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# First Selectman's Corner

Dear Friends and Neighbors,

Spring is here! While enjoying the warmer temperatures, I encourage you to spend some quality time outdoors and be a part of the activities happening in Town this time of year. Explore our parks and the Essex Land Trust trails. Take some time to enjoy the Garden Club's May Market and the Memorial Day and Burning of the Ships Parades. Think about signing the kids up for the Park and Recreation Department's summer camp. Go visit the River Museum, take a ride on the Steam Train, or see a show at the Ivoryton Playhouse! While you are out and about, I encourage you to support our local businesses.

The Boards of Selectmen and Education have sent their 2017-2018 budget proposals to the Board of Finance, which moved them to Public Hearing on April 20th. Residents will have a chance to vote on the budget at a Town Meeting on May 8th at 7:30 pm. For more detailed information about the budget please check the Town and Region 4 websites.

Renovations at the Town Hall are nearing completion. The auditorium has a new drop ceiling, LED lighting, audio/video system, re-finished flooring, new chairs and a fresh coat of paint. In order to comply with ADA regulations, the rear entrance ramp will soon be replaced and the Town Hall restrooms will be redesigned. The sidewalk replacement project on Main Street from Bracket Lane to Ivory Street is underway and we anticipate completion by early May, weather permitting. This will result in a safer pedestrian walkway for all residents to enjoy.

Please join us for a ribbon cutting ceremony on Tuesday, June 27th at 5 pm to celebrate the completion of the Ivory



Norm Needleman, First Selectman

Street Bridge Project. Immediately following the ceremony we will walk over to the Ivoryton green for cake and enjoy the first of the summer concert series.

I'd like to thank Mary Ellen Barnes, our Park and Recreation Director, for coordinating The Essex Go Bragh Parade and Festival in Essex Village. This year marks the 50th anniversary of the Essex Park and Recreation Commission and what an honor to have Dorothy Goss, one of the first commission members, as Grand Marshal. The weather was brisk but we **continued on page 4** 





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# events

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Deep River \$1.049.000 This sun-filled Contemporary Home enjoys phenomenal views overlooking Money Creek and the Connecticut River.



Essex

\$2,495,000

\$1,875,000 Essex

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sun-filled home with views of North Cove

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\$645.000 Essex This New England style home, located at the end of a cul-de-sac, has been totally renovated from top to bottom. Only five minutes from Historic Essex Village.

Essex \$499.000 The well-maintained Antique Classic Stephen Starkey home is surrounded by flowering shrubbery on a nearly one acre lot, creating a park-like feel.



\$495,000 Essex Historic 1898 Tudor style jewel. Fully renovated interior including period details restored. This property is zoned retail, office and commercial.



-NEWLY LISTED-Essex \$495,000 This house has been totally renovated and thoughtfully designed to be either a Multi Family property, or a Single Family home.



Essex -PENDING-\$480,000 This picturesque, two bedroom "Cottage' is surrounded by lovely gardens, blue stone patios and stone walls.

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### First Selectman's Corner... continued from page 1

had a great turnout and a fun time was had by all.

Congratulations to the cast and crew at Valley Regional High School on their excellent performances in the March production of AIDA!

Lastly, I'm saddened by the recent passing of two notable residents, James Danks and Stuart Ingersoll. Jim Danks worked for the Essex Highway Department for eleven years and was an active member of the Essex Fire Engine Co. #1 for over eighteen years. His dedication and service to the Town and the community was great and he will be missed. Stu Ingersoll, a longtime member of the Zoning Board of Appeals, mentor and friend will be sorely missed by the community and me personally.

All the Best, Norm Needleman

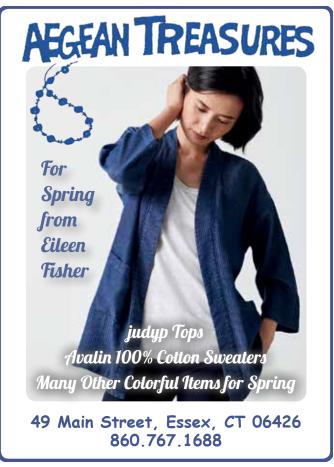
### An Essex Garden Club Extravaganza



**ESSEX MAY MARKET** Saturday, MAY 13th

You're in for a treat on Saturday, May 13th. From 9 am to 2 pm, Rain or Shine. The Essex Garden Club will have a one-day extravaganza in the Town Park on Main Street.

Just in time for Mother's Day there will be herbs and herbal gift creations as well as the Garden Club's world famous garlic salt, made from a closely guarded secret recipe since 1953. Always the star of Essex May market is the ever-popular Members Plants. People have been coming to Essex on May Market day for years from all over New England to take advantage of the healthy plants dug and nurtured by the Garden Club members. These plants include perennials, ground covers, grasses and shrubs dug and potted from the garden club members. An early sell out in the Members Plants area each year are the many varieties of tomato plants **continued on page 6** 





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Wire Rim Glasses

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Damien Hirst-David Bowie SOLD, \$955,164





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Bowie Collection



### Garden Club... continued from page 4



grown from seed and cultivated carefully. There will be 300 tomato plants, including many heirloom varieties guaranteed to grow in our climate. People start lining up at 8 am to get the finest specimens. On the other side of the park, the Annuals Tent will be stocked with the healthiest hanging baskets, and blooming annuals. Knowledgeable Garden Club members will be available to help with any questions on caring for the plants. Back by popular demand this year is the all-natural compost available for sale. The "Treasures" section is a great place to find gently used pieces of jewelry, garden pieces, planters, books, children's items, gardening tools and a mix of odds and ends. There will be lots of interesting finds for all ages. The Silent Auction will have an incredible array of goods and services donated from many generous merchants. And back again this year is the Jewelry Tree. Here you will find an extensive and superb collection of vintage bangles, earrings, necklaces and pins. The May Market Café offers donuts and coffee starting in the morning and light lunch fare at midday. Local CT breads and honey will be for sale and make great gifts.

May Market is the Garden Club's only annual fundraising event. Proceeds support civic improvement projects, such as beautifying town parks and traffic islands in Essex, Centerbrook and Ivoryton. Plantings are also purchased for the Essex Town Hall, Town Park and for public schools serving Essex students. Funds also provide scholarships for high school seniors and college students, summer camperships for young students, and educational programs for Essex Elementary school and John Winthrop Middle school.

May Market is truly a gardener's dream. Come early, Rain or Shine, and for sure you will find something beautiful for your garden or a special gift to take home. It is a true Essex Event!!



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120 River Road, Essex On one of the highest summits in Essex, this extraordinary European designed home sits on over ten private and secluded acres surveying its realm- the Lower Connecticut River Valley. Offered at \$1,640,000



SOLD

8 Red Bird Trail, Old Saybrook Hart Point, in the Indian Town Beach District, is an enclave of four spectacular homes accessed through shared stone gates. Offered at \$1,350,000





NEWLY PRICED 16 New City Street, Essex

A new price makes this treasure of a home an incredible value! In 2005 under the guidance of a noted architect and premier building company, this village Victorian was thoughtfully renovated and enlarged. Offered at \$815,000



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7 Cove Landing, Old Saybrook Carefully sited on the tranquil, private lane "Cove Landing", this stunning direct South Cove waterfront is a harmonious blend of contemporary comforts and period details that create a classic home with fresh effects. Offered at \$1.695,000



INTRODUCING 130 River Road, Essex Designed for living with irresistible comfort and elegance. this custom constructed residence has a presence in the established enclave known as Architect Hill. Offered at \$1,550,000





INTRODUCING 10 Heron Pond Road, Essex Step into a Summer Paradise! Near the Village of Essex in a neighborhood of exquisite homes, this hip roof Colonial will take your breath away. Offered at \$950.000



INTRODUCING 299 Essex Street, Old Saybrook Recreation and relaxation are the hallmarks of this newly renovated Gambrel with pool, tennis court, terraces and rentable guest house. Offered at \$465,500

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## **Essex Historical Society Spring Events**



All generations enjoy the historic 1732 Pratt House.

After this harsh winter, everything is coming up roses at Essex Historical Society with a full calendar of spring events. Join us for these free events, all open to the public. See our web site for more information at www.essexhistory.org or call us at 860-767-0681.

