

East Lyme

events

VOLUME 5 • QUARTER 3 • 2017



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN



BALLESTRINI'S

Child Care Centers

Now Accepting Fall Enrollment!

AGE APPROPRIATE PROGRAMS

REGISTER
EARLY!

- **Infant and Toddler:**
6 weeks - 3 years of age

SPACES ARE
LIMITED!

- **Preschool:**
Children 3 - 5 years of age

- **Before & After School Care:**
Busing available from public schools.
Care available on Snow Days and Holidays,
Professional Days & School Vacations.

WATERFORD
90 Rope Ferry Road
Waterford, CT
860-442-CARE
(2273)

SALEM
11 Center Street
Salem, CT
860-859-CARE
(2273)

NIANTIC
161 West Main
Street
Niantic, CT
860-691-1300

Visit our website at www.ballestrins.com

First Selectman's Corner

I hope you are having a terrific summer on the shore. For me and my family, there is no place we'd rather be than Fantastic Niantic during these warm summer months. If you've been working too hard or if life events have prevented you from maximizing your summer fun, it's not too late. There is still plenty of time to get outside and enjoy the boardwalk, beaches, walking trails and much more. Make yourself a list and "get it done"!

It is extremely rewarding to be the First Selectman in such a great town. Everywhere I go, people stop and tell me how much they love our town. I hear tales of the multiple generations of families summering at the beaches and how they feel blessed to be able to continue family traditions. I also enjoy hearing the tales of those who have more recently "discovered" our town and decided that this is the place they have chosen to call home. No matter how you got here, we are glad you are here.

I find that there is an overwhelming sense of gratitude from our residents. Our residents recognize the special quality of life we enjoy and they truly appreciate what we have. That positive attitude goes a long, long way. In fact, I think that "positive attitude" that is the "secret ingredient" that makes our town so special. It inspires us to get involved: to volunteer, to say hello to strangers on the boardwalk, and to donate generously to local causes and our food pantry. Let's keep it up.

It is an honor to serve you. I wake up every day looking forward to doing something positive for our town. It is my goal to leave this town better and stronger than I found it. But I can't do it alone. We are fortunate to have dedicated department heads and staff members who give us 100% day in and day out. Also, the hundreds of people on boards and commissions throughout our town make a difference in our quality of life that is measurable. If you are still looking for your opportunity to serve, reach out and ask. Feel free to send me an email, and I'll be glad to introduce you to a group or organization. We also need people to serve on some of our commissions like historic properties, wetlands, and others. Reach me at: MNickerson@ELtownhall.com.



Mark C. Nickerson

Enjoy the rest of your summer. Stay safe and please...
SLOW DOWN on our roads!

Mark C. Nickerson
First Selectman

An advertisement for Saybrook Country Barn. The main image shows a white plastic outdoor dining set with blue cushions on a stone patio next to a swimming pool. In the background, there's a lake with a boat and a house. The text "Outdoor Furniture Built To Last" is overlaid on the top right of the image. The Saybrook Country Barn logo is in the bottom right, with the address "2 Main Street - Old Saybrook CT". The phone number "860-388-0891" and website "saybrookcountrybarn.com" are in the bottom left. The slogan "Home is better when you love where you live." is at the bottom center.

Outdoor Furniture Built To Last

Saybrook
Country Barn
2 Main Street - Old Saybrook CT

860-388-0891
saybrookcountrybarn.com

Home is better when you love where you live.

events

TM Ventures, LLC
dba Essex Printing & Events Magazines

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

860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

ART DIRECTOR

Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR

AC Proctor 860-767-9087

LAYOUT & AD DESIGN

Lynne Hardt

SALES REPRESENTATIVES

VERNON • TOLLAND

ELLINGTON • WILLINGTON

Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK

CLINTON • MADISON

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

OLD SAYBROOK • OLD LYME • EAST LYME

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

CHESTER • EAST HADDAM

EAST HAMPTON • HADDAM

Sue Smith 860-885-9670
sue@eventsmagazines.com

GUILFORD • STONINGTON

Essex Printing 860-767-9087
print@essexprinting.com

COVER PHOTO

Mike McDowell

www.eventsmagazines.com

OVER 1,000,000 READERS
17 TOWNS EVERY QUARTER

Copyright© 2017 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

CONTENTS

First Selectman's Corner.....	1
Director's Note	3
Park & Beach Information	4
Parks & Recreation Department	5
Community Bulletin Board	7
East Lyme Athletic Organizations.....	9
Parks & Recreation Programs	9
Pre School Programs.....	9
ADULT Programs	11-17
Parks & Recreation Registration Policies	18
The East Lyme Public Library	20
East Lyme Youth Services	23
The Kids are Watching.....	25
East Lyme Senior Center	27
Smith-Harris House	30
Trick or Trunk.....	35
Our Boys, Our Community.....	36

“Events Magazines work!

We were thrilled to receive a call for reservations at GrandView Campground, just two days after the magazine was delivered to recipients. We are looking forward to increasing our presence in neighboring areas, as Events spreads the word for us.”

Grandview Camp Resort, Moodus, CT

Director's Note

As the summer season starts to conclude the department has had many successes to look back on and many more planned for the fall of 2017. This past summer we again hosted the 5th annual Mike G Living Waters Golf Tournament, in honor of Mike Giannattasio. The tournament has donated over \$25,000 over that time to clean water initiatives in Haiti, which was a passion of Mike's. The department has also scheduled use of the new Band Shell with Friday night concerts and have also co-sponsored with the Commission on Aging for a pop-up theater program.

Celebrate East Lyme was also another great success in large part because of Dominion's very generous donation towards our Fireworks display.

To top off a great summer we hosted the "I CAN BIKE" program which allowed children with disabilities the opportunity

to ride a bicycle independently, thank you to the many volunteers and the Miracle League of Connecticut for making this program a possibility.

I am very excited about our fall program offerings which are listed in this magazine. To highlight a few we have Jeffrey's Rainbow Run in September that provides high school seniors with scholarships, our Friday night movies in the park will be shown in the Band Shell, the Harlem Wizards are back for a second year on Saturday, September 23 with proceeds to benefit the East Lyme Youth Coalition and the second annual Bike and BBQ event will take place on October 1 at the Smith Harris House.

On a sad note the department would like to recognize the passing of Steve Curry. Steve was a maintainer for the department for many years as well as volunteering his time as a Youth Sports



David Putnam

Coach in Town. Steve made East Lyme a better place for all of us and will be missed.

Sincerely,
David Putnam
Director / Parks and Recreation



The Fountain-Timmons Team
Berkshire Hathaway HomeServices
New England Properties
316 Main Street, Niantic, CT 06357
860-303-0968
Call Deb & Leslie

BERKSHIRE HATHAWAY | New England Properties
HomeServices

Visit all of our listings at
www.fountaintimmons.bhhsnewenglandproperties.com

Park & Beach Information

McCook Point Park, Hole N' Wall, & Cini Park:

Open daily from 8:00 am to sunset.

Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to cleanup all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

Restrooms will remain open until mid-November as weather permits.

Contact the Parks and Recreation Office for Pavilion reservations/availability.

Tobacco Free Parks

State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**NO PETS May 26 – Sept. 4, 2017 AT ANY BEACH FACILITY: SEE BELOW REGULATION

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

Children's Dental Associates
OF NEW LONDON COUNTY

The American Academy of Pediatric Dentistry recommends children be seen by a Pediatric Dentist by the First Tooth or First Birthday!

Establish your child's dental home now and call us for an appointment!

131 Boston Post Road • East Lyme
860.691.5014

"Creating happy healthy smiles one child at a time."

www.ChildrensDentalNLC.com

BEACH/PARKING PASSES

Parking permits went on sale April 3rd at the Parks & Recreation Office. Permits are sold from 8:30 am to 4:00 pm throughout the season. From May 25 – June 29 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self-addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2017

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00
Non-Resident	\$100.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$25.00
Non-Resident Day Parking WEEKENDS & HOLIDAYS	\$30.00
Non-Resident Day Walk-In	\$10.00
Non-Resident Season Walk-In	\$50.00

As of Saturday, May 27 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 4 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively mid-June.

PAVILION/TENT RENTAL

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation Office for information and availability.

PARKS & BEACHES ADDRESSES

Cini Park – Route 156, Niantic – (located at end of boardwalk by Niantic Bridge)

Hole-N-Wall Beach – Baptist Lane, Niantic

McCook Point Park – 8-10 Atlantic Street, Niantic
Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

Peretz Park at Bridebrook – 221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic
(Behind EL Middle School) Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic
Baseball, softball

Parks & Recreation Department



41 Society Road, Niantic, CT
860-739-5828 fax 860-691-2409
www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandier
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell

Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves, William Steward

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick,
Jackie Curry, Patrick Larkin, Roger Nadeau, Milan Keser,
Thomas Beebe

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900

East Lyme Public Library 860-739-6926

www.ely.lioninc.org

East Lyme Public Works 860-739-8444

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

Children's Museum of SE Connecticut 860-691-1255

continued on page 6



"Best furniture shopping experience ever!" - Amy Shaw - Fairfield, CT

"Our experience with MFB was AMAZING. Everyone we dealt with was helpful, knowledgeable and kind. Without a doubt, we will be recommending MFB to friends and family!!!" - Sarah Nemec - Guilford, CT

"I was given the time/space to wander around as much as I needed. Once I needed help, the staff was excellent. I am thrilled with every aspect of my purchase!" - Holly and Greg Harte, Cheshire, CT

**Madison
FURNITURE BARN**

Family Owned Since 1997

Furniture for every room in your home.

Anchor Store @ Westbrook Outlets | 314 Flat Rock Place, Westbrook, CT
860.399.7846 | ecmsmith@sbcglobal.net | madisonfurniturebarnct.com

Parks & Recreation Department

... continued from page 5

East Lyme Aquatic & Fitness Center (Pool) 860-691-4681

www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579

www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-608-0465 / smongo51@gmail.com

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com

www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME YOUTH BASKETBALL

Mike Catanzaro / 860-941-7272 / mcat1926@gmail.com

www.eastlymeyouthbasketball.org

Clubs

NEW COMERS CLUB

Janet Banks / 860-739-2891 / janbanks@hotmail.co.uk

MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

Mike McKee, #24 / 860-739-0433 / www.beascout.org

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Troop #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239



Gregory A. Toback DMD MS
Marianne M. Urbanski DMD MScD



"Our practice is committed to providing patients with state-of-the-art treatment for dental implants and all forms of periodontal disease in a comfortable and caring environment."

Free Implant Consultations
Dental Implants Teeth-In-A-Day
Laser Gum Surgery Esthetic Gum Surgery

www.shorelineperio.com

190 Hempstead Street, New London, CT 06320 860.443.2428
62 Wells Street, Westerly, RI 02891 401.596.0000



Creative Playschool, Inc.
Founded 1997

**EXPLORE. PLAY.
DISCOVER. IMAGINE.**
(And that's just before snack time)

NOW ENROLLING

For more information email:
Jill Coates: jcoates37@gmail.com
OR
Holly Badalamenti: hollybadal@yahoo.com

A parent cooperative preschool that provides children an opportunity to develop socially, unleash creativity, and build self-esteem.

Creative Playschool, Inc.
29 Society Road, Niantic, CT 06357
860.739.9234
www.creativeplayschool.net



**Buying or Selling?
I'm Always On
Your Home Team!**



Lisa Bernard, Realtor
Licensed in Connecticut

Coldwell Banker Residential Brokerage
132 Boston Post Road, East Lyme Ct 06333
860-739-6277
cell 860-287-0508
www.lisa-bernard.com
lisa.bernard@cbmoves.com
Full Time - Full Service

Great Sheds Great Price!

All Buildings On Sale



Garden Special Cape
8x12 **Sale \$2870**



Signature Vinyl Cape
10x12 **Sale \$3195**



Signature Cottage
10x16 **Sale \$2995**



Signature Dutch Garage
12x24 **Sale \$5795**



Multi-Car Garages · Pergolas · Pavilions · Patio Furniture · More!

LABOR DAY *Sale* Ends 9/4

Custom, Handcrafted, American-Made Furniture for Every Room in Your Home

Visit Our 2 Beautiful Furniture & Home Decor Showrooms



20% Off Sofas • Sectionals
Chairs • Recliners

KLOTTER FARMS

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

Community Bulletin Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

FRIDAY NIGHT MOVIES

September 1 through September 22

Movies will begin 15 minutes after Sunset

Sept. 1 – Moana

Sept. 8 – Rogue One: A Stars Wars Story

Sept. 15 – The Secret Life of Pets

Sept. 22 – Captain America: Civil War

Come enjoy a movie under the stars on Friday evenings beginning September 1st! Movies will be shown on a large inflatable screen at McCook Point Park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure to check www.eltownhall.com and the youth services Facebook page for updated movie information.

