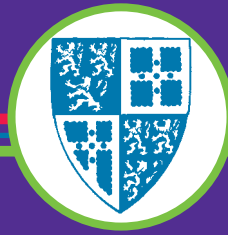


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First Selectman's Corner

School Safety

The most important topic to me these days is school safety. Every parent and every member of our community should know that since last December, public officials and public safety personnel have dedicated hundreds of hours discussing this issue in an effort to address our community needs. Your school administration, led by interim Superintendent Heston Sutman, and your Board of Education, led by Chairman Mario Gaboury, have worked hard evaluating our schools in an attempt to make them safer than they already are. The town's Police Department has also played an important role in making sure our safety procedures, from lockdowns to evacuations, are perfectly executed. Our schools shine as a result of years of forward thinking on safety. But, in light of recent events, we need to double our efforts by tightening past procedures and implementing new Best Practices and procedures.

On January 24 Chief of Police Michael Spera, along with me, our school administrators and several Board of Education members, conducted a "safety walk" inside and outside all our public schools. At every school, we came up with ways to make them more secure without making our schools unwelcoming places. There is a balance between having the children in a safe environment while not making the environment unfavorable to a heightened learning experience. Not only was safety during the school day discussed, but we talked about events that go on after classes are dismissed. Crowd flow at nighttime events needs to be addressed so as to not allow visitors to go where they should not. Our "safety walk" discussed the obvious (more cameras with real time display to dispatchers, panic buttons strategically placed) but also addressed simple structural changes that could be made to one or two of our buildings. I walked away from our 3-hour tour with the firm belief that the Town finds itself in a good place from a security perspective. All credit should go to school administrators, the Board of Education and the Police Department for their hard work over the years. But we will do better and we will make changes. Some changes will be to the buildings, and some changes must be to the culture of the people who use the buildings.

As we move forward with these improvements, bear in mind that the town will be moving our Police Department to a downtown location, as I have previously announced, most likely in 2014. The new station will be within a quarter of a mile of three schools (Goodwin, Old Saybrook Middle and St. John). That in itself will add security to our downtown community. I will continue to be vigilant on this issue and will work cooperatively with all our parents and Town Employees to continue our safe school policies in the Old Saybrook Schools.

The Connecticut Conference of Municipalities recently created a Task Force on School Safety and Building Security. Some of their recommendations to the legislature will be the establishment of a

Statewide School Security Center within the State Department of Education to serve as a central location for school safety information and best practices in order to provide schools with research, training and tools to promote safety. Also, it would require the state to review current

school building codes to ensure they take into account proper safety measures and establish a special state fund of \$100 million to enhance school safety measures including school security assessments. Funding could be retroactive so, if this fund is created and we have made improvements, we may be eligible for reimbursement.

Locally here in Old Saybrook, the School Resource Officer (SRO) Program has been a topic of spirited discussion. Unfortunately, this issue has generated a lot of rumors and misinformation, including that lack of funding is threatening this successful program. Please be assured that the SRO program is strongly supported by the Board of Selectmen and that our Police Department has the budgetary and operational resources to ensure that this initiative continues to play an important role in keeping our children safe for many years to come. I look forward to our community continuing a healthy and honest discussion on school safety that engages our citizens and respects diverse opinion.

Changes Downtown

Shortly after you read this, it is likely the town will be scheduling a referendum on the purchase of 36 Lynde Street in the hopes of transforming the existing building into a new downtown police station. The property to be acquired is 3.8 acres (!) and will partly be designated for public recreational use. We will be seeking ideas on how best to transform this end of Main Street. The parcel on which the now vacated Police Station sits is approximately 1.25 acres. Together, the properties total nearly 5 acres and could be a great opportunity to combine downtown parking with downtown recreational space with the new Police Station not far away. Perhaps a seasonal skating rink next to a dog park? We shall see but we will need your help to assist us in creating a vision for a vibrant downtown that will bring renewed activity and business to our Town.

Enjoy the spring!

Carl P. Fortuna, Jr.
First Selectman



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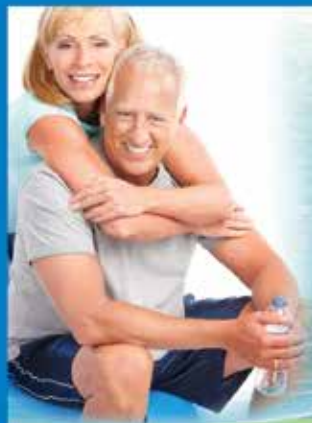


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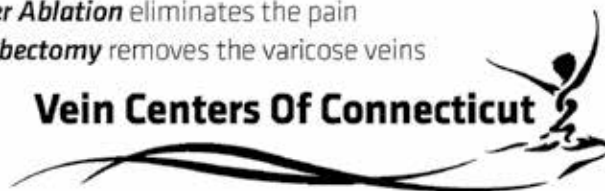


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7 River Edge, **Old Saybrook** - A stunning and secluded shingle-style home with separate carriage house on the Ct. River is extraordinarily constructed of the finest materials and craftsmanship with full service dock, pool, and sandy beach. Exquisite! Listed for \$5,700,000




330 Watrous Point, **Old Saybrook** - Sited on 4 acres fronting the Ct. River with full service dock with lift, this architecturally designed residence is highlighted by vaulted ceilings, custom moldings and walls of windows. A stunning screened porch and mahogany decking make it a summer paradise. Listing for \$3,895,000



40 Watrous Point, **Old Saybrook** - This much admired Ct. River waterfront offers a protected small boat basin with dock, sandy beach, and beautiful pool complex. The 4996 square foot home which was fully renovated and expanded in 1996 boasts a first-floor master suite and remarkable chef's kitchen and family room! Listed for \$3,450,000



2 Neponset Ave., **Fenwick** - Circa 1900 "touchstone" cottage offers spectacular views of Long Island Sound to Ct. River, as well as across the golf course to South Cove. The year round home will need careful renovation to return it its former glory. Listed for \$1,750,000




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Mills Elected to Middlesex United Way Board

ESSEX - William "Jay" Mills, financial advisor for The Oakley Wing Group at Morgan Stanley in Essex, was elected to the Middlesex United Way Board of Directors at the organization's annual meeting Jan. 29.

After graduating from Hobart College in 2008 with a double major in economics and environmental studies, Mills began his career as a financial advisor in at Merrill Lynch in New York City, with a focus on helping everyday people understand complex economic, market, and financial planning issues in a language that makes sense. In 2010 he moved his practice to Essex to join a wealth management team that shared his values, and to be a part of a small, tight-knit community to which he could contribute. Mills also serves as treasurer of the Old Saybrook Chamber of Commerce.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook. To learn more, visit middlesexunitedway.org or facebook.com/middlesexunitedway.

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Community Treasures Variety Show



An Asset-Rich Tradition on Old Saybrook

Spring is certainly in the air and May is just around the corner. And what does May mean in Old Saybrook? Why, it means it's time for friends and neighbors of all ages to dust off their dancing shoes, tune up their instruments and warm up those vocal chords in preparation for the Annual Community Treasures Variety Show, of course!

Old Saybrook Healthy Communities Healthy Youth (HCHY) initiated the first town-wide variety show in 1999 as part of their efforts to "fulfill a vision of Old Saybrook as an

'asset building' community". The first variety show playbill went on to explain their vision thusly, "The assets we speak about are not financial or physical attributes. Rather they are opportunities, skills, relationships, values and self-perceptions that all young people need in their lives". This vision is alive and well today and continues to inspire HCHY and Youth and Family Services to offer our community a myriad of multi-generational asset building opportunities through their family programs throughout the year.

So put on your boogie shoes and prepare to dance at Old Saybrook's 14th Annual Community Treasures Variety Show brought to you once again by Old Saybrook Youth and Family Services through the Healthy Communities Healthy Youth initiative. Curtain call for this year's disco-themed event will be at 6:30 p.m. on May 10th at the Old Saybrook High School auditorium. Tickets will be available beginning April 26th at Youth and Family Services, Shear Madness, Walt's Market, Paperback Café and at the door. For more information please contact Wendy Mill, Program Coordinator at Youth and Family Services at 860-510-5050 or wmill@town.old-saybrook.ct.us or visit the agency's website at www.oldsaybrookct.org/youth.

At the Connecticut Capitol

The Governor's budget proposal, unveiled in early February, has quickly become a lightning rod for criticism from Republicans and Democrats alike.

Conservatives are unhappy because the proposal seeks to increase spending by nearly 10% in the face of impending deficits of more than a billion per year - and borrows far too much. Liberals are upset by some of the spending cuts and feel that taxes, particularly on wealthier residents, should be increased. It appears that everyone is worried about how the proposed elimination of the car tax will impact municipalities, local budgets and property taxes.

Soon the Finance, Revenue and Bonding and Appropriations committees will unveil a budget proposal that, I expect, will be quite different from the Governor's proposal. The committees, controlled by the majority party, will likely rely on more tax revenue to close the budget gap.

In recent years, the House Republican caucus has proposed an alternative budget to create a plan for fiscal reform and



recovery by keeping spending aligned with revenues; maintaining state funding commitments to towns in the areas of education, public safety, transportation, and public health; and funding projects based upon return on investment, i.e., job creation and economic development.

Long-term solutions and planning are necessary to cut state spending and to support a robust business climate for job creation and our collective prosperity.

If you have any questions or thoughts to share on this issue, please feel free to contact me at my office by calling 800-842-1423 or sending an

email to Marilyn.Giuliano@housegop.ct.gov

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

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agents whom they have worked with and evaluate them based upon nine criteria: customer service, integrity, market knowledge, communication, negotiation, closing preparation, finds the right home, marketing of home, and overall satisfaction.

Check out the full article in the March edition of *Connecticut Magazine*.

Again this year...thank you to all the respondents who took the time to answer the surveys and phone calls involved in the research. We really appreciate it and will continue to provide the best service to our clients old and new and to look for ways to improve and do more for each every one of them. Your confidence inspires us.

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Garden Club

Mark your calendar: The Old Saybrook Garden Club's 2013 Gardeners' Market will be held on the Town Green on Friday, May 10, from 3:00-6:00 pm and on Saturday, May 11, from 9:00 am to 2:00 pm.

But wise market shoppers should follow the lead of loyal customer Bill Wightman - and put in a preorder for the plants they want. Mr. Wightman lives on Old Saybrook's South Cove with a stunning view of the marsh, causeway, and river. But he also owns one of the town's smallest, reddest, and best-known dwellings: The Maggie P, a houseboat-cum-beach cottage perched on an island just off the north shore of Fenwick. In summer, both his house and the Maggie P are surrounded by planters full of colorful annuals and fragrant herbs, all of which he buys from the garden club. Drive into Fenwick on any summer day and once onto Sequassen Avenue look to the left and you'll spot a little dinghy that has been converted to a planter - also full of flowers from Gardeners' Market. This burst of floral color marks the entry to the Maggie P. Mr. Wightman's daughter, Prudence Sloane, a special-ed teacher in Norwich, summers at the cottage and tends the plants. Lajla Hanes, a garden-club member and longtime friend of the Wightmans, takes their preorder every year, a partnership that has been going strong for 15 years. "I know how many planters I have and how many plants I need for each," says Mr. Wightman, "so Prudence and I just go down the preorder list and check what we want."

Preorders are the ideal way to buy plants from Gardeners' Market: You get a 10% discount, your plants will be assembled and ready for you to pick up when the market opens, and the very best specimens are chosen to fill the orders. Any garden club member can give you a preorder form and take your order. Or call 860-339-5280 if you'd like a form mailed to you. (Clearly state your name and address if an answering machine picks up; and also leave your phone number.) But there is not much time: Preorders must be returned by April 1.

Plants for sale at Gardeners' Market will include annuals, perennials, hanging baskets, herbs, vegetables, Knockout roses, and plants dug from members' own gardens. "Shabby Chic,"



A dinghy full of flowers marks the entry to the catwalk that leads to the Maggie P, a tiny beach cottage off Fenwick. The original structure, a houseboat, floated there in a storm in 1910.

a terrific tag sale, will tantalize bargain hunters. Little gardeners can pot up a flower at the Kinder Korner. And your sweet tooth can be satisfied at the bake sale - all under a giant white tent. There will also be some surprise items for sale this year!

