

*Fall*  
2012



# Deep River News

Vol. 17, No. 3



## North Main Rises, Falls, Rises Again



Once the center of Deep River's commerce, the *fin de siècle* wood frame buildings that populate this end of Main Street were looking somewhat the worse for wear as the century wore on. The shops were supported first by workers in the piano industry, then by the manufacture of gliders during World War II. Post-war, UARCO (now Tri Town Precision Plastics) and Monsanto (now Silgan), running three shifts, seven days a week kept the retail businesses humming.

Then, in the early 1950s, the 20<sup>th</sup> Century came to Deep River in the form of a modern shopping center, anchored by a shiny FI-NAST supermarket. As industry wound down and the mid-town business district grew, North Main Street's luster dimmed. The handsome building financed by Milon Pratt when he was President of the Deep River Savings Bank had lost its porch, and asphalt shingles hid the decaying clapboard siding.



Today, this formerly neglected neighborhood is up to date, and represents more than a quarter of Deep River's retail businesses. No longer orphaned, but lively and full of energy, our north end shopping district now boasts 16 shops, with a 17<sup>th</sup> soon to come. The variety is impressive:



Begin with a skateboard (and learn to pilot it at the Town's skateboard park), or you might prefer antiques, fine arts & framing, visiting a nail emporium...or a hair salon, shop for gifts & clothing, enjoy beverages & hot dogs, enjoy breakfast or lunch, buy a clock (or have one repaired), eat a sandwich, have your hair styled again, purchase a musical instrument (and learn to play it), have a sign custom designed, buy a lawnmower or chain saw (when they stop running bring them back for repairs), eat at a full service restaurant and, finally, collect some more antiques.

What's missing? The owners of the new space at 104 Main would like your input. To e-mail your suggestion, contact us



## Blown Away?



Ed Goff bought this property from Pratt Read & Co. in 1933. He and his wife Lucy operated Ed's Diner and Ed's Log Cabin until the 1950s, although local legend has it that the diner was blown away by the destructive hurricane of 1938.

Whatever the cause of the diner's demise, the corner was vacant in 1947. That's the year Bob Johnson built the present building. He and his friend Lou opened the Bob-O-Lou Clam Bar & Sandwich Shop. Bob recalls that there was already talk of a new Route 9, one that would bypass Deep River's ever more congested Main Street. Foreseeing the resulting death of a small town Bob forsook a concrete foundation, resting

the building on cedar posts so that it could be readily moved to a more promising location.



Counter to Bob's logical, though pessimistic forecast, Deep River has survived and prospered. For the past 19 years the former Bob-O-Lou has been The Whistle Stop, fittingly operated by Hedi Watrous—Ed and Lucy's granddaughter.

The Whistle Stop building is the newest of the three. Easily recognizable in every photo, the house at the north (*right*) end of the property was built by Henry Wooster, son-in-law of Sarah and George Read, in about 1866; the Log Cabin, originally a workshop, dates from the 1920s. Today, cleverly disguised, the old Log Cabin serves as the first floor of the newly renovated middle building (*left*).





# DEEP RIVER FAMILY DAY

Saturday, September 15

**Join us at the bus!** Come say hello and enter our raffle for your chance to win one of four special prizes.

*Restaurant opens at 11:00 to celebrate the day!*



[www.RedHouseRestaurantCT.com](http://www.RedHouseRestaurantCT.com)

158 Main Street • Deep River

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## FAMILY DAY

Saturday September 15, 2012

Below are just a few of the exciting things going on all over Town! See the complete list on page 5.

### Fun Run & 5k Run/Walk - 8:30 & 9am

Starting at Devitt's Field (Rain or Shine)

### Town Hall Open House - 10am - 1pm

Tour the renovated offices and beautifully restored Town Hall Theater. Refreshments will be served.

### Carnival at DR Elementary School - 10am - 1pm

Bungie Run, Bouncy House, Obstacle Course, Free Hayrides & More

### The Famous Pet Parade - 3pm

Beginning at Liberty Bank. Pets must be in costume and on a leash or in a container.

Prizes awarded.

### Fireworks Extravaganza - 8:30am

End a fantastic day with a picnic supper at Plattwood Park and big wows!



## Deep River News

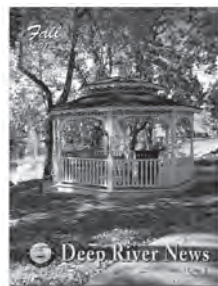
*Fall 2012*

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Printed by Essex Printing

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contact the Selectman's Office  
860-526-6020 or gsopneski@deepriverct.us

Deadline for Winter Issue is October 29, 2012

[www.deepriverct.us](http://www.deepriverct.us)



#### On the Cover:

Photo by Susanne Wisner of the Deep River Garden Club

### Selectman's News

#### A Time for Celebration:

Deep River in the 21st Century is looking (to use an old fashioned description) very comely. Not just Main Street, but all around town: Plattwood Park and Devitt Field have seen substantial improvements. Lighting upgrades at the elementary school, Town Hall and the highway garage have resulted in substantially lower electricity costs. Soliciting bids for electricity service has saved thousands of dollars. Although maintaining town roads is a constant budgetary challenge, we have managed each year to improve Deep River's highways.

I find the promise of our Town Hall Theater very exciting. Most often called simply the auditorium, this amazing space is unlike any auditorium I've ever seen. Since early this year we have been sanding, finishing, painting and hammering. Electrical service, added in bits and pieces over the span of many decades has been properly organized. At this writing the renovations remain a work in progress, but we've planned a sort of pre-grand-opening Open House for Family Day which, as you read this, is but a few days away.

Family Day is the child of the Deep River Merchants Association. It was first celebrated in 1995, intended as a "Thank You" from our shopkeepers to the community at large for our continued support. From the outset it has been a partnership with Parks & Recreation and the Deep River Rotary Club; the day begins with their 5-K run / walk and ends with the Plattwood Park fireworks. It seemed appropriate to take the opportunity, when so many residents are downtown anyway, to tour not only the theater, but our office renovations as well. I hope to see you between 10 and 1 on the 15th.

It is sometimes hard to believe that most of these improvements have come so recently. It is easy to forget the Deep River of not so very long ago. Fortunately, we seem to have a penchant for preserving our past through photography. To help keep our perspective, we will take advantage of our new color pages to share some relatively recent history.

In 1973 Arlene Macmillan, camera in hand, set out to capture a moment in history through architecture, a sort of tongue-in-cheek snapshot documentary of

the less attractive side of Deep River. In those days we were a high employment, down to earth, three-shift, seven day week, blue collar town. UARCO (now home to Tri Town Precision Plastics) and Monsanto (now Silgan) together provided about 850 jobs. Main Street was humming, and we weren't much concerned with appearance. Nevertheless, folks came from miles around to do their shopping.

Truth to tell most of the photos could have been taken throughout the 70s and 80s. Plain or not, we were prospering. Why tamper with success? But during the 1990s we began to slip. Our two major employers began to shed jobs. Then, in 1997, with no warning, UARCO, Deep River's biggest taxpayer, closed its doors. Deprived of the hundreds of customers those factory employees represented some Main Street shops gave up and closed. Our once sparkling shopping center, anchored by the FINAST supermarket, was 40 years old - and looked it. Suddenly looks did matter. Without the daily influx of those hundreds of workers /customers our population of less than 5,000 could not support the number and variety of shops we were accustomed to.

#### What Goes Down...Can Come Up Again:

Our recent successes are the result of hard work and cooperation between the private and public sectors, forward looking town agencies, volunteers with incredible dedication...and substantial funding through grants. We have managed to enhance the best of what we were given to work with, but without forsaking our industrial heritage. The Main Street Streetscape Committee helped set the tone; the Design Advisory Board has made its expertise available to help property owners maintain the authenticity of our eclectic architecture.

#### Infrastructurally Speaking:

However much we've accomplished over the years there is always more to be done. This summer's highway projects include a major overhaul of approximately a third of a mile of the northern end of Lords Lane. Also on our schedule is Laurel Wood Drive in Winthrop. Each year we schedule major roadwork such as these two examples, but subject to weather surprises. It was



## Selectman's News, cont.

just over one year ago that Tropical Storm Irene roared through, leaving a tangle of trees and wires—at a cost to the Town of Deep River of approximately \$70,000 in overtime pay for town employees, rented equipment (as well as wear and tear on our own machinery) and outside contractors.. Those costs were partially offset by reparations from FEMA, but the bill for the excessive snowfalls during the winter of 2009-10 was ours alone. During quieter, gentler years, when we are not inundated with snow and when tropical storms do not require a full week's work clearing roadways we may be able to fit in some extra work.

**Devitt Field:** Like our roads, our buildings and our equipment, parks must be not only maintained but continually upgraded. Plattwood Park has seen a lot of attention recently; Devitt Field has now caught up. Two years ago we installed an irrigation system (hardly needed during this damp summer, but essential when the rainfall stops). We have done major renovations to the Snack Shack and pavilion. Both have new roofs, including decking. The Snack Shack has new rafters as well. We have built two ADA-compliant bathrooms and added much needed storage for Parks & Recreation equipment. During construction we took the opportunity to upgrade both electrical and water service, with all new plumbing and a new pole for the field lights.