“JUST WALK” WITH A DOC PROGRAM

Join a local physician and other healthcare professional for a walk in the park. This free walking program is open to anyone interested in taking steps for their heart health. Lace up a pair of comfortable shoes and enjoy the fresh air, good company and the opportunity to get fit and have fun. Held on Saturday Sept. 9 starting at 9:00 am at Poquonnock Plains Park, 150 Fort Hill Rd., in Groton CT.

U.S. AMATEUR BALLROOM DANCE

ASSOCIATION DANCES

Dates: Fridays, Sept. 8, Sept. 22, Oct. 20, and Nov. 17 (7:00-10:00 pm)

Saturdays, Oct. 7 and Nov. 4 (6:30-11:00 pm)

Where: East Lyme Library & Community Center Activity Room
For more information: www.usadancenewlondonct.com.

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (Sept. 16, Oct. 21, Nov. 18, Dec. 16) from 8:00 pm-11:00 pm (Lessons from 7:00 pm-8:00 pm) at East Lyme Community Ctr. For more information: www.shorelineswingct.org.

EAST LYME PLAYERS

The “East Lyme Players” is a drama group offered through the East Lyme Senior Center. A new session is beginning in August. If the Theater has always intrigued you but you never had the time to explore your interest, NOW is the time. No experience necessary. All skill levels are welcome. No memorizing of lines - Staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players’ Director, Joyce Beauvais, has tons of experience and wants to share her

knowledge and passion with you. The program is held on Thursday afternoons at 1 pm. A new session is starting August 17th and running for 17 weeks. Like them on Facebook – look up “East Lyme Players, Joyce Beauvais, Artistic Director.” Session fee is \$125pp. For information, call the Senior Center at 860-739-5859.

4TH ANNUAL SENIOR CENTER SPONSORED PIG ROAST

On Friday, September 8th, the Senior Center will host its 4th Annual Pig Roast under the Tent at McCook’s Park. Come join us for roast pork, baked beans, macaroni & cheese, corn bread and watermelon. Entertainment to follow provided by the Elvis Remembered. Fee is \$10pp. Registration has begun and you must register by September 5th.

ANNUAL REGIONAL EVENT FOR THE SENIOR CENTERS OF S.E.C.T.

On Friday, September 22nd, the Senior Centers in Southeastern CT will hold their annual regional event “Ritz and Glitz” at the Port-n-Starboard at Ocean Beach Park in New London. The program begins at 11:30 am and a buffet luncheon of prime rib and rosemary chicken will be offered at 12 pm. Entertainment to follow provided by Airborne. Pull out your Roaring 20s attire. Registration has begun. Fee is \$25 and checks are to be made out to “Senior Resources.” Transportation will be provided. Must register by September 15th.

8TH ANNUAL 5WALK TO BENEFIT THE SUNSHINE KIDS

Saturday, September 23rd

Presented by Berkshire Hathaway HomeServices New England Properties East Lyme office. At McCook’s Point Park with registration at 9:00 am and Walk beginning at 9:30 am. For more info call (860) 739-6666 or visit www.sunshinekids.org. A post walk celebration will take place featuring refreshments and entertainment.

HARLEM WIZARDS BASKETBALL GAME

Saturday, September 23rd

East Lyme High School at 6:00 pm. Proceeds to benefit the East Lyme Youth Coalition. For more information and ticket info; contact Parks & Recreation Dept. (860) 739-5828.

EAST LYME BIKE & BBQ – SUNDAY OCTOBER 1

The East Lyme Bike & BBQ to benefit open spaces and historic places invites avid and recreational bike riders alike for a spectacular ride along a family friendly 9-mile historical house tour, 26 mile, 62 mile, 85 mile, or 100 mile course. The family friendly course will take you to 3 historical houses around East Lyme: the Smith-Harris House, the Thomas Lee House and the Samuel Smith House. Participants are welcome to stop at each house for a rest and tour of the property. For the other courses, there will be checkpoints along the rides for riders to use the restrooms or to refuel. All rides disembark from the Smith-Harris House located in Niantic, CT just off of exit 73 on I-95.

The courses will head north along the canopy covered roads of southeastern Connecticut and will exhibit some moderate to difficult hill climbs. All courses will circle back to the Smith-Harris property where mouth-watering BBQ from the Niantic Lions will be served to top off the day. Contact Mike at East Lyme Parks & Recreation office for more details (860) 739-6788.

EAST LYME PUPPETRY PROJECT

The East Lyme Puppetry Project Presents "The Pied Piper of Hamelin" at the East Lyme Community Center on Sunday, November 5 at 1:00 pm. All tickets: \$5.00. For more information

contact eastlymepuppetry@gmail.com or 860-739-7225 or on Facebook at The East Lyme Puppetry Project, Inc.

PAPER BAG PUPPET-MAKING WORKSHOP

Immediately following their November 5th performance of The Pied Piper of Hamelin the Puppetry Project and CactusHead puppeteers Jamie and Megan Regan will offer a 45 minute paper bag puppet-making workshop for school age children at 2:00 pm. Class size is limited to 30 and a pre-registration fee of \$4.00 per child is required. Contact Caren Linden at robert_a_linden@sbc-global.net or 860-625-2187 to pre-register. No charge for parents who attend the workshop to help their children.

East Lyme Athletic Organizations

EAST LYME SOCCER ASSOCIATION

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for all ages. Please visit our website at www.eastlymesoccer.org for information on each program. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com.

SE CT YOUTH FIELD HOCKEY

Southeastern CT Youth Field Hockey Club is inviting girls in grades 1 through 8 to come out and participate in a six-week developmental field hockey program. Come learn the fundamentals of the sport, play in games, and have a lot of fun! September 17th-October 22nd on Sundays from 1:00-2:30 with games for players in grades 5-8 TBA at East Lyme High School

Turf Field. \$65 per player. To Register: Visit <http://tshq.bluesombrero.com/Default.aspx?tabid=1208566>.

Registration opens on August 15th and closes September 15th. You need to bring shin guards, mouth guard and field hockey eye protection/goggles. Sticks and balls will be available to borrow! Call, text or e-mail Amy Lloyd with questions (860) 917-5457 or sectfieldhockey@gmail.com.

Parks & Recreation Programs

PRE SCHOOL PROGRAMS

Creative Arts II for Kids, ages 3 & 5:

Session: 250301-01

This class continues to explore their artistic expression. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow.

Dates: Sept. 11 to Oct. 23 (no class on 10/9)

Days: Monday

Time: 10:00 to 10:35 am

Fee: Resident-\$30.00/Non-Resident-\$45.00

Registration: Begins August 30

Location: East Lyme Library/Community Center/Youth Center

Instructor: Rachel Skelton

Creative Arts II for Kids, ages 3 & 5:

Session: 250301-02

Dates: Oct. 30 to Dec. 4

Fee: Resident-\$30.00/Non-Resident-\$45.00

Registration: Begins on Oct. 23

Simple Stem, ages 3 to 5

Session #250401-01

In this hands-on STEM based series, kids will love finding out how things work as they begin learning about Science, Technology, Engineering, and Math concepts with age appropriate projects & experiments each week. This class encourages experimenting, tinkering, building, observing, exploring, problem solving & creating.

Dates: Sept. 14 to Oct. 19

Day: Thursday

Time: 9:30 to 10:15 am

Fee: Resident \$30.00/Non Resident \$45.00

Registration: Begins on August 30

Location: East Lyme Library/Community Center/Youth Center

Instructor: Rachel Skelton

Simple Stem, ages 3 to 5

Session: #250401-01

Dates: Oct. 26 to Dec. 7 (No class 11/23)

Registration: Begins Oct. 19

Tot Gym, Ages 3 to 5

MONDAYS

Session #250501-01

continued on page 10

Parks & Rec - Pre School Programs ... continued from page 9

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing! Two classes will be offered.

Dates: Sept. 11 to Oct. 23 (No class 10/11)
Days: Monday
Time: 10:45 to 11:30 am
Fee: Resident \$30.00/Non Resident \$45.00
Registration: Begins August 30
Location: East Lyme Library/Community Center/Smith-Harris Room
Instructor: Rachel Skelton

Tot Gym, Ages 3 to 5

MONDAYS

Session #250501-03
Dates: Oct. 30 to Dec. 4
Days: Monday
Time: 10:45 to 11:30 am
Fee: Resident \$30.00/Non Resident \$45.00
Registration: Begins October 23

Tot Gym, Ages 3 to 5

THURSDAYS

Session #250501-02
Dates: Sept. 14 to Oct. 19
Days: Thursday
Time: 10:30 to 11:15 am
Registration: Begins August 30

Tot Gym, Ages 3 to 5

THURSDAYS

Session #250501-04
Dates: Oct. 26 to Dec. 7. (No class on 11/23)
Days: Thursday
Time: 10:30 to 11:15 am
Registration: October 12

Playing with Food (Ages 3 to 5)

Session: 250201-02

We know your mom probably told you not to play with your food but we really think you should! Kids can learn so many great concepts by playing with food as well as become more familiar with new foods & even make dinner time struggles to try new things easier. A fun & interactive class where children can create works of art... then eat them. Using all 5 senses, children will learn about the food pyramid as they create fun food art.

Dates: Sept. 14 to Oct. 19
Days: Thursday
Time: 11:30 am to 12:10 pm
Fee: Resident-\$30.00/Non Resident \$45.00
Registration: Begins August 30
Location: East Lyme Public Library/Community Center, Youth Center

“Got 2 Be Moving” for 2 year olds

Session #250501-05

A 30 minute movement class for 2 year olds that focuses on

developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. (Maximum number of participants is 8).

Dates: Sept. 11 to Oct. 23 (no class on 10/9)
Days: Monday
Time: 9:15 to 9:45 am
Fee: Resident-\$30.00/Non Resident \$45.00
Registration: Begins August 30
Location: East Lyme Public Library/Community Center, Olive Room

Yoga Fun & Fitness For Ages 3 To 5

Session # 210303-02

Introducing & practicing yoga moves with fun music.

Dates: Sept. 8 to Oct. 28
Days: Friday
Time: 10:45 to 11:30 am
Fee: Resident \$35.00/Non Resident \$50.00
Registration: Begins August 30
Location: East Lyme Public Library/Community Center, Youth Center
Instructor: Marsha Pirie, A.F.F.A

Youth Programs:

Beginning Foil 1 – Ages 10 & older

Session #280101-01

This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple & compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing & distance awareness, & basic bouting skills. The class introduces the student to elementary tactics & the fencing rules.

Dates: Oct. 5 to Nov. 16
Days: Thursdays
Time: 6:15 to 7:45 pm
Fee: Resident-\$75.00/Non Resident \$90.00
(includes equipment)

Registration: Begins Aug. 30

Where: Lillie B. Haynes School, gymnasium

Instructor: Thames River Fencing Club

Intermediate Foil 1/Advanced Foil – Ages 10 & Older

Session: #280201-01

Beginning Foil One is a prerequisite for Intermediate.

Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept. 26 to Nov. 14 (no class on 11/7)
Days: Tuesdays
Time: 6:15 to 7:45 pm
Fee: Resident-\$75.00/Non Resident \$90.00
Registration: Begins Aug. 30

Where: Lillie B. Haynes School, gymnasium

Instructor: Thames River Fencing Club

ADULT PROGRAMS

Morning Aerobics

Session # 210101-01

The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 6 to Oct. 27 (No class 10/9)

Days: Monday-Wednesday-Friday

Time: 8:30 am – 9:30 am

Fees: Resident \$55.00/Non-Resident \$70.00

Registration: Begins Aug 23

Location: East Lyme Library/Community Center, Activity Room

Instructors: Donna Neaton, AFAA

Morning Aerobics

Session # 210101-02

Same as above

Dates: Oct. 30 to Dec. 18 (No class 11/10, 11/24)

Fees: Resident \$55.00/Non-Resident \$70.00

Registration: Begins Oct. 23

Pilates on the Mat

Session #210104-03

We will work to balance all muscle groups in strength and flexibility, with an emphasis on challenging the core muscles with each movement. Small exercise props such as Magic Circles, weights, body bars, bands & balls are utilized to engage specific muscle groups and assist with body positioning. Pilates on the

mat is a safe method to sculpt your body and to feel increased agility in your every day movements. Modifications are provided therefore welcoming all levels. Please bring an exercise mat.