**Sunday, April 23, 2-4 pm:** Open House for Volunteers at Pratt House,

19 West Ave., Essex. EHS is looking for a few good men and women to volunteer at Pratt House, the town's only historic house museum. Visit with our veteran guides about life-long-learning opportunities. Refreshments.

**Sunday, May 21, 4:30 pm:** EHS Annual Meeting, Incarnation Camp, Ivoryton. Refreshments. Free.

**Friday, June 2, 1-4 pm:** Pratt House Open for tours, Fri. Sat and Sun. afternoons, 1-4 pm, through September. Free.

**Saturday, June 10, 1-3 pm,** Connecticut Open House Day. Grand Re-Opening of Hills Academy History Center, 22 Prospect Street, Essex. Also, Pratt House Open, 1-4 pm. Free.



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# Coldwell Banker Residential Brokerage



Clinton \$949,000 Lake Laconia Estates - 13 year old Cape style home w/ 4300+ sq ft. Spacious FF MBR Suite w/ FP, Chef's kitchen, heated in-ground pool & yr round hot-tub Joel Lucas 860-304-9150



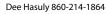
East Haddam \$334,900 Prominently sited on 1.63 landscaped acres. Formal DR, 3 BDRMs, 2 full BAs. Detached 624 sqft. heated 2 bay garage w/ town approved apt above. Maureen Nelson 860-227-9222



East Haddam \$395,000 Extraordinary CT River Sunsets! Open flr pln w/ 3 BDRMS, 2.5 BAs. FM w/ year round views. Close to Goodspeed Opera House! Laurel Peters 860-306-2812



East Haddam \$419,900 Rare opportunity to obtain a year-round home on the picturesque and highly desirable Bashan Lake. LR w/ FP w/ fantastic views of the lake & spectacular sunsets!





\$318,000 Essex Charming 3 BDRM Ranch! One floor living, C/A & hrdwd flrs, remodeled KIT w/ granite countertops, stainless steel appliances & breakfast bar. LR w/ FP, FR. Jim Leo 860-227-5975 Laurel Peters 860-306-2812



Essex

\$724,000 Foxboro Pt area home w/ open-flow design. FF MBR suite w/ new MBA. New chef's kitchen w/ wolf double ovens, 6 burner Viking gas range, pasta faucet & breakfast bar. Joel Lucas 860-304-9150



\$365.000 Essex 1890 Family Homestead in Essex Village location awaits the restorer's touch. Wonderful 1.66 acres of outdoor living space, 3 BDRMs, DR w/ FP, Enclosed porch. Bobbi Doyen – 860-662-0271



\$480,000 Essex 'Windswept Ridge' Custom built home w/ semi open flr plan, corian tops, spacious MBR2 level barn w/ basement. Close to I-95 and RTE 9. Peter Bonanno 860-227-9798 Shane Bonanno 860-227-7353



454,000 Essex Essex Village - Close to shops, harbor & restaurants - enjoy downtown living! New MBR Suite, 3.5 BAs. Sun filled FR w/ access to new stone patio. Joel Lucas - 860-304-9150



Essex \$379,000 Great Opportunity to own in Essex Village! Updated kitchen w/ granite countertops, L-shaped open DR & LR w/ FP & hrdwd flrs. 240 SF three season porch (not included in square footage). Laurel Peters 860-306-2812



Essex \$999,000 Essex Village home on River Rd w/ shared dock on Falls River Cove! Vaulted ceilings, sunroom, LL media-room w/ wet-bar, FP, exercise rm, hobby room, & BA. Patio w/ hot-tub. Joel Lucas 860-304-9150



Old Savbrook \$499,000 Charming Main St home! Spacious home renovated & expanded in '04. 4 BDRMs, 2.5 BAs, 4 season sunroom, FR, home office, DR, LR w/ FP, walk-in pantry Debbie Warren 860-853-8616



\$3,100,000 **Old Saybrook** North Cove Waterfront Home w/ large permitted deep water dock! Open-flow, chef's kitchen, large MBR Suite. 3 season enclosed porch. Joel Lucas 860-304-9150

Essex Events • Ouarter 2 • 2017



Westbrook \$649.000 Pilots Point! Waterviews! C/A, 3 BDRMS, double-sided gas fireplace, & newer granite kitchen! Finished LL w/media room. Enjoy gorgeous white sand beach close by! Joel Lucas 860-304-9150



Westbrook \$525.000 Private beach rights to Old Kelsey Point Beach. Year round ranch w/ water views, hrdwd flrs, C/A, Gas FP, New Kit & BAs, outdoor shower. Libby Waldron 860-395-6830



Essex \$1.675.000 Riverfront remodeled home w/ 4 bdrm suites, extensive decks, second floor FR w/ butler's Kit, game room & screened porch. Dock for kayaks & small boat. Andrea Woolston 203-605-4770





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### **Essex Community Fund**



Essex Community Fund and Essex Boy Scouts marching in the Essex Go Bragh parade.

#### **IT'S BEEN A BUSY FIRST QUARTER!**

It was a sunny, cold day but spirits were high as Essex Community Fund marched in the Essex Go Bragh parade. Our Irish flags were billowing in the wind and the pinwheels were spinning as we passed them out to the children who lined the parade route. We switched to handing out pinwheels this year to be more environmentally friendly and were pleased to receive many compliments on the change.

We were again humbled hearing about all the great work that the non-profits we support accomplished again this past year at our Annual Day of Giving on March 29th. Essex residents are fortunate to have so many dedicated volunteers that give of their time and talents to support our community to make Essex a better place to live; we are pleased to help them continue their efforts.

Essex Community Fund is happy to welcome Adrienne Kiel as a new Board member to our organization. Adrienne is an art teacher in New Britain and lives in Centerbrook. She brings to ECF enthusiasm to help her community as well as her creative talents.

Keep watching for more details on a great, new fundraiser this fall with fabulous food and drink!

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## The Essex Library

Warmer weather has arrived and we have been hard at work preparing for the spring and summer seasons. Miss Jessica and Miss Heather have developed another fun-filled Summer Reading program, which kicks off in June. They're also making use of the S.T.E.A.M. Engine that was recently acquired thanks to a grant from the Community Foundation of Middlesex County. What's a S.T.E.A.M. Engine, you may ask? Come on into the Library to find out!

Chuck Timlin returns beginning April 18 with a 4-evening seminar (Tuesday's at 6:30) on Jane Austen's social satire, Persuasion. The group will gather to watch a film version of Persuasion on Friday, May 19 at 6:30. On April 19 at 7:00 Kathryn Gloor, Executive Director of the Connecticut Women's Hall of Fame, presents "Celebrating 300 Years of Connecticut's Remarkable Women."

A special Centerbrook Lecture takes place at 3:00 on Sunday, April 23 – a premier of the documentary "The Life and Gardens of Beatrix Farrand" by Emmy winning filmmaker Karyl Evans. A discussion with the filmmaker will follow. The Centerbrook Lectures continue with talks on sustainable landscape design by Towers|Golde Landscape Architects (Friday, May 5) and Cuban Architecture from Colonial to Modern with Victor Deupi (date TBA).

Connecticut Master Wildlife Conservationist Paul Colburn will offer a presentation on "The Bobcat: Connecticut's Secretive Wild Cat" on May 3 at 7:00. On Saturday, May 6, at 1:30 Eury Cantillo from the Navy's Submarine Force Museum will present an illustrated talk Submarines in WWI: The Great War Through the Periscope. Jeffrey Engel returns to present a lecture on "Dvorak, The Happy Soul" on Tuesday, May 9, also at 1:30.

Watch for announcements of Lincoln Center local screenings throughout the summer. You can find more information about any of our programs on our website: www.youressexlibrary.org or call us at 860-767-1560.

### Visit our website at: www.essexct.gov

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

# PAGE TAFT CHRISTIE'S



ESSEX: This non-traditional Colonial is not to be missed! Nestled among stunning rock formations, this sun-filled, fully updated home features spacious rooms, special detailing and lovely outdoor entertaining space. \$527,000

Chip Frost, x3112 Ct. River Properties Team



ESSEX: Spacious, open, light-filled floor plan offering 4 bedrooms, 3 full baths, hardwood floors and fantastic Chef's Kitchen. Large deck off Dining area and detached 2-car garage with storage. \$439,000

Gigi Giordano Taylor, x3113 River to Shore Group



ESSEX Cobblestone Court: Only 55+ community in Essex. Eight distinctive town homes - all with first floor master suites. Three floor plans. Taking reservations now. Owner/Agent \$428,000

Mark Bombaci, 3136



PageTaft.com

ESSEX: Starting out or downsizing, this is the perfect home. Built in 1956, solid as a rock. 1458 s.f., 3 BR, 2 BA, stunning fireplace, open concept floor plan. Breezeway, new roof and 2-car attached garage. 4.01 subdividable acres. \$375,000

Maureen/John O'Grady, x3116



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### **Friends of the Essex Library**



Will Herer and Duncan Rider store books in Shed.