Profits from Gardeners' Market support all of the garden club's civic and educational endeavors: The Main Street median plantings and Christmas decorations, the Constitution Garden in front of Saybrook Country Barn, the flower bed in front of the fire station, the planters at the library, the Street Garden Recognition Program, graduation flowers for Old Saybrook High School,

and the "Sprouts" program at Goodwin School.

Market profits also pay for The Old Saybrook Garden Club's annual scholarship, which has been increased to \$2,000 for the 2013-2014 academic year. The award may be given as a single scholarship or as multiple smaller grants, depending on applications received. Applicants must be Old Saybrook residents. Public or private high-school seniors as well as current undergraduates at accredited two- or four-year colleges are eligible. Applicants must plan to major in botany, city planning, conservation, forestry, horticulture, land management, landscape design, or environmental science. Students attending Old Saybrook High School or Mercy or Xavier in Middletown can pick up an application from the school-counselor's office. Others should request an application by writing to Betty O'Brien, Old Saybrook Garden Club, P. O. Box 113, Old Saybrook, CT 06475. Applications are to be completed and returned by April 26.

On Monday, April 1, the garden club invites the public to a presentation, "New Trends in Floral Design from Your Garden," by June Klopfer. Ms. Klopfer owns Garden Designs in Norwalk, which specializes in renovating and redesigning gardens. She is also a noted floral designer and a Life Accredited National Garden Clubs Flower Show Judge. The program will be held at St. Paul Lutheran Church, 56 Great Hammock Road, Old Saybrook, and will begin at 2:00 pm. There is no charge.

The Old Saybrook Garden Club warmly welcomes prospective members. For information, call 860-388-3213.

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Historical Society

Dedicated to Preserving, Protecting and Promoting the History of Old Saybrook

Archaeologists Seeking Location of Saybrook Fort

In recognition of the national significance of the Pequot War (1636-1637), the Mashantucket Pequot Museum & Research Center received funding from the National Park Service American Battlefield Protection Program to document the site of and events at Saybrook Fort (1635-1647) on Saybrook Point.

In 1636, Saybrook Colony and Fort were plagued with fear as an inevitable war with the Pequot approached. After Massachusetts Bay soldiers raided Pequot territory in September, the Pequot responded militarily against Europeans in Saybrook, where numerous battles took the lives of more than twenty English settlers.

With the Old Saybrook Historical Society, the Mashantucket Pequot Museum will install a new exhibit at the General William Hart House in May of 2013. This exhibit will detail the Pequot War and the "Siege and Battle of Saybrook Fort", and upcoming summer 2013 archaeological work at the historic battlefield in Old Saybrook.

Archaeological work by University of Connecticut Archaeological Field School students and professional archaeologists, led by associate professor Dr. Kevin McBride will attempt to locate the original Saybrook Fort site and actions associated with the Pequot War.

Contrary to popular belief, preliminary research suggests that remains of the original Saybrook Fort (1635-1647) still exist and were not removed during the late 19th century Connecticut Valley Railroad construction.

Archaeologists will search for remaining physical evidence of the fort, its structures, as well as battle-related artifacts that could indicate the location of military actions.

Additionally, the development of a preservation advocacy partnership between local residents, Town of Old Saybrook, the Old Saybrook Historical Society, and Connecticut's Office of Culture and Tourism will help preserve cultural resources associated with the "Siege and Battle of Saybrook Fort."

Led by the Mashantucket Pequot Museum with the University of Connecticut, the "Siege and Battle of Saybrook Fort" is part of the Battlefields of the Pequot War project, which uses primary documentation and archaeological results to better understand the War.

Using remote sensing and traditional archaeological methods, work has already yielded surprising information. Most importantly, the project has generated new perspectives and engaged audiences about the preservation of historic sites and the legacy of the Pequot War.

Visit www.pequotwar.org, or contact the Mashantucket Pequot Museum researchers at (860) 396-6868 for more information.

Remarkable Women of Old Saybrook

An unusually large number of women with Saybrook

connections have made important contributions to their fellow human beings. Their meaningful lives hold lessons for all of us. A new publication has just been released by The History Press that chronicles this story of the "Remarkable Women of Old Saybrook."

Among the well-known women are the universally recognized actress Katharine Hepburn and such locally loved individuals as Miss James, Katharine "Goodie" Goodwin, and Barbara J. Maynard.

Other outstanding but less well-known individuals include the founder of a women's college, an accomplished but unrecognized early novelist, a fighter for women's divorce rights, a missionary who became an early physician and psychologist, an beloved educator who is memorialized at the U.S. Capitol, an advocate for women's suffrage and birth control, a prominent best-selling African-American author, young women who sent hometown news to World War II service people, a successful business women, an author and historian, and a community minded women's group.

These Saybrook women led important and inspirational lives that contributed to the wellbeing of others. They exemplified characteristics of strength and determination and a sense of purpose. They were trailblazers for greater opportunity and a better future.

"Remarkable Women of Old Saybrook" is available for \$21.99 at Harbor Books and local stores as well as from the Old Saybrook Historical Society.

Gardeners Wanted

The Historical Society needs a few dedicated volunteers to work in the Hart House gardens one morning a week. Join the group, make new friends and make a difference in the appearance of the Hart House gardens. No experience? No Problem! Learn from the ground up. Call Garden & Grounds Keeper Linda Kinsella, 860-395-1635.

Coming Up

- Chapman Lecture held in cooperation with Acton Public Library, May 23, 7:00 p.m. at the Library, 60 Old Boston Post Road. David K. Leff, tells the rich stories behind Connecticut's overlooked landmarks and landscapes: "Hidden in Plain Sight, A Deep Traveler Explores Connecticut." No charge. Public Invited.
- Antiques Sale & Appraisal Day on the Hart House Campus, June 1. Bring your treasures for an expert verbal appraisal. Purchase new can't-do-without-antiques from select dealers.
- Chamber of Commerce breakfast at the Hart House, June 7, 7:30 - 9:00 a.m.
- Historical Society Member & Guest Reception, at Hart House Gardens, 4:00 - 6:00 p.m.

Membership in the Old Saybrook Historical Society is open to anyone interested in preserving, protecting, and promoting Saybrook history. For further information, call 860-395-1635.

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R.E.A.C.H. Team

So what does R.E.A.C.H. stand for? Responsible, Educated, Adolescents, Can, Help! R.E.A.C.H. has 33 members at the high school who meet weekly to promote substance-free awareness and a healthy community.

REACH has organized several events this year that support this mission:

- The Sticker Shock Campaign in collaboration with OSPD and local package stores to raise awareness about social hosting liability
- Fundraising and participating in Walk Like MADD walkathons, in support of Mothers Against Drunk Driving
- Pasta Dinner/Movie Night at OSHS for students
- Attended a training with the Governor's Alcohol Prevention Task Force

The REACH team will be involved in different wellness days at both OSHS and OSMS in upcoming months facilitating seminars during Wellness Day at the middle school around the transition into high school culture, affects drugs have on the adolescent body as well as healthy alternatives, poetry slam for both middle and high school students, family movie night and participation in the spring Walk Like MADD event. R.E.A.C.H. is a team filled with passionate students how wants to connect and provide awareness, education, and healthy alternatives to their peers and community. Stay tuned to find out what they will bring to Old Saybrook next!

Chelsea Graham
MSW OSYFS Clinician and REACH Coordinator

Health Clinics

Tina Belmont, RN with the Visiting Nurse Association of Southeastern Connecticut continues her free weekly health screenings and clinics for Old Saybrook residents. Tina's Nurse Managed Clinics give patients an opportunity to ask health related questions, have lab reports explained and



answer questions on medications. She can also provide information on healthy eating for diabetic's and low sodium, low cholesterol diets as well as assist with doctor appointments. Home safety evaluations and adult health supervision screenings will also be available at that time.

April 2	Blood Pressure Screening
April 2	Blood Pressure Screening
April 4	Nurse Managed Clinic
April 4	Blood Pressure Screening
April 4	Blood Pressure Screening
April 9	Blood Pressure Screening
April 9	Blood Pressure Screening
April 11	Diabetes Screening
April 11	Diabetes Support
April 16	Cholesterol Clinic
April 16	Blood Pressure Screening
April 16	Blood Pressure Screening
April 18	Blood Pressure Screening
April 18	Blood Pressure Screening
April 23	Foot Care Clinic
April 23	Blood Pressure Screening
April 23	Blood Pressure Screening
April 25	Blood Pressure Screening
April 25	Blood Pressure Screening
April 30	Blood Pressure Screening
April 30	Blood Pressure Screening

Estuary Council of Seniors 12:30 – 1:30
Saye Brook Village 2:00-3:00
Estuary Council of Seniors 11:00-12:00
Estuary Council of Seniors 12:30-1:30
Acton Library 2:00-3
Estuary council of Seniors 12:30-1:30
Food Pantry 3:00-4:00
Estuary Council of Seniors 7:30-9:00
Estuary Council of Seniors 9:00-10:00
Estuary Council of Seniors 9 :00-11:00
Estuary Council of Seniors 12:30- 1:30
Old Saybrook Food Pantry 3:00- 4:00
Estuary Council of Seniors 12:30-1:30
Acton Library 2:00-3:00
Saye Brook Village 8:30-10:30
Estuary Council of Seniors 12:30-1:30
O.S. Food Pantry 3:00-4:00
Estuary Council of Seniors 12:30 – 1:30
Old Saybrook Acton Library 2:00-3:00
Estuary Council for Seniors 12:30-1:30
Old Saybrook Food Pantry 3:00-4:00

VNASC offers full-service in home health care by providing skilled nursing and physical /occupational therapy for those who are acutely or chronically ill; and home health aides to assist with activities of daily living. Tina will coordinate care for residents who have insurance or Medicare as well as those who may need assistance with paying for their care. To make

a referral or to ask for services you may reach Tina at 860-510-0035. For more information on visit www.vnasc.org or call 860-444-1111.

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Pres/CEO VNA of Southeastern CT

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Wastewater Management District

Benefit Assessment Relief for Certain Elderly and Disabled Homeowners

ELIGIBILITY FOR BENEFITS

- Owner of residential dwelling used as homeowner's primary residence
- Attained age sixty-five or over at the close of the preceding calendar year
- Fifty years of age or over and the surviving spouse of a homeowner who at the time of his/her death had qualified and was entitled to benefit relief
- Either owner and/or spouse shall have resided within this state for at least one year before filing claim for benefit relief
- Has not attained age sixty-five and is eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security

INCOME ELIGIBILITY FOR BENEFITS FOR 2013

- Not in excess of \$33,900 for Unmarried Homeowners
- Not in excess of \$41,800 for Married, Filing Jointly, Homeowners

APPLICATION REQUIREMENTS

- Previous Year Income Tax Return
- Past Two Months Bank Statements
- Verification of Any Other Income Sources (Includes, but not limited to)
 - Child Support
 - Alimony Received
 - Taxable Pensions, IRAs, Dividends
 - Taxable and Non-Taxable Interest
 - Social Security or Railroad Retirement Income

WPCA Update

In December, the WPCA requested the Town's GIS (Geographic Information Systems) software provider add another thematic overlay to the Map Geo program, which is accessed via the Town website. The map is called the Wastewater Management District Overlay. When the overlay map is turned on, users can tell at a glance via coloring if a property is in the District. This one-stop-shopping eliminates the need to research with another facility. We have included the instructions for its use in this issue.

Note: Besides the overlay map, neighborhood maps online and in our office, list of properties attached to the WWMD Ordinance, and filing in the Town Clerk's Office, there is an indicator on each Property Record (AKA Field or Street) Card. Under "Notes" it will say "WWMD Ordinance" with volume and page numbers, if the property is in the District.

Subsequent to the addition of the map overlay, the

WPCA has accepted a proposal from the GIS vendor to develop a database to track properties through the WWMD program. This will be linked to Map Geo via each property and accessible to the public on a Read Only basis. The staff, Health District, and engineers will use the database to upload and share field, administrative and/or financial data.

The other important item this winter is the rolling out of the Benefit Assessment program. Now that nearly 200 septic systems have been upgraded, the recoupment process must begin. Before the actual assessment bills are released, notifications are made and public hearings are held. Included in this issue are the Benefit Assessment Relief guidelines.

Please feel free to stop into our office on the 1st Floor of Town Hall, call 395-2876, or attend our bi-monthly meetings on the 2nd and 4th Mondays in Town Hall. Or for further information please refer to our website at www.oswpca.org.

