

# Essex events

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# First Selectman's Corner

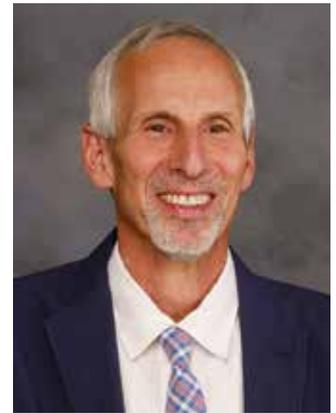
Dear Essex Friends & Neighbors,

I'm pleased to report that the Town once again rings in the New Year in good financial shape. We continue to move forward with capital improvement projects, grant procurements, and technology upgrades to benefit the residents of Essex well into the future.

This year the Board of Finance dedicated the 2015-2016 Annual Report to three very deserving individuals whose service to the Town spanned nearly half a century; Robert Dixon, Frances Nolin and Nancy Stadalnik. Bob Dixon served as Treasurer for many years and left the Town with substantial financial reserves upon his retirement. Frances Nolin served as Town Clerk for over a decade. Nancy Stadalnik served as Tax Collector for over 20 years. We are grateful for their years of dedication and service to the Town.

Preparation for the 2016-2017 annual budget is underway. Letters have gone out to Town schools, departments, boards and commissions and they will soon be compiling and submitting their requests. The Town's goal is to continue to meet the needs and expectations of our residents while keeping expenditures low. The schedule of budget meetings has been posted on the Town

website. The budget meetings are public meetings and we hope you will attend. The Board of Finance has overall responsibility for the budget process and will submit a final budget to a Town Meeting currently scheduled for May 8, 2017 for the approval of Town residents.



Norm Needleman, First Selectman

The renovations continue at Town Hall. The auditorium is undergoing work to reinforce the existing floor joists in order to safely support the first and second floors of the building. An audio video system and LED lighting are also being installed in the auditorium, and new chairs ordered to replace the old cracked ones. We will be improving handicap access at the back entrance to Town Hall and all three restrooms will undergo renovations this year.

Ivory Street is open! The Ivory Street Bridge Project is complete and the road paved. The guardrails will be installed in the near **continued on page 4**

A photograph of a modern living room interior. A white leather sofa is the central focus, adorned with two patterned throw pillows. To the left is a round wooden coffee table, and to the right is a dark wood side table with a yellow lamp. The background shows a window with blinds and another lamp. The overall aesthetic is clean and contemporary.

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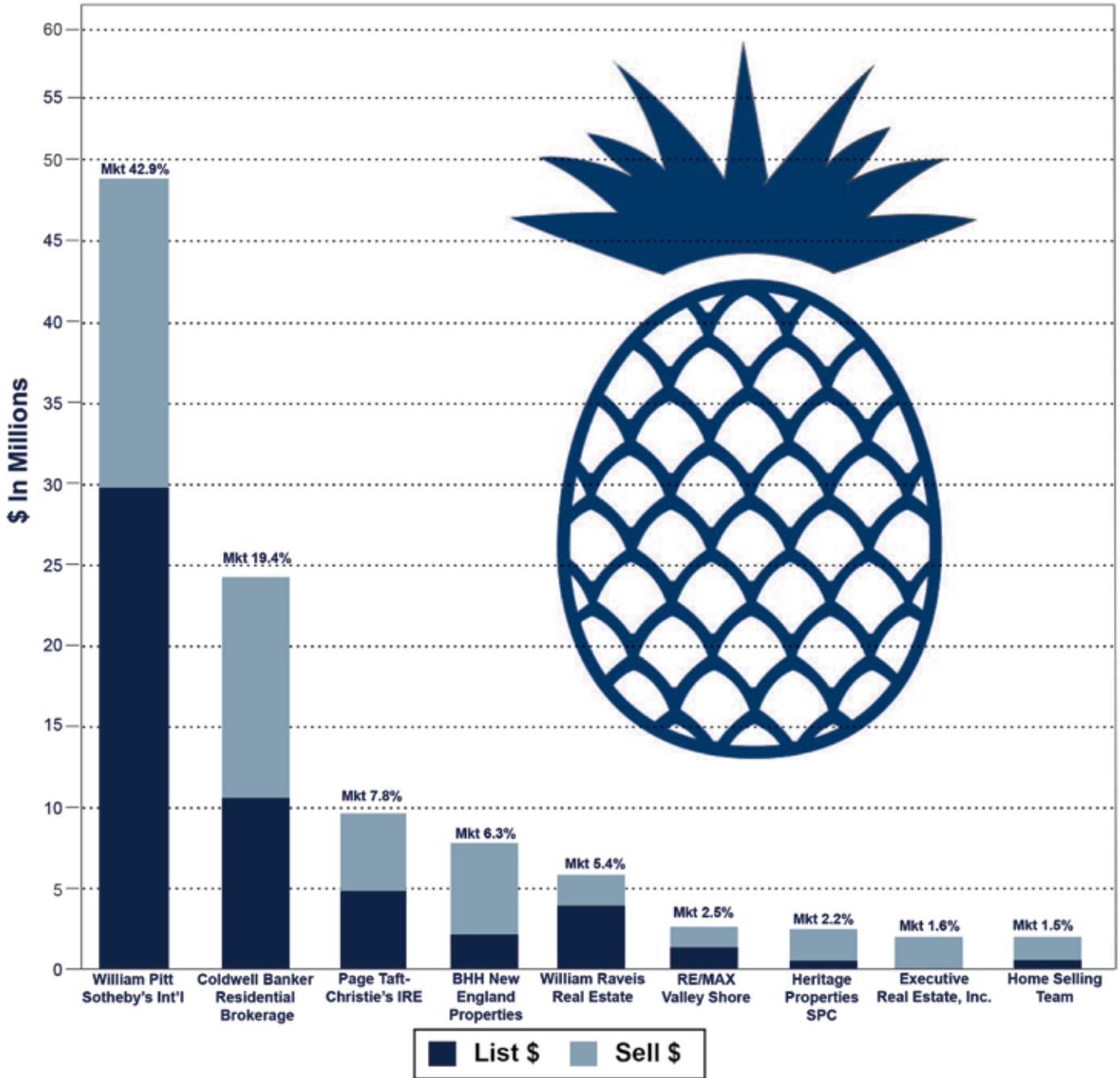
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## First Selectman's Corner... continued from page 1

future. There is progress on the final design for the Walnut Street Bridge Project and we anticipate work to commence summer 2017.

