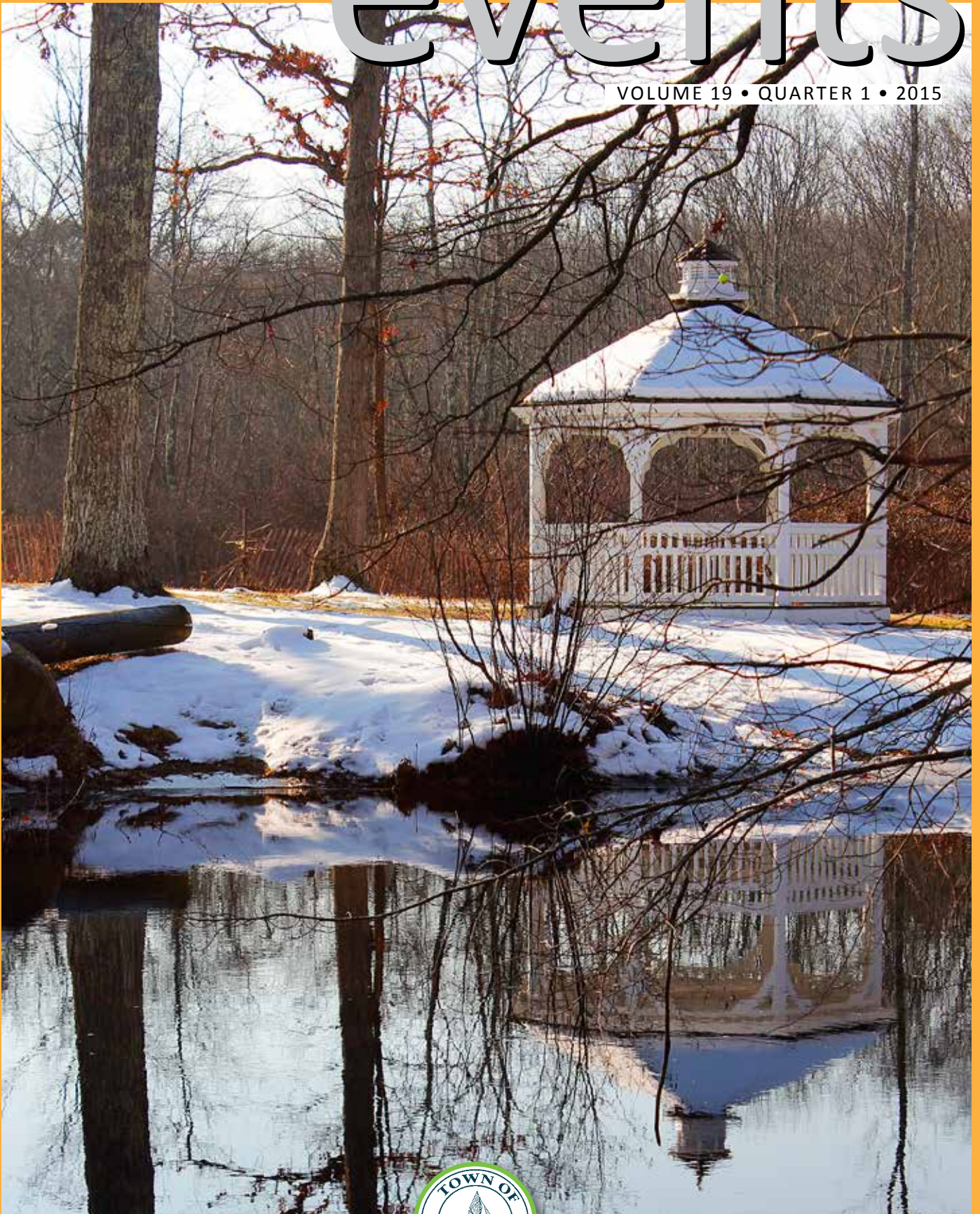


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First Selectman's Corner

Dear Friends and Neighbors,

First and foremost, I would like to wish everyone a Happy New Year. As we listen to the news and hear about events in the world around us and the turmoil that exists in some parts of the world and other parts of this country I am grateful that we live in the wonderful place that we do.

Our three villages are alive and well and there has been significant activity in each of them. We have seen the changing of hands of one of the signature properties in Essex Village. I would like to thank the Schieferdecker family for its' prudent long-standing stewardship of Essex Island and welcome the Island into the family of Brewer's Boat Yards. Most of the retail space downtown is occupied and we hope that the businesses there have had a prosperous year.

The Townhall Campus Improvement Project is now complete. Once completed the tennis courts and the playscape were widely used and I consider them to be amongst the most successful projects done recently. Special thanks to Rick Audet for his work on designing the playscape. December 19th was Rick's last day and he has moved to New Jersey to take a job as Director of a larger Park and Recreation Department. His time here left a wonderful mark on our community.

In Centerbrook a group of concerned residents, with Susan Malan as the facilitator, worked on developing a vision for enhancing the aesthetics of the Commercial District between the Railroad and the Cumberland Farms. That work has been translated into a grant application with the State of Connecticut, and we are awaiting word on that application. With Selectman Stacia Libby at the helm, the Ivoryton Grant committee has come up with a plan that will be going out to bid sometime soon to enhance and improve the downtown Ivoryton area. The funds for that work will come from a Grant that had been awarded from the Main Street Investment Fund. We anticipate that work to begin sometime this Spring.



First Selectman Norm Needleman

The Town recently approved a Capital Improvement Plan and Bonding Request for several projects including work at the Essex Elementary School, work at the Town Hall, replacement of bridges on Walnut and Ivory Streets, improvements at the Town Garage, and the purchase of a new fire truck. The committee that worked on pulling all of that together, which included Selectman Bruce

Continued on page 3

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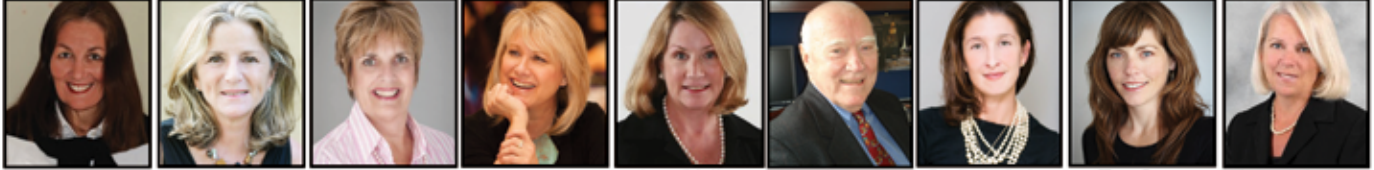
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SELECTMAN'S CORNER...continued from page 1

Glowac, Finance Director Kelly Sterner, and resident Lee Rankin, did a fabulous job in determining what work needed to be done, weeding out wants from needs, and presenting their ideas to the public. Design work for some of the projects is already underway and we believe that the next two years should see most of the work accomplished.