WPCA District Overlay Map

The WPCA has added an overlay to the Old Saybrook GIS program (MapGeo) which enables residents to access maps and property data for all the parcels in Town. The map shows the 15 neighborhoods that will require septic system upgrades in the next 8 years.

To view the map, begin with the orange box on any page of the Town website.

Then in the center of the page choose - MAPS AND ASSESSMENT DATA - Click here to open MapGeo.

You may then search properties. To see the map (or any

other thematic overlay) click the "Maps" box and choose a "Thematic Overlay" from the drop down menu. The Wastewater Management selection shows the entire Town with WWMD neighborhoods shaded in when zoomed out. The map can be printed out as well by choosing "Printable Map." There is also a legend identifying the colors of the different neighborhoods and water proximity lots. For further information on the WWMD program please visit either the WPCA pages on the Town website or the WPCA website at www.oswpca.org.

Holiday Campaign Celebrated Shoreline Seniors



*L to R: standing Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy
Kneeling: Morgan Wilderman; Mahlah Givehand; Sophia D'Ambrosi*

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors,

area students took their turn at bringing holiday cheer to shoreline seniors on December 19.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.

*Estuary Council of Seniors, Inc. - Regional Senior Center
Serving Chester, Clinton, Deep River, Essex, Killingworth,
Lyme, Old Lyme, Old Saybrook, Westbrook*

Estuary Council Regional Senior Center

ESTUARY COUNCIL REGIONAL SENIOR CENTER
220 Main Street, Old Saybrook (860) 388-1611

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more!

Save the Date - April 27! Painted Chair Auction: The Second Seating! Artists and sturdy, wooden chairs and small benches and tables wanted. The finished furniture will be auctioned at our event to benefit Meals on Wheels in 10 towns along the shoreline.

Call Rhonda at 860-876-7340 if you are interested in donating a small, sturdy furniture piece, or, if you have an interest in turning a wooden piece of furniture into a piece of art to be auctioned.

"Buy A Wheel" for \$1 Meals on Wheels Fundraiser - During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors.

Please buy a wheel to provide a meal for a senior citizen in your town!

Meals on Wheels - hot meals for homebound seniors, delivered to your home. Call Peg at 388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are

supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

Café Meal Sites - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

Stan Greimann Estuary Medical Outpatient Transportation - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

Classes and Activities: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

Estuary Thrift Shop: Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

Donate your car or boat to the Estuary Council! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

Volunteer Opportunities: Call Judy at 860-388-1611.

Shoreline Public Transit Continues Transformation

A tremendous transformation has been underway over the past three years at 9 Town Transit, the shoreline's public bus system. The district has overhauled its hours, destinations and appearance to better serve the region.

Since 2009, 9 Town Transit has expanded the reach of its services. Public bus service is now available from Old Saybrook to New Haven, New London, Middletown and Hartford, and new service was recently added in Haddam. Free connections can be made onto neighboring transit districts including CT Transit, Southeast Area Transit and Middletown Area Transit.

During this time hours have also been increased. In the past, service was offered mid-day, making commuting difficult. Today, service is available from 6:00 a.m. until as late as 7:45 p.m. This has resulted in over fifty percent of all trips being work related, and an increase in riders under age sixty to eighty percent of all trips.

9 Town Transit has also remodeled its buses to be more attractive and better meet the needs of passengers. Larger buses have been placed on routes that were overflowing with passengers, and smaller buses purchased for the Dial-A-Ride service. All of the new buses have a new blue and green paint scheme that grabs the attention of passersby. By late Spring of 2013, all of the buses will have the new design. In addition, 9 Town Transit has invested been a leader in alternative fuels. Forty percent of the fleet is now hybrid electric, resulting in lower fuel costs and a cleaner shoreline.

Most importantly, 9 Town Transit has seen an eighty percent increase in ridership. With the 2013 fiscal year expected to top 100,000 trips, 9 Town Transit is an important part of the shoreline's transportation infrastructure and economy.

Additional information, route maps and schedules are available online at www.9towntransit.com or by calling 9 Town Transit at 860-510-0429.

Meet Your Zoning Council

Chairman, Bob Friedmann has served on Zoning for more than 20 years. A baker, beer-maker and chemist (retired), he pays attention to details. He has chaired meetings with hundreds of concerned people in attendance, even one outdoors when we exceeded the meeting room's capacity. Other meetings may have few people present, but they are all important to Bob.

Vice Chairman, Madeleine (Madge) Fish Service on a Land Use Commission is a way I can contribute to our town says Madge. After serving as Clerk for the ZBA, Madge became a student of Land Use and continues this study today. She has served as an alternate and then member of the Zoning Board of Appeals, member of the Inland Wetlands Commission and currently she serves as the Old Saybrook Representative on the CT. River Gateway Commission.

Secretary, Geraldine (Gerri) Lewis, a paralegal during the day, Gerri has served on the Zoning Commission for going on 10 years. She started out as an alternate and became a regular member about 6 years ago. Gerri has attended Land Use Seminars and any training that is available to her. She has served on the Board of Assessment Appeals. Her town is important to her and she enjoys serving and contributing to the town of Old Saybrook in any way she can.

Regular Member, Charles (Charlie) Sohl has served on the Zoning Board for going on 9 years. Charlie is also the liaison to The Inland Wetlands Commission and currently serves as Vice Chairman. A retired lawyer, with advanced study in many land use related fields, Charlie has great pride in the Old Saybrook projects that he has contributed to.

Regular Member, John Talbott and his wife, Anne, retired to Old Saybrook in 2004. They had a variety of work experiences in Texas, California, Tennessee, and Washington, DC. Old Saybrook was their choice for retirement. The quality of life, the natural beauty of the area, and the many good people in the community all were incentives for settling here.

Alternate Member, Tom Farnham is the principle owner of Farnham Associates, a Manufactures' Representative Agency covering the electrical distribution market in Connecticut and western Massachusetts. Tom's extensive business experience in starting and running his own business plays a vital role in his position on Zoning. It is Tom's goal to keep our town moving forward with a commitment to consistent development and conservation, which has made Old Saybrook a wonderful place to work and live.

Alternate Member Elizabeth (Liz) Steffen, has served on the Zoning Commission for over ten years. During that period she has availed herself of every land use training seminar offered so as to be an informed commissioner. How we use and not misuse the land is important now and for the future of Old Saybrook and this affords me a way of giving back to my community says Liz.

Alternate Member Rob Richards, newest member since 2012, is an Old Saybrook resident for almost 6 years. Rob and his wife Maura (Economic Development Commission) have two children. Rob is a volunteer coach through the Parks & Recreation Department and enjoys being outdoors. Rob hopes this will be the first of many ways in which he is able to serve the Town.



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Parks & Recreation

Now that winter has finally ended the Parks & Recreation department is planning new spring programs for all to enjoy. What better way to start out spring then to have a fishing derby? The Family Fishing Derby at Crystal Lake - Clark Community Park on Schoolhouse Road, Saturday April 27 from 7:00 am - 10:00 am. The lake will be stocked with lots of trout! Hot chocolate, coffee, donuts and hotdogs will be available to all who fish. Prizes will also be awarded for those who catch a fish. Join us for this great family event. \$5.00 per person, register at the Parks & Recreation office.

Join us on March 23 for the Annual Easter Egg Hunt. Find all the candy the Easter Bunny left behind. A great way to kick off the Spring season. Hunt start at 11:00 am for 2 - 4 yr olds, 11:15 am for 5 yr olds to First graders, and 11:30 am for 2nd & 3rd graders. Event is co-sponsored by the Old Saybrook Lions Club and is free an open to the public.

The Annual Old Folks Rock Hunt will take place on Friday March 30. The Rock hunt is designed for 4th – 6th grades. Different colored rocks will be hidden in the trails at Town Park on Schoolhouse Road. Kids find a rock and turns them in for Candy.

There is a Tee-ball program for children in grades K - 2 beginning in May. Old Saybrook Parks & Recreation Tee-Ball program is designed to teach skills, encourage team work, provide fun, and to build self esteem. Tee ball is an excellent intro to baseball and softball. Participants in kindergarten to second grade will play games on Saturdays beginning May 4 and ending June 8. Program lasts for six weeks. First and second grade teams will be primarily coach pitch and practice once a week. All players receive a shirt & hat. Coaches are needed!!!

Summer is not to far off and registration for the popular and action packed summer camps will begin April 2. Summer camp runs Monday - Friday for 1st - 5th graders from 9:00 - 4:00 pm, with Before and After care hours available. Camp will feature lots of games, arts-n-crafts, beach days, bowling, special out of town trips, and water days.

Children age 4 - 1st grade can participate in the Junior Playground program that meets Monday - Thursday at the

Goodwin School from 9:00 am - 12:00 pm. Children will play tag games, listen to stories, arts-n-crafts projects, water activities, free time, and more. Class size will have a 1 to 5 ratio

We will also be offering a Camp for 6th - 8th graders that will run on Mondays, Wednesdays & Fridays with hours of 9:00 am - 4:00 pm and will meet at the Recreation Center in the Teen Center. Each Friday will go on a Trip with a water theme. Games, mini-golf, bowling, and more will also be enjoyed. Space is limited so sign up early.

Town Beach is open for the season starting Memorial day weekend running thru Labor Day Weekend. Lifeguards will be on duty weekends only until June 15, then daily thru Labor Day weekend. Town beach requires that you have a Recreation Parking Pass to park at the beach. Recreation Parking passes are available to Old Saybrook Residents/Property Owners and may be purchased at the Parks & Recreation Office. Beach Parking passes go on sale May 1, car registration required.

Harvey's Beach is open for the season starting Memorial day weekend running thru Labor Day Weekend. Lifeguards will be on duty weekends only until June 15th, then daily thru Labor Day. Harvey's Beach is open to the public with a daily parking fee of \$10.00. Season passes are available at the Parks & Recreation Office. Harvey's Beach has a shower tower and Men's and Women's changing room/bathrooms.

Attention, the Parks & Recreation Department has some great summer positions available. Application are being accepted for camp staff, certified lifeguards and parking attendants Stop by the office on 308 Main St. Monday - Friday to fill out an application, the sooner the better! Note that certain position have age requirements.

It is this Department's hope that everyone will enjoy these programs, and the many diverse facilities this spring & summer. Registration is required for all Parks & Recreation activities please stop by the office or visit our website at oldsaybrookrec.com. Registration for all Spring/Summer programs begins Tuesday April 2. For program questions call 395-3152.

Accolades for Events Magazines!

I've always enjoyed reading *Events Magazines*. I've lived and worked on the shoreline most of my life and love to see what's going on and look at the ads for local businesses. I think it's important to shop local and support our fellow businessmen and women.

As a graphic designer, the look of the magazine is clean, stylish and classy. Keep up the good work.

*Bette McLean
L.E. Designers, Inc., Old Saybrook, CT*

Getting Ready for Kindergarten

Ready?

As a parent or caregiver, you can help your child succeed in kindergarten.

Research shows that language development (speaking and listening) during early childhood is important for success in school. Children don't need to know how to read before kindergarten, but they need to practice many skills to get ready. They love repetition and hearing the same sounds and stories over and over. This builds strong pathways or bridges in their brains to help learning. You can help with two main activities - talking to your child and reading aloud. Children who hear a variety of words from adults recognize and understand important concepts when they begin to read. Your partner in this process is your library, with free books, activities and advice.

Set?

Children's play is their work, and they learn by doing and experimenting. Fascinated by the world around them, they love to ask questions and talk about everything. You increase their curiosity by showing interest in what they are saying. Pre-schoolers are learning about letters and sound, pictures and print. When you read to children, you teach them how letters and words work, how to hold a book, turn pages, listen and gain meaning from the written word. At this age, children also develop a basic understanding of numbers, can match and label shapes, identify colors and understand spatial concepts.

Go!

Most children entering kindergarten can perform tasks in the following areas at least sometimes. Your child's development may be a little faster or a little slower in a certain area. Have patience, trust your judgment and don't be overly critical. If you make time for your child and have fun, the rest will follow.

Readiness Areas before child enters school:

1. Speak and Listen - Use and understand many words, Use language to communicate. Speak in Complete Sentences. Ask questions. Make simple rhymes. Make up and share personal stories about his or her interests.