Dates: Sept. 12 to Oct. 24

Days: Tuesdays

Time: 10:15 to 11:05 am

Fees: Resident \$30.00/Non-Resident \$45.00

Registration: Begins August 23

Location: East Lyme Library/Community Center
Activity Room

Instructor: Marsha Pirie, AFAA, PiYo

Stability Ball with Total Fitness

Session # 210104-01

This class will include a total fitness format utilizing the stability ball, hand weights, and core balls to create a great workout for the entire body. The class will incorporate some cardio movement into each class. Participants are required to bring a non-slip exercise mat and their own stability ball.

Dates: Sept. 14 to Oct. 26

Days: Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins August 23

Where: East Lyme Library/Community Center
Activity Room

Instructor: Marsha Pirie, AFAA

continued on page 12



THINKING OF A CAREER IN
REAL ESTATE?
GO FOR IT.

Sign up today. Classes Starting Soon!

www.RealEstateEdCT.com



Year-Round CT Real Estate Licensing School
157 W. Main St., Suite 8, Niantic, CT 06357
For information call (860) 235-9718

CT License
E1-123441

SICURANZA ELECTRIC, LLC



John Sicuranza
Owner / Electrician

www.SicuranzaElectric.com
email: seco4343@aol.com

860-434-4343

Specializing in all Residential
& Commercial work

- Service Upgrades
- Generators
- Surge Suppressors
- Smoke / CO Detectors
- Troubleshooting
- Network Cabling
- Landscape Lighting
- Marine Wiring

P&R Adult Programs ... continued from page 11

Stability Ball with Total Fitness

Session#210104-02

Same as above

Dates: Nov. 2 to Dec. 21 (no class on 11/23)
Fees: Resident \$30.00/Non-Resident \$45.00
Registration: Begins Oct. 23

Total Fitness with Interval workouts

Session #210403-01

This is a 45 minute cardio & strength training class using a variety of aerobic moves, weights, bands, balls, and tubing and core exercises for a complete body workout. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: Sept. 11 to Oct. 25
Days: Monday and Wednesday
Time: 4:10 to 4:55 pm
Fee: Resident \$45.00/Non-resident \$60.00
Registration: Begins Aug. 23
Where: East Lyme Library/CC-Activity Room
Instructor: Donna Neaton, AFAA

Total Fitness with Interval workouts

Session #210403-02

Same info as above

Dates: Oct. 30 to Dec. 13
Fee: Resident \$45.00/Non-resident \$60.00
Registration: Begins Oct. 23

Central Air Conditioning



860-388-2298

HOD 591
HTG.0403715-B1
0303724S1



CALL NOW!!! LIMITED TIME!

Ending 8/28/17

HOUSE SIZE Square Footage	MODEL	TONNAGE	FOR AS LOW AS
850 - 1000 SF	RAKA024JAZ	2	\$5,800.00
1,000 - 1,250 SF	RAKA030JAZ	2.5	\$6,050.00
1,250 - 1,500 SF	RAKA037JAZ	3	\$6,300.00
1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,900.00
1,750 - 2,000 SF	RAKA048JAZ	4	\$7,100.00
2,100 - 2,500 SF	RAKA060JAZ	5	\$7,800.00

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

**A FAMILY BUSINESS
SERVING FAMILIES**

Call Moroni & Sons, Your Local Ruud Dealer For A FREE Estimate.

Three Generations. Over 60 Years of Continuous Service.

Core And More With Stability Ball

Session # 210105-01

A 45 minute class focusing on balance and the core muscles with additional upper/lower body strength training. This workout can be done on an exercise mat as well as the stability ball. Participants are required to bring a non-slip exercise mat and your own stability ball. (Ball Is Optional, But Preferred!)

Dates: Sept. 14 to Nov. 16

Days: Thursdays

Time: 4:10 to 4:55 pm

Fee: \$40.00 Resident/\$55.00 Non-resident

Registration: Begins Aug. 23

Where: East Lyme Public Library/Community Center, activity room

Instructor: Donna Neaton, AFFA

Body Shred (Cardio Interval Training)

Session #210303-01

Acronym SHRED – Synergistic, High Intensity, Resistance, Endurance and Dynamics

You will shed fat, define muscle, transform the look of your physique and enhance your health & athletic performance. This class combines strength, cardio, and core strength exercises. Modifications are always provided. Please bring a non-slip exercise mat and water to drink!

Dates: Sept. 5 to Oct. 24

Days: Tuesday

continued on page 14

BEDFORDBUILDS.COM

(860) 304-6817

BEDFORD

CONSTRUCTION & WOODWORKING, LLC

- ~ Additions ~
- ~ Renovations ~
- ~ Interiors ~
- ~ Kitchen & Bath ~



REMODEL WITH PURPOSE

Daily Lunch & Dinner Specials

Patio Now Open!



Great Food • Great Prices • Great Location

FOOTBALL SEASON'S BACK!
 During Games: 69¢ Wings,
 Beer Specials, Giveaways
 & Half-time Buffet!

LYME TAVERN

229 W. Main Street, Niantic, CT

(Across from Rocky Neck State Park)

860.739.5631

Serving everything from seafood to Traditional Cuisine!
Catering Available

ROCKY NECK INN & SUITES

Where your comfort is our #1 priority.

Built in 1960 and located in scenic Niantic, Connecticut, Rocky Neck Inn & Suites has 31 private suites available. Whether you would like to stay for one night, one week, or longer, we can comfortably accommodate you!

237 West Main Street
Next Door to Lyme Tavern

Part of Old Lyme

P&R Adult Programs ... continued from page 13

Time: 4:40 to 5:25 pm
Fee: Resident \$48.00/Non Resident \$63.00
Registration: Begins August 23
Where: East Lyme Library/Community Center,
Activity room
Instructor: Marsha Pirie. AFFA, Jillian Michael's
Body Shred Certified

Body Shred

Session #210303-02
Same info as above
Dates: Oct. 31 to Dec. 26 (No class on 11/7)
Registration: Begins Oct 23

Fascial Movement

Session # 210301-01
Using balls, bands and rollers to sense, bounce, expand and hydrate the fascial tissue of our bodies. Fascial is the envelope of our bodies, it can also be called a sheath around every muscle, organ and bone. **HEALTHY FASCIA HELPS MOVEMENT!** Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.
Dates: Sept. 12 to Oct. 24
Days: Tuesday
Time: 6:30 pm – 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins August 23

Where: East Lyme Library/Community Center
Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Movement Instructor

Fascial Movement

Session #210301-02
Same info as above
Dates: Oct. 31 to Dec. 19 (No class on 11/7)
Registration: Begins Oct. 23

Tuesday Zumba

Session #210103-02
This class will be 55 minutes of Zumba dance aerobics and & toning. The class will end with stretching.
Dates: Starting in October – Dates TBA
Days: Tuesday
Time: 5:30 pm – 6:25 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: TBA – Call Office in Sept. for details
Where: East Lyme Library/community Center
activity room
Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #210103-03
This 1½ hour class begins with 50 minutes of ZUMBA dance



ZELEK ELECTRIC CO.

- BUCKET TRUCK SERVICE
- MOTOR CONTROLS
- LANDSCAPE LIGHTING
- TELEPHONE WIRING
- GENERATOR INSTALLATIONS
- SALES & SERVICE
- UNDERGROUND WIRING
- FIRE ALARM SYSTEMS
- LIGHTING CONSULTANT
- TROUBLE SHOOTING
- SOLAR ELECTRIC SYSTEMS



CT LICENSE #103314

**RESIDENTIAL • COMMERCIAL
MARINE • INDUSTRIAL**

*“BIG ENOUGH TO DO THE JOB,
SMALL ENOUGH TO CARE”*

860-434-9726

OLD LYME, CT www.zelekelectric.com



SALTWATER SEPTIC LLC

- Septic Tank Cleaning
- Video Camera Inspections
- Discounts for Veterans, Seniors, and Neighbors

License #006157
Fully Insured

860-912-5204
www.saltwaterseptic.com

Locally Owned and Operated
by Blair Carignan

aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: Starting in October – Dates TBA
Days: Saturdays starting in October – Dates TBA
Time: 8:30 am – 10:00 am
Fee: Resident \$60.00/Non-Resident \$75.00
Registration: Call Office in Sept. for details
Where: East Lyme Library/Community Center Activity Room
Instructor: Donna Neaton AFAA/Zumba Instructor

Coed Cardio Total Body Conditioning

Session #210202-01

This class includes cardio and strength training using hand held weights, bands, balls and tubing. It features a total body workout taking individuals from standing moves to floor workouts. The class will end with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 11 to Oct. 25 (no class 10/9)
Days: Monday - Wednesday
Time: 5:00 to 6:00 pm
Fee: Resident \$45.00/Non-Resident \$60.00
Registration: Begins Aug. 23
Where: East Lyme Library/Community Center Activity Room
Instructor: Donna Neaton-AFFA

Coed Cardio Total Body Conditioning

Session #210202-02

Same info as above

Dates: Oct. 30 to Dec. 18 (no class 11/6)
Fee: Resident \$45.00/Non-Resident \$60.00
Registration: Begins Oct. 23

Monday Coed Yoga

Session #210501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 11 to Dec. 18 (No class 10/9, 11/6, 12/4)
Days: Monday
Time: 6:10 pm – 7:25 pm
Fee: Resident \$60.00/Non-Resident \$75.00
Registration: Begins Aug. 23
Where: East Lyme Library/Community Center Activity Room
Instructor: Rosemary Gentile – M.S.R.D.-RYT

Wednesday Night Coed Yoga and Meditation

Session # 210502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

continued on page 16

YOUR LEADING LIGHT FOR REAL ESTATE IN SOUTHEASTERN CONNECTICUT



Voted Best Real Estate Company by Best of Reader's Choice Awards 3 years in a row!

#1 Office for closed units for the 8th consecutive year (based on CTMLS statistics)

We thank you for the opportunity to work for you! We value your business and referrals!

157 West Main Street, Niantic 860-739-4455 www.heritagesells.net

P&R Adult Programs ... continued from page 15

Dates: Sept. 23 to Dec. 6 (No class 11/22)
 Days: Wednesday
 Time: 6:30 pm – 8:15 pm
 Fee: Resident \$60.00/Non-Resident \$75.00
 Registration: Begins Aug. 23
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Michele Flowers, RYT 500

Yoga Flow

Session #210107-01

This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment; beginners will safely learn the basics while more experienced students can take postures to a deeper level. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 11 to Nov. 20
 Days: Monday
 Time: 9:35 to 10:35 am
 Fee: Residents \$50/Non Residents \$65
 Registration: Begins on August 23
 Where: East Lyme Library/Community Center
 Smith-Harris Room
 Instructor: Marsha Pirie, AFFA, Certified PiYo Instructor;

Evening PiYo Class

Session #210106-01

PiYo Strength is a fun, work at your own level class, joining Pilates

and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Dates: Sept. 7 to Oct. 26
 Days: Thursday
 Time: 5:10 to 6:00 pm
 Fee: Resident \$45.00/Non Resident \$60.00
 Registration: Begins Aug. 23
 Location: East Lyme Public Library/Community Center
 Activity Room
 Instructor: Marsha A Pirie, AFFA; Certified PiYo
 Strength & Yoga Fit

Evening PiYo Class

Session #210106-03

Same info as above

Dates: Nov. 2 – Dec. 28
 Registration: Begins Oct. 23

Morning PiYo Class

Session #210106-02

Dates: Sept. 8 to Oct. 27
 Days: Friday
 Time: 9:40 to 10:30 am
 Fee: Residents \$45.00/Non Resident \$60.00
 Registration: Begins Aug. 23
 Location: East Lyme Public Library/Community Center
 Activity Room
 Instructor: Marsha A. Pirie,
 Certified PIYO Instructor/Rachel Baer



THE HIDEAWAY RESTAURANT & PUB

Old Lyme Shopping Center
 Exit 70 off I-95, Halls Road, Old Lyme
 860-434-1455 or 860-434-3335

Serving Sunday Breakfast
 10 am - 3 pm
Lunch Specials 11 - 3
At the Bar \$6 Lunch, \$2 Drafts

FRESH LOCAL SEAFOOD

**50%
ANY
ENTREE!**

Buy One Entree at Regular Price, Get 2nd of Equal or Lesser Value 50% Off
 With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays.
 Expires 10/5/2017

**\$10
OFF
TOTAL
BILL!**

Of \$50.00 Or More
 With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays.
 Expires 10/5/2017

**\$5
OFF
TOTAL
BILL!**

Of \$25.00 Or More
 With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays.
 Expires 10/5/2017

Steaks • Seafood • Pasta • Sandwiches and More!



Ballroom Dance – Silver Dance Syllabus

Session #230101-01

This class will include instruction in “Silver Dance Syllabus,” such as the waltz, foxtrot, and tango.

