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**Kristen Zarfos, M.D.**

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Breast Surgeon

**Andrea Malon, M.D.**

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# The Selectmen's Corner

Happy summer from the Board of Selectmen! Old Saybrook was made for summer; enjoy it. We thank you for entrusting us with running your local government. - *First Selectman Carl P. Fortuna, Jr., and Selectmen Scott Giegerich and Carol Conklin*

As Events readers know, I frequently comment on the finances of the State of Connecticut. Unlike towns, the State budgets in two-year cycles. Currently, Old Saybrook is in its 2017-18 fiscal year and on July 1, 2018 the 2018-19 fiscal year begins. In May, our legislators "fixed" a \$500 million deficit in the current biennial budget (partly with one-time revenues from better-than-expected 2017 taxes on investment income). After the State and Federal elections this coming November, our legislators will go to work on the July 1, 2019 – June 30, 2021 biennial budget for the State which, by all accounts, is projected to have a \$4.5 billion deficit. It goes without saying that, despite the recent budget agreement, Connecticut's finances are still in crisis, which will become more evident over the next few years.

In addition, the State's economic news cycle is not encouraging. Data released in May shows the State's economy shrank in 2017, earning it the ranking of number 49 in the United States! April and May of 2018 saw significant job losses in our state. The economic strategies that have been used in Connecticut since

the recession of 2008 clearly have failed. The next Governor has a tall order to fill.

This financial picture stands in stark contrast to Old Saybrook (and several other municipalities in the State) where we have proactively addressed our current and long-term liabilities, kept our mill rate amongst the lowest in the State and held our property taxes comparatively lower than surrounding communities. In fact, the Town budget that was submitted to the voters and approved on May 15, 2018 proposed a tax decrease, a first for our Town in over a generation. Thank you to those voters who came out and voted, and to those who followed the budget process for the last six months. Our team here in Town Hall did an excellent job, but I particularly want to thank the volunteers on our boards and commissions who worked hard on their respective budgets. The budget passed by more than a 12-1 margin.

This success is possible because the Town of Old Saybrook is doing so many things right: We have an excellent credit rating; **continued on page 2**



First Selectman  
Carl P. Fortuna, Jr.

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### Selectmen's Corner... continued from page 1

we have ended our defined benefit (traditional pension) plan for most employees (having switched to a new 401k-style plan); we have a high-deductible health insurance plan for all employees as well as well-funded capital accounts, a healthy rainy day fund and a far more efficient Town Hall due to a focus on better human resource management and technology. However, as I have said to so many of our citizens, Old Saybrook cannot thrive without a financially stable state government. Pivoting from crisis to crisis does not engender business confidence and stymies investor sentiment. Whoever our next Governor will be come November, we all need to stand with him or her and be hopeful that a plan will be put in place that will rescue Connecticut's finances. The last eight years have not been kind. Connecticut's economy has not grown, and in fact has more likely contracted during this time. We lag the nation coming out of the Great Recession and, as a State, are in great need of pro-growth policies that will encourage businesses and individuals to put down roots and stay. Without that, many Connecticut towns and cities will continue to struggle. Let's hope for an intelligent, civil gubernatorial campaign season where great ideas

for Connecticut's future are debated. In the meantime, I invite any citizen with questions on our Town budget or the revenues we receive to contact me.

### Garbage and Recycling

As a Town, we need to recycle more and waste less. Every time you dispose of an item, whether it is junk mail, cardboard, a bottle or a plastic food container, determine if the waste can be recycled and re-used. We all know that recycling does less harm to the environment, so that is a good reason to recycle more. But there are at least three other good reasons: First, in most communities, the amount of waste to recycling is 60%/40%, the 60% being the waste. The State of Connecticut is mandating, through a new regulation issued last year, that by 2022 all towns and cities in our state flip that ratio to 40% waste, 60% recyclables. Towns that do not meet this standard will pay extra disposal fees. Second, many towns in Connecticut, including Old Saybrook, transport waste to a "trash to energy" plant in Hartford. The life of that plant is coming to an end in about four years. There is no definite replacement strategy at this time, and, if a similarly priced solution is not developed soon, our Town's garbage will be a lot more expensive to dispose of in just a few years. Shipping waste out of state to be buried in landfills is a bad decision. Old Saybrook needs to be pro-active in moving towards increased recycling (maybe even composting!) to reduce our cost. Lastly, there is cost. Old Saybrook pays close to \$200,000 per year to dispose of its garbage. Reducing waste by one-third and increasing recycling

by 50% will likewise reduce our waste disposal fee by one-third, which amounts to big bucks.

A recent examination of Old Saybrook's transfer station found that it is used by between 30 to 40% of our population, although it is available to all residents. Many in Town, including some beach associations, include garbage pick-up in their dues while others in Town simply prefer the convenience of curbside pick-up. To encourage recycling, the State of Connecticut has a "What's In, What's Out" campaign informing consumers of exactly what is recyclable. In Town Hall and at the transfer station we have posters that inform our residents on this issue. The Town is currently engaging consultants to determine how best to encourage more recycling. One method is called SMART, an acronym for Save Money and Reduce Trash. Essentially, the Town would sell garbage bags at many retail outlets for approximately fifty cents for a standard household garbage bag and one dollar for a larger bag. These would replace any garbage bags you might otherwise purchase during the course of the year. You would only be able to dispose of waste in these designated town garbage bags. Recyclable disposal would remain free (and should always be disposed of "loose," i.e., not in plastic bags). In communities that have implemented the SMART system, waste was reduced by 50% and, likewise, the cost to the towns to haul waste away was reduced by the same amount. When citizens become actively engaged and knowledgeable about

**continued on page 4**



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## Selectmen's Corner... continued from page 3

what is waste and what is not, the tonnage of waste goes down drastically and recycling dramatically increases. The end result is a huge reduction in town expense which is then reflected in saved real property taxes... forever. There will be more information to come as we continue to discuss methods of reducing waste.

### Upcoming Projects

Over the summer and into the fall, we have several Town projects that we plan to initiate. I will place before the Board of Finance, and a Town Meeting, a sidewalk project to begin to address broken and unsafe sections of sidewalk all over


town. This is a quality-of-life issue for our residents and visitors. Old Saybrook is an eminently walkable town. Improving sidewalks is an improvement that will make our community more pedestrian and business friendly. Another project will be for The Katharine Hepburn Cultural Arts Center (KHCAC, aka, The Kate). Several of the pillars in the front of the building are rotted at the base and the concrete pedestal that the pillars sit on is cracking and chipping away. We have had a qualified local engineer review the building and repairs have been recommended. Lastly, The Chamber of Commerce building, a Town-owned building, has a variety of issues.

The roof has failed and the cupola leaks. We are hopeful these repairs will be made late summer into the fall. These projects are all at the heart of Old Saybrook's identity. Keeping our Town infrastructure well preserved is important, and these projects will reflect well on our community.

There are always good things happening in our beautiful town. I wish all who live, work and play in Old Saybrook a happy and safe summer.


Carl P. Fortuna, Jr.  
First Selectman

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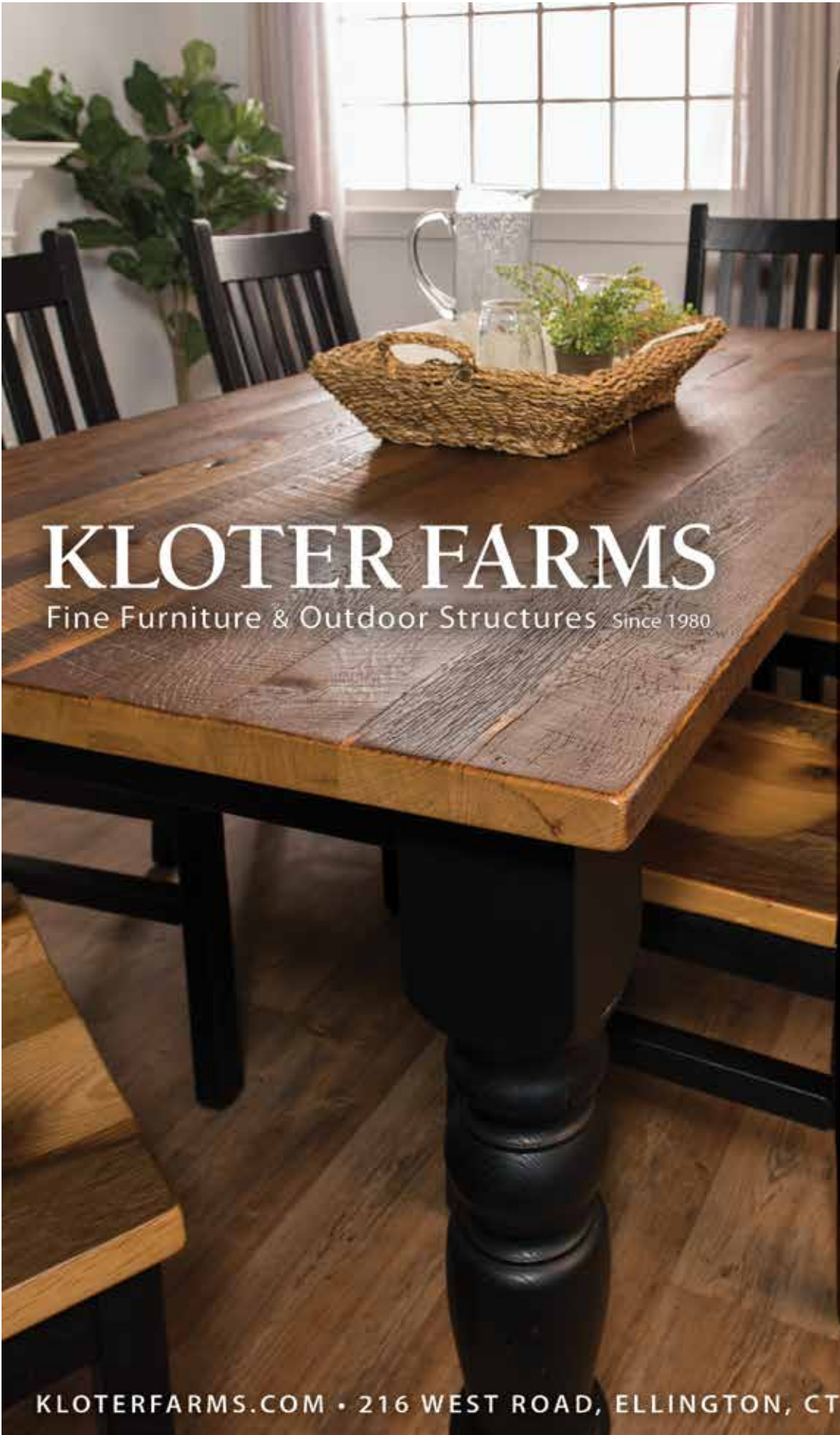
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## Assessor's Office

### Old Saybrook 2018 Property Revaluation Project

The Old Saybrook 2018 property revaluation project has begun. Connecticut General statutes mandates that all cities and towns perform a revaluation every 5 years. The revaluation will establish market values for the October 2018 grand list of taxable property and will first affect the July 2019 tax bill.

The Town is working with Vision Government Solutions Inc. to collect data and will be visiting and inspecting homes and commercial buildings that have recently sold or have open building permits. Property owners and tenants are asked to cooperate with data collectors to ensure that accurate information is used in the revaluation process. Vision representatives will have photo identification and an authorization letter from the assessor's office and their vehicles will be registered with the Old Saybrook Police Department. The Vision Appraisal Company will send out notices to property owners that have new values by early December 2018.