2. Read and Write - Show and interest in reading activities. Select familiar books and tell why he or she likes them. Retell favorite stories from books. Recognize some letters. Recognize and print his or her first name. Use pencils, markers and crayons to draw and write.
3. Use Mathematics - Be curious about and interest in number-related activities. Describe and talk about objects that have different sizes, colors, shapes and patterns. Sort items by "same" and "different." Sort familiar objects from smallest to largest, shortest to tallest and lightest to heaviest. Use words like, "near," "far," "top," "bottom," "under," "first," "second" and "last" to describe the position of objects. Count and match the number to an object. Recognize some numbers.
4. Build Physical Ability - Choose activities that use his or her body. Dress himself or herself independently. Use his or her body for creative expression.
5. Participate and Cooperate - Work and play together with other children. Stay involved in an activity to its completion. Follow routines and directions. Work out problems with others. Understand other people's feelings.
6. Investigate, Experiment, Discover - Show curiosity, ask questions and explain why things happen. Use words that describe changes, motion, position, order and attribute. Use the senses to observe, describe and predict the environment. Compare and group objects according to shapes, sizes, living/nonliving and others. Show interest in simple and safe experiments.

Check out our article next month to learn some "try this" approaches to help your child - Get Ready, Set, Go to Kindergarten.

Portions of this article taken from both the "Getting Your Child Ready for Kindergarten" published by the Connecticut State Department of Education and "Getting Ready for Kindergarten Ready? Set? Go!" published by the Colorado State Library

Article submitted by: Melinda Tyler, MA, MFT Youth and Family Counselor and Early Childhood Coordinator, (860) 510-5046 e-mail: mtyler@town.old-saybrook.ct.us

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North Cove Yacht Club

With Spring fast approaching, The North Cove Yacht Club is preparing for its 44th boating season. The Club's mission is to encourage the sport of yachting, to promote the science of seamanship and navigation, and to provide and maintain a suitable clubhouse and other facilities for the recreation and use of its members.

Located at the edge of North Cove on Sheffield Street in Old Saybrook, the Club supports such programs as offshore racing, Long Island Sound and Connecticut River cruising, kayaking, junior sailing lessons, adult sailing lessons, junior Dyer Dinghy racing, and model yacht racing. Social events also are an important part of the Club's calendar. Club members enjoy monthly potluck suppers, guest speakers, a lobster fest, a pig roast, the Commodore's cookout, etc. The Club also offers a fleet of small sailboats for the use of members and guests.

Clubhouse facilities include a large meeting space, full kitchen, ice machine, showers and handicap access. A new bulkhead and docks were installed last year to complete

a waterfront restoration project. Club members also enjoy a launch service in North Cove for members, and club moorings in North Cove, as well as in Hamburg Cove on the Connecticut River and New Harbor on Block Island. In addition, there are moorings available in North Cove for guests of the Club.

On April 1, the Club's docks will be re-launched and, on April 13 from 12-3 p.m., the traditional "Burning of the Socks" party is scheduled to celebrate the official end of winter.

Boat ownership is not a pre-requisite for Club membership. New members who can demonstrate an interest in yachting and related water activities are always welcome. To get more information or start the membership process, email Les Bowman, Commodore, at commodorencyc@gmail.com.

Contact: Ray Gaulke 917.806.5321 or Bob Scott 917.647.1169 for information.



Junior Sail Training

Did you know that the North Cove Yacht Club runs an immensely popular sailing instruction course for beginning and intermediate juniors ages 9-15 during the summer? The six-week program is broken into three two-week sessions from late June through to early August, and is open to non-members.

The Club provides the sailboats, chase boats and four US Sailing certified instructors for each session of twenty-six sailors. Also available for the more experienced sailors are the Monday evening junior sailing races and the opportunity for advanced sailors to compete in local area regattas using Club provided boats. The fee is \$450 per session, and the Club does provide scholarships through the Old Saybrook Youth and Family for children in need.

This being a popular program, families need to sign up their sailors as soon as possible by emailing Cindy Yerman

at yermancindy@gmail.com. For those who may have questions, please feel free to call the Chairman Ed Godfrey at 860-395-5605 or Cindy at 860-388-3896.

The Club also offers adult sailing instruction during the summer. These lessons depend on the ability to coordinate the student's available time with one of the senior instructors. For information on adult sailing please contact Cindy Yerman.

The North Cove Yacht Club always welcomes new members and families who enjoy messing about with boats. If interested, contact the membership chairman Bob Cika at eorcika@gmail.com.

*Ed Godfrey
Junior Sailing Chairman*

Safe Grad Night Announcement

Safe Grad Night Announces Annual Gowrie Group Golf Tournament

Planning and fundraising are well underway for the Safe Grad Night festivities for Old Saybrook High School's upcoming Class of 2013. In recent months the community has enjoyed several fundraising events hosted by the parent committee, including "An Evening at The Kate" in November, McDonald's Night, and "Comedy at The Kate" in March. Thank you to William Raveis Realty for selecting Graduation Night, Inc. as their charity for the Chamber of Commerce's 17th Annual Chili Festival held March 2. Raveis Realty partnered with Water's Edge who made their chili entry and it won First Place at the festival.

However, the signature event of the year and the one that brings in the most funding for Safe Grad Night, is still to come. The annual Gowrie Group Safe Grad Night Golf Tournament will be held on May 2 at 11:30 am at the Fox Hopyard Golf Club in East Haddam, CT.

The committee is thrilled to announce that for the second year, Gowrie Group has generously taken the Title Sponsorship. Known for it's philanthropy for the past nine years through the annual matching challenge to raise funds for the Shoreline Soup Kitchen & Pantries, Gowrie Group has stepped up to lead the business community in supporting Old Saybrook's Safe Grad Night as well. Under the leadership of President and CEO Carter Gowrie, himself a parent of a graduating OSHS senior this year, Gowrie

Group has provided the title sponsorship contribution to assure the success of the tournament and it's fundraising mission. Gowrie Group is the largest independent marine insurance group in the US, is ranked 1st in Connecticut among personal insurance agencies, and is ranked among the top 75 independent insurance agencies throughout the country. Gowrie Group provides insurance, benefits, and financial services to individuals and businesses throughout the US and specializes in marine, business, home, auto, and boat insurance products and services. They are located in Westbrook at 800-262-8911 and at www.gowrie.com.

There is more good news in the area of business sponsorships for the Safe Grad Night Golf Tournament. As a result of a letter sent by the committee to over 400 area businesses in January many local business sponsors have come forward, with B&L Construction, M&J Bus Company, Roots Auto Repair, and Wildwood Pediatrics & Adolescent Medicine all becoming Gold Sponsors this year. PAR Electrical took a Platinum Sponsorship and Martino Brothers Painting is a Silver Sponsor. Many other local businesses have donated goods and services for tournament prizes. Sponsorships and donations are still needed, and information about sponsorship levels can be found on the tournament Facebook page (Gowrie Group - Safe Grad Night Golf Tournament) or by emailing ossafegrad@yahoo.com.

The tournament promises to be great fun this year, with golfers expected not just from Old Saybrook but throughout southeastern CT and from outside New England as well! Gowrie Group Old Saybrook Safe Grad Night Golf

Tournament is popular among golfers far and wide because it offers great value at a superb venue. Fox Hopyard is one of CT's premier golf courses and the tournament fee of \$150 per golfer includes driving range, 18-holes, cart, barbeque lunch, soft drinks, post-golf hors d'oeuvres, and prizes. Cash bar and raffle tickets will be available, and there will be golf competitions including a putting contest, hole-in-one, and longest/accurate drive. For golfer registration, pick up one of our tournament brochures around town or find it on our

Facebook page, or email ossafegrad@yahoo.com or call 860-943-0290.

The committee is grateful to Gowrie Group and all of the local businesses that have generously contributed. All funds are managed through the non-profit corporation Graduation Night, Inc., which is a registered 501(c)3 charitable organization gladly accepting tax-deductible donations of all amounts. The organization's mailing address is Graduation Night, Inc. c/o Old Saybrook High School, 1111 Boston Post Road, Old Saybrook CT 06475.



President and CEO of Gowrie Group, Carter Gowrie (right) presents the \$4,000 Title Sponsorship check to Safe Grad Night Representatives (from left) Mary McKay, Stuart McKay, and seniors Andy Heckler, Matt Cummins, and JT Geigerich.

THE BEACON

THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

The chill of the winter months hasn't hindered the hustle and bustle within the Old Saybrook Public Schools. Throughout the district students have been engaged in numerous activities designed to enrich and enhance the curriculum.

At the high school, the annual Winter Concert held on December 13th marked the beginning of the holiday season. The choruses and bands performed numerous pieces that represented an array of genres and cultures. An abbreviated version of the concert was held for the Middle School students and staff that morning and the entire program was performed for the public in the evening.

Cultural traditions and ethnic backgrounds were also the focus of the high school December Advisory Meetings. These regularly scheduled, small-group conferences, center on respect as a way to improve school climate. Students who met with Information Technology teacher Terri Lynn, took the opportunity to explore this subject by bringing in an assortment of culturally diverse foods and discussing the significance of each offering.



Advisory Meeting - High School
Students with
Advisory Group Leader Terri Lynn



Taylor Swift Cupcakes - High
School Culinary Class Midterm

Food also played an important roll in the January midterm exams for Culinary students. Members of these classes participated in a Cupcake Wars Cook-off. Themes for the sweet-treat creations included: Taylor Swift, Cherry Cokes and Burgers, Hawaiian Beach, and Ice Cream Sundae Cupcakes.

In early February, as the second half of the school year got underway, several high school students participated in the 64th annual American Mathematics Contest (AMC). The purpose of the contest is to spur interest in mathematics and develop talent through the excitement of friendly competition of problem solving in a timed format. Students competed for local, regional, and national awards.

Academic excellence among the senior class also continued to be recognized by the local Rotary organization. December's winner for Social Studies was Andrew Heckler, Matthew Cummins was the January recipient for Science, and Christie DeAntonis received the award in February for Spanish.

The dramatic talents of over thirty students were on display as Old Saybrook High School seniors Kelly Ledwith and Amy Vinciguerra presented their student directed play on March 15 and 16 at the 2013 Connecticut Drama Association Festival at OSHS. CDA festival is a competition where schools from all over Connecticut present short plays before a panel of state judges and a broad student audience from twelve high schools. Kelly and Amy spent more than two months working with student actors and stage crew to produce Ed Monk's The Booby Trap. The play told the story of a soldier, played by Dylan Lyons, who found himself trapped after sitting on a landmine, where he reflects on those who have affected him in the past and his current situation. Through his reminiscence, he expressed his love for his fellow soldiers, friends, and family. The audience left sobered about the painful impact of war and encouraged to value each day. On March 6, there was a preview of the show open to the public. In addition to the play, several student musical groups also performed. Refreshments were available and a special raffle was held. Thank you to all who came out and supported the students.

The exterior of the middle school looks slightly different due to the recent installation of solar panels on the building's chimney. These panels are part of a new solar-powered hot water heater and emphasize the continuing effort of the district to be both environmentally and economically prudent. Mrs. Julie Pendleton; Director of Operations, Facilities, for the Old Saybrook Public Schools oversaw the project. The panels make the Middle School the first public building in town to incorporate solar technology.

Beside the changes to the exterior of the building, there was plenty of activity going on inside the walls of OSMS. Sixth, seventh, and eighth grade students put on their dancing shoes for the annual Swing Dance held on February 1. The dance marked the culmination of a month-long physical education unit. During the course of the evening students could participate in



Student of the Month - December (Social Studies)
Gary St. Germain, Social Studies teacher; Tara Winch,
Associate Principal, Andrew Heckler, Award recipient;
Mrs. and Mr. Heckler, parents



Student of the Month - January (Science) - Mary Jane Peterson, Science Teacher and Building Coordinator; Matthew Cummins, Award Recipient; Tara Winch, Associate Principal; Mike Cummins, Parent

dance routines and competitions, and had the opportunity to showcase all the dance moves they had learned in class.

On February 15, OSMS staff and students displayed their school pride during Blue and White Spirit Day. Each year the members of the middle school community dress in school colors and end the day with a student-faculty basketball game. This event, always a crowd pleaser, affords all students in grades four through eight the opportunity to see the boys and girls basketball teams in action.

Students at the middle school demonstrated just how mathematically savvy they are when fourteen of them participated in the Eastern Connecticut Mathcounts Competition held at the United States Coast Guard Academy in New London on Saturday, February 2. After the final results were tallied, the team of Josh Chang, Kiwon Dionne-Jee, Billy Sheehan, and David Sylvester placed second out of 26 schools in this prestigious contest. The boys and their chaperones, math teachers Shirley Brockway and Kristine Dow, will be traveling to Hartford in March to participate in the state competition.

