Haddam

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Events

Volume 7 • Quarter 2 • 2014



THIS SPRING, SMARTER CARE WILL HAVE A NEW ADDRESS



Middlesex Hospital's Shoreline Medical Center Is Coming to Westbrook

For more than 40 years, the Shoreline Medical Center in Essex, affectionately known as the "Shoreline Clinic," has been bringing smarter care to area residents. But this April, we will redefine what smarter care means. At twice the size of our current facility, our new Shoreline Medical Center will open with expanded 24/7 emergency care—and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state—that's *The Smarter Choice for Care.*

Learn more at middlesexhospital.org/shoreline or call (860) 358-3700

The Smarter Choice for Care

HADDAM SHAD MUSEUM

The Haddam Shad Museum Open on Sundays from 10 a.m. to 3 p.m. from April 7th to June 9th.

The museum, the only one of its kind in the United States, displays the history of shad fishing on the Connecticut River since colonial days. We will be glad to open it by appointment at other times for any groups interested. The museum directors are familiar with both commercial and sport shad fishing.

We are located at 212 Saybrook Road behind the American Oil Gas Station in Higganum. For information call 860-267-0388.



Resident Shirley Cannon with daughter Melinda Kingsbury pruning flowers in the courtyard.

There's no place like home. And now my home is at The Saybrook at Haddam.

Life at The Saybrook at Haddam reminds Shirley of the home and garden she enjoyed in Kansas. Now, she still has an active lifestyle, but no longer worries about maintaining a house, preparing meals, or being alone. With her daughter nearby in Essex, Shirley can relax, knowing there truly is no place like home.

For independent residents, we offer gracious retirement living at an unmatched value.

For residents who need more assistance with daily living, the staff is ready to meet their needs.



Also featuring Safe Harbor, for residents with Alzheimer's or dementia.

An Assisted Living Retirement Community 1556 Saybeook Road, Haddam, CT 06438 www.thesaybrockathaddam.com

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My experience with Polito & Quinn was very positive – especially under some difficult circumstances regarding our son's personal injury case. I would not hesitate to recommend their services to friends and family. – Paige D. –

I want to thank Polito & Quinn and staff for the amazing work. Thank you for being so understanding and caring. I am very happy with your service.

– Erika S. –

If you need a personal injury lawyer they are the ones to call. If I had a question about anything they would give me the truth and if they didn't have the answer they would get it within days. Everyone in this office cares about the injured as well as family. They were very knowledgeable about all aspects of the wellbeing of my family and they actually made my family feel like a part of theirs.

- Graham H. -

Tel: (860) 447-3300 | www.politoandquinn.com

Wrongful Death • Medical Malpractice • Automobile Accidents Practicing In... Mohegan Tribal Courts
Mashantucket Tribal Courts

News From the Assessor's Office

Marilyn R. Baumann, CCMAII, Assessor Tammy Anderson, CCMAI, Assistant Assessor

ASSESSOR'S OFFICE CLOSING

The Assessor's Office will be closed for the annual Assessor's School at UCONN from June 2 through June 6.

SENIOR CORNER

Important News and Application Deadlines

*New*New*New* - Changes made to the Town of Haddam Elderly and Disabled Tax Relief Program - At their May 22, 2013 meeting, the Board of Selectmen voted unanimously to increase the "Maximum Qualifying Income" for the Town of Haddam Elderly and Disabled Program from \$50,000 to \$55,000 effective July 1, 2013. This will commence with the application period of February 1, 2014 to May 15, 2014 for the October 1, 2013 Grand List. All other terms and conditions of the program remain unchanged. If you have any questions please do not hesitate to contact the Assessor's office.

• State of Connecticut Elderly Homeowner's (Circuit Breaker) + Town of Haddam Elderly and Disabled Tax Relief Program - The filing period for these programs is February 1, 2014 to May 15, 2014.

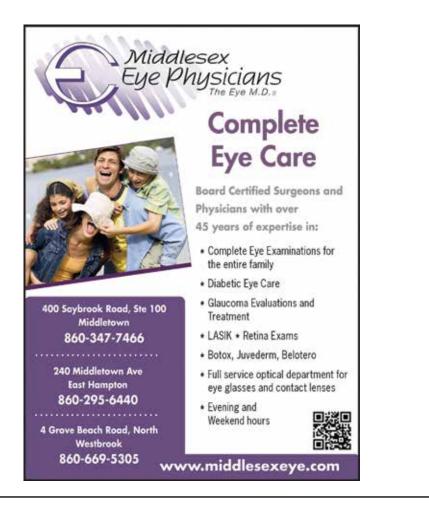
• Additional Veteran's Exemption – The filing period for Additional Veteran's exemptions is February 1, 2014 to October 1, 2014. Proof of income is required when filing for the above programs. Income includes all taxable, non-taxable income as well as social security income. Income requirements range from \$34,100, maximum, for single applicants to \$41,600 maximum for married applicants. Persons who file must be 65 years of age or totally disabled.

