

# Westbrook events

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# Selectman's Corner

## Major Westbrook Initiatives

I want to review several of the many important initiatives that Westbrook has generated in recent months. I am always impressed with the commitment and energy of our volunteers, staff and leaders of boards/commissions who insure that we continue to move forward to address the compelling needs of this community. Accordingly, in no order of priority, please note the following:

The Board of Selectmen established an Information Technology Ad Hoc Committee approximately one year ago. At a recent meeting, the Board of Selectmen and Board of Finance unanimously approved a new vendor who will manage our municipal webpage. This is a high priority for Westbrook and you will note in the next few weeks when you access our webpage that it has been totally redesigned and will provide new and important information to our residents. We cannot do enough to keep you informed and we would be interested in your comments regarding the new webpage.

Many of you have expressed concern about the status of our Town Center and impressed upon us the importance of revitalizing this historic site. A special task force has been created consisting of dedicated staff, an engineer and others. There will be frequent reports on our efforts to bring new

business to downtown Westbrook. We all realize the importance of a vibrant Town Center.

Recently, the Town voted to move forward with funding to replace all existing streetlights with LED fixtures. The payback period is approximately 5 years and we will save considerable dollars as a result of the conversion.

The Muncity software program is up and running in our Land Use Department. This program will allow contractors and residents to apply for permits online at their convenience. We have made considerable upgrades to the Riggio Building. This historic structure was in need of repairs and we will have, sometime later in the spring, an open house to reinforce the importance of this building to the community and for you to witness, firsthand, the renovations.

A group of dedicated volunteers, The Shoreline Basic Needs Task Force, have organized a number of workshops to address employment opportunities for some of our most vulnerable individuals.

**continued on page 3**



Noel Bishop, First Selectman

An advertisement for Saybrook Country Barn. The main image shows a black metal bed frame with a white sheet and several pillows. The text on the left reads "Marvelous METAL BEDS" in a mix of script and bold sans-serif fonts. Below that, it says "Over 100 original designs available in over 30 finishes." The Saybrook Country Barn logo is in the bottom left corner. At the bottom of the ad, the address "2 Main St. Old Saybrook, CT" and phone number "860.388.0891" are listed, along with the website "www.saybrookcountrybarn.com".

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# events

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## FIRST SELECTMAN

continued from page 1

These are just a few of the major initiatives and we should never forget the hard work and due diligence that our employees, Public Works, EMS, Fire Department, Police Department, Garden Club, and many other organizations do to keep Westbrook the special place all of us like to call home.

The budget preparation began in late January and continues through the end of April. The BOS and BOF spend countless hours meeting with municipal department heads regarding their budgets for 2018/19. This is a rigorous process since every dollar must be scrutinized given the new economic reality that we face as a result of the State no longer providing funding to the Town of Westbrook. We have been fortunate to establish a fund balance of at least 13% that insures that we get the best bond ratings.

In the last two years, the Town of Westbrook has lost over \$700,000 from the State and, if you consider a municipal budget of approximately \$9 million, it is obvious what the impact has on Westbrook. To date, I am proud to say that we have not reduced any services to our residents and we have been fortunate that, at least in the past 11 years, all of our proposed budgets have passed on the first vote either at Referendum or Town Meeting. Your municipal leaders appreciate your confidence. Our commitment to you will be the same as it always has been; to present the most

transparent, credible and fiscally conservative budget so that all of us are informed of the current economic realities and that we are doing all we can to maintain services while keeping taxes down.

Last year, for example, we “froze” all of our capital funds to insure a healthy fund balance. By doing so, certain important projects have been put “on hold” (i.e., paving, a proposed sidewalk plan, renovations to some of our facilities, etc.).

The departments of our Social Services, Senior Center, Nursing and Youth and Family Services work on a daily basis to meet the increasing demands of their clients. In fact, I think it can be claimed that our biggest challenge is to provide services to those individuals whose basic needs are not being met. For example, we were recently informed that the Renter’s Rebate program in the amount of \$50,000 which was traditionally funded by the State has now been shifted to Westbrook. This is but one example of the compelling needs of some of our residents and must be addressed.

We are extremely fortunate that we have a volunteer fire department and many other volunteer services, unlike other municipalities, and these vital services to our public are at **continued on page 4**



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## FIRST SELECTMAN

continued from page 3

minimal cost to our tax payers.

In response to many residents' concerns about speeding we have hired, beginning 4/1, another part-time Constable to ensure the continued safety and well-being of Westbrook residents.

I remain very optimistic about our future despite the financial restraints and I encourage you to get involved in the process by joining committees and coming to town meetings. With the continued hard work and commitment of our staff and our volunteers and the faith you have placed in all of us, your government, not only will we persevere, but our town will also continue to prosper.

I would like to thank our other two Selectmen, John Hall and Mary Labbadia, for their continuing due diligence and our ability to work as a cohesive team to serve the best interest of this community.

Noel Bishop  
First Selectman



### SAVE THE DATE!

Westbrook Garden Club is having its annual May Garden Market on Saturday, May 12th from 8:30 am to 1:00 pm at Westbrook Town Hall, 866 Boston Post Road in the Multi-Purpose Room. Come and help us celebrate our 60th Anniversary by making this the best sale ever! There will be something for everyone; annuals, vegetables, Mother's Day gifts, herbs and herb baskets, beautiful hand-crafted wreaths, small fresh flower arrangements and don't miss the member plants table with our expert garden advice! Hope to see you there!



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## From the Desk of Registrar of Voters

The Registrars of Voters are conducting their 2018 canvass from February through the end of May. Those registered voters who have received a "Confirmation of Voting Residence" form to fill out and did not respond by the date indicated on the form will have their name put on the "Inactive List" as mandated by the State statutes. Only those registered voters who have made some type of change through the Postal Service will receive a notice. It is important for us to maintain accurate

voter registration records. Please help by reporting to the Registrars whenever you have made a change to your name, resident address, mailing address, or wish to change your party affiliation. You may call the Registrars' office at (860-399-3042) if you have questions. The Office is open on Tuesdays from 11:00 am - 1:00 pm and Thursdays from 5:00 pm - 7:00 pm or you can make an appointment. Voter Registration forms are available on the table outside the Registrars' Office where

you may either fill one out and place the completed form in the mail slot near the Registrar's Office door or take it and mail the completed form in. You may also register "Online" by going to the Westbrook website ([www.westbrookct.us](http://www.westbrookct.us)) and click on the Link - register to vote online. View the Registrar of Voters department section for more information.

Registrars -Nancy Moore,  
Teri Gavigan, Colin Bennett

## Notes from the Westbrook Public Library

The Westbrook Readers meet on the fourth Tuesday of the month in the library conference room at 10 am. There is a lively discussion and everyone is welcome. On March 27 the group will discuss Claire Fuller's *Swimming Lessons* and on April 24 the group will be talking about Paulette Jiles' *News of the World*.

With tax season upon us many people are seeking information, forms, publications, and help. Federal forms and publications have been slow to arrive this year. We have printed out master copies of the most common forms, worksheets, and the tax tables. We have received the 1040 EZ forms and the 1040 booklets. We also have a plentiful supply of the State income tax booklets which include forms. We provide up to 10 free print outs or copies of tax materials. As in past years the library is hosting AARP tax volunteers on Monday mornings in the community room beginning February 26 through April 9. These sessions are by appointment only. Call the Estuary office in Old Saybrook at (860) 388-1611 to make an appointment. The Henry Carter Hull Library in Clinton is hosting VITA tax volunteers who help younger folks with their taxes.

Call the library in Clinton at (860)669-2342 to make an appointment there.

This winter the library started a table top game group for teens on up. The group meets monthly on a Thursday night at 6 pm in the community room. Upcoming meetings are planned for March 1, April 19, and May 17. No registration is required and walk-ins are welcome.