**Laurel Wood Drive:** This should be a fairly straightforward road reclamation and repaving project. After drainage upgrades have been completed we will reclaim and repave the entire road.

**Lords Lane:** We have begun a two-phase project, with Phase 2 scheduled for the Spring of 2013. For the current work blasting was required over a distance of approximately 200 feet of roadway in order to create a bed 14 feet wide and eight feet deep. We are extending our sewer line, and the Connecticut Water Company is installing an eight-inch main (until now there has been no water service for most of Lords Lane). Public Health codes require that water and sewer lines be no closer than ten feet horizontally. If the sewer line can be installed 18 inches below the water main, then only a three foot horizontal separation is necessary. But water mains are pressurized—they can be installed at any

depth (so long as they are below the frost line). Most sewer pipes depend upon gravity to maintain their flow. Thus the sewer line's path is determined not by our convenience, but by elevation and slope. Timing is right for this sewer expansion—it will forestall any environmental damage from septic systems so close to the reservoir.

Once water, sewer and drainage are installed we plan to reclaim the roadbed and install the binder (base) course of asphalt. Then next Spring, we will continue to the intersection with Anderson Land. Presently a few houses on the north end of Lords Lane (Phase 1) are served by individual water lines that extend from the main that runs along Union Street. This type of service is no longer permitted by code, so those individual measurement lines will be replaced, and all properties will be served by the new eight-inch main. Phase 1 will cover approximately 1,400 feet.

**Main Street Streetscape – Phase 5:** Demolition of the old concrete sidewalk is underway, in preparation for the installation of the now-familiar brick pavers and streetlamps. Phase 5 will extend this long-running project from Lafayette Avenue to the intersection with Union Street at Devitt Field. Although this will complete the Main Street Streetscape, it is our intention to continue the Streetscape theme in our downtown area as our budget permits.

**Village Street Bridge:** This project continues ahead of schedule and within budget. During my 23 years in office I have worked with many contractors on many types of construction. I have come to expect excellence from our engineers, Nathan Jacobson and Associates of Chester, the Brunalli Company is among the best contractors we have worked with, in terms of workmanship and their relationships with the Town and affected utilities. They have shown an interest in our Town's well being that goes above and beyond.

### The Private Sector – Deep River's Good Fortune:

In the color section of this issue we have emphasized Deep River's progress in both the municipal and private sectors. But it is privately-funded renovations and development that cheer me the most, and especially

### Selectman's News, cont.

because it has continued through these difficult economic times. Here are the most recent openings and expansions, listed from north to south: PCI Medical, a success story well documented in our issue of Winter 2011 is at full production in their wonderfully rehabilitated headquarters at 6 Winter Avenue. 104 Main Street, owned by MSB Holding LLC, has been so completely redone that the original structure is hardly evident. Principals Mark and Suzette Bavalack of Ivoryton, along with builder Joe Shea, have worked closely with Town agencies (the Selectman's Office, Planning & Zoning, Building Department and Design Advisory Board) to produce a design consistent with the neighborhood, and at the same time add another retail space to our revitalized North Main Street. Eve's Addiction, an internet-based jewelry retailer, has been quietly increasing its sales since it acquired the former Deep River Die & Tool building at 16 Grove Street, a property that had been vacant for more than 25 years. The business has flourished; the original 6,500 square foot building is no longer sufficient. Owner Ray Galeotti has recently gained approval to expand by erecting an addition of 8,400 square feet.

The expansion was a sensitive issue since the property, which pre-dates zoning, is surrounded by residences. In a long series of preliminary planning meetings Ray, and the Selectman's Office, Zoning Enforcement and Wetlands Officers, Design Advisory Board and Building Department were able to design a plan that will fit well and have the least impact possible on the neighborhood. Shoes on Main has opened in the spot long occupied by Valley Press, at the corner of Main and River Streets. A half-mile to the south, Andre Chiappa is set to plunge into the retail business with three shops at 246 Main Street. Old timers might refer to the location as Bartlett's Garage; more recent arrivals will know it best as Irish Pine Antiques. The enterprises will be My Fair Lady (a women's clothing shop), Flowers Forever and Sissy's Cupcakes, a tea room, featuring (no surprise) an extensive line of specialty cupcakes.

#### Good Fortune Indeed:

At the risk of repeating myself again and again I close with my mantra: Shop in Deep River. Aside from

the goods and services they offer, our business owners provide local employment and pay taxes on their real estate and personal property; they bring visitors from neighboring towns so that our residents don't have to shoulder the entire burden of financing our schools and town agencies.

#### Come One, Come All:

With Family Day close upon us I remind you of our plans for a Town Hall open house. Our Town Hall staff and members of the Restoration Committee look forward to showing off our new offices and the remarkable progress we have made in restoring the Town Hall Theater on Family Day from 10 till 1. Refreshments will be served.

#### Thank You:

I admit to having been pleased with the color pages in our summer issue, but I was not prepared for your response. Never have I heard such compliments for our Deep River News. The new color section is largely the work of Jonathan Kastner of my Town Hall staff. Your postcard collections, old photographs and other memorabilia are greatly appreciated - the "Before & After" photos are my favorite. Contributions of a historical nature - whether in the form of memories or ephemera - are always welcome. Jonathan will continue to shed light on some of the lesser known aspects of our history in future issues.

*Richard Smith, First Selectman*



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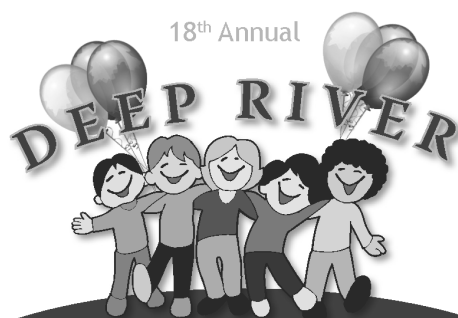
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HOME \* AUTOMOBILE \* COMMERCIAL





# FAMILY DAY

Saturday September 15, 2012

**5:30-12 Hally Jo's** 10% off \$10 purchase or more. Stop over from 12-2 for music by Paul Lombardo.

**8-5 Shore Discount Liquors** \$25 Gift Certificate drawing at 5 pm.

**8-5 Hardware Store** - Free key and popcorn.

**8:30 Fun Run** starting at Devitt's Field.

**9 5k Run/Walk** starting at Devitt's Field. Walkers are welcome! Sponsored by Park & Recreation. Rain or Shine.

**9-11** Visit the **Barber Shop** for face painting.

**9-3 The Annual Book and Bake Sale** sponsored by the **Friends of the Library** on the Library lawn. Great buys!

**9-3 Stone House** Civil War exhibit and Old Winthrop school bus (weather permitting)

**10 -** Pumpkin painting while they last. **The Studio of Alicia Meluzzo** on the green next to skate shop. Pumpkins donated by **Scott's Orchard**.

**10-11 Red House.** Complimentary draft beer or soft drink for all 5-K runners.

**10-1** Crafts at **Beauty Barn**.

**10-1 Town Hall Open House.** Tour the renovated offices and beautifully restored Town Hall Theater. Refreshments.

**10-2 Free blood pressure checks** from the Community Health Committee at the Town Hall. Donations to the Town's Food Pantry gratefully accepted.

**10-2 Deep River Toy Company** - Temporary tattoos for kids 12 and under.

**10-3 Carnival at DR Elementary School** Sponsored by the **Deep River Merchants**. Bungee Run, Bouncy House, Obstacle Course & more. Free Hayride - boarding at Carnival.

**10-2 DRFD Auxiliary** Day of Beauty. Haircuts, nail painting, raffle prizes, baked goods.

**10-3 Mardi Gras Beads and Give Away at Kariann Price Designs.**

**10-3 Drs Elgart, Pinn, Gordon & Elgart** raffle for a \$100 gift certificate towards an eye exam or a pair of glasses. Enter at carnival ticket table.

**10-3** Free 5x7 family photo, face painting and raffle with prizes at **Walgreens**.

**10-3** Enter a drawing at **Bella Vita** to win a \$25 gift certificate toward any salon service.

**10-4 Deep River Design** offering 20% off all sterling silver jewelry.

**10-4 The Shoe Box on Main.** Guess how many pairs of shoes are in the store. Winner receives a \$50 gift certificate.

**10-5 Celebrations 5 Gift Certificates** will be given away. Special Sale.

**10-5** Stop in at **Anchor & Compass** to enjoy the fishpond. 10% off purchases.

**10-5 Chaos** raffling several items including a DR t-shirt designed by DR resident Sharon Emond.

**10:30-12 Rotary Big Balloon Blow Up.** Watch our new town mascot blow up balloons through his big trunk! Free balloon for the first 100 kids! Candy too!

**11 Library** CT Paranormal author, Sydney Sherman, presents her new book *You are Not Alone: Our Loved Ones are Here ... You're Just not Listening*.

**11-2** Create an Ultimate Omelet at the **Whistle Stop**. Forms will be available one week prior to event at the Whistle Stop. 3 prizes will be awarded and the winner will get their name and Ultimate Omelet on the menu.