I had hoped we could get the remainder of the sidewalks paved from Falls River to the Ivoryton Post Office, but the state permit was not issued until late December, so that work will be done in the spring.

The Town has been awarded a STEAP grant for Centerbrook in the amount of \$491,887. The project will focus on sidewalk improvement and replacement on the south side of Main Street, where there are currently continuous sidewalks in various stages of deterioration. Street lighting will be installed along the sidewalk area consistent with the character of the Village. This grant will help to define a connected area within Centerbrook from the Valley Railroad to Essex Elementary School. This grant was originally applied for in 2015 and no grants were awarded at the time. We anticipate work to begin in summer 2017.

A multi-platform vendor, Muncipity Enterprise Software, has been selected after careful consideration to enhance the IT

infrastructure of the Town. We anticipate rolling out online permitting for our land use functions by mid-year. Over the next two years we should have all Town land use records online, which will make accessing property records much easier as residents and businesses do work on their properties.

As always, I encourage you to contribute to the safety of all drivers and pedestrians this winter season. Please drive safely, make sure your tires are in good shape, always wear seatbelts, be alert to hazardous road conditions and drive within the speed limit. Prepare your homes and cars for winter, and be equipped for emergencies. As we have asked in the past, please clear your sidewalks of snow as soon as possible after storms so pedestrians have a safe place to walk well clear of traffic. If you see something that needs to be repaired contact our Public Works Department at [dcaroline@essexct.gov](mailto:dcaroline@essexct.gov) or 860-767-0715.

On behalf of all of us here at Town Hall we wish you a very happy, healthy and prosperous new year!

All the best, Norm Needleman



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# The Essex Garden Club Decorates Essex for the Holidays



In preparation for the holidays, the Essex Garden Club members decorated merchant window boxes, the “silent Policeman” and tubs of the villages of Essex. Using a variety of evergreen cuttings from members and other generous donors from the community, the Garden Club helped the town put on a festive face for the “Trees in the Rigging” held November 27th, and the Holiday stroll December 9th and 10th.

Thanks to both Liz Fowler and Suzanne Tweed for their efforts in coordinating the day of decorating.

Finally, the Essex Garden Club would like to thank the Essex community for its continued support, especially during our spring May Market and extends best wishes to all the residents of Essex, Centerbrook and Ivoryton for a Healthy and Happy New Year.

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# Essex Community Fund

## LOOKING FORWARD TO 2017

We currently are in our grant review process. We received many grant applications again this year. Each organization is seeing a significant increase in the number of people taking advantage of their services in general and more from the three villages of Essex.

The Fuel Assistance Program is always seeking additional funding. With the cold start to the winter season, the demand is expected to be particularly high this year. ECF matches up to \$3,000, so please consider helping our neighbors stay warm.

During a recent conversation with Patty Dowling from the Shoreline Soup Kitchen, we learned that it was difficult for people to use the Tri-Town Transit for transportation to a local food pantry due to a bag limit. Fortunately, one of our members is on the Board of the Tri-Town Transit and quickly addressed the issue. It now is possible for more bags to be taken on the buses, so people can use this affordable transportation to get much needed food. And veterans now can get discounted rides too.

We look forward to seeing you all at the Essex St. Patrick's Day parade again this year. You can't miss us – we're the ones handing out balloons!

We're busy planning a new fundraiser for later in 2017. The details are still being planned, so we don't want to say too much now. Stay tuned.

And last but not least, we have two new Board members, Rob Stack, a local realtor, and Erin McDonough, Program Counselor at Vista. We're delighted they're sharing their time and talents with ECF to support our residents.



ECF Welcomes New Members  
Rob Stack and Erin McDonough.

For all those who have donated their time and money to our activities in 2016, we thank you from the bottom of our hearts. We look forward to your continued support in 2017.

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**SOLD**

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# Essex Park & Recreation Department

## MISSION STATEMENT

Creating the Community through People, Parks and Programs!

## ESSEX GO BRAGH IRISH PARADE

Park and Recreation is planning the fourth annual Essex Go Bragh Irish Parade, to be held March 11, 2017. The event will feature an Irish-themed parade down Main Street into the heart of Essex Village. All Essex residents and community organizations are encouraged to get involved. Full event information will be posted on our website. This is a rain or shine event. In the case of severe weather or other safety concerns the parade is not rescheduled.

## ESSEX EGGSTRAVAGANZA

Our annual egg hunt will be held on Saturday April 8, at 10:00 am at the Grove Street Park. The Eggstravaganza is open to children pre-school ages to second grade. Join the Easter Bunny for story time at Essex Library at 9 am, and plan to arrive for the egg hunt 15 minutes early as we will begin at 10 am sharp.

## COMSTOCK PARK

The Park and Recreation Department is currently planning improvements to Comstock Park. The project would renovate the facility with a fully clayed infield, electricity, a score board, rest rooms and concession stand. Our goal is to create a complex that will serve all levels of youth baseball, including softball. The first phase of the project is currently underway with the installation of the clay infield. The field will be ready for play this spring, with the other planned improvements still being reviewed.

## Park & Recreation Programs

Park and Recreation always has a great offering of recreation programs to choose from. Our current brochure is available online and has been distributed through the school. Please see our brochure for full program information.

### STARTING SOON

#### Cooking with Kids

Thursdays, Jan. 19 – Feb. 16

#### Kindergarten & First Grade Coed Basketball

Wednesdays, Jan. 11-Feb. 8

#### Outdoor Explorations in the Woods

Wednesdays, Feb. 22 – March 22

#### Adult Drop-In Basketball

Wednesday, evenings at 7:30

### COMING SOON – SPRING 2017!

#### Cooking with Kids

March 16 - April 27 (skip 4/13)

#### Kids on the Move

March 16 - April 27 (skip 4/13)

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April 10-13 at VRHS

## Tennis

April 22 – May 20

## Running Rams Track & Field

April 24 - May 15

## Intro to Archery

April 27 - May 25

## Inspiring Young Engineers

May 5 – May 30

Stay tuned for our 2017 Spring/Summer Brochure in February!