Please call the Assessor's Office at 860-345-8531 to make an appointment or to discuss your qualifications.

• Disabled Veterans Please Note: When a disabled veteran receiving an exemption reaches the age of 65+ there is an increase in the amount of the exemption regardless of the percent of disability, even if the rating is only 10%. Please contact the Assessor's Office if you have been receiving a veteran's disability exemption and are age 65 or older.

NOTICE TO COMMERCIAL AND INCOME-PRODUCING PROPERTIES

Income and Expense Statements were mailed to all incomeproducing property owners between April 1 and April 15, 2014. In order to assess these types of property fairly and equitably for the up-coming revaluation effective October 1, 2015, information regarding the income & expense is essential. Connecticut General Statutes, Section 12-63c as amended by





PA 97-254, requires all owners of rental property to provide income and expense information for three years prior to the revaluation. This year's filing of income & expense data is for the 2013 calendar year. The completed Income and Expense forms must be returned to the Haddam Assessor's Office no later than June 1, 2014. Failure to file will result in ten percent penalty applied to the real estate. If you have any questions or need assistance with filling out the form please do not hesitate to contact the Assessor's Office at 860-345-8531.

HAS THE STATUS OF YOUR MOTOR VEHICLE CHANGED -sold, totaled, moved out of state, junked or donated?

The Department of Motor Vehicles (DMV) does not notify the Assessor's office of any motor vehicle changes or change of address. We hope the following information will assist our taxpayers in determining the course of action should a motor vehicle problem or change occurs. This will ensure that you receive any credit that may be due. All documentation must be dated and include the vehicle identification number (VIN).

Please Note: IF YOU TRANSFERRED YOUR REGISTRA-TION PLATE TO ANOTHER VEHICLE YOU DO NOT NEED TO DO ANYTHING. As long as you transfer the plate you will receive credit for the old vehicle when you are billed for the new vehicle.

TWO FORMS OF PROOF ARE REQUIRED TO REMOVE OR PRORATE A VEHICLE:

1. PLATE RECEIPT from DMV indicating that the registration

has been CANCELLED, LOST OR STOLEN.

2. IN ADDITION TO # 1, ONE OF THE FOLLOWING PROOFS.

a.) A copy of the Bill of Sale - The bill of sale is now on the bottom of the vehicle owner's registration form and transfer information must be recorded on the back of the registration form before being submitted to DMV – therefore the seller's obligation is to provide a copy of the signed registration form along with a copy of the plate receipt to the Assessor.

b.) A copy of the Transfer of Title - The seller must provide the assessor with a copy of the signed title and a copy of the plate receipt.

c.) A copy of the new owner's registration – A copy of the registration from the new owner along with a copy of the plate receipt.

d.) Out of state registration – Proof of residency and a copy of registration showing the date the vehicle was registered outside the state of Connecticut along with a copy of the plate receipt.

e.) Stolen or Totaled vehicle – A statement from the insurance company indicating that the vehicle was stolen and NOT RECOVERED or totaled or a copy of the accident report. If the owner did not return the plates then he/she must file a lost or stolen plate form with the DMV and provide us with a copy of the plate receipt.

f.) Junked vehicle – A receipt from junkyard and a copy of the plate receipt.

Continued on page 4







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Assessor ... continued from page 3

g.) Trade-in vehicle – A copy of the purchase agreement identifying the trade-in vehicle and a copy of the plate receipt.

h.) Donated vehicle - A statement from the organization showing the vehicle identification number (VIN) and a copy of the plate receipt. If you move you must, by law, report your change of address to the DMV. You must be sure that the tax town code is changed. This will ensure that your vehicles will be included on the new tax town's tax list. It is important that when you change your address with the DMV that you change BOTH your driver's license AND your motor vehicle registration. If you receive a tax bill for a vehicle you no longer have in your possession do not ignore it.

Please call our office at 860-345-8531 with any questions.

REPORTING ADDRESS CHANGES IS CRUCIAL TO TAXPAYERS!

It is imperative that you report any change of mailing address to the Assessor's office. The mailing address on the Assessor's records is what is used for all tax bills and other correspondence such as assessment information, assessment appeals information, etc. Not only is this information used by the tax collector, it is used by the land use office, building department, selectman's office and other departments.