**11-2 Da Vinci's** \$1 per slice. Limit 2 slices per person.

**11-3 Hot Dogs** on sale at the **Town Hall** green! Sponsored by the Deep River Merchants Association to support Family Day.

**12-2 Hairworks** offering feather extensions, temporary highlights, free sunflower. Celebrating 10 yrs in DR.

**12-4 Invent & name your own dessert** at the **Sweet Shoppe**. Winner will be notified & winning dessert will be posted on menu board the following Saturday.

**1-2:30 Face Arts Music School** presents free outdoor concert at Town Hall.

**2 Pizza eating contest** at **Deep River Pizza**. 1/2 price pizza slices all day.

**2-5** Meet and greet the pro riders from "Skateboard Worship Team" at **The Ideal Skate Shop**.

**1-3** Team **Flip Flop** will be at Devitt Field doing demonstrations and an obstacle course throughout the day.

**3-6:30 DR Animal Hospital** tour of hospital, free food, face painting, pet portrait exhibit, pet photography, agility demonstration, wool spinning, raffles and much more.

**3:30 The Famous Pet Parade** sponsored by **The Pet's Choice**. Meet at Liberty Bank at 3 pm. Pets must be in costume and on a leash or in a container. Prizes awarded at DRES.

**4:15 Pie eating contest** at the **Ivory Pub**  
1<sup>st</sup> Prize = \$40 gift certificate.  
2<sup>nd</sup> Prize = \$30 gift certificate.

**4-5 Red House** bus raffle, guess the closest mileage of the bus. 4 Prizes to be awarded. \$4 pulled pork sandwiches.

**6-10** Music by **Mad Men at Plattwood Park**. Sponsored by Deep River/Chester Lions Club.

**8:30 Fireworks Extravaganza at Plattwood Park** Sponsored by Park and Recreation, Whelen Engineering and Haynes Materials. End a fantastic day with a picnic supper and big wows! (Raindate Sept. 16)



[www.deepriverct.us](http://www.deepriverct.us)

## Town Clerk's Office

### Presidential Election

It's Presidential Election season and the Town Clerk's office has been hard at work preparing for the big day. Absentee Ballots will become available on October 5th for the November Election. If you will be away at school or unable to vote in person due to absence from town, sickness or disability, you may apply for an absentee ballot anytime. Visit the Town Clerk Department on our new website at [www.deepriverct.us](http://www.deepriverct.us) to download an application or visit the Town Clerk's office which now offers evening hours until 6:30 on Thursdays. Election Day is Tuesday, November 6, 2012. Voting will be at the Deep River Public Library Community Room at 150 Main Street between the hours of 6:00 a.m. to 8 p.m.

### Justice of the Peace

There are ten Justice of the Peace openings available for registered voters who are not affiliated with a Major Party. Applications for appointment by the Town Clerk

are available on our website at [www.deepriverct.us](http://www.deepriverct.us) under Town Clerk Department or just visit the office between August 1, and November 1, 2012. If the number of applicants exceeds the number of openings, the Town Clerk shall select by lottery all applicants to be appointed. Justices of the Peace will begin their term on January 7, 2013 until January 2, 2017.

### Hunting and Fishing

If you are a hunter, or if you enjoy the outdoors and river in these areas please be aware that the Fall hunting season has begun. For specific dates and information, the regulations are available in the office or visit our website at [www.deepriverct.us](http://www.deepriverct.us) for more information and links to the DEEP.

*Amy M. Winchell*  
Town Clerk

### Welcome New Residents

Michael P, Sr, & Lucia M. Spear	65 Falls Landing Road	04/30/2012
Jared T. & Kristen D. Coles	94 Shailer Pond Road	05/01/2012
Scott R. Fraser	185 Bushy Hill Road	05/16/2012
David Cardone	112 Witch Hazel Drive	05/09/2012
Robert & Linalynn M. Schmelzer	5 Grove Street	06/04/2012
Linda A. Carlson	92 Main Street, #206	06/05/2012
Robert May	29 Spring Street	06/07/2012
Richard C. Scarpetti, Jr.	92 Main Street, #417	06/11/2012
David Estabrook & Jannine Farrell	12 Dickinson Court	06/20/2012
Lara Gardner & Gordon Zimmermann	229 Westbrook Road	06/22/2012
Craig Thomas Paulson	57 Essex Street	06/26/2012
Frederick Alexander & Karen M. Klockner	125 River Road	06/28/2012
Andrew & Theresa Konefal	23 Nature Trail	07/02/2012
Sharon W. Eline & Thomas Calatayud	73 Falls Landing Road	07/02/2012
Edward W. & Sandra E. Camarda	63 Falls Landing Road	07/02/2012
78 High Street, LLC	78 High Street	07/13/2012
Doak W. Geiger	241 Cedar Swamp Road	07/23/2012

### Marriages

Michael C. Manken & Jennifer A. Hayden	05/05/2012
Keith Rodgerson & Maryli M. Secrest	05/19/2012
Geoffrey H. Gruetzmacher & Brianna L. Klemm	05/27/2012
Gregory B. Cooley & Jaime Hodges	06/02/2012
Gilbert J. Litalien & Dale A. Stefanick	06/08/2012
Timothy M. Ayr & Lauren A. Savastio	06/09/2012
Richard B. Andrews & Marie Jo Francois	06/15/2012
Alexander P. Lowry & Mara-Lynne F. Strader	06/16/2012
Ian J. Thompson & Nicole E. Tomczuk	06/22/2012
Samuel T. Lane & Kristin D. Piro	06/30/2012



## Town Clerk's Office, cont.

### Passings

Gertrude J. Degnan	66 Westbrook Road	05/08/2012
Rosemarie Schmelzer	207 Warsaw Street	05/20/2012
Richard A. Cole	76 Bushy Hill Road	05/27/2012
Thomas J. Pike	11 Burcum Circle	05/28/2012
June Kent	113 Union St, Apt. Q	06/21/2012
William K. Morris	12 Lafayette Avenue	06/21/2012

### New Trade Name Filings

Knoshbox, LLC	Richard A. Belton	05/22/2012
Flexo Label Solutions	Richard Wilczewski	06/07/2012
Main Street Group	Michele St. Marie	06/15/2012
The Shoe Box on Main	Danielle & Ruth Cantalupo	07/02/2012
Central Assurance Agency	High Point Brokerage Co, Inc.	07/09/2012
Built Wel Home Improvements	Richard Allen Reiser	07/30/2012
Geiger & Associates	Doak Geiger	07/30/2012

### Congratulations and Welcome To Newly Appointed Board and Commission Members

Linalynn Schmelzer	Deep River Town Hall Auditorium Restoration Committee
Ben Whelan (alternate)	Planning & Zoning Commission
Sara Denegre (alternate)	Planning & Zoning Commission

### Board and Commission Vacancies

If you are a registered voter and are interested in serving on a Board or Commission, please contact the Selectmen's Office at 526-6020. Currently there are vacancies on the following Boards:

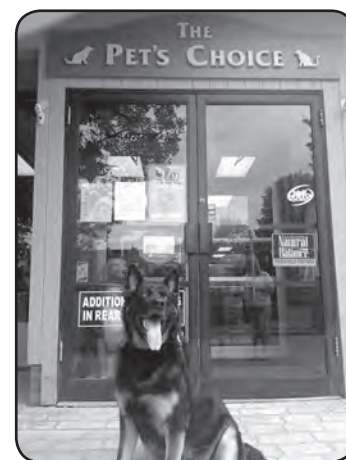
Community Health Committee	term to expire 10-30-2012
Community Health Committee	term to expire 10-30-2012
DRTHARC	term to expire 11-30-2012
Economic Development Commission	term to expire 12-01-2013
Economic Development Commission	term to expire 12-01-2014
Park & Recreation Commission	term to expire 12-01-2014
Planning and Zoning Commission (Regular)	term to expire 12-01-2014
Water Pollution Control Authority	term to expire 12-01-2014
Agent for the Elderly	
Long Island Sound Council	
Region II Regional Mental Health Board	

### Top Dog

Deep River's new TOP DOG is Zak, a 4 year old, very well-behaved German Shepherd. Zak's name was drawn from a pool of dogs whose owners had renewed their licenses during the month of June.

Connecticut State Law requires all dogs above the age of 6 months to be licensed in their town of residence and for that license to be renewed every year in June, although dogs may be licensed year round.

Congratulations to Zak who will receive a gift certificate to The Pet's Choice along with the optional honor of leading off the Pet Parade on Family Day, September 15th



Deep River's new TOP DOG is Zak

### Deep River Fire Department

#### Juniors Attend Connecticut Fire Academy



For one week this summer Deep River Fire Department Junior Division members Roger Clapp, John Kollmer Jr. and Zachariah Scalandunas attended the Introduction to the Fire Service Academy and the Connecticut Fire Academy in Windsor Locks.

The CT Fire Academy course is offered by the State of Connecticut Commission on Fire Prevention and Control to young men and women 14-17 years of age who are actively involved in their local fire department. The 16-17 year olds attended in June and the 14-15 year olds attended in July. To date, almost every Deep River Junior Division member has attended this Academy.