Babbie Conroy prepares for spring book sale

### "NO DUES, JUST CAMARADERIE"

Do you recognize the shed in our picture of Will Heher and Duncan Rider storing books in preparation for the Friends of the Essex Library SPRING BOOK SALE? In addition to the help Will and Duncan provided, Graham and Tory Rider and Alex Zambuni were part of this effort. Awaiting strong arms to take more is Babbie Conroy with a recently sorted stack of interesting fiction. When books contributed for books sales exceeded storage space in the library, Friends stepped up to help. In 2013 we purchased and installed this shed at the back of the library off Grandview Ave.

This year's Annual Spring Sale is a two-day event commencing Saturday, May 20th with doors open from 9 am to 5 pm. From 3-4 pm books will sell for half price. "Fill your Bag for \$5" will run from 4-5 pm for all books (except those specially priced). You are invited to bring your own tote or paper bag. Free paper bags will also be available at the library.

The "Fill your Bag for \$5" sale will continue on Monday, May 22 from 10 am-6 pm. Again, free paper bags will be provided, if needed. Specific information about the sale, including a large collection of signed books and particularly interesting books, will be on the Essex Library website two weeks prior to the sale. Go to www.youressexlibrary.org, click on "Friends" and then on the "Book Sale" page. Unique to this sale is a collection of 30 Life magazines from the 1930's and 40's, featuring everyone from Winston Churchill to Roy Rogers and Trigger. Each is in a plastic sheet protector and priced between \$3 and \$5. Also available for sale will be a jazz aficionado's collection of 150 CDs, from Diana Krall and Hoagy Carmichael to Starbucks and Pottery Barn choices, each for \$1.00.

Jo Kelly, Friends President, states: "Our mission is to promote and enrich the services, programs, and facilities the library provides to the community that are beyond the scope of the library budget. Our Spring Sale is a major factor in determining how much we will be able to give to the library at our Friends Annual Meeting June 14."

### Friends of the Essex Library Fundraiser

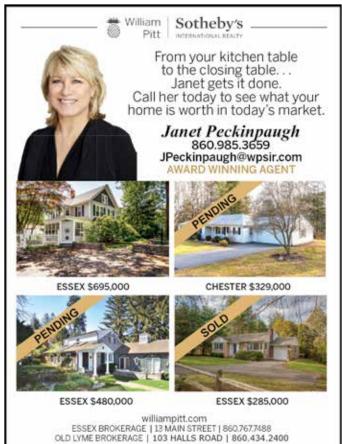
YOU ARE CORDIALLY INVITED TO ATTEND THE THIRD ANNUAL LIBRARY NIGHT AT THE PLAYHOUSE



Date: June 1, 2017 Time: 6:00 pm Place: The Ivoryton Playhouse Price: \$70 per person

Enjoy hors d'oeuvres from The Copper Beach Inn and a sip or two of wine or sparkling water. The show begins at 7:30 pm.

Million Dollar Quartet brings you inside a Memphis recording studio when Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins gathered for a jam session like no other. Where were you in 1956? What was on the jukebox? Bring your high spirits and enjoy the memories or learn about the music that broke every mold. All proceeds from this event will benefit both the Essex and Ivoryton Libraries. Reservations will be available at both libraries.



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**FERT #B2547** 

# **Ivoryton Library**

The Ivoryton Library is ecstatic to announce that Summer Reading is just around the corner! Be sure to watch for information in your children's school folders for the great programs that the library will be hosting throughout the summer months!

Our Summer Reading Kick-off Party will be held in conjunction with the start of the Ivoryton Farmers' Market, Saturday June 17th. Drop by the library 9-12 or look for us at the Farmers' Market Lawnapalooza to register for reading incentives and events! Also, Save The Date: Saturday August 19th for the End-Of-Summer Reading Party! Judi Ann Jones, aka The Energizer, will join us for a fantastic festival of hula hooping and teach us great tricks for all ages to participate and enjoy!

Build a Better World is this summer's state-wide theme. We are inspired by individuals who volunteer in our community, serving as mentors for our upcoming generation. There are new local organizations, that are reaching out to empower our children. The Ivoryton Library is looking forward to introducing some of these community members and supporting activities. This summer we are especially grateful for our new Children's Garden Pergola which was carefully crafted as an Eagle Scout project by Graham C.S. Rider II and the Essex Boy Scouts Troop 12. Our Thursday morning story times will be wonderful under its shade!



Graham C.S. Rider II and assistants.

The Children's Room at the Ivoryton Library continually offers special programs during the school year. Story times for all ages on Thursday mornings at 10 am. We also host Music with Ms. Martha on Wednesdays at 10:30; registration is required for this program as space is limited. Please contact the children's room to inquire about our Thursday after school STEM programs, which have been so much fun!

Please call Ivoryton Library at 860-767-1252 or check out our web site at www.ivoryton.com for more information.



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# **50th year of Essex Park and Recreation**

2017 marks the 50th year of Park and Recreation providing a legacy of service to the Essex community. In 1967, you could purchase gas for 33 cents per gallon, The Monkees topped the charts with Day Dream Believer and The Last Train to Clarksville, Essex was celebrating the completion of Route 9. On March 28, 1967 the Town of Essex authorized the formation of a Park and Recreation Commission, and at the May 25, 1967 Board of Selectman meeting the Commission was appointed. Members of the Commission were James Byrne, Eric Johnson, Dorothy M. Goss, John A. Johns with Edwin S. Sprigg serving as Chairman.



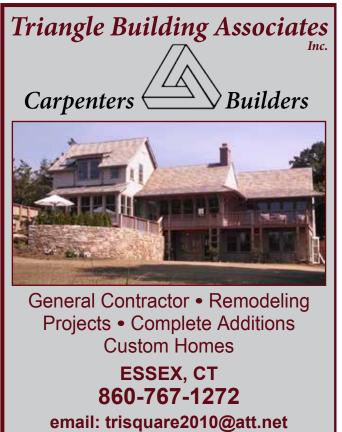
Ms. Dorothy Goss, Grand Marshal.

Throughout the year, Park and Recreation will be hosting events and programming to celebrate its 50 year anniversary. On March 11, 2017, Ms. Dorothy Goss, the founder of the Commission, lead a record number of participants in the Essex go Bragh parade along a frigid Main Street in Essex Village. On July 19, the Town of Essex Park and Recreation Commission will celebrate its 50th Year Anniversary with

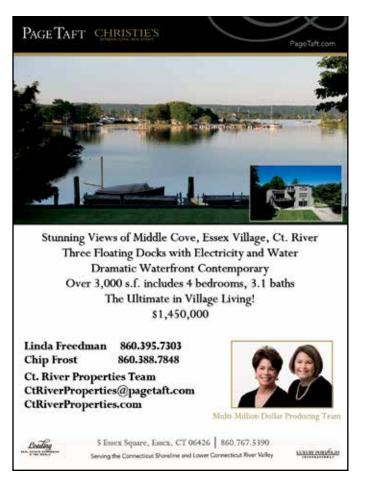


a Summer Concert Celebration. The concert will take place from 5:30 pm - 8 pm at Main Street Park, Essex Village and will feature live musical performances by the Billy Joel Tribute Band, River of Dreams, a kid focused performance by T-Bone the American Pied Piper and face painting with Bohemian Body Art starting at 5:30 pm. The Board of Selectman and members of the Park and Recreation Commission will be in attendance. This family friendly event is free and open to the public. Families are encouraged to bring a picnic dinner, dance and sing along to some of our favorite songs.

Our much anticipated Summer Concerts Series will return to the Villages of Ivoryton & Essex. Please check our website or Facebook page for weather-related information. All concerts are **continued on page 16** 



NH Lic#0003590 HIC Lic# 0556517 Suffolk Cty NY Lic# 41997-H



### 50th Park & Rec... continued from page 15

from 6:30 pm - 8:00 pm. \* Kids Concert on July 19th starts at 5:30 pm.