We have come across many circumstances where the mailing address on record has been incorrect. These incorrect addresses result in interest penalties and other charges imposed by the Tax Collector's Office due to the claim that no tax bill was received. Non-receipt of a tax bill does not negate your liability to pay the bill including any interest or penalties. Therefore, we are trying to spare our residents any problems which may arise from an incorrect mailing address.

Remember, if you move, your mail is only forwarded by the post office for 6 months. In some cases, because the tax bills aren't generated until the following July, your forwarding address has expired leaving the Tax Collector with no current address. According to Connecticut General State Statute we are only obligated to send it to the latest known address. Unfortunately, an incorrect address does not eliminate your liability to pay the bill, including all interest and penalties.

If you elect to receive your mail via a post office box, please note that we are unable to access that information through the post office or any other means, so PLEASE inform our office immediately of any change of that type.

Another important point regarding mailing addresses is that if your taxes are paid by your mortgage company we may not have your current mailing address because the bill is forwarded to them for the life of the mortgage. While this may not affect your tax bill during the mortgage period once the mortgage is paid off or ended we may not have your proper address if we are not notified of any change. In addition, it will affect any other correspondence directed to you.

If you are unsure of your current mailing address, you may call the Assessor's Office to verify the address that we have on file.

Brainerd Memorial Library

920 SAYBROOK ROAD HADDAM, CONNECTICUT 06438 860 345-2204

SEVENTH ANNUAL BRAINERD LIBRARY TASTE OF HADDAM

The Brainerd Memorial Library will hold it's seventh annual Taste of Haddam on Saturday April 26 from 6:00-9:00. So once again come and experience a great evening of food and wine, a silent auction, local restaurants offering samples of their fare, and local liquor stores offering wine tastings. Other beverages will be available. Donations are \$25.00 per person if purchased in advance and \$30.00 if purchased at the door. If there are any local businesses that would like to participate they can call Bruce Ricker at 860 345-8450 or Cindy Muhlbach at the library 860 345-2204. Stop by the library for more information or to purchase tickets.

HOW TO USE YOUR DIGITAL SLR CAMERA

Tuesday April 29th 6:30 - 7:30 pm

Local photographer, Amber Dietz, returns to Brainerd to talk and demonstrate how to use your Digital SLR camera. Do you have a new camera and leave it on "auto" all the time? Amber will show you how to break out and use the manual settings the way they are meant to be used. I know I am guilty of using "auto" - how about you? Register online or by calling the library at 860 345-2204.

CLASSIC AMERICAN FILMS THEN AND NOW

Wednesday, April 30th 6:00 - 8:00 pm

Dawn Hoffman, film critic, leads us on a journey of films from the 1930's to the present day. The first film shown in this series will be *Singin' in the Rain*. Register online or by calling the library at 860 345-2204.

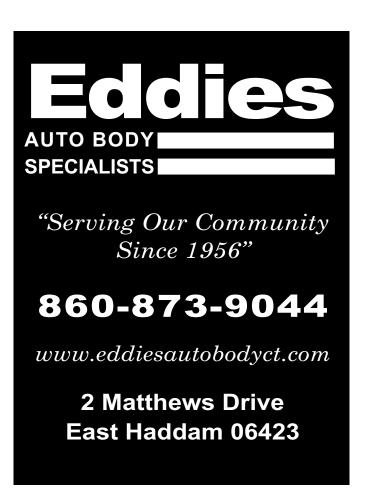
Frozen (PG) Saturday April 26th 1:00 pm

After the kingdom of Arendelle is cast into eternal winter by the powerful Snow Queen Elsa (voice of Idina Menzel), her sprightly sister Anna (Kristen Bell) teams up with a roughhewn mountaineer named Kristoff (Jonathan Groff) and his trusty reindeer Sven to break the icy spell. Chris Buck and Jennifer Lee co-directed this Walt Disney Animation Studios production based on Hans Christian Andersen's beloved fairy tale The Snow Queen.

UPCOMING - IN THE DISPLAY CASE

May - Kim DiMauro of Haddam will have a display of World War 2 items including articles, love letters, sweetheart pillow, picture of ships and miscellaneous items that were found inside a suitcase at an estate sale.





Haddam Land Trust



Haddam Land Trust's Summer Solstice Day Saturday, June 21st

The Haddam Land Trust will be holding a full day of nature programs at its Bamforth Preserve in Haddam. There will be at least four events during the day and guests will be welcome at any or all of the events.