Students also applied the math skills they've been learning during the annual PTO sponsored Math-a-thon held in the beginning of January. Historically the profits from this fundraiser have been used to advance the school's technological capabilities or for other educational enhancements that benefit students. However, this year there was a different focus with 15% of the profits being donated to the Sandy Hook Elementary School PTO.

The spirit of giving back to the community continued to be evident during the Middle School "Stuff the Shelves" food drive that took place in February. This event is designed to support the Old Saybrook Shoreline Soup Kitchen and Pantry and the goal this year was to collect 1200 lbs. of supplies. Additionally during the months of January and February the 4th and 5th grade Student Council Members were selling Husky stuffed animals in order to raise money for a gift certificate to be sent to their "adopted school", Point Pleasant Elementary School in New Jersey. The school suffered extensive damage during hurricane Sandy. As always, the middle school community generously supported these worthwhile causes.

Students at the Kathleen Goodwin School have been expanding their technological know-how under the direction of computer teacher Margot White. The third graders started a Claymation unit, which is a coordinated, multidisciplinary project involving art, technology, and science. They have constructed animals and background scenery using recyclable material in art class with the help of art teacher Beth Ramm and are now working on filming in the computer lab. Using a program called iStop Motion, students move their animals about their habitats and take countless pictures to create a stop-motion movie. Over the next two-months they will undertake the very involved task of editing with iMovie, adding text, real animal sounds, music, voices, and special effects.



Claymation Photos - Goodwin School Third Graders

The second graders have also been making movies based on the "Health and Germs" unit they have been studying in class. Students have researched an example of healthy living and have created skits to depict each example. The skits are being filmed with Flip cameras and will be made into full movies.

Meanwhile, Mrs. Collier's Goodwin preschoolers spent the month of January learning about the seventeen types of penguins that can be found south of the equator. They studied about penguin life in warm and cold climates through the use of literature, technology, crafts, games, songs, and movement activities. In addition to learning new vocabulary and the similarities and differences between the several types of penguins, they were also fascinated to learn that killer whales and leopard seals are predators of the penguin. On February 1 the families of the preschoolers attended a party with their children to share in the learning that had taken place. The children dressed in penguin colors, ate penguin snacks, and read non-fiction stories with their parents to culminate the penguin study.

Finally, on Friday, February 1 the grade two students presented their annual assembly honoring Dr. Martin Luther King. They recited poems, biographical facts, and sang songs celebrating Dr. King. Each year the second grade teachers work collaboratively with music teacher, Lois Geer, to present this moving assembly.

Details for upcoming spring events can be found on either the district or individual school websites. www.oldsaybrook.k12.ct.us.

Budding Assets for Community Youth

Developmental Assets - what are they? Who has them? Who needs them? How can we give our community youth more opportunities to develop them?

These are a few of the questions we hear as we travel around the community to speak with different groups. The 40 developmental assets have been identified by Search Institute as positive qualities, experiences and skills that children need to grow up healthy and responsible. Parents, step-parents, guardians and caregivers can use these assets as a framework to help them 'think through' experiences they are encountering with their children.

People everywhere are talking about stress, and we know that everyone experiences it at some point in their lives. Students discuss how challenging it can be to juggle home and school responsibilities, and many also have sports, extra-curricular activities and work. A little stress can be good - it keeps us on our toes. Too much stress, or stress unrelieved for long periods of time, can be harmful. It can make people irritable, and contribute to difficulty in relationships, studies and personal performance. Stress can affect concentration, sleep and appetite. Young people may not know how to handle stress, and when experiencing it, may feel like their whole world is falling apart. They may not know where to turn or how to make things better.

The following are 5 of the Developmental Assets that may provide parents with guidance in helping their youth cope with stress;

Positive Identity: Personal Power - The main aspect of stress is that we feel a loss of control. It is important to help young people regain their feeling of 'power' over themselves. The ability to self-regulate is imperative in order to cope well with life's

challenges. Youth can be taught relaxation and self-soothing techniques from a young age, whether is it deep-breathing, meditation, or exercise. Any creative endeavor can have a calming affect as well-art, theatre, writing, for example.

Support: Positive Family Communication - It is important for adolescents to know they have an open invitation to talk when something is bothering them. Simply listen if they have concerns and fears to talk about.

Boundaries and Expectations: Adult Role Models - Chances are, your children deal with their stress based on your reaction to stress, so discover ways to handle pressure and stress in your own life. Demonstrate healthy coping skills - invite your kids to exercise with you, see a movie together, play a board game!

Social Competence: Resistance Skills - There's much to be said for the ability to say "No". Help young people learn to set limits on their activities. Being 'over-scheduled' can be very stressful and inhibit performance and enjoyment of the activity. Resistance skills are extremely important for youth to develop where substance use and risk-taking behavior is involved.

Social Competencies - Planning ahead is a great time-management tool and potential stress reducer! Encourage your youth to think ahead about their daily schedule so they can have all the things they need ready to go, and that includes rest and nourishment.

For more on the Developmental Asset Model and the Healthy Community Healthy Youth Initiatives, visit the OSYFS website at www.oldsaybrookct.org/youth.

Heather McNeil LMFT, LADC Director OSYFS

Budding Artists Program



A New Community Collaborative

The Tracy Art Center Inc. and Youth and Family Services of Old Saybrook are partnering with several non-profit organizations including the Old Saybrook Middle School, The Old Saybrook-Westbrook Exchange Club and the Old Saybrook Rotary Club to sponsor an eight week after school Art Class from January 29-March 19 for students who have been identified as Budding Artists.

The program was developed to recognize a growing number of students in our community who value art and its connection to their growth as young adults. This initiative is further supported by the asset building model identified by the SEARCH Institute of Minneapolis, Minnesota. This model identifies 40 developmental assets (building blocks) that are critical to the healthy development of our youth. By offering programs such as the Budding Artists Collaborative, the student's external developmental asset categories of Support, Empowerment, Boundaries & Expectations, and Constructive Use of Time are all enriched. And through it all, students are provided a new avenue to explore their emerging passion for art!

To learn more about this exciting teaching and learning initiative and/or sponsoring a child, please contact Wendy Mill, Program Coordinator at Youth and Family Services at 860-510-5050 or Eileen Baker, President of the Tracy Art Center at 860-388-1391.

OLD SAYBROOK TOWN HALL

302 MAIN STREET

HOURS 8:30 A.M. TO 4:30 P.M., MONDAY THROUGH FRIDAY

Selectmen's Office

Carl P Fortuna, First Selectman	395-3123	cfortuna@town.old-saybrook.ct.us
Georgiann Neri, Administrative Secretary		gneri@town.old-saybrook.ct.us
Elaine Seaforth, Administrative Clerk		eseaforth@town.old-saybrook.ct.us
Roland W. Laine, Executive Assistant	395-3127	rlaine@town.old-saybrook.ct.us

Accounting

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

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

Building Department

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

Economic Development

Wilma Asch, Executive Director	395-3139	wasch@town.old-saybrook.ct.us
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Fire Marshal

Donn Dobson, Fire Marshal	395-3133	ddobson@town.old-saybrook.ct.us
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Land Use

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

Parks and Recreation

Vicki Duffy, Director	395-3152	vduffy@town.old-saybrook.ct.us
Ray Allen, Assistant Director		rallen@town.old-saybrook.ct.us
Judy Sherman, Administrative Clerk		jsheerman@town.old-saybrook.ct.us

Public Works

Larry Bonin, Director	395-3123	lbonin@town.old-saybrook.ct.us
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Registrars of Voters

Carol Conklin	395-3134	vr.oldsaybrook@po.state.ct.us
Jean Winkler		vr.oldsaybrook@po.state.ct.us

Tax Collector

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

Town Clerk

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

Treasurer

Robert Fish	395-3070	rfish@town.old-saybrook.ct.us
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Water Pollution Control Authority

Robbie Marshall, Coordinator	395-2876	admin@oswpc.org
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OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Michele Van Epps, Director	395-3184	mvanepss@actonlibrary.org
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Police Department - 225 Main Street

Non-emergency	395-3142	
Michael Spera, Chief of Police	395-3142	mspera@town.old-saybrook.ct.us

Probate Court - 302 Main Street

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

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

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

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

www.oldsaybrookct.org

A Brush with Kindness

A Brush with Kindness reaching out to many families in Middlesex County. Owning a home is harder than ever before. Increased unemployment and increased repair costs have made maintaining a home a true challenge for families in Middlesex County. It is more difficult today to keep a warm, safe and secure home. With ten "A Brush With Kindness" projects under their belt, Middlesex Habitat for Humanity is moving aggressively to help families throughout Middlesex County.

The program

"A Brush with Kindness" is a Middlesex Habitat for Humanity program that helps preserve local homeownership by partnering with existing homeowners struggling to restore and maintain a safe and decent place to live. When basic expenses exceed income month after month, home maintenance is the usual casualty. Years of deferred maintenance can cause a downward spiral in home deterioration leading to unsafe living conditions.

With ten projects completed in 2012 and an additional six expected to be completed by June, Middlesex Habitat has been extremely successful in translating the priorities and objectives set for the A Brush with Kindness initiative to a plan of action that has worked. The program that began in November 2011 and funded in part through Middlesex United Way, has been successful in completing critical renovations and repairs to the homes of ten eligible families in Middlesex County. Additional funding for the projects has been received from Liberty Bank, Webster Bank, Community Foundation of Middlesex County, People's United Bank and the Peach Pit Foundation.

Eligible partner families and individuals must meet the following requirements:

- must be a homeowner in Middlesex County and complete the A Brush With Kindness application form.
- family income must be under 60% of the Greater Middlesex County Area Median Income.
- the home identified in the application must be owner-occupied.
- the scope of work must match Habitat's program resources.
- all able-bodied homeowners and residents of the home must work alongside volunteers.
- homeowners are expected to be cooperative partners with staff and volunteers.

For more information about the A Brush With Kindness program, please visit www.habitatmiddlesex.org or call 860-343-9179.

Acton Public Library

The big news at the Acton Public Library is that we have joined the LION consortium. LION is a regional cooperative of 30 libraries (mostly public libraries, but also one high school library and one college library), which provides a shared library catalog and other valuable support services. What will this mean for you? Well, to start with, we will be part of the shared online public catalog (OPAC), which will give all Acton Library users direct access to the collections of all the member libraries. The total of these collections is over 700,000 titles and 1.9 million items. As a result, interlibrary loan will be quicker and easier. Our circulation system will include a shared patron database, meaning that you will already be registered in all LION libraries. With the new circulation system, we will be able to manage our orders and subscriptions easier, and this means that you should get materials in a more timely fashion. LION will also provide technical computer support for the library, including upgrades on a scheduled basis. If you have used neighboring libraries (Old Lyme, Westbrook, Essex), you are already familiar with the LION system. It is anticipated that we will be "live" in early April.

Art Exhibits at the library

This winter, a wonderful mural was installed in the upstairs gallery space at the library. The dramatic depiction of the Saybrook Inner Light, was painted by Robert Childress, and was presented to the town by his son, William Childress. It is a striking addition to the library!

There is a full schedule of art exhibits planned for the library:

- **Mimi Chiang:** 3/4 – 4/13, Watercolors, including some work of the late Chien Fei Chang.
- **Dianne Adams Thoun:** 4/15 – 5/18, Photography
- **Daniel Dahlstrom:** 5/20 – 6/29, Paintings

Programs for Job Seekers at the Acton Public Library

Shoreline Works, a collaboration between CT Works, Acton Public Library, and Old Saybrook Social Services, offers programs for job seekers on Monday mornings at the Acton Public Library. All programs are free and open to the public. For more information or to register, call the Acton Public Library at (860) 395-3184 or email shorelineworks@gmail.com.