Two book discussion programs for teens are coming up in March. On Tuesday evening, March 13 at 6:00 pm Kathy Sharp returns to the library with another session of "To Be Read" highlighting the best and most anticipated forthcoming young adult books. No registration is required and book-loving teens are most welcome. On Thursday, March 15 at 6:30 pm the Teen Book Club meets to discuss *The Hitchhiker's Guide To The Galaxy* by Douglas Adams. Lots of copies are available at the library. All teens are welcome. Upcoming sessions are scheduled for April 26 and May 24.

## Westbrook Senior Center

Do you or anyone you know suffer from lung disease? "Better Breathers" Support Group is held at the Westbrook Senior Center the first Monday of every month at 11:00 am. Led by an American Lung Association trained facilitator, Better Breathers Clubs feature educational presentations on a wide range of relevant topics. Drop ins welcome. For more information; please call 860-399-3048.

### Upcoming Events

**March 14th** 12:00 pm - Annual St. Patrick's Day celebration. Entertainment will be provided by Susan Peak. Cost of lunch

is \$5.00 - Reservations Required!  
**March 28th** 1:00 pm, "All about Owls" presented by Amelia Graham-Robert Tory Peterson Estuary Center.  
**March 29th** 12:00 pm, calling all baseball fans for Opening Day Lunch.  
**April 18th** 1:00 pm. Paint Day Party-Sponsored by Vista Vocational - registration required - space is limited!  
*To register for any of these programs please call 860-399-3048.*

The goal of the Westbrook Senior Center is to improve the quality of life for the senior citizens of Westbrook and our

neighboring shoreline towns. The senior center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our senior community. To see our scheduled calendar of events and upcoming special events, please come down to the center Monday-Friday or visit us on the town website [www.westbrookct.us](http://www.westbrookct.us). We look forward to seeing you.

Courtney Burks  
Director

## Information from the Tax Collector's Office

It's that time of year again. It's time to file your income tax return. Did you know that you can get your tax information online. Go to the town's website at [www.westbrookct.us](http://www.westbrookct.us). When you get to the site click on the Tax Revenue Field. Put in your last name first, no comma, then your first name. Just below that field you will see an IRS Payment Records for Year 2017 button. Click that then hit search. It will bring up everything you paid in the year 2017 for the Town of Westbrook. No need to come in or search for your tax receipts.

Also, did you know you can do many things now on the Department of Motor Vehicle website? You can do things like renew your registration, cancel your registration, reprint your registration, order new special plates, replace damaged plates and

check your DMV records for other property tax issues. The DMV website is [ct.gov/dmv/online](http://ct.gov/dmv/online).

As a reminder, you can pay your taxes online at the town's website. We accept credit cards with a 2.5% fee and echecks with a \$2.00 fee.

We are always here to help you with any of your town tax questions you may have. Please do not hesitate to contact us at 860-399-3043. Kimberly Bratz, CCMC

Tax Collector  
Town of Westbrook

## Westbrook Recreation - Spring Programs

Days are getting longer and all the snow is melting, so spring should be here soon. That means it must be time to register for all our spring programs, travel soccer and T-Ball. Open registrations have already started and many programs are filling up. Register online soon so your children won't miss out on all the spring/summer fun. Please call our office with any and all questions. We have so many fantastic sports and theater camps. They include Slam Jamma Basketball, Challenger Soccer, Between

the Lines Baseball, Children's Theater and Broadway Bound Theatre camps. We also have tennis, youth and teen field hockey camps rounding out the rest. The best way for a student to improve in any sport is to register for a camp teaching that individual sport. All of our other sports camps information will be posted in our spring brochure.

Floor hockey will start on March 3rd at the Daisy Elementary School. Boys and girls of all ages are welcome to participate. We will prorate floor hockey if you sign up late. Our Tot T-Ball program will be the next program that starts on April 28th. It has children from all over the shoreline participating in this spring-time favorite. We introduce baseball to children as young as 3 years old, for their first big league experience. We teach your child how to properly throw, catch and hit a ball while having a fun time doing it. It's an interactive program that's fun for parents and children alike. Parents should oil their old baseball gloves and get ready for the new upcoming baseball season!

We are still running bus trips to popular destinations all around New England. Instead of stressing out with all the traffic, you can enjoy one of our trips and relax during the drive. Please contact our office and we can give you a list of all the upcoming trips. There are only 50 seats per bus so please sign up soon.

Our sixteenth annual Westbrook Family Day will be held on June 9th (rain date June 10th), at the Town Green. Westbrook Family Day has also become known to many friends and families as the annual Westbrook Town Picnic. Be sure to mark this date on your calendars for a fun-filled day of rides, entertainment, food and most of all, for all the funny clowns. This event is brought to you through the generous donations of many businesses from our shoreline and is totally free to the public. Please call Rich at 860-399-3095, if you wish to make a donation or volunteer the day of the event.

## JP's Barber Shop



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# Westbrook Youth & Family Services

## Counseling Services

WYFS provides support and therapy for individuals, families and couples. Our therapists help strengthen family functioning, and support children and families working through life's challenges, including emotional and behavioral issues, stress, anxiety, grief, depression, trauma, peer issues and life transitions. Call 860-399-9239 for an appointment.

## Check out these fabulous FREE WYFS Programs for everyone in the family!

School Groups - With WPS's support, we offer structured peer groups at each of the schools. Our school groups focus on enhancing executive functioning skills which support all students with planning, organizing, and completing tasks. Each group will be following a theme to deliver engaging activities and games. Themes include: Inside Out, Bucket Filler, Oh, The Places You'll Go, Force Awakens, Super Heroes, and Game of Life. We also have specialized programming such as Sandcastles, divorce support

for kids, and Globetrotters for students new to our country. Visit our website for more info!

**Spring Time Means After-School Groups:** Check out Relaxation Club Wednesdays in March @WMS and Stepping-up our Daisy leadership program.

**Helping Hands:** High school students find ways to give back to their community! Email Shannon@wyfs.org for more info. Cool Cats - Kids, ages 9-12, learn to be calm, cool, and confident in our agency-based skills group! Starts Feb 28th! \*New Program\* Writer's Block: First Saturday, 9 am-10 am, of the month. Unleash your creative energy with an adult writing/art expression group. Starts March 3rd.

**Rock Your Community:** Paint and exchange rocks with your fellow community members! Visit our website at [www.wyfs.org](http://www.wyfs.org).

# Middlesex Cancer Center Receives \$20,000 Grant to Help Patients in Need



Middlesex Hospital Cancer Center is the proud recipient of a \$20,000 grant from the Community Foundation of Middlesex County/Barbara Weeks Hart and George H. Hart Memorial Fund, and it will use the money to help patients who face financial hardships as a result of their cancer diagnoses. Cancer Center social workers will identify patients who qualify for financial support, and the grant money will help the patients with food, transportation, household expenses and other vital needs. This grant is presented in celebration of the Community Foundation's 20th anniversary.

The Middlesex Hospital Cancer Center is accredited by several leading organizations and offers a comprehensive cancer program at two locations. One is in Middletown; and the other is in Westbrook. Both locations offer services, such as medical oncology, radiation therapy, infusion, genetic counseling, nurse navigators, survivorship services, integrative therapy, and they use the latest technology to diagnose and treat patients who have various types of cancer. Patients also benefit from Middlesex Hospital's collaborative relationship with Mayo Clinic. Through this relationship, Middlesex doctors can combine their understanding of their

patients' unique medical needs with Mayo Clinic expertise so that patients get exactly the care they need, close to home. For more information about the Cancer Center, visit <http://www.middlesex-hospital.org/cancercenter>.