Ivoryton Green, Shiny Lapel Trio
Essex Main Street, Middletown
Symphonic Band
Ivoryton Green, Southern Voice
Essex Main Street, River of Dreams
(Park and Recreation 50th Birthday
Celebration, Kids Concert & Face
Painting at 5:30)
Ivoryton Green, Long Island Sound
Essex Main Street, Meadows Brothers
(New!)
Ivoryton Green, U.H.F.
Essex Main Street, Blues on the Rocks

#### ESSEX SUMMER CAMP

Join us for tons of summer fun at our exciting, engaging Summer Camp! Sports, games, arts&crafts, field trips, and more! Camp is offered to children ages 5-12, Monday-Friday, 8:30 am-3:30 pm (early care is available), June 26 through August 11. Choose any week or all seven; cost is \$125 per child. Camp is at Essex Elementary School, with Field Days Fridays as weather permits at Grove Street Park.

#### SPRING AND SUMMER PROGRAMS

For full information please see our brochure available on our website. Jr. Warrior Basketball: April 10 Tennis: April 22 Running Rams: April 24 Introduction to Archery: April 27 Aspiring Young Engineers: May 2 Cooking with Kids: May 4 Volleyball: May 4 Kids on the Move: May 11

#### SUMMER SPECIALTY CAMPS

Running Rams: June 26 Tennis Clinics: June 26 (5 weekly sessions until July 28) Slamma Jamma Competition Week: June 26 Baseball Camp: July 11 Slamma Jamma Basketball Camp: July 31

#### ADULT PROGRAMS

Adult Basketball Wednesdays until April 26 Sound Steps Walking Program

#### DEPARTMENT STAFF

Park and Rec Director: Mary Ellen Barnes, 860-767-4340 ext.110



www.eventsmagazines.com

Recreation Aide: Tim Lachance & Kai Recchia, 860-767-4340 ext.148

Contact Us! We'd love to hear from you! Remember to visit our

website for updated announcements, program information, and online registration! Also like us on Facebook for the latest updates!

### **Property Tax Relief Programs**

Property Tax Relief Programs are available for those totally disabled or over age 65. The Town of Essex offers three tax relief programs to our residents who are totally disabled or over the age of 65. In order to receive benefits on the next tax bill due July, 2017, applications must be received no later than May 15, 2017.

# STATE OF CONNECTICUT CIRCUIT BREAKER PROGRAM

The first program available is the State of Connecticut Circuit Breaker Program. In order to qualify for this program a person must be totally disabled or age 65 as of year-end 2016. In the case of a married couple, one spouse must have reached age 65. The total household income, including Social Security benefits, must be less than \$42,900 for a married couple or less than \$35,200 for a single person. The amount of tax relief is a sliding scale based on the total income. For example, if a married couple had a total income of \$21,000 for calendar year 2016, they may qualify for assistance from the state of up to \$1,000. That \$1,000 would be taken off the tax bill that is due. Tax benefits range from \$150 to \$1,250 dependent upon income.

#### TOWN OF ESSEX MATCHING BENEFIT PROGRAM

The second program available is the Town of Essex Matching Benefit Program. In order to qualify for this program a couple or individual must first qualify for the State of Connecticut Circuit Breaker Program. The Town of Essex will then match whatever the state benefit is up to 100% dependent upon age and years of residency in the current home. Using the example above, if the state benefit was \$1,000, and the person/s are age 70 and have lived as permanent residents in their home for 30 years, they would receive a matching \$1,000 from the Town. Those individuals would get \$2,000 off their tax bill.

# TOWN OF ESSEX TAX DEFERRAL PROGRAM

The third program available is the Town of Essex Tax Deferral Program. The income limits for this program are a little higher, for a married couple the maximum income allowable is \$53,625, and for individuals the maximum income is \$44,000. Under this program your taxes would be "frozen" at the amount that you paid in 2015, with **continued on page 18** 

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### ESSEX TOWN HALL

#### 860-767-4340 (Unless otherwise noted)

THE ESSEX TOWN HALL is open 9 a.m. to 4 p.m., Monday through Friday THE LANDFILL AND RECYCLING CENTER is open Mondays, Thursdays, Fridays & Saturdays, 7 a.m. to 3 p.m.

SELECTMEN'S OFFICE Norman Needleman, First Selectman Maria Lucarelli, Assistant Betsy D'Amico	x114 x112 x145	nneedleman@essexct.gov mlucarelli@essexct.gov bdamico@essexct.gov
ANIMAL CONTROL OFFICER Jae Wolf	860-388-	7082 jwolf@essexct.gov
ASSESSOR Jessica Sypher, Assessor Nancy Berryman	x124 x123	jsypher@essexct.gov nberryman@essexct.gov
BUILDING DEPARTMENT & FIRE MARSH Dave DeLeeuw, Building Official Darcy Roper Keith Nolin, Fire Marshal	AL x117 x144 x146	ddeleeuw@essexct.gov droper@essexct.gov knolin@essexct.gov
FINANCE DEPARTMENT Kelly Sterner, Director of Finance Dana Novorio, Assistant James Francis, Treasurer	x122 x116 x127	ksterner@essexct.gov dnovorio@essexct.gov jfrancis@essexct.gov
HEALTH DEPARTMENT Lisa Fasulo, Director of Health Kerry Berardinelli	x118 x119	lfasulo@essexct.gov kberardinelli@essexct.gov
LANDFILL/RECYCLING CENTER Mike Birner, Supervisor Bill Armstead	860-767-	1926
PARK AND RECREATION COMMISSION Mary Ellen Barnes, Director Tim LaChance Kaiulani Recchia	x110 x148 x148	mbarnes@essexct.gov tlachance@essexct.gov krecchia@essex.gov
PUBLIC WORKS David Caroline, Director William Angier, Boris Churyk, Richard Gallacher, Ryan Welch	860-767- x161	0715 dcaroline@essexct.gov
REGISTRARS OF VOTERS Lois Ely John Heiser	x142 x142	registrar@essexct.gov lely@essexct.gov jheiser@essexct.gov
RESIDENT STATE TROOPER ESSEX POLICE David Tretter, Resident State Trooper Paul Kenefick Todd Belcourt Karen Reilly Christopher McCarthy	860-767-	1054 dtretter@essexct.gov jkenefick@essexct.gov tbelcourt@essexct.gov kreilly@essexct.gov cmccarthy@essexct.gov
SOCIAL SERVICES Mary Ellen Barnes	x201	mbarnes@essexct.gov
TAX COLLECTOR Megan Haskins, Tax Collector Lynne Skinner, Assistant	x120 x121	mhaskins@essexct.gov lskinner@essexct.gov
TOWN CLERK Joel Marzi, Town Clerk Yvonne Roziak, Assistant	x129 x128	jmarzi@essexct.gov yroziak@essexct.gov
TOWN HALL OPERATIONS Mark Hiatt	x136	maintenance@essexct.gov
ZONING ENFORCEMENT Joe Budrow, Enforcement Agent Kerry Berardinelli	x115 x119	jbudrow@essexct.gov kberardinelli@essexct.gov
	o v c t	<b>GOV</b>

### Property Tax Relief... continued from page 17

the increase for 2016 being deferred to a later date. This would remain true for all subsequent tax increases for as long as you qualify for or remain on the program.

The Town of Essex will place a lien on the real estate for the amount of the deferred taxes, which would then be paid to the Town upon the sale of the real estate or death of the owner.

For all of these tax relief programs the property must be the primary residence of the owner.

If you, or someone you know, might be eligible for one of these benefits, please have them call or come in to the Assessor's Office at Town Hall with their 2016 SSA 1099, and proof of any income earned in calendar year 2016 or a copy of their 2016 tax return prior to May 15, 2017.

We look forward to the opportunity to assist you. Please call or email us with any questions.