If you are interested in a more detailed description of the revaluation process visit the Vision Government Solutions website: <http://www.vgsi.com/vision/applications/reval/Home.aspx>. Additionally, any property owner who needs or requires property information may contact the Assessor's Office.

Assessor: Norman B Wood  
Nwood@Town.Old-Saybrook.ct.us 860.395.3137 or 2922.  
Assessor's Clerk: Bridget Riordan  
bridget.riordan@oldsaybrookct.gov.

Vision Government Solutions Authorized Representatives:  
Mary Kate Moody  
vehicle: 2014 Nissan Rogue - plate #: CT78JKB4  
Stephen McCarty  
vehicle: Toyota - plate #: AG85037

## The Kate - Monday Movies!

The Katharine Hepburn Cultural Arts Center is pleased to announce a new edition to its summer roster of events with the "Movie Monday" series. Each Monday evening, from June 25th through August 20th, a classic film will be shown on the

Kate's big screen. "The Kate has always featured the films of Katharine Hepburn in its Kate Classic series," said executive director, Brett Elliot. "But, we're really looking forward to Movie Monday as a way to present a different Kate experience

utilizing our big screen and state-of-the-art surround sound."

For more information about Movie Monday and the Kate, visit [www.thekate.org](http://www.thekate.org) or call 860-510-0453.

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## Town Clerk's Office

### TOWN CLERK'S OFFICE

Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

**Office Hours:** M-F, 8:30 am – 4:30 pm

Phone Number (860)395-3135

Town Website: [www.oldsaybrookct.org](http://www.oldsaybrookct.org)

### CONGRATULATIONS!

Howard Bousel and Diana Dyckes – April 2nd

Jason Moran and Jessica Hoffman – April 21st

### With Sympathy

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Asmina Bedell

Tsering Bhuti

Raymond Bliss

Stacy Bosworth

Sharon Brousseau

Roland Caserta

Claire Chiffer

Ida Clark

Adele Coppola

Annabelle Cote

Terry Cowles

Theresa DeMaio

Hester Heckler

Evelyn Ferrara

Beatrice Fiorino

Margaret Hagenzieker

Sally Hirsch

Janet Infante

Thomas Kablik

Holly King

Edison Klotz, Sr.

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Michael Liappes

Michele L'Heureux Elpi

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### Fishing News from the Department of Energy & Environmental Protection

The Trout & Salmon Stamp is now required for anglers fishing in any designated Trout Management Area, Wild Trout Management Area, Trout Park, or Atlantic Salmon Broodstock Area and for anglers harvesting trout or salmon anywhere throughout the state. The fees for the Trout & Salmon Stamp are \$5.00 for resident anglers who are 18 and older, \$3.00 for CT residents ages 16 or 17 and \$5.00 for nonresident anglers age 16 and older.

continued on page 10



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## Town Clerk's Office... continued from page 8

More information can be found on their website <https://www.ct.gov/deep>.

### 2018 Elections

Mark your calendars! The democratic and republican primaries will be held August 14th from 6 am to 8 pm at the high school and middle school district locations. Only those registered in the respective political parties can vote in the primaries.

The State election will be November 6th from 6 am to 8 pm at the high school and middle school district locations. Absentee ballots for the primary and election can be obtained from the Town Clerk's office. You can now register to vote online on the Secretary of State's website <https://voterregistration.ct.gov>.

## Estuary Council Regional Senior Center

Estuary Council Regional Senior Center  
220 Main Street, Old Saybrook (860) 388-1611. The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs,

and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

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## Conservation Commission

The Conservation Commission has created a small section at Acton Public Library where it has incorporated four DVDs from the Winter Film Series it hosted this past year as well as several paperback publications about conservation, sustainability and climate change. These resources are all available to the Community of Old Saybrook to utilize and educate themselves with the hopes of creating a greener and more sustainable Old Saybrook.

In addition to expanding the conservation section at the library, the Conservation Commission is also working together with the town's Youth and Family Services on educating children with after school programs on how to create bluebird and butterfly habitats.

DIY blue bird house kits and butterfly house kits were purchased as part of this program to educate the youth about these particular species and their important roles within our environment. This July, as part of the summer camp program with Youth and Family Services, the Commission is partnering with them to create bat houses.

If you are interested, please inquire with Jodi Kelly at Youth and Family Services, 860-510-5051.

## Founders Memorial Park

This year marks a decade in which townspeople and visitors to Old Saybrook have enjoyed Founders Memorial Park on Coulter Street. The conversion of the former landfill and marshlands offer a pinnacle setting from which to view and explore Old Saybrook's North Cove and the Connecticut River's coastal wetlands. Originally donated by the Clarke Family to the town, the park commemorates the founding families of Saybrook Colony. The added recreation and education enhances the longtime conservation of the Ragged Rock wildlife management area by the Connecticut Department of Energy and Environmental Protection, Trust for Public Land, The Nature Conservancy, Old Saybrook Land Trust, Town of Old Saybrook and, now, a dedicated group of volunteer maintainers.

On Thursday, July 26, 2018 at 5:00 pm, the Old Saybrook Parks & Recreation Commission will host a ceremony to celebrate the 10th anniversary of Founders Memorial Park at 100 Coulter Street, Old Saybrook.

### PRESS CONTACTS:

Ray Allen, Director, Parks & Recreation Department  
(860) 395-3152

Susan Esty, Chairman, Parks & Recreation Commission  
Barbara Guenther, Chairman of the original Ad Hoc Committee (860) 388-0085

Carl P. Fortuna, First Selectman, Board of Selectmen  
(860) 395-3123

Christine Nelson, Town Planner, Land Use Department  
(860) 395-3131

302 Main Street, Old Saybrook, CT 06475

## Vegetation Control for Safety

We are asking property owners to cut back their tall grass, weeds, brush and tree limbs at site line corners that may limit a driver's view of the road and or traffic signs. Vehicle movement through an intersection requires clear visibility. Help improve pedestrian/cycling safety by maintaining the quick-growing vegetation this time of year especially in the beach communities where there are children on bikes and people walking.

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# Cypress Cemetery and the National Register of Historic Places

In March of 2017, the "Old Burying Ground" portion of Cypress Cemetery on Saybrook Point was placed on the State Register of Historic Places and will be placed on the National Register of Historic Places by June of 2018. The Town of Old Saybrook, with the support of the Cypress Cemetery Association and the Old Saybrook Historical Society with the consultation of R. Christopher Goodwin Associates of New Orleans, Louisiana, spearheaded the effort. According to the nomination document, the uniqueness of the Old Burying Ground centers on the "funerary art" that can be found. In other words, the assemblage of tombstone carving is exemplary with respect to the artists who carved them and the two "schools" of carving represented.

Those familiar with tombstone carving are aware that in the 17th and 18th centuries, there was the "Boston school" of carvers from the Massachusetts Bay Colony and the "Connecticut River Valley school" of carvers from the river valley area of Connecticut. The Boston carvers commonly used durable slate for their markers due to the prevalence of that type of stone in the greater Boston area while the Connecticut River Valley carvers used the softer red

sandstone found throughout the river valley. Goodwin Associates explains that there are cemeteries with great examples of tombstones by the Boston artists, and there are cemeteries with great examples of tombstones carved by the Connecticut artists. The uniqueness of Cypress is that the Old Burying Ground has great examples of both schools of artists.



Although the individual artists of the Boston tombstones are generally unknown (they tended to work in collaboration where it's more difficult to determine individual carvers), tombstones carved by the most well-known of the Connecticut River Valley artists - the Stancliffs, Johnsons and Drake - are represented throughout the Old Burying Ground.


William Pitt





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The National Register designation does not impact the operation of the cemetery, but identifies the site as an important part of our historic and cultural heritage worthy of preservation and recognition.

In an effort to highlight this important designation, a team will be designing and placing an exhibit sign near the front of the cemetery to educate the public regarding the significance of the cemetery and its connection to the original Saybrook Colony founded on Saybrook Point in 1635.

For information, contact the Old Saybrook Historical Society at (860) 395-1635 or go to the Cypress Cemetery website at [www.cypresscemeteryosct.org](http://www.cypresscemeteryosct.org). To read a copy of the nomination document, go to the Cypress Cemetery website.

## Old Saybrook Land Trust's Swallow Cruise Fundraiser

The Old Saybrook Land Trust (OSLT) will hold its annual high school scholarship fundraiser on a Connecticut River swallow cruise aboard the RiverQuest guided tour boat.

The gathering of the swallows occurs nightly for approximately six weeks from mid-August through September. Each night, hundreds of thousands of swallows congregate to spend the night among the reeds on an island just across the river from Old Saybrook. Famed ornithologist Roger Tory Peterson once declared the phenomenon to be the most amazing avian event he ever witnessed.

This year's cruise will be held on Friday evening, September 14. Participants may bring their own light dinners and libations. OSLT will provide appetizers.

The three-hour excursion, leaving out of Haddam, includes professional narration by local wildlife experts and spectacular views of the lower Connecticut River valley. Tickets are \$50 on a first come-first served basis. Your donation is included in the cost of the ticket. You may make your reservations by emailing [oldsaybrooklandtrust@osl.org](mailto:oldsaybrooklandtrust@osl.org).

Feel free to join OSLT for this amazing night on the river and help out a good cause at the same time. Proceeds go to OSLT's \$1,000 scholarship to a deserving highschool senior planning to study environmental sciences in college.

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Georgianni Neri, Administrative Secretary		Georgianni.Neri@OldSaybrookCT.gov
Lee Ann Palladino, Finance Director	395-3127	leeann.palladino@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

### ACCOUNTING

395-3132

### ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Bridget Riordan, Administrative Clerk		Bridget.Riordan@OldSaybrookCT.gov

### BUILDING DEPARTMENT

Tom Makowicki, Building Official	395-3130	Tom.Makowicki@OldSaybrookCT.gov
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### ECONOMIC DEVELOPMENT

Susan Beckman, Executive Director	395-3139	Susan.Beckman@OldSaybrookCT.gov
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### FIRE MARSHAL

Pete Terenzi	395-3133	
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### LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Gillian Carroll, Environmental Planner		Gillian.Carroll@OldSaybrookCT.gov

### PARKS AND RECREATION

Ray Allen, Director		Ray.Allen@OldSaybrookCT.gov
Jonathan Paradis, Assistant Director	395-3152	Jonathan.Paradis@OldSaybrookCT.gov
Rick Pine, Office Manager		Rick.Pine@OldSaybrookCT.gov

### PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
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### REGISTRARS OF VOTERS

Joan Broadhurst	395-3134	Registrar@OldSaybrookCT.gov
Joan Strickland		Registrar@OldSaybrookCT.gov

### TAX COLLECTOR

Barry E. Maynard	395-3138	Barry.Maynard@OldSaybrookCT.gov
Wendy Morison		Wendy.Morison@OldSaybrookCT.gov

### TOWN CLERK

Sarah Becker, Town Clerk	395-3135	Sarah.Becker@OldSaybrookCT.gov
Christina Antolino, Assistant Town Clerk		Christina.Antolino@OldSaybrookCT.gov

### TREASURER

Robert Fish	395-3073	Robert.Fish@OldSaybrookCT.gov
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### WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	Robbie.Marshall@OldSaybrookCT.gov
Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov

### OTHER TOWN DEPARTMENTS

#### Acton Public Library - 60 Old Boston Post Road

Selma Dauteferdic, Director	395-3184	
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#### Police Department - 6 Custom Drive

Non-emergency	395-3142	
Michael A. Spera, Chief of Police	395-3142	mspera@oldsaybrookpolice.com

#### 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	Susan.Consoli@OldSaybrookCT.gov
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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	Heather.McNeil@OldSaybrookCT.gov
Linda McCall, Administrative Assistant		Linda.McCall@OldSaybrookCT.gov

[www.OldSaybrookCT.org](http://www.OldSaybrookCT.org)

# Economic Development



## Mariner's Way Redevelopment Update

Thank you to all community members, businesses and property owners who provided input to the Mariner's Way Brownfields Area-Wide Revitalization (BAR) Planning Project. The project concluded in December 2017 with a presentation of the Mariner's Way Discovery + Action Plan (MW-DAP).