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# From the Assessor - Homeowners and Totally Disabled Tax Relief Program

The following is a summary of the benefits currently available to certain Westbrook homeowners. The details of the programs are set forth in the Connecticut State Elderly and Totally Disabled Program (Connecticut General Statutes Section 12-170aa) and the Municipal Tax Relief Program (Connecticut General Statutes Section 12-129n and the ordinance of the Town of Westbrook entitled Amended Resolution for Providing Tax Relief for Elderly Homeowners) and is subject to the provisions of those statutes and the ordinance.

Westbrook homeowners may apply for the Elderly/Disabled Homeowner Program between February 1 and May 15, 2018. The applicant must be 65 years of age to apply or any age if they are permanently and totally disabled and qualify under the state income limits. Please bring a copy of your form 1040 and/or form SSA-1099 when applying, and, if under age 62, a Benefit Verification Letter. This program is also called the Circuit Breaker Program. This form must be filed every two years.

Along with the homeowner's age or disability requirements, the qualifying income limits for the Grand List 2017 applications are \$35,300 for single and \$43,000 for married. If you are unsure if you qualify for the upcoming year, please call the Assessor's Office at 860-399-3016 or 860-399-3045.

The town of Westbrook also has a Senior Tax Freeze Program wherein your taxes can be frozen the first year you qualify. From then on, as long as your income criteria does not exceed the state income limits and you do not increase the value of your home by way of additions or outbuildings, your taxes will not increase. If a homeowner is on the Elderly Homeowner Program (Circuit Breaker), his/her taxes can be frozen and the forgiven taxes do not have to be repaid when the home is sold. There are certain limitations, however, based upon the total tax forgiven annually. This is determined on an individual basis with the taxpayer at the time of application.

If the homeowner does not qualify for the circuit breaker program, the homeowner may still qualify for the freeze program. However, in that event a lien will be placed on the property in the amount of the taxes not paid, and when the property is sold, the lien amount must be repaid to the town.

The total income is calculated from the IRS 1040 form line 20A Social Security Benefits, and line 37 Adjusted Gross Income. If the applicant does not file an income tax return and has social security as his/her only yearly income then a copy of the form SSA-1099 – social security benefit statement will be required.

Owners of mobile homes may apply for either the elderly Homeowners Program or the Renters Program. You cannot apply for both programs.

## Additional Veterans Program

You must be a town of Westbrook resident on the assessment date of October 1st to receive a veteran's exemption.

*Regular Veteran's Exemption:* To qualify for a Regular Veteran's Exemption, the veteran must have served at least 90 days during wartime and received an honorable discharge. Original discharge papers (DD-214) or separation papers must be filed with the town clerk's office prior to October 1st. There is no income criteria for this exemption. If you have questions about qualifying, please stop by the Assessor's Office.

*Disabled Veteran's:* Disabled veterans who receive eligibility letters directly from the U.S. Department of Veteran's Affairs may be entitled to increased property tax exemptions for service related disabilities. In order to receive this exemption, the Veteran must file the disability letter with the Assessor's Office.

*Additional Veteran's Exemptions:* An additional benefit is available for veterans with incomes lower than \$35,300 for a single person and \$43,000 for a married couple. The filing period is February 1st through October 1st. Qualifying income includes your form 1040 tax return if filed or SSA 1099 – social security statement. Additional Veteran's Benefits double the regular Veterans Benefits.



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Qualifying income for 100% V.A. Disabled Veterans is \$18,000 for a single person and \$21,000 for a married couple. Social Security income is not considered. A widow/widower is entitled to keep 100% of the spouse's veteran's benefit.

## Town Hall Hours

Mon – Wed: 9:00 am – 4:00 pm

Thursday: 9:00 am – 7:00 pm

Friday: 9:00 am – noon

## Town Hall Closed

March 29th: Close at 4pm

March 30th: Good Friday

May 28th: Memorial Day



*Thomas Brady, DMD is happy to announce that John Johnson, DDS and Daniel Nasser, DMD have joined his practice.*

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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 Chuck and Rachel Wiltsie Fund to provide free legal services for indigent veterans living in Middlesex County so they have access to stable housing, affordable healthcare, and suitable income. Or the Preston Family Fund and the Kalayjian Family Fund which provide food and other basic necessities to families in need through support to local shelters and social service agencies.

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 online at MiddlesexCountyCF.org.*

# From the Assessor - Levels of Qualifying Income for Elderly and Totally Disabled Relief Programs

## Qualifying Income - Program Year 2017

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2018. These levels are to be used for the 2017 Grand List Homeowner and Renter Rebate applications, 2018 Grand List Additional Veteran's applications

and may be used for any local option programs. Please Note: Homeowner applications that were taken for the 2016 G/L (RENEWALS) are calculated for the 2017 G/L using the 2016 qualifying income schedule, NOT the schedule below. Homeowners Income and Grant Information - 2017 Benefit Year / Filing period February 1- May 15, 2018.

### Homeowners Income and Grant Information - 2017 Benefit Year Filing period February 1 - May 15, 2018

Income		Tax Credit%		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0-	\$17,700	50%	40%	\$1,250	\$1,000	\$400	\$350
17,700	23,700	40	30	1,000	750	350	250
23,700	29,600	30	20	750	500	250	150
29,600	35,300	20	10	500	250	150	150
35,300	43,000	10	-0-	250	-0-	150	-0-

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**Renters**  
**Income and Grant Information-2017 Benefit Year**  
**Filing period April 1-October 1, 2018**

Income		Maximum Credit		Minimum Credit	
Over	To	Married/Single		Married/Single	
\$-0-	\$ 17,700	\$900	\$700	\$400	\$300
17,700	23,700	700	500	300	200
23,700	29,600	500	250	200	100
29,600	35,300	250	150	100	50
35,300	43,000	150	-0-	50	-0-

## The Westbrook Harbor Commission

### Important Notice Regarding Moorings along the Westbrook Shorefront

The Westbrook Harbor Management Plan requires that all private moorings along the Westbrook shoreline be registered with the town of Westbrook. By town ordinance, after July 15, 2018 all un-

registered moorings will be considered abandoned and removed from Westbrook waters. Requirements for mooring tackle and forms for mooring registration may be found on the Town of Westbrook website under the Harbor Management tab (“mooring tackle requirements” and “beach permit”).



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**LESLIE JERMAINNE**, Realtor 

# Water Pollution Control Commission

## IN-GROUND PASSIVE NITROGEN REMOVAL SYSTEMS

On-site sewage disposal systems are one of the main contributing sources of nitrogen to Long Island Sound and its embayment's. The average septic system removes between 10-30% of total nitrogen from the wastewater stream. Nitrate is very mobile in the soil and if it doesn't get absorbed by soil particles or taken up by the roots of plants the nitrate migrates to groundwater, streams, rivers, and the Sound.

The Water Pollution Control Commission is actively looking into septic systems that will do a much better job at removing nitrogen from the wastewater stream. A recent article in the December 18, 2017 issue of Onsite Installer by Sara Heger, Ph.D. discussed Passive Nitrogen

Removal Systems and noted it is likely they will become more popular in the future. These systems attempt to create conditions in order to achieve nitrification and denitrification using reactive media in the leaching field. This process has been used successfully with agricultural runoff.