The day will begin at 8:30 a.m. with a Macro Photography class, concentrating on the elusive dragonflies, butterflies and other interesting insects and wildflowers of the meadow. Discover Macro Photography and how the lens of your camera can reveal a world within a world of color and beauty. Bring your favorite point and shoot, mirrorless or DSLR camera... or none at all. Megapixels are really not that important, just patience and a steady hand.

At 11:00 a.m. there will be a program on dragonflies and damselflies. Learn more about these amazing flying insects that keep the mosquito population to a minimum without the use of pesticides.

At 2:00 p.m. the Land Trust will have a cook-out. Hot dogs, burgers and drinks will be supplied. Bring a salad or finger



food and join with us in celebrating the Summer Solstice and the longest day of the year.

Following the cookout (3:30/4:00) will be a program on discovering the birds of the meadow and surrounding wetland and forest.

The Bamforth Preserve is a triangular shaped property consisting of a 24 acre field bordered by wetlands, stream and forest with a walking trail surrounding the field area. Over the last six years the field has been transformed from a seasonal, hay producing area to a field of many different native grasses and wild flowers. In this process it has become a diverse habitat for a multitude of different animals. We hope that you will join us on this day for the cook-out and at least one of our programs.

More information will be available on the Land Trust Website at: www.hltrust.org or

e-mail at hlt_webmaster@hltrust.org as we draw closer to the event date.

Peter Smith

Updates From the Tax Office

Over the last year we have been making some technology updates in the Tax Office. We have a new software company, Invoice Cloud. There are many new features that make life a little easier for everyone, including the environment!

Things you can now do at Haddam.org under the Pay Taxes Online link:

Go Paperless - You now have the ability to have your Real Estate bills emailed to you instead of through the mail! You will get a reminder that the bills are due and if you forgot to pay them. You do not have to pay on line to take advantage of this feature. You can un-sign up at any time.

Reprint Your Bills - If you are tired of looking for your bills in January, you can now reprint a copy of your original bill.

Check Your Balance - If you think you owe a bill, you can always go to haddam.org and search your name. It will show your current balance with interest and fees. If you have a question about a bill, please call us immediately.

Tax Information - You can now check and see when a payment was made and for what amount.

Pay Your Bill On Line -You now have the ability to bundle all of your bills and make one payment. You can even schedule a payment for a specific day. For a fee of \$1.95 you can use a check for an EFT. To pay with a credit card the fee is 2.95% of the total bill. If you owe Motor Vehicles from the 2011 Grand list or older, they are now with our collection agency. You will not be permitted to pay them on line.

Just a reminder that credit cards can only be used for on line payments, we do not take them in the office or over the phone. We have a computer set up in the Town Hall if you need assistance.

Please call the office at 860-345-8531 x 207 or email at taxcollect@haddam.com if you have any questions or comments on the new system.

Kristin Battistoni, Tax Collector Linda Walczak, Assistant Tax Collector

Detour in East Haddam Village

Follow signs to stay on Route 149 In East Haddam Village, Route 82 (Norwich Road) will be closed to through traffic due to reconstruction of two bridges by the State Department of Transportation. The road will be closed north of the Main Street (Route 149) and Norwich Road (Route 82) intersection at Creamery Road. There will be access to local businesses in the construction area. The road closure began on April 15, 2014 and ends on November 1, 2014. Passenger vehicles may use Route 149 to Landing Hill to Maple Ave. to Route 151. All truck traffic must follow the State road detour of Main Street (Route 149) to Moodus Center and Route 151 back to the Route 82 intersection.

For the most updated information, visit the East Haddam municipal website easthaddam.org.

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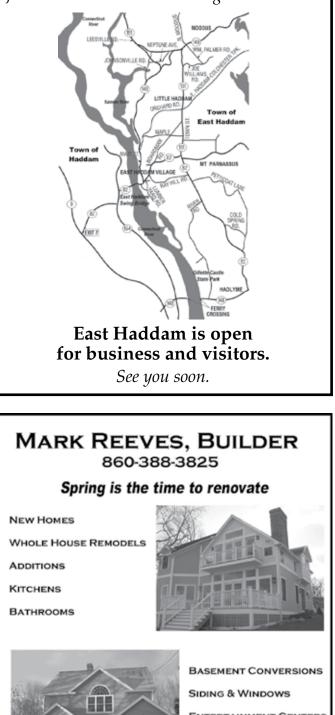
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Town Clerk's Office

Scott R. Brookes, Town Clerk Ann D. Riebold, Assistant Town Clerk

Office Hours: Monday thru Wednesday 8:30 a.m. to 12noon, 1:00 p.m. to 4:00p.m. Thursday 8:30am to12noon, 1:00 p.m. to 6:30 pm Friday 8:30 am to noon.