This year the Board of Finance dedicated their Annual Report to Carl Ellison, who served as First Selectman in the 1970s, and has continuously served the Town in one capacity or another since then. He and his wife Janice have lived in Ivoryton for nearly 60 years. Thank you Carl!

Preparation for next years' Town Budget is already underway. Letters have gone out to different Departments and all Boards and Commissions. We will hold meetings in January and February with an eye on keeping expenses low and services at the level of everyone's expectations.

After discussions with our electric provider Northeast Utilities, it is my understanding that there may be significant rate increases for the power generation part of everyone's bill beginning on January 1. Obviously we encourage everybody to do what they can to conserve energy. Should issues arise where these increases become difficult to manage financially, please communicate with

Maryellen Barnes our Social Services Director, and she will help you navigate through the system to try to get some relief from the high cost of energy.

As always, I encourage you to be safe this winter. Drive safely, make sure your tires are in good shape, always wear seatbelts, and most of all, drive within the speed limit. If you see something that needs to be repaired please contact our Public Works Department at 860-767-0715 or contact the Town Hall directly.

If you still do not receive our Quarterly Town Newsletter, please send your contact information to bdamico@essexct.gov with the subject Town Email List and we will add your name to the list.

On behalf of all of us here at Town Hall, we wish you a very happy, healthy and prosperous new year!

All my best, Norman

Stay Informed

Signing up for the Essex News e-mail list will provide you with information and updates on events from the First Selectman's Office. (Your address will be used solely for this purpose.) To add yourself to the list, email your contact information to essexnews@essexct.gov with the subject **Town Email List**.



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| <p>Essex Village Waterfront: Impeccable 1845 Greek Revival. Three bedroom, 3 1/2 baths. Gourmet kitchen, elevator, wine cellar, 3 car garage, guesthouse, boathouse, davits on Middle Cove. \$2,750,000</p> | <p>Essex Village: Private Essex Village Colonial. Spacious kitchen with granite and stainless. Formal DR, first floor study and mudroom. Live in the heart of Essex! Walk to shops restaurants and the CT River. \$524,500</p> | <p>Essex: Gracious Colonial! Excellent location! Beautiful formal living room with fireplace and builtins, formal dining room with bay window and builtins. Short walk to Essex. \$525,000</p> | <p>Historic Essex Village: Beautifully renovated. Living room with fireplace, Klaffs kitchen, Viking gas range. Family room with builtins, three or four bedrooms, 2 1/2 baths. Central air. Lovely patio. \$779,000</p> |
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| <p>Essex Village: Pretty Village Federal in fabulous location. Spacious home with lovely level yard. Living room with fireplace, formal dining room, 3 bedrooms, 2 baths, 2+ car garage. Historic! \$595,000</p> | <p>North Cove Landing, Old Saybrook: Enjoy elegant, carefree condo living, minutes from downtown Old Saybrook & Saybrook Point, (50+ age). Individual unit w/open floor plan, first floor mbr, Pool. Perfection! \$635,000</p> | <p>Westbrook: Enchanting 18th Century Antique Barn with later additions and attached garage, converted to residence in 1930. Updated electric and new stainless appliances throughout. \$359,900</p> | <p>Essex: Superbly renovated in 2012 Pretty Colonial in lovely area. Beautiful stainless and granite kitchen, spacious FR w/fpl, 4 bedrooms, 2.5 baths on over 1 acre. Large deck, private yard. \$379,900</p> |

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Dear Valued Readers,

If you've ever seen an *Events Magazine*, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover. 2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award

Continued on page 5

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of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,
William McMinn, President, Essex Printing and *Events Magazines*



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Essex Winter Series 2015 Concert Season continues with Vince Giordano and the Nighthawks

The next concert of the Essex Winter Series 2015 season, featuring Vince Giordano and the Nighthawks, will take place on Sunday, February 8 at 3:00 pm at Valley Regional High School in Deep River. Always a favorite, this renowned band returns to play hot jazz from the 1920s and 1930s. Grammy Award-winners, Vince Giordano and the Nighthawks are regulars in the New York club and concert scene, and can be seen and heard in films and television series, including *The Cotton Club*, *The Aviator*, and HBO's *Boardwalk Empire*. They are a regular guest on Garrison Keillor's *Prairie Home Companion*.

On March 1, Chanticleer, "An Orchestra of Voices" will perform in the Essex Winter Series program entitled "The Gypsy in My Soul" at Old Saybrook High School. The final concert, on March 29 at Valley Regional High School, will be an exciting program of piano trios, with Artistic Director and pianist Mihae Lee, violinist Chee-Yun and cellist Julie Albers.

All tickets to Essex Winter Series concerts are general admission and may be purchased on the EWS website, www.essexwinterseries.com, or by calling 860-272-4572.



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Ivoryton Playhouse Announces 2015 Season

Well, the weather outside may well be frightful but inside, at the Ivoryton Playhouse, plans are hatching for a delicious and delightful season ahead, beginning in March with the fascinating story of country music legend Tammy Wynette in *STAND BY YOUR MAN* by Mark St. Germain (March 18 – April 5) featuring 26 great country classics. In April (April 22 – May 10) we have *THE LAST ROMANCE* by Joe Di Pietro, a heartwarming comedy about how love can make anyone feel young again – even an 80 year old widower. An enchanting mix of love, laughter and opera!

One of the best-selling plays in British theatre history is making its US premier in June (June 3-21). *CALENDAR GIRLS* by Tim Firth is a dazzlingly funny and shamelessly sentimental story of the ladies of the Women's Institute who pose *au naturel* for a fundraising calendar. It sparked many copies but this original story is guaranteed to bring tears and laughs galore!

Rodgers and Hammerstein's *SOUTH PACIFIC* (July 1 – 26) is filled with the glorious songs we all know and love – *Some Enchanted Evening*, *Bali Ha'i*, *There Is Nothing Like A Dame*. But it is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture in wartime is as relevant today as when it first



Eric Anthony from *Ring of Fire*.

thrilled audiences in 1949. In August, we are very excited to bring to our stage the Tony award winning *MEMPHIS* by Joe Di Pietro and David Bryan (August 5 – 30), a new musical with an
Continued on page 9

Essex: Spacious 4-5 bedroom Colonial with great Connecticut River views in private setting. Large formal living room with fireplace and river views. Formal dining room with corner cabinets. Large eat-in kitchen with fireplace and river views. Master bedroom with loads of closet space, sitting area and bath. Lower level family room with fireplace and sliders to patio. Private yard with in ground pool. Offered at \$685,000

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IVORYTON PLAYHOUSE...continued from page 8

electrifying score redolent with the sounds of the 50s. Set in the places where rock and roll was born; the radio stations, recording studios and seedy nightclubs of Memphis, TN. MEMPHIS will capture you from its opening chords to its rousing finale.