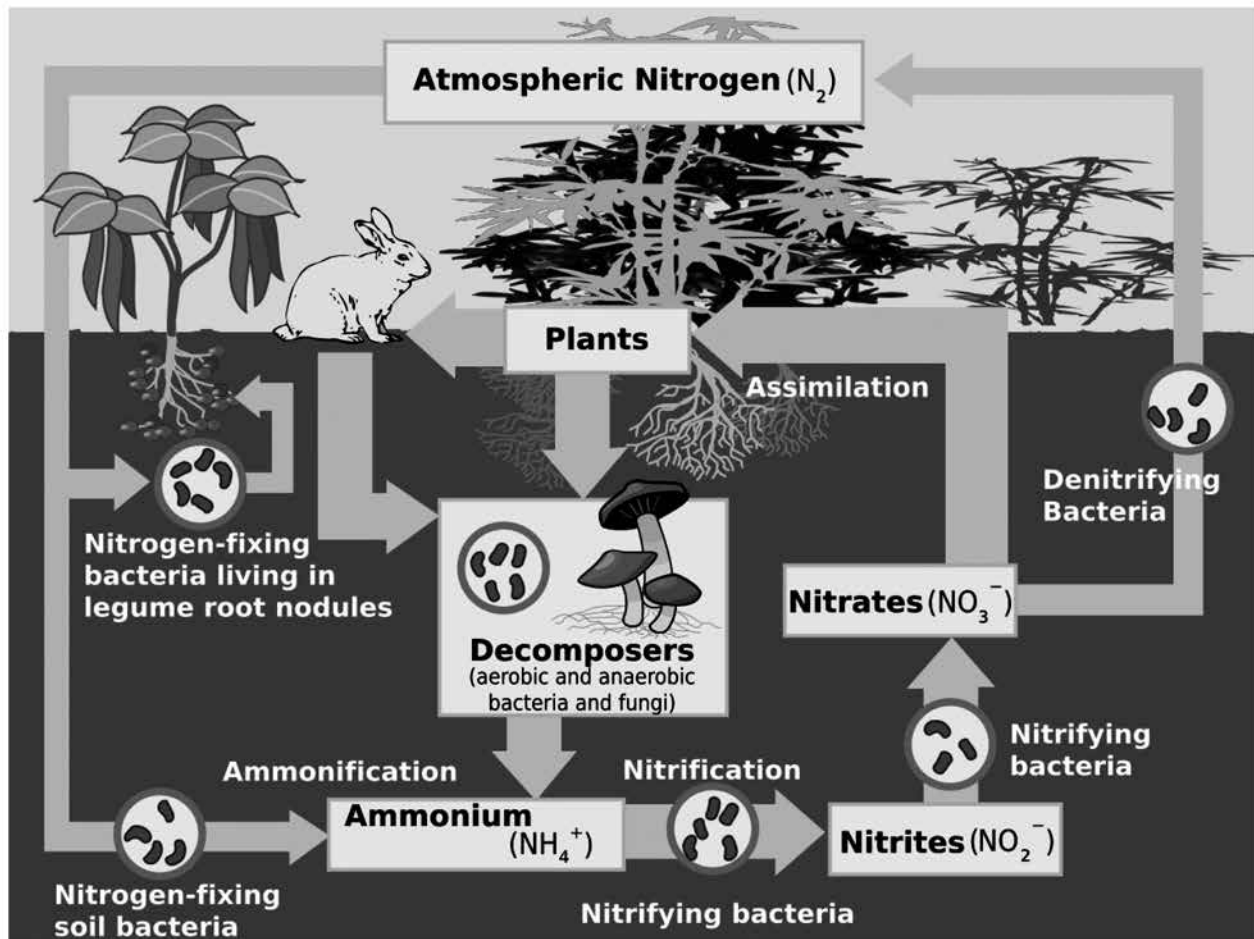
Starting in the late 1990s farmers began experimenting with wood chip filters to reduce nitrate in field runoff. The article goes on to explain that in the last 30 years various universities and private entities have been researching these systems for use in single family residential homes.

For instance Florida, New York and Massachusetts have all been actively researching these systems for single family residential homes. Systems tested

in Florida were able to reduce nitrogen by 95 percent (Anderson and Hirst, 2016). These systems are comprised of sand based "nitrification layer" underlain by a "denitrification layer" of sand mixed with wood chips. New York and Massachusetts have achieved total nitrogen removal between 50% and 90%.

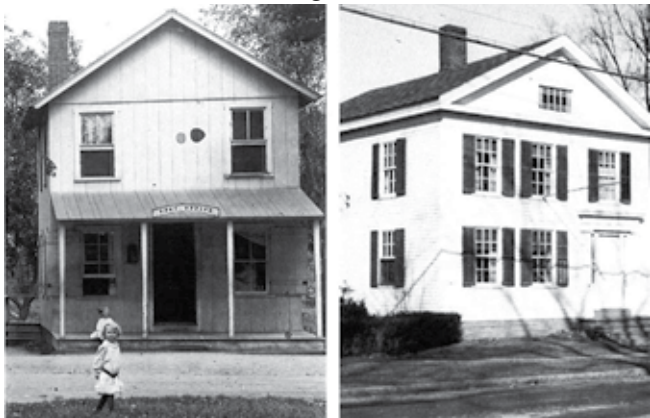
For more information see:  
[WWW.floridahealth.gov/environmental-health/onsite-sewage/research\\_documents/rrac/haze](http://WWW.floridahealth.gov/environmental-health/onsite-sewage/research_documents/rrac/haze)  
[www.stonybrook.edu/cleanwater/](http://www.stonybrook.edu/cleanwater/)  
[www.barnstablecountyhealth.org/program-and-services/massachusetts-alternative-septic-system-test-center/](http://www.barnstablecountyhealth.org/program-and-services/massachusetts-alternative-septic-system-test-center/)

The Nitrogen Cycle



# Westbrook Historical Society

## Before It Was A Parking Lot



Westbrook Post Office ca. 1907 + Capt. Daniel Spencer Home

The 1874 Beers map of Westbrook shows Capt. Daniel Spencer's 1850 homestead located on the right side of what is now the new town center parking lot. Research reveals that there would later be a small store to the left of the Spencer house that by 1894 was likely the workplace of Westbrook's newly appointed First Class Postmaster, F.E. Jones.



New Westbrook Town Parking Lot at Knothe Road

The property remained in the Jones-Bushnell family until 1920 when it was sold to A.C. Knothe who in 1921 sold the property to Wm. J. Neidlinger. The post office use continued at its location and a two-story tenement was added to its rear. By 1940, Neidlinger had built a new post office, now home of Military Historians, and the old post office was converted to the Westbrook Leathergoods Manufacturing Company under the partnership of Olie & Augie Neidlinger and Charles Knittel. Highly stylized women's belts, handbags, gold-plated name pins, bracelets, bronze college seals, passport cases and wallets were sold to stores like Bonwit Teller and Saks Fifth Avenue. Leathers included calf skin, pigskin, ostrich, snakeskin, shark, and alligator. For years it was quite a thriving small business. As times changed, the Neidlinger family sold the leather goods building and dwelling to Joseph Morgillo of New Haven. Both properties were damaged by a suspicious fire in 1976, sat vacant until 1996 and were demolished.

Events: March 14th, Genealogy Workshop, 6-8, Westbrook Library; April 26th, Gary Nolf, Early Native Americans of Westbrook, 7-8, Historical Society Building; July 22nd, 38th Annual Day on the Green Craft Fair; December, Annual Tree Lighting. Come visit us at the museum and research center to learn more about your town's unique history. We are open Wednesdays, 9-noon.

Catherine Neidlinger Doane, President  
Westbrook Historical Society, Inc.



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# Kirtland Landing is Getting a Face Lift



The red sign on the south side of Route 145 just before the road crosses the Menunketesuck River announces the Kirtland Landing Gateway Project to improve better access to the river, the Stewart B. McKinney National Wildlife Refuge, Salt Meadow Unit and Long Island Sound. The town has received \$168,800 for the project from the US Department of Transportation (USDOT) and the US Fish and Wildlife Service

Kirtland Landing, the town's small boat launch site, has been open to the public since the early 1900s. Once known as the Kirtland District Landing Picnic Area, in the 1960s/70s the

Westbrook Garden Club cared for the site, financing the launching ramp, picnic tables and shrubbery. Those now overgrown junipers now block the view of the river and take potential parking space.