During their week at the Academy, the juniors are treated as actual academy cadets and are taught in a paramilitary setting. They all had to wear the same training uniform everyday and address their instructors as sir or madam. The cadets were taught everything from the command structure of a fire department to the operations on a fire ground and their typical day was from 6:00am to 10:00pm with most of their training at the Academy's state of the art training grounds. These grounds have a fire house with a pumper, rescue and ladder truck, a 5 story training tower/building, propane fired vehicle simulators and burn trailers for live fire training.

At the end of the week the cadets participated in a graduation ceremony with a Deep River Fire Department Officer presenting them with their certificate of completion with their family in attendance. After the ceremony the cadets themselves put on a live response demonstration of fire at the tower to showcase their weeks training. Each cadet was assigned to a truck or

rescue company and all worked together under their commanding officer, which was another cadet chosen by the group.

Upon completion of this Academy the cadets can apply for the Advanced Introduction to the Fire Service Academy held for one week in August every summer. Juniors must be 16 years old to attend this course and the cadets learn more advanced firefighting skills, such as vehicle extrication, etc. Jessica Grote and Zachariah Scalandunas attended the advanced academy and graduated in August.

The Deep River Fire Department is very proud to have their juniors complete this course and they are our next generation of fire services members.

#### DRFD Junior Graduates

Roger Clapp – 16

Jessica Grote – 16

John Kollmer Jr. – 15

Zachariah Scalandunas – 16



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CT HIC: 609843  
NY LIC: 42973-ME

# TOP NOTCH

## Electrical Services, LLC

*Residential, Commercial & Industrial  
Emergency Service*

Remodeling	Network Cabling
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## Deep River Ambulance Association

Welcome to fall! We'd like to take the opportunity to remind everyone to find ways to minimize falls in the home, especially among the elderly population. Many falls and fall-related injuries are preventable, and by removing some common home hazards, you can help you, your friends or your family avoid falls – and a call to 911:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other household necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonskid floor wax.
- Use nonslip mats in your bathtub or shower.

To catch up on some older corps news, in January we held our annual elections, and our new officers are Jennifer Kollmer (Chief of Service), Jim Guerrero (Deputy Chief)

and Betsy Macmillan (Secretary). So far we have enjoyed another great year of service to the Town of Deep River, and we are pleased to mention some of our recent new members: Matt Herman (EMT), Janna Moen (EMT), Adam LaMay (EMT), Charlie Schroeder (Obs), Rob Diley (Obs), and Sara Tirrell (Obs).

On February 21, we hosted our winter Red Cross Blood Drive, and are extremely grateful to all of our donors, as well as those who came by to try to donate but were ineligible. At the end of the day we collected 47 pints of blood, which will touch 141 lives! Thank you to all who continue to support our drives. It truly gives us great pleasure to help out in this manner.

Our building is up and running with a beautiful new banquet room and a full kitchen! If you're interesting in holding an event at our facility, please contact our Board Secretary and scheduler, Tara Bouchard, at 860-526-4666.

Please feel free to contact us at our non-emergency number, 526-6043, if you have any questions or are interested in joining our crew or board of directors.

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## Healthy Communities Healthy Youth



### The Year of the Role Model!

The great humanitarian Albert Schweitzer once remarked, "Example is not the main thing in influencing others.

It is the only thing." Mahatma Gandhi encouraged his followers to "be the change" they wished to see. Positive role modeling: it's a "show, don't tell" practice that has an enormous payoff. Match a child's natural tendency to imitate with one or more positive role models and you increase the likelihood that he or she will become a healthy, respected adult. Positive role models transmit their behaviors, values and attitudes by example. We remember our role models because they have influenced the way we live our lives.

We often think about role modeling in relation to careers. An experienced workplace mentor will "show us the ropes" when we land a new job. But parents are a child's first role models, and their influence endures throughout a lifetime. As the child develops, siblings, extended family, friends, teachers, media, etc., also serve as role models, either intentionally or incidentally. In the tri-town area, numerous "role model" or mentoring programs exist to intentionally transmit positive behaviors, values and attitudes, including "Peer Role-Models," "Reach-Out!", a Tri-Town Youth Services program for elementary school girls and their VRHS "big sisters," and "Mentoring". And this year, to ease the transition from middle to high school, 10 Peer Captains (\*advanced level Peer Advocates) served as role models during ninth grade orientation during the all day Freshmen Transition Event at Camp Hazen.

Think about it. Who inspired you to become the person you are today?



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## American Legion Post# 61

Post 61 Commander James C. Marshall and all Deep River members are proud to announce that Shane Joy has returned from Connecticut Boys State after an "awesome" experience. Shane reported that all attendees were enthusiastic about learning how our government is built from the bottom up. Boys were selected based on written essays, and various American Legion posts from all over Connecticut sponsored each candidate. The group was divided into two parts: federalists and nationalists. Elections were held appointing a governor and a lieutenant governor. Several officials were invited as speakers to discuss how our government serves the people of our state. Other significant government employees, representatives from the state police, military and FBI were present to talk about the services they provide. Question and answer sessions followed each talk.

Shane is the son of Tom and Marie Joy of Deep River. He is a senior at Valley Regional H.S. He is active in sports, specifically soccer, and is the captain of the varsity crew team. He is looking forward to a career in a medically related field because he loves science. Also, he loves New England and hopes he will always live here.

All members want the people of Deep River to know how much they appreciate the support for the Memorial Day ceremonies at both the Winthrop Cemetery and our larger parade in town. The town staff and workers made all the flags look beautiful. It was so nice to have Valley Regional HS band as well as the Ancients to keep us in step. Additionally, we enjoyed the hospitality of our schools, teachers and students earlier in that week. At our June meeting a new slate of officers was elected and will be installed at the September meeting. American Legion Post 61 meets every third Monday at 7:30 pm from September to June at the Deep River Public Library. Our next meeting is September seventeenth. FMI please telephone 860-526-2983.

## Animal Control

Hey all its fall already. Over the summer I have noticed many people were very kind putting out water bowls for pets being walked by their owners, but the bowls need to be brought in at night so our wildlife friends don't drink out of them and spread any diseases. I have received many calls this summer about snakes in yards. To help keep snakes away don't keep leaf piles close to your home or sheds. This is a great nesting place. Mice like to live there as well. It's a feeding ground for snakes. I have had calls about our raccoon friends being seen in the day time. Sometimes this is one to just having a litter or someone left the trash out. They are hungry so don't let the trash get out of control, cover it and lock it up. Now is a good time to check around the house for small holes where any small animal could get in and make their new home in your home before winter comes. They may not wait for the last minute.

*Bob Jenkins*  
Animal Control Officer



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### Deep River Historical Society

Dear Deep River Resident,

We need your help. Our beloved Stone House, home of the Historical Society for many years and revered Deep River landmark, is desperately in need of repair and painting. We know what needs to be done and the Trustees of the Society have agreed that the work must begin as soon as possible to save the building from further damage.

We need to raise \$40,000 to address the highest priority issues and our Fundraising Committee has already raised 7% of that total, but now we need help from our members and from the community.


Everyone in Deep River (and beyond) has benefitted from the recent improvements in our Main Street streetscape and our property serves as the southern anchor for Main Street. This project will continue this renaissance for Deep River.

The facilities of the Historical Society, the lovely 1840 Greek-Revival mansion, the spacious grounds surrounding it and the very popular, congenial Carriage House, are used for weddings, showers, parties and all kinds of events. We all want this beautiful space to be preserved, to continue to serve our Deep River community.

Please be generous—and please help us reach our goal. All donations are tax deductible. We also welcome you to join the Society.

Sincerely,

*Jeffrey D. Hostetler*  
*President Deep River Historical Society*



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### Deep River Merchants Association

Attention all Deep River Businesses!

The Deep River Merchants Association (DRMA) has recently created a website for its merchant members!

We invite you to join the DRMA and benefit from being a member, including increased public visibility from placement onto our website. Membership fee is only \$50.00 per calendar year!

You can view the website at  
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## Deep River Town Hall Auditorium Restoration Committee

Auditorium Restoration is still a Work-In-Progress...and progress is significant!!

### What's completed:

1. Installation of the new heating, ventilation, & air conditioning system, with all controls.
2. Construction of new sound and lighting control booth.
3. Erection of a smoke-barrier wall between the balcony and the circular stairway.
4. Repair of lobby ticket booth.
5. Building of storage closet under balcony stairs (doors still need to be hung).
6. Enclosing a kitchenette at the rear of the auditorium.
7. Applying new wainscot on auditorium rear wall.
8. Painting primer coat on all auditorium wood surfaces.
9. Fabrication, delivery, and finishing of 2 sets of Smoke-barrier doors (awaiting installation).
10. Repair & re-installation of curved window in Grand Stairway.
11. Replacement of glass in the balcony stairway windows with tempered glass.
12. Phase 1 electrical wiring.
13. Phase 1 carpentry.
14. Replacement and painting of tin ceiling in Grand Stairway.