If you like your musical comedy with a side order of old time horror, then LITTLE SHOP OF HORRORS by Alan Menken and Howard Ashman (September 23 – October 12) is the show for you. The charming, tongue in cheek musical comedy of Seymour who stumbles across a new breed of plant he names “Audrey II” after his coworker crush, has been devouring audiences for over 30 years. A deviously delicious Broadway and Hollywood sci-fi smash musical. The season will close with LIBERACE! by Brent Hazelton (October 28 – November 15) a moving and highly entertaining tribute to the performer and musician famous for his charm, glitz, and glamour, with a rollicking piano score spanning classical and popular music from Chopin to “Chopsticks,” and Rachmaninoff to Ragtime.



Jon Brown from *Ring of Fire*.

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| Maria Lucarelli | x112 | mlucarelli@essexct.gov |

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| | 860-388-7082 | jwolf@essexct.gov |

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

HEALTH DEPARTMENT

| | | |
|---------------------------------|------|---------------------|
| Lisa Fasulo, Director of Health | x143 | lfasulo@essexct.gov |
|---------------------------------|------|---------------------|

LANDFILL/RECYCLING CENTER

| | | |
|-------------------------|--------------|--|
| Mike Birner, Supervisor | 860-767-1926 | |
| Bill Armstead | | |

PARK AND RECREATION DEPARTMENT

| | | |
|-------------------|------|---------------------|
| Mary Ellen Barnes | x110 | mbarnes@essexct.gov |
|-------------------|------|---------------------|

PUBLIC WORKS

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

REGISTRARS OF VOTERS

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

RESIDENT STATE TROOPER

| | | |
|--------------------------------------|--------------|-----------------------|
| ESSEX POLICE | 860-767-1054 | |
| Kerry Taylor, Resident State Trooper | | ktaylor@essexct.gov |
| Russell Gingras, Corporal | | rgingras@essexct.gov |
| Paul Kenefick | | jkenefick@essexct.gov |
| Scott O'Donnell | | sodonnell@essexct.gov |
| Todd Belcourt | | tbelcourt@essexct.gov |

SOCIAL SERVICES

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

TAX COLLECTOR

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

TOWN CLERK

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

TOWN HALL OPERATIONS

| | | |
|-----------------|------|-------------------------|
| Mark Hiatt | x136 | maintenance@essexct.gov |
| Joe Donofrio | | |
| John Schumacher | | |

FINANCE DEPARTMENT

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

ZONING ENFORCEMENT

| | | |
|-------------------------------|------|---------------------------|
| Joe Budrow, Enforcement Agent | x115 | jfrancis@essexct.gov |
| Kerry Berardinelli | x119 | kberardinelli@essexct.gov |

www.essexct.gov

Town Clerk's Office

Welcome to Centerbrook, Essex
and Ivoryton

Joseph W. Lux, Jr., 10 Primrose Ledge, Essex
William & Leslie Taylor, 5 New City Street, Essex
Laura Davis, 10 Stonebrook Drive, Ivoryton
John & Corrine Forster, 6 Collins Lane, Essex
Eugen & Melissa Goidenko, 35 Deer Lane, Ivoryton
Nora Bell Painten, 90 N. Main Street, Essex
Mark Lech, 3 Lookout Hill Road, Essex
Michael Gingrave, 85 River Road, Essex
Kevin & Nikol Morrissey, 95 Book Hill Road, Essex
Susan Walker, 17 Partridge Lane, Essex
Peter & Sarah Lardner, 28 Hudson Lane, Essex
Thomas Fay & Jeffery Kuchenbecker, 104 River Road, Essex
Kurt W. Smith, 186 Main Street, Ivoryton
Joseph & Joyceann Greene, 111 Book Hill Road, Essex
Charles & Catherine Hill, 33 Foxboro Point, Essex
Thomas Weintz, 22 Summit Street, Ivoryton

Loss of Residents and Friends

September

Dolores Goff

October

Jean R. Hanor
 Mark Hotchkiss
 Alice Brown
 Paula B. Mitchel
 Robert E. Tanner
 Gary Baier
 Earl W. Brown
 Jean Alsop
 Daniel Wrenn
 Joan DeMary

November

Renze W. Johnston
 Della Palmer
 Thea Putnam
 Thomas Merola
 Edward Woronick
 Richard Aikens

December

Robert Lindsey
 Barbara Earle
 Arthur Howe, Jr.

Submitted by Yvonne Roziak, Assistant Town Clerk



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Fax 860-767-3222

www.ajshea.com

Visiting Nurses of the Lower Valley

Winter Wonderland Wellness

Winter is upon us bringing beautiful snow, thoughts of building snowmen and drinking hot cocoa. It also brings cold temperatures, icy roads and the risk of cold related emergencies, hypothermia and frostbite. Infants, young children and the elderly are at high risk for serious health issues when exposed to extreme cold according to the Center for Disease Control and Prevention.

It is important to think ahead and prepare your home and your vehicle for cold related emergencies. Check your emergency kit. Replace canned foods and water to be sure you have several days' supply on hand. Include items to stay warm like extra blankets, clothing, firewood or a generator. Have your chimney cleaned and inspected if you will be heating with firewood this season. When using space heaters, keep them at least 3 feet away from drapes, bedding or furniture. In case of a power outage, check on infants, and elderly friends and family members. They have more difficulty maintaining body temperature. Be sure they have appropriate warm clothing, food and heat. If you cannot keep warm at home then make arrangements to get to a shelter or stay with friends.

Extreme cold is a strain on your heart. If you have heart disease or high blood pressure check with your doctor and pace yourself if you must shovel snow or work in the cold. Hypothermia and frostbite are also caused by extreme cold. Hypothermia is an abnormally low body temperature. A person with hypothermia may not be able to think clearly or move well. This can happen even at temperatures above 40 degrees when a person gets wet and chilled. Shivering and clumsy fingers are the first symptoms. Infants show bright red, cold skin and seem lethargic. If these symptoms occur, get medical attention, seek shelter, remove wet clothing, use warm blankets to warm the center of the body first and drink warm liquids (non-alcoholic). Frostbite symptoms include a loss of feeling and color in the nose, cheeks, ears, fingers, and toes most commonly. If you notice numbness, and a white or greyish-yellow area of skin, warm the area with warm water or body heat, do not rub with snow or massage the area. Get medical attention.

Hypothermia and frostbite can be prevented by preparing your home and car for cold weather. Don't get caught in the cold, be safe, stay warm. More information is available at: www.bt.cdc.gov/disasters/winter/ or by calling Deborah Ringen MSN, RN-BC Faith Community Nurse at Visiting nurses of the Lower Valley 860-767-0186

About Visiting Nurses of the Lower Valley

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



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3 MAIN STREET/CENTERBROOK

Essex Park & Recreation Department

Mission Statement: Creating the Essex Community through People, Parks, and Programs.

We have a number of new programs and special events planned for the community and we hope to continue our mission of providing recreational facilities and programs for the growth and enhancement of Essex. As always, we appreciate the support of the Essex residents and many community groups and organizations that make our operations a success!