In 2000, the Connecticut Department of Environmental Protection listed Kirtland Landing in its online Coastal Access Guide to Long Island Sound. Since then there has been a significant increase in use, particularly for launching canoes and kayaks. With limited on-site parking, parking on neighborhood roads created safety problems, and with the launch ramp restricted to 2 crafts at a time, paths were created on the river bank to other launch sites leading to significant erosion and bank instability.

The Kirtland Landing Project will increase parking and launch ramp capacity, improve traffic safety, stabilize the river bank and reduce storm water pollution from entering the Menunketesuck River and Long Island Sound.

The town, in partnership with the Refuge, recognizes Kirtland Landing can be a critical gateway to public use, natural resource education, and enjoyment of the National Wildlife Refuge.

Photo Credit: US Fish and Wildlife Service  
Submitted by Conservation Commission

## How to Reach Your Elected Officials

### STATE

Governor Dannel P. Malloy  
State Capitol Building, Room 200  
Hartford, CT 06106  
(860) 566-4840 – (800)406-1527  
Fax (860)524-7396  
Governor.Malloy@po.state.ct.us

LT Governor Nancy Wyman  
State Capitol Building, Room 304  
Hartford, CT 06106  
860-524-7384, Fax (860) 524-7304  
ltgovernor.wyman@ct.gov

Secretary of the State  
Denise Merrill  
30 Trinity Street, Hartford, CT 06106  
(860) 509-6000 Fax (860) 509-6209  
<http://www.sots.state.ct.us/>

State Treasurer  
Denise Nappier  
55 Elm Street, Hartford, CT 06106  
(800) 618-3404 Fax (860)-702-3043  
<http://www.state.ct.us/ott/>

### Attorney General

George Jepsen  
55 Elm Street, Hartford, CT 06106  
(860)808-5318 Fax (860) 808-5387  
<http://www.cslib.org/attygen/>

Rep. 23rd District  
Devin Carney  
CT House Republican Office,  
L.O.B. Room 4200, Hartford, CT 06106  
860-240-8700, 800-842-1423  
devin.carney@housegop.ct.gov

Senator 33rd District  
Art Linares  
Legislative Office Building, Room 2705  
300 Capitol Avenue, Hartford, CT 06106  
(860) 240-8800, 800-842-1421  
Art.Linares@cga.ct.gov

Rep. 35th District  
Jesse Maclachlan  
CT House Republican Office  
L.O.B. Room 4200, Hartford, CT 06106  
860-240-8700, 800-842-1423  
jesse.maclachlan@housegop.ct.gov

### FEDERAL

Senator Richard Blumenthal  
90 State House Square 10th Floor  
Hartford, CT 06103  
(860) 258-6940 Fax (860) 258-6958  
706 Hart Senate Office  
Washington, DC 20510  
(202) 224-2823, Fax (202)224-9673  
[www.blumenthal.senate.gov](http://www.blumenthal.senate.gov)

Senator Chris Murphy  
One Constitution Plaza, 7th Floor  
Hartford, CT 06103  
(860) 549-8463 Fax (860) 524-5091  
303 Hart Senate Office Building  
Washington, DC 20510  
(202) 224-4041 Fax (202) 224-9750

Congressman Joe Courtney  
55 Main Street, Suite 250  
Norwich, CT 06360  
(860) 886-0139  
2348 Rayburn HOB  
Washington, DC 20515  
(202) 225-2076, Fax (202) 225-4977  
[www.courtney.house.gov](http://www.courtney.house.gov)



# Westbrook Fire Department

## Safety Game Plan for Westbrook Residents

Kitchen safety is an important goal. Some suggestions are to use back burners or turn pot handles toward the back of the stove. Move things that can burn away from the stove. Keep a timer handy and use it when you're roasting or baking. Keep an eye on any oil or grease on the stove, even a small amount can start a fire. Be alert when you are cooking. Wear short sleeves or roll up your sleeves and don't lean over the burner. Use potholders or oven mitts to handle hot or steaming cookware. Keep children away from anything that can get hot. Put hot items and liquids out of any child's reach. Finally, check your smoke detector and practice a fire escape plan. We look forward to seeing you at Westbrook Chemical Engine Company No. 1 Inc. annual carnival that will be held July 11 through July 14.

## Save the Dates

**May 12th:** Garden Club Sale Mulvey Municipal Center Multi Purpose Room

**June 3rd:** WDTC Craft Fair Town Green

**June 9th:** Family Day Town Green (Rain Date June 10th)

**July 7th:** Westbrook Council of Beaches Stuff A Cruiser Food Drive Town Green

**July 22nd:** Day on the Green Historical Society

**August 25th:** Drum Corp Muster

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# Westbrook Emergency Notifications



Westbrook Emergency Management has the capability of notifying our residents and businesses of an emergency within the town. The system is called CT ALERT, used by many municipals in Connecticut. Types of

notifications include severe weather, transportation hazards that include major road closures and/or evacuation, health emergency, law enforcement actions pertaining to public safety and any other reason deemed necessary to notify the public regarding their well being and safety.

Residents and businesses with a home-based telephone are already 'opted in' to the system. You do not need to register. However the system allows you to add your cell phone, smart phone, iPad or other electronic devices with receiving a phone call, text and/or email within minutes of a broadcast. For this option, you need to 'opt in'.

Emergency Management is urging all residents to set up a profile on the system. The process is easy and only takes a few minutes. Sign up at [www.ctalert.gov](http://www.ctalert.gov) as this is a safe, secure website. All information is held secure, confidential and is never shared with telemarketing or similar groups.

The system adds extra value to the user as it allows you to implement different addresses for potential notification within Connecticut. You can add your work address, loved one in another town or a day care address for children as examples. When Emergency Management broadcasts a notification we will provide additional, detailed information on the Emergency Management website [www.westbrookem.com](http://www.westbrookem.com), Facebook and Twitter pages. If you already registered, please go back to the site to ensure your information is correct.

*"We can't alert you if we can't reach you."*

Donald Izzo, Emergency Management Director

## From the Office of the Building Department

### Home Improvement for Consumers

Getting any work done on your home requires hiring the right person to do the job. When considering a home improvement job, consumers should be prepared to talk with multiple contractors, ask for references, and ask about their experience completing the type of work you need done in your home.

All Home Improvement Contractors, New Home Construction Contractors, and Home Improvement Salespeople must be registered with the Department of Consumer Protection (DCP). Skilled work often done as part of a home improvement project (such as electrical, plumbing, HVAC) will likely require a more specific license that involves additional training and certification.

Be sure to verify licenses and registrations before you hire anyone by visiting [www.elicense.ct.gov](http://www.elicense.ct.gov).

DCP enforces Connecticut's Home Improvement Act, and administers the Home Improvement Guaranty Fund, which may provide assistance to homeowners who have a court judgment against a contractor who cannot pay them back for poor work.

If consumers have complaints regarding a Home Improvement Contractor, the best way to file with DCP is to fill out the complaint form, and email it (along with any other helpful information such as contracts, receipts, permits, and accounts of your conversations with your contractor) to [dcp.frauds@ct.gov](mailto:dcp.frauds@ct.gov).

You've done your homework and chosen a dependable, well-recommended, registered contractor. Now it's time to put together a contract and start the job. IMPORTANT: If a contractor offers to finance your home improvement project or put you in touch with a finance company, be very careful! Have an attorney or some other informed person review the finance agreement before you sign it to verify that it complies with the State and Federal Truth-in-Lending Act. In some cases, consumers who thought they were entering into a retail installment agreement, later discovered they had placed a second mortgage on their homes!