April:

Monday - 8th, from 10:15 a.m. to 12:15 p.m.: When the Paycheck Stops, spring into Action! With Lew Slotnick
 Monday - 15th, from 9 a.m. to 10 a.m.: Technology Workshop/Computer Lab - Internet 101: the basics
 Monday - 22nd, from 10:15 a.m. to 12:15 p.m.: Job Networking Group
 Monday - 29th, from 10:15 a.m. to 13:15 p.m.: Social Media and Your Job Search, with Melanie Szlucha

May:

Monday - 6th, from 9 a.m. to 10:15 a.m.: Computer Lab - Social Media

Monday - 13th, from 10:15 a.m. to 12:15 p.m.: The Targeted Resume: Making Your Resume Work for You, with Laura Collins

Monday - 20th, from 9 a.m. to 10:15 a.m.: Computer Lab - Resumes with MS Word

June:

Monday - 10th, from 10:15 a.m. to 12:15 p.m.: Workshop for Job Seekers

Monday - 17th, from 9 a.m. to 10:15 a.m.: Computer Lab - Email 101

Monday - 24th, from 10:15 a.m. to 12:15 p.m.: Job Networking Group

Children's Activities

Story Times for Children - Registration is not required. All programs are free.

Story Time for Wee Ones

Every Wednesday at 10:30 a.m. For children ages birth to 2 years old. Stories, songs, hand rhymes and time for grown-ups to socialize.

Preschool Story Time

Every Friday Morning at 10:30 a.m. For children ages 2 - 5 years old. Stories, songs, hand rhymes, creative activities and lots of fun!

Origami Fun - for children ages 8 and up

March 21st, Thursday, 6:30 p.m.

"Hop to it" Origami – make 3 different rabbits, including a "towel" origami rabbit

April 11th, Thursday, 6:30 p.m.

"Mini-book" Night – Fold and decorate a mini-book and a mini-scrapbook. Have your picture taken for the scrapbook.

May 9th, Thursday, 6:30 p.m.

"Flowers for Mother's Day" – Create 3 different origami flowers for Mom

June 13th, Thursday, 6:30 p.m.

"Take Dad Fishing" – Fold a paper boat, some fish, and a fishing rod for Dad.

Library Programs

Self-Publishing - Thursday, April 10th, 6 - 8:30 p.m.

Join us as author and local resident John Guy LaPlante discusses the self-publishing phenomenon and shares his experiences after successfully publishing his own work.

Poetry Night - Wednesday, April 24th, 7 p.m.

Join us for this special evening of poetry, as the winners of the 19th annual library poetry contest read their winning poems. Refreshments and an opportunity to talk with the poets make this a fun evening.

After Hours Concert - Friday, April 26th, 7 p.m.

Come to the library for a rousing concert featuring Tumbling Bones, an energetic group of young musicians. Their style is a combination of blue grass, folk and traditional "roots" music. All ages welcome!

Friends of the Acton Public Library

Become a New or Renewed Member

We invite you to join or renew your membership in our dedicated corps of volunteers who perform tasks that aid in enhancing the Library's service to the Old Saybrook residents.

Incorporated in 1970, the Friends of Acton Public Library work year-round to gather funds for children's, teens, and adult programs, replace worn classics. Like all of us, your Library needs friends. So join us and be a "Friend of the Library" by sending in your membership.

The purpose of this organization is to foster closer relations between the Acton Public Library and the citizens of Old Saybrook and its environs, to promote knowledge of the functions, resources, services, and needs of the Library.

Over 400 members provide assistance with programming and other needs. The primary fundraising activities are the membership drive held in February/March. Mini

Book Sale held in March and the major event is the Book & Bake Sale held for three days in July.

These activities fund the Library's book author talks as meeting the authors make the books more meaningful; music programs, investment seminars to help patrons in these difficult economic times; and book discussion groups for children, teens, and adults so that they can compare viewpoints.

In addition, the Friends provide program prizes, poetry, and counting contest awards, web page maintenance, copier for use by the public, and museum passes. Check at the Library for details.

Please Join Us!

*Betty O'Brien and Jan Crozier
Copresidents*

Friends of the Acton Public Library Membership

Name _____

Address _____

City, State, Zip _____

Phone () _____

☐ Other _____ ☐ \$100 ☐ \$75 ☐ \$50 ☐ \$25 ☐ I would like to help

Green Up Old Saybrook!

Born out of disdain for the roadside litter I saw on my daily runs and inspired by 11 years of participation in a similar event in northern New England, I brought the idea of a town wide green up day to Sustainable Saybrook, a local community organization, and Old Saybrook Green Up Day was born! On April 27 from 8-12, community members will gather in designated meeting places and head-out around town to clean up the roadside litter they find. Residents can then take their garbage bags to one of several designated drop-off locations or simply leave their bags on the roadside to be gathered on Monday by the town works department.

There will be a Green Up send off celebration on Saturday at 8 a.m. from the town green and anyone interested in gathering with fellow volunteers is encouraged to come meet at 8 a.m. and disperse from there. If you are interested in volunteering or just simply want more information about how and where you can help green up, please check us out on Face Book at Old Saybrook Green Up Day or email me at bcasertano@comcast.net.

*Bill Casertano
Old Saybrook Resident*

Christian Health Care

Kathryn (Petsy) Parmelee

Certified Nurse Aide

860.335.2257

Haddam, CT

plitehouse@gmail.com



Titus 3 Mission Statement

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**“doing the right thing, at the right
time, for every client”**

Compassionate Quality In-Home
Care for ALL in Need

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WHOLE HOUSE REMODELS

ADDITIONS

KITCHENS

BATHROOMS



BASEMENT CONVERSIONS

SIDING & WINDOWS

ENTERTAINMENT CENTERS

FLOORING

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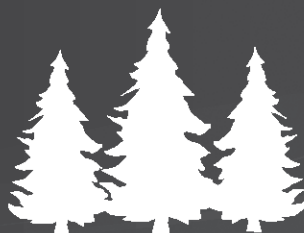
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Flood Proofing Your Home Permanently



Before



House Lifted



After

If you live along the immediate shore south of Rte 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will going through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

Mark J. Reeves
Mark Reeves, Builder

Old Saybrook Community Listings

CLUBS AND ORGANIZATIONS

American Legion	860-388-9482
Chamber of Commerce	860-388-3266
Estuary Council of Seniors	860-388-1611
Main Street Business Association	860-388-6850
North Cove Yacht Club	commodorencyc@gmail.com
Old Saybrook Garden Club	860-388-3213
Old Saybrook Historical Society	860-388-2622
Old Saybrook Lions Club	860-399-6850
Old Saybrook Woman's Club	860-395-1206
Rotary Club	860-388-4271
Veterans Affairs & Memorial Day Parade	860-388-9170
Middlesex County Community Foundation	860-347-0025

PUBLIC LIBRARY

Acton Public Library	860-395-3184
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PUBLIC SCHOOLS

Superintendent's Office	860-395-3157
Goodwin School	860-395-3165
Middle School	860-395-3168
Senior High School	860-395-3175
St. John's	860-388-0849

RELIGIOUS SERVICES

Full Gospel Tabernacle Church	860-388-2085
St. John's Roman Catholic Church	860-388-3787
First Church of Christ, Congregational	860-388-3008
Emmanuel Baptist Church	860-388-2582
Grace Episcopal Church	860-388-0895
St. Paul Lutheran Church	860-388-2398
Christian Science Church	860-388-2670
Valley Shore Assembly of God	860-388-0662
Baha'is of Old Saybrook	860-388-5948

Social Services New On Line Access!

ConnecCT

The Connecticut Department of Social Services has a new web site where you can see if you are eligible for benefits, apply for benefits and access the required redetermination forms, get answers to the status of your application and more. In an effort to address the backlog of applicants unable to get timely responses to needs, the state has been working on a project that started two years ago and is now on line and set to roll out with all features accessible and working by March 2013. Users can:

- Independently Screen to see if you are Eligible For Benefits
- Self Service Access to Information About Programs and Benefits
- Create an Account to access information about your DSS Benefits
- Online Application
- Report Changes

- Online Redeterminations
- Verifications Checklist to understand exactly what is required

There are over thirty state applications and redetermination forms now available online for programs including SNAP food help, HUSKY and MEDICAID medical insurance help and SAGA cash assistance programs. Also online are applications for the disabled and for the elderly such as MEDICAID disability and MEDICARE Savings Program and CT Home Care Program for Elders and PCA, Personal Care Assistance.

You can access the new online web site at connect.ct.gov/access/. If you do not have online access you can use the computers at our town library.

For more information or help with this or other social services needs, please contact Susan Consoli, MA, LPC, Social Services Coordinator, at sconsoli@town.old-saybrook.ct.us or at 860-395-3188.

Town Clerk's Office

Sarah V. Becker, Town Clerk
Christina Antolino, Assistant Town Clerk
Cindy Kane, Assistant Town Clerk

Office House: M-F, 8:30 am - 4:30 pm
Phone Number (860-395-3135
Town Website: www.oldsaybrookct.org

Congratulations!!

We congratulate the following on their recent marriage:
Matthew Smith and Kathleen Smyth - November 17
Constatine Zariphes and Donna Stepensky - November 30
Francis Dunphy and Lorin Cipolla - December 1
Dennis Mahoney and Annmarie Derochea - December 24
Stephen Senatroy and Ali McCarthy - December 31
Adam McGuire and Sandra Edmond - January 4
Jaimie Sixsmith and Mollie Clarke - February 24

With Sympathy

Anne Atherton
Russell Barnes, Jr.
Edna Baca
Henry Bakewell, Jr.
George Bessoni
Lucille Blomberg
Eileen Carney
Antoinette Cicalese
Aldea Cote
Virginia Curran
Mary Dupre
Vivian Eldredge
Josephine Ewart
Marjorie Farrell
Mudite Finkeldey

Florence Fitzgerald
Pauline Folsom
John Foster
Robert Gendron Sr.
Robert Harris
Aniela Higgins
John Juliet
Patricia LaFlamme
David Lamark
Florence Lewis
Charles McEwen
Muriel Maronde
Eugene Neville
Rita Perring

Lennart Pettersson
Mary Plyler
Donald Preece Sr.
Robert Rasmussen
Charles Risko
Robert Schneider
Charles Schoch
Mercedes Senesac
Helen Shultz
Marion Sigal
June Ventura
Robert Wengefeld
Annette Wilcox
Sophie Woodka

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2013 Annual Report

Tax relief benefits for homeowners over 65 or under 65 and 100% social security disabled.

Residents who own residential property in Old Saybrook (this property must be your primary residence) and who will be 65 years of age by December 31, 2012 or under 65 and totally disabled through Social Security, may be eligible for tax relief benefits if they meet income qualifications. The income limit is \$33,500 for a single person and \$40,900 for a married couple. Your 2012 Federal income tax return, Social Security 1099 Statement for 2012 as well as railroad retirement payments (if applicable) must be submitted. If you will not file an income tax return for 2012 please furnish all other proof(s) of income for 2012 such as wages, bonuses, commissions, taxable portion of annuities and pensions, proceeds from the sale of property, dividends, interest on tax-free bonds, etc.

Applications can be made between February 1 and May 15 at the Assessor's Office from 9 am to 4 pm, Monday through Friday. If you are unable to come to the office to apply please call the Assessor's Office at 860-395-3137 and alternate arrangements will be made.

This year the renter rebate program will begin on April 1st and runs through October 1st.

The October 1, 2012 Grand List had an increase of 8,244,476 even though we had a net loss of 4,218,197 in motor vehicles.

Rick Pine - Assistant Assessor

Beverly Levasseur - Reval Clerk

Luke Parker - Real & Personal Property Appraiser

John Ryan - Comm/Ind Appraiser

*Norman B. Wood CCMA II
Assessor, Town of Old Saybrook*

Middlesex Hospital Total Lung Care Center

Complete Care for Lung Cancer Patients

Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated, intelligent approach to providing everything patients with lung cancer need - including improved screening, increased surveillance involving the one-to-one services of a specially trained nurse navigator and appropriate treatment options, including minimally invasive surgery, chemotherapy and radiation therapy.

Screening

The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages (Stage 1 or 2), which means that it is more likely to be cured. Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). For a cost of \$125 (not covered by insurance) the test takes only ten minutes and there is no preparation needed beforehand.

Surveillance

When any abnormal lung screening result is discovered on a patient at the Hospital, the report is sent directly to the lung nurse navigator at the Cancer Center. From there, the nurse navigator informs the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

Treatment Options

In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons from the Middlesex Surgical Alliance now work in concert with other Middlesex Hospital surgeons to treat lung cancer, using minimally invasive techniques.

Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

Catch a Piece of Old Saybrook

The Old Saybrook Chamber of Commerce is proud to present the 50th Annual Arts and Crafts Festival, July 27 & 28. This signature summer event of Old Saybrook celebrates art in our beautiful shoreline community.



To mark this special anniversary the Chamber will be holding a unique raffle.