Extensive outreach to residents, property owners, businesses, and the community at large was integral to the process as was a market feasibility study to ensure the plan proposed redevelopment concepts that fit with economic and demographic realities. The final result reveals several redevelopment concepts for Mariner's Way and a streetscape plan with potential to be realized.

While the study concluded, MW-DAP is just the beginning.

Now we transition from planning redevelopment on Mariner's Way to implementing the steps outlined in the plans to encourage redevelopment.

## The Next Steps in implementation include:

Exploring the creation of a Tax Increment Finance (TIF) District as a redevelopment tool to attract developer interest; Marketing redevelopment opportunities along Mariner's Way to potential developers; and Applying for a second BAR Grant to pay for the engineering of the streetscape.

The Economic Development Commission (EDC) has formed a sub-committee, the Mariner's Way Redevelopment Committee, to guide the transition to implementation and action.

The MW-DAP was completed well within budget leaving a little over \$20,000 in grant funds available for the Mariner's Way Redevelopment Committee to use for implementation.

For more information, click on Mariner's Way on Old Saybrook's Economic Development website [http://www.oldsaybrookct.org/Pages/OldSaybrookCT\\_EcoDevelCommission/way](http://www.oldsaybrookct.org/Pages/OldSaybrookCT_EcoDevelCommission/way)). Or contact the Economic Development Office at (860) 395-3139.

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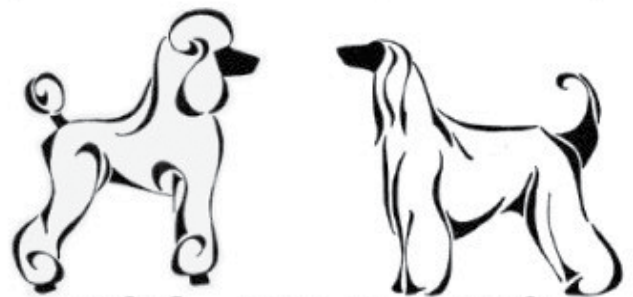
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## Old Saybrook Historical Society

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### Music From The Hart... We've Got Rhythm, Again

Back by very popular demand, the exciting and talented U.S. Coast Guard Dixieland Jazz Band will be presenting a free concert in the Gen. Hart House garden, 350 Main Street on August 26, 2018 from 4:00 – 5:30 pm.

The U. S. Coast Guard Dixieland Jazz Band was organized in 1970 to perform classic jazz, blues, and rags with a “New Orleans” flavor. The Dixieland Jazz Band has entertained audiences across America and overseas. They have appeared in Disney World, the Boardwalk in Atlantic City, the Embarcadero in San Francisco, the John F. Kennedy Center in Washington, D.C., at Mardi Gras in New Orleans and have performed on numerous radio and television broadcasts across the nation.

This concert is expected to again attract a large number of people and guests are asked to bring their own chairs. It will be great music from an outstanding band playing in a beautiful garden on a summer day.

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Together we are able to make a real difference in the lives of so many. Consider the support provided by the Ann and George Petry Fund to give young people access to creative arts programs which enable them to share their talents while addressing issues important to their community. Or the Loffredo Performing Arts Fund which supports local thespians as they share the beauty and joy of live musical productions with neighbors and friends.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, and tomorrow. We invite you to learn more by calling us at 860-347-0025 or visiting us online at [MiddlesexCountyCF.org](http://MiddlesexCountyCF.org).

As singer Bobby Darin proclaimed, "I got rhythm, I got music, I got my gal who can ask for anything more."



U.S. Coast Guard Dixieland Jazz Band will return by very popular demand to the Gen. William Hart House campus for a concert on Sunday, August 26 at 4:00. This is a free community event.

### The Tradition Lives On

On a warm Friday evening in June 1971, six fife and drum units marched up Main Street to Firemen's Field on Elm Street where they held a two day tattoo and raised a Liberty Pole. Under the leadership of Bill Reid, and with his wife June playing a fife and his son Ken on the drums, a tradition was born that lives on today as Old Saybrook's annual Torchlight Parade.

Sadly, this past year Bill and June Reid have passed away and in their memory a significant and substantial contribution has been made to the Old Saybrook Historical Society by the Reid family and their son and Historical Society Trustee, Ken Reid. Among the prized items are some 20 binders of professional photographs of local musters and Torchlight parades, several paintings depicting the Parker House, the David Bushnell House, and others. In addition, there are framed pictures of Fenwick Hall, Main Street, an 1870s map of Say-Brook, an 1830 document listing members



of the Second Regiment of Light Artillery under the command of Samuel Tully, a Civil War discharge document, and more.

Ken Reid with snare drum from Old Saybrook Fife and Drum Corps that he and his family donated to the Old Saybrook Historical Society, along with art work, documents, and an extensive collection of photographs of the Torchlight Parade. Bill Reid, Ken's father, began the Torchlight Parade tradition in Old Saybrook in 1971.

In addition, there are pewter mugs, a militia cartridge box, two wooden canteens and, the highlight of the collection, a hand-made snare drum inscribed "Strength Through Unity - Old Saybrook, Connecticut." These items fill a void in the Society's

continued on page 18

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## Historical Society ... continued from page 17

collection and after the items are cataloged they will become available for display and research.

### Taste of the Town, September 8, 2018

Join with good friends to share fine food, fun and festivities at this year's "Hosting for History" celebration on Saturday, September 8, 2018 as a variety of local restaurants provide a "Taste of the Town." The gala event will include music by the Rhode Island Fiddlers, auction items, and will be held under the tent at the Gen. William Hart House campus. Seating is limited. For information regarding tickets contact the Historical Society.

### Summer Hours: June – September, 2018

The 1767 Gen. William Hart House and Exhibition Gallery, is open for guided tours on Wednesday, Saturday and Sunday from 1:00 – 3:00 pm or by appointment. The Hart House features a collection of Saybrook artifacts from its founding in 1635 through modern times including items related to first governor John Winthrop, Jr., a unique 17th century seal skin chair, weapons from early conflicts, the desk and objects from Miss James' Pharmacy, paintings and other artifacts.

"The Hart House: A House for the Ages" is featured in the Exhibit Gallery and is a retrospective look at the House and the lives of some of its notable inhabitants.

Listed on the National Register of Historic Places in 1972, it is a significant example of a Georgian Colonial architecture and includes a number of distinctive architectural features. Admission is a \$5 donation for adults. Children and members free.

The Frank Stevenson Archives is open to the public on Tuesdays and Thursdays from 9:00 am to 12:00 or by appointment. The Archives houses the Old Saybrook Historical Society's history library, an extensive genealogical library and the collection of documents, photographs, maps, and other materials related to the history of Old Saybrook and area towns. A friendly staff of knowledgeable volunteers is always happy to assist visitors. Admission free.

For more information about the Old Saybrook Historical Society or its programs and activities, or to become a member or volunteer, call 860-395-1635 or send an email to: [contact@saybrookhistory.org](mailto:contact@saybrookhistory.org).

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# The 2018 Legislative Session

## Bipartisan Budget Compromise

State Representative Devin Carney  
Lyme, Old Lyme, Old Saybrook,  
Westbrook

This year's legislative session ended at midnight on May 9, 2018. Shortly before the midnight deadline, the legislature overwhelmingly approved state budget adjustments for the current fiscal year and next fiscal year. The budget was the result of bipartisan negotiations and represented a compromise between Republican and Democrat lawmakers to update the bipartisan state budget that passed last year. It was a package that included important items to many folks within the 23rd District, provided funding for our municipalities, and it contained no tax increases.

The Connecticut Department of Transportation was set to reduce

funding next fiscal year to both Shore Line East and 9-Town Transit, which both provide transportation needs to many commuters, students, and seniors. These funding cuts would have resulted in service reductions and fare increases. The budget compromise staved off these drastic proposals by transferring an extra \$29 million in sales tax receipts next fiscal year to the Special Transportation Fund. These sales tax receipts will come from the sales tax on new cars, so it makes sense that this revenue will go towards our transportation needs.

Many seniors in the district were concerned about the potential for a reduction in eligibility for the Medicare Savings Program, which helps seniors on fixed incomes with health insurance. This budget fully restored the program in full to all 169,450 seniors who rely on it.

Finally, the sales tax on boats will be reduced from 6.35% to 2.99% effective July 1, 2018. This sales tax reduction will help our local marine industry and will help Connecticut compete more with Rhode Island, which does not charge a sales tax on boat sales.



If you have any questions or would like further details, please feel free to contact me at [devin.carney@cga.ct.gov](mailto:devin.carney@cga.ct.gov) or (860) 240-8700.

*I hope you have a wonderful summer!*

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# CT River Area Health District (CRAHD): Tips to Prevent Lyme Disease!

We are officially in tick season. From May through July, people will get more tick bites and tickborne diseases than any other time of year in the United States. Tickborne diseases are on the rise and prevention is the key to fight Lyme disease. It is very important to take steps to protect yourself, family members, and pets from ticks during this season, as well as any time during warmer months when you're outside.

The majority of Lyme disease cases reported to CDC through national surveillance are found in the Northeast and upper Midwest, with 96 percent of cases in 13 states. Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks, also known as deer

ticks. Common symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

CRAHD recommends everyone to take steps to prevent Lyme disease and other tickborne diseases:

- Always wear insect repellent when being outside
- Do tick checks daily, especially before going inside your home
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash

For more information on Lyme disease, visit [www.cdc.gov/lyme](http://www.cdc.gov/lyme) or call our health educator, Daisy Hernandez at 860-661-3300. CRAHD, 455 Boston Post Road, Suite 7, Old Saybrook, CT 06475.

## Old Saybrook Chamber of Commerce

### Announcing the 2018 C. Wilfred Hunter Memorial Scholarship Recipients

Each spring the Old Saybrook Chamber of Commerce awards academic scholarships to graduating high school students who will be pursuing their education beyond high school. The scholarship is funded by proceeds raised at the Chamber's annual Chili Fest. The scholarship committee carefully considers academic achievement and community service, as well as other factors. This year's recipients are Marie Dicker, Samantha Fucci, Tanya Gianitsos, Chloe Root, and Kyle Savino. Recipients were recognized at a May 30 reception at the Chamber office.

### Old Saybrook Chamber Launches "Saybrook Summer Sidewalk Sale"

The Old Saybrook Chamber is turning a spotlight on the "Shop Local" movement the weekend of June 29, 30, and July 1 with the launch of "Saybrook Summer Sidewalk Sale." Various sales and promotions will be happening throughout Old Saybrook and neighboring towns as part of the area-wide Saybrook Summer Sidewalk Sales Event, encouraging everyone to "shop, dine, and explore!" Participating merchants will set their own promotion, for example, some shops are offering discounts, while others are offering a giveaway with purchase. The Sidewalk Sale extends beyond Old Saybrook to include merchants in Old



Photo courtesy Old Saybrook Chamber of Commerce. Looking for just the right piece of art? Visitors to last year's festival peruse mixed media, one of seventeen categories of art on display.

Lyme, Westbrook and Essex. For a list of participants, times, and specific offers, visit [oldsaybrookchamber.com/sidewalksale](http://oldsaybrookchamber.com/sidewalksale).