## Park and Recreation Commission

The Park and Recreation Commission welcomes the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held the first Wednesday of every month at 7 pm at the Town Hall.

### Our members include:

Bob Russo	Tony Mosa	Doug Senn
Ginny Willetts	Peter Sarner	

### DEPARTMENT STAFF

#### Director

Mary Ellen Barnes 767-4340 x110 mbarnes@essexct.gov

#### Recreation Aid

Tim LaChance 767-4340 x148 tlachance@essexct.gov

### CONTACT US!

We welcome hearing from you on our programs, parks, and the operations of our department. Remember to visit our website for updated announcements, program information, and online registration and to view our brochure: go to the Town website [www.essexct.gov](http://www.essexct.gov), click "Government" "Departments" "Park and Recreation"... and ... "Like" us on Facebook!

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## The Essex Library

The Essex Library has two new services. First, we are now a certified passport processing facility. If you're planning a trip abroad this year but don't have a valid passport we can help. The other new service is Shoutbomb, which enables you to receive text messages regarding your library account and reminders of pending events. Call or stop by the Library for more information.

Upcoming adult programming highlights include topics on music, food, history, architecture and literature. We'll also throw in some science, dance, and art for good measure. Author Robert Wyss will kick off 2017's events in the ongoing Authors in Conversation series which will continue with both fiction and non-fiction authors.

The Centerbrook Architects Lecture Series continues monthly with architect/author Jimmy Stamp leading off 2017 on January 20th.

A new film series - Lincoln Center Local features high definition audio and video that will make you feel like you're at a live event. Watch for upcoming dates on series with opera, classical and contemporary music, and theater themes. Following a discussion on Huck Finn, Chuck

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Timlin will present another topic later in the spring. Also returning this spring will be crowd-pleaser, music historian Jeffrey Engel.

The Children's Department will run weekly story times from February 10th - May 11th. Those with little ones (aged newborn - 2) are welcome to drop in on Fridays at 10 am (2/10 - 4/28). Families with preschool aged children are invited to join

us on Thursdays at 10 am (2/23 - 5/11).

Help us celebrate Take Your Child to the Library Day on Saturday, February 4th. Yoga story times continue for multiple ages with our next program on Wednesday, February 8th at 10 am for 3 - 5 year olds. On Saturday, March 25th, we look forward to a visit with the Essex Fire Department.

## Essex Library Fundraiser

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### UPCOMING LECTURES

FEB 16 | Lecture by Dr. Kevin J.F. Murphy  
Director, Tuscany Campus, University of New Haven

MAR 2 | Artist Lecture by Vanessa Hoheb

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## Friends of the Essex Library

### BOOK SALE

Who doesn't like a good mystery? Or a love story with a happy ending? And what better time is there to settle into a good book than during the winter? Throughout January, Friends will feature "Mystery" books that will keep you glued to your chair. February, the month for lovers, will offer "Romance" novels to warm the coldest heart. All hardcover books will be priced at \$2.00; \$1.00 for paperbacks.

Contact: [friendsofsexlibrary@gmail.com](mailto:friendsofsexlibrary@gmail.com)

## Ivoryton Library

Last autumn, the Ivoryton Library welcomed Leslie Hardman to our staff as the new Children's Assistant Librarian. Leslie is in the Children's Room on Tuesday and Thursday afternoon and offers monthly STEM activity afternoons. For those who don't know, STEM stands for Science, Technology, Engineering and Math, so these activities have in the past included Turkey Catapults, Ghost Rockets and Bone Bridges. Check our website, [www.ivoryton.com](http://www.ivoryton.com), or our Facebook page for upcoming dates and activities.

On the second Thursday of the month, we always welcome Nando the Therapy Dog to our weekly 10 am storytime. Nando seems to enjoy the stories as much as the kids! On Thursday, February 2, we celebrate Take Your Child to the Library Day! Starting with a special storytime at 10 am, there will be activities and crafts after school. And it would be a good day to get a library card if you don't already have one!

Our next exhibit in our Intimate History of Ivoryton series will open Sunday, February 12 (snow date: February 19.) From 2-4 pm, please join us for a look at Immigration: a Tiny Town's Bonanza, an exploration of the people who traveled to Ivoryton from overseas to work and live in our small village. Does your family play a part in this story? We'd love to showcase your photos or memorabilia as either a donation or a loan. Please contact Elizabeth Alvord at 860-767-1252.

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Looking for a way to liven up the sometimes dreary days of winter? Join us for Trivia Night on Saturday, March 4 at 7:00 at the Centerbrook Meeting House. Postponed from the autumn, this is a night of fun, food and friends, at least if you are on the same team! What Trivia is coming to entertain us and test our knowledge of the trivial! Food, drink and fun! Tickets on sale February 1 at the library.

## Regional Mental Health

### I'M READY FOR COUNSELING, NOW WHAT?

Choosing the right therapist is just one of the decisions that one will face when seeking counseling; however, it is for many the most important one. If the client does not feel a connection with their counselor then making any progress will be challenging. It is reasonable to expect your therapist to be ethical, confidential, non-judgmental, empathic, and patient. The counselor should work with the client's goals to understand what changes will provide the positive results the client seeks. Using a variety of approaches and techniques, the therapist should design unique treatment plan for each client.

The client will have a sense if they need individual, couple or family counseling; however, it would not be uncommon for a therapist to suggest that additional family members, or other people the client interacts with, join a session. The client's feedback and input is welcomed and encouraged as the counselor and client work together.

### HOW DO I FIND A COUNSELOR?

Resources for finding a therapist include one's health insurance program or their primary care physician, suggestions from the state's 2-1-1 service, a local social services department or from a school or church contact, as well as personal referrals from friends, family or another therapist. If you prefer to do your own research [www.GoodTherapy.org](http://www.GoodTherapy.org) or [www.PsychologyToday.com](http://www.PsychologyToday.com) can also be helpful resources for finding therapists in your area.

As you begin your search meet with a few different therapists. Some counselors will offer a complimentary consultation where you can ask questions about office hours, fee structure, whether they accept your insurance and if not, do they offer a sliding scale. If you don't feel it's a good fit, it's OK to say so. Many therapists appreciate your honesty and are happy to help your search with additional referrals.