### Tasks to be finished in the very near future:

1. Delivery of 150 movable, stackable armed chairs scheduled for September 12.
2. Completion of all painting, except for final coat, including cleaning and repair of surfaces.
3. Completion of sanding and refinishing of balcony decking.
4. Moving and re-installation of all fixed seating from auditorium floor to balcony.
5. Painting of walls, and wood trim in Grand Stairway.

### Purchase orders have been approved and issued for these goods and services, but work has not yet begun:

1. Cleaning and application of fire retardant chemicals to all stage curtains.
2. Sanding and refinishing of floors in the Main Street entrance, auditorium, balcony, stairway landings and treads.
3. Fabrication and installation of shiny metal railings for the balcony, and stairways leading from the balcony to the auditorium, and from the balcony to the lobby via the Grand Stairway.
4. Repair and replacement of parts of the circular stairway, from the balcony to the lobby.

5. Painting of balusters, newels, wood trim in Grand Stairway.
6. Installation of safety chains on all overhead stage lights & lighting poles.

### Progress made; Decisions pending:

1. The process for selecting a designer to build a suitable chandelier for our auditorium dome is close to a finish. When a designer is chosen, we are also choosing that person's proposed design concept. Then, our committee will work with that designer to agree on the final appearance of the chandelier. Before construction begins, we will know what the finished product will look like.
2. Safety issues in the stage area have been identified and solutions agreed upon. At the moment, we are looking at the cost of compliance.

### Looking ahead:

So that restoration work can proceed without interruption, the Restoration Committee continues to temporarily halt facility usage until the bulk of the work has been completed.

With \$260,000 in assets transferred to us by the Town Hall Restoration Association, it is likely we will be able to complete our assigned task within the funds available, unless we are confronted with unforeseen surprises requiring large expenditures.

Wherever possible, we have used Deep River craftsmen (plumbers, electricians, carpenters, painters) to do the skilled work on this project. And they have done a superb job. When local craftsmen were not available, we hired from surrounding towns. Services were sought from firms outside of our immediate area only when no one close by could do what we needed to have done.

### When will we be finished?

Researching the original town hall building committee records, we discovered that the building was completed and dedicated on April 3, 1893. Wednesday, April 3, 2013, will 120th anniversary of that dedication ceremony. It is my goal for our town to have a suitable re-dedication on that date.

*Art Thompson, Chair*

### Hedy's Health Tips

#### Food as Medicine with Seasonal Eating

TCM (Traditional Chinese Medicine) eating practices put our bodies in harmony with our environment. If you believe we are somehow disconnected to our environment, think again...

Our sleep patterns, female cycles, seasonal emotional disturbances, cravings and allergies, minor aches, pains and stiffness of the body along with crop cycles and animal migration etc are greatly affected by the cycles of the seasons, moon and planets or our solar system.

TCM challenges our notions of what "good medicine" can be. In TCM what we here in the west call our fall season is actually split into 2 elements. The Earth and Metal season: Earth is late summer in to early fall and Metal is autumn up until about our holiday season.

EARTH season is about coming to the center. It is a time of nurturing and establishing a bond with family and community. Clear thoughts and emotions give us the ability to react in the appropriate manner, grounding us and keeping us in tune with the world around us. We feel rooted and a great sense of belonging.

When Earth is out of balance we crave sweets and stimulants, might have fatigue (especially after eating), loose stool, hemorrhoids, obesity, frequent bruises, nausea, vomiting, dull headache, varicose veins, worry with rumination, just to name a few symptoms.

The flavor of the Earth season is sweet.  
Whole grains, meat, fish, beans, nuts, fruit and veggies.

Carefully maintaining a balance of this flavor is sooo important as an excess can cause dampness in the body creating more harm than good. Therefore, when eating these foods absolutely no addition of refined sugar such as white bread, soda, cake, candy etc. should be combined to this natural sweetness. Other sweet foods include corn, figs, beets, potato, almonds, shitake mushroom, sesame and sunflower seeds, carrots, sweet potato. Herbs include licorice, rehmannia and ginseng.

Yellow is the color. Try wearing a yellow scarf or sleeping in between yellow sheets. Perhaps a bouquet of sunflowers will brighten your table while dining on these wonderful flavors.

METAL SEASON is about inward movement and storage.

In autumn the sap (life force) of every plant withdrawals from the leaves and branches to descend to the roots for storage. Animals also draw inward and build storage of nutrients to get them thru a long winter. Our bodies are not exempt from this process. The Metal season guards our lungs and large intestines energy. Its emotion is grief.

This grief relates to our judgments and actions. When the metal element is distorted, judgments can be cruel. People may be self righteous and overly judgmental of others. Overbearing judgment can lead to punishment and penalties instead of upholding righteous actions. Honoring our grief involves mourning EVERY loss we feel, BIG or SMALL. What we "ought" or "ought not" feel with righteous actions. Some common signs of an imbalance in this system might include: Swollen tonsils, dry skin or rash, nasal mucous, dry constipation, neurotic behavior, judgmental or holding grudges, achy stiff neck and or shoulders. Cough, cold, chills, runny nose, aversion to wind. Luckily for us, the autumn is harvest time giving us so many wonderful choices for food:

Apples, pears, late corn, oats, broccoli, pumpkins and gourds, potatoes, leeks (any onion) Fennel, garlic and pungent foods are highlighted. Chili peppers, horseradish, cinnamon, cloves, peppers. All root vegetables. Foods should be cooked and very little raw eaten.

The color of this season is white or metallic. White roses in a silver vase for the table. White sheets or throw pillows and mirrors or crystal make a room more metal. As with all things this is with balance and moderation for optimal health. Enjoy this season of bounty with balance and joy in your heart.

*Be well,  
Hedy*





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### Deep River Rotary Club

The Deep River Rotary Club is getting ready for a busy fall season with a new slate of officers. They include Kevin Brewer (president); Lorianne Panzara (president-elect); Desiree Richardell (secretary); and Jenny Pace (treasurer). They were presented at the year-end dinner of the Club at Griswold Point in Old Lyme on June 26.



The Club's annual Antique Car Show went off as usual on June 10 at Devitt Field. Over 70 antique cars were present, as well as Arts and Crafts vendors and the club's food booth. Pictures include a lineup of Model T Fords, a Zumba demonstration on the baseball field, and the club posing with the grand champion car of the day, presented the annual Henry Burr trophy.

As the Club begins its Fall season, it is planning the second annual Craft Show on September to be held on Deep River Family Day, Sept. 15 from 10 a.m. to 4 p.m. It will be held on Marvin Field (next to the Congregational Church). 10x10 spaces are available for \$65 and registration forms are available on the Deep River Rotary Club website (<http://www.deepriverrotary.com/>). Free coffee is available for all vendors during setup.

The Deep River Rotary Club is a part of an international service organization whose motto is "service above self." Rotarians around the world are dedicated to community and international service, and includes men and women representing a broad spectrum of professions. Their international goal for many years has been the elimination of polio from the face of the earth, in conjunction with the Bill Gates Foundation. Rotarians have raised millions of dollars in pursuit of this goal, and many Rotarians have participated in clinics in third world locations where polio has maintained a foothold. A new publicity campaign this summer reminds us that there are just a few remote locations where polio is still being reported, and the hope is that this decade will see the elimination of this dread disease altogether.

The Deep River Rotary Club meets weekly, each Tuesday at 12:15 at the Ivory Pub in Deep River. Visitors are always welcome, and the club is glad to discuss membership with any interested neighbors and friends.

#### Rotary Club Names Citizen of the Year

The Deep River Rotary Club has honored Art Davies as the Deep River "Citizen of the Year." Art, the owner of Deep River Hardware, is also a member and past District Governor of the Deep River-Chester Lions Club. The Club named Art as Citizen of the Year



for his long-time support of our community and his active involvement throughout the years in programs that improve the quality of life in Deep River for people of all ages. The announcement was made at the Club's year-end dinner June 26 by incoming club President Kevin Brewer (pictured above). The Club annually honors one member of the Deep River community as its Citizen of the Year.

#### Rotary Club Presents Scholarship



The Deep River Rotary Club has presented its 2012 Scholarship to Steven Sopneski, son of John and Gina Sopneski of Deep River. Steven graduated from Valley

Regional High School this June and will be attending the University of Connecticut, planning for a career in chemical engineering. The Club annually presents a scholarship to a graduating senior who has demonstrated leadership and reflects the club's principle of "Service above Self." The Scholarship was presented at the Club's year-end dinner by incoming club president Kevin Brewer. (Pictured are outgoing president Hedy Watrous, John and Gina Sopneski, Steven Sopneski, and Kevin Brewer.)



## Deep River Rotary Club, cont.

### Deep River's Oktoberfest Celebration!

Beer and polka, food and fun! The Deep River Rotary Club invites everyone to come on down to the Stone House in Deep River on Friday, Sept. 21 for our 2nd annual Oktoberfest extravaganza. Music will feature the popular Polish polka band Dennis Polisky & The Maestro's Men. They will be making joyful dance music from 7 to 10 p.m. under the tent on the lawn of the Carriage House. In addition an authentic German feast will be available beforehand, from 5-8 p.m., including sauerkraut and sauerbraten, sausage, vegetables and desserts. The evening will also include exciting auctions and fantastic brews. The Committee especially looks forward to a German chocolate cake eating contest! Tickets are available for \$35 (which includes dinner) or \$15 (music and dancing only). Commemorative beer mugs will also be on sale. All proceeds benefit the Club's charities.