Jessica Sypher, CCMA II, Assessor jsypher@essexct.gov

Megan Haskins, CCMC, Tax Collector mhaskins@essexct.gov

Nancy Berryman, CCMA I, Assistant to the Assessor nberryman@essexct.gov 860-737-4300 ext 123

Lynne Skinner, Assistant Tax Collector lskinner@essexct.gov 860-767-4300 ext 121



www.essexct.gov

### Town Clerk's Office

29 West Avenue - Essex, CT

### Welcome to Centerbrook, Essex and Ivoryton

Millicent E. Benner Eddy & Sylvia Shane Michael & Becky Knodt Patrick Gilbert Deborah Griswold

John P. Crowley

Kevin & Heather Price

Kurt Krueger

85 River Road, Essex 22 Little Point St., Essex 98 Main Street, Ivoryton 20 Comstock Ave., 3A Ivoryton 54 Dennison Road, Essex 24 Highland Terrace, Essex 55 Westbrook Road, Centerbrook 38 No. Main St., Unit 16, Essex

Merritt M. Zahner Samuel Abitz & Michelle Byrne Shari L. Sisk William Butler & Bronwen Butler 7 Hillside Drive, Essex Nicholas Garofolo Nicole Bartolomei **Jennifer Basler** Francis & Dorene Grasso Kathleen Schmelzer Michael Dudich & Mark Drummond Joseph G. Garner

52 So. Main St., Essex 13 Mikes Terrace, Ivoryton 6 Laurel Road, Essex 45 Deep River Rd., Essex 17 Laurel Road, Essex 14 Charles Street, Centerbrook 1 River Road, Essex 92 Mares Hill Rd., Ivoryton

34 Fordham Rd., Essex 73 River Road, Essex

### Loss of Residents and Friends

#### January

Charlotte Westerfield Pamela Bermingham Raymond Grace Jr. Carol Fowler

February Maria Friswell Sara L. Gretta Peter Walmsley Roy L. Gregory III Gertrude M. T. Ott Charles S. Ingersoll

Respectfully submitted, Yvonne Roziak Assistant Town Clerk

March Margaret M. Haughey Jean P. McLeod

### **Essex - Community Listings**

#### CHURCHES

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

#### **CLUBS AND ORGANIZATIONS**

Ancient Order of Essex Weeders	(860) 767-7628
Democratic Town Committee	(860) 767-7665
Community Foundation of Middlesex County	(860) 347-0025
Essex Board of Trade	(860) 767-3904
Essex Boy Scouts of America	(860) 304-9027
Essex Community Fund	(860) 304-2751
Essex Cub Scouts of America	(860) 790-0681
Essex Garden Club	(860) 767-2860
Essex Historical Society	(860) 767-0681

Essex Land Trust(860) 767-7355
Essex Little Leaguewww.essexlittleleague.org
Essex Veterans Memorial Hall(860) 767-8892
F.I.S.H
Ivoryton Company of Fifers & Drummers(860) 767-2237
Lower Valley Visiting Nurses
Republican Town Committee
SCORE
The Shoreline Soup Kitchens(860) 388-1988
Tri-Town Youth Services Bureau(860) 526-3600
9 Town Transit

#### **SCHOOLS**

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

# **Connecticut Regional Mental Health Board**

HOW DOES A COUNSELOR EARN THEIR LETTERS? In counseling, as with many professions, one's level of expertise can be identified by their signature line made up of their name followed by 3-4 letters, sometimes in groups, but what do they mean? As a practitioner, they can mean acceptance onto an insurance panel, access to programs, training, professional insurance or memberships. To a consumer, the letters tell you a lot about your therapist's academic degrees, licenses or certifications. Insurance panels only accept licensed clinicians. To become licensed one must complete a master's program at an accredited school which includes hundreds to thousands of clinical hours (hours spent doing therapy). After graduating, there are still thousands more clinical hours to log which must be under the direction of an approved supervisor, and then there's the 3-4 hour proctored exam. While each state has their own licensure requirements, they are all fairly similar. It's quite the achievement when someone finally adds an "L" - as in licensed - to their signature line.

### WHAT DO THE LETTERS MEAN?

An "L" preceding the letters means the clinician is licensed and the others indicate the type of counseling degree they have. For example, "LCSW" stands for Licensed Clinical Social Worker, "LMFT" for Licensed Marriage and Family Therapist and "LPC" for Licensed Professional Counselor. Although counseling approaches are often be similar each type of counselor might practice slightly different. Typically LMFTs work with their client(s) as part of a system, based on relationships within it; while LCSWs and LPCs focus more on the individual exclusively. In the end, finding the right therapist is what's important. If you have questions about a counselor's educational background, ask - informed consumers are smart consumers.

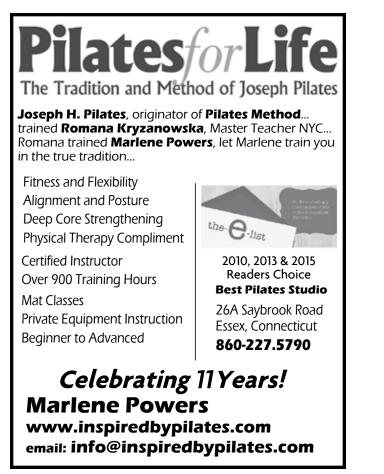
Jackie Boudinot, LMFT, NCC, CDM Middlesex Wellness & Mediation, LLC Connecticut Regional Mental Health Board - CAC10

# **Anterior Hip Replacement Surgery Aids in Recovery**

At Middlesex Hospital, a faster and easier recovery from hip replacement surgery is possible. By approaching the hip from the anterior, an orthopedic surgeon can make an incision in the front of the leg instead of less trauma to the muscles and a better the back. This allows the surgeon to reach the hip by separating the muscles—not by cutting and reattaching them. The result:

chance of a faster and easier recovery.

Anterior hip replacement surgery







Breakfast Monday - Friday 6 - 9:45 am Saturday 7 - 9:45 am / Sunday 7 - 10:15 am

LUNCH AND DINNER HOURS Tuesday - 11:30 am - 8:30 pm Wednesday 11:30 am - 8:30 pm Thursday - Saturday 11:30 am - 8:45 pm Sunday Noon - 8:00 pm

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allows patients to bend their hip freely immediately after surgery, or as soon as they feel comfortable doing so. By comparison, traditional posterior hip replacement surgery often means limiting a patient's motion for six to eight weeks after surgery.

There are several other benefits to anterior hip replacement surgery. Patients will likely have a smaller incision and less scarring, and they'll also experience reduced pain and have a reduced risk of dislocation.

If you have arthritis, hip pain, limited mobility or stiffness, you may be a candidate for anterior hip replacement surgery. You should discuss what surgery option is right for you with your doctor.

Middlesex Hospital is consistently

disease-specific care certified by The Joint Commission in hip and knee surgeries. It prepares patients for surgery by offering educational classes before they have a procedure. Nurse navigators are there to help patients throughout the process.

For more information about anterior hip replacement surgery at Middlesex Hospital, call 1-800-548-2394.



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#### UPCOMING LECTURES

MAY 4 | Dr. Karen L. Schiff: Abstraction in the Public Sphere JUN 15 | Alain J. Picard: Reflections of Hope

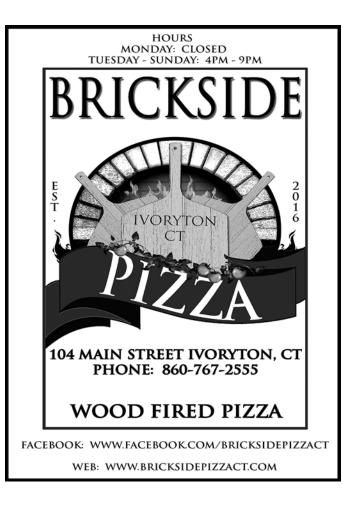
Please note new times: Reception at 5 p.m. Lecture at 6 p.m. | \$15 Limited Seating. Reservations Required. RSVP: kbrady@lymefs.newhaven.edu

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# Visiting Nurses of the Lower Valley

#### IS IT TIME FOR A MEMORY SCREENING?

A memory screening is like many other routine health check-ups. It is a simple, non-invasive test designed to gauge memory, thinking and language skills. Screening consists of a brief series of questions and tasks and only lasts about ten minutes. Early memory screenings can be helpful! Memory screenings are a first step toward identifying a memory problem. Early diagnosis of Alzheimer's disease can improve quality of life for those individuals with the disease as well as their families and caregivers. It is important to know that not all memory problems are caused by Alzheimer's and some memory problems can be easily treated.

