First Church of Christ, Congregational in East Haddam has invited local houses of worship and civic organizations to participate in a concert/service on Sunday, November 18 at 3 p.m. in the Sanctuary. In an effort to revive the annual Thanksgiving Ecumenical Service, the word has been sent out inviting local organizations to take part and local musical groups to perform. A free-will donation will be collected and proceeds will be donated to the East Haddam Fuel Bank. People are also invited to bring canned goods for the Food Pantry. Over the years citizens have asked why we, as a community, no longer gather

to give thanks and support each other as we used to. This is an attempt to do that. For information or to participate, please call Linda at 860-537-2052, or email at [lrydermunetma@juno.com](mailto:lrydermunetma@juno.com). All are welcome!

**Music at the Meetinghouse - January 2013** - The first concert of the Music at the Meetinghouse Winter Series of 2013 will be held on Sunday, January 20, 2013 at 3:00 p.m. when we welcome the Caroline Doctorow Band from Long Island, N.Y. Caroline and her "boys", a violinist, bassist, and guitarist, sometimes referred to as "The Steamrollers", enchant and entertain with music reminiscent of 60's folk-rock acoustical sound. Tickets are \$15 at the door, and \$12 in advance by calling 860-537-2052. Children are admitted free and a full reception will follow with ample time to meet the musicians. Join us!

## The Rathbun Free Memorial Library

The Rathbun Free Memorial Library would like to invite everyone in town to stop in and celebrate the freedom to read. The library is open Monday - Wednesday 10:00-5:00, Thursday 10:00-8:00, Friday 10:00-5:00 and Saturday 10:00-1:00. There are thousands of books available, including the latest bestsellers and prizewinners. The library also has free book and audiobook rentals available for eReaders (nook, kindle, etc.); for details visit the library's blog.

In addition to offering a wide selection of materials, the library is proud to offer the following programs:

**Story Time:** Children ages 3+ are invited to the library for weekly story times every Monday & Thursday at 10:30-11:30.

**Baby Book Time:** Toddlers under 3 are welcome to join the interactive Baby Book Time Program every Wednesday at 10:30-11:30.

**The American Girl Club:** Bring along your favorite American Girl Doll and enjoy snacks and crafts - the first Wednesday of every month from 3:30-4:30.

**The FETCH Club:** Based on the popular PBS Series, this program invites young people to use their imagination and their brains to create cool science projects like marshmallow catapults, toy parachutes, and more! - The second Wednesday of every month from 3:30-4:30.

Finally, the Friends of the Library will be hosting their popular Fridays at 5:30 event this November with guest speaker John LaPlant - the world's oldest Peace Corps volunteer and octogenarian world traveler. Don't miss this extraordinary event: Friday, November 2 at 5:30.

For more details (and to register) please call the library or stop by in person.

Rathbun Library - 36 Main St, East Haddam  
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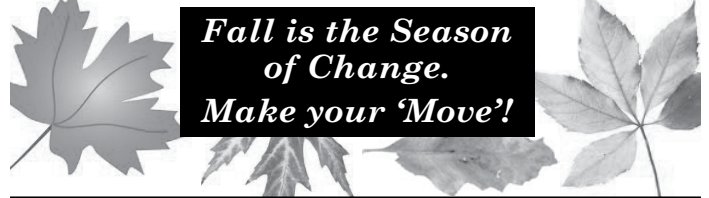
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## Business Updates

The East Haddam Economic Development Commission (EDC) is pleased to announce the following:

The Cameron Family Farm registered last year as a licensed poultry dealer serving the East Haddam area. The farm has a 400 bird per cycle hatching capacity providing residents with Connecticut Grown chicks, chickens, pullets, cockerels, and turkey poults. An onsite processing facility provides custom poultry processing making Cameron Family Farm one of the area's first fully integrated poultry companies. Custom processing is also available as a service to other poultry growers in the area filling a need for farm fresh local ready-to-eat poultry. This spring, owners Andre and Vanessa Cameron imported fresh breeding stock to expand their offerings to include a variety of Silkies, Bantams, Ameraucanas, Egg Layers, and Broilers. These heritage chicks, bred and incubated on-site, are available for your flock to provide fresh eggs, meat, or a colorful backyard companion. After all, who doesn't want a pet that makes you breakfast? They are open at their 70 Ray Hill Road property on Saturdays, usually 10:00 a.m. to 3:00 p.m., or call for an appointment M-F at 860-873-8038. Local delivery and online purchases are available, cash and credit cards accepted. Sunday is reserved for processing and the farm is closed to the public for sanitation reasons. More information can be found on [www.cameronfamilyfarm.com](http://www.cameronfamilyfarm.com). Please visit the Business Directory on the homepage of the municipal website [www.easthaddam.org](http://www.easthaddam.org) for a complete listing of East Haddam businesses. Also, check the Community Calendar section for upcoming local business events. Contact the EDC at [mrcdm@snet.net](mailto:mrcdm@snet.net) or P.O. Box K, East Haddam, to have your business listed here. Businesses, send us your request to be added to our drawing for a FREE ad in the next *East Haddam Events Magazine* or listing on one of the Directory signboards.

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### Sand for Winter Ice

Residents of East Haddam are reminded that they may take only a small amount of sand from one of the municipal sand piles for their personal use in sanding steps, walkways, or ice patches in driveways. Piles are located at the corner of Haywardville and Early Roads, and at the Town Garage, off Mt. Parnassus Road near Shagbark. For safety reasons, residents should not obtain sand during storm conditions when operators are loading trucks and entering and leaving the site.

It is understood that sand is provided for private, personal use and is not to be used commercially or for profit, or for any application other than as a safety precaution. Residents needing more than a few buckets of sand per winter should purchase their own supply.

# East Haddam Newcomers' Guide

## WELCOME TO OUR TOWN!

On behalf of *Events Magazines*, welcome to East Haddam. Whether you are new to Connecticut or just to East Haddam, you will find wonderful people and places to visit in town.

Below are important phone numbers. Please tear out this page and keep it for future reference.

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### CHURCHES

Christ Community Church.....	860-873-1187
First Church of Christ Congregational .....	860-873-9084
Hadlyme Congregational Church .....	860-526-9628
My Father's House .....	860-873-1906
St. Bridget's of Kildare.....	860-873-8623
St. Stephen's Episcopal .....	860-873-9547
Moodus United Methodist .....	860-873-8491

### CLUBS AND ORGANIZATIONS

American Legion.....	860-873-8042
Boy Scout Troop 22 .....	860-873-1098
Cub Scouts Pack #28 .....	860-873-1872
East Haddam Ambulance Assoc. ....	860-790-0575
East Haddam Community Lions Club .....	860-873-9282
East Haddam Lions Club.....	860-873-2822
East Haddam Democratic Town Committee ..	860-873-3787
East Haddam Education Foundation .....	www.eheducationfoundation.org
East Haddam Free Public Library.....	860-873-8248
East Haddam Garden Club .....	860-873-8732
East Haddam Lakes Association.....	860-537-6070
East Haddam Republican Town Committee.....	860-873-9240
Friends of Gillette Castle State Park .....	860-526-2336 (434-2603 Judy)
Friends of Rathbun Library .....	860-873-8310
Rathbun Library .....	860-873-8210
Friends of East Haddam Public Library .....	860-873-8248
Hadlyme North School Society .....	PO. Box 328 Hadlyme CT 06439
Middlesex County Community Foundation .....	347-0025
Moodus Fife & Drum .....	860-873-8837
Rotary Club of East Haddam.....	860-873-2284
St. Bridget's of Kildare Knights of Columbus Council 9358 .....	860-873-9663

### EAST HADDAM ECONOMIC DEVELOPMENT

www.easthaddam.org

CONSUMER PROTECTION .....860-566-2294

### SCHOOLS

East Haddam Elementary .....	860-873-5076
Nathan Hale-Ray High School .....	860-873-5065
Nathan Hale-Ray Middle School.....	860-873-5081
Superintendent.....	860-873-5090

### MUSEUMS & ATTRACTIONS

East Haddam Historical Society.....	860-873-3944
Nathan Hale School House.....	860-873-3399
Amasa Day House .....	860-873-8144

### PARKS

Devil's Hopyard State Park .....	860-873-8566
Gillette Castle State Park .....	860-526-2336

### POST OFFICES

East Haddam .....	860-873-8521
Moodus .....	860-873-8632
Hadlyme.....	860-526-6088