Dates: Sept. 21 to Nov. 9
 Days: Thursday
 Time: 6:15 to 7:15 pm
 Fee: Resident \$45.00/Non-resident \$60.00 per person
 Registration: Begins Aug. 23
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Marjorie Winslow

Ballroom Dance – Beginner Lessons

Session #230102-01

The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.

Date same as the beginner’s class.
 Time: 7:15 to 8:15 pm.

Dog Obedience – Beginners

Session # 230201-01

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: Sept. 11 to Oct. 30
 Days: Monday
 Time: 5:15 to 6:15 pm
 Fee: Resident \$50.00/Non Resident \$65.00
 Registration: Begins on August 23
 Where: Samuel Peretz Park at Bridebrook,
 basketball courts
 Instructor: Barbara Keck

**Dog Obedience – Novice
 (AKC Canine Good Citizen Program)**

Session #230202-01
 This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. The first class will be held at the Community Center, lower level parking lot. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

Same information as the beginner's class except for:
 Time: 6:30 to 7:30 pm

Adult Coed Volleyball

Session #310602-01
 This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym. (*Cancellations due to snow will not be made up.)
 Dates: September 19 to Dec. 19 (no program 11/7)
 Days: Tuesdays
 Time: 6:00 to 8:15 pm
 Fee: Resident \$30.00/Non Resident \$45.00 or
 Drop In: \$5.00 per person
 Where: East Lyme Middle School gymnasium
 Registration: Begins August 23
 Supervisor: Cathleen Aquino

Looking for a Few Good People!

- Earn Supplemental Income
- Be Part of the Outstanding Sales Team at Events Magazines
 - Part or Full-Time Commission-Based Sales
 - Flexible Schedule in Designated Locations
 - Leads Ready to Work
 - Training and Ongoing Support Provided

If interested, contact CTSalesjob01@gmail.com

Niantic Acupuncture & Family Wellness



Maggie Barill RN, LAC.
 Lic.Acupuncturist, Herbalist



Carlos Sepulveda MS, LAC,
 Lic. Acupuncturist, Herbalist



Stephanie Roers, LMT
 Lic.Massage Therapist

Serving Our Community

As a team, we specialize in Preventive, Internal Medicine, Sports & Orthopedic Medicine, Trauma & Pain Management, Addiction, Digestive Health, Disorders of Stress, Anxiety and much more...

17 Hope Street ◀ Niantic, CT
 (860) 451-5558

www.NianticAcupuncture.com

We are providers for the Veteran's Choice Network
 We accept some insurances
 Health Spending Accounts do cover Acupuncture

FALL ACTIVITIES AT LYME SHORES

After-School "Tennis" Programs for Kids

Eight-week sessions throughout the school year starting Aug. 28

Big Shots (ages 4-6)
 Tue. or Thu., 4-5pm

Local Excellence (ages 10-12)
 Tue. & Thu., 4-5pm

Future Stars (ages 7-9)
 Tue. & Thu., 4-5pm

Tournament Tough (ages 13-15)
 Mon. & Wed., 4-5:15pm

Team Connecticut
 Mon. & Wed., 5:15-6:30pm
 For competitive junior players

High School
 Boys- Fri., 3:30-5pm
 Girls- Sat., 9-10:30am



Adult Programs

Drop in to our fitness, pickleball and tennis programs!



Strength & Balance
 M/W/F, 10am

Drop-in Pickleball
 Mon., 1-3pm, Beginners welcome

Stability Ball
 Mon., 8am

Adv. Beginner Tennis Drills
 Tue., 9-11am

Yoga
 M/W, 11am

Intermediate Tennis Drills
 Mon., 10:30am-12pm

Circuit Training
 T/Th/Sa/Su, 8am

NTRP Tennis Drills
 Sat., 10:30am-12pm, All levels

Cardio & Strength
 Fri., 8am

Cardio Tennis
 Wed., 6-7pm, All levels

Learn more:
 (860) 739-6281
www.lymeshores.com



22 Colton Road
 East Lyme, CT 06333

0703845

Parks & Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday / 8:30 am - 4:00 pm.

DIRECTIONS

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (Clauson Nursery is on corner). Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library/Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.

95 North - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above). There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be

determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

PAYMENT

Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to "The Town of East Lyme." Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

CANCELLATIONS

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation. Please check with our office for programs being offered within the region.



Automatic Fuel Oil Delivery
Diesel

24-Hour Emergency Service

860-388-2298

FAX: 860-388-5557

Call for more information
OR visit moroniloil.com
for our current prices!

HOD 591
HTG.0403715-B1
0303724S1



Three Generations. Over 60 Years of Continuous Service.



Automatic Delivery • Burner Installation • 24 Hour Emergency Service

Buy Ahead - CAPS & BUDGET PLANS

**Oil as Low
as \$2.19/gal**

**Locked Prepaid Buy Ahead Plans
in the Low \$2.00 Range**

For 2017-2018 Heating Season. Limited gallons. Prices subject to change.

EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM



REGISTRATION INFORMATION:

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. Checks are made payable to the Town of East Lyme. Program cancellations will be heard on radio station WNLC, WICH, WCTY, WTYD, WKCD, WAVE AND WSUB the day of the cancellation. Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357. Mail in registrations will be accepted after the initial walk in registrations.

Name: _____ Spouse's Name: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Provider: _____ Work Phone #: _____
 E-Mail: _____ Cash _____ Check _____ Visa _____ MC _____

Emergency Contact:

Name: _____ Relationship: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

I agree to hold the East Lyme Parks and Recreation Commission and Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity.

Signature: _____ Date: _____
 I consent to the use of my or my child's photo, video, or artwork for flyers or presentations: _____
 Medical concerns _____

The East Lyme Public Library Wants to Hear From You!



The East Lyme Public Library invites you to contribute your ideas to our new strategic plan. You can do this by completing two surveys. Survey #1 Strategic Planning Survey can be filled out on a separate sheet of paper and returned to the library. You can also fill out this survey at the link below or

pick up a paper copy at the library. Survey #2 - Services Survey can be filled out by using the link below or picking up a paper copy at the library. We encourage you to fill out both – this is a comprehensive process. What does your dream library look like?

Your Interest: What is your interest in the East Lyme Public Library and how could we better serve your interests?

The Context: What are the major trends/events that are having an impact on the East Lyme Public Library, the nearby region and our patrons/stakeholders? Think about cultural, social, economic, technological, demographic, environmental and other trends.

Stakeholder Interests: Who are the stakeholders of the East Lyme Public Library and what are their interests, needs and priorities?

Strategic Analysis: What should the East Lyme Public Library KEEP that is working well, ABANDON that is a barrier to future success, RE-INVENT that requires improvement, or INVENT something new that would make a big difference? Respond by

typing K, A, R or I followed by your idea. You can submit more than one idea.

Taking Action: What program, project or other initiative could we start today that will contribute to East Lyme Public Library becoming more valuable to the community? Respond with a 4-5-word catchy title and 20-30-word description.

Working Well Together: Craft a list of 2-3 principles that will guide the work of the East Lyme Public Library and how we serve our stakeholders. Each principle will be phrased in present action language, e.g. “We welcome and integrate diverse ideas and perspectives.”

Vision and Mission: Brainstorm a) a catchy 5-10-word VISION statement of what the East Lyme Public Library could become and b) a 5-10-word MISSION statement that describes how we will achieve the vision. Type V and M followed by your ideas.

OPTIONAL: Name, Organization, Phone and Email.

1. Strategic Planning Survey:
www.surveymonkey.com/r/3SJ78LB
2. Services Survey:
www.surveymonkey.com/r/3SZG7HN

HELPING FAMILIES SAFEGUARD
THEIR FUTURE

CIPPARONE

C&Z

ZACCARO, P.C.
COUNSELLORS AT LAW

TRUSTS ESTATES ELDER LAW REAL ESTATE

261 Williams Street, New London, CT 06320
860-442-0150 www.261Law.com

Library Events

SEPTEMBER

Peter Biedermann / Tuesday, September 19 – 7:00 pm.

Peter Biedermann is an instrumental guitarist based in Green Valley, Arizona who has been composing and performing for over 35 years. While his music covers a number of genres in various disciplines, the sounds you will hear will be entirely original and performed on a variety of 6 and 12 string guitars in unique tunings combined with subtle ambient electronics. The architecture of the music is melodic and rhythmic; combining compositional structure and improvisation that embraces the influences of the last 50+ years of finger style acoustic guitar playing.

Henna How-To / Saturday, September 23 – 1:00 pm.

Join Maureen Ahrens, a professional, local henna artist and owner of Hennavana, as she shares the lovely ancient art, including a brief history of henna, its cultural significance and application techniques. Participants will be shown how to create a safe and all natural henna paste from 3 ingredients. International styles, including Indian, Arabic Gulf, Moroccan, and Contemporary will be demonstrated using hands on techniques. Class size is limited to 15 participants, and must be 13 or older. Materials will be provided.

10 Steps to Digging Out of Debt / Budgeting for a Better Life

- Citizens Bank Financial Education Series

Monday, September 25 – 6:00 pm.

This workshop presented by Citizens Bank helps individuals understand and manage debt while also learning the difference between good and bad debt and the importance of creating and using a budget to accomplish financial goals.

Trivia Night

Tuesday, September 26 – 7:00 pm.

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature.

OCTOBER

Riverside String Quartet

Tuesday, October 3 – 7:00 pm.

The Riverside String Quartet is back! The work of Shostakovich will be featured, plus some shorter and very different 20th-century composers, including Phillip Glass, George Gershwin, and Frank Bridge will be performed by Lisa Gray and Marianne Vogel, violins; Irene Rissi, viola; and Carly Fleming, cello. Register early! This performance is sure to fill up quickly.

Head for the Oswegatchie Hills!

Oswegatchie Hills Nature Preserve Fall Open House

Saturday, October 14 – 10:00 am.

The Library is partnering with the Friends of the Oswegatchie Hills Nature Preserve to hit the trails! Come experience our 457-acre nature preserve. Guided tours led by Friends of Oswegatchie Hills Nature Preserve (FOHNP) stewards start at 10 am. There will be an information fair organized by Save Oswegatchie Hills Coalition, FOHNP, Save the River-Save the Hills and Connecticut Fund for the Environment. Hikes start at OHNP main entrance kiosk, ample parking at Veterans Memorial Park, East Lyme. See directions, trail map and guided hikes schedule at www.oswhills.org and updates on FOHNP Facebook. Wear sturdy shoes!

Introduction to Reiki

Tuesday, October 17 – 7:00 pm.

Kathleen Bottaro, Reiki Master Practitioner, will present this introduction class. Reiki (ray-kee) is a holistic technique for stress reduction. Offered in spas, hospitals, and other settings, it promotes relaxation and well-being. Learn more about why it works, what it feels like, and how you might benefit from it.

Estate Planning – Citizens Bank Financial Education Series

Monday, October 23 – 6:00 pm.

Learn the importance of estate planning and discuss information you will need to get started planning your own estate.

continued on page 22



Connecticut Emissions Program

IRVING

ALL PRO

AUTOMOTIVE

DIV OF TIRE COUNTRY

ASE CERTIFIED

147 Boston Post Road
Old Lyme, CT 06371

M-F 7 am - 5 pm ~ Sat 7 am - 12 noon

860-434-2265

www.allproautomotive.com



JOIN US FOR AN
OPEN HOUSE OR
WORKSHOP!

Contact club for more details

Always open

Friendly support

Welcoming environment

17 Liberty Way
Hartford, CT 06137
860-691.1811

24 Hartford Road
Salem, CT 06420
860.830.1010

anytimefitness.com

ANYTIME FITNESS
Get to a healthier place.™

Available at certain fitness locations in North and South, CT.
Open November 30, 2017 ©2017 Anytime Fitness, LLC

Public Library ... continued from page 21

Trivia Night

Tuesday, October 31 – 7:00 pm.

Spend Halloween testing your knowledge from general categories, including pop culture, current events, history, music, and of course, literature! Come by yourself or bring your friends.

NOVEMBER

Fundamentals for Paying for College/ Tackling Student Debt - Citizens Bank Financial Education Series

Monday, November 13 – 6:00 pm.

This workshop gives an overview of how to navigate the financial aid process, different options to pay for college, and how to tackle the remaining debt post-graduation.

From Italy to the North End: Author talk with Anthony Riccio

Saturday, November 18 – 2:00 pm.

From Italy to the North End traces the story of Italian immigration from the small villages of Italy to everyday life in one of America's last intact Italian American neighborhood, Boston's North End. Through the photographs of Anthony Riccio from 1972-1982 we see the places Italians left behind for a better life in America and the new life they created there.