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David Maiden, Building Official

## The Shoreline Soup Kitchens & Pantries

### LOCATION OF FOOD PANTRY

St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook

Tuesdays 1:30 - 2:30 pm.

# The 2018 Legislative Session

By State Representative Devin Carney

The 2018 Connecticut legislative session began on February 7, 2018. The even-year sessions are called 'short' sessions due to them only running from the beginning of February through the beginning of May, as opposed to odd-year sessions which run from the beginning of January through the beginning of June. Typically, the short session is devoted to making adjustments and fixes to the biennium (2-year) budget passed the year prior. This session is no different since the state is facing a budget deficit of about \$240M for the current fiscal year (through June 30, 2018) and higher for the following (July 1, 2018-June 30, 2019), as of early February.

The governor has provided recommendations to erase the deficit in the form of cutting town aid, increases in certain taxes (including the gas tax), and eliminating some tax credits and tax exemptions. His proposal, however, is his recommendation alone. The legislative Appropriations Committee and Finance, Revenue and Bonding Committee will also have the opportunity to offer their own proposals. I sit on the Finance Committee, so I will be engaged in budget discussions throughout this year.

While the current budget deficit is the focus of the short session, other issues are expected to be debated as well. These issues may include tackling our unfunded pension liabilities, revising the state's education funding formula, tolls, health care, electric vehicles, and increasing renewable energy targets.

I hope to hear from you throughout this legislative session and I can be reached at (860) 240-8700 or at [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov). In addition, you can find more information about the budget and other bill proposals at the Connecticut General Assembly website <https://www.cga.ct.gov/> or my website [www.repcarney.com](http://www.repcarney.com). Finally, the Connecticut Network provides a live feed of many committee meetings, public hearings, and legislative sessions. Please go to <https://www.ct-n.com/> to learn more.

## Beat Parkinson's

There are presently 12 Beat Parkinson's classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered the dosage of their medications. For more information: email at [info@beatpdtoday.com](mailto:info@beatpdtoday.com), or see our website [www.beatpdtoday.com](http://www.beatpdtoday.com).

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# The Vascular Experts Becomes Team of 7

The Vascular Experts, which practices at Middlesex Hospital's Center for Vascular Surgery, recently expanded and is now a team of seven vascular surgeons with offices in Middletown and Old Saybrook. Led by Dr. Bart Muhs, The Vascular Experts team is comprised of capable, board certified surgeons who are solely dedicated to vascular care and who can deal with simple or complicated cases. This team includes newcomer Dr. Megan Shue.

Utilizing Middlesex Hospital's state-of-the-art diagnostic and interventional suite, these vascular surgeons now have access to the latest technology, giving them the tools they need to better help their patients. The Hospital's suite, which opened in 2016, allows vascular surgeons to perform a number of minimally invasive procedures, which require much smaller incisions than traditional surgeries. In turn, patients experience fewer risks when having surgery, and hospital stays are dramatically reduced.

Vascular surgery patients also benefit from Middlesex Hospital's collaborative relationship with Mayo Clinic. Middlesex Hospital

is a member of the Mayo Clinic Care Network, and the relationship allows physicians, including vascular surgeons, to collaborate when faced with complex cases.

Vascular surgeons at Middlesex Hospital work with physicians from other specialties to ensure that patients are cared for appropriately. They treat several different vascular diseases, and common procedures include leg angioplasty and stenting, peripheral bypass surgery, carotid endarterectomy and abdominal aortic aneurysm repair.

If you experience pain or ulcers in the legs, or if you have blocked arteries in the abdomen or the neck, you may need to see a vascular surgeon. If vascular diseases are left untreated, you may encounter risks, such as losing a limb. If left untreated, some conditions may also result in an aneurysm or stroke and can be fatal.

For more information, or to make an appointment, call 1-800-548-2394.

## From the Department of Public Works

Does your household undertake the annual event known as "spring cleaning"? If so, you may be starting to think about it, since warmer weather is surely on the way by the time you read this. Here are a few things to consider when making your plans:

Westbrook participates in a regional Household Hazardous Waste program which runs April through October. Proper recycling of hazardous materials (i.e., automotive fluids, cleaning solvents, etc.) keeps these chemicals out of the environment and prevents them from leaching into soil and waterways. See the listing of acceptable materials and the 2018 schedule

at [www.rivercog.org](http://www.rivercog.org).

The schedule, when available, will be under the "Waste Management and Recycling" tab. You will also be able to find it, once issued, on the Town of Westbrook website, [www.westbrookct.us](http://www.westbrookct.us), on the Public Works webpage.

If you choose to wash your car at home, minimize water quality impact by considering the following: Wash on a grassy area which will allow the soil to filter the dirty water rather than letting it run down a driveway and into the nearest catch basin which drains directly to local waterways. Use a biodegradable, phosphate-free, water

based cleaner to keep chemicals out of the environment.

If you garden or undertake any landscaping projects, carefully follow packaging directions on any herbicide or pesticide products – or better yet, search out organic options. Find more information at [www.ct.gov/deep](http://www.ct.gov/deep). On the Programs and Services tab, click "Pollution Prevention," then go to "Avoid Chemicals On Your Lawn." Spring clean-up activities for the Town of Westbrook include street sweeping. You may expect to see the sweeper begin its annual round of clearing sand/debris from every street in town once danger of snow has passed, usually sometime in March.

## Fair Rent Commission

Twenty per cent of Westbrook residents live in rental properties - one in five!

The Westbrook Fair Rent Commission provides a no expense information, complaint and hearing service for Westbrook nonseasonal rental tenants. If a resolution cannot be obtained the commission, upon formal application by the tenant, will hold a hearing with both the tenant and landlord and determine, if appropriate, temporary or permanent rental adjustments under

the following 14 factors that the Fair Rent Commission can legally consider.

1. The health and safety conditions of your apartment;
2. The rents charged for similar apartments in the city or neighborhood;
3. The number of bathtubs or showers, toilets, kitchen sinks and bathroom sinks in your apartment;
4. Services (such as utilities, furniture, furnishings and equipment) supplied by the landlord;

5. The size and number of bedrooms in your apartment;
6. The repairs needed to make your apartment livable;
7. The amount of taxes and other expenses of the landlord;
8. Whether your apartment complies with the housing code and State statutes relating to health and safety;
9. Your income and whether there are other apartments you can afford;
10. What utilities you have in your apartment and whether you or your landlord pays for them;
11. Damages, other than ordinary wear and tear, which you have caused to the apartment;
12. How much the landlord has raised your rent in the past;
13. How much of the rent increase will be used to improve your apartment and the building;
14. Extra fees and charges are also covered.

Manufactured home complexes and trailer parks are included. Note Fair Rent has nothing to do with Rent Control - which does not exist in Connecticut. Fair Rent Commissions consider individual cases and residential tenants only. Lawyers are not required, however. Commission decisions are appealable to the court system by either side. Tenants or landlords may choose a spokesperson for the hearing. No one wants a hearing. The focus of the Westbrook Fair Rent Commission is to resolve the issue to the satisfaction of both the tenant and landlord and insure the comfort, health and safety of all. If the Commission determines, after a separate hearing, that a landlord has retaliated in any manner against a tenant because the tenant has complained to the Commission, the Commission may order the landlord to cease and desist from such conduct. Fair Rent Complaint forms and Fair Rent Commission information booklets are available at the Town Clerk's office.