Louise Wiley, local sculptress and creator of the 6' Bronze Fishing Boy Statue that adorns the corner of Main Street and Route One, has graciously donated the signed original 20" model.

This one of kind maquette valued at \$3,000 encased in plexi-glass will be an impressive addition to any home or office. The Certificate of Authenticity is included.

Catch this one time opportunity to own and treasure this unique statue for years to come.

To commemorate the 50th Anniversary of the Arts & Crafts Festival, raffle tickets are \$50 each and available at the Chamber Office, One Main Street, Old Saybrook.

The lucky winner will be announced on Sunday, July 28 at 2 pm during the 50th Arts & Crafts Festival on the Old Saybrook Town Green.

For more information call the Chamber at 860-388-3266 or visit www.oldsaybrookchamber.com.

Call for Student Artists



Healthy Communities Healthy Youth and Youth and Family Services Announce Call for Student Artists

Since 2005 Healthy Communities Healthy Youth and Youth and Family Services have sponsored a booth for Old Saybrook youth artists to display their work at the Chamber of Commerce's annual Arts and Crafts Festival. Youth artists aged 7 to 18, working in a wide range of media, are invited to display their work, help "man" the booth for a couple of hours, and have the opportunity to talk with the public and other artists about their art. Last summer 21 young people were featured in the booth and were able to sell their artwork (if they and their families could stand to part with it) at the event for the first time.

Young artists from Old Saybrook who are interested in participating in this year's event may contact booth 'curator' Linda McCall at Youth and Family Services, 860-395-3190 for more information.

Some things parents and artists need to know:

- The show is on Saturday July 27, 10-5 pm and Sunday, July 28, from 10-4 pm.
- Paintings, sculpture, photography, pottery, pen and ink, beadwork, fabric design, paper mache, ceramics, poetry, etc. must be 'display-ready'.

- Youth artists are encouraged to bring along a portfolio or a piece in progress that they would like to work on while they man the booth.
- Parents/guardians are invited to help man the booth and should plan on accompanying artists 13 and under.
- Parents/guardians will need to complete a Registration and Permission form for their child's participation at the booth. The form may be downloaded from Youth and Family Services' website: www.oldsaybrookct.org/youth via the News and Announcements links. (On this form parents/ guardians may also grant permission for their child to have a business card created and provided by us for display alongside the artwork.)
- There is a nominal fee of \$5 per artist to participate in the Youth Booth.
- Completed forms with fee should be forwarded to Youth and Family Services, 322 Main Street, Old Saybrook, CT 06475.
- Registered artists should deliver their display-ready artwork to Youth and Family Services between 9 am and 5 pm on Wednesday or Thursday July 24 and 25.

Volunteers are also welcome to help with setup or to man the booth. Please call Linda McCall at Youth and Family Services, 860-395-3190 if you wish to volunteer.

This is a wonderful opportunity for Old Saybrook youth to share their artistic abilities with their community! It's also a great opportunity for patrons of the annual festival to support local youth by stopping by the booth and chatting with and encouraging our youth artists.

Linda McCall

Administrative Assistant, Youth and Family Services

Fondue Season is Still Upon Us

It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fonder" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start with a good, aged Gruyere. Emmenthaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from Switzerland which are also



great eating cheeses. If you can, try them before you buy and see which ones suit your palate.

The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left."

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Middle School After School Clubs



Building Assets Through Fun

Things are really hopping at the Old Saybrook Middle School! Students in grades 4 through 8 have the opportunity to participate in a wide variety of After School Clubs. Old Saybrook Youth and Family Services coordinate a wide variety of activities aimed at giving students a chance to try something new. From kickball to culinary there is something for everyone. At any given point, twenty percent of the middle school students are enrolled in an after school club.

Some of the clubs offered are chess, hip hop, cooking, archery, knitting, drama, art, sign language, karate, bowling and robotics and many more. The kids can stick with a club they already know or they might decide to try their hand at something new. All the while the kids are mastering new skills in a safe, nurturing environment.

One of the most popular clubs offered at OSMS is the Knitting Club. Knitting expert Bobbie Griffith has been a tremendous help by teaching this club. Bobbie shares her love of knitting and her remarkable skills with the lucky kids in her class. Knitting circles of the past have come alive as students share their creations in the company of other knitters. It's a pleasure to watch their faces light up as "Miss Bobbie" shows them a new stitch or helps them with their projects. The students come away with scarves, hats, dolls and more. Bobbie's passion for knitting has inspired a whole new generation of knitters!

Julie Moskowitz

Program Coordinator, Youth and Family Services

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There is Help

Feeling Overwhelmed, Lost, Trapped, Hopeless, Alone or Desperate?

Every year, millions of Americans are directly affected by the more than 37,000 suicides and hundreds of thousands of attempts made by friends or loved ones. Yet, suicide is preventable. Don't ignore the signs. If you or someone you know is in danger of hurting themselves or having thoughts of suicide:

Call 911 or get to the nearest Emergency Room

- Don't be alone
- Stay away from any lethal means
- Tell someone

For someone you know:

- Don't leave them alone
- Remove any lethal means from vicinity
- Tell a family member or friend right away what's going on

If a friend or family member talks or behaves in a way that makes you believe he or she might commit suicide, don't try to handle the situation without help - get help from a trained professional as quickly as possible.

Warning signs:

- Withdrawing or isolating themselves
- Sleeping too little or too much
- Increasing the use of alcohol or drugs
- Self-harming behaviors
- Feeling anxious or agitated; behaving recklessly
- Displaying extreme mood swings
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Showing rage or talking about seeking revenge
- Giving away possessions

Risk Factors:

- Job or financial loss; financial stressors
- Loss of relationship
- Lack of social support and sense of isolation
- Hopelessness
- Behavioral Health disorders, e.g. mood/depressive, anxiety and certain personality disorders
- Alcohol and other substance use disorders
- Stigma associated with asking for help
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous attempt to take one's life
- Family history of suicide
- Easy access to lethal means
- Exposure to others who have died by suicide (in real life or via the media and Internet)

- Local clusters of suicide
- Lack of health care, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma

Protective Factors:

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions and support or help-seeking
- Restricted access to highly lethal means of suicide
- Strong connections for family and community supports
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and nonviolent handling of disputes
- Cultural and Religious beliefs that discourage suicide and support self-preservation

National Resources:

SPRC-Suicide Prevention Resource Center

www.sprc.org

43 Foundry Avenue, Waltham, MA 02453-8313

1-877-GET-SPRC (438-7772)

Town and Area Resources:

EMERGENCY RESPONSE - 911

Old Saybrook Police Department (860) 395-3142

Old Saybrook Public Schools

(School Counseling and Psychology Staff)

Goodwin Elementary School (860) 395-3165

OS Middle School (860) 395-3168

OS High School (860) 395-3178

Old Saybrook Social Services (860) 395-3188

Emergency After Hours: (860) 790-1729

O.S. Youth and Family Services (860) 395-3190

Emergency After Hours: 860-790-0883 or 860-790-1170

E.M.P.S. - Emergency Mobile Psychiatric Services:

Provides a 24 hour a day, 365-day a year telephone triage providing psychiatric crisis intervention service for children and their families. Crisis clinicians provide mobile crisis assessments and intervention as well as referral to needed services. EPS is a free service. Mobile hours are limited to weekdays from 8:00 am to 10:00 pm and weekends and holiday from 1:00 pm to 10:00 pm

River Valley Services—Adult Services

The Mobile Crisis Team (MCT) is a community crisis evaluation and intervention service which is available twenty-four hours a day, seven days a week. MCT has the ability to offer services to a client in need at home, in a local emergency room, on a city street, or in jail. MCT is the sole screening point for Middlesex County admissions to state psychiatric hospitals. MCT can be reached at any time by calling (860) 344-2100.

Continued on page 40

There is Help ... continued from page 39

Common Thread Warmline (CTWL) - A peer support service, the CTWL is run by volunteers who are in recovery from mental illness. Volunteers are there to listen and support callers' efforts to problem-solve. The CTWL services Middlesex County, Lyme, Old Lyme, Meriden and Wallingford. The Warm Line is staffed seven days a week between the hours of 5:00 p.m. and 10:00 p.m. and can be reached by calling 1-800-316-9145.

Area Resources:

Middlesex Hospital Shoreline Medical Center
260 Westbrook Road, Essex, CT

Main number (860) 358-3700
Yale-New Haven Shoreline Medical Center
111 Goose Lane in Guilford, CT
Main number (203) 453-7900
Town of Old Saybrook Life Link:
WWW.OLDSAYBROOKCARES.COM
Old Saybrook Youth and Family Services
322 Main Street
Old Saybrook, CT 06475
Phone: (860) 395-3190
After Hours On-Call Services Numbers:
(860) 790-0883 or (860) 790-1170

Essex Winter Series

Essex Winter Series names its Annual Jazz Concert in honor of Stu Ingersoll

The Board of Trustees of the Essex Winter Series has announced the naming of its annual jazz concert in honor of longtime Essex resident, former 'Essex Man of the Year' and renowned jazz musician, Stu Ingersoll, who retired from the Board last year.

Ten years ago Stu Ingersoll, one of the three founders of the Great Connecticut Traditional Jazz Festival, spearheaded the Essex Winter Series' expansion of its annual offerings to include a jazz concert. Today this concert is an annual sellout and, thanks to the generosity of a local foundation, has branched out to include an outreach program in the New London public schools.

Originally from Long Island, Stu has lived in Essex for over 50 years. For 37 years he owned and operated the Essex Boat Works, where he hosted an annual Tuba Festival. He renovated 'Flora', his signature Oyster Boat, which was renowned for wonderful concert parties on the river - and a piano on her deck.

Stu continues to serve as Chairman of the Essex Zoning Board of Appeals. On the local music scene Stu is a steady fixture. Whether performing regularly on banjo, or tuba, or buying and selling musical instruments - often these days on eBay, or running the Horns for Kids program which provides musical instruments to local schools. Stu seems to be everywhere at once.

At the end of the 2012 concert season, Stu announced his retirement from the Board of Trustees of Essex Winter Series. It was at that time, it was decided to honor Stu by naming the Jazz Concerts in his honor.

Essex Winter Series President, Peter Amos, says, "Essex Winter Series owes so much to Stu. His annual jazz concerts are always tremendously popular, recreating the golden years of jazz of the '20s and '30s. Stu's wide circle of friends in the world of jazz make every concert a joyful celebration of music and fellowship. Stu will be at our upcoming concert on March 3rd, to announce the program and introduce the musicians."

Artistic Director Mihae Lee noted that "[She] will miss his leadership, his dedication to present carefully crafted programs with exciting musicians, and the way in which he has managed to bring jazz into our community to build the audience over the years."

The first of the Essex Winter Series Stu Ingersoll Jazz Concerts took place on Sunday, March 3 at 3:00 pm and featured the Northeast Traditional Jazz Ensemble with bandleader Scott Philbrick.

More than a decade after their appearance in the Essex Winter Series inaugural jazz concert, the Northeast Traditional Jazz Ensemble with bandleader Scott Philbrick, is back to warm up a chilly winter afternoon with some smokin' hot jazz. Seven equally outstanding jazz musicians will come together to form the band for this one special concert event. They will take the audience on a journey through the early jazz forms of ragtime and the introduction of improvisation, to New Orleans with the blues and Dixieland, to prohibition-era Big Band, to the much loved Swing. You'll be dancing in the aisles!

Tickets are \$30, discounted student tickets are available for \$12. All tickets may be purchased online at www.essexwinterseries.com, by calling 860-272-4572 x1, or at the door.

For more information and directions, please visit www.essexwinterseries.com.

Concert sponsored by Tower Laboratories and The Clark Group.

The Essex Winter Series' mission is to bring the finest music, in live performance, to the Connecticut River Valley and Shoreline Region during the winter months and to cultivate its appreciation to the widest audience.

More information, including details for the 2012-2013 season, can be found at www.essexwinterseries.com or calling (860) 272-4572.

PRESS CONTACT: Meghann Eckenhoff, Administrator for the Essex Winter Series, (860) 272-4572 x3, meckenhoff@essexwinterseries.com.

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What is Diabetes?

What is Diabetes?

Diabetes, as defined by the American Diabetes Association (ADA), is a group of diseases characterized by high levels of blood glucose (sugar). Diabetes results when the body is not able to produce or properly use insulin. Insulin is a hormone that acts like a key to get the glucose from food into the cells. Without enough insulin the glucose stays in the blood stream. The consequences of too much sugar in the blood is that over time, several organs in the body are affected including the kidney, the eye, nerves and the cardiovascular system.