East Lyme Public Library Programs for Children, Tweens, Teens, and Families

Program registration for age-specific begins September 11. To sign-up, stop by the Children's Department Desk or call us at 860-739-6926 ex.2. No registration required for all-ages or baby programs. Programs begin September 25th and end December 15th.

MONDAYS

The Library is closed on October 9th for Columbus Day.

Drop-in Storytime for all ages: Grow a reader the fun way! Read, sing, dance, and play! Librarian: Miss Rebecca. No registration required. 10:00 to 10:45 am.

Storytime for 4 and 5 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 2:15 to 3:00 pm.

TUESDAYS

Baby Storytime: Stories, nursery rhymes, songs, and play time. Librarian: Miss Rebecca. 10:00 to 10:30 am.

Storytime for 2 and 3 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 11:00 to 11:30 am.

Storytime for 4 and 5 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 2:15 to 3:00 pm.

WEDNESDAYS

Storytime for 2 and 3 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 10:00 to 10:30 am.

Storytime for 4 and 5 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 11:00 to 11:45 am.

Storytime for 4 and 5 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 2:15 to 3:00 pm.

La hora de cuentos/Story Hour: Stories and songs in English and Spanish. Librarian: Señorita Rebecca. Bring the whole family! No registration required. Latecomers and out-of-towners are welcome. Dancing, too! No prior Spanish or English knowledge necessary. Free snacks will be served.

WEDNESDAYS

6:30 to 7:30 pm

THURSDAYS

Library closed November 23rd for Thanksgiving

Baby Storytime: Stories, nursery rhymes, songs, and play time. No registration required. Librarian: Miss Rebecca. 10:00 to 10:30 am.

Storytime for 2 and 3 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 11:00 to 11:30 am.

Storytime for 4 and 5 year-olds: Stories, movies, and crafts. Librarian: Mrs. Bull. 2:15 to 3:00 pm.

Middle School Movies on the Big Screen: Free popcorn! No registration required. Librarian: Miss Rebecca. 3:15 to 5:15 pm.

FRIDAYS

Library closed November 10th for Veterans Day

Tween Style Council: Middle schoolers are invited to join the club. We will plan and make seasonal decorations for the Library. We will also learn about running meetings and planning budgets. Librarian: Miss Rebecca. To register, please call 860-739-6926 ex. 2. 3:00 to 4:00 pm

SPECIAL EVENTS

Tween and Teen Read Week: This year's theme is "Unleash Your Story." Programs and contests will be announced. October 10th through October 13th.

Wednesday, October 25th, 6:30 to 7:30 pm.

Trick or Trunk Halloween Storytime: Not-so-scary stories, songs, and dances. Free treats, too! Costumes are welcome! Librarian: Miss Rebecca.

Wednesday, November 1st, 6:30 to 7:30 pm.

El día de los muertos/Day of the Dead: Celebrate with stories and songs in English and Spanish. Make a paper calavera mask! Bring the whole family! No registration required. Latecomers and out-of-towners are welcome. Dancing, too! No prior Spanish or English knowledge necessary. Free snacks will be served. Librarian: Señorita Rebecca.

East Lyme Youth Services

45 Society Rd, Niantic, CT 06357
860 739 6788 email: mmcdowell@eltownhall.com
Serving the Communities of East Lyme and Salem
Dave Putnam- Executive Director
Mike McDowell- Program Director

"Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remediative, educational, social, and service opportunities for young people and support for their families."

Youth Services Commission

The East Lyme Youth Services Commission meets on the second Thursday of every month. The meetings are held at the Parks and Recreation Office and begin at 6:00 pm. The public is welcome to attend.

East Lyme Youth Coalition: Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Dave at dputnam@eltownhall.com to inquire.

Registration Information

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8 am-4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name in the memo section. **Registration for ALL programs begins August 28th.**

Cancellations

All cancellations will be sent to program participants via email.

Fall Programs and Activities: East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

Friday Night Movies

September 1st through September 22nd
Movies will begin approximately 15 minutes after sunset
Sept. 1 – *Moana*
Sept. 8 – *Rogue One: A Stars Wars Story*
Sept. 15 – *The Secret Life of Pets*
Sept. 22 – *Captain America: Civil War*

Come enjoy a movie under the stars on Friday evenings beginning September 1st! Movies will be shown on a large inflatable screen at McCook Point Park, in the Bandshell. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure to check www.eltownhall.com and the youth services facebook page for updated movie information.

After-School Program

Schooldays, 3:00 – 5:30 pm (noon-5:30 pm on half days). The program will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after the school day.

continued on page 24

stella & dot

INDEPENDENT STYLIST



Marjorie Vargas

www.stelladot.com/mvargas
m.vargas0207@hotmail.com
860-451-8639
www.facebook.com/groups/277748289327638/



Caliber Computing

Charles E. Delinks, Jr.
www.calibercomputing.com

Since 1993

Computer Systems & Networks

- Virus & Spyware Removal
- DSL & Cable Broadband
 - Network & Email Configuration
 - Sales, Installations & Upgrades

**20 Homestead Circle
Old Lyme, CT 06371**

(860) 434-1926 phone
(860) 823-9250 cell
ced@calibercomputing.com

GUY'S

OIL SERVICE STATION INC.

- Full Service Oil Company
 - #2 Heating Oil
 - Diesel - Kerosene
- Family Owned Since 1939
 - 24 Hour Emergency Burner Service
- Heating Protection Plans

860-739-8700
fax 860-739-6471

Richard Gada, President
87 West Main Street
Niantic, CT 06357
Dick Gada@Guysoil.com

Have fun
with
friends,
Let's Book
a Party!



Susan Napiany
860.460.3390

pampered|chef
INDEPENDENT CONSULTANT

Visit Website for Full Catalog:
www.pamperedchef.biz/suenapiany

Cooking & Catalog Parties
Fundraisers & Showers
#pamperedchefCT

Youth Services ... continued from page 23

There are only 35 slots available for 5th – 8th graders. Registration opens August 28th at 8:30 am. This program will begin September 6th and run throughout the school year. Free Program.

After-School Games

Wednesdays from 3:00-4:00 in the activity room of the community center. Participants must have a signed registration form to play, and will meet at the youth center before going to the activity room. This is a free program, and participants will be allowed to join the after school program until they are picked up. When weather permits, games may be played outdoors.

Home Alone

Session #914010-01
Dates: Sept. 14 to Oct. 5
Day: Wednesday
Time: 3:00 to 4:00 pm
Fee: \$45.00 EL/Salem Resident/\$60.00 Non-Resident
Where: Community Center/Olive C. Room
This course is recommended for ALL 5th and 6th graders. Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 15 who register.

Fourth Annual Trick or Trunk Festivities at the SMITH HARRIS House!

The fourth annual community Trick or Trunk will happen on Wednesday, October 25th 6-7:30 pm. We invite you to decorate your vehicle trunk with spooky décor and pass out candy to trick or treaters in a safe, secure setting. All are welcome to trick or treat! In addition to the trick or treating, the first floor of the Smith-Harris House will be lit by candlelight, as several spine-tingling local and regional folktales are shared! Please contact Mike if you are willing to decorate your trunk and park it full of candy for our “trunk or treaters”

Mountain Bike Club

Session #914010-01
All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Guided rides will leave from the trailhead across from Divine Wine Emporium on West Main St. at 4:00 pm and will return at 6:00 pm. Riding will be done on the trails at Rocky Neck State Park.
Dates: September 5, 12, 19, 26
Day: Tuesdays
Time: 4:00 to 6:00 pm.
Fee: FREE
Where: Rocky Neck State Park/West Main St. trailhead

The Fifth Annual Jeffrey's Rainbow Run: We are proud to be hosting the fifth annual 5k in memory of Jeffrey Bourgeois on September 15th! Stop by the office to pick up a registration form, or register online at Active.com! Must register by August 18th to be guaranteed a race t-shirt!

Ski & Snowboard Club * (grades 5-12) Registration will be begin October 3rd. Pricing is not available at the time of publication, please email or call to inquire. The deadline for registration will be November 18th. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan.-February from 3-9 pm and travels by bus to Mt. Southington.

Sokool Upside-down Math School

Based on ideas from Math Circles, participants will focus on solving problems that are often described as tricky or hard, but really are problems that require good

understanding of mathematical concepts. The goal is to develop thinking, rather than acquire hard knowledge. It is called upside-down because there will be little teaching; progress will come from working on weekly homework (two pages) that will include increasingly challenging problems, and from discussions of how to solve them. For instance, one of the final problems last year was whether $2015^{2015} + 2016^{2016} + 2017^{2017}$ is divisible by 7, and we hope to reach similar level by the end of the year. Each session is limited to the first 10 children who register.

Dates: Session 1 - 5th and 6th grade students: September 12th- November 28th

Session 2 - 7th and 8th grade students:
September 15th – December 1st

Day: Session 1: Tuesdays / Session 2: Fridays

Time: 3:00 to 5:00 pm. Fee: \$350. Where: Community Center

Student Advisory Board (SAB). A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB has hosted trick or trunk, Pre-prom Assembly regarding distracted driving, and collected over 170 bicycles donated to Bikes For Kids over the past three years. Meetings will be held in Mr. Beale's room during lunches on Tuesdays starting September 6th.

We are currently working on additional programs and events.

Check out our website frequently for updates www.eltownhall.com (and click East Lyme Youth Services to the left), "like" our page on Facebook for updates, shoot us an email to: mmcdowell@eltownhall.com, or give us a call at (860) 739 -6788 for more information.

The Kids are Watching

Many of us bemoan the lack of civility in our culture these days, and adults can have an impact on whether children learn and use manners. Young people will mimic what they see and hear, and if they see kindness and generosity of spirit, they will behave in ways which support these values. If they witness adults they know showing disregard for others, whether in words or deeds, we can be sure they will do the same. Being respectful toward others is likely to engender respect from them, and those who are most comfortable with themselves do not feel the need to denigrate other people. Many messages from the world around them teach children that above all it is most important to take what we can for ourselves first, and that to be considerate may be seen as weakness. The richest relationships are those in which people support each other, whether we are with family, friends, coworkers, or among strangers. By remembering to set a positive example for children, we are helping them to prepare for negotiating complex relationships which will depend on being able to get along well with others, and they will benefit personally and professionally.

Faith Marrion, LCSW
East Lyme Psychological Associates



East Lyme Psychological Associates

Psychological & Mental Health Services

Serving adults, adolescents, children
and families · Individual, couple,
and family therapy

Adoption competent therapists work
with adoptees and/or families

Psychological evaluation for adoption
related issues, personality functioning,
and treatment planning

29 Chesterfield Road, East Lyme, CT

860-739-6974



 **County Hearing and Balance**

WATERFORD

Cross Road - Lowe's Plaza

860-443-6944

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

East Lyme Youth Services
45 Society Rd., Niantic, CT 06357
(860) 739-6788 Fax: (860) 691-2409

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

Participant's Name: _____ Date of Birth: _____ Age: _____

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

- American Indian/Alaska Native
- Asian
- Black/African American
- Native Hawaiian/Other Pacific Islander
- Multi Racial
- White

Family:

- 2 Birth/Adoptive Parents
- Step & Birth Parent
- Single Parent Female
- Single Parent Male
- Grandparent
- Relative/Guardian
- DCF
- Foster Parent
- On Own
- Joint Custody
- Other

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

[Note: We provide certain demographic information from this form to the State of CT Department of Education for statistical and research purposes]

I give my child permission to participate in the East Lyme Youth Services (ELYS) activities. I further understand that ELYS is not responsible for the time or manner in which my child arrives or leaves the Youth Center .

In consideration for participating in the above referenced program/activity sponsored by East Lyme Youth Services/Town of East Lyme , I hereby waive and release the Town of East Lyme, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my (or my child's) participation in the above referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I also understand that my child is expected to follow the ELYS rules and his/her participation can be suspended or revoked at any time without refund of fees. I give permission for my child to fill out anonymous surveys related to the content and quality of ELYS programs.

I give permission for medical treatment for my child in the event he/she is injured and I cannot be contacted. I will assume all responsibility for costs incurred.

Parent/Legal Guardian Signature: _____ Date: _____

Check here if you do NOT want your child's name or photo published _____

East Lyme Senior Center

East Lyme Senior Center

37 Society Road, Niantic, CT 06357

860-739-5859

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director

Kristen Caramanica – Program Coordinator

Anna Hartung – Senior Center Associate

Roxanne Kormos – Driver

John Hallissey – Driver

Melissa Victor – Driver

Joe Savoie - Driver

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available online at the Town of East Lyme website at www.eltownhall.com. Hover over the “Community” Button and then Click on “Senior Center.” If you would like the newsletter emailed to you, contact the Senior Center office.