Event organizers include Club members Jenny Pace, Desiree Richardell, Lorianne Panzara-Griswold, and Hedy Watrous.



The Maestro's Men (above) have been performing together since 1996. They currently have seven recording releases. The musicians' unique backgrounds and experience form the heart of the Maestro's Men sound. Their unique sound and arrangements of traditional and original music offer an exciting and entertaining musical variety. The band was a seven-time "Favorite Band/Instrumental Group Of The Year" by the International Polka Association Of Chicago, IL. Their CD "Strike Up The Band" in 2003 was nominated for a Grammy as part of the 46th Annual Grammy Awards in Los Angeles, California. The band was honored at this prestigious event in Los Angeles.

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### Teenzone

"It Takes a Village" – and, in this case, Deep River is just that kind of village.

Eight years ago, Deep River resident Victoria Taylor created a self-esteem program called Teenzone for girls between the ages of 13 and 17. She designed the program to help girls build self-confidence, learn practical life skills, take pride in their actions and understand the changes they will undergo during their teenage years.

Victoria asks professionals in the community to help with the eight-week course. According to her, the business community in Deep River and Essex has come through with flying colors. These local experts have collaborated with Victoria to discuss different subjects as different as etiquette, fitness and eating well to relationships and emotions.

Over the past couple of years, special guests have talked with the girls, given demonstrations or treated them to make-overs. Andrea Isaacs, who owns the Lace Factory/Cloud Nine Catering in Deep River, showed the girls how to read food labels and make the best snack choices. Linda Giuca, a food writer from Straight From The Hearth in Deep River, demonstrated how to make a nutritious, great-tasting dishes using fresh fruits and vegetables.

Two Deep River hair salons agreed to help with the program. Kelly Layden and her staff at Salon 154 and Pat Rankin and her staff at The Beauty Barn gave the girls new hairstyles to boost their self confidence. Laurie Ettore of Essex showed them how to use make-up to enhance their natural beauty and gave tips on skin care. Kathy Gomariko of Essex taught the girls etiquette, while Joyce Metz of Preferred Travel in Essex helped girls with interview techniques. Raeann Groves of the Silkworm in Essex gave tips on choosing clothes and accessories, and Deanne Mauri of the Spa of Essex gave the girls some skincare and beauty recommendations.

The course meets weekly at the Deep River Library, and librarian Ann Paietta has generously allowed Teenzone to use the Community Room on a regular basis, giving the group privacy when needed.

Without the help of the community, it would be almost impossible to give the girls the expert knowledge that they need. Victoria continues to look for more businesses and professionals who will share their expertise and make a difference in the lives of these teenagers.

For more information about the next Teenzone course, visit [www.teenzonect.com](http://www.teenzonect.com).

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## Tips from Olympians

Although the glory of the 2012 London Olympic Games has past, for most of us, the amazing physical feats performed still remain in our memories. How were the athletes able to achieve such greatness? When reading about Olympic athletes you will discover that they devote their entire lives to their sport. It is a combination of training, diet and mental preparedness. They give up a “regular” lifestyle to be one in a million. The rest of us, although not striving to be Olympic athletes, don’t have to give up everything to improve our fitness levels or achieve a healthier lifestyle. There are some basic tips used by Olympic Athletes that can help all of us.

### Fuel Your Body

What you put into your body is very important. Often we mindlessly eat and/or drink. We don’t think about how food affects our body. Did you know that diet soda is water and chemicals? Conversely, did you that one cup of mango supplies 100% of a day’s vitamin C, one-third of a day’s vitamin A, blood-pressure-lowering potassium, and fiber? Bonus: Mango is one of the fruits least likely to have pesticide residues. If you are not getting the correct nutrition into your body, your energy levels and mood can suffer. Similarly, if you are under or over-eating, you can negatively impact your metabolism and health. Think about your car - it won’t run without the proper fuel. Neither can you.

### Carbs Aren’t the Enemy

Athletes typically make half their diet complex carbohydrates from sources like whole grains and vegetables. They do this to increase energy levels and provide fuel to muscles. This doesn’t mean its time to power down some pasta or french fries! Instead, it is important to understand the best carbohydrates to eat. Choose the best sources of carbohydrates—whole grains, vegetables, fruits and beans. To keep energy levels from plummeting during the day, skip or keep to a minimum, carbohydrates from refined grains such as white bread, white rice, pastries, sugared sodas, and other highly processed foods.

### Drink It Up

Water is simple yet extremely important to workouts and general health. Water helps cool down an athlete’s body during strenuous workouts and replaces fluids lost in sweat. When we are dehydrated, we might confuse being thirsty with being hungry and then end up over-

eating. The part of your brain called the hypothalamus controls both hunger and thirst, so it sends the same signal whether you are hungry or thirsty. Pay close attention to the last time you had a meal compared with the last time you had something to drink. It might be that empty feeling in your stomach only needs some water for satiety. When trying to replenish fluids, be very aware of sport drinks. Many contain excess sugar and will not help with hydration as effectively as water. Did you know that a 32 ounce Gatorade contains a staggering 14 teaspoons of sugar? That is more than two Snickers candy bars! If you do reach for a replenishment drink, look for brands with low sugar and electrolytes to help rehydrate your body.

### Get an Olympic Medal for Sleep

Getting enough sleep can be just as important as a healthy diet. Athletes are meticulous about their sleep schedules to properly power down and recharge for training. When we don’t get enough sleep, we feel tired and then we might not have the best judgment with food choices or frankly any choices throughout the day. Set a goal to get at least seven hours of sleep each night.

You may not be in training for the next Olympics, or even in training at all. But by working some of these tips from athletes into your daily routine you will be giving your body the fuel and energy needed to successfully get through the day.

*Stacy Meisner, AFAA Certified Instructor & Personal Trainer, Co-Owner, Squared Circle Studio*

*Sources: Rachel Berman- Crediblenutrition.com, AFAA, American Council on Exercise, Harvard School of Public Health, Nutrition Action, LiveStrong.*



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## Community Health Committee

Avoid the Flu this Year!

There are many myths and misconceptions about the flu and what you can do to avoid it each year. Here are the facts to help you, your family, and your neighbors stay healthy:

1. Symptoms of the flu include: fever (temperature higher than 100.5°F), body aches, headache, cough, and sometimes, sore throat or runny nose.
2. A virus causes the flu, antibiotics are ineffective unless you develop complications.
3. October is a good time to get your annual vaccination. Every year the flu virus mutates (changes), so a new flu vaccine is needed to protect you. Typically, flu season is from November to April.
4. The regular flu shot cannot make you sick. However, the nasal spray vaccine contains a live virus which is why only healthy individuals from 2 to 49 years old should get the nasal spray vaccine.

Other ways to avoid being infected by the flu include:

- Wash your hands frequently or use a hand sanitizer, such as Purell.

- Stay away from sick people.
- Do not touch your eyes, nose, or mouth (you can infect yourself with germs).
- Encourage others to cover their mouth and nose when they cough or sneeze.

If you do become sick with the flu:

- Stay home from work/school and rest, especially if you have a fever.
- Drink plenty of fluids to stay hydrated. Water is best!
- Limit your contact with others. Cover your mouth and nose when you cough or sneeze.

If your symptoms persist for more than a week, you become progressively worse after several days, or you have trouble breathing, seek medical attention immediately.

If you have any questions or concerns about the flu, ask your doctor or a medical provider.

The CHC is always happy to accept donations. All money goes to aid Deep River residents. To make a contribution, mail your check to: Deep River Community Fund c/o Town Hall, 174 Main Street, Deep River.



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### Deep River Land Trust

The Deep River Land Trust protects 15 open space properties, some 200 acres all around town. These lands are yours to enjoy and we want to help you get to know them. This Fall, we are concentrating on several projects described below that you might be interested in – or – you may come up with ideas for things to do on other of our properties – perhaps one that is near you.

1. The Florence Bidwell Sanctuary, 12 acres of hillside and hilltop forests accessible from Rattling Valley Rd. is about to receive a lot of attention from a boy scout named Josef Lenz. Josef lives near the Bidwell Sanctuary and has spent time over the years walking the property with his family. There is no trail there however, and Josef felt it had great potential for one. And he is right. Now, he has his sights on attaining his Eagle Scout status, and the Florence Bidwell Sanctuary is an integral part of achieving this goal as he is doing his service project here. This will include developing a trail and laying out two parking spaces on the property. Once the project is completed we look forward to having an “opening ceremony” and hope members and neighbors will join us as we install one of our new signs. We also hope to have Josef’s help to start work on a booklet explaining some of the various natural features along the new trail. If you are interested in being part of a stewardship team for this sanctuary, please contact us.

2. Join us for a walk in the woods in early fall at the wonderful property we received from the Deep River Congregational Church inside Cockaponsett State Forest. The congregation has used the property for outdoor services and local boy scouts developed a nice trail. We are in the process of working with the Church to develop a name for this “sanctuary in the woods.”