### Celebrating 55 Years of Art!

The Old Saybrook Town Green will spring to life the weekend of July 28 & 29 for the 55th Annual Old Saybrook Arts & Crafts Festival, presented by Liberty Bank.

Ten thousand residents and visitors descend upon the colorfully transformed Town Green every July, held the last weekend of the month, to appreciate hand-crafted masterpieces and to shop over 145 exhibitors of exceptional fine art and hand-crafted work. Artists and crafters represent a vast array of mediums including acrylics, ceramics, pottery, graphics, fiber, mixed media, glass, oils, jewelry, pastels, leather, photography, metal, sculpture, and wood.

The Old Saybrook Chamber of Commerce Arts & Crafts Festival, is a juried show and is popular with exhibitors as well - many have exhibited more than twenty years. Artists come from Florida and Maine and states in between.

Each year the Arts & Crafts Festival relies on a battalion of volunteers to assist with setting up on the Green, directing visitors, and helping out in every which way.

If you would like to be involved with this signature community event please contact the Chamber office at 860-388-3266. You'll find that the time you give will be greatly rewarding!

In addition to volunteers, the Festival also relies on monetary donations from "Friends of the Festival." A "friendship" sponsorship is \$100. "Friends" have their name, or name of their business printed on the Festival map - thousands of which are distributed throughout town and to visitors on the Green. Please call the office if you would like to reserve your sponsorship: (860) 388-3266. Last year, more than 40 businesses and individuals supported the Festival in this way.

Food is available for purchase from local civic organizations, and admission and parking are free. Saturday, July 28, 10 am – 5 pm; Sunday, July 29, 10 am – 4 pm.



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## Sing Puccini and Saint-Saens with Cappella Cantorum

Brighten fall days by joining the Cappella Cantorum Masterworks Chorus in the singing of Puccini's *Messa di Gloria* and Saint-Saens' Oratorio in preparation for its Dec. 1 concert. Registration and first rehearsal are Monday, Sept. 17, 7 pm at John Winthrop Middle School, 1 Winthrop Road, Deep River. Late registration will be Sept. 24, same time and place. No auditions are required. All are welcome, including high school students. Simon Holt of the Salt Marsh Opera will direct the chorus, professional soloists and orchestra. For more information visit [CappellaCantorum.org](http://CappellaCantorum.org).

## Elevation Certificates & Flood Insurance

In Old Saybrook, Special Flood Hazard Areas (SFHA) are most typical designated as zones A, AE, and VE. A common misconception is that a base flood, often called a "100-year flood," will only occur once in a 100-year period. In reality, every year there is a 1% chance that such a flood will occur, no matter how recently a similar event occurred. Over a typical 30-year mortgage, homes and businesses in the SFHA have a 26% or greater chance of being flooded.

Flood insurance rates for buildings located in a SFHA are based on structure elevation relative to the base flood elevation (BFE). The higher the first floor is relative to the BFE, the lower the flood insurance premium will be for that property. An elevation certificate (EC) provides the documentation necessary for insurance agents to make that determination.

Flood insurance policy holders have been receiving letters over the past year asking them to consider obtaining an elevation certificate. This is not a mandatory requirement, however FEMA is encouraging property owners to obtain an elevation certificate if their property is located in a SFHA. The purpose is to ensure that the insurance premium accurately reflects your risk since many renewed policies were rated without an elevation certificate. Some property owners who have provided FEMA with an elevation certificate have seen drops in rates while others have seen no change at all.

An elevation certificate is also useful to help you make decisions about elevating a building or rebuilding after a flood event. Some property owners additionally opt to purchase an A-2 survey and foundation/piling design in addition to an elevation certificate. The purpose is to save these documents for permitting the elevation of a structure and start the flood recovery process as soon as possible in the event of a flood event.



The Old Saybrook Zoning Commission adopted regulations to allow for the administrative issuance of a Certificate of Zoning Compliance to elevate an existing structure to FEMA compliance even if the structure or lot is non-conforming with current zoning regulations. The purpose is to facilitate the recovery/mitigation process in a timely manner without the need for variances or public hearings. Property owners who choose to mitigate damages through new construction and additions to a non-conforming structure that further increase the non-conformity will be required to apply for variances and a public hearing.

If you had an elevation certificate prepared after February 6, 2013, a copy may be available at the Town Hall. If not, you will need to hire a State licensed land surveyor, architect, or engineer to complete an elevation certificate. Depending on your location and the complexity of the job, the cost of certificate may vary in price range. You may want to contact several local surveyors to find out what they offer. When you receive your elevation certificate, keep a copy for your records and provide one to the Town Hall so that it is on file for future reference.

## Treating Sunburn

Protecting your skin from the sun is very important, especially during the summer. During the summer months, the sun is out for a majority of the day, leaving your skin more vulnerable to burning. Even with the dangers of the sun known, many people still get sunburnt. Surprisingly according to the CDC, still more than one-third of adults and nearly 70 percent of children admit to getting sunburned within the past year.

### What Causes Sunburn:

When a person's skin is exposed to the sun for a long period of time, it eventually burns, and turns red and irritated. Your skin can be impacted by both types of light: UVA and UVB. Your skin type, the length of time that you have been exposed to the sun and the sun's intensity can all have an impact on how long it will take for you to burn.

### Signs of Sunburn:

Skin turning red	Nausea
Pain	Headache
Blisters	Weakness
Fever	Peeling skin
Chills	Itching

### Sunburn Treatment:

Sunburn relief is intended to confront the burn from two sides: healing the inflamed skin, while soothing the pain. There are many types of treatments:

- Apply cold compresses to area
- Take a cold bath
- Rub on gel including ingredients:

continued on page 25

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### PROGRAM OVERVIEW

**Full Day Students:** Arrive 9 am and depart 4 pm Monday - Friday.  
Lunch included.

**Half Day Students:** Arrive at 9 am and depart at 12 pm Monday-Friday.  
Availability limited by space and to children ages 8 and under.

<b>Session 1:</b> June 18 - 22	<b>Session 6:</b> July 23 - 27
<b>Session 2:</b> June 25 - 29	<b>Session 7:</b> July 30 - August 3
<b>Session 3:</b> July 2 - 6*	<b>Session 8:</b> August 6 - 10
<b>Session 4:</b> July 9 - 13	<b>Session 9:</b> August 13 - 17
<b>Session 5:</b> July 16 - 20	<b>Session 10:</b> August 20 - 24

# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### Special Friends Day at Kathleen E. Goodwin

During the last week of April, Goodwin School hosted its annual Special Friend's Day. Special Friend's Day is an opportunity for each student from Kindergarten through grade three to invite someone who is special in their lives, to visit Goodwin School. Kindergarten visitors were treated to a singing concert in the gymnasium led by music teacher Lois Geer.

Students shared some of their favorite songs and even displayed colorful masks. Visitors in grades one through three, visited classrooms and participated in scavenger hunts and writing activities. There were plenty of treats and drinks available as well.

Each year the feedback Goodwin receives regarding this day is

rewarding. Comments about the brightness and cleanliness of the facility and the positive spirit that flows through the students and staff are abundant. They are impressed by the happiness and cleverness of the children as well as their manners and kindness. We are thankful to all of our visitors and look forward to future get togethers.

### Health and Wellness Day at Old Saybrook Middle School

Old Saybrook Middle School held its annual Health and Wellness Day on April 12. We were able to share information with students, staff, families and the community about healthy eating, physical activity, health services, and other local health and wellness resources.

The students were engaged and enjoyed the various sessions offered throughout the day. The program concluded with a whole-school event led by professional speaker and author,

Ed Gerety, who shared a positive message with our students about leadership, having a growth mindset and being kind. Our wonderful partnerships with local businesses and community organizations allow us to provide educational opportunities that support our many school health initiatives.

We would like to thank all our volunteers. We are already looking forward to next year's Health and Wellness Day!

### Old Saybrook High School News Team Wins EAMA Video Award

Members of the Old Saybrook High School News Crew recently received an award for one of two videos created for the Eastern Advanced Manufacturing Alliance (EAMA) video challenge contest. The team's video won in the category of "most educational video" and focused on the contest theme, a day in the life of Connecticut manufacturing. Students from OSHS visited Sound Manufacturing focusing on "the day in the life of an apprentice" and The Lee Company following an engineer for a day.

Representative students from the news crew attended the awards ceremony held at Quinebaug Valley Community College, and celebrated their achievement with nine other Connecticut schools in a venue that featured the viewing all of the submitted videos.

EAMA is comprised of manufacturing companies coordinating interactive manufacturing events which engage high school students to understand the skills required for success

in manufacturing. Members of the news crew include Matt Barnes, Kyle Savino, Zach O'Dell, Nick Barros, Tehra Givehand, Shane Henderson, Eric Sultini and L.J. Sigersmith.



Left to right: Students Zach O'Dell, Eric Sultini, Nick Barros accepting the award.

## Sunburn... continued from page 23

menthol, camphor, or aloe.  
Ibuprofen  
Naproxen  
Stay hydrated

### Sunburn Prevention:

There are many things that you can do to prevent yourself from getting sunburned.

- Pay attention to how long you have been in the sun.
- Wear clothes that cover up

or shade most of your skin from the sun.

- Use sunscreen and reapply every two hours or more often when swimming or perspiring.

Stay safe and healthy this summer. For more information about the Old Saybrook Town Nursing Services call: 860-510-0035

## Middlesex Hospital Strengthens Breast Program

With the addition of nationally recognized breast surgeon Kristen Zarfos, Middlesex Hospital is investing in its breast program and enhancing the services it offers. Dr. Zarfos joins Dr. Andrea Malon, medical director of the Middlesex Hospital Cancer Center, and Dr. Chia-Chi Wang, a surgical oncologist, as surgeons who treat women who have breast cancer. Together, the trio - with years of surgery experience between them - provide compassionate, individualized care, and they aim to strengthen an already robust breast program.

All three surgeons are part of the Middlesex Hospital Surgical Alliance, and their goal is to coordinate care in a way that helps patients better navigate cancer diagnoses and treatments - in a way that eases fears and makes the process a little easier. Dr. Zarfos is no stranger to Middlesex Hospital. Her first job after residency was at Middlesex, where she worked from 1987 to 1999. During that time, she became a leader in the national fight to force health insurers to cover hospital stays for mastectomy patients, and she remains a passionate advocate for women's health issues.

Since early detection is key when it comes to all types of cancer, detection technology is at the forefront of Middlesex Hospital's breast program. The hospital offers 3D mammography machines at all of its Radiology locations. These 3D machines detect 40 percent more invasive cancers than 2D machines, which are no longer used by the hospital. Middlesex also offers dual-head molecular breast imaging, which uses a radioactive tracer to better detect breast cancer cells in women with dense breast tissue.

In addition, services like genetic counseling are available to Middlesex patients, and caring nurse navigators at Middlesex Hospital Cancer Center help patients throughout their experience. The Cancer Center has locations in Middletown and Westbrook.



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# OSYFS Offering Three Summer Groups for Students

Chill Group Jr. offers relaxation through creative outlets like making slime, stress balls and body bubbles in this stress free zone for the summer! The group will meet on Tuesdays from 4 - 5 pm starting July 10th and continuing through August 7th. The cost is \$30 per participant. Only 12 spots available for individuals entering 5th to 7th grade. Call OSYFS to register.

Chill Group for High School and College will focus on: relaxation techniques, maintaining a happy self, connecting with peers, having a relaxing AND fun summer. The group will meet on Tuesdays from 5:15 - 6:15 pm running July 10th to August 7th. The cost is \$35 per participant. The first 12 to register make the group. Call OSYFS to register.