WEBSITES “Like Us” on Facebook.

Use our online registration feature located at www.register.eltownhall.com

Check out our Regional Website at www.seniorcentersct.org

Commission on Aging

The Commission on Aging Board meets the 2nd Monday of every month except for August at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

Transportation - In-Town Transit Services

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

Medical Transit/Southern New London County

The Senior Center is currently offering transportation for medical appointments that are located within southern New London County. Transportation is funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

Senior Lunches - Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Monday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

Meals on Wheels - The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

Mature Driver Safety Classes - The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company about a possible discount after completion of this course.

Trips - The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

Day Trips

Open to any person 55+

Tue., Aug. 8th - Tasting at Pindar Winery on Long Island. Lunch on your own in Greenport. Trip fee is \$63pp. Lots of walking.

Thu., Aug. 24th - “The Producers” at Theater by the Sea. Lunch included in trip fee of \$85pp. Minimal walking.

Sat., Sept. 9th - Stroll the grounds of the Botanical Gardens in New York and stare in wonder at the Chihuly Exhibition - we are going at night for an even better experience. Dinner on your own on Arthur Avenue. Trip fee is \$70pp. Registration has begun. Lots of walking.

Wed., Sept. 20th - Join us for our annual excursion The Big E in Springfield, MA. Trip fee is \$45pp. Lunch not included. Registration has begun. Lots of walking.

Tue., Oct. 10th - Enjoy a fall foliage trip to Salem Cross Inn in West Brookfield, MA. Trip fee is \$85pp and includes a choice of entrée at the Inn. Included is a wagon ride and a stop at Breezeland Orchards. Registration begins August 1st. Moderate amount of walking.

Fri., Oct. 20th - East Lyme, Waterford and Lymes’ are sharing a bus with the Madison Senior Center to visit the Whitney Museum of American Art in New York City. Lunch on your own at Eataly. Trip fee is \$81pp. Limited seats available. Registration begins August 1st. Lots of walking.

Week of Oct. 23rd - A trip to the JFK Presidential Library & Museum in Boston is being planned. More details to follow. Lunch on your own at Quincy Market. Trip fee \$66pp. Registration will begin August 1st. Moderate amount of walking. Planning a Mohegan Sun Casino trip on Nov 9th. Planning a trip to the Newport Playhouse on Nov 16th. Planning a trip to The Breakers and The Marble House for the week of December 4th.

Overnight Trips/Cruises

September 8-10, 2017 - 3 days & 2 nights in Washington, DC includes Potomac River Cruise, Museum of African American History and more. \$523/double, \$693/single, \$473/triple. Registration has begun.

October 1-11, 2017 - Fall Foliage Cruise in New England, Canada & Newfoundland with Royal Caribbean. 11 days and 10 nights. Trip fees from \$1530 to \$2620 (taxes included). Registration has begun.

October 2-4, 2017 - “Jonah” at The Sight and Sound Theatre in Lancaster, PA. Trip includes tour of Lancaster City and Longwood Gardens. \$407/double, \$553/single, \$440/triple. Registration has begun.

November 4-15, 2017 - Escorted tour of Croatia, Slovenia and the Adriatic Coast. Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

January 28-February 9, 2018 - Southern Caribbean Cruise on Royal Caribbean Anthem of the Seas. 13 days & 12 nights. No fly - Cruise out at NJ Pier. Trip fees from \$1799 to \$2019. Registration has begun.

continued on page 28

Senior Center ... continued from page 27

The Senior Center has a core set of classes that are offered on a year round basis. With these classes, a pass is purchased and must be brought to every class. Attendance is tracked and when the card is full, a new pass must be purchased.

Fitness Classes

SENIOR FITNESS: Mon. & Wed. 10 am – R\$50.00/30 classes – NR\$55.00/30 classes. Pass required.

SENIOR YOGA: Tue. 9 am & Tue. 5 pm & Thu. 9 am – R\$60.00/30 classes – NR\$65.00/30 classes. Pass required.

TAI CHI: Tue. & Fri. 9 am – R\$48.00/24 classes – N\$53.00/24 classes. Pass required.

CHAIR YOGA: Tues. & Fri. 9:30 am & 10:30 am – R\$36.00/24 classes – NR\$41.00/24 classes. Pass required.

WEIGHT LIFTING: Tue. & Thu. 10:15 am @ ELHS Fitness Center – R\$24.00/24 classes – NR\$29.00/24 classes. Pass required.

STRENGTH TRAINING: Mon. & Wed. 11:30 am – Session Class – Call for class fee and schedule.

ZUMBA GOLD: Tue. & Thu. 3 pm – Session Class – Call for class fee & schedule.

PIYO: Thu. at 11:30 am. Session Class – Call for class fee & schedule.

BOCCE: Thu. 10:00 am. No fee. Will teach.

PACE: Thu. 1 pm – Session Class – Call for class fee - People with Arthritis Can Exercise.

PICKLEBALL: Sat. 10:30 am and Tue. 7:30 pm - \$2pp drop in fee. Call the Senior Center office.

Performing Art Classes

TAP CLASS: Tue. 1 pm – R\$24.00/20 classes – NR\$29.00/20 classes. Pass required.

DRAMA GROUP: Thu. 1 pm – Session Class – Call for class fee & schedule.

VALLEY SHORE WOMENS ACAPELLA: Wed. 6:30 pm. Call for more information.

EAST LYME SENIOR CHORUS: Fri. 8:45 am. Any level. Come join the fun.

Crafts

PAINTING W/FRIENDS: Tue. at 9:30 am. No instructions only camaraderie! No fee.

ADULT COLORING: Tue. 12:30 pm. No fee.

LEARN TO DRAW: Thu. 10 am. No fee. Minimal supplies needed. Call to register.

QUILTING: 3rd Fri. and the 4th Tue. of every month 5 pm and the 1st Mon. of every month from 1 pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

CRAFTS: New monthly program to begin.

Games/Cards

BUNCO: Mon 9:30 am. Will teach. \$2 fee.

HAND & FOOT: Mon. 1 pm. Will teach. No fee.

SCRABBLE: Tue. 9:30 am. No fee. Will teach.

MAH JONGG: Tue. 12:30 pm. No fee. Must know the game.

BRIDGE: Shoot Out played Tue. 1 pm. Fee \$5.00pp. Must know the game/have a partner. Must register.

PING PONG: Wed. 10 am. Will teach. No fee.

ACBL Santioned BRIDGE: Duplicate Bridge played Wed. 1 pm. Fee \$7.00pp (\$1pp if 26 or younger). Must know the game.

Contact mikehajusy@gmail.com for questions/registration.

BRIDGE: Duplicate Bridge played Thu. 1 pm. Fee \$1.00pp. Must know the game/have a partner. Must register.

BINGO: Fri. 1 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards.

Education/Enrichment

UKULELE LESSONS: Mon. 11 am – Session class – Call for class fee & schedule. Resumes in Sept.

BRAIN AEROBICS: 1st & 3rd Wed. 12:45 pm – Call to register. No fee. Resumes in Sept.

GUITAR LESSONS: Thu. 12:30 pm – Session class – Call for class fee & schedule. Resumes in Sept.

DANCES: Every other month – Fri. at 7 pm. Sep. 15th, Nov. 3rd, 2017. Fee \$10pp – tickets sold at the door. The Illusions Band plays.

iPAD INSTRUCTION: Various dates and times. Call the Senior Center office.

Health Programs/Benefits Info

REFLEXOLOGY: 2nd Wed. of every month. Call to register. No fee.

REIKI: Monthly. Call to register. No fee.

VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed. of every month 1 pm for services that focus on prevention and self-care.

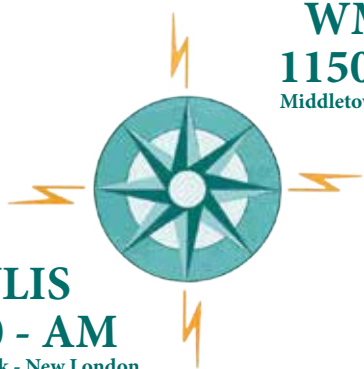
VNASC BLOOD PRESSURE CLINIC: 2nd Thu. of every month 12:15 pm to 12:45 pm and 4th Wed. of every month 1:15 pm to 2:15 pm.

HEARING CLINIC: 1st Fri. of every month at 10 am. Must have an appointment.

Senior Learning Network: Monthly video conference learning sessions. Call for more details.

Every Month - Theme Meals & Musical Entertainment, Special Events & New Classes.

To download previous issues of East Lyme Events
visit www.eventsmagazines.com
and download the issue you desire!



WMRD
1150 - AM
Middletown - Hartford

WLIS
1420 - AM
Old Saybrook - New London

We are
The Best of the Valley & Shoreline!!
News, Weather, Sports, Traffic, Music, Talk
and Opinion, from around the Corner
and around the World!!

We've Got Personality!!!

www.wlismwrd.net

YOU KNOW WHAT CONTROLS PESTS? SCIENCE.

We're Bartlett Tree Experts, a 100+ year old tree and shrub care company with global reach and local roots. With science-based solutions and expert service we protect your property from threats like:

- Damaging Insects
- Tree & Shrub Diseases
- Deer & Ticks
- Root Problems



FOR THE LIFE OF YOUR TREES.



Call 860.767.1752 or visit BARTLETT.COM  



2017 Vista Tour de Shore

SUNDAY, OCTOBER 15



Westbrook Elks Lodge

Choose from 5, 25, 40 and 60 mile routes.

Rides feature beautiful Connecticut back roads and shoreline views.

Net proceeds from this event will benefit the Vista Endowment Fund. Vista's mission is providing services and resources to assist individuals with disabilities achieve personal success

Biking through barriers

Register at: vistatourdesore.com • For more information call 860-399-8080

Smith-Harris House

AUTUMN/HOLIDAY PROGRAMS

A Teddy Bear Tea

Sunday, September 10 / 1 pm to 3 pm - \$25 per adult/child pair, \$10 each additional child. Bring your favorite Teddy Bear to tea! Enjoy afternoon tea with little sandwiches and sweets, make a teddy bear-related craft, and learn how the Teddy Bear has become one of our most treasured toys! For children ages 4 to 8 years, and adults must accompany children; no drop-offs allowed. Space is limited, please be sure to register early. For more information contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org.

East Lyme Bike & BBQ

Sunday, October 1 - Day-long, Free to visit Smith-Harris House Cost for Bike Ride Participation. The Smith-Harris House is the host site for the 2nd Annual East Lyme Bike & BBQ Preservation Bike Ride! Proceeds from the Bike & BBQ help preserve our open spaces and historic places! Details of activities coming soon! For more information, visit the East Lyme Bike & BBQ website at <http://eltownhall.com/news-and-events/annual-events/east-lyme-bike-bbq/>.

Explore History!

Monday, October 9th / 11 am to 2 pm, Free. Looking for something fun to do on Columbus Day? Join the Smith-Harris House as we host family-friendly activities that explore history! Try your hand at history-inspired crafts, and test your skill at

“squash bowling,” “graces,” “hoop roll,” and other historic games played by children two centuries ago! Take a tour to discover what life in an East Lyme farmhouse was like in the 1800s!



Members of the Spirit Voices cast portray former residents of the Smith-Harris House at different times in history from 1845-1955.

For more information contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org.

Spirit Voices: Victorian Mourning & Spiritualism

Smith-Harris House & the Old Stone Church Burial Ground. Sat., October 21st. Details coming soon - check our website!



photo: Mindy Morris greets visitors as Lula Smith next to her tombstone in the Old Stone Church Burial Ground.

continued on page 33

**Smart Banking.
Community Trusted.**

COREPLUS CREDIT UNION
cpau
Smart Banking. Community Trusted.

860-886-0576
860-724-0779
coreplus.org

Groton • East Lyme • Waterford
Norwich • Taftville • Plainfield
Putnam & Brooklyn Walmart Supercenters

NCUA
Equal Opportunity Lender

Give a freshly-crafted
birthday gift

Save **\$5.00***
with this coupon
ELEV0817
10/30/17

Birthday Basket* with
Caramelized Honeyed Bananas
& Honey Drizzled Gourmet
Toppings Chocolate Dip

Party Perfect
Birthday Basket

**edible
arrangements**
edible.com

243 State Street / New London, CT / 860-437-3166
240 Post Road / Westerly, RI / 401-322-8800

*Offer expires 9/30/16. Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible®, Edible Arrangements®, the Fruit Basket Logo, and other marks mentioned herein are registered trademarks of Edible Arrangements, LLC. © 2016 Edible Arrangements, LLC. All rights reserved.