According to the Alzheimer's Association, these are the 10 warning signs of dementia:

- 1. Memory loss that affects your daily life
- 2. Difficulty with problem solving
- 3. Trouble driving to familiar places
- 4. Losing track of date and time
- 5. Difficulty with spatial relationships
- 6. Trouble finding the right words or calling things by another name
- 7. Losing things like your keys and inability to find them
- 8. Difficulty with decision making, poor judgement
- 9. Changes in usual activities such as withdrawal from hobbies
- 10. Mood or personality changes

For further information on these 10 warning signs, go to: www. alz.org/alzheimers\_disease\_10\_signs\_of\_alzheimers.asp#signs.

If you or someone you love are experiencing more of the 10 warning signs of memory loss, speak with your doctor or call Visiting Nurses of the Lower Valley at 860-767-0186 today to schedule your free memory screening with Deborah Ringen, MSN, RN-BC who is a certified dementia care practitioner.



#### ABOUT VISITING NURSES OF THE LOWER VALLEY

Visiting Nurses of the Lower Valley, Inc. is a not-for-profit, Medicare and Medicaid home health care organization serving Deep River, Essex, Chester and the Lower Valley region.

Please check their website www.visitingnurses.org or call 860-767-0186 for service information.



MAKE GREAT THINGS HAPPEN. For the past 20 years, the Community Foundation of Middlesex County has been working with community members who have a deep passion and commitment to improving the quality of life for all. We turn their desire to create a legacy of giving into a charitable fund that has a very real and positive impact on the programs and services they care most about. Through these funds, we provide resources to support the arts, education, human services, animal welfare, the environment, heritage enhancements, and other areas of interest. We provide services, programs, and grants to our local nonprofits, working in partnership for a better today *and* a better tomorrow.

We invite you to learn more about how you can support your community. Visit us at www.MiddlesexCountyCF.org or call us at 860-347-0025.



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## **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 for additional information or call us at 860.388.1611.

**Estuary Senior Center annual Junk in the Trunk** fundraiser will be Saturday, May 20 and Sunday, May 21 this year! Vendors will be selling their wares for some bargain shopping at 220 Main St, Old Saybrook. Food trucks and more! Call 860-388-1611 Ext 211 for details!

**The Estuary's Medical Lending Closet** is downsizing and will only be offering smaller mobility equipment, such as walkers, canes, and transfer chairs. We will no longer be accepting larger medical items. Due to space limitations, call 860-388-1611 to arrange donations of smaller medical equipment.

#### ESTUARY GYM IS SILVER SNEAKERS APPROVED!

If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

#### THE MARSHVIEW FITNESS CENTER

Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the office for a tour and learn how to become a gym member.

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays! Daily Specials!

We are sad to announce that the Estuary Bingo on Thursday nights will not be starting in April and has been suspended until further notice.

# Welch/Standish

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Bentley T. Welch, President/CEO GREAT NEWS FOR COASTAL HOMEOWNERS

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# FISH (Friends in Service Here)

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The officers for 2017 are: Henry May, President; Stuart Warner, Vice President; Ali Nichols, Secretary; Barbara Ryan, Treasurer and Dana Hill, Driver Recruitment. Dispatchers are John Heiser and Tony Carrano.

Residents of our three towns wanting rides and having no other means of transportation may call 860-388-2693 up to noon the day before their appointment (Friday noon for a Monday ride) to schedule a ride for the following day. The destinations are within the triangle of Middletown to the north, Guilford to the west and New London to the east.

For calendar 2016, FISH has provided 836 free rides, a 7% increase over the same 12 months in 2015. Of these 836 rides, 49% were for Essex residents. The modest budget for FISH is funded by grants from the Essex Community Fund, the Community Foundation of Middlesex County, the Essex Rotary, the Essex Savings Bank, the Deep River Community Health Committee and the Town of Chester, and other organizations, as well as by contributions from our drivers.

Henry May, Driver and President





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### Run for Chris with the Y 5K

June 24, 2017, in Essex, CT



Proceeds from the Run for Chris with the Y 5K support the Chris Belfoure Memorial Fund at Community Foundation of Middlesex County. Honoring the memory and vision of Chris Belfoure, a 2005 graduate of Valley Regional High School influenced by his own life altering experiences travelling and living abroad, Chris was passionate about encouraging others to broaden their own horizons - the fund benefits foreign language study abroad programs at local area high schools. It has awarded 5 travels grants to 142 students in the past 5 years. Race information and registration at www.chrisbel4mf.com. Note: until June 2 ages 14 and under free, group rate discounts (online only). New this year... under 20 age group awards (<10, 10-14, 15-19). See you soon for a great Family-Fun Event!

Friends of Chris Belfoure Memorial Fund @CFMC







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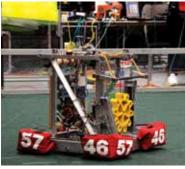


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The Valley Regional High School Robotics Team, Human Error, is participating in this year's FIRST Robotics competition, the theme of which is "Steamworks." The concept is inspired by steampunk, a literary and fashion genre that harkens back to 19th-century steam-powered industry. In the competition, each team will rely on steam to power their robots and accomplish three specific challenges.

Valley's robot has participated in two matches so far this year. The team has tripled in size since its inception in 2014, when Valley alumnus and Essex resident Patrick Myers founded it. Junior Meagan Gephart is now a senior member of the team, and she sees many benefits to the program. "Robotics involves a lot more than just a robot. It's a core group of people working together: collaborating, working with your hands, programming, building, promoting, and community outreach— there are so many levels where you can get involved."

Freshman Tanner Aikens described the robot. "The robot's got two joysticks, so you can use one joystick to control each side. We have an Xbox controller for auxiliary controls like making the climber go or using the gear grabber. You can also drive the robot around— it has tank drive. The computer talks to the robot, telling the motors to go. There are two motors for the climber, which is this big spinning barrel that looks kind of terrifying. And we have one arm on the pier device. This allows us to put down the gear so we can go do other things."

Technology education teacher JL Kopcha and science teacher Jonathan Corbett are the team's advisors. Kopcha emphasized that the team relies on businesses in Tri Town for support, such as Whelen Engineering, Savvy Optics, Chapco Incorporated, and Paulson Training. He also recognized Essex Hardware, who has provided parts needed for the build. "They have been extremely helpful with their time and expertise," Kopcha said. Gephart seconded the sentiment of thanks. "We couldn't do any of this without the support of the generous Tri Town community. And of course," she says with a smile, "we welcome anyone else who would like to get involved." For more information, you can visit their website at www.valleyrobotics.org.

by Voices of Valley Staff



### **Tri-Town Youth Services**

Tri-Town Youth Services is here to support all families in Chester, Deep River and Essex. We provide the resources families need to solve difficult problems, make

positive changes, reduce substance abuse and strengthen the relationships that matter most. Please call 860-526-3600 to reserve your space in these spring programs:

#### Nourishing Nest: Mother & Baby Support Group

New mothers meet on Tuesday mornings for friendship, information and support. We'll talk about issues of concern and hear from guest speakers.

Where:	56 High Street, Deep River
Fee:	\$25 per month
Dates:	Tuesdays in April and May, 11:00-12:00

#### Little Birds: Mixed-Age Toddler Playgroup

Children ages 1-3 enjoy free play and circletime while parents relax, connect, browse our library and discuss a variety of toddler topics with trained staff.

Where:	56 High Street, Deep River
Fee:	\$25 per month
Dates:	Tuesdays in April and May, 9:30-10:30 am

#### Earth Day at Bushy Hill!

Celebrate Earth Day and explore the great outdoors. Bushy Hill's expert staff will be on hand for tours and demos.

Where: 253 Bushy Hill Road, Ivoryton Date: Sunday, April 23, 1:00-3:00 pm Guided Hike at 1:30 pm Bow Drill Demonstration at 2:00 pm Suggested Donation: \$5 for the Camp Scholarship Fund

#### SCREENAGERS: Growing Up in the Digital Age

Through poignant and funny stories, insights from psychologistsand brain scientists, this documentary reveals how tech timeimpacts kids' development. Learn how to empower teens tonavigate the digital world and find balance.Where:JW Middle School AuditoriumWhen:May 8, 6:00 pm

#### **Community Breakfast & Town Hall Meeting**

Tri-Town's Substance Abuse Prevention Coalition invites residents to an important conversation about teen drug and alcohol use. Share your concerns, talk with neighbors about underlying causes and give your best ideas for connecting with youth and supporting healthy decisions.