Rev. Timothy Haut, Sr. Pastor of the Church, will lead the walk. This is indeed a hidden treasure--if you don’t have a map—or Tim to lead you---you probably won’t find this area! By the time you read this article, we will have the date and you can find it at the Congregational Church or by contacting the land trust. We are in the process of developing a new map as well. Contact us if you are interested in participating or you want to help in maintaining this interesting piece of land.

3. Whittlesey Brook Sanctuary and its Greenaway Section, off Kelsey Hill Road, comprise nearly 20 acres of woodland and wetlands with very nice marked trails and

wooden walkways. There is also a trail guide booklet. Like many properties in our area, the various major storms in the last 2 years have taken their toll. Now we need help to clear tree limbs and open up the trails and later to extend them soon into the Greenaway Section. If you have driven on Kelsey Hill Rd lately you may have wondered where the sign went. Like most of our old signs, the Sanctuary desperately needs a new one and an update to its trail guide. We are asking people in that area to join us in a maintenance project to restore this lovely property to one that the neighborhood and entire town can enjoy. Please contact us to participate.

Finally, please help us by becoming a member of the Deep River Land Trust. Your dues are what allow us to maintain these lands and organize our various projects and this will ensure that you are informed about all the great activities that are planned for the coming year, and important wildlife news. It is a vital way you can show your support. Just fill out the form below. And... please offer to volunteer—just a couple of hours even. If you would like to know more about the possible benefits to your neighbors—and yourself—from land donation to our preserves, please just call or send an email and someone will contact you with some expert information. If you have any questions or comments please contact us at: [drlandtrust@gmail.com](mailto:drlandtrust@gmail.com).

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For More Info or to Volunteer email us at: [drlandtrust@gmail.com](mailto:drlandtrust@gmail.com)



## Deep River Garden Club

This has been our first full year since the Garden Club has resumed activities with new leadership and spirit. It has been an active year and we have accomplished several projects for beautification of Deep River.



The library was our first project choice to start working on. After a work session trimming shrubs and trees we started with plantings. There are 4 new planters that have been donated and planted. Two are at the front steps of the library and two are near the memorial cement bench on the front lawn. Additional perennials were planted around the bench to make it a cozy and inviting setting. We also planted a blue hydrangea near the front wall and hope to add more as time and budget allow.

Town areas were considered for sprucing up and several members spent time weeding, trimming and digging to make the areas more pleasing. New plantings were done at the Veteran's Green, The Stone House of the Deep River Historical Society, and at Devitt's Field. General clearing of weeds were done along Main Street and removing overgrowth and litter.

There is an updated planter in Winthrop at the intersection of Westbrook Road and Route 80. Acer's Garden donated the planter's main shrub, a Fine Line Tree. Several annuals were planted and maintained throughout the summer to add color and interest to that corner. The town crew assisted by planting a donated "umbrella tree" at Plattwood Park. There have been many complimentary comments made regarding our small effort to beautify Deep River. It is our desire to add to our list additional projects and goals. But it all takes time and

effort and our treasury is small. We welcome anyone that has the slightest interest in gardening to consider joining our group. The more willing hands the more we can accomplish. We appreciate the contributions that the residents have made to our cause and words of encouragement. One person driving by called out to me while I was watering some of the plantings..."Thank you for making our world a little prettier".

Please come and find out what we are all about. We usually meet the third week of the month at 7:00 PM at the Deep River Town Hall. It is not all hard work for we find short side trips to go on also usually associated with gardening and other fun activities.

For more information contact our club president Janice Kmetz at [Janice.kmetz@gmail.com](mailto:Janice.kmetz@gmail.com) or call (860) 790-0432.

*Sue Wisner, Club Secretary*

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### First Congregational Church of Deep River

First Congregational Church has had busy summer sharing the good news of Christ's love.

- A large group of teens and adults spent a week (July 15-21) in Pipe Stem, West Virginia. A second group left on July 20th for a week long trip to El Salvador to give assistance at an orphanage there. On Sunday, September 30th, both groups will share the news of their experiences during worship.
- Volunteers from our church continued the ministry of preparing and delivering meals, and providing Christian fellowship to residents of the Eddy Shelter, a homeless shelter in Middletown, which serves all of Middlesex County. This takes place on the first Wednesday of each month. Anyone interested in volunteering to help, please contact Board of Christian Service member, Dorothy DeMichael at 860-526-3888.
- Our church hosted a Vacation Bible School for the children of church and community families from July 9-13th.
- Our Annual August Flea Market, on August 11th, brought many vendors and visitors to our church. Despite an uncertain weather forecast, it was a successful event, thanks to the wonderful group of volunteers who willingly gave so much of their time. Plan on renting a space or attending next year on Saturday, August 10th. We appreciate our community's support.

There are many special events happening this fall: All are invited!!

- September 9th – We return to our regular worship schedule of two worship services: 8:30 and 10:00 a.m. Sunday School begins and meets during the 10:00 service. The Annual Mission Fair, a celebration of Family Fellowship with activities like cookie decorating, crafts, field games, a pie-eating contest, and more, takes place right after the 10:00 a.m. service.
- September 16th – Gather with us as we celebrate the 40th Anniversary of Rev. Tim Haut's ordination. There will be a special worship service, followed by a picnic on the church lawn in the afternoon.
- Sunday September 23rd – Gil Litalien and Emily Bjornberg will have a forum after the 10:00 service to talk about their mission to Mexico with Simply

Smiles this past summer and to pass on information about the summer 2013 Simply Smiles mission trip to South Dakota.

- Sunday, September 30th – Youth Mission Sunday. Our Youth Mission Teams will share their news about their summer mission trips to West Virginia and El Salvador during 10:00 a.m. worship.
- October 6th – Annual Blessing of the Animals by Rev. Timothy Haut at 10:00 a.m. on the sidewalk in front of the Sanctuary.
- October 7th – Homecoming Sunday – Recognition will be given to those who have been members of our congregation for 25 years or more.
- October 19th – Simply Smiles Benefit Concert. Look for more details about our 2013 summer mission project in South Dakota.
- November 4th – Annual Harvest Dinner Theater, 5:30 p.m.

The month of December is an especially busy time for our congregation and offers many opportunities for members of the community to join us as we celebrate the Christmas season. Begin the month by attending our "Ye Olde English Christmas Faire" Week-end. To order tickets for the Dessert by Candlelight or Concert, call (526-5045) or stop in at the church office, which is open Monday – Friday, 9:00 – 2:00.

- Friday, November 30th ~ Dessert by Candlelight. Enjoy our gourmet desserts ~ \$6.00 with seatings at 6:00 and 7:30p.m.
- Saturday, December 1st ~ Ye Olde English Christmas Faire, 8:30 a.m.-2:00 p.m. Do your Christmas shopping in decorated booths filled with homemade decorations, candy, pies, cakes, wreaths, toys, games, knitted and crocheted items, and much, much more. Stop by the Country Kitchen and take home some seafood bisque or loaves of bread. Visit the Reindeer Restaurant for breakfast or lunch.
- Sunday, December 2nd ~ Festival of Christmas Music, 6:00p.m. Tickets: Adults: \$10.00, Children 6-12: \$5.00, Children under 6: Free

Other December events:

- Saturday, December 8th ~ Toy Swap, 9:00 – 11:00 a.m.
- Gently used toys will be collected beginning December 5th. Anyone who donated toys to the swap will be able to pick out toys to wrap and put under their tree. This is a free way to recycle toys throughout the community. It's good for our

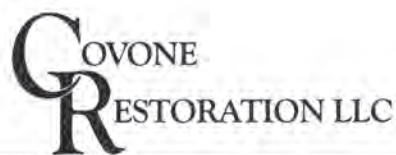


## First Congregational Church of Deep River, cont.

pocketbooks, as well as our environment. Any left over toys after the "shop" closes will be donated to a local non-profit and distributed before Christmas. Contact Emily Bjornberg at [yandfm.drcc@snet.net](mailto:yandfm.drcc@snet.net)

- Sunday, December 9th ~ Las Posadas Parade, 3:00 p.m. Deep River Congregational Church will sponsor a Christmas Procession down the Main Street of town. It will be led by Mary and Joseph and their donkey in the style of the 400-year-old Mexican tradition. Meet at the Deep River Public Library.
- Sunday, December 23rd ~ Festival of Music Worship Service, 10:00 a.m.
- Our church's Senior and Junior Choirs and our Chancel Handbell Choirs will present the gift of a Service of Music for Christmas. The church will be decorated with poinsettias given in memory and celebration of loved ones. A special coffee hour will be held after worship in Fellowship Hall.
- Monday, December 24th ~ Christmas Eve Pageant, 5:30 p.m.
- On Christmas Eve for over 50 years, young people from the Deep River Congregational Church have performed the nativity pageant, "Thy Light Is Come." Costumed shepherds, angels, and wise men have sung carols and told the Christmas story as envisioned by the late Rev. Walter Euston, former minister of the church.
- Monday, December 24th ~ Candlelight Communion Service, 11:00 p.m.
- During the service we share in Communion in the front of the church. The celebration closes as we light individual candles and sing "Silent Night" together.