**FASTEST.
INTERNET.
SPEEDS.
AROUND.**

ATLANTIC
broadband

TV • INTERNET • PHONE

atlanticbb.com

Please cut out, fold and use.

Food & Accommodations

- 17. Bayside Luxury Rentals, Niantic CT,** 377 Main Street, Niantic, 860.739.5527, www.boysideniantic.com, Downtown Niantic's newest commercial complex, 1 & 2 bedroom apartments, a jeweler, gift, toy and insurance store.
- 6. Flanders Fish Market and Restaurant,** 22 Chesterfield Road, East Lyme, 860.739.8866, www.flandersfish.com, CT Restaurant Association Hall of Fame member. Keeping it fresh for 33 years with award winning Fresh Fish Market, Private Demo Dining, Cappy's Bar, Outdoor Patio, New England Clambakes & Catering.
- 19. Gumdrops & Lollipops,** 334 Main Street, Niantic, 860.739.7800, www.GumdropsLollipops.net, Not just a candy shoppe! Step back in time & enjoy some old-fashioned fun from the 1950's Diner, Candy & Ice Cream Shoppe. Open 7 days a week for breakfast, lunch & dinner.
- 9. Tri Town Foods,** 15 Chesterfield Rd, East Lyme, 860.739.2434, www.tritownfoods.com, The best in local! A locally owned & managed independent supermarket focusing strongly on perishables & local niche items.

Home & Garden

- * Pampered Chef,** (not shown on map), Susan Napiany, Ind. Consultant, 860.460.3390, www.pamperedchef.biz/sue_napiany, Quality kitchen products help make healthy & delicious meals easier! Hosts earn Free products! Home & catalog parties, Cooking classes, Gift registry, Wedding showers & Fundraisers!
- 1. Scott's Yankee Farmer,** 436 Boston Post Road, East Lyme, 860.739.5209, www.scottsyankefarmer.net, A family owned & operated fruit and vegetable farm. Visit their roadside stand, pick your own fruit or participate in their CSA program.
- 16. Smith's Acres, LLC,** 4 West Main Street, Niantic, 860.691.0528, www.smithsacres.com, A locally owned garden center & farm stand featuring CT grown plants and fresh fruits & vegetables. Open spring through Christmas.
- 11. Wild Birds Unlimited,** 190 Flanders Road, Niantic, 860.739.7302, www.niantic.wbu.com, From birdseed to binoculars – birds love us & so will you! Great gifts for you & mother nature.
- Services & Organizations**
- 20. Charter Oak Federal Credit Union,** 335 Main Street, Niantic, 860.446.8085, www.charteroak.org, Full service financial institution offering personal & business products as well as mortgage lending & financial



planning. Multiple drive-up lanes & ATMs available.

- 10. Citizens Bank,** 15 Chesterfield Road, East Lyme, 860.739.1304, www.citizensbank.com, Developing stonger & higher-value customer relations by delivering a differentiated experience across all distribution platforms.

Helping small businesses succeed & prosper.

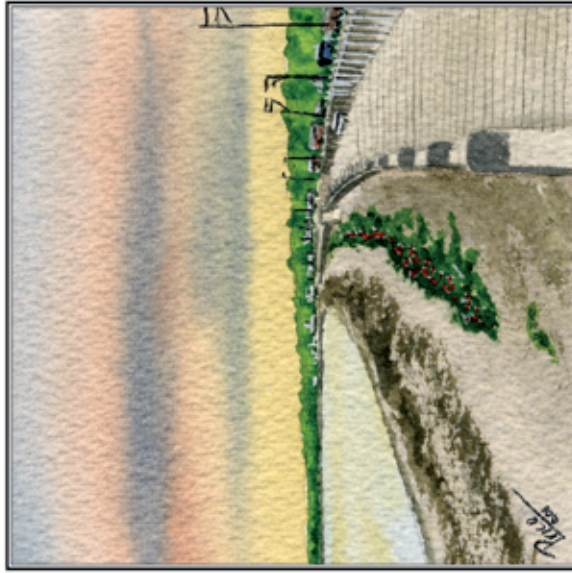
- 4. Coldwell Banker,** 132-1 Boston Post Road, East Lyme, 860.235.4656, www.coldwellbanker.com, Real estate services provided by MaryAnn Salvatore. Helping people find the house of their dreams or successfully sell their home.
- 15. Dutch Point Credit Union,** 8 West Main Street, Niantic, 860.739.2722, www.dutchpoint.org, Community credit union offering a comprehensive product line. Dedicated to helping you make stronger, smarter choices & enhancing your financial wellbeing.
- * Save The River-Save The Hills,** (not shown on map), www.savetheriversavethehills.org, A non-profit, grassroots environmental organization dedicated to preserving the health of the Niantic River Estuary and the natural beauty of the Oswegatchie Hills.
- * Starts At The Plate,** (not shown on map), www.startsattheplate.com, Your ONLINE RESOURCE connecting you to fun, food, health and ideas.
- 3. The Parcel Centre,** 153 Boston Post Rd, East Lyme, 860.739.2492, www.theparcelcentre.com, Providing a full menu of products and services for almost everything related to packing, shipping, mailing and business services.
- * William Pitt Sotheby,** (not shown on map), 860.235.2209, www.sothebysrealty.com, Real Estate professional Jill Gibson believes in "Customer Satisfaction." The future belongs to buyers and sellers that have been well informed.

For more up-to-date business listings and information, please go to www.facebook.com/EastLymeBusinessOrganization, or contact us at eastlymebusinessorganization@gmail.com



Explore East Lyme and Niantic Village

Map & Business Listings



Embrace all our shoreline has to offer!

Arts, Entertainment & Leisure

Please cut out, fold and use.

- 23. Arthur Murray** 287 Main Street, Niantic, 860.739.3991, www.arturmurray.com, Arthur Murray offers personal lessons, group classes and weekly parties! \$20 Introductory lesson for new students.
- 25. Black Hawk**, Cini Park, PO Box 46, Niantic, 860.448.3662, www.BlackHawkSportFishing.com, Connecticut's premier party fishing boat offering fishing trips, sunset cruises, fundraisers, fireworks cruises, seal watches and more.
- 2. Eastern Connecticut Ballet**, 435 Boston Post Rd., East Lyme, 860.739.7899, www.easternctballet.com, Starting a 3rd Decade of Beauty & Excellence!
- * East Lyme Puppetry Project**, (not shown on map), [face book.com/EastLymePuppetryProject](http://facebook.com/EastLymePuppetryProject), The East Lyme Puppetry Project provides puppet shows and workshops in the East Lyme, CT region.
- 8. String Theory**, 25 Chesterfield Road, East Lyme, 860.691.8022, www.stringtheoryschoolofmusic.com, Individual & group music lessons for children & adults in all styles from beginner to advanced skill levels. Monthly performance opportunities. The music you love is the music you learn!
- 13. Three Belles Marina**, 113 Oswegatchie Hills Road, Niantic, 860.739.6264, www.threebellesmarina.com, Family owned & operated full service marina in Smith Cove. Three Belles Outfitters features kayaks & paddleboards for sale or daily rental.

Beauty & Wellness

- 14. Anytime Fitness**, 17 Liberty Way, Niantic, 860.691.1611, www.anytimefitness.com, Convenient & non-intimidating, this fitness center fits your schedule & will help you "Get to a Healthier Place" with 24/7 access, personal training, a certified dietitian & classes!
- 7. East Lyme Psychological Associates**, 29 Chesterfield Road, East Lyme, 860.739.6974, www.eostlymepsych.com, Providing therapy, psychological evaluations, & post adoption services for all ages.
- 21. Niantic Acupuncture & Family Wellness, LLC**, 17 Hope Street, Niantic, 860.451.5558, www.NianticAcupuncture.com, New Location! A holistic family health practice for all ages. Treating a variety of health issues and providing preventive health care.
- 5. Shoreline Physical Therapy**, 131 Boston Post Road, East Lyme, 860.739.4497, www.shoreline_pt.com, Evidenced based care provided by skilled and compassionate physical & occupational therapists.
- 22. Skin Care Studio**, 17 Hope Street, Niantic, 860.739.

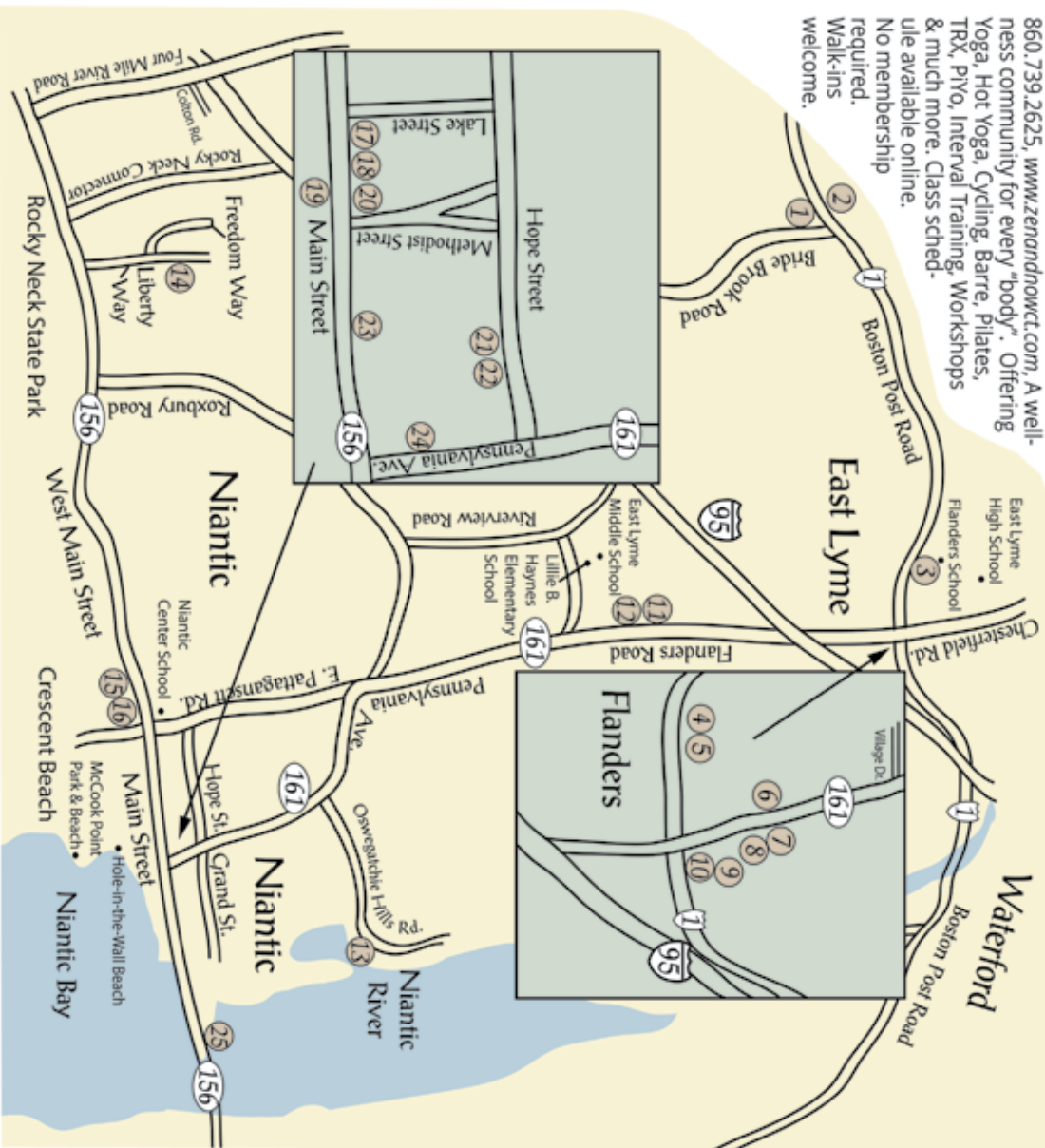
5252. www.skincarestudio.info, New Location! Holistic French Yonka aromatherapeutic facial treatments & home care. Live the luxury of luminous skin every day and forever. You deserve it!

*** Yoga-Keeps-Me-Fit**, (not shown on map), 860.859.7217, www.yogakeepsmefit.com, Specializing in Chair Yoga, Mat/Chair Adaptive & Therapeutic Yoga & fall prevention. Private & small group sessions available in the comfort of your own home. Special events/celebrations.

12. Zen and Now, 170 Flanders Rd, Niantic, 860.739.2625, www.zenandnowct.com, A wellness community for every "body". Offering Yoga, Hot Yoga, Cycling, Barre, Pilates, TRX, PIVo, Interval Training, Workshops & much more. Class schedule available online. No membership required. Walk-ins welcome.