Richard Holton, Chairman  
 Jeffrey Kriete, Commissioner, Secretary  
 Commissioners Sherry Seidman, Julius Angelini,  
 Joseph Cotrona

## A Message From Joan Angelini, Town Clerk

It isn't every day we have a couple come in to our office, request a marriage license and then ask if we can provide them with a Justice of the Peace at the same time! My first thought was "Kimberly is across the hall and she is a Justice of the Peace." So, while I was requesting a favor from our Tax Collector, our Assistant Clerks (Deborah and Dawn) made everything come together in a matter of moments. Kimberly graciously agreed to perform her "first marriage ceremony" since becoming a Justice in 2017. Within minutes, two lovely Westbrook residents, originally from Ecuador, along with their newly adopted town hall family, exchanged vows in our office with flowers

**continued on page 21**

## WESTBROOK Community Listings

### IMPORTANT TOWN HALL NUMBERS

Accounts Payable.....	(860) 399-3008
Animal Control Officer .....	(860) 790-1075
Assessor .....	(860) 399-3016
Assessor Clerk.....	(860) 399-3045
Building Official .....	(860) 399-2035
Emergency Management.....	(860) 577-0622
Emergency Management website.....	www.westbrookem.com
Environmental Health .....	(860) 399-3018
Finance Director.....	(860) 399-3004
Finance Director / Assistant .....	(860)399-1235
Fire Department / Business calls.....	(860) 399-9492
Fire Marshal Office / Business calls.....	(860) 552-4496
Harbor Master .....	(860) 399-2477
Health Director.....	(860) 399-9869
Inland Wetland Enforcement.....	(860) 399-3017
Transfer Station .....	(860) 399-6356
Land Use - Planning/Zoning/IWWC Admin. Asst .....	(860) 399-3091
Land Use - Building/Health Dept. Admin. Asst .....	(860) 399-0339
Probate Court .....	(860) 510-5028
Recreation .....	(860) 399-3095
Registrar of Voters .....	(860) 399-3042
Selectman's Office .....	(860) 399-3040
Senior Center Director.....	(860) 399-3048
Social Services.....	(860) 399-3090
Tax Collector .....	(860) 399-3043
Town Clerk .....	(860) 399-3044
Town Garage .....	(860) 552-4496
Town Planner.....	(860) 399-3201
Town Web site.....	www.westbrookct.us
Treasurer .....	(860) 399-3040
Westbrook Senior Center .....	(860) 399-2029
Zoning Enforcement .....	(860) 399-3041

### SCHOOLS

Daisy Ingraham Elementary School .....	(860) 399-7025
Junior-Senior High School .....	(860) 399-6214
Middle School.....	(860) 399-2010
Superintendent of Schools.....	(860) 399-6432

### HOME HEALTH CARE

Visiting Nurses of Westbrook.....	(860) 399-3088
Ambulance & Oxygen Business Calls .....	(860) 399-7000

### POLICE DEPARTMENT

Resident Trooper .....	(860) 399-7304
State Trooper.....	(860) 399-2100

### LIBRARY

Westbrook Public Library .....	(860) 399-6422
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### USEFUL NUMBERS

9 Town Transit .....	(860) 510-0429
Community Foundation of Middlesex County .....	(860) 347-0025
First Congregational Church of Westbrook.....	(860) 399-9367
Garden Club.....	westbrookgardenclub@yahoo.com
Historical Society .....	(860) 399-7473
Westbrook Youth & Family Services.....	(860) 399-9239
St. Mark's.....	(860) 399-9207
St. Paul's Episcopal Church .....	(860) 399-5402

# Updating the Vietnam Memorial

The Westbrook American Legion, Anderson-Hoxsie Post 103, will be updating the Vietnam Memorial on the Westbrook Town Green.

If you or a deceased member of your family are, or was, a Vietnam

or Vietnam Era Veteran (February 28, 1961 to July 1, 1975) and joined the US Army, Navy, Air Force, Coast Guard or Marines, from Westbrook, CT and the veteran's name is not on the Westbrook Veterans Memorial, please contact the American Legion at P.O. Box 795,

Westbrook, CT 06498-0795.

Please send us your name, address, phone number, email, military branch and dates of service. Please do not send proof at this time.

## Energy Committee

### LED Streetlights, School Solar Panels and Microgrid Project Updates

The Town Meeting of December 11th saw a unanimous vote to approve the expenditures to purchase our existing streetlight fixtures, replace most and to retrofit others with LED streetlights.

The new fixtures will pay for themselves in five years and should save the Town approximately one million dollars over their expected lives. Sample LED fixtures of different intensity and color are slated to be installed in February on utility poles on Seaside Avenue near the Town Beach, and a sample retrofit will be in fixtures on a decorative poles on Flat Rock Place (on the way to the Clinic and Outlets), and on Fairview Road and Halls Road. A series of Frequently Asked Questions (and answers) about the

project is being posted on the Energy Committee's website, which may be accessed via a link on the left side of the Town's website. The Energy Committee, with Board of Selectmen and Board of Finance approvals, plans an installation similar to those in Madison and Old Saybrook, which use LEDs with warm white color of 3000 Kelvin.

The Energy Committee anxiously awaits the competition of the State's RFP process for solar panel and microgrid projects. Westbrook has submitted proposals for both and awaits the results. Both projects will provide cost avoidance with respect to the Town's energy cost.

The Energy Committee seeks new members. If you are interested please contact Committee Chairperson, Chris Ehlert at [cehlert01@comcast.net](mailto:cehlert01@comcast.net).

## Save A Life

### FREE Narcan Training\*

March 19, 2018 / 6:30 – 8:00 pm at the Westbrook Library

#### What is Narcan™?

Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine. Narcan is a prescription medicine that blocks the effects of opioids and reverses and overdose.

#### Who can be prescribed Narcan™?

Trained individuals are allowed to possess and administer Narcan to a person having an overdose.

#### Training will include:

- Overdose Prevention Strategies
- Signs and Symptoms of Overdose
- How to Administer Naloxone
- Good Samaritan Law
- Support Information and Resources

\*Registration is required.

Narcan kits are available to those who are uninsured. Please bring your insurance & prescription card for the mobile pharmacist: Tracey Leary of Five Star Supermarkets Inc.

Register today at [bit.ly/westbrooknarcan](http://bit.ly/westbrooknarcan) or call Jacqueline at (860) 399-9239 or [lynconnery@aol.com](mailto:lynconnery@aol.com).

This event is funded in whole by grant # 1H79TI080253-01 from the United States Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) through the CT Department of Mental Health and Addiction Services (DMHAS).

## TOWN CLERK

continued from page 19

borrowed from Robin in Land Use, cake and juice provided by Courtney and Kristen from our Senior Center, and photos taken by Teri Gavigan. Well wishers from all departments made these two feel so very special.



I wish to thank Kimberly for agreeing to perform her first marriage ceremony, spur of the moment. She did a great job. Our deepest gratitude to Dayana and Juan Carlos for allowing us to be a part of their special moment and letting us share this picture and story with you.

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# Westbrook Tree Lighting Committee


**The Tree Lighting Committee, chaired by Dennis Allen, would like to recognize and thank the many individuals, organizations, and businesses who helped make the December 3, 2017 Tree Lighting event a successful and happy town party.**


This year's event required new electrical installations and we are grateful to Dave Welch, Dana and Jill Brainerd, and Westbrook Building Official Dave Maiden for their tireless efforts to complete the necessary work. The Public Works Department installed new railings, repaired broken spindles, and re-stained the gazebo. Chris Ehlert donated new LED floodlights around the green. As usual, Dana Brainerd, Ralph DePonte, Don Harger and Dennis Allen set up the sound equipment purchased with a grant from the Westbrook Foundation. Thanks to Jim and Mary Brewster at the Captain Stannard House for hosting and organizing the parade participants and to the Westbrook Drum Corps and Westbrook Historical Society for their open houses. Thanks to Catie Marino for preparing the graphics for the event flyers. And a special thank you goes to Essex Savings Bank for sponsoring Ray of Light Farm's wagon rides. Ray of Light Farm is an animal rescue and therapy center in East Haddam. The committee thanks the following businesses and organizations for their important contributions to this year's event: Don Balint of Christmas Décor, Envirotech, Lighthouse Church, Lighthouse Signs, Riggio Garden Center, Jen Capano and Shop Rite, Susan McManus and the Westbrook High School Future Business Leaders of America, Westbrook Ambulance, Westbrook Board of Selectmen, Westbrook Building & Health Department, Westbrook Elks Lodge (sponsored the ice sculpture), Westbrook Emergency Management, Westbrook Energy Committee, Westbrook Fire Department, Westbrook Garden Club, Westbrook and State Police, and Westbrook Public Works.