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

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# Town Clerk's Office

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## Welcome to Centerbrook, Essex and Ivoryton

Raymond Doyle	7 Pratt Street, Unit 7, Essex	David & Katherine Hajjar	51 River Road, Essex
Kenneth & Barbara Carpenter	27 So. Main St., Unit 10, Essex	Catherine I. Craighead	5 Earl Street, Centerbrook
R.M. Barr Seitz	85 River Road, Unit H 1, Essex	Brandon C. Herrick	60 E Lynn Road, Ivoryton
Gregory J. Perruccio	3 Harbor View N, Essex	Arthur & Phyllis Reeds	104 North Main St., Essex
Todd Evarts	52 Donald Road, Essex	Grant & Margaret Cambridge	32 Main Street, Essex
Claudine R. Davis	10 Highland Terrace, Ivoryton	John Rogers &	
Michael Centrella &		Andrew Corbin	24 River Road, Essex
Thomas McCarthy	12 Mares Hill Road, Ivoryton	Charles & Catherine Hill III	7 Dickenson Lane, Essex

## Loss of Residents and Friends

### September

Marie A. Daudt  
John R. Cordsen  
Shirley B. Baker  
Anne T. Comstock  
Elizabeth Fagan Moore  
Timothy S. Miller  
Joseph R. Todaro  
Thomas E. Britt  
Heather Lynn Gleason

### October

Louva P. Harrington  
Janet E. Daniels

### November

Ingeborg Hansen  
Gloria P. Beccaro  
John M. Perkins  
Edward W. Varney, Jr.  
Dorothy C. Shook  
Gloria T. Clark

Linnea I. DeMerell

William W. Comfort II  
Shirley G. Zinn

### December

Marian Miner Cook  
(list as of time of printing)

Respectfully submitted,  
Yvonne Roziak  
Assistant Town Clerk

## 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 .....(860) 767-0228

### 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 League.....www.essexlittleleague.org  
Essex Veterans Memorial Hall .....(860) 767-8892  
Ivoryton Company of Fifers & Drummers.....(860) 767-2237  
Lower Valley Visiting Nurses .....(860) 767-0186  
Republican Town Committee.....(860) 510-8318  
SCORE .....(860) 388-9508  
The Shoreline Soup Kitchens .....(860) 388-1988  
Tri-Town Youth Services Bureau .....(860) 526-3600  
9 Town Transit .....(860) 510-0429

### 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

# Town of Essex Department of Social Services

Dear Community,

The Town of Essex Department of Social Services thanks all of the friends and supporters of our Holiday Change for Change Campaign. Your generous giving allowed us to serve over 60 children this holiday season. We distributed retail gift cards for each child to assist parents with their holiday shopping. We also distributed grocery store gift cards to over 30 families to help offset the cost of food.

Your cherished donations assisted with providing some financial relief during this holiday season to our local families in need of support. On behalf of the families of Essex, we offer our deepest gratitude. Thank you again for supporting those less fortunate. Our campaign's success was only possible because of the donations from our kind hearted community.

Mary Ellen Barnes  
Town of Essex  
Department of Social Services

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email: [info@inspiredbypilates.com](mailto:info@inspiredbypilates.com)

## ESSEX TOWN HALL

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<b>SELECTMEN'S OFFICE</b>		
Norman Needleman, First Selectman	x114	nneedleman@essexct.gov
Maria Lucarelli, Assistant	x112	mlucarelli@essexct.gov
Betsy D'Amico	x145	bdamico@essexct.gov
<b>ANIMAL CONTROL OFFICER</b>		
Jae Wolf	860-388-7082	jwolf@essexct.gov
<b>ASSESSOR</b>		
Jessica Sypher, Assessor	x124	jsypher@essexct.gov
Nancy Berryman	x123	nberryman@essexct.gov
<b>BUILDING DEPARTMENT &amp; FIRE MARSHAL</b>		
Dave DeLeeuw, Building Official	x117	ddeleeuw@essexct.gov
Darcy Roper	x144	droper@essexct.gov
Keith Nolin, Fire Marshal	x146	knolin@essexct.gov
<b>FINANCE DEPARTMENT</b>		
Kelly Sterner, Director of Finance	x122	ksterner@essexct.gov
Dana Novorio, Assistant	x116	dnovorio@essexct.gov
James Francis, Treasurer	x127	jfrancis@essexct.gov
<b>HEALTH DEPARTMENT</b>		
Lisa Fasulo, Director of Health	x118	lfasulo@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov
<b>LANDFILL/RECYCLING CENTER</b>		
Mike Birner, Supervisor	860-767-1926	
Bill Armstead		
<b>PARK AND RECREATION COMMISSION</b>		
Mary Ellen Barnes, Director	x110	mbarnes@essexct.gov
Tim LaChance	x148	tlachance@essexct.gov
Kaiulani Recchia	x148	kreccchia@essexct.gov
<b>PUBLIC WORKS</b>		
David Caroline, Director	860-767-0715	
William Angier, Boris Churyk, Richard Gallacher, Ryan Welch	x161	dcaroline@essexct.gov
<b>REGISTRARS OF VOTERS</b>		
Lois Ely	x142	registrar@essexct.gov
John Heiser	x142	lely@essexct.gov jheiser@essexct.gov
<b>RESIDENT STATE TROOPER</b>		
<b>ESSEX POLICE</b>		
David Tretter, Resident State Trooper	860-767-1054	dtretter@essexct.gov
Paul Kenefick		jkenefick@essexct.gov
Todd Belcourt		tbelcourt@essexct.gov
Karen Reilly		kreilly@essexct.gov
Christopher McCarthy		cmccarthy@essexct.gov
<b>SOCIAL SERVICES</b>		
Mary Ellen Barnes	x201	mbarnes@essexct.gov
<b>TAX COLLECTOR</b>		
Megan Haskins, Tax Collector	x120	mhaskins@essexct.gov
Lynne Skinner, Assistant	x121	lskinner@essexct.gov
<b>TOWN CLERK</b>		
Joel Marzi, Town Clerk	x129	jmarzi@essexct.gov
Yvonne Roziak, Assistant	x128	yroziak@essexct.gov
<b>TOWN HALL OPERATIONS</b>		
Mark Hiatt	x136	maintenance@essexct.gov
<b>ZONING ENFORCEMENT</b>		
Joe Budrow, Enforcement Agent	x115	jbudrow@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov

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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](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

### BINGO AT THE ESTUARY!

Our Thursday night Bingo is hibernating until spring! Watch for our announcements for its return in April!!!