Boutiques and Specialty Stores

- 24. Northern Light Gems**, 36 Pennsylvania Ave, Niantic, 860.691.2020, www.NLGems.com, Custom design jeweler by the sea. A full service jewelry store
- 18. Smoochie Bird LLC**, 377 Main Street, Unit 101, Niantic, 860.691.2656, www.smoochiebird.com, A gift shop offering quality gifts for every occasion. We know what your friends & family will love!



Smith-Harris House ... continued from page 30

Discover Victorian-Era rituals of death and dying at the Smith-Harris House! From 19th-century funeral traditions such as “widow’s weeds” and “safety coffins,” to the rise of the séance, learn how those who died were remembered and honored by loved ones. View the parlor decorated for a wake, see an actual 19th-century horse-drawn hearse, and have your tea leaves read, if you dare to peer into the future! Then, take a tour of the Old Burial Ground and encounter former residents of the Smith-Harris House, as they share vignettes of their former lives! Sponsored in part by Fulton-Theroux Funeral Services. For more information, contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org.

Slightly-Creepy Folk Tales @ Trick or Trunk

Wednesday, October 25th / 6-8 pm, Free. Come for the treats, stay for the tales - as part of the Town of East Lyme’s “Trick or Trunk” Halloween program! The first floor of the Smith-Harris House will be lit by candlelight, while several slightly creepy - not scary! - local and regional folktales are shared. Perfect for families with young children! The “Trick or Trunk” program, which occurs annually on the grounds of the Smith-Harris House, is a safe Halloween Trick-or-Treat alternative event sponsored by the East Lyme Youth Services Department of Parks & Recreation. For more information contact director Joanie DiMartino at director@smithharris.org.

Walk of Horror

Friday, October 27th & Saturday, October 28th / 6 pm to 9 pm. Sponsored by the East Lyme Police Cadets and Friends, the Walk

of Horror will be featured at the Smith-Harris House! Come prepared to be scared - this walk is not for young children or the faint-of-heart! Admission is your choice to benefit local East Lyme community organizations: a non-perishable food item for East Lyme Care & Share; a pet supply donation for WRFD/EL Animal Control; or a cash donation to the Friends of Smith-Harris House. For more information, contact the East Lyme Police Cadets at 860-451-9797.

Friends of Smith-Harris House Wreath & Greens Sale

Saturday, December 2nd / 9 am to 12 noon. Deck your halls with an assortment of wreaths, swags, centerpieces, and arrangements in live and permanent greens at our annual wreath & greens sale! All proceeds benefit the Friends of Smith-Harris House, a non-profit, 501c3 organization, for preservation and public programming. For more information call Donna Massung, President of the Friends of Smith-Harris House, at 860-691-1872 or email at dmmsew@sbcglobal.net.

Annual Open-House & Afternoon with the Belsnickel

Sunday, December 9th / 11 am to 4 pm (Belsnickel visits at 2 pm.) Admission is a non-perishable food item to benefit East Lyme Care & Share, Inc. Escape the frenzy of holiday preparations and join the Smith-Harris House for an afternoon of family-friendly festivities! Children of all ages are welcome to make an old-fashioned tree ornament, join musician Judy MacDonald around a cozy fire to sing carols, and meet our kindly Belsnickel!

continued on page 34



A Fun Filled Family Festival!
Saturday, September 30, 2017
 (Rain date Sunday, Oct. 1st)
10 AM to 4 PM
Chester Fairgrounds, Chester CT

- * Hundreds of Antique and Unique Cars
- * Live Performances by CT's top Blues Bands
- * Food Court with a variety of Up-Scale Food Trucks
- * Locally Brewed Craft Beer On Tap
- * Market Place of Vendors
- * Kid's Play Area * Trophies, Games, Prizes & Surprises

Presenting Sponsor: **theday** | Additional Support Provided by: **Events magazines**, **Essex Printing**, **XPLORÉ**

CRUISE BOATS & BREWS
 All proceeds benefit **AT-RISK BOYS Fund**
 COMMUNITY FOUNDATION of Middlesex County

For additional information and registration visit atriskboysfund.org



Short Term Stays Mean Peace of Mind

For Assisted Living and Memory Care we can provide:

- ◆ A safe environment and increased socialization opportunities for our resident guest.
- ◆ A trial visit to find if our community is the right fit for you.
- ◆ An opportunity for a caregiver to rest and recharge – perhaps even take a vacation!
- ◆ A supportive environment after a hospital or rehabilitation stay.
- ◆ Assisted living services customized to your needs.
- ◆ A place to call home – if just for a short time.

The Saybrook HADDAM
 -Retirement and Assisted Living-
 -Memory Care-

To learn more about The Saybrook at Haddam and our Short Term Stay program call (860) 345-3779.

1556 Saybrook Road, Haddam, CT 06438 | www.TheSaybrookAtHaddam.com

Smith-Harris House ... continued from page 33

A “Belsnickel,” or “St. Nicholas in fur,” was a German folk tradition that preceded the modern Santa Claus, and our Belsnickel will share a winter’s tale and hand out a treat to each of our young visitors! Afterwards, enjoy a sip of cocoa and gingersnaps. Our adult visitors can enjoy the House decorated for the Holiday Season, sample refreshments based on historic recipes, and interact with members of the 1860s Avery family as they welcome visitors to their home for the holidays! For more information, call (860) 739-0761 or email Joanie DiMartino at director@smithharris.org.

Our Belsnickel was featured last year on the PBS program, New England Legends, with Emmy-nominated host Jeff Belanger! To view the segment click here: <https://www.youtube.com/watch?v=SfFXzkUV2ok>.

The Smith-Harris House proudly announces we have received an Award of Merit for an Educational Program by the Connecticut

League of History Organizations for the program Spirit Voices: Victorian Mourning & Spiritualism.

The Connecticut League of History Organizations presents the competitive Award of Merit to institutions that demonstrate the highest of professional standards, and who enhance and further the understanding of Connecticut history.

The Awards Committee commended the Smith-Harris House for “accommodating different learning styles,” and “connecting to the community through the collection of donations to East Lyme Care & Share, Inc. and connection to the Pine Grove Spiritualist Camp.” The Committee went on to note “the success of the program’s approach as a model for other historic house museums.”

Join us this October for the return of Spirit Voices: Victorian Mourning & Spiritualism, the Smith-Harris House’s annual AWARD-WINNING program!

**Want to Reach Every Home & Business in Town?
Call Betty Martelle at 860.333.7117**



B BROM BUILDERS

100% CUSTOM New Builds, Demo/Rebuilds, & Beach Homes

Looking for home ideas?

Our Open Houses are the perfect place to be inspired!

Get Open House Invites:
BromBuilders.com/VIP

163 BOSTON POST RD, WATERFORD
Questions? Call us (860) 333-6015

Trick or Trunk

Members from the East Lyme Police Department participating at the annual Trick or Trunk event held at Smith Harris House in October.

Photo taken by Mike McDowell.



A large advertisement for GEICO Waterford. The background is a close-up of a baseball with red stitching. In the center, the text reads "TAKE A SWING AT SAVINGS" in large, bold, black letters. Below this, it says "See how much you could save on car insurance." in a smaller font. The GEICO logo is prominently displayed in the center, with "Waterford" written below it in a blue, stylized font. On the right side, a green gecko is holding a wooden baseball bat. At the bottom, a black banner contains the phone number "860-446-2886", the address "711 Broad St Extension | Waterford", and the website "geico.com/waterford" in white text.

Our Boys, Our Community

It's easy to see that we live in a culturally rich and beautiful

community. It's not as easy to see that our communities are also home to boys and young men who are in at-risk situations.

That's why the At-Risk Boys Fund at the Community Foundation of Middlesex County is so important.



Through the Community Foundation, the At-Risk Boys Fund has provided grants that have helped sixth-grade boys find their self-worth and success in school. The fund helped teenage boys and police build positive interaction instead of skills confrontation. The fund has even provided temporary shelter for boys and their families.

These are just some examples of how the At-Risk Boys Fund and the people who support it have improved the lives of boys and young men throughout Middlesex County.

You too can help at-risk boys when you attend the At-Risk Boys Fund's biggest fundraising event of the year – the third annual

Cruise Blues & Brews Festival on Saturday, September 30th from 10 am to 4 pm at the Chester Fair Grounds.

You and your family will enjoy a great fall festival and you will be helping the At-Risk Boys Fund do its incredible work assisting boys and young men to achieve a better life.

How many boys we can help is up to you.

By Bill Guerra, Volunteer Chair

At-Risk Boys Fundraising Committee Festival Details:

3rd Annual Cruise Blues & Brews, Saturday September 30 at the Chester Fair Grounds from 10 am to 4 pm (rain date October 1st). A fun-filled family event featuring antique and unique cars, the area's top blues bands, craft beer, up-scale food trucks, marketplace of vendors, kids play area, games, prizes and surprises. For additional information and to purchase tickets at \$5 (kids under 12 free) go to www.atriskboysfund.org. All proceeds benefit the At-Risk Boys Fund at the Community Foundation of Middlesex County.

The Top 5 Things an Executor Should Do in the First Week After Someone Dies

Monitor the home. Keep an eye on the decedent's home, answer phone messages, collect mail, discard food, and water plants. If necessary, change the locks. Don't give away any personal property in this first week.

Arrange for burial or cremation. Search the decedent's papers to determine whether they have a prepaid funeral contract or burial plan. Decide how you will pay for the funeral and memorial service. Unless the decedent made you the joint owner of a bank account, you and close family will need to front these costs and get reimbursed from the estate.

Prepare the funeral service. In some religious faiths, the funeral service occurs soon after death. Find any directions from the decedent in this regard. Visit with the clergy member to review the service. Prepare remembrances and gather photos for the wake and the funeral reception. Contact the restaurant or other venue at which you want to hold the reception. If appropriate, write a eulogy or delegate this task to someone.

Prepare an obituary. It will mean a lot to the family if you take the time to prepare an obituary well. Send the obituary to the local newspaper.

Gather Important Documents. Get at least 10 original death certificates. The funeral home will usually order these certificates for you. Find the Will, any Trust Agreement, the latest bank account statements, investment statements, deeds, birth certificate, marriage certificate, divorce decree (if any), Social Security information, life insurance policies, certificates of title to vehicles and keys to the safe deposit box or home safe.

Joseph Cipparone & Jack Reardon
Cipparone & Zaccaro, PC

gift certificates
newsletters
catalogs
invoices
tickets
door hangers
invitations
rack cards
sales sheets
posters
folders
hang tags
raffle tickets
calendars
business cards
flyers
notepads
booklets
brochures
letterheads
envelopes
stickers



essex printing

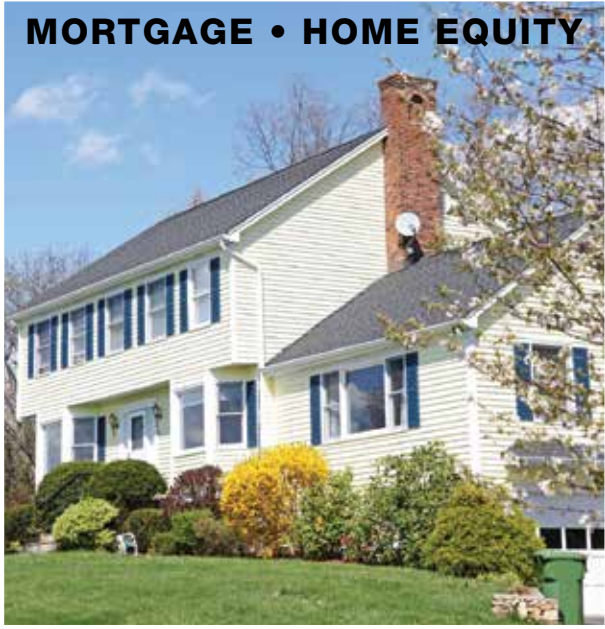
18 Industrial Park Road Centerbrook CT 06409 860 767 9087 www.essexprinting.com



East Lyme Town Hall
108 Pennsylvania Avenue
PO Box 519
Niantic, CT 06357

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

POSTAL CUSTOMER



Awesome Loan Rates
essexsavings.com



Essex, 35 Plains Road, 860-767-2573 • Essex, 9 Main Street, 860-767-8238 • Chester, 203 Middlesex Avenue, 860-526-0000
Madison, 99 Durham Road, 203-318-8611 • Old Lyme, 101 Halls Road, 860-434-1646 • Old Saybrook, 155 Main Street, 860-388-3543

Toll-Free: 877-377-3922 • www.essexsavings.com

Member FDIC