## BUSINESS & PROFESSIONAL SERVICES

### AUTO BODY

Eddie's Auto Body Specialists .....	860-873-9044
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### ATTORNEYS

Jason O'Keefe - Joseph Busher, Esq .....	860-873-2994
Polito & Quinn, LLC .....	860-447-3300
Peter Charbonnier.....	860-526-1780

### BANKING

Essex Savings Bank .....	860-434-1646
Liberty Bank .....	29 W.F. Palmer Road

### BUILDER / CONSTRUCTION

Cris Construction .....	860-537-3155
Mark Reeves .....	860-388-3825
R.A. Parady & Sons, Inc. ....	860-873-8687
Sapia Builders, LLC.....	860-304-8383

### COINS

Guilford Coin Exchange.....	203-453-9363
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### COMPUTER

TechNet Computing .....	860-740-0328
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### DENTIST

Higganum Dental Associates .....	860-345-4538
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### ECONOMIC DEVELOPMENT COMMISSION

.....	www.easthaddam.org
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### FOLIAGE CRUISES

RiverQuest .....	860-662-0577
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### HEATING

Bentley Heating and Air Conditioning .....	860-388-1967
Foley Furnace .....	860-345-3218

### HOSPITAL

Middlesex Hospital .....	www.middlesexhospital.org/homecare
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### INSURANCE

Bouvier-Scholes Agency .....	860-767-8219
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### KENNEL / GROOMING

New Inn Kennels.....	860-873-8149
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### LAWN SERVICES

Ohana Lawn Services .....	860-873-9925
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### MASSAGE/HEALTH

Shunyata Healing Center, LLC .....	860-526-1111
Proactive Health Care .....	860-873-1866

### MUSICALS / THEATER

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Goodspeed Musicals.....	860-873-8668

### OIL COMPANY

Moroni & Son .....	860-388-2298
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### PACKAGE STORE

Moodus Package Store .....	860-873-8577
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### PEST CONTROL

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### PHARMACY

Nathan Hale Pharmacy.....	860-873-1481
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### PIZZERIA

Pizzeria DaVinci .....	860-873-2299
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### PODIATRIST

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### PRINTING

Essex Printing Company .....	860-767-9087
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### RETIREMENT LIVING

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### RIDING LESSONS

Fox Ledge Farm .....	860-873-8108
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### REALTY

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Coldwell Banker / Dee Hasuly .....	860-214-1864
Prudential / Joyce Covone.....	860-608-1708
William Raveis / Betty Martelle .....	860-333-7117

### SALONS

New Image Salon .....	860-873-3494
Roseann Annino .....	860-391-1193

### STUDIO

Riverway Recording Studio, LLC .....	860-873-3404
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### THERAPIST

Seniel Lucien, LCSW, Ph.D.....	860-526-8109
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### WEIGHT CONTROL

Ideal Weight Systems, LLC .....	860-554-5048
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## Town Clerk, and Registrars of Voters

### Are You Ready for the November 6 Election?

This fall, an election for President of the United States, United States Senator, Representative for the 2nd Congressional District, State Senator for the 33rd district, State Representative for the 34th district and Registrar of Voters will be held at the Nathan Hale-Ray High School gymnasium on November 6th, from 6 a.m. to 8 p.m.

**Registered?** If you are not registered to vote, you may do so by mail or at the Town Clerk's office or Registrar's office, during posted office hours. You may also register at the Department of Motor Vehicles, or download a form from the Town's website, [www.easthaddam.org](http://www.easthaddam.org) or from the Secretary of State's office web site, [www.sots.ct.gov](http://www.sots.ct.gov). The Registrars will be in their office, as well as on Saturday, October 20th, from 10 am to 2 pm. The deadline for voter registration by mail is that it must be postmarked by October 23rd. In person voter registration deadline is October 30th. (However, if voting rights are obtained by acquiring age, residency or citizenship after Oct 30th, registration in person will be accepted in the Registrar's office from 9 am to 5 pm, on Monday November 5th)

**Absentee Ballots** - If you are unable to get to the polls, you may apply for an absentee ballot at the Town Clerk's

office, or call 860 873 5027 and an application can be sent to you. Forms may also be downloaded from the town's website or at the Secretary of States web site.