### ESTUARY GYM IS SILVER SNEAKERS APPROVED!

The Estuary Gym is a Silver Sneakers wellbeing fitness location! 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

The Estuary has a gym – and it's affordable! Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Includes: Mandatory fitness assessment, three training sessions on each piece of equipment, and a one-hour individualized program consultation with our certified fitness trainer. Stop by the Office for a tour and learn how to become a gym member.

### ESTUARY THRIFT SHOP

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!

## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "thief of sight" since

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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 often 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 a Yale educated specialist and trained in Trabectome glaucoma surgery. Middlesex Eye Physicians

## 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 2016 and 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.

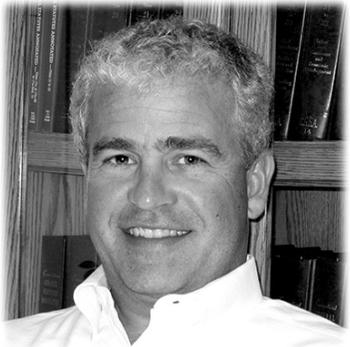
Residents of our three towns wanting rides and having no other means of

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.

Up through November 2016, FISH has provided 768 free rides, a 6% increase over the same 11 months in 2015. Of these 768 rides, 52%

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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# Women - A Growing Economic Force

Today, women account for 47% of US wealth creators. Two-thirds of women identify themselves as primary decision-makers, not just influencers, when it comes to money. And yet, four out of five women say they lack confidence in their financial knowledge.

1. Women also represent two-thirds of family caregivers, whether it's caring for young children or aging parents. 2. Between their responsibilities at home and at work, many women spend so much time caring for others that they forget to make themselves—and their financial futures—a priority.

**TALK WITH YOUR PARTNER ABOUT MONEY.** Money can be a complicated and even controversial topic. Open discussion about money makes it easier to develop a financial plan that takes into account your family values and goals and is flexible enough to provide the security you need if Plan A doesn't unfold as expected. Have an understanding of all the different types of assets your family has, and know where your accounts are located and how to access them in case of emergency.

**HAVE A FINANCIAL PLAN.** Create a family financial plan, even if it's just a high-level one. Talk through the plan together, what kinds of events you need to plan for—education, second homes, weddings, retirement, and your family's legacy. It's the best way for women and their partners to know where the assets

are and how they are invested, which can help avoid unanticipated surprises or conflict.

**FACTOR IN WIDOWHOOD OR DIVORCE.** The average life expectancy for a woman is just over 80 years, which means not only a retirement that could last 15 to 20 years or more, but also a high likelihood of outliving your spouse. 3 Are you prepared to take on the responsibility of making investment and asset allocation decisions as a surviving wife? Women are often unaware of the true state of family financial affairs until they are plunged into it due to the incapacitation or passing of their husbands, or divorcees who suddenly find themselves responsible for their own financial well-being while coping with enormous emotional stress. Considering the things you'd prefer not to think about—death, divorce, disability, disaster—allows you to plan for unexpected detours.

**HAVE THE CONVERSATION WITH YOUR PARENTS.**

As the population ages, more and more women will need to shoulder the responsibility of caring for an aging parent. Asking your parents about their financial affairs—wills, insurance policies, investment accounts, birth certificates, passports, long-term care plans—helps you understand **continued on page 20**



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## Economic Force... continued from page 18

if and how to include them in your financial plans.

**GET EDUCATED.** Don't be afraid to ask questions. Many women are reluctant to reach out to their Financial Advisor, either feeling intimidated or just reluctant to ask simple questions. It is important to entrust your wealth management to someone you can develop a relationship with and who not only understands your needs, goals and risk tolerance but can also help you understand those as well. Your advisor should be willing and able to clearly explain your financial situation, portfolio allocation and anything else—simple or complicated.

**DONT TRY TO BE THE MASTER OF IT ALL.** Just be confident you know enough to recognize whether the advice you're getting is sound.

Maureen Zavatone, Morgan Stanley, Essex

*This article is reprinted from Morgan Stanley's "Own Your Own Financial Future: A Guide For Women" (©2015 Morgan Stanley Smith Barney). It is provided to the publication by Maureen Zavatone, a Morgan Stanley Financial Advisor in Essex, CT. The information contained in this article is not a solicitation to purchase or sell investments. Any information presented is general in nature and not intended to provide individually tailored investment advice. Morgan Stanley Smith Barney, LLC, member SIPC.*

**campaign**  
for bully-free  
communities

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# STAND UP TO MEAN-SPIRITED BEHAVIOR.

**Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack?** Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

### **Help make Middlesex County a bully-free community.**

Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to [www.bullyfreemiddlesexcountycf.org](http://www.bullyfreemiddlesexcountycf.org).

# TAKE THE PLEDGE.

[BULLYFREEMIDDLESEXCOUNTYCF.ORG](http://BULLYFREEMIDDLESEXCOUNTYCF.ORG)

# The Williams School Fall Athletic Wrap-up

The 2016 fall season has come to a close and all who can proclaim, "I am a member of the Williams School community" should be proud, as this season's participating student athletes were really quite exceptional.

## VARSITY CROSS COUNTRY

Our Cross Country team, under the tutelage of Mr. Bowerman, Ms. Barth, Ms. Sakorski, and led by captain Will Jarrett '18, showed great dedication from the start of the season, and only got better with each meet! The family-like atmosphere created by the team and coaching staff translated into a wonderful support system that pushed each other during training sessions. Come race day, the Blues were always prepared—mentally and physically—and dominated a great many of the races they took part in.

### Top runners this season included:

- Will Jarrett '18 finished the season with ten top 10 finishes and two 1st place finishes. Will finished 8th out of 198 runners in the 2016 NEPSTA Division IV Cross Country Championship race.
- Catherine Shannon '21 finished the season with three 1st place finishes and four 2nd place finishes. Catherine finished 2nd out of 114 varsity girl runners at the NEPSTA Division IV Championship race.

- Mary Madaus '21 placed 4th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.
- Grace Cassineri '22 finished 20th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.