Please contact the church office at 860-526-5045 or email: [office.drcc@snet.net](mailto:office.drcc@snet.net) for more information about any of the above events.



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### Tri-Town Youth Services

Tri-Town Youth Services has many programs and events, line up for Fall. Please join us whenever you can!

#### Telethon 2012:

Volunteer callers, your friends and neighbors from Chester, Deep River, and Essex will be making calls to fellow residents of the tri-town area during the evenings of November 13, 14, 15 to seek your support. A non-profit agency, Tri-Town receives some state and municipal funding, several miscellaneous grants, holds fundraising events, collects program fees, and is dependent on donations to meet its annual operating budget. In these difficult economic times, your donations in response to our thirteenth annual Telethon will be deeply appreciated, as they will help us to continue to provide a wide array of services to local youth and families as we continue to build youth assets. If you would like to volunteer to help make some calls, please let us know by calling our office at 860-526-3600.

#### Tri-Town Substance Abuse Prevention Council

The first meeting of the new school year will be held at Tri-Town Youth Services at 9:00 a.m. on Wednesday, September 12, 2012. The Tri-Town Substance Abuse Prevention Council is a grassroots organization whose membership is open to all who live or work in the tri-town area who are concerned about substance abuse and committed to its prevention. Many "sectors" of the community are represented on this council: Schools, youth serving organizations, law enforcement, government, civic groups, parents, students, the faith community and healthcare to name a few.

At the September meeting we will discuss prevention programming already in place as well as ways of strengthening our Coalition, currently in Year 2 of a Drug Free Communities Support Grant. For further information, please call Tri-Town at 860-526-3600.

We will offer Two American Red Cross Courses:

#### Babysitter Training

Learn how to become a safe and responsible babysitter! This American Red Cross program includes basic childcare, first aid for breathing and bleeding emergencies, and injury prevention, As well as topics to prepare young

adults (11-14) for babysitting. This class is an excellent opportunity to help students build self-confidence as well as leadership and decision-making skills. Completion of this course is a plus on your Job Bank application. The \$70 fee includes book, course, and certificate.

This fall, a session will be offered on Monday evenings, September 24, October 1 and 15, at 56 High Street in Deep River, from 6:00-8:15 p.m.

#### When I'm in Charge

This class teaches kids, ages 8 and up, how to be responsible when at home alone. Topics include internet safety, gun safety, family communications, sibling care, basic emergency care, and confidence building.

A two-hour class, "When I'm in Charge", will run from 5:30 to 7:30 on Monday, October 22. Parents join their kids in class for the last 15 minutes to review and to witness some role playing. The \$25 fee includes the class and certificate. Classes fill quickly! To register for either course, call Tri-Town at 860-526-3600.

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## Deep River Meetings on Television

Watch our Town government in action on television Sunday evenings at 6:00 when Board of Selectmen meetings and Board of Finance meetings are broadcast on Cable channel 19. Board of Selectmen meetings are held on the second and fourth Tuesdays of each month and are recorded for broadcast on the following Sunday evenings. The Board of Finance meeting is held on the fourth Tuesday and is broadcast with the Board of Selectmen's meeting on the following Sundays.

Occasionally, other town meetings are also broadcast such as Special Town Meetings and Public Hearings.

Following the broadcasts, discs of the meetings are available in the Deep River Public Library.

Anyone interested in helping with the recording and broadcast of these meetings is welcome -- please contact Margo at 860-526-8933. A short training session at the Comcast studio is required to become familiar with the equipment used.

Broadcasts are sponsored by the Deep River Taxpayers Association to make municipal business and discussions available to a wider audience of citizens.

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## Deep River Elementary School PTO

The mission of the Deep River Elementary School (DRES PTO) is to support excellence in education by promoting closer ties and communication among parents, faculty, administration and the Board of Education. Our goal is to provide curriculum and social enrichment activities for all DRES students as well as support to the administration, faculty and staff throughout the academic year. The PTO raises funds to support cultural arts programs at DRES, grade level field trips, field day, 6th grade graduation and more!

This fall, the PTO is planning a book fair on November 5-7 (Family Night on the 7th), a used goods drive, a bingo night and possibly a sports equipment swap on Family Day (September 15th)! The first meeting is scheduled for September 18, 2012 at 7:00 p.m. in the DRES Library. If you are interested in learning more about the activities of the PTO, please join us on the 18th or send an email to [drespto@gmail.com](mailto:drespto@gmail.com).

Ongoing Activities for DRES parents and the community that can earn money for DRES:

Box Tops offer three easy ways to earn cash for our school through everyday activities such as buying groceries, shopping online and purchasing books.

1. Clip — Box Tops coupons are worth 10¢ each when our school redeems them from Box Tops for Education.
2. Shop — Shop through the Box Tops Marketplace ([www.btf.com/marketplace](http://www.btf.com/marketplace)). Up to 8% of each qualifying purchase is automatically donated to DRES. There is no additional cost to you.
3. Buy books — Purchase books online at Barnes & Noble through the Box Tops Reading Room. DRES will receive 6% of your new book purchases and 3% of all other online purchases.

One of the easiest ways you can help is to sign up to support DRES at [www.btf.com](http://www.btf.com). You will learn about new and easy ways to help our school earn the extra cash it needs.

A+ School Rewards Program - Shop at Stop & Shop and earn cash for DRES! The PTO has added the Stop & Shop Reward Program to our fundraising! Simply register your card at [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) or

call 1-877-275-2758 - Use school id # 11128. Attending to this simple process makes a huge difference to our school. We need your support!

eScrip Recycling Program - This program is FREE and provides a convenient location for collecting laser & inkjet printer cartridges, used cell phones, iPods, laptops, digital cameras, GPS devices and media (CDs, DVDs/Blu-rays, video games) while raising funds for DRES. You can drop off your items in the collection bin outside the DRES main office whenever it is convenient for you. Periodically, DRES PTO will ship the items collected at DRES to eScrip Recycling and they will then deposit funds electronically in DRES PTO's account!

PTO membership is open to all parents and guardians of all DRES students as well as all DRES staff. All are welcome to attend the PTO meetings to find out more about its activities. If you are interested in helping out with PTO activities or if you have any suggestions for new PTO activities, please feel free to email us at [drpto@dres.k12.ct.us](mailto:drpto@dres.k12.ct.us) or [drespto@gmail.com](mailto:drespto@gmail.com) or drop a note in the PTO mail box in the DRES teachers' lounge. We will be updating the DRES PTO webpage (linked on the Parent Resources webpage) on the DRES website regularly. Please check back there for more information about DRES PTO activities in the future. Also, please keep at eye out for a PTO page on Facebook that is in the works.

Thank you, 2012-2013 DRES PTO Officers - President: Leslie Sheehan, Vice President: Stacy Meisner, Secretary: Jeni Gray-Roberts, Treasurer: Cari Kirla, Recording Secretary: Amy Petrone



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## Fountain Hill Cemetery

Construction of the Pet Cemetery is nearing completion. After being washed out twice from heavy rain the grass is finally coming up and taking hold. The patio and sign were designed and constructed by Curtis Turner as part of his Boy Scout Eagle Scout Project. Curtis earned his badge in July. Feel free to come by and sit in the shade.



Due primarily to the efforts of Board of Director Vice President Mark Lowrey, the Wooster Chapel clean up and renovations are underway. In recent years vandals pulled the copper flashing from the chapel causing the roof to leak, which brought about extensive water damage to the vestibule. Animals have found their way in through the damaged roof and did damage as well. Some of you may have seen a dumpster outside of the chapel. Mark has removed the damaged boards and power washed the interior. Contractors have been in to assess the situation and to give the Board estimates on repairs. If anyone has memories of the interior of the chapel, it will help the Board to put the chapel back as it was. If anyone has color photos of the stain glass windows the Board would love to see those as well. Anyone wishing to contribute to the renovation fund can contact Jayne Mather.

**Save the Date!!** October 27th for our Annual Fall Walk with Rev Tim Haut. We will begin in the Chapel!! See you there!

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## 9 Town Transit

### Area Bus Ridership Continues to Climb



Deep River's public bus system, 9 Town Transit, once again saw tremendous growth in bus ridership during the fiscal year ending June 30, 2012, with passenger trips up 29% over the prior year.

9 Town Transit Executive Director Joseph Comerford contributes the growth to expanded service hours and improved awareness of the service. "I think we've really gotten the word out that our service is not just for seniors, and we've expanded our hours to make commuting to work a real possibility. 80% of our customers are now under 60, and about 50% of those are going to work."

Since 2009, 9 Town Transit has also expanded the reach of its services. Public transit service is now available to New Haven, New London, Middletown and Hartford, and new service was recently added in Haddam. And at a fare of \$1.50, it offers a big relief from rising gas prices.

These factors contributed to a total annual ridership of over 94,000 passenger trips, the highest in 9TT's 31 year history, and a three year increase of 80%. Additional information, route maps and schedules are available online at [www.9towntransit.com](http://www.9towntransit.com) or by calling 9 Town Transit at 860-510-0429

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## Deep River Junior