Types of Diabetes

Type 1 diabetes is an auto-immune disease, which destroys the beta cells of the pancreas, which normally produce insulin. Therefore, the person with type 1 diabetes must take multiple daily insulin injections. Type 1 diabetes accounts for 5-10% of diabetes cases.

Warning Signs for Type 1 diabetes: (usually come on suddenly)

- Frequent thirst and urination
- Unexplained weight loss
- Extreme fatigue
- Blurry vision
- Weakness
- Nausea and vomiting
- Fruity odor on breath

Type 2 is the most common type of diabetes. It accounts for 90-95% of diabetes cases. Type 2 diabetes occurs when the body fails to make enough insulin or properly use it. Aspects of type 2 diabetes include:

- Gradual onset often with few or no symptoms.
- Some people with type 2 diabetes can control their blood sugars through meal planning and exercise. Others will need medication, including insulin or other injectable medications.
- Most people with type 2 diabetes are over age 40; however, it is becoming increasingly more common among children and young adults.

Risk factors for type 2 diabetes include:

- Overweight
- Family history of diabetes
- High blood pressure/cholesterol
- History of Gestational diabetes
- Being African American, Native American, Asian, Hispanic American or Pacific Islander
- Pre-diabetes
- Polycystic ovary syndrome

Warning Signs for type 2: (often develop gradually)

- Any warning sign listed for type 1 above
- Vaginal yeast infections in women
- Frequent infections
- Cuts that are slow to heal
- Tingling or numbness in feet or hands

Often, no symptoms are present, and diabetes can be unnoticed for several years. Meanwhile, the damaging effects of high blood sugar are beginning.

Gestational diabetes is a form of diabetes that occurs in 4.1% of pregnancies in Connecticut. Gestational diabetes usually requires treatment only during pregnancy but puts the mother, and the child, at high-risk for later development of diabetes. Treatment involves meal planning, physical activity, and in some cases insulin. Treatment to bring the mother's blood sugar

into a healthy range helps prevent complications in the infant. These include low blood sugar at birth and larger size (greater than 9 lbs.).

Pre-diabetes is a condition in which a person's blood sugar levels are higher than normal, but are not high enough to be considered diabetes. This means a fasting blood sugar of 100-125 mg/dl or a value of 140-199 mg/dl two hours after a glucose tolerance test. Prediabetes can also be diagnosed with a A1c value (the three month average blood sugar) of 5.7-6.4%. People with pre-diabetes do not often exhibit any symptoms. They are, however, at greater risk for developing diabetes and having a heart attack or stroke. Research conducted on people with pre-diabetes in the Diabetes Prevention Program at National Institutes of Health demonstrated that a 5-7% weight loss could prevent or delay diabetes.

How can diabetes effect the heart and brain? Diabetes puts people at greater risk for heart disease and stroke. In fact, heart disease and stroke are the most common complications of diabetes. Controlling blood glucose levels (A1c), blood pressure, and cholesterol can help prevent heart disease/stroke. Ask your health care provider about your ABCs (A1c, blood pressure and cholesterol). Also, losing weight if necessary, and not smoking can all help decrease heart disease/stroke risk.

How can diabetes effect the eyes? Diabetic eye disease or retinopathy causes damage to the blood vessels in the retina. This can cause severe vision loss or blindness. To reduce this risk good blood glucose and blood pressure control is important. Diabetes also puts people at higher risk of cataracts (clouding of the lens of the eye) and glaucoma (increase in pressure inside the eye that leads to optic nerve damage and loss of vision).

How can diabetes effect the kidneys? High blood glucose levels can damage the kidneys. Kidney disease (nephropathy) can lead to kidney failure. Diabetes is the most common cause of kidney failure. Steps to reduce the risk or slow kidney damage include: Achieving good glucose control, having your urine tested for protein in the urine (microalbuminuria) yearly and achieving good blood pressure control (130/80).

How can diabetes effect the feet? Over time people with diabetes can damage the nerves in all parts of the body. This is called neuropathy. Nerve damage in the feet is the most common. It can lead to numbness or pain although some people have no symptoms. If a person has numbness in their feet they may not feel a cut or blister which can go on to become infected. However, when type 2 diabetes is diagnosed, half of the people already have signs of nerve damage in the feet. To prevent foot problems have a foot exam each year by a physician or trained health care provider. Ask your doctor to show you how to care for your feet at home and if you smoke, quit.

How is diabetes related to oral health? People with diabetes are more likely have gum disease, which can result in tooth loss. Disorders in the mouth may also lead to heart disease in people with diabetes. Keep your mouth free of disease and your heart will benefit too. It is important to get dental check-ups twice a year, and floss and brush daily.

See Dept. of Public Health at www.ct.org for more information.

6 Ways to Add Good Years to Your Life

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

Stay Sharp: Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

Get Moving: Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. Most everyone can exercise at their own level. Experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes. Take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

See the Doctor and Dentist: Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

Mix and Mingle: Social interaction can be as important as exercise and medical appointments. Stay connected with

your friends. Entertaining can be as easy as picking up a prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

Eat to Live: "We are a wonder being. To be alive is a gift. Don't miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with joy in mind. Again, it is a gift to be able to do it."

Chris Pardue, Executive Chef, Chester Village West.

Relax: Take time to reflect on the world around you. Take some deep breaths during the busy day. According to the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to read a book.

All these recommendations are a part of our Healthy Life™ Services program at Chester Village West.

*By Marian Bairstow, Chester Village West
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Healthy Eyes, Healthy Vision

When should my child receive his or her first eye exam?

It is never too early to consider taking your child for his/her first eye examination. In fact, the American Optometric Association (AOA) recommends that children receive an eye exam before their first birthday. While this may sound like an early start, infants and babies reach many developmental milestones within the first few years of life and vision plays a huge role in timely achievement. A comprehensive eye exam with an eye care professional can help to ensure that your child is on course for successful development.

No matter what your child's age, it's never too late for a first eye exam because vision plays such an integral role in the learning process. Many problems related to vision and eye health can be identified by your eye care professional before they become apparent. After the first exam, the AOA recommends a follow-up examination at around 2 to 3 years old, another when entering school, and regular check-ups every 1 to 2 years, or as recommended by your eye doctor to ensure that your child is staying on track.

To assist in recognizing children with vision problems, the state of Connecticut has mandated vision screenings in schools and at the pediatrician's office. These basic vision screenings are helpful in identifying children with obvious vision problems but may fail to catch more subtle visual difficulties. These types of screenings predominantly focus on vision-related problems but do not include a comprehensive eye health examination with dilation to ensure healthy eye growth and development.

What are some signs that my child may need an eye exam?

Along with the school nurse and pediatrician, you too can be a vigilant advocate for your child's vision and eye health. Babies and infants who make poor eye contact or have been diagnosed as developmentally delayed may need an eye examination to rule out poor vision. In school-aged children, it is time for an eye exam if your child complains of: blurry vision, double vision, tired or fatigued eyes, words disappearing or floating off of the page, headaches, dizziness, or nausea after a short period of close work or reading.

Additional signs of a vision problem include: eye turn (such as crossed eyes, or a drifting eye), squinting, sitting too close to the television, holding a book too close or too far away, blinking or rubbing eyes excessively, tilting of the head or covering one eye to see better, watery or itchy eyes, low attention span when reading, confusing letters, syllables, or words, skipping words or lines when reading, or losing place frequently on a page

Finally, one of the biggest red flags for a vision problem is avoidance. Some children that don't like to read or do schoolwork may be avoiding these tasks because they are struggling to overcome a problem with their vision. Getting a comprehensive eye exam can help diagnose even subtle vision problems that may hinder your child from doing his or her best in school!

What can I expect at my child's first eye exam?

Your neighborhood eye care professional has all the equipment necessary to ensure that your child has excellent vision and eye health. First, your eye doctor will check various aspects of vision, including visual acuity, color vision, and peripheral vision. He/she will also assess the need for any corrective lenses or glasses. In older children, knowing letters is helpful, but eye doctors have a variety of alternative methods to assess a child's vision, including shapes, pictures, and numbers. There are also ways to evaluate vision in infants and babies with the use of special equipment. The eye care provider will check your child's eye muscles to ensure that the eyes are aligned properly, and that your child is developmentally on target with eye teaming, tracking, and focusing skills. Next, the eye doctor will perform a dilated eye examination with eye drops to ensure that the eyes are healthy inside and out. The doctor will look for health problems such as eye allergies, pink eye, and retinal or optic nerve dysfunction. Finally, your eye doctor will let you know how frequently to follow-up to safeguard your child's eyes and vision!

Questions or more information: Email info@cteyedoctors.com or visit www.cteyedoctors.com

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Welcome Our Nurse



East Lyme Pediatric Clinic would like to introduce Sonia Stavens, our licensed practical nurse. Since joining our practice in February of 2011, Sonia has participated in a wide-range of patient care from vaccinating our children to advocating and empowering parents in the care of their children. Sonia has a unique passion for pediatrics which is just one of the reasons why she chose to further her education to receive a Bachelor's in Nursing. Sonia strives to meet the needs of our busy parents here at East Lyme Pediatric Clinic. Skilled with an art of distraction, Sonia makes sure our children have a favorable, compassion-filled patient care experience.

"The best part of my day is when a child hugs me before leaving. Their eyes light up as they smile and ask if they can have their lollipop."

East Lyme Pediatric Clinic has serviced South Eastern Connecticut for the past fourteen years and is currently accepting new patients. Please call (860) 739-7444 to schedule an appointment.

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In memory of Christopher Belfoure, the 2nd Annual RUN FOR CHRIS 5K will be held on Saturday, June 22, 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, such as China. He believed everyone should have the same opportunity. The Chris Belfoure Memorial Fund has been established at the Community Foundation of Middlesex County (CFMC). It will serve as a catalyst toward integrating multicultural experiences, learning foreign languages, and integrating environmental programs into the schools and libraries of the Lower Valley of the Middlesex County. This year a grant was given to VRHS for their trip abroad to France and Costa Rica. Register online: www.aratrace.com. For more information: "Like" Run for Chris at facebook.com/runforchris. Any questions contact Robin Chapin, robinc83@gmail.com; OR Cathy Bishop, cbishop56@sbcglobal.net; 860-767-0354.

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Resident Mae Gaudio with her son Bud, and wife Marge.



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A Brief Look at Alzheimer's Disease

More than 5.4 million Americans suffer from Alzheimer's disease, the most common form of memory illness known as dementia. This means millions of spouses, adult children, friends and other family members are suffering alongside the Alzheimer's patient as they progress through the different stages of the disease. It also means no one travels through dementia alone, and family and friends are needed now more than ever.

Spouses or other relatives may be the first to notice warning signs of memory loss beyond what is considered normal, such as a change in someone's ability to concentrate or work with numbers, taking much longer to do things than before, confusion of time and place, or even complications having a conversation. (Visit the Alzheimer's Association at www.alz.org for more information on early signs and symptoms of memory loss that may help determine if there should be concern).

These signs may not necessarily mean someone has dementia. There can be medical reasons for them, such as depression, or the result of an infection, or even dehydration. If there ever is any doubt about changes in memory, all families are encouraged to seek a proper diagnosis from a qualified geriatrician or physician with specific geriatric experience.

If the diagnosis is indeed a memory illness, you can work together as a team to prepare a care plan that works for everyone. It is ideal for those suffering from memory-related illnesses to be in a safe environment that also offers stimulation and engagement throughout the day. Sometimes that can be done in a home setting if they don't wander, or at an adult

day care center, or at an assisted living community with a memory care specialty.

Regardless of where a person with dementia lives, it is very beneficial for them to have interaction with those who know and love them. For family and/or friends who may be uncomfortable around people with Alzheimer's, it is important to realize that although these memory-impaired folks don't recall your name or relationship, they often sense that you are a significant person to them. By talking about people and places from their past, you not only act as their memory, you validate their sense of self.

Life with dementia is a challenging one, but does not have to mean the end of a relationship with your loved one. Families dealing with this illness are encouraged to seek out educational events as well as educational reading material, to join a support group, and to view your relatives as your care partners during this journey. You may be surprised by how many special moments you will continue to enjoy and treasure with your loved one.

Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.

*Kathy Ryan
Executive Director, The Saybrook at Haddam*

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