Williams hosted the SENE Cross Country Championship race this year, and what a beautiful day it was. The sun was shining brightly on that early November day, with a crisp breeze and an air of anticipation, as 200 plus runners took to our home course. Proudly, the Blues performed as they had all season—with strength and confidence; third-place team finishes for both boys and girls was the result! Earning SENE honors: Will Jarrett '18, Catherine Shannon '21, Mary Madaus '21, and Grace Cassineri '22.

Earning All New England Honors for the Blues: Mary Madaus '21, Catherine Shannon '21, Grace Cassineri '22, and Will Jarrett '18. All four student athletes qualified to compete in the New England Preparatory Schools Track Association All Star Cross Country Meet at St. Marks School in Southborough, MA.

## BOYS VARSITY SOCCER

The boys varsity soccer team, coached by Joe Langton, showed **continued on page 22**

# THE Ivoryton Tavern & Cafe



## Breakfast

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

### LUNCH AND DINNER HOURS

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## Williams School... continued from page 21

marked improvement from start to finish and earned them a spot in the SENE Tournament. The team came ready to practice hard as Coach Joe put them through their paces—well organized drills that forced skills to improve and team unity to strengthen—each and every day! This attitude and grit transferred to game time and led to many positive outcomes and losses by very small margins.

Keeper, Alexander Bowdler '18, did a wonderful job in goal all season in conjunction with his teammates holding down the defensive positions. On the offensive end, the Blues were led by Nicholas Chirillo '18 and Oliver Falla '17. Also, earning a spot in the scorer's column: Fehme Braish '18, Kevin Masson '19, Harrison Anselmi '20, George Sun '18 and Jacob Marchesi '18.

### Post-season honors included:

- Fehme Braish '18 - Boys SENE All League Team
- Andrew Little '18 - WNEPSSA Class C/D Select Team
- Nicholas Chirillo '18 - honorable mention for the WNEPSSA Class C/D Select Team

### GIRLS VARSITY SOCCER

The girls varsity soccer team, coached by Andrew Capewell, complimented the boys varsity team effort, as far as hard work, dedication, well organized practices that enhanced all skills and enthusiasm for team and success. The end result was the team earning a spot in the SENE Tournament.

In the keeper position, several key players deserve the spotlight:

Deriyana Carter '17, Victoria Hersant '17 and with the JV call up, Olivia Guinan '22. Each girl in front of their keeper worked hard on the defensive side of the ball. No matter the opponent, the Blues made a consistent effort to challenge every attempt and to make the opposition truly earn their goals.

On the offensive end, the team was led strongly by Camryn Werbinski '18 and Audrey Matson '20. Both Camryn and Audrey scored more than 10 goals each over the course of the season. The Blues leading scorers were not alone in their effort: Katerina Bourganos '18, Mia Taylor '18, Morgan Pill '20, Kayla Capano '19 and Grace Powell '19, also found the back of the net.

### Post-season honors included:

- Katia Bourganos '18 - Girls SENE All League Team
- Mia Taylor '18 - Girls SENE All League Team
- Audrey Matson '20 - Girls SENE All League Team
- Isabella Nucci - honorable mention for her defensive play this year in the SENE

The dedication and discipline displayed by the Williams School fall season student-athletes was a wonderful extension of their leadership and excellence in the classroom. The Williams School prides itself on being a small school that makes a big difference, and these all-around student-athletes exemplified Williams' hopes, accomplishments, and mission statement beautifully! Thank you to all coaches and athletes—we are so very proud of each and every one of you! Go Blues!

# events online

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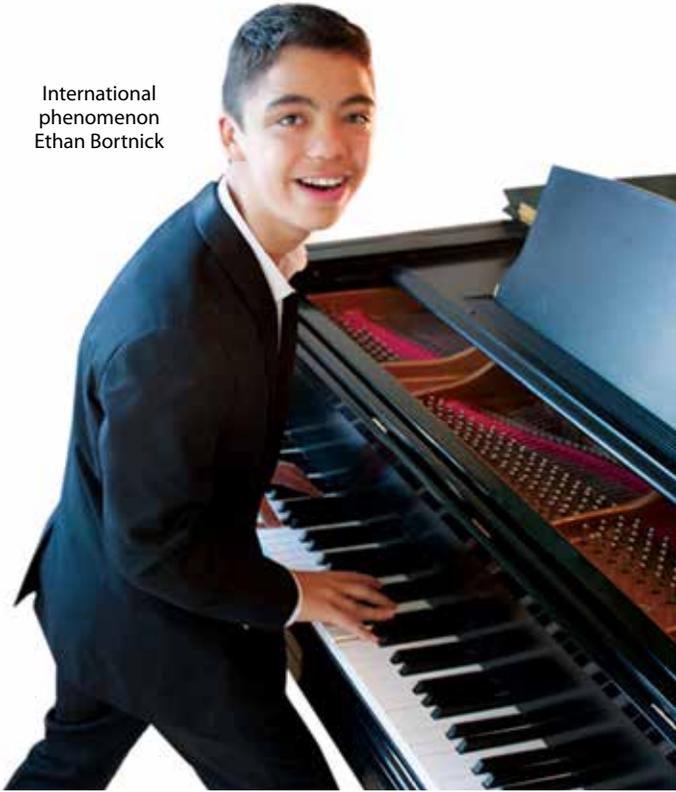
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# Ethan Bortnick Concert to Benefit Sister Cities Essex Haiti

Singer, songwriter, and acclaimed international phenomenon Ethan Bortnick will bring a concert to Valley Regional High School on April 6 at 7:00 pm. This family concert will feature Ethan, his band, and a local children's choir and will benefit Sister Cities Essex Haiti (SCEH) and its projects in Deschapelles, Haiti.

International phenomenon Ethan Bortnick



Since age 8, now 16-year old Ethan has dazzled audiences with his pop, Mo'Town and classical music. He has shared the stage with the likes of Josh Groban, Elton John, Reba McEntire and many other stars and his concerts have been featured as PBS Specials. People leave Ethan's performances feeling elated, transformed, uplifted, and inspired - often proclaiming it the best show they've ever been to, hands down.

Along with Ethan's passion for giving joy through music is a commitment to raise money for good causes. To date he has raised over \$40,000,000 for non-profits. Proceeds from his Valley Regional High School concert will benefit projects of SCEH and its work with the people of Deschapelles, Haiti.