Phone (860)345-8531 Scott ext. 212, Ann ext. 211 Fax (860)345-3730

Email: Scott R. Brookes, townclerk@haddam.org - Ann Riebold, townclerkasst@haddam.org

TRANSFER STATION

The Transfer Station is located on Route 154, just north of the Haddam Meadows State Park.

If you do not have a private trash collection service, trash and recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$50 fee from the Town Clerk at the Town Office building. The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law.

Hours: Wednesday, 8:00 am - 3:45 pm, Saturday, 8:00 am -3:45 pm, Sunday, 8:00 am- 11:45 am.

All Transfer Station permits expire July 1st. To insure that there is a clear understanding of the rules, please read below:

Permit must be clearly displayed and adhered to the driver's side window shield. Registration must be written on the permit itself. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station.

Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away.

In order to purchase a Transfer Station Permit, please come to the Town Clerk's Office and have the following available: Proof of residency.

Automobile registration.

\$50.00 payment - Cash or Check Only.

Persons may purchase additional stickers for their household

with the following information: Proof of residency. Automobile registration. \$50.00 payment - Cash or Check Only.

CLEAN RECYCLABLES ARE IMPORTANT!

Dirty materials can't be recycled and can attract nuisance insects and animals. Please take care in what you recycle so as not to contaminate the load. WHAT TO RECYCLE: Newspapers, magazines & catalogs, cardboard, mixed office paper, food and drink containers, telephone books, leaves, brush, motor oil, antifreeze, tires, scrap metal, Electronics and some bulky waste.

SWAP SHOP IS NOW OPEN!

SPORTSMEN

2014 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/ firearms safety courses are available on line at http//www. deep.state.ct.us

DEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October 1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEP office or other participating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Con-



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servation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEP Licensing and Revenue at (860) 424-3105.

MARRIAGE LICENSE INFORMATION

STATE OF CONNECTICUT

The Connecticut license must be obtained in the town in which the marriage will take place. You will be asked to show your driver's license, or other form of legal identification. There is no waiting period. The marriage may take place at the time the license is issued. The marriage must take place within 65 days of issuance of the license. The partners do not need to appear at the same time but both must come in and sign the license in person. Cost for a marriage license is \$30.00. The cost for a certificated copy of the license is \$20.00. Applications are now available on line at Haddam. org – Town Clerk's Office.

DOG OWNERS ~ REMINDER

If you have forgotten, please be sure to pay your DOG LI-CENSE fee so that you have the current tag. Our Animal Control Officer will be contacting you, if you are delinquent. Fees: A neutered or spayed dog \$8.00, an unneutered or unspayed dog \$19.00. Kennel License is \$51.00, beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at 30 Field Park Drive, Haddam, CT 06438, along with your fee. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call or email our office.

HADDAM RABIES CLINIC

SATURDAY JUNE 7 12:00 pm - 2:00 pm, Community Center, 7 Candlewood Hill Road, Higganum Animal Control Officer Daun Kowalski will host with Dr. Leroy Holdmeyer, DVM of Higganum Veterinary Hospital volunteering his services again this year. The Haddam Town Clerk and Assistant Town Clerk will be in attendance to process dog licenses. All are welcome to attend. Dogs must be on leashes and cats

All are welcome to attend. Dogs must be on leashes and cats should be in carriers. The fee is \$20 - CASH ONLY - (No credit cards accepted). Prior rabies vaccination certification must be presented for a 3-year rabies vaccine.

For additional information call 860-682-2710.



Haddam Events Announcement

For more than 7 years *Haddam Events* has proudly been serving the town of Haddam and its residents, with town news, and events happening within the town. During that time news and articles were provided to us through the town hall.

We now have the opportunity to go directly to you for Haddam, Higganum and Haddam Neck news, announcements and information that are important to all. We encourage community organizations, town departments and service clubs to send us your information for consideration for publication in *Haddam Events*.

As always, let us know what you'd like to see and how we can continue to be a source of important information and community involvement for you, the residents of Haddam. Please send us your comments, articles, photos, and other information that you feel is important, to kathy@eventsmagazines.com. The next deadline for submission is June 27th.

Thank you, The Staff at Events Magazines

HIGGANUM VETERINARY CLINIC

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HOURS Monday - Saturday 8:30 a.m. - 9:00 p.m. Sunday 10:00 a.m. - 5:00 p.m.