To vote absentee, one must attest to:

- the elector's absence from their town for all of the hours of voting; or
- illness or physical disability; or
- active service in the US armed forces; or
- religious tenets forbid secular activity on Election Day; or service as a polling place official in a town other than their own.

Absentee ballots become available on October 6 and will be available from the Office of the Town Clerk. Absentee balloting is a two-step process. The ballot may not be issued until an application for the ballot has been received. Applications may be filed in advance of the ballot becoming available.

**Curbside voting** - Disabled voters who wish to come to the polls, can request curbside voting, in which a ballot will be brought in a folder to the car, by the two election officials. The voter privately marks the ballot, puts it in the folder, and then it is deposited in the ballot tabulator by an election official.

*Continued on next page*

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## The Hadlyme North School

The Hadlyme North School is nestled in a little valley on Bone Mill Road and Town Road. It was built in 1794 near the church providing for grades 1 - 8. The community was primarily agricultural and as with most construction in those days, it was built by volunteers. One teacher covered all grades and older students assisted those who were younger. As we have all heard, there was much more snow back then and students who lived above the school rode and raced their sleds to school. It is easy to imagine their shrieks and laughter as they arrived at the school deep in snow and later with all the sleds leaning against the building and dark smoke coming from the chimney. No parking lots back then.

In 1930 the school was closed and later in 1967 it was scheduled to be sold, moved away, or destroyed. However, the people of Hadlyme would not let such a treasure go and the Society was formed with the goal of maintaining the school and making it available to the community. As it started, the school continues to be cared for by volunteers and financially supported by individuals in the community. Beside its local quaint charm and history, it is now noted for its gourmet potluck dinners held throughout most of the year.

One week in advance of an event, a sign is set on the church lawn. This is an invitation to you to join us bringing a favorite dish to share. We would love to have you come. Our events for the remainder of 2012 are:

**October 20** - Oktoberfest - 6:30 p.m.

**December 2** - Neighboring Carol sing followed by soup, bread, and cookies (provided for by Board of Directors) - 5:30 p.m.

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### *Town Clerk & Registrars of Voters ... continued from previous page*

**Sample Ballot** - A sample ballot will be posted on the Town's website as soon as it is available and will be available for viewing at the Town Clerk's Office.

**Location** - Nathan Hale Ray High School gym (School Street off Town Street, Route 151).

**Why does the polling location change?** - The Town has outgrown the Old Town Hall for larger voter turnout elections. By Ordinance, the town decreed that all regular November elections shall be held at the High School. Pursuant to State Statute, primaries must be held at the same location as the election. We look forward to seeing you at the Polls.

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## Literacy Volunteers, Valley Shore CT, Inc.

Literacy Volunteers, Valley Shore CT, Inc. will be holding the 2nd Annual Wine & Brew Tasting & Silent Auction, at Essex Meadows, 30 Bokum Road, Essex, CT on November 8 from 5:00 pm to 7:30 pm. The event is sponsored by Essex Meadows and Centerbrook Package Store, Centerbrook, CT.

Tickets are \$25 and available at the Literacy Volunteers office at the Westbrook Library, 61 Goodspeed Drive or by calling 860-399-0280. Proceeds will benefit Literacy Volunteers.

"Last year's event was an outstanding success," said John Ferrara, Executive Director of Literacy Volunteers Valley Shore CT, Inc. "It not only allow us to raise funds to continue our mission, but gives the communities we serve an opportunity to learn more about our organization while sampling some extraordinary beers, wine and food."

About LVVS: Literacy Volunteers Valley Shore, located at 61 Goodspeed Drive, Westbrook, CT, is a 501(c)3 non-profit agency affiliated with ProLiteracy, a national organization that accredits and sets standards for teaching literacy to adults. Since 1979, we have served the towns of Chester, Clinton, Deep River, Essex, Guilford, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook, and Westbrook. Each year we provide small group and one-on-one literacy tutoring to over 150 adults completely without charge and in an atmosphere of confidentiality respecting each student's privacy.