Banana Splits, Children of Blended Families group will focus on normalizing blended families, coping with change, connecting with peers, having a relaxing and fun summer. This group will take place on Thursdays from 4 - 5:15 pm starting July 12th and continuing through August 9th and is for young people entering 5th - 7th grade. \$35 per participant. Only 12 spots available. Call OSYFS to register.

## Old Saybrook's TREASURES were OUT OF THIS WORLD!

Excitement filled the Old Saybrook High School auditorium on Friday, May 4th as Old Saybrook's talented residents took the stage for the 19th Annual Community Variety Show. With colorful light sabers in hand, the town's community leaders opened the show in the theme of the evening: "May the FOURTH be with you." The abundant treasures within the Old Saybrook community were featured in twenty seven unique acts – including violins, vocals, hip-hop, ballroom dancing and much more – with over one hundred performers of all ages in the three hour show. Many thanks go out to all those who made the show possible including: Our local school, government and business leaders for showing off their fine style in the show's opening number! Variety Show Committee Members – Deb Mals, Tracey Morin, Bob and Wendy Delisa, Donna Dunn, Breydan Medbury, Peter McNeil, Maggie Maselli, Joseph Maselli Jr., Tara Carlin, Shannon Carlin, Kaitlin Woolery and Coral Anthony.

Masters of Ceremonies – Breydan Medbury, Peter McNeil and Maggie Maselli. Stage Crew – Tara Carlin, Shannon Carlin, Kaitlyn Woolery and Coral Anthony. Sound Engineering – Joe Maselli, Sr. and Joe Maselli, Jr.. Lighting – Eva Hirst. The custodial staff of Old Saybrook High School for their continued support. Galaxy Sponsors – Silhouettes Hair Salon, Mirsina's Restaurant, Rita Carcio, The Glitter Girls and Sensations. Asset Builder

Sponsors - Pursuit of Pastry, Seaside Wine and Spirits, Saybrook Pizza, Gigi's Hair Salon and Julie Bjorkman. For more information on this or other Old Saybrook Youth and Family Services' community events please contact Wendy Mill, Program Coordinator at Youth and Family Services at 860-510-5050 or wendy.mill@OldSaybrookCT.gov or visit the agency's website at [www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth).



## Little Free Library Launched at Town Beach

Have you noticed that cute, little, colorful house at Trask Park? No, it's not a birdhouse; it's a Little Free Library! Take a book, leave a book. Share a story. We want you to read, read, and read some more!

This idea was brought to you by the members of the Old Saybrook Early Childhood Council (OSECC). And so far, it has been a great success! We have refilled our library with over 400 books throughout the winter months!

But there's more! On May 5th, members of the OSECC gathered with community members and interested tourists to launch our second library at the Town Beach! What better place to dive into a new adventure than the beach! Go ahead. Try it out. Take a book. You don't have to return it; this is not a lending library, but a giving library. And if you find that you have extra books sitting at home, bring them on down and donate them!

Thank you to the members of the Early Childhood Council, especially Heston Sutman who built our "libraries," Jodi Kelly who painted them, and to the Friends of the Library for the donation of books. For more information about this project, please contact Jodi Kelly at [Jodi.kelly@oldsaybrookct.gov](mailto:Jodi.kelly@oldsaybrookct.gov). For more information about Little Free Libraries, please go to <https://littlefreelibrary.org/>.

Performers Madison Suter, Owen Eckert and Evan Eckert brought the house down with their rendition of "I'm Still Standing" by Taron Egerton at Old Saybrook's Community Variety Show on May 4, 2018.

To download previous issues of Old Saybrook Events visit:  
[www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!

# Old Saybrook Social Services

## SOCIAL SERVICES HELP DAY

Provided 4th Thursday of Every Month in Old Saybrook

## SNAP, HUSKY, MSP

CT Food Bank Truck  
Dental Clinics

## Social Services Help Days

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month.

We provide help for state applications for SNAP and HUSKY from 10 am - 2 pm and The CT Food Bank truck mobile pantry will come between 1:30 pm and 2:30 pm to provide food for all who need it; please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes.

We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy.

**Workforce Alliance/American Job Center** on site to bring employment job opportunities to our residents in need of a job or training to obtain a job.

# Regional Mental Health

It feels like nearly every week we're learning about another school shooting or threat. There has been lengthy discussion, often heated, regarding the issue of gun control and mental health. Proponents on each side of the debate argue which needs our attention first, with some arguing that we should address both issues concurrently. In many ways, our exposure to such devastating events has become common place. It begs examination of how we're

The Old Saybrook dates and events are:

June 28th, with a DENTAL CLINIC from 9 am - 3 pm.

July 26, with a DENTAL CLINIC from 9 am - 3 pm.

August 23, Back to School Supplies and DENTAL CLINIC 9 am - 3 pm.

September 27, with American Job Center, Employment Help 9 am - 3 pm.

Additional Shoreline CT Food Bank stop is at Clinton Town Hall annex building parking lot on the first Mondays of the month:

July 2, CT Food Bank Food Truck 12 - 1 pm

August 6, CT Food Bank Truck 12 - 1 pm

September 3, Labor Day, no food truck

Appointments should be made for state application processing but Walk-ins are also welcome as space is available. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at [susan.li@oldsaybrookct.gov](mailto:susan.li@oldsaybrookct.gov).

treating each other, a reality that starts in Kindergarten and extends well into our adult lives.

Recently there was a post on social media outlets challenging students to "Walk Up." The post encouraged students to consider reaching toward a classmate they would not typically talk to, sit with or engage with.

**continued on page 28**



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A variation of the idea challenged, “Who’s your 17?” in honor of the 17 lives lost during the Stoneham Douglas high school shooting. The profiles of many school shooters include them as being bullied, troubled and isolated. The common thread being that someone considering, attempting or completing participation in a tragic event is not socially connected to peers or close friends and often have challenging home lives. Despite all the signs indicating they fail to see any value in those around them, the rest of us wonder how that can be? How can that be? How can we miss that?

What if someone stood up ... stood out ... or pulled in the shooter for conversation and connection? What difference could that have made in their decision and behavior? We all want to feel accepted, valued, and understood and yet with nearly 8 billion people in the world, many still feel alone. What will you do to change that ... even for just one person? Who’s your 17?

Jackie Boudinot, LMFT, NCC, CFTP, CDM  
Middlesex Wellness & Mediation, LLC  
Connecticut Regional Mental Health Board - CAC10

**OLD SAYBROOK**  
**OSPR**  
**PARKS AND RECREATION**

#### Summer Fun with OSPR

With summer upon us OSPR is in full steam with great programs and facilities for you to join and share with your friends and family. We have some great programs highlighted below and many more that can be found on our website, [www.Old-SaybrookRec.com](http://www.Old-SaybrookRec.com). Just a few reminders as you use the properties and facilities this year. All of our parks are open sunrise to sundown. The use of alcohol and tobacco are prohibited on ALL of our properties. Please be courteous to others and nature and please remove all objects you may bring into the parks and properties. For a full list of our parks and facilities, please visit our website, [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com) or call us at 860-395-3152.

#### Summer Camps

We’re gearing up for a fun-filled summer at Old Saybrook Parks & Recreation! This year, we will be offering a variety of camps for the youth of Old Saybrook, ranging from our signature day camps to weekly sports camps.

Our signature camps will run for a total of 8 weeks – starting the 26th of June and ending August 17th. Registration is done in weekly increments and space is limited. For those age 4 to Kindergarten, we will once again be offering our Junior Playground Camp Mondays-Thursdays from 9:00 am-12:00 pm. During this time, junior campers will take part in a variety of activities ranging from art projects, outdoor games and even trips to the splash pad!

For our 1st-5th graders, we have our Parks & Rec Camp which runs Monday-Friday 9:00 am-4:00 pm. Each week has a different theme and campers take weekly visits to Harvey’s Beach, Mini Golf and a special trip each Thursday! Before and after care is also available to accommodate parents’ work schedules. For those



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entering the 6th-8th grades, we have our weekly Teen Camp. This camp meets Monday, Wednesday and Friday's from 9:00-4:00 pm. Mondays will include walks down Main Street, Wednesdays will feature visits to both Mini Golf & Town Beach and Fridays will be reserved for some exciting field trips! Hurry up and register, because you are not going to want to miss out on the fun!

### Sports Camps

No matter what the sport, we've got a camp for you! Throughout the summer OSPR will be holding different sports camps to help your child get that extra edge for the sports season. Each camp will be held for one week during the summer, with some during the day and even some evening options. Soccer, tennis, lacrosse, softball, football and basketball are all represented – please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com) or stop by to get more detailed information and registration forms.

Also, returning again this year is Adventure Day Camp. Campers will work on team building exercises, ice breakers and high and low rope stations. This will be a challenge by choice camp. Camp will meet in OSMS Gym and will be instructed by Katey Flanagan, OSMS PE teacher. This is an exciting opportunity for Old Saybrook 7th-9th graders.

### Teen Trips

Returning once again this summer will be our popular teen trips. These trips will be open to those students entering 7th-12th grade. All trips will depart and return to OSPR. Trips will primarily take place on Tuesdays or Fridays, but please be sure to visit our site for complete trip information. A few trips include, Powder Ridge, Paddle Boarding at Indian River Marina and Six Flags!

### Summer Teen Center

The Teen Center is open throughout the summer on Tuesday and Thursday afternoons. The hours are from 12:00 pm – 5:00 pm. Teen Center members can use the game room and black top area to hang out with friends under the supervision of our Teen Center staff. During the summer months the Teen Center is for anyone entering grades 6th -9th. For more information, please see Taryn Erb at the Rec.

### Saybrook Point Miniature Golf

Mini Golf is OPEN for the 2018 season. Mini golf is open 7 days a week! Voted Best Mini Golf by Connecticut Magazine two years, our 18 hole course offers great family fun at just \$5.00 per round. On Mondays, 11:00 am-4:30 pm, we have kids day, 12 years and under play for just \$3.00 per round and on Wednesdays, 11:00 am-4:30 pm, we have senior day, where 60 and older can play for \$3.00 per round. We have a full concession offering, hot dogs, chips, soda, water and ice cream available for purchase.

continued on page 30

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## Parks and Recreation... continued from page 29

Birthday parties or reservations can be booked at OSPR's Main Office at 308 Main St.

Hours of Operation (weather permitting)

Memorial Day Weekend – June 19th:

Sunday – Thursday - 11:00 am - 8:00 pm

Friday and Saturday – 11:00 am - 10:00 pm

June 20th - Labor Day – Monday – Sunday 11:00 am-10:00 pm

For more information please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

154 College St. Old Saybrook (Saybrook Point)

Old Saybrook, CT 06475

Phone: (860) 388-2407

### Beaches and Parking Passes

Beach Parking Passes are available online or in person at the Rec. Center. Parking passes will be required Memorial Day through Labor Day. The new 2018 stickers will need to be affixed to the lower, left-hand side of your windshield. You are allowed up to two passes per household, the 1st pass is \$20.00 and the 2nd pass is \$30.00. Senior discounts are available.

### Hours of Operations at Town Beach and Harvey's Beach

#### Lifeguard and Bathhouse Hours

Monday-Friday 10:00 am-5:00 pm

Saturday & Sunday 10:00 am-5:30 pm

### Splash Pad at Kavanagh Park

The Splash Pad is ready to cool you down at Kavanagh Park this summer. Located on Trask Rd., the splash pad has a variety of elements to keep your young ones cool this summer. The splash pad is open to Old Saybrook toddlers to third graders with adult supervision. Hours of operation are located below (weather permitting). Hours of Operation: Starting June 16th  
Monday, Tuesday, Thursday, Friday 11:00 am-3:00 pm  
Wednesday 1:00 pm-6:00 pm  
Saturday & Sunday 11:00-4:00 pm

### The Preserve

The interim trails have been set and are ready for your use this year. There are trail maps available on our website as well as the towns at [www.oldsaybrookct.org](http://www.oldsaybrookct.org) and in our offices. Construction is set to begin this year on the main parking lot on the Essex Road (RT154) in Westbrook. There is room for several cars in the small parking lot on the Ingham Hill Road in Old Saybrook.