Probate Court Update

The last 36 months have been very busy for the Probate Court. As most of you know, in 2011, the individual town courts were merged into a regional court, serving nine towns. This merger was part of a statewide effort that reduced the number of Probate Courts from 117 to 54. The Saybrook District Court serves the towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. As you can imagine, merging nine courts into one was not a simple matter, but with the help and cooperation of the former Judges and the significant effort of the clerks, we were successful in completing the task. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations have been a financial success in that it has saved the taxpayers \$8.5 million dollars, over the past two fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court has been able to keep its budget the same over the last three and a half years.

Most people understand that we handle all aspects of decedent's estates, however the Court also handles a variety of other matters including determining the necessity to appoint conservators, reviewing the conservator's accountings and restoring conserved persons. We also appoint guardians both for minors, if they are going to inherit, and for adults with intellectual disabilities. We oversee testamentary trusts and trust accountings, we determine custody matters including termination of parental rights and visitation. We also handle name changes and adoptions. We do not process passports, as they are handled at the Old Saybrook Post Office which is just up the street from the Court.

We open and process approximately one thousand new matters, of all types, per year. Some of these matters require hearings and some do not. As a result I hold, on average, 15 to 20 hearings per week.



Last year the legislature adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. The purpose of these new rules is to simplify the probate process and to make it more consistent with other court procedures. Additionally, new forms, consistent with these rules, are available online at www.ctprobate.gov. Most of these new forms are fillable for the convenience of the public. The Court has been busy learning and implementing these new rules and forms. I will write an article about these changes shortly.

In addition to the normal duties of a Probate Judge, I was fortunate to be the only new judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I also joined the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I also attend national seminars annually.

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

Terrance D. Lomme, Judge, Saybrook Probate Court



CAT Swimmers Started the New Year Off With a Splash!

Thirty-two swimmers from The Cougar Aquatic Team (CAT) competed at the Woodbridge Aquatic Club Invitational swim meet held at Albertus Magnus College, January 4 - 5, 2014.

Over 200 swimmers from Connecticut attended this short course swim meet. "At this part of the season I am very pleased with the performances and amount of personal bests that have been achieved. I am looking forward to the Championship season with a very positive outlook" said Head Coach Richard 'Doc' Ludemann.

CAT's 10/U Boys swept their age group, winning first place in most of the events. Top finishers were Kyle Mazziotti (Killingworth) placing 1st in the 50 Freestyle (28.61), 50 Backstroke (35.68), 100 Backstroke (1:15.98), 50 Butterfly (35.40), and 100 IM (1:17.59), and placed second in the 200 IM (2:47.09). Adam Anziano (Killingworth) placed 1st in the 100 Freestyle (1:11.03), 2nd in the 50 Backstroke (40.99) and100 Backstroke (1:26.49), 50 Breaststroke (46.66), 100 Breaststroke (1:33.92), and100 IM (1:23.70), 3rd in the 200 IM (2:54.53), and 4th in the 50 Freestyle (34.18). Noah San Vicente (Higganum) placed 1st in the 100 Butterfly (1:36.55), 2nd in the 100 Freestyle (1:14.53), 200 Freestyle (2:39.57), 50 Butterfly (38.45), and 3rd in the 50 Freestyle (34.12), and 100 IM (1:31.50). Nicholas Carrieri (Killingworth) placed 5th in the 100 Freestyle (1:18.04) and 6th in the 100 Backstroke (1:33.46). The 10/U Girl top finishers were Caroline Duhamel (Madison) placing 4th in the 50 Backstroke (44.72), and 50 Butterfly (42.94), 5th in the 100 Freestyle (1:13.19), and 6th in the 50 Freestyle (36.21). Megan Craig (Higganum) placed 6th in the 100 Butterfly (1:44.47).

CAT's 11/12 Boys top finishers included Drew Donlan (Haddam) placing 1st in the 200 Backstroke (2:33.84) and 500 Freestyle (5:50.17), 2nd in the 100 Butterfly (1:12.95), 3rd in the 100 IM (1:13.49), and 200 IM (2:39.82), and 4th in the 100 Backstroke (1:14.67) and 50 Butterfly (32.13). Dominic Anziano (Killingworth) placed 1st in the 200 Breaststroke (3:06.32), 3rd in the 50 Breaststroke (39.37) and 100 Breaststroke (1:27.83), and 6th in the 200 IM (2:53.44).

Christopher Garrelts (Killingworth) placed 3rd in the 50 Freestyle (30.20), 4th in the 100 Breaststroke (1:30.38), and 100 IM (1:16.50), 5th in the 50 Backstroke (37.76).