## Ray FFA

The FFA was created in 1928 and it is an organization for students involved in agriculture education. It prepares students for premier leadership, career success, and personal growth. Today, more than 500,000 students nationwide are involved in the FFA. The FFA is structured on three levels, local, state, and national. Over the years, Ray FFA students have participated in events at all of these levels. Students participate in career development events (CDE's) at the University of Connecticut in the fall and spring. Some of the CDE's students can participate in are floriculture, poultry judging, horse judging, forestry, natural resources, food science, agriculture sales, and many more. These CDE's prepare students for career success and will help them decide which agricultural career is right for them. Ray FFA has an alumni group called Friends of the FFA. The FFA alumni offers many opportunities for the chapter members to succeed, including scholarships, grants, and broadening their education. The FFA's main focus is leadership. There are many leadership opportunities and workshops available to FFA members. If you would like to join as alumni or have any questions, please contact the Nathan Hale-Ray High School's agriculture education department at (860) 873-5065.

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## Proactive Health Care

With season changes we all need to think more about our body going into hibernation. We need to consider not gaining weight during fall and winter season, to prevent our health, and protect our heart. Heart disease is the number one killer in America. Interestingly enough, there are places in the world where heart disease is almost unknown. People in these areas of the world, are not sedentary, they eat whole foods, and they consume very little sugar. With careful planning and effort, we can also prevent heart disease. We just need to be proactive in our life. That means don't consider exercise routine optional. Our well-being and fitness need to be priorities for us. We need to give them the same degree of importance as we would give to work and family. When you pump your heart through exercise you will have a better brain too. New research shows that people with better cardiac output have brains with more neural growth factors and even some new cells. They have brains which are more efficient. Humans are designed to move, not to sit or lie down for 23 hours a day and exercise for one. If you not move your body enough through the day you will lose your health very quickly. You need to incorporate movement into your everyday life to be able to keep your heart strong.

You need to learn how to stop eating before you feel full. It takes 15 to 20 minutes for your brain to register that you're in fact full. If you want to stay in control of your weight and heart health, you need to pay more attention to portion control. You need to learn to fall out of love with sugar. People think the problem with sugar is that it makes you fat. It's not just inches around your waist; sugar is a potential toxin which is responsible for many diseases, including breast and colon cancer. Instead, eat a rainbow diet. By eating seven colorful foods a day, you will not have to take supplements. Vary your diet as much as possible between vegetables, fruits, and nuts: red, orange, yellow, green, purple, some brown. That will give you all the vitamins, minerals, and antioxidants you need. The only supplement you will need to take would be omega-3 fatty acids, and that's all. Have a healthy and energetic autumn season.

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## Healthy Eating through Healthier Habits for Seniors

We all know that our tastes have changed over time. The things we like now - clothing, hair styles, cars, and so on - most likely are different today than they were 20 or 30 years ago. It stands to reason, then, that our overall diet should evolve as well (from necessity as well as preference).

As we age, the make-up of what we eat becomes more and more important to our bodies and our overall well being. With proper nutrition, we are better able to manage health issues such as high blood pressure, cholesterol and sugar levels. We also reduce or eliminate common ailments such as swelling and inflammation, poor digestion, and low energy.

While many seniors find themselves on some type of "restrictive" diet, this does not have to mean the end of enjoying a good meal. In fact, with better food labeling and an increasing selection of healthier foods in grocery stores, eating better really is easier - and tastier - than ever. Here are some tips to help get in the habit of shopping and eating well:

Fresh is best when it comes to fruits and vegetables, and frozen is second best (avoid high-salt or sugary canned foods). The fiber and vitamins in popular favorites such as apples, blueberries, plums, broccoli, cauliflower, and avocados provide countless benefits. Enjoy these foods raw, steamed or sautéed in a little olive oil.

Brown (whole grain) is better when it comes to breads, pasta, rice and cereals. For potatoes, sweet ones are far more nutritious than white.



Seniors are encouraged to eat as many fresh fruits and vegetables as possible every day.

Choose lean, high-protein foods such as fish, turkey, pork, beans, peas, nuts, for higher energy and better bone health.

Eggs, cheese and milk have calcium that is also beneficial to bone health. However, these foods should be avoided if cholesterol levels are a concern.

Use olive oils or soy-based margarines instead of butter whenever possible, to keep cholesterol counts down.

Choose water over high-sugar drinks and fruit juices.

Instead of canned soups or frozen dinners, keep bagged salads, canned tuna, and low-fat yogurts on hand for quick meals.

If you live in a retirement community, discuss your diet with the chef, nutritionist, or nurse. They will make recommendations for you and prepare foods that meet your special needs.