Where:Camp Hazen YMCAWhen:May 10, 8:00-9:30 am







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# **Age-Related Vision Loss**

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration. If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians 860-347-7466

# A Beauty Blueprint for Every Age

We all want to look our best. It's the common thread that ties us together as women. It doesn't matter if you're 25 or 75, we all survey ourselves in the mirror and have something to say.

The best road to healthy, get noticed skin at any age is a proactive approach. One of the most important causes of aging skin is exposure to the sun. Your most valuable tool to combat aging is a separate sunscreen with broad spectrum UVA/UVB coverage.

In our twenties, we are confronted with stress that can sometimes show up on our faces. Antioxidants work well in this group since they fight free radicals caused by sun, pollution, alcohol and stress. Also, it is imperative to start wearing a separate sunscreen.

By the time we hit 30, even the baby faces among us will start to notice changes. Now is the time to invest in a good eye cream, as well as a night cream. You should have a twice a day routine at this point.

In our 40's and 50's, lines around the eyes, mouth and forehead deepen, under eye puffiness can worsen and hormonal changes can cause the skin to become drier and more sensitive. The final insult is sagginess due to more collagen and elastin breakdown. This is the age where non-surgical procedures can be a big help, relaxing wrinkles or replacing lost volume.

After 60 we are all noticing changes. Even those of us who were lucky enough to

have only fine lines and wrinkles will notice them deepening. For most post-menopausal women, the hormone change has caused thinner, more fragile skin. Now is the time to consider office procedures such as ultrasound or laser treatments or facial surgery for even more dramatic results.

If you follow the blueprint, you can be beautiful at every age!

Dr. Susan OMalley, Founder and Medical Director of Madison Med Spa

### How Much Money Will Discount Insurance Coverage Really Save You?

Seems you can't escape those ads promoting how much money you can save on insurance. But discount insurance may end up costing you more. Insurance is there to protect your assets, your livelihood and guard you from financial ruin if an accident occurs. It's critically important. That's why it's essential for you to be sure the policy you buy provides the right coverage based on your specific needs.

# 5 things (more important than price) to consider when buying insurance:

- 1. Be careful of auto insurance that protects only up to your state's minimum. Roughly, one in eight drivers on Connecticut's roads lack insurance. Is your coverage enough if you suffer a loss by one of them?
- 2. If you own a home, do you have extended dwelling coverage or guaranteed replacement cost in the event of a loss? What about for water or sewer back up, personal injury, or liable / slander claims from social media?
- 3. Consider optional coverage. You can add optional insurance to protect valuable, appraised items such as jewelry or fine antiques, expensive sporting gear, musical instruments, or to help cover loss or fees from identity theft.
- 4. Good service is key. Seek an independent, local agent who can be your advocate when a claim arises and help get you up and running again ASAP.
- 5. Just because an ad says you can save money doesn't mean you'll get the insurance you truly need. Work with an agent who will ask the right questions and get you the best cover age for your specific needs. It just may be more affordable than you think. Isn't your family's security worth a phone call to find out?

When it comes to protecting your family, it's always better to be sure you have the right coverage.

Jared Carillo, CIC Smith Brothers Insurance



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# **Essex Land Trust Calendar of Events**

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

Saturday, May 6, 9 am East Preserve Parking Lot, Ingham Hill Rd. **The Preserve's Vernal Pools Revisited** 

Bob Russo, ecologist, returns to the vernal pools in the Preserve to examine and explore the changes since our last hike in March. He will describe the unique biological and geological characteristics of this later visit to the vernal pools. 1½ hours duration. Bring tall waterproof boots and nets. Open to all ages. Bad weather cancels.

Saturday, May 20, 10 am Essex Meadows, 30 Bokum Road **Birding and Nature Walk** 

Former ELT President and birder, Jim Denham, will lead a 1-2 hour walk through Essex Meadows woods to explore the peak bird migration and breeding season. You will see and hear dozens of species around this very diverse landscape. All levels of knowledge are welcome. Easy to moderate walking on trails. Cookies and refreshments provided at the conclusion of the walk, courtesy of Essex Meadows. Bad weather cancels.



#### Saturday, June 10, 2 pm

1. **Canoe/Kayak Trip North Cove and Falls River**, 2 pm Meet at the public boat launch, foot of Bushnell St., off of No. Main St. Bring your own boat for an early summer kayak/ canoe trip into peaceful North Cove and Falls River, led by Phil Miller. See the abundant wildlife and revisit the history of this waterway where many of Essex's colonial ships were built. Participants should register on site and launch their boats prior



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.

### Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam. Safe Harbor offers: • Stimulating and therapeutic programs that promote individual self-worth, dignity and independence • A kind and specially trained professional staff 24 hours/day • Personalized care and medication management • A cozy, homelike setting with lovely living/community room and dining room for shared meals with family and friends • Fresh air and sunshine in our secure "Walking Garden"

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to the 2 pm departure. A safety boat will accompany. Bad weather cancels.

2. Concert in the Town Park, 5:30 pm

Join us at the lovely Essex Main Street Park for a summer BYO beverages/picnic and concert by Corinthian Jazz Band. Bring chairs, blankets. Relax or dance! Bad weather cancels.

Saturday, July 8, 9 am

#### Trail Blazing Invasive Plants on Johnson Farm

Join Stewards Geoff Furtney and Dana Hill in identifying, managing and clearing invasive plants on Johnson Farm. This



The 2016 report on the gypsy moth from the Connecticut Agricultural Experiment Station (CAES) indicates the extent of the 2016 gypsy moth outbreak. The heaviest outbreaks were concentrated in 4 eastern counties: Middlesex, New London, Windham and Tolland Counties. CAES has published both a map and an updated fact sheet on its website: www.ct.gov/caes/ is a work project so bring loppers, clippers and heavy work gloves. Meet at parking lot for Johnson Farm, off of Read Hill Road, Ivoryton. Rain date: July 9.

Thursday, July 20, 5:30 pm

Cross Lots Preserve, 40 West Ave.

#### **Butterfly Garden Party**

Join us for an early evening exploration of ELT's butterfly habitat with Anne Penniman. Bring your favorite beverage. Snacks will be provided. Rain date: Thursday, July 27

### **Gypsy Moth Update for 2017**

gypsymoth. Those areas that suffered extensive defoliation in 2016 should expect a large hatch of caterpillars in 2017. The egg masses in these areas are numerous and widespread. When the caterpillars get older and move into the later instars, they will defoliate the trees and shrubs, particularly oak trees but also apple, birch, poplar and willow. However if there is enough rain this spring (May-June) the E. maimaiga fungus may be activated and provide complete control of the caterpillars. If the NPV virus spreads throughout the caterpillar population, the caterpillars may be killed as they become crowded. The visible egg masses can be removed from accessible locations, drowned in a container of soapy water and disposed of.

Augie Pampel, Essex Tree Warden, advises residents to stay vigilant, remove eggs masses if possible and contact local arborists to discuss alternative treatments as caterpillars reappear. Augie Pampel is also available for questions/concerns at: augiepampel@att.net.



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### **Ivoryton Farmers Market Opens June 17th**



The Ivoryton Village Farmers Market turns 7! Each Saturday starting at 10 am, the Ivoryton Green will be bustling with vendors showcasing CTgrown products and prepared foods, creations from local artisans and crafters, and live music every week.

Each week, June 17 through Sept. 30 seasonal produce, meats, fish, cheeses, milk, ice cream, garlic, maple syrup, honey, coffee, flowers, shrubs, jams and jellies, bakery items and more will be available. Between 10 am and 1:30 pm, families are invited to visit Ivoryton, shop the market and enjoy live bands playing each week in the gazebo. New this year is our once a month, Lawnapalloza, fun games for the whole family.

Sponsored by the Ivoryton Village Alliance, and located next to the iconic Ivoryton Playhouse, the mission of the Ivoryton Village Farmers Market is a simple one – to bring the farm to your table. Market Manager David Sousa says, "We offer fresh, locally grown food to our customers, and it's a great way for everyone to learn about where their food comes from." With the array of foods on offer every week, he goes on to say, "We really just want people to think about supporting local farmers, shopping local, buying local. Buying local builds strong communities and building a strong community is what the Ivoryton Village Alliance is all about." More information at www.ivorytonfarmersmarket.com.