The following restaurants donated food this year: The Fish Tale, The Grateful Deli, Westbrook Coffee House, and Westbrook Pizza. Thanks are due to the food serving crew led by Chicki Harger- Mary Ryder, Eleanora Mosca-Peczynski, Heather Balas, Brittini Oxendine, Mary Sorensen, Kaleeah Ramos, and Jill Newberg. Westbrook Emergency Management distributed popcorn. Jen Capano and friends were back again with the bonfire and smores. Other refreshments were provided by Lighthouse Church, Vista Life Innovations, Westbrook Ambulance Association, and Westbrook Boy Scouts. Special thanks to Health Director Sonia Marino for assisting in obtaining the required permits for the food this year. Thanks to this year's parade participants: Westbrook Selectmen and Selectwoman - Noel Bishop, John Hall, and Mary Labbadia; State Senator Art Linares; State Representatives Devin Carney and Jesse Maclachlan; Reverend Jan Gregory-Charpentier; the Connecticut Volkswagen Association; the Cub and Boy Scouts; Brownie and Junior Girl Scouts; Oxford Academy; Rita Trojanowski and her Bernese Mountain Dog and Patty Linck and her Blue Tick Coon Hound; VISTA Life Innovations; Westbrook Ambulance Association; Westbrook Dance Academy; Westbrook Elks Club; Westbrook Fire Department; Westbrook Garden Club (this year's treelighters!); Westbrook High School band led by Eric Gerhardt; Westbrook High School cheerleaders; Westbrook Junior Colonials; and Westbrook Drum Corps. Thanks to our performers on stage: Jan Mazeau and the Congregational Church's children's choir; Brian Ruddy; former Westbrook High School principal Bob Hale reciting "The Night Before Christmas;" Travis Miller; Westbrook High School's Kina Mama choir under the direction of Rachael Allen; and Sunny Train featuring Anastasia and Chris Jankowski.

We also want to thank the following people and organizations for participating this year: Girl Scout Troop 67893 for helping with the crafts; the Harger and DePonte families for conducting the candy counting contest; Westbrook High School Future Business leaders for running the reindeer food booth and special thanks to Kelsey Xenelis, Danyelle Engels, and Kendra Mansey; ice sculptor Dan Medeiros; and Santa's elves - Gabriella Koplas, Jamie Sacco, and Sadi Susi. We owe a special thank you to our Christmas spirits, Randy and Ann Bell.

As always, the committee owes special thanks to Bill Cusson, Barry Clark, Scoutmaster Doug Thomas, Assistant Scoutmaster Richard Lianos, and the Westbrook Boy Scouts for help setting up and taking down around the green. This year's committee members were Dennis Allen, Jill and Dana Brainerd, Jim and Mary Brewster, Darlene Briggs, Jennifer Capano, Lew Daniels, Ralph and Nancy DePonte, Melissa Ehlert, Kim Esposito, Don and Chicki Harger, Don Izzo, and Bernadette Jones.



  
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# Glaucoma: "The Sneak Thief of Sight"

Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "sneak thief of sight" since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants. There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it of-

ten starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning. It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test

checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is Yale educated specialist and trained in Trabectome glaucoma surgery.

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## Run for Chris



The 7th Annual Run For Chris 5k, with the Y will be held Saturday, June 23rd in Essex, CT, starting at the Essex Town Hall. We continue our official partnership with the YMCA in Westbrook, and The Run for Chris will once again be the Y's featured 5K, kicking off their Run Club's race season.

The race is held in memory of Christopher Belfoure, a 2005 graduate of Valley Regional High School, to raise money for The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County.

While a student at VRHS, Chris went on several school trips abroad. These experiences served as catalysts for a strong desire to learn more about what lay beyond the scope of his horizon. Chris went on to major in History and Chinese Studies at West

Virginia University, where he spent a considerable amount of time studying abroad in China and became fluent in Mandarin.

Influenced by his own life-altering journeys, Chris was passionate about encouraging others to also broaden their horizons and follow their own paths. Sadly, Chris lost his life at the age of 24. To keep his inspiration and passion alive, the Chris Belfoure Memorial Fund was established in 2011. The fund is intended to perpetuate Chris's vision by helping local area high school students travel abroad.

To date, 189 local high school students have benefited from the Fund, with a total of \$13,679 in grants. Students have traveled to such places as Costa Rica, France and Spain. In April, 2018, students from VRHS will go to Spain for their exchange program, supported by a \$3,000 grant. This year Westbrook High School students will also benefit from the Fund, traveling to Marseille, France, with the aid

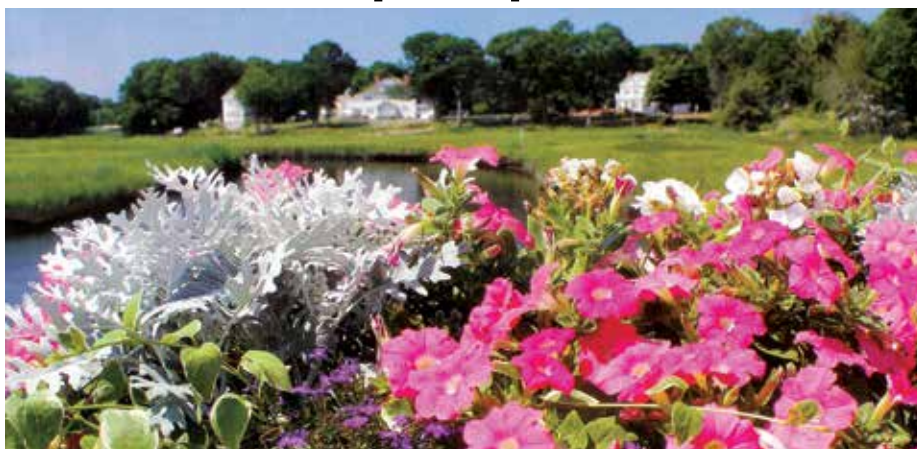


of a \$1534 grant. Both grants are made possible by proceeds from the run and from our sponsors.

Save the date and join us for a fun family event, which also includes a Kids' Fun Run and other special activities for children. This is a terrific, scenic 5K course through historic Essex, CT. Awards and food for the runners, as well as a great raffle, round out the morning's festivities.

To register for the Run, go to [www.aratrace.com](http://www.aratrace.com). For more information, contact George Chapin, Race Director, at [george\\_c@snet.net](mailto:george_c@snet.net). Visit the website @ [www.chrisbel4mf.com](http://www.chrisbel4mf.com) and [www.facebook.com/runforchris/](http://www.facebook.com/runforchris/).

## Westbrook Adopt A Spot



Can you find the new Adopt A Spot signs that we recently planted or will plant soon as the ground thaws? There are five of them thanks to Heidi Teubert, Shirley and Frank Lusk, and the Kirk-Palm Family. See how many more signs you can find. Thanks to the adopters who are working to "beautify Westbrook one spot at a time." There are still a few spots available and ready for summer plants. Check us out at [www.westbrookct.us](http://www.westbrookct.us). *Photo is Old Clinton Road Bridge Adopt A Spot.*

## Miss Mulvey



**"Do I look Irish to you?"**

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