By adopting better eating and shopping habits, we can find the best balance of foods that keep us healthy and help us enjoy a great (and delicious) quality of life.

*Kathy Ryan*

[Kathy Ryan is executive director of The Saybrook at Haddam ([www.thesaybrookathaddam.com](http://www.thesaybrookathaddam.com)), an assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services and a special memory care unit.]

## Why You Need a Personal Umbrella Policy

Unfortunately, these days, lawsuits are everywhere. People who own homes, automobiles, watercraft and other recreational vehicles have a limited amount of liability on their individual policies. Should an unfortunate accident happen, they may not have enough insurance. No one can predict what a judge or jury would award, should you be deemed liable.

Liability insurance is the portion of your personal policies which pays for expenses such as medical bills, pain and suffering and punitive awards, resulting from the negligence, be it from a fall at the home, an automobile accident or other type of accident.

The best defense for this type of exposure is a Personal Umbrella Policy. Umbrella insurance is designed to give you

additional liability protection over and above the limits for the liability on your Homeowners, Automobile, Watercraft and other personal property policies. This is an extremely cost effective way to protect your assets. Depending on your insurance company, you can have an additional \$1,000,000 to \$25,000,000 in coverage.

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## A New Dimension in MRI Comfort

Middlesex Hospital Now Offers a “Wide-Open” MRI System. Are you claustrophobic? Can you tolerate having a CT scan? If so, you can now comfortably get an MRI at Middlesex Hospital, with its new “wide-open” MRI. Even for people who are not claustrophobic, the wide-open MRI provides a much more comfortable space during the exam than in the past.



**“Open” vs. “Wide-Open” MRI** - Many people believe that having an “open” MRI can eliminate the claustrophobia they feel when having the same test in a traditional MRI unit. These types of “open” MRI systems are only open on the sides, and the top of the magnet is still very close to the body. In addition, these MRIs are also usually “low-field” MRIs, and although they do give patients more room during the test, they also have a significant drawback - it takes a lot longer to obtain the same image quality as traditional, “high-field” MRI machines. To cut down on exam times, some lower-field MRI systems may not have the same image quality as a state-of-the-art, higher-field system.

Middlesex Hospital only uses high-field MRI machines, since they produce the clearest images - because the higher the field strength, the better the quality of the images produced. However, the opening in these traditional machines is

considered too small by some larger or claustrophobic patients to allow them to be comfortable during the exam.

All that is changing at Middlesex Hospital. As of September, the Hospital now offers a new dimension in patient comfort - in its wide-open bore, high-field MRI that combines a much larger bore (circular opening) size and a much shorter “tunnel” (length). The new MRI looks just like a

CT scanner, only a foot longer. The new wide-open bore design accommodates all sizes (up to a 550-pound patient) eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In addition, the new MRI is quieter and may require less time to capture the necessary images.

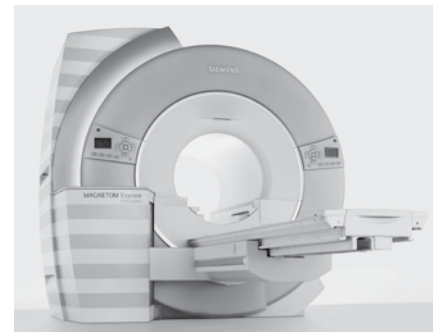
Why should patients care about the quality of their MRI images? When your doctor orders an MRI, he or she is looking to get as clear a picture as possible of what is going on in your body. The best way to get a clear picture is to use the type of technology that provides physicians with crisp and clear photos of the anatomy.

“This is great news for patients who may have chosen to receive a low-field, open MRI in the past,” said Laurel Patt, Middlesex Hospital Director of Radiology.

“These patients can now feel assured that if they get an MRI here at Middlesex Hospital, they won’t have to worry about their size or the fact that they may be claustrophobic. Our new machine offers both patient comfort and convenience, while still giving physicians the best possible image quality.”

The new “wide-open” MRI system at the Hospital is currently operational. In addition, the current MRI scanner at the Outpatient Center on Saybrook Road in Middletown will be replaced with a new, “super-high-field strength” MRI. This new MRI has double the field strength and can produce even clearer, more detailed images. It will be operational at the beginning of March 2013. The new Shoreline Medical Center in Westbrook will also have a brand new, stationary MRI system operational when construction of the facility is completed in 2014.