CAT's 11/12 Girl included Lily Cox (Old Lyme) placing 1st in the 100 Backstroke (1:12.72) and 500 Freestyle (6:17.93), 2nd in the 200 Freestyle (2:18.63), and 3rd in the 200 Backstroke (2:37.41), 4th in the 100 Freestyle (1:05.55). Lauren D'Amico (Killingworth) placed 1st in the 50 Breaststroke (37.33) and 100 Breaststroke (1:23.44), 2nd in the 200 Breaststroke (2:58.30), 3rd in the 100 IM (1:18.39) and 200 IM (2:49.33).

Continued on page 14



The New Middlesex Hospital Shoreline Medical Center - Open House

The public is invited to a free community open house to mark the opening of the new Middlesex Hospital Shoreline Medical Center on Saturday, April 19, from 10 a.m. to 2 p.m., at 250 Flat Rock Place, Westbrook. The event will feature tours of the new Medical Center; and a health fair that will offer blood pressure screenings, child fingerprint I.D.s, emergency services vehicles; in addition to information about water safety, medication management, diabetes, asthma and weight management for children and families, and the Lifeline service. A roving magician will entertain and create balloon sculptures. There will also be several food truck vendors offering a variety of cuisines for purchase, including Taco Pacifico (Mexican), Hog Wild (barbecue), High Tide (seafood), The Whey Station (gourmet grilled cheese) and the NoRa Cupcake Company.





Cat Swimmers ... continued from page 12

Emma Anziano (Killingworth) placed 2nd in the 100 IM (1:16.10) and 200 IM (2:42.57), 3rd in the 50 Breaststroke (39.83), 100 Breaststroke (1:26.25), 200 Breaststroke (2:58.95), and 50 Backstroke (37.26). Sarah SanVicente (Higganum) placed 3rd in the 100 Freestyle (1:04.81), 200 Freestyle (1:04.81), 5th in the 200 Breaststroke (3:16.93) and 100 IM (1:20.15), 6th in the 100 Breaststroke (1:33.38) and 50 Freestyle (30.94).

CAT's Senior continued the winning streak with Caitlyn VonFeldt (Killingworth) placing 1st in the 100 Freestyle (57.89), 200 Freestyle (2:08.44), 100 Backstroke (1:04.27), 200 Backstroke (2:21.31), 100 Butterfly (1:05.86), 2nd in the 50 Freestyle (26.82) and 3rd in the 400 IM (5:10.60). Jillian Clemente (Killingworth) placed 2nd in the 100 Butterfly (1:07.95), and 200 Butterfly (2:28.28), 3rd in the 500 Freestyle (5:54.49), 5th in the 100 Freestyle (1:01.05), 6th in the 200 IM (2:39.98). Kelsey D'Amico placed 2nd in the 500 Freestyle (5:44.81), 3rd in the 200 IM (2:33.61), 5th in the 200 Freestyle (2:12.01), and 6th in the 400 IM (5:20.95). For the Senior Boys age group, Isaac Waide (East Haddam) placed 1st in the 50 Freestyle (24.59), 200 Freestyle (1:59.21), 500 Freestyle (5:15.36), 200 Backstroke (2:11.66), 200 IM (2:14.99), 2nd in the 100 Freestyle (52.75), and 3rd in the 100 Butterfly (1:01.70).

The Cougar Aquatic Team (CAT), founded in 1985, is a recognized USA swim team that practices at the Haddam-Killingworth High School pool. CAT competes at several locations and colleges around Connecticut and New England. Under the sponsorship of the Haddam-Killingworth Recreation Department, CAT provides competitive training programs where individual needs and goals are given careful consideration. Swimmers are grouped based on ability, age, and objectives. Practices are available seven days a week with incorporated dry land training (strength training and exercises outside of the water), as well as periodic specialized clinics.

CAT is open to swimmers with the desire and determination to succeed in a sport strongly dominated by outstanding student athletes. For more information go to www.catswim.com.

BiCentennial Commemoration of British Raid

This year marks the 200-year anniversary of one of the more significant, yet somewhat obscure, events that occurred in the history of Essex - the British attack on the town which took place during the War of 1812. On April 8, exactly 200 years from the British invasion, a public commemoration, Light Up The Night, will take place on the lawn at the Connecticut River Museum, Essex at 7:30 pm. A full roster of commemorative activities is planned for Saturday, May 10. Reenactments throughout the town, narrated excursions by boat tracing the events along the Connecticut River, historic walking tours, and geocaching, a gps-based scavenger hunt, are being organized. These events will surround the Commemoration

Caption for photo for Bicentennial photo Segment of 23-ft mural installed on the first floor of the Connecticut River Museum. Mural created by noted painter and muralist, Russell Buckingham. In foreground, British Commanding Officer Coote, brandishing his sword. Image courtesy of Connecticut River Museum select weekends throughout the summer and fall.