### Summer Concerts

OSPR has a summer full of outdoor music at two locations this year. We will have 10 shows on the Town Green, every Wednesday at 6:30 pm and this year we are offering 5 shows at Harvey's Beach, which will be Friday nights at 7:00 pm. On this page is the full summer line up.

### Summer Movie Nights

OSPR will take over the highly successful movies at the beach from Old Saybrook Youth and Family Services this year. We will continue the same family traditions that have made this program such a hit. We have 3 movies this season at two locations. We would like to thank lead sponsor Yale New Haven Health for their support.

Friday, June 29th 8:30 pm at Harvey's Beach – Ferdinand

Friday, July 13th 8:30 pm at Town Green – Coco show

Friday, August 10th, 8:15 pm at Harvey's Beach - Wonder

### Fall Soccer 2018

For those families with children entering Kindergarten through 3rd grade, OPSR will begin Fall Soccer registration on July 15th. The league will last 8 weeks and will be \$30.00. We will have a co-ed Kindergarten League, co-ed 1st grade league and a girls 2nd-3rd and boy's 2nd-3rd grade league. Each team will have one practice per week. Registration will end on Wednesday, August 22nd. Please do not miss the deadline and visit our website to enjoy on the fall fun! For more information on fall soccer or any program with OSPR, please email [Jonathan.Paradis@oldsaybrookct.gov](mailto:Jonathan.Paradis@oldsaybrookct.gov).

## Summer Concerts on the Green 2018

Date	Band	Genre	Sponsor
6/13	The Kenn Morr Band	Modern Rock	Yale New Haven Health
6/20	Dan Stevens	Blues	OSPR
6/22	Branded Country	Modern Country	OSPR
6/27	Deni Bonet	Electric Violin	Central CT Pediatric Dentistry & Ortho
7/6	Caribbean Vibe Steel Drum	Calypso	OS Republicans & OSPR
7/11	Les Julian	Family Show	OSYFS & OSPR
7/18	The Meadows Brothers	Folk Rock	Middlesex Primary Care
7/20	Four Barrel Billy	Rock n Roll	OSPR
7/25	Cold Chocolate	Americana	JM Realty
8/1	Happy & The Moonshine	Cover Band	OSPR
8/3	Acoustic Marsh Pit	Cover Band 90's	Denali
8/8	Gracie Day	Country Folk	Saybrook Republicans
8/15	Long Island Sound	Big Band	Child & Adult Ortho
8/17	No Mind	Modern Rock	Yale New Haven Health
8/22	Late for Dinner	Classic Rock	TJ's Pizza & OSPR

Every Wednesday at 6:30pm at the Town Green

5 Friday Shows at Harvey's Beach 7:00pm

Pack a picnic, bring a blanket and some chairs and enjoy an evening of great, live music!!



# Acton Public Library

## ADULT PROGRAMS

### JUNE

**Saturday, June 9 @ Acton Public Library**  
Second Saturday Cinema

Join us for a movie on our 9 foot screen. Light refreshments will be provided. The selection for this month is: "Marshall", 2017, Rated PG-13. 2:00 to 4:00 pm. Free and open to all. No registration required.

**Tuesday, June 12 @ Acton Public Library**

Movie Nights @ Acton: Life SHORE is Fun with Adam Sandler! "Blended," 2014. Rated PG-13. Join us for a movie on our 9 foot screen. Light refreshments will be provided.

**Tuesday, June 19 @ Acton Public Library**

Movie Nights @ Acton: Life SHORE is Fun with Adam Sandler! "The Wedding Singer," 2006. Rated PG-13. Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.

**Saturday, June 23 @ Acton Public Library**

Ventriloquist Show



An award-winning ventriloquist Larry Noiva will show off his puppet trio Howie Rose, Aunt Edna and Sal Monella in this modern-day ventriloquist act. A great time will be had by all! 2:00 to 3:00 pm. Free and open to all.

Registration is strongly suggested as seating is limited.

**Tuesday, June 26 @ Acton Public Library**

Movie Nights @ Acton: Life SHORE is Fun with Adam Sandler! "Spanglish," 2005. Rated PG-13. Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.

### JULY

**Saturday, July 7 @ Acton Public Library**

Versicolor: Silk Scarf Natural-Color Dyeing. Jude Hsiang will present a workshop on dyeing fibers with natural plant material - emphasizing ease, safety and environmental sensitivity. Each participant will dye their own silk scarf to bring home. All supplies are provided. Jude Hsiang is an Advanced UConn Master Gardener. With a strong interest in native plants and woodlands, she works part-time at a specialty plant nursery and serves on the boards of the Connecticut Botanical Society and the Experiment Station Associates. She explores dyeing and print-making with plant material and designs her workshops on the processes.

11:00 to 1:00 pm. REGISTRATION IS REQUIRED. Seating is limited. Open to adults only.

**Tuesday, July 10 @ Acton Public Library**

Movie Nights @ Acton: Royal Movie Month  
"Elizabeth, The Golden Age" 2007. Rated PG-13.

Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.

**Saturday, July 14 @ Acton Public Library**

Second Saturday Cinema

Join us for a movie on our 9 foot screen. Light refreshments will be provided. The selection for this month is: "In the Bedroom," 2002, Rated R, nominated for 5 Academy Awards. 2:00 to 4:00 pm. Free and open to all. No registration required.

**Wednesday, July 18 @ Acton Public Library**

Book Talk: The Laughing Rabbit: A Mother, A Son, and the Ties that Bind. On Mother's Day of 2017 Richard Manders, asked his mother, Pat O'Brien, if she'd like to collaborate with him in writing a book about their journey through adoption, separation, reunion, and the years that followed. Thanks to that invitation, the book, The Laughing Rabbit: A Mother, A Son, And the Ties that Bind was written. Through its collection of chapters, by Richard and his mother, Pat, along with chapters by other family members, the book narrates a story that started in 1962 with chaos and heartache, a story that turned a momentous corner in 1982 with a reunion, and a story that continues today, with love and healing and ongoing wonder. Books will be available for purchase. 6:30 pm. Light refreshments will be served. Free and open to all. No registration required.

**Tuesday, July 17 @ Acton Public Library**

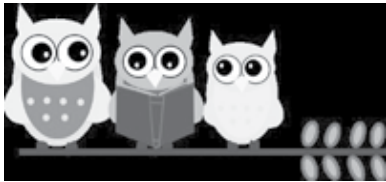
Movie Nights @ Acton: Royal Movie Month. "Victoria and Abdul." 2017, Rated PG-13. Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.

**Thursday – Saturday, July 19, 20 and 21 @ Acton Public Library** Big Summer Book Sale at Acton Public Library. Mark your calendars! Don't miss the Big Summer Book Sale sponsored by The Friends of the Acton Public Library taking place on July 19, 20 and 21. The sale hours are as follows: Thursday, July 19 from 10:00 am until 8:00 pm; Friday, July 20 from 10:00 am to 4:00 pm with a bake sale all day; and Saturday, July 21 from 10:00 am to 3:00 pm, with fill a bag for \$10 all day long in the large Main Sale Room. The book sale will feature thousands of books on two floors consisting of fiction, history, biography, cooking, gardening, art, and many more subjects, including many specially priced books for collectors. All proceeds from the book sale support children, teen, and adult programs at the Library. Acton Public Library is located at 60 Old Boston Post Road, Old Saybrook.

continued on page 32

## Library... continued from page 31

**Tuesday, July 24 @ Acton Public Library**  
Movie Nights @ Acton: Royal Movie Month. "The Madness of King George" 2001. Rated PG-13. Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.



**Saturday July 28 @ Acton Public Library**  
Joe Cadena Concert. Joe Cadena (aka East Chicago Joe), is a vocalist and guitarist from East Chicago, Indiana. Joe's career has spanned almost 50 years. During that time his appreciation for the Great American songbook (and all things Sinatra & Bennett) has grown to a deep and abiding love for this music. Joe performs the classics, yes, but he does so in his own entertaining and engaging way. Whether it's Bobby Darin, Sinatra, Bennett, Dino or the many other artists whose songs he performs, Joe will always leave

you with a smile on your face! 3:00 to 4:00 pm. Free and open to all. Registration is strongly suggested as seating is limited.

**Tuesday, July 31 @ Acton Public Library**  
Movie Nights @ Acton: Royal Movie Month. "Ella Enchanted" 2011. Rated PG. Join us for a movie on our 9 foot screen. Light refreshments will be provided. 5:30 pm. Free and open to all. No registration required.

## AUGUST

**Tuesdays, August 14, 21, and 28 @ Acton Public Library**  
Movie Nights @ Acton. Join us for a movie on our 9 foot screen. Light refreshments will be provided. Titles TBA. 5:30 pm. Free and open to all. No registration required.

**Saturdays, August 11 @ Acton Public Library**

Second Saturday Cinema. Join us for a movie on our 9 foot screen. Light refreshments will be provided. Title TBA. 2:00 to 4:00 pm. Free and open to all. No registration required.

**Saturday, August 25 @ Acton Public Library**

Island Yoga. Enjoy this unique chair yoga class with Hawaiian music and the Hawaiian art of storytelling with the imagery and mindful movements of hula. Focus is on relaxation, proper breathing & posture, strengthening exercises, joint and spinal care. Tiare Kahana is trained in the Yoga For Arthritis® methodology, teaching students how to practice postures and movement without pain, for safe, arthritis or chronic pain intervention. Students may choose to participate on a chair or on a yoga mat. All levels welcome! No experience required. 2:00 to 3:00 pm. Free and open to all. Registration is strongly suggested as seating is limited.

## SEPTEMBER

**Saturday, September 1 @ Acton Public Library.** The Not-So-Good Life of the Colonial Goodwife. Discover what life was really like for New England's colonial women! The Not-So-Good Life of the Colonial Goodwife not only makes

audience members laugh and grimace – it also honors our foremothers. It's not about spinning wheels and quilting bees – it's an interactive presentation about the little-known issues faced by New England's colonial women. Some of the most interesting and important things in history are omitted because they're unpleasant. The Not-So-Good Life of the Colonial Goodwife is "herstory" unsanitized. Velya Jancz-Urban, the "Colonial Goodwife," and her family bought a foreclosed farmhouse in Woodbury, Connecticut, unaware of what the house would reveal. Moving into this 1770 farmhouse ignited Velya's interest in the colonial era and obsession with colonial women. In Velya's entertainingly-informative presentation even history buffs will learn a thing or two. 2:00 to 4:00 pm Free and open to all. Registration is strongly suggested as seating is limited.

**September 12 @ Acton Public Library**  
Book Talk: Memoirs' Three Rs: Reading, Writing and Remembering. Jane M. Gullong, author of Dancing at the Castle – Growing Up In Old Saybrook will talk about her memoir set on the Connecticut shore, the books and stories that inspired her, and the reasons why we should all treasure and give voice to times past especially those spent near the water. Jane Gullong is a retired arts administrator and fundraiser. She has worked at Lincoln Center, the Public Theater and the New York City Opera but began her career waitressing in Old Saybrook. She lives in New York City. Dancing at the Castle is her first book. 6:30 pm. Free and open to all. Please register.