When using the new, wide-open MRI systems at Middlesex Hospital, patients will be comfortable, experience less noise, spend less time in the machine and can still be sure that their doctors will get the highest quality medical imaging. In other words, patients now have the best of all possible worlds at Middlesex Hospital if they need to have an MRI.



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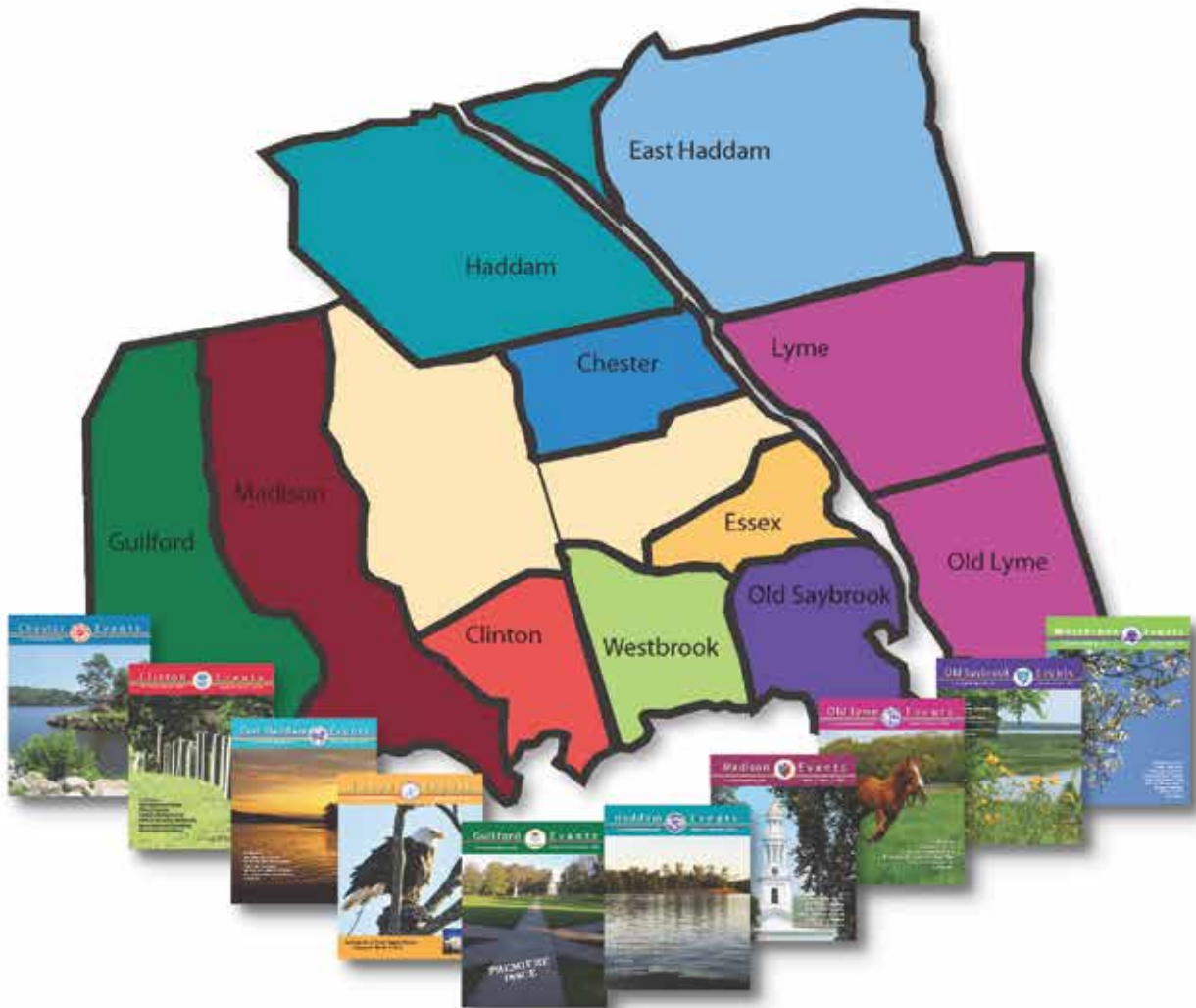


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