Essex's Sister City relationship with the town of Deschapelles began after Haiti's devastating 2010 earthquake. For the past six years, SCEH has collaborated with the people of Deschapelles on projects intended to expand and educationally enrich their community.

SCEH helped Deschapelles build a 3000 square foot library building that opened in January, 2016, bringing books and programs

to a place where few children can afford to attend school and few homes have electricity or running water. The library is now a vibrant learning center for the community and a gathering place for lectures and special events.



Deschapelles' Library above. Children enjoy a game after school at left and study hard below.



Other SCEH projects include a Teacher Training Program that brings books and teaching tools to early education classrooms, a Music Program that brings instruction and instruments to the community, a Tennis Program, and a Cross Cultural Program that promotes collaboration between Haitian students and their counterparts in Regional District 4, in Essex.

When SCEH Board President Dan Taylor-Stypa attended an Ethan Bortnick concert one year ago at the Bushnell, he heard Ethan's words of concern for the people of Haiti and his desire to help. Dan told Ethan about SCEH, and through that connection the planning for this Valley Regional concert got its start.

The Ethan Bortnick concert: Valley Regional High School, 256 Kelsey Hill Road, Deep River, CT 06417, April 6, 7:00-8:30 pm. There will be a meet and greet with Ethan following the concert. Tickets may be purchased at: <https://bit.do/ethan-bortnick> or email: [info@sistercitiesessexhaiti.org](mailto:info@sistercitiesessexhaiti.org).

For more information about Ethan Bortnick: [www.ethanbortnick.com](http://www.ethanbortnick.com)

For more information about SCEH: [www.sistercitiesessexhaiti.org](http://www.sistercitiesessexhaiti.org)

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# Middlesex Hospital Breast Surgeon Performs New Technique

## RECONSTRUCTION DURING LUMPECTOMY PRESERVES NATURAL LOOK OF TISSUE

Patients who undergo breast surgery are naturally concerned about the cosmetic changes that come with it. Leah Bassin, M.D., a breast surgery specialist at the Middlesex Hospital Surgical Alliance, is now helping women who undergo lumpectomies feel more comfortable about it.

“Breast tissue does not grow back,” says Dr. Bassin. “When a tumor is removed during a lumpectomy procedure, it leaves an empty space in the breast that can change the look of the breast.” Oncoplastics essentially involves filling any “gaps” in the breast left by the removal of the tumor by reshaping the surrounding tissue, preserving a natural look.

“With the oncoplastic technique, my goal is to leave the breast looking like it did before surgery,” explains Dr. Bassin, “with as small a scar as possible.”

Dr. Bassin performs both the lumpectomy and the oncoplasty

at the same time, which can also be a big plus for the patient. The entire procedure usually takes only about an hour.

In addition to the oncoplasty procedure, Dr. Bassin provides patients with complete breast care, including:

- High-risk patients
- Atypia (presence of abnormal cells in breast tissue)
- Consultation for abnormal breast imaging
- Breast cancer
- Benign breast disease
- Breast pain
- Breast infections

Dr. Bassin also collaborates with Middlesex Hospital breast surgeon, Dr. Andrea Malon, as part of the Surgical Alliance - along with local plastic surgeons.

“Providing patient-centered care is extremely important to me,” adds Dr. Bassin. “I am with my patients every step of the way.”

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**East Haddam \$269,900**  
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**East Haddam \$259,900**  
 Lovely rural setting on cul-de-sac Home well maintained w/freshly painted interior. KT w/island & ss appliances. 1st flr laundry, FP'd LR.  
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**Essex \$318,000**  
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**Essex \$279,500**  
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**Killingworth \$299,000**  
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 Rick Allen  
 860-575-4200



**Moodus \$349,900**  
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 Dee Hasuly  
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 860-395-6832



**Old Saybrook \$650,000**  
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**Old Saybrook \$559,000**  
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**Westbrook \$349,900**  
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**Westbrook \$349,000**  
 Remarkable condition! This house is a pleasure to tour w/open floor plan & great location close to beach yet high & dry. Move right in!  
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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.



Essex Land Trust Winter Raptors Trip

## WINTER RAPTORS FIELD TRIP

Saturday, February 4, 1:00-5:30 pm - Meet at Town Hall Parking Lot

Eagles, Hawks and Owls: an outing to search for birds of prey that winter in our region. Led by Jim Denham of ELT and Andrew Griswold of CT Audubon. Bring a bag lunch, binoculars and warm clothes. Two vans are available to seat the first 15 people who sign up. To reserve, please contact Judy Saunders at: [judith.saunders@comcast.net](mailto:judith.saunders@comcast.net) by January 31st. Inclement weather cancels.

## SAVE THE MONARCH!

Monday, March 6, 2 pm - Essex Town Hall, 29 West Avenue  
A co-sponsored lecture with the Essex Garden Club by Nancy DeBrule-Clemente, owner of Natureworks Horticultural Services, an organic garden center. The primary focus of Natureworks has been education and as a result Nancy and her team have become Monarch experts. Learn about the life cycle of the Monarch and its habitat. All are welcome.

## VERNAL POOLS AND EMERGING LIFE IN THE PRESERVE

Saturday, March 25, 9 am - East Preserve parking lot, Ingham Hill Rd.

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Bob Russo, ecologist and Ivoryton resident, is once again leading a hike in the Preserve to help you search for salamanders, frogs and plants emerging from the long winter. He will describe the biological and geological features that make the vernal pool areas unique and bountiful. 1½ hours duration. Easy to moderate terrain. Bring tall waterproof boots and nets if you have them. Open to all ages. Bad weather cancels.

**THE GEOLOGIC HISTORY OF THE LOWER CONNECTICUT RIVER VALLEY**

Tuesday, April 4, 7 pm - Essex Town Hall, 29 West Avenue  
Does what we know about the tectonic and glacial history of the lower Connecticut River (Middletown south) support the notion that the River once flowed to New Haven? What did the last

glacier do to clog up the river as it melted northward? What happened to unclog it? These and other questions will be addressed by Ralph Lewis, certified professional geologist with 40 years of experience, State Geologist of Connecticut 1997-2003, and co-author on the “Glacial Geologic Map of Connecticut and Long Island Sound Basin.”