Essex Go Bragh Irish Parade. Park and Recreation is planning the second annual Essex Go Bragh (translated as Essex Forever) Irish Parade & Festival, to be held March 14 (rain Date March 15). The event will feature an Irish-themed parade down Main Street into the heart of Essex Village. All Essex residents and community organizations are encouraged to get involved. You are welcome to walk in the parade and if you are not Irish, then be Irish for a day! Full event information will be posted on our website.

Essex Eggstavananza. Our annual egg hunt will be held on Saturday March 28 at 10:00 am, we will be back at Grove Street Park. The Eggstavananza is open to children pre-school ages to second grade. Join the Easter Bunny for story time at Essex Library at 9:15 am, and plan to arrive for the egg hunt 15 minutes early as we will begin at 10 am sharp.

Parks Update & Highlights...

- Fall clean-up has been performed at all parks, we look forward to a great 2015 in our parks!
- The Ivoryton Green enjoyed the Ivoryton Illuminations decorations for the holidays thanks to the Ivoryton Business Alliance. Our Main Street Park gazebo was also decorated for holidays, as well as holiday greens around town, through the efforts of the Essex Garden Club.
- Our Grove Street Tennis Courts have closed for the winter season but will re-open in the spring.

We will once again host a Boating Certification Course. The US Power Squadron's America's Boating Course. Successful completion of the examination at the end of the course meets the requirements for the Connecticut Safe Boating Certificate and Certificate of Personal Watercraft Operation which will be issued by the CT DEEP. Begins January 27.

Upcoming Spring Programs: Running Rams Track & Field, Tennis, Basketball, Art, Engineering and so much more. Our Summer Programs & Camp Schedule will be posted online in February.

Continued on page 13

Pilates for Life

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Sunday Noon - 7:00 pm

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PARK AND RECREATION...continued from page 12

Park and Recreation Commission Members

| | |
|------------------|----------------|
| Bob Russo, Chair | Peter Sarner |
| Tony Mosa | Tom Clerkin |
| Jim Rawn | Ed Burleson |
| Doug Senn | Ginny Willetts |
| John Bauman | |

The Parks and Recreation Commission welcome the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held the first Wednesday of every month at 7:00 pm at the Town Hall.

Essex Garden Club donates to Shoreline Soup Kitchens & Pantries

Essex Garden Club members collected non perishable food items for the Shoreline Soup Kitchens & Pantries at the club's annual festivities at Essex Meadows. Individual members and the club also donated \$1510 to the SSKP which will be matched by the Gowrie Challenge. Pictured packing the food for delivery are Dianne Sexton and Carol Denham.



Department Staff: Interim Director, Mary Ellen Barnes, 860-767-4340 x110 / mbarnes@essexct.gov.

Contact Us: We welcome hearing from you on our programs, parks, and the operations of our department. Remember to visit our website for updated announcements, program information, online registration and to view our brochure: go to the Town website www.essexct.gov, click "Departments" click "Park and Recreation."

Join us on Facebook as a way to hear about our department and interact with our friends.

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Bringing in the New Year with New Art at Spectrum Gallery

Spectrum Art Gallery and Store of Centerbrook, presents *A Show of Hands: Textile Art* at 61 Main Street. Running through March 15, this show presents work of local and regional fine artists and artisans who depict textiles or use plant, animal, or synthetic fibers to create fine art and practical or decorative objects. The Gallery exhibit includes work by a number of painters, photographers, sculptors, and crafters new to Spectrum Gallery. The Spectrum store is filled with new and unique pottery, jewelry, art glass and more.

The public is now also invited to visit **Spectrum Anytime** in the new online shop: www.spectrumartgallery.org/shop. All purchases support local and regional artists, as well as, provide funds for the programs and exhibits of the nonprofit Arts Center Killingworth and the Arts Center's Spectrum Gallery and Store. Visit the new 2015 art instruction and exhibit schedule on the website calendar.

Spectrum Gallery is open W-F (11 am-6 pm) Sat (11:30 am-6 pm) and Sun (11:30 am-5 pm). The Gallery is an expansion of the non-profit arts organization Arts Center Killingworth, which offers classes, workshops, camps, and musical events for all ages. In collaboration with Spectrum, the Arts Center's mission is to provide opportunities for emerging and established artists to display and sell their work. For information about Spectrum, call (860) 767-0742 and visit www.spectrumartgallery.org. For information about the Arts Center Killingworth, call (860) 663-5593 and visit www.artscenterkillingworth.org.

Essex Historical Society

Sunday Lecture Series

Sundays in January, 3 pm, Essex Meadows, 30 Bokum Road.

An Essex Quilt Turning

Saturday, February 28, 1 pm, Hills Academy, 22 Prospect Street, Essex. Unique opportunity to view, document and turn the quilts on exhibit and in EHS storage. Space is limited; EHS members-only event. RSVP (860) 767-0681.

Sawmill Drill Bit Architecture

Thursday, April 16, 6 pm, Centerbrook Architects, 67 Main Street, Centerbrook. Centerbrook Architects Partner Jim Childress will share the history behind the company's historic structure.

Early American Herbs

Thursday, May 7, 5:30 pm, check EHS website for updated location. Cookbook author Katie Barnes Moose will give a special presentation and cooking demonstration.

Essex Historical Society
www.essexhistory.org or follow us on Facebook
(860) 767-0681

Submitted by Melissa Josefiak
Director, Essex Historical Society

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Compassion Counts: A Shoreline Community Forum Exploring Mental Wellness in an Age of Stress and Anxiety

A collaborative group of shoreline community organizations partnered to coordinate an interactive national dialogue for the shoreline community on Thursday January 29th, at 5:30 pm at the Westbrook High School, 156 McVeagh Rd, Westbrook, CT. The purpose of this event, entitled Exploring Mental Wellness in an Age of Stress and Anxiety was to help improve public understanding of mental health issues in Connecticut and to promote a compassionate conversation. This event was free for the public.

The event featured a live discussion with various mental health experts, consumers, and family members. Attendees were invited to ask questions, share their stories, and learn more about this topic. Presenters included:

- Robert W. Plant, PhD, Senior Vice President, Value Options-CT Behavioral Health Partnership
- C. Squitiero- Mother of son recovering from drug and alcohol abuse
- Lisa Donovan- Child and adolescent psychiatrist
- Alicia Farrell PhD- Cognitive psychologist and daughter of a suicide victim
- B.Allen Professional recovering from drug and alcohol abuse

This event was a collaboration between the following shoreline community organizations:

Aware Recovery Care, Gilead Community Services, Middlesex Hospital, Rushford; A Hartford Healthcare Partner, Child & Family Agency, Community Foundation of Middlesex County, Clearview Consulting & Mental Fitness, Essex Community Fund, Hamilton Educational Learning Partners, Joshua Center Shoreline-Natchaug Hosptial, NAMI Connecticut, Pathways, River Valley Services, Comer Rudd-Gates & Linda Nickerson, Sierra Tucson, Region II Regional Mental Health Board and Turning Point.