Essex is already recognized by the State Register of Historic Places as a War of 1812 Battle Site District. Designation as a Battle Site by the National Register of Historic Places is anticipated around the actual anniversary date of the conflict. Public recognition will take place as part of the May 10 commemorative event.

Jerry Roberts, battlefield historian for the National Parks Service grant project concerning this 1814 incursion, has brought it to life through storytelling and a dynamic written account which sheds light on this significant chapter in American maritime history. The release of *The British Raid on*

Day Parade, also known as the Burning of the Fleet Parade, *Es* which is hosted and led by the Essex Sailing Masters of 1812, in a fife and drum corps. This year will mark the Parade's 45th thyear! Additional commemorative activities will occur over

Essex: The Forgotten Battle of the War of 1812 is scheduled in the spring, to coincide near the actual anniversary date of the skirmish. For more information and continual updates of commemoration activities visit BattleSiteEssex.org.

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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), which is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. 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.

ARE THERE ANY LONG-TERM EFFECTS? 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.

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 for shingles.

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

IS THERE A VACCINE? 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.

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

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Run for Chris





The 3rd Annual RUN for CHRIS 5K Challenge will be held on Saturday, June 21, 2014, in Essex, CT. Chris was a 2005 graduate of VRHS and received his Bachelor's in History and Chinese from WVU. Chris appreciated educational opportunities that

introduced him to new places, including his time spent in China. He believed everyone should have similar opportunities to expand their own horizons. In his memory, the Chris Belfoure Memorial Fund keeps his dreams and aspirations alive by helping high school students in our area expand their horizons internationally. His fund has been established at the Community Foundation of Middlesex County (CFMC). This fund serves as a catalyst toward integrating multicultural experiences and learning foreign languages into the schools of the Lower Valley of the Middlesex County. This year a grant was given to VRHS for their trip abroad to France and Spain, where the students lived with families and attended their schools. New this year for the run: it is a certified 5K course; CB4 mile run for ages 7-14; a 2 Mile

Walk. The kids fun run for ages 6 and under continues. Registration: 7a.m.; Fun Run: 8:15a.m.;CB4 mile: 8:30 a.m. and 5K/2Mile Walk:8:45a.m. Great food and a great raffle!

Register online: www.aratrace.com. For more information: "Like" Run for Chris at facebook.com/runforchris, or contact Robin Chapin, robinc83@gmail.com; OR Cathy Bishop, cbishop56@sbcglobal.net; 860-767-0354.

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Business Highlights: Over the next decade **Events Magazines** grew, adding towns along the Shoreline and Connecticut River Valley. Now **Events Magazines** is the town magazine in 14 towns: Branford, Chester, Clinton, East Haddam, East Lyme, Essex,

Guilford, Haddam, Madison, Montville, Old Lyme, Old Saybrook, Westbrook, and Woodbridge! Every quarter over 217,000 readers look to **Events Magazines** for the local town news. As one reader said, "It's our town's bible."

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Business Information: Events Magazines, 18 Industrial Park Road, PO Box 205, Centerbrook, Connecticut 06409. 860-767-9087 www.eventsmagazines.com



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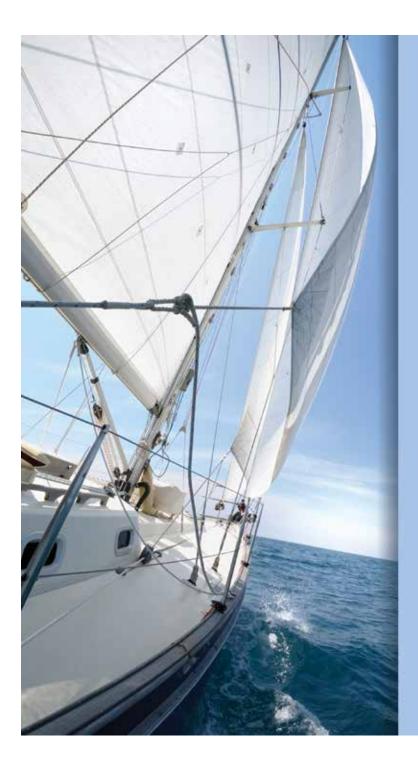


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