**ESSEX LAND TRUST ANNUAL MEETING**

Thursday, April 13, 5:30 pm - Essex Meadows, 30 Bokum Road  
Join the Essex Land Trust for its Annual Meeting and festive Cocktail Party. Light food will be served. Tickets (\$30) for the cocktail buffet (5:30-6:30) will be available at the door. Business meeting and presentation that follow are free to all. Non-members are welcome.

**The 6th Annual Run for Chris 5k, With the Y**



The 6th ANNUAL RUN FOR CHRIS 5k, WITH THE Y will be held Saturday, June 24, in Essex, CT, starting at Town Hall. Of note is the addition of “With the Y” to the run’s name, reflecting this year’s official partnering with the YMCA in Westbrook. The Run for Chris will also continue to 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 VRHS, to raise money for The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County.

While a student at Valley, Chris went on several **continued on page 30**


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<p><b>ESSEX VILLAGE:</b> Dramatic waterfront Contemporary with stunning views on private cul-de-sac. This property needs to be seen to be believed! 3-levels, 4 bedrooms, 3 floating docks! \$1,450,000</p> <p>Linda Freedman, x3119 Ct. River Properties</p>	<p><b>CHESTER:</b> Privately situated and close to Chester village this 4 BR, 4.1 bath home on 2.78 acres will be your forever home. Gorgeous Kitchen, private office, FR, sunroom, pool, lovely landscaping. \$895,000</p> <p>Maureen/John O’Grady x3116</p>	<p><b>ESSEX:</b> Enjoy marsh and river views. Tranquility surrounds this home on 3.34 acres. Covered footbridge spans the pond/waterfall. Main level Master Bedroom. Efficient radiant heat. \$799,000</p> <p>Gigi Giordano Taylor, x3113</p>	<p><b>ESSEX:</b> New, New, New! New paint, new kitchen, new baths, new Master addition just waiting for you! Charming 3 bedroom, 2.1 bath antique Colonial sparkles. A gem of a house close to town. \$425,000</p> <p>Chip Frost, x3112 Ct. River Properties</p>

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## Run for Chris 5K... continued from page 29

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, so 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. A participant added this perspective about the run: "I think the race is also quite indicative of the ups, downs and flat stretches in life we all face from time to time. You have a wonderful foundation that celebrates the life of Chris, and which seeks to help others. That is incredibly admirable."

To date 142 VRHS students have benefited from the Fund, traveling to such places as Costa Rica, France and Spain, for a total of \$9,145 in grants. In April 24 students will go to Paris, supported by a \$3,000 grant from the Chris Belfoure Memorial



142 VRHS students have benefited from the Fund.

Fund, which is made possible by proceeds from the run and from our sponsors.

Join us for a fun family event, which includes a Kids' Fun Run and other special activities for the children. This is a terrific 5K course through historic Essex with views of the Connecticut River. 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).

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# Ivoryton Playhouse Announces 2017 Season

Ivoryton Playhouse

Contact: Jacqui Hubbard

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jhubbard@ivorytonplayhouse.org

## IVORYTON PLAYHOUSE 2017 SEASON

**Ivoryton:** On March 22nd, 2017 The Ivoryton Playhouse opens its doors for a new season - a year full of exciting, affordable live theatre. Music from the 50's, 60's and 70's, hysterical new comedies and coming of age revelations – the Ivoryton Playhouse 2017 season is filled with stories and songs and people you will want to spend time with.

**My Way:** A Musical Tribute to Frank Sinatra, Conceived by David Grapes and Todd Olson

March 22nd – April 9th, 2017

A musical tribute to Ol' Blue Eyes, FRANK SINATRA! My Way, Fly Me to the Moon, I've Got the World on a String and New York, New York are some of his greatest hits that will have you singing along!

**Biloxi Blues** By Neil Simon

April 26th – May 14th, 2017

It's 1943. Come back in time with us to World War II era, Biloxi,

Mississippi. It's boot camp for a young man from Brooklyn and his fellow recruits where they will learn about Friendship and Love and some of life's harsher lessons. Winner - 1985 Tony Award for Best Play.

**Million Dollar Quartet Book** by Colin Escott and Floyd Mutrux  
May 31st – June 25th, 2017

Great Balls of Fire! On December 4, 1956 at Sun Records studio in Memphis, Tennessee, ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS, and CARL PERKINS met for a once-in-a-lifetime rock 'n' roll jam session. Get your Blue Suede Shoes ready for this 1950's rockin' sensation!

**West Side Story:** Based on a Conception of Jerome Robbins  
July 5th – July 30th, 2017

With book by Arthur Laurents, Music by Leonard Bernstein, and Lyrics by Stephen Sondheim. From the first notes to the final breath, West Side Story is one of the most memorable musicals and greatest love stories of all time. The Sharks and the Jets clash once again in this powerful and gripping ode to Romeo and Juliet. Tonight, Tonight won't be just any night!

**Saturday Night Fever:** The Musical Based on the Paramount/RSO  
**continued on page 32**

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## Ivoryton Playhouse... continued from page 31

Film and the Story by Nik Cohn. Adapted for the stage by Robert Stigwood in collaboration with Bill Oakes

August 9th – September 3rd, 2017

Brooklyn-born Tony Manero loves to DANCE on the weekends, and he's about to enter a dance competition and fall in love!! It's late 1970's and DISCO is here! Get ready for some Night Fever and those nostalgic songs of the Bee Gees!

**I Hate Musicals:** The Musical World Premiere by Mike Reiss

September 27th – October 15th, 2017

Simpsons' television writer and producer is back in Ivoryton with his hilarious world premiere! Mix an LA earthquake with a little Sigmund Freud and some nifty dance moves and set it to songs

you know and love and you've got a musical like nothing you've ever seen before!

**The Game's Afoot!** By Ken Ludwig

November 1st – November 19th, 2017

A murderously funny thriller set in William Gillette's Connecticut Castle - The danger and hilarity are non-stop in this glittering whodunit. Come and join us for this wild and wacky ride!

Don't miss some of the most exciting, entertaining and affordable theatre on the shoreline! Subscriptions are on sale now. Single tickets go on sale February 21, 2017. Visit [www.ivorytonplayhouse.org](http://www.ivorytonplayhouse.org) or call 860-767-7318 for the latest ticket information.

### Parkinson's Exercise Program

East Shore Region Adult & Continuing Education is hosting classes.

*Beat Parkinson's Today* is an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 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 their dosage of their medications.

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