**Tuesdays, September 11, 18 and 25 @ Acton Public Library**  
Movie Nights @ Acton - Join us for a movie on our 9 foot screen. Light refreshments will be provided. Titles TBA. 5:30 pm. Free and open to all. No registration required.

**Saturdays, September 8 @ Acton Public Library**  
Second Saturday Cinema  
Join us for a movie on our 9 foot screen.  
**continued on page 34**

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## Library... continued from page 31

Light refreshments will be provided.

Titles TBA. 2:00 to 4:00 pm. Free and open to all.  
No registration required.

### TEEN PROGRAMS

**Tuesday, July 24 @ Acton Public Library**

Snakes of Connecticut

Sponsored by The Friends of the Acton Library.

Top of Form Bottom of Form

Top of Form Bottom of Form



Teens! Riverside Reptiles is bringing 8 live snakes native to

Connecticut. Learn about all 14 species of snakes that reside in our state through an informative Powerpoint presentation, and then meet 8 indigenous snakes including the Northern Copperhead. This program is open to teens, young adults, adults or serious stu-

dents in grade 6 and above. Not open to children. 6:30 – 7:30 pm.  
Registration recommended.

### CHILDREN'S PROGRAMS

Children's Summer Reading Program @ Acton Public Library  
June 15 – August 4. For infants and children through grade 6.



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Welcome to WANDOO READER, the statewide online summer reading log! Follow the link on our website at [www.actonlibrary.org](http://www.actonlibrary.org) or come into the library to track your reading time, write book reviews and claim prizes. Remember, all reading counts, including audiobooks, being read to, or reading to someone else. Earn an ACTON READING BUCK for every 20 minutes of reading, to “spend” at the Acton General Store while supplies last.



The Library is participating in the Read to Feed program again this year, and teaming up with the Valley Shore Animal Welfare League to turn reading into food for rescued pets.

You can “spend” your Acton Reading Bucks on pet food to help feed the animals.

### PROGRAMS

**Mondays**, all day @ Acton Public Library. Get Crafty @ Your Library! Drop in to make a fun craft to take home. Supplies are on us.

**Tuesdays**, July 3, 10, 17, 24 and 31 @ Acton Public Library  
It's Theater Time! with Judy Potter. Listen to a story and learn how to act it out. Best for ages 3 – 7. Please register. 11:00 am to 12:00 pm.

**Saturday**, July 14 @ Acton Public Library. “Ariel” is coming to the Library!” Brought to us by Kaleidoscope Art & Entertainment. Join us for a special appearance by princess Ariel who will read stories, sing songs, play games, and do glitter tattoos. Best for children ages 3 to 10. Please register.  
10:30 am – 12:30 pm

Please note: All programs are free & drop-in unless otherwise noted. Children under the age of 8 must be accompanied by an adult.

### Family Nights @ Acton Library

Thursdays, June 21 – August 2 at 6:30 pm\*

\*July 5th program starts at 6:00 pm. Thank you to the Friends of Acton Library for sponsoring all Family Night programs!

**June 21:** Hooked on Llamas: Country Quilt Llama Farm is bringing a llama to the Library. This is an educational and entertaining program for all ages with a chance to pet and have your picture taken with a llama.

**June 28:** The Mr. Gym Show: Kids! Join us for this active music and movement program for elementary age children. “Mr. Gym” uses his guitar, vocals, and puppets to get his audience up and dancing while learning something new.

**July 5:** Family Movie: “Paddington 2.”

Please note: this program runs 6:00 pm to 8:00 pm. Join us for a PG-rated family movie on our 9’ screen with free popcorn and beverages.

**July 12:** Riverside Reptiles: Reptiles and Amphibians.

Pet an alligator, stare into the eyes of a huge toad, and touch a giant python. Meet various live creatures from these two similar, yet different groups of animals.

**July 19:** Bubble-ology with The Connecticut Science Center. Science-in-Motion Travelling Classrooms is bringing bubble science to the Library. Join us for fun, hands-on science activities. Investigate how to make bubbles, why they are round, why they float, and more. REGISTRATION is REQUIRED for this event.

**July 26:** Hoopla Zone: BringtheHoopla offers a high energy show with comedy, hoop dance performances and audience interaction. Hula hooping inspires active and healthy lifestyles, self-expression and is a positive activity that makes us smile from the inside out. Bring the FUN back into fitness!

**August 2:** The Bryson Lang Comedy Juggling Show: Bryson performs clever routines that mix comedy, audience participation, ball spinning and bouncing, well-crafted timing, and always a few surprises. Come see why Bryson is, "The Cure for the Common Show!"

Please note: All programs are free & drop-in unless otherwise noted. Children under the age of 8 must be accompanied by an adult.

**September Children's Programs**

Story Times: Fall 2018 beginning on Wednesday, September 5. Wiggle Bookworms. Wednesday mornings - 10:30 am - 11:00 am. Drop in and share stories, songs, and simple rhymes together. A program for children age 0 - 2 and their families. Stay and socialize after the story time with our special toddler toys.

**Stay and Play**

Wednesday mornings. 11:00 am - 11:30 am. Expand your baby's story time experience with a half hour of social time immediately following Wiggle Bookworms. Parents and caregivers can mingle as babies enjoy social play with toys provided by the Library.

**Fantastic Fridays**

Friday mornings. 10:30 am - 11:00 am. A drop in preschool story time for children ages 3-5. Have lots of fun sharing stories, music and a craft together.

**Baby & Me**

Thursday mornings - 10:30 to 11:30 am. A drop-in social time for parents and caregivers of infants birth to 12 months. Meet other parents and caregivers in a relaxed setting with light refreshments. Special guest experts will attend a meeting once a month to share their expertise and chat on relevant topics. Infant toys and soft baby books will be available for infant play.

**ABC Amigos: Preschool Story Time**

The 1st Friday of every month from 10:30 am to 11:00 am. Free and drop-in preschool bilingual story time from 10:30 am to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to all children regardless of Spanish-speaking ability.

**Music with Miss Martha**

The 3rd Friday of every month from 10:35 am - 11:20 am. Join Miss Martha from The Community Music School for a special musical story time! Best for ages 3-5. Free and drop in.

**Our Story Time Goals:**

- To foster a love of language and books.
- To develop early literacy with stories, movement, and music.
- To provide young children with an early group experience.
- To foster parent connections through shared story and play experiences.


All story times are drop-in and free and open to all. No registration is required.

Although each program is designed for the specific developmental needs of its intended age group, siblings are welcome to attend with their parent or caregiver.

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\*Source: Broker/Media, SmartM.E., based sales for residential single-family homes, lots and land in New London, New Haven, Middlesex Counties, 1/1/17-12/31/17



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## Three Top Drought-Tolerant Plants for the Garden

To a lot of gardeners, drought tolerant plants conjure up scenes of desert or arid land with cactus and dried grasses. That's an exaggeration, of course. There are many flowering and colorful plants that will brighten up your yard without a lot of fuss. These plants work especially well in low-maintenance gardens or in areas that are hard to reach with a hose or sprinkler.

*As you plan your garden, consider these 3 beautiful, garden-worthy, drought-tolerant, North America native plants.*

### Summersweet

At about 36 inches tall and wide, drought-tolerant and deer-



resistant 'Crystalina' summersweet works well in several types of garden settings. Also called clethra, summersweet is almost a perfect shrub. It can be grown in dry or wet conditions, sun or shade, and it tolerates salt, making it a good choice for a roadside planting. Summersweet produces white or pink, fragrant, bottlebrush-type flowers in midsummer that smell like vanilla! The leaves turn golden in fall. Most are in the 3 to 4 foot tall and wide range. Use summersweet as a drought-tolerant specimen plant in a shrub border, as an anchor in a perennial bed or plant several together to form a hedge or seasonal screen. Pruning is not usually necessary for this Eastern North America native shrub. Summersweet is readily available at garden centers and nurseries. Popular varieties to look for: Hummingbird, Ruby Spice, Sixteen Candles, Vanilla Spice and Sugartina. Bonus: Summersweet is deer resistant, but pollinators like it.

### Butterfly Flower or Butterfly Weed

What better than the 2018 Perennial Plant of the Year? Its orange midsummer flowers attract bees and butterflies, especially monarchs. It

is native to the Eastern United States and does best with 6 to 8 hours of direct sun. Monarch butterflies deposit eggs



on this and other members of the milkweed family. The eggs hatch and the caterpillars feed only on milkweed leaves. From the caterpillars come the beautiful monarchs. This native, drought-tolerant perennial is usually available at garden centers.

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Plant several together to make the best show and attract the most butterflies.

**Cosmos** - A monarch butterfly enjoys the nectar from a pink cosmos. A lovely flowering annual, it's a favorite of hummingbirds, butterflies, bees and other pollinators. There are two types: Sulphur cosmos, which has orange or yellow flowers, and garden or wild cosmos, which has pink, white, or mauve flowers. Each is a native of Mexico. You can find these drought-tolerant, summer bloomers in garden centers ready for transplanting, or they are easy to grow from seed. Plant in a sunny spot, and fertilize with all-purpose plant food. Plant lots of them because cosmos is a wonderful cut flower, too.



**Here are 15 more!** Artemisia, California Poppy, Catmint, Coneflower, Coreopsis, Lantana, Lavender, Licorice Plant, Portulaca, Russian Sage, Salvia, Veronica, Yarrow, Rosa Rugosa and Knock Out Roses are available in more colors now, producing continual blooms until frost.

Enjoy your garden! - Old Saybrook WPCA









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# Old Saybrook Garden Club - Summer Happenings



**Fire Department Garden**

The Old Saybrook Garden Club's beautification projects can be seen throughout town, as summer is a glorious time of year. Whether you live in town or are visiting, be sure to stop by the Acton library to see the outside planters and inside floral arrangements.

Also, the Constitution Garden in front of Saybrook Country Barn, the Main Street Medians and the Old Saybrook Firehouse gardens are all in full bloom. Please be

aware that the Main Street median gardens are meticulously tended to by members of our Club, so please be on the lookout for member's wearing orange vests. Safety is our number one priority.

While enjoying this summer weather, take a stroll along Main Street or travel Post Road and look for our Street Garden Recognition participants. This program is in its ninth year and there are approximately 70 participating stores, restaurants and various other businesses around town who will be creating beautiful garden spaces in front of their business. A street garden is defined as any living plant arrangement whether it be hanging plants, around-a-tree garden, in-ground gardens or container planters. The Old Saybrook Garden Club thanks all the participating businesses, store and restaurants for the hard work, effort and participation in the program. When you see the participant sign in a business garden, please stop in and thank them for enhancing the beauty of Old Saybrook.

The Garden Club's May Market was held May 11-12th and was a tremendous success. A large crowd of people came to buy their summer flowers, vegetables, herbs, repurposed items, and of course, our delicious baked goods. New this year was our gently used garden tools and tag sale. The May Market is the Club's only

fundraiser and without the support of our community, local vendors and all of our members, we would not be able to provide our beautification programs around town. Thank you to everyone who made this event a success. Make sure to visit our May Market next year which will be held May 10-11th, 2019.

Our Scholarship Committee has also been very busy reviewing the many applicants for the Old Saybrook Garden Club Scholarship Award. The committee, headed by Loretta Scribner, is pleased to announce that Chloe Root, attending Old Saybrook High School is our 2018 scholarship winner. Chloe plans on attending Eckerd College in St. Petersburg, Florida in September, majoring in Marine Biology. Congratulations to Chloe and we wish her the best!



(From left) Sarah Alessandro from Quincy, Mass., Garden Club member's, Donna MacNeil, Marsha Moore, Cathie Johnston at May Market 2018. Both pictures taken by Susan Loiselle.