#### **NEW THIS YEAR!**

Ivoryton Farmers Market announces "Lawnapalooza"! The Farmers Market will be hosting four permanent monthly lawn games, starting on the first Farmers Market, June 17, and then continuing on the first Saturday of the month for July, August, and September (July 1, August 5, and September 2). Game activity will coincide with the Market's open time of 10:00 am -1:30 pm.

Gay Weintz's online Etsy business, Vintage Under the Sea, will be hosting "Flickin' the Rubber Chicken," iCRVradio is hosting "cornhole," Ivoryton Library will have "Giant Jenga," Bushy Hill Nature Center will host "jumbo lawn dice games." Other businesses will host one or more surprise extra pop-up games over this summer of 2017 monthly event series. It will be a lot of fun. C'mon down!



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### Goodness Gracious – Great Balls of Fire!

From boot camp in Biloxi to music in Memphis, the Ivoryton Playhouse has it all this spring.

In April, come back in time to 1943 Biloxi, Mississippi with Neil Simon's classic Biloxi Blues. It's boot camp for a young man from Brooklyn and his fellow recruits where they learn about friendship and love and some of life's harsher lessons. On stage until May 14th.



Then come witness the birth of rock 'n' roll in June with Million Dollar Quartet. The legends Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley were brought together at Sun Records in an auspicious twist of fate on

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www.eventsmagazines.com

December 4, 1956, for one unforgettable night. Established performer Carl Perkins was to record songs with a new performer, Jerry Lee Lewis. Elvis Presley visits the studio with his girlfriend. Johnny Cash stops by to talk to recording impresario Sam Philips. Soon one of the greatest jam sessions ever starts and rock 'n' roll is born! Million Dollar Quartet brings that legendary night to life, featuring a score of hits including "Blue Suede Shoes," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Folsom Prison Blues," "Hound Dog" and more. Open May 31th - June 25th.

The Playhouse will bring the heat in July with one of the most memorable musicals and greatest love stories of all time - West Side Story. From the first notes to the final breath, this classic musical about teen romance from the opposite side of town in 1950's New York will make you cheer and make you cry. The score by Leonard Bernstein and Stephen Sondheim is widely regarded as one of the best ever written and remains as powerful, poignant and timely as ever. Don't miss this landmark Broadway musical from July 5th - 30th.

Then boogie on down into August with Saturday Night Fever: The Musical. Based on the Paramount/RSO Film, it's late 1970's and disco is here! Enjoy some Night Fever and those nostalgic songs of the Bee Gees! On stage August 9th - September 3rd.

Waiting in the wings: I Hate Musicals: The Musical (World Premiere by Mike Reiss September 27th - October 15th); Ken Ludwig's The Game's Afoot! (November 1st - 19th).

Call the Playhouse box office at 860-767-7318 for subscriptions or tickets or visit our website at www.ivorytonplayhouse.org.

Kathy Schellens

860.395.4441 kschellens@williampitt.com SOTHEBY'S GOLD AWARD

### Spring Into Rosé

Spring is finally here and I am sure everyone will agree that it has been a long cold winter. As the days become longer and the weather warms up, the perfect wines to drink are Rosés. The rosé style of wine has become increasingly popular every year, and why not? Aside from

being refreshing, rosés pair well with a vast array of foods and are extremely palatable to almost any wine drinker. Rosés are comprised of mostly red varietals but are occasionally blended with a small amount of white grapes. You might ask, where does the pink color come from? Well, the

juice from all grapes is clear, the color of the wine depends on how long the skins stay in contact during the wine making process. The longer the skins stay in contact, the darker the color of the rosé.In my experience, the deeper rosés tend to continued on page 40



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#### Spring into Rosé... continued from page 39

have dark fruit flavors such as blackberry, cassis and plum, while the pale rosés taste of strawberry, cherry and watermelon. French rosés from Provence, for example, tend to be a pale salmon-like color and are light and refreshing in body, while Cotes-du-Rhone rosés are brighter pink and weightier in the mouth. Because of the long run of White Zinfandel in the United States, many people believe that all rosés are sweet. White Zinfandel is made in a different fashion than true rosés, it has lower alcohol and higher residual sugar. Most rosés are in fact drier than one would expect. This makes them easy to pair with many different foods, from appetizers to

entrees and deserts. It is time to invite your friends over, uncover and strike up the barbeque grill, and crack open a refreshing bottle of rosé, it will surely please your entire crowd. Happy Spring!

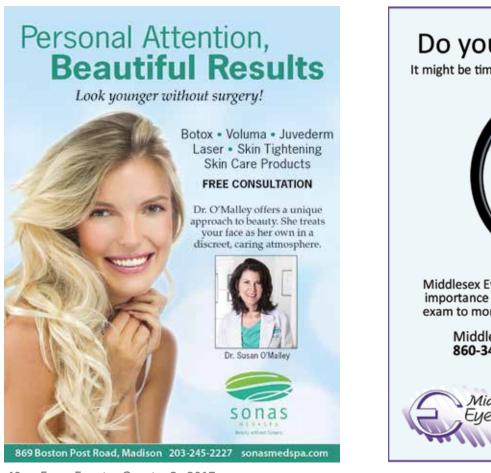
Art LiPuma Manager, SeaSide Wine & Spirits

### Memorializing Our Veterans



In 1946, the once Centerbrook Schoolhouse became the Essex Veterans Memorial Hall. As it is embedded within its name, one of the hall's purposes is to memorialize its veterans past and present. We have launched two initiatives, "Our Vets in Pictures" and the "Veteran Nameplate Campaign" with an objective to capture information about our veterans. Through these two initiatives we've discovered that many family members and friends knew very little about "their" veteran. Now we have formed the "Essex Veterans Memorial Hall's Historical Committee." The committee's purpose is to capture as much information as possible about our veterans. Through research we can find some information about our veterans. However, we believe that there are stories and other information being lost over time. We are encouraging family members and friends to share any information and stories that they have so that this history can be preserved. If anyone is interested in sharing information about their veteran, I ask that you contact me via email: huntnfreak@icloud. com or by phone: 609-805-7146.

Alex Breen Jr., First Sergeant (Retired), USA President – Essex Veterans Memorial Hall



### Do you have diabetes?

It might be time to schedule your annual eye exam!



Middlesex Eye Physicians is reminding you of the importance in scheduling an annual diabetic eye exam to monitor any changes in your eye health.



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Experience a Fairytale Evening at Vista's Starlight Benefit

The enchanted world of fairy tales will be brought to life at the Water's Edge Resort and Spa in Westbrook on April 29 for Vista Life Innovations' annual Starlight Benefit spring fundraiser and social event.

Open to community members, the Vista Starlight Benefit is a spirited event featuring live and silent auctions, a cocktail function, dinner and entertainment. Funds raised by the event support the many programs and services of Vista Life Innovations, a community-based program supporting the personal success of individuals with disabilities.

The honoree for this year's fairytale-themed event is Tina Dattilo, Vice President of the Water's Edge Resort and Spa. Tina has spent her entire career in the hospitality industry, going above and beyond to help make people's dreams come true. She also strives to support local organizations, including Vista, however she can. Vista is proud to honor Tina for her work and the role she plays within the community.

Last year's castaway-themed Starlight Benefit drew nearly 250 people and net over \$100,000. Of the net proceeds, more than \$48,000 was raised during a unique live auction for Vista's Student/Member Enrichment Fund, which underwrites special projects and initiatives that directly benefit students and members in Vista's programs.

Tickets for Vista's Starlight Benefit: A Fairytale Evening start at \$100. Guests are encouraged to come dressed as their favorite fairytale character.

For tickets, information about sponsorships or online fundraising opportunities, visit www.vistalifeinnovations. org/starlightbenefit. For questions or to get involved, contact Jessica Liedke, Fundraising and Events Manager, at jliedke@vistalifeinnovations.org or 860-399-8080 ext. 268.

Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit www.vistalifeinnovations.org..



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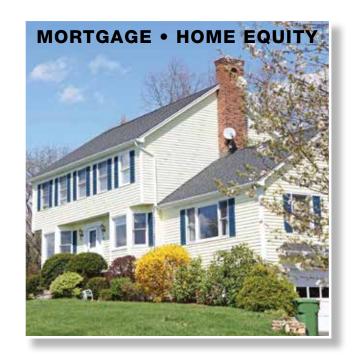
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