Submitted by Lucy McMillan, Director of Development, Gilead Community Services

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2015 Season

Essex Winter Series

Mihae Lee, Artistic Director

February 8, 2015

Valley Regional High School, Deep River
Stu Ingersoll Jazz Concert
Vince Giordano and the Nighthawks
Grammy Award-winners, the renowned band returns to play early 20th-century jazz favorites.

March 1, 2015

Old Saybrook High School
Chanticleer – An Orchestra of Voices
“The world’s reigning male chorus”
— *The New Yorker*. Also Grammy winners, the twelve-voice ensemble will perform a rich and varied program entitled “The Gypsy in My Soul.”

March 29, 2015

Valley Regional High School, Deep River
Mihae Lee and Friends
Artistic Director and pianist **Mihae Lee**, violinist **Chee Yun**, and cellist **Julie Albers** in a thrilling program of piano trios by Haydn, Mendelssohn, and Ravel.

All concerts are held on Sundays at 3 p.m.

Tickets: \$35
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Clean Energy Task Force - Solarize/Essex Update

Solarize/Essex was a program designed to encourage the adoption of residential solar photovoltaic (PV) systems in Essex. The CT Clean Energy Finance & Investment Authority (CEFIA), Smartpower and the Town of Essex sponsored Solarize/Essex. The period for signing a contract for installation was from 4/29/14 to 9/23/14. Sunlight Solar was the chosen installer for Essex.

Prior to the program, there were 8 homeowners who had solar installations with a generation capacity of 44 kW. Now, there are 30 homeowners with a generation capacity of 202 kW. With this program, the generation capacity more than quadrupled.

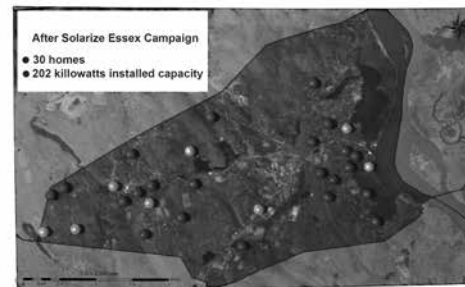
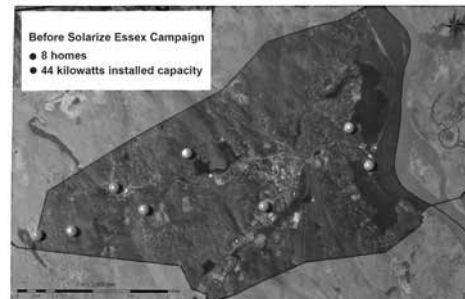
One homeowner is Ron Cozzolino who had a 7.8 kW solar system installed at 161 Saybrook Rd. His system consists of 30 panels (note attached picture). The average monthly generation is projected to be 730 kWh. In the past year, he used an average of 750 kWh per month. This usage is slightly higher than the average household.

During the first month of full operation (November 2014), the system generated 502 kWh, which is about 67% of his average monthly use. During this month, the daily generation ranged from a low of 0.79 kWh on a rainy day to a high of 34.9 kWh on a bright sunny day. November is also a month where the length of the days is shortening and there are a high number of cloudy days.

A Solar Lease paid the above noted system. It will cost the homeowner \$111.00 per month for 20 years fixed with no down payment. There is an additional cost of the monthly CL & P customer service charge of almost \$20 for a total of \$131.00 per month. Previously, the average monthly bill was \$122.00. With the expected increases in the cost of electricity, he feels that he will be "in great shape."



Solarize Essex Update.



Solarize Essex before and after.



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Estuary Council

ECSI is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years!

January 2015 marks the first anniversary of the opening of The Marshview Fitness Center at The Estuary Council of Seniors. The Fitness Center is flourishing with active memberships. If fitness is one of your New Year resolutions, stop in for more information! There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Hours are posted at the Estuary.

Membership Options: Three months - \$50.00, Six months - \$90, Full year - \$150.
Membership Includes: Mandatory fitness

assessment. Three training sessions on each piece of equipment (required) and a one-hour individualized program consultation. To schedule an appointment with Fitness Trainer, Skylar Miers, ATC, call 860-388-1611.

March is National Nutrition month and the annual Buy-A-Wheel campaign in support of Meals on Wheels. Local businesses will sell paper "wheels" for \$1. All proceeds support our local Meals on Wheels program. The Estuary Council provides nutritious meals to seniors at home along the shoreline as well as at Café sites. Meals on Wheels is not just about a meal - our volunteers provide a wellness check with each daily delivery that is invaluable, especially during the winter months. Please Buy-A-Wheel and support Meals On Wheels!

Interested in volunteering? Contact Judy at 860-388-1611. For more information, visit us at <http://www.ecsenior.org>.



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COMMUNITY FOUNDATION
of Middlesex County

Essex Land Trust Events and Programs

Every year the Land Trust organizes a calendar of diverse events including hikes, lectures, nature talks, canoeing and kayaking trips, all featuring expert guest speakers and knowledgeable naturalists. All of these events are free and open to the general public.

Saturday, February 7 at 9 am – Hike of the Month: Bushy Hill Nature Center Director Steven Trojan will lead. Meet at Nature Center at 253 Bushy Hill Rd. Weather depending, a visit to maple sugar shack will be offered.

Saturday, February 21 at 12 pm – Winter Raptors Field Trip. Meet at Essex Town Hall Parking Lot, 29 West Avenue. Eagles, Hawks, and Owls: an outing to search for birds of prey that winter in our region. Several types of raptors may be seen, among many other wintering birds. Novice and advanced birdwatchers are welcome. Led by ELT President Jim Denham and Andrew Griswold of CT Audubon. Bring a bag lunch, binoculars, boots, and warm clothes. Two vans are available to seat the first 14 people who sign up. Limited additional space may also be available. To reserve, please call or email Jim Denham at 860-876-0306 or email at info@essexlandtrust.org by February 17. Inclement weather cancels.

Saturday, March 7 at 9 am – Hike of the Month: Turtle Creek Preserve. Watrous Point Road, off Route 154.



Raptor Trip in February 2014.

Wednesday, March 18 – Osprey Nation: a talk on the resurgence of Osprey in our region – 7 pm Essex Town Hall, 29 West Avenue. A presentation by Dr. Rob Bierregaard, ornithologist, conservation biologist and research associate at the Academy of Natural Sciences at Drexel Univ., and Milan Bull, Senior Director of Science and Conservation at CT Audubon. After a DDT-fueled decline in the 1970's to only a few pairs in CT, this majestic bird has bounced back and is now thriving in our midst. New research, including state of the art satellite tracking and other technology

Continued on page 19

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ESSEX LAND TRUST...continued from page 18

will reveal new secrets of this bird's habits, prey, and migration while outlining the future of this iconic species.

Saturday, March 28 at 10 am – Outdoor Equipment Fair And Safety Seminar. Cross Lots Preserve, 40 West Avenue. Come and learn how to work safely and more efficiently in your garden or woodlot. This event will showcase the latest chain saws, trimmers, blowers, tillers, and other tools for the outdoors. We will also demonstrate their safe operation and provide tips on trimming, pruning, and clearing of trees and shrubs. Sponsored by New England Power Equipment Co. a local dealer. ELT Board member Bob Nussbaum will host. Rain will cancel.

Saturday, April 4 at 9 am – Hike of the Month: Heron Pond Preserve. Heron Pond Road, off Route 154.

Tuesday, April 21 at 7 pm – Butterflies in our Gardens. Essex Library, 33 West Avenue. John Himmelman, naturalist, author/artist of 70 books, and co-founder of the Connecticut Butterfly Association will give a talk on butterflies. Did you know that over 100 species of butterflies can be seen in our Connecticut gardens? Hear about their intriguing lives and learn how to attract and identify these often unnoticed but important animals of our region.

April 30, Thursday at 5:30 – ELT Annual Meeting. Cocktails, and presentation. Hamilton Hall, Essex Meadows, 30 Bokum Road. Join us for the ELT's festive Cocktail Party and Annual Meeting. Light food will be served. Tickets (\$30) for the cocktail buffet (5:30-6:30) will be available at the door. The business meeting and special presentation that follow are free to all. Members will automatically receive invitations. Non-members are welcome. Parking available, but please carpool if possible.

For more information about the Essex Land Trust and these events, please visit our website at www.essexlandtrust.org. or email info@essexlandtrust.org.

Essex Town Hall

29 West Avenue, Essex, CT 06426

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SICURANZA ELECTRIC, LLC



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What are Shingles?

Shingles, also called herpes zoster or zoster, is a painful skin rash caused by the varicella zoster virus (VZV). VZV is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Usually the virus does not cause any problems; however, the virus can reappear years later, causing shingles.

What does shingles look like?

Shingles usually starts as a rash on one side of the face or body. The rash starts as blisters that scab after 3 to 5 days. The rash usually clears within 2 to 4 weeks.

Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. Other symptoms of shingles can include fever, headache, chills, and upset stomach.

Are there any long-term effects from shingles?

Very rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death. For about 1 person in 5, severe pain can continue even after the rash clears up. This pain is called post-herpetic neuralgia. As people get older, they are more likely to develop post-herpetic neuralgia, and it is more likely to be severe.

How common is shingles in the United States?

In the United States, there are an estimated 1 million cases of shingles each year.

Who gets shingles?

Anyone who has recovered from chickenpox may develop shingles, including children. However, shingles most commonly occurs in people 50 years old and older. The risk of getting shingles increases as a person gets older. People who have medical conditions that keep the immune system from working properly, like cancer, leukemia, lymphoma, and human immunodeficiency virus (HIV), or people who receive immunosuppressive drugs, such as steroids and drugs given after organ transplantation are also at greater risk to get shingles.

How often can a person get shingles?

Most commonly, a person has only one episode of shingles in his/her lifetime. Although rare, a second or even third case of shingles can occur.

Can shingles be spread to others?

Shingles cannot be passed from one person to another. However, the virus that causes shingles, VZV, can be spread from a person

Continued on page 21

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WHAT ARE SHINGLES?...continued from page 20

with active shingles to a person who has never had chickenpox through direct contact with the rash. The person exposed would develop chickenpox, not shingles. The virus is not spread through sneezing, coughing or casual contact. A person with shingles can spread the disease when the rash is in the blister-phase. Once the rash has developed crusts, the person is no longer contagious. A person is not infectious before blisters appear or with post-herpetic neuralgia (pain after the rash is gone).

Is there a treatment for shingles?

Several medicines, acyclovir (Zovirax), valacyclovir (Valtrex), and famciclovir (Famvir), are available to treat shingles. These medications should be started as soon as possible after the rash appears and will help shorten how long the illness lasts and how severe the illness is. Pain medicine may also help with pain caused by shingles. Call your doctor as soon as possible to discuss treatment options.

Is there a vaccine to prevent shingles?

Yes. Zostavax, made by Merck, was licensed May 25, 2006 by the Food and Drug Administration (FDA) for use in people 60 years old and older to prevent shingles. This is a one-time vaccination. Zostavax does not treat shingles or post-herpetic neuralgia (pain after the rash is gone) once it develops.

Why is the shingles vaccine only recommended for people 60 years and older?

A person's risk for getting shingles begins to rise around age 50. However, shingles vaccine (Zostavax) is only recommended for persons age 60 and older because the safety and effects of the vaccine were only studied in this group, which accounts for about half of all cases of shingles occurring each year in the United States. Future research will determine if the recommended age for vaccination should be lowered.

Is the FDA-approved vaccine safe?


The FDA has licensed the vaccine as safe. The vaccine has been tested in about 20,000 people aged 60 years old and older. The most common side effects in people who got the vaccine were redness, soreness, swelling or itching at the shot site, and headache. CDC, working with the FDA, will continue to monitor the safety of the vaccine after it is in general use.

How effective is the FDA-approved vaccine?

In a clinical trial involving thousands of adults 60 years old or older, Zostavax prevented shingles in about half (51%) of the people and post-herpetic neuralgia in 67% of the study participants. While the vaccine was most effective in people 60-69 years old it also provided some protection for older groups.

For additional information on this disease or information related to Shingles vaccination, visit the Centers for Disease Control and Prevention website.

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Coming Soon - Updated website

Simply Sharing Passes It Forward

When Simply Sharing President and Founder Alison Brinkmann decided to dedicate her time to a good cause and create an organization that would have a meaningful and lasting impact, she had no idea where that decision would take her. She did know that she wanted to create a collaborative effort, one with a simple, single mission. Through her involvement with the Community Foundation of Middlesex County, Brinkmann saw the potential to help homeless individuals and families in local communities by building a network of shared services and resources. After numerous discussions with leaders from area organizations and agencies, it was evident that there was a great need to secure furnishings and household items for those transitioning from shelters to sustainable and supportive housing. So with a leg up from the Community Foundation of Middlesex County, who provided fiscal oversight and funding, the Essex resident launched Simply Sharing in April 2012 and has been on the move ever since.

“When someone first moves out of a shelter, the money they’re earning usually doesn’t go very far, and many can’t afford furnishings,” explained Brinkmann, “A kitchen table and chairs, beds and sheets, pots, pans and dishes – these are basic household goods many of us take for granted. Yet for individuals and families who have been homeless, these basic necessities are, indeed, luxuries.”

While the concept of collecting donated items for redistribution is not a new one, Simply Sharing takes a more collaborative, personal partner approach on both ends of the process. The all-volunteer, non-profit organization welcomes material and financial donations from individuals and businesses and then works solely through other qualified non-profit agencies and organizations to identify clients that are in the most need of those donations. In addition to the furnishings and funds given by residents throughout Middlesex County, ongoing relationships with Bob’s Discount Furniture, Essex Meadows, Gather, and Realty 3 CT have built a solid foundation of additional resources. Working with Columbus House, Gilead Community Services, The Connection, Inc, Middlesex Hospital and Central Connecticut State University, Simply Sharing has helped well over 50 families get a fresh start in a new home.

That help comes in the well-orchestrated form of Brinkmann and other Simply Sharing volunteers making house calls to pick up donations or receiving them at their warehouse space in Essex, cleaning, selecting and organizing goods for the specific needs of identified families, and then delivering and “setting up” the items in the new living space. “It’s the most gratifying part of our work,” added Brinkmann, “To be able to meet the people you are helping and see their reaction and appreciation for all the good that’s being given to them – it’s hard to keep a dry eye.”

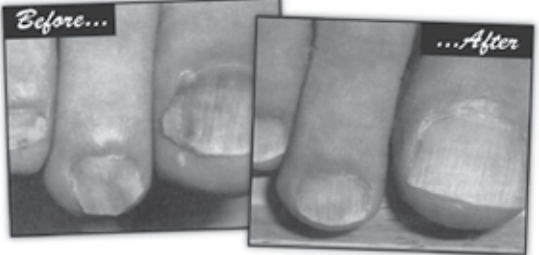
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The spring semester will start with orientation on February 12th. Classes are held at the Middlesex Community College and are open to everyone 50 and older.

The spring session will include everything from a visit with Ben Franklin, Did the Exodus from Egypt really happen?, baseball, opera and space exploration.

The total cost is only \$60. More information can be found at www.mileonline.org or mileatchapman@gmail.com.

Essex - Community Listings

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

CLUBS AND ORGANIZATIONS

Essex Cub Scouts of America (860) 790-0681
 Essex Land Trust (860) 767-7355
 Tri-Town Youth Services Bureau (860) 526-3600
 Essex Garden Club. (860) 767-2860
 Essex Boy Scouts of America (860) 767-3904
 Essex Community Fund. (860) 304-2751
 Essex Historical Society (860) 767-0681
 Ivoryton Company of Fifers & Drummers . . . (860) 767-2237

Clubs and Organizations Continued

The Shoreline Soup Kitchens (860) 388-1988
 SCORE (860) 388-9508
 Essex Board of Trade (860) 767-3904
 Democratic Town Committee. (860) 767-7665
 Republican Town Committee (860) 767-3388
 Essex Little League www.essexlittleleague.org
 Ancient Order of Essex Weeders. (860) 767-7628
 9 Town Transit (860) 510-0429
 Lower Valley Visiting Nurses (860) 767-0186

SCHOOLS

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

Ivoryton Illuminations

Ivoryton was the most "Illuminated" little village in Connecticut during the month of December when the Ivoryton Illuminations lit up the town.

Over 200,000 lights were displayed on businesses in the village and in the park, including the historic Ivoryton Playhouse. Visitors were invited to tune in to 101.5FM to watch the lights dance to music.

All new LED lights were purchased by the Alliance to ensure that the magical beauty of the "Illuminations" would astound all who came to see. Once again the giant evergreen tree, after a year off was fully lighted giving a focal point to the scene.

It was an amazing display and a great effort on the part of the members of the Ivoryton Village Alliance – a group of local business owners and volunteers whose mission is to bring the community of Ivoryton together to celebrate the holidays.



The great evergreen in the park during the Ivoryton Illuminations.

The Shoreline Soup Kitchens & Pantries provide food and fellowship to those in need. Serving the towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River.

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Essex Tree Committee Awarded America The Beautiful Grant

In the fall of 2014, the Essex Tree Committee, was awarded an America the Beautiful (ATB) grant of \$1186 to plant trees in an effort to advance “urban forestry” as outlined by the ATB grant program. These competitive grants are made available to municipalities and non-profit organizations by the Connecticut Department of Energy and Environmental Protection, Division of Forestry (DEEP). The funding comes from the USDA Forest Service State and Private Forestry Program and the Regional Greenhouse Gas Initiative (RGGI).

The Connecticut Department of Energy and Environmental Protection described the Regional Greenhouse Gas Initiative as “a cooperative effort among the states of Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New York, Rhode Island and Vermont to cap and reduce power sector CO2 emissions.” Because of these efforts by RGGI, DEEP Forestry expanded the grant criteria to focus also on reduction of energy use. Additionally, as a result of the recent storms, focus was placed on roadside tree management. Invasive insects such as the emerald ash borer and the Asian longhorned beetle were of great concern to the grant program as well.

Of the seven categories outlined by the ATB grants (see DEEP Forestry website: www.ct.gov/deep/forestry for more information), the Essex Tree Committee concentrated on: planting or maintaining legacy trees, planting or managing trees to reduce energy consumption or increase carbon sequestration, and the management of roadside trees for storm resistance.

Conforming to the 2014 ATB guidelines, the Tree Committee planted 8 non invasive trees at the following locations:

1. An English Oak at the corner of Melody and Walnut streets in Ivoryton
2. A White Oak/Swamp Oak at 44 Walnut St., Ivoryton
3. A Sunset Maple at 46 Comstock Street, Ivoryton
4. A Sweet Gum at 6 Donald St., Essex
5. An English Oak at 46 Dennison St., Essex
6. An American Hornbeam on the West St. strip, Essex
7. A Sunset Maple on High St. at the corner of Prospect, Essex
8. A London Plane (sycamore family) at 168 River Road, Essex.

The grant is a 50-50 grant in which the funding through the state program is matched by an equivalent contribution from the grant recipient. This matched contribution was made by the Town of Essex in the funding of the purchase and planting of the trees.

The Essex Tree Committee under the leadership of Augie Pampel, completed the above plantings by December 2014. On December 1, Chris Donnelly, Urban Forestry Coordinator for DEEP Forestry, came to Essex to inspect and approve the plantings in order that the monies from the grant could be awarded to the Essex Tree Committee in accordance with the ATB grant guidelines. One of his tasks was checking the root flares and girdled roots to make sure the trees were not planted too deeply and assure the roots would not strangle the tree in the future. (see photo on page 27)

The Essex Tree Committee would like to thank Fred Weber and Associates for their help in planting the trees and all the people who worked with the committee to select the appropriate sites for the trees.

If you would like to make a donation to the Essex Tree Committee or discuss a tree memorial, please contact Augie Pampel at: augiepampel@att.net.



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Essex Garden Club

In preparation for the holidays, the Essex Garden Club members decorated merchant window boxes and tubs of the villages of Essex as well as the town park gazebo on Main Street. Using a variety of evergreen cuttings from members and other generous donors from the community, designers helped the town put on a festive face for the “Trees in the Rigging” held in November, and the Holiday Stroll in December.

The “Silent Policeman” was transformed into a tribute to the late Oscar de la Renta, famed haute courtier known for his ruffles and flowing trains. This year’s creation featured an elegant skirt, bodice complete with corsage, topped by a lighted headdress, and was created by Dee Dee Charnok, Gay Thorn, and Sandy Meister, pictured here.

Special thanks go to Goody LeLash and Bette Taylor for organizing the decorating done by the members, and to David Caroline for seeing that the lights were turned on.

The Essex Garden Club extends its best wishes to all the residents of Essex, Centerbrook, and Ivoryton for a healthy and happy new year.



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The Essex Public Library



The Enid Jobson Memorial Reading Garden.

Many improvements to the Library have recently been made, including our new automatic front doors, a particular benefit for the elderly, families with small children, and the disabled, that was made possible thanks to a generous gift from the Friends of the Essex Library. A long overdue replacement of our public computers for adult patrons has also been completed. Outdoors, our grounds have been enhanced with the addition of the Enid

Jobson Memorial Reading Garden, a gift from Enid's family. A special dedication ceremony will be held for it in the spring. Watch for more positive changes in 2015 as we continue to implement our strategic plan.

Children's programs in the next few months include: our winter/spring story hours that will begin in the last week of February and continue through mid-May; two specialty Toddling Story hours; Flannel Boards for ones and twos; and Itty Bitty Baby Programming for newborn children up to 12 months meeting on the first Wednesday of each month at 11:30 am. The Book/Movie/Pizza Club will continue each month with a showing of our favorite book to film selections. In February we will host our first annual Read-a-thon with snacks and prizes. April vacation programming will be available for all ages, and our annual Easter event will be presented in the spring. Our teen Play Unplugged program (ages 13 and up) continues weekly on Wednesdays from 3 – 6 pm.

Programs for adults will include the ever popular Centerbrook Architects lecture series, a terrarium making class, and our ongoing activities such as our book clubs, which now include the new Historical Fiction Book Club that meets on Tuesday mornings, and bereavement counseling sessions.

Please call the library (860-767-1560) for more information regarding programs or to register for upcoming events.

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Gigi Giordano Taylor, x13

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Essex Land Trust – Invasive Species

By Steve Knauth



Phragmites.

Invasive Species – they’re here! Sounds like the title of a sci-fi movie. Unfortunately, they’re a troubling reality.

These non-native plants – trees, shrubs and grasses – are alien to the local ecosystem and their aggressive growth can out-compete and displace indigenous species and greatly affect animal habitat, as well. The state DEEP calls invasive species “a serious problem in Connecticut.”

They are also a concern for the Land Trust. The two most troublesome species are the *Ailanthus altissima* tree and the marsh grass, *Phragmites australis*. “These invasives have been a major problem at many of our properties,” says Tom Rutherford, chief Land Trust Steward. “Cross Lots and Great Meadow have been the primary focus of our eradication efforts and our spending.”

Phragmites australis is an aggressive perennial grass that’s overgrown hundreds of acres of marshland in the lower Connecticut River valley. It favors brackish, tidal water and was once part of the natural ecology. Fifty years ago, according to the DEEP, a “mono-typical” phragmites, different from the native growth, began spreading in our region.

Using underground rhizomes, or vine-like roots, the grass produces new shoots as it grows, forming a complex, interwoven mat. Tall, stiff stalks, growing as high as 20 feet, form thick, impenetrable stands that completely take over the invaded area.

The grasses soak up nutrients used by native plants while blocking necessary sunlight. The thick stands hamper the movements of animals and birds, resulting in a loss of habitat diversity.

The Land Trust is using a 3-year program of biodegradable herbicide application and mowing endorsed by the DEEP.

(A longer method focuses on restoring salt-water tidal flows, as *Phragmites australis* cannot tolerate salt water.) “At Great Meadow we have sprayed and cut roughly 30 acres of phragmites last year and we’ve continued with more treatments this year,” says Rutherford. That would leave room for the native *Spartina alterniflora*, or cord-grass, to grow in.

Ailanthus altissima was first brought to the U.S. in the late 18th century and for many years was a favored tree used in city parks. In Betty Smith’s famous book, “A Tree Grows in Brooklyn,” the *Ailanthus* (also called the Tree of Heaven) was used as a metaphor for its way of thriving in a gritty, municipal environment.

Today, the tree is considered an invasive. It’s possibly the fastest growing tree in the U.S., according to the DEEP, spurting as much as six feet in a year in its early stages. It spreads quickly, both by seeds and by root sprouts, re-sprouting rapidly after being cut.

The tree secretes a chemical from its bark and leaves that inhibits plant growth around it. For this reason, it’s considered a noxious weed in the U.S. and much of Europe, as well as Australia and New Zealand.

At home, Cross Lots is the most affected by these Oriental invasives. In the last two years, with the help of Bartlett’s Tree Services, the Land Trust has removed 20 of the trees – some of them as tall as 70 feet. It’s the first step in restoring the park’s natural plant growth and habitat.

“These activities are part of the land trust’s on-going commitment to conservation and management of the properties we’re entrusted with,” says ELT president Jim Denham. “Acquisition is only the first step in what we do.”

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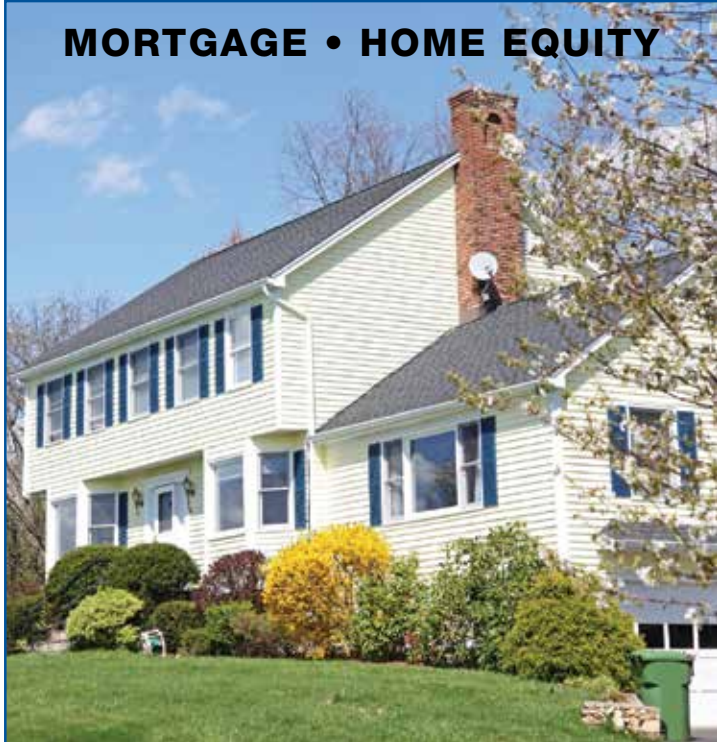
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