Do you have any interest in participating in any of our programs? Please contact our Membership Chair at 860-395-1268. Follow the Old Saybrook Garden Club's activities on Facebook, [www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub) and "like" us.



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# LONG ISLAND SOUND BLUE PLAN

*Sustainable Ecosystems - Compatible Uses*

## Introduction

In 2015, the Connecticut legislature passed Public Act 15-66, which outlined a marine spatial planning process for Long Island Sound. This process consists of: (1) putting together an “Inventory” of the Sound’s natural resources and human uses and (2) using the Inventory to create a spatial “Blue Plan” to guide future uses of the Sound’s waters and submerged lands.

## Why is the Blue Plan Process Important?

Long Island sound supports a thriving marine ecosystem and a variety of human uses, valued at \$17-\$36 billion annually. The traditional uses and ecology of the Sound are currently not protected under a comprehensive legal document. The Blue Plan will protect the existing human uses and resources of Sound to ensure that future uses of the Sound are compatible with these existing uses and resources.

## What are the Outputs of the Blue Plan Process?

*There are two outputs of the Blue Plan process:*

A comprehensive Resource and Use Inventory that characterizes the Sound’s human uses and natural resources. The Inventory will be based on the best available data and information, including stakeholder input, and serves as the foundation of the Blue Plan.

The Blue Plan, which will identify locations, performance standards, and siting measures for proposed activities, uses, and facilities in the Sound. The Blue Plan will NOT create new regulations; rather, it will be included as a part of the State’s decision-making processes within existing regulations. The Plan will reflect all of Long Island Sound, but policies will only apply to Connecticut waters.

When completed, the Plan’s policies will protect both ecosystems and existing human uses - all while allowing for new sustainable and compatible uses.

## How is the Blue Plan Process Being Carried Out?

The process is overseen by the Blue Plan Advisory Committee (BPAC), which includes delegates from water-dependent industries, universities, NGOs, local governments, and more. The CT Department of Energy and Environmental Protection (DEEP), CT Sea Grant, and The Nature Conservancy lead in primary Inventory and Blue Plan development.

The BPAC holds quarterly meetings, open to the public, and has six subcommittees and work teams that conduct work on

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a regular basis. There is no special state funding to carry out the Blue Plan process; capacity is leveraged only through existing resources, in-kind support, and grants. For more information or further resources, please visit: [www.ct.gov/deep/lisblueplan](http://www.ct.gov/deep/lisblueplan).



## Think Green, Stay Blue: Clean Water Starts with YOU!

The future health of Connecticut's water depends on the actions of every individual. No matter where we live, work, or play, we are somehow connected to a nearby river, stream, lake, pond, wetland, or shoreline. The rain that falls around us will always move according to gravity, following a path to the nearest downhill body of water and, in Connecticut, eventually to Long Island Sound.

This simple fact means that the health of Long Island Sound -- and every river and stream that flows into it -- is connected to how we live on the land. Yet, many people still think that water pollution is caused mostly by discharges from business and industry and are unaware of the role we play in determining the fate of our waterways.

continued on page 42

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## Think Green; Stay Blue ...continued from page 41

The good news is that industrial discharges are largely under control thanks to the Clean Water Act passed in 1972. With passage of this act, we saw the number of healthy rivers across the nation (those considered clean enough for fishing and swimming) increase from just 20% in the mid-1900's to 57% by 1994. The bad news is that just ten years later we saw that number drop slightly to 53% and by 2012, only 48% of rivers and streams were considered clean enough for fishing and swimming.

With industrial discharges under control, what is causing the decline in river health? According to the U.S. Environmental Protection Agency, it is polluted runoff. Runoff is the water that does not soak into the ground during a rain storm. Forests and meadows are excellent places for water to soak into the ground, but with a growing population these areas are giving way to more developed land (i.e. more buildings, roads, parking lots, lawns) and the volume of runoff is increasing. So is the amount of polluted runoff -- water that picks up nutrients, salts, sediments, bacteria, pesticides, and other widely-used chemicals (like cleaning supplies and automotive fluids) from the landscape and carries them to nearby waterways.

With fewer natural areas for water to soak into the ground and more pollutants used to excess, nature's cleaning systems are overloaded, causing more pollutants to end up in our waterways.

With the health of our nation's rivers declining over the past two decades, now is the time for you to make a real and positive difference around your home to reduce polluted runoff. Here are just some of simple, steps you can take:

1. Nurture native trees, shrubs, and flowers. Native species require no fertilizers or pesticides or watering to keep healthy. They thrive in the local habitat and provide great food and shelter birds, pollinators, and other wildlife.
2. Reduce the size of grass lawns. Lawns limit the amount of water that can soak into the ground and often require large amounts of fertilizers and pesticides. If you do have a lawn, follow the rule "mow high and let it lie." By letting your grass grow taller, you also let the roots grow deeper, and leaving the clippings provides a natural fertilizer. Altogether, you will improve the lawn's ability to absorb water, stabilize soil, control weeds, and not dry out.
3. Limit the amount of paved areas and create natural places for the water to soak into the ground. Rain gardens and swales are excellent ways to attenuate and treat runoff from roofs and driveways. Pervious material like gravel, porous concrete, and



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field stone can be used for patios, driveways, and walkways.

4. Plant or grow natural buffers at the edges of rivers/streams, lakes/ponds, and wetlands. These buffers – made up of trees, shrubs, woody and herbaceous perennials and ground cover – prevent shoreline erosion, reduce flood impacts, capture and treat runoff by trapping sediment and removing nutrients, regulate water temperature, and provide food and habitat for wildlife.

5. Reduce or eliminate use of fertilizers and pesticides. These chemicals washed from your property with every rainstorm into a nearby waterway where they can cause algal blooms and be deadly to aquatic organisms. Before applying chemicals, get your soil tested to determine what you actually need and if necessary, use only a slow-release, low-concentration fertilizer or natural compost. If applying pesticides, spot treat only when necessary and carefully follow the safety guidelines provided.

6. Dispose of pet waste in the trash or a pet-waste processor. It is full of bacteria that can make our waterways unsafe for drinking, swimming and fishing.

7. Have your septic tank pumped and inspected regularly. A faulty system can release harmful bacteria to our waterways and can be costly to repair. Every system is different, but a good rule of thumb is to pump out every 3 to 5 years.

8. Check and fix all the taps on sinks, baths, toilets, and hoses for leaks and drips. Upgrade to more water-efficient appliances and fixtures, like those with the “WaterSense” logo (the water version of EnergyStar).

9. Dispose of unused and unwanted medications in the trash; do not flush them down the toilet. The fate of these chemicals interacting in the environment is still unclear and we are only just beginning to understand their effects on aquatic organisms.

The future health of our water is in our hands. Working collectively, we CAN reduce water pollution and restore the health of our rivers, streams, lakes, and the Long Island Sound.

Adapted with permission from the [www.riversmartct.org](http://www.riversmartct.org). River Smart is led cooperatively by Housatonic Valley Association, Pomperaug River Watershed Coalition, Kent Land Trust, Weantinog Heritage Land Trust, Rivers Alliance of Connecticut, and the Farmington River Watershed Association. The River Smart initiative was made possible through generous grant support from Connecticut Community Foundation, Ellen Knowles Harcourt Foundation, LUSH Cosmetics’ Charity Pot Program, Council of Governments of Naugatuck Valley, and the Merchants of New Preston Village.



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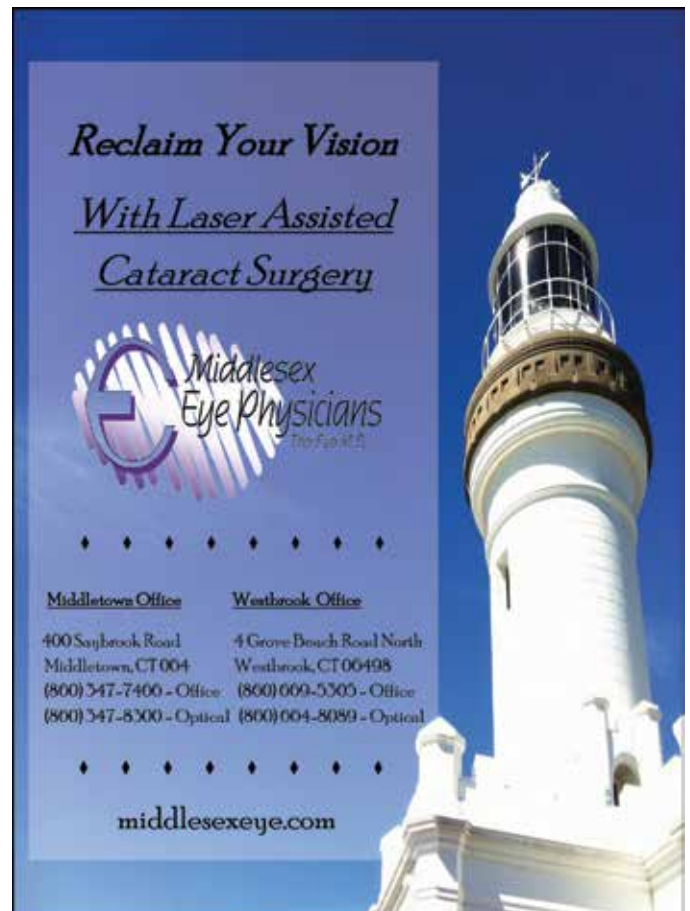
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## Book A Ride on Your Smartphone

9 Town Transit's new mobile app promises to simplify your travels throughout the valley-shore region. You can now book trips yourself in real-time right from your Android or Apple device without the need of calling, for the same flat \$3.50 fare.

The app allows users direct access to review and manage their transportation needs. Reservations are booked or canceled with a few taps. Notifications remind passengers when the pick-up time approaches, reducing the need to call and check on the bus arrival time. Probably the biggest enhancement is the ability to see how far away the bus is. When you are the next trip, you can view the exact location of your bus on a visual map.

"The goal of this app is to make using the bus more like the ride-hailing services that have become a popular means of travel," says Joseph Comerford, Executive Director of 9 Town Transit. He adds that while trips must still be booked a day in advance now, they are looking at ways to do same day trips with this new technology.

The app, called Ecolane, can be downloaded from the Apple App Store or Google Play Store. It requires the customer to obtain login information from 9 Town Transit, which can be done by phone at 860-510-0429 or online at [www.9towntransit.com](http://www.9towntransit.com). The service is open to the general public and is available for trips anywhere within the twelve town service area Monday through Friday.

## What You Need to Know About Cataracts

What you NEED to know about Cataracts  
There are different types of cataracts, but the most common cataract is age related. Some patients will see halos around lights, suffer from glare at night or in bright sun, or other visual disturbances. This is natural progressing eye condition, in fact, cataract surgery is the most common surgical procedure performed world-wide! The internet makes it very easy to find information about cataracts; however it is difficult to differentiate the fiction from the facts.

**What exactly is a cataract?** As we get older, the natural lens inside our eye becomes cloudy causing blurred vision, which cannot be corrected by glasses.

**Who is at risk?** Risk factors include: age, family history of cataracts, diabetes, eye injury, smoking, radiation treatments, and exposure to UV rays.

**Are cataracts preventable?** Some ways to slow progression of cataracts are to eat healthy, get a complete eye exam yearly,

and wear sunglasses with 100% UVA & UVB protection.

**How can I treat cataracts?** There are a few ways to treat cataracts, including the latest advancements in eye care technology to our region and the implantation of premium lenses during cataract surgery. Using the LensX laser, surgeons have the ability to customize the procedure to achieve the best visual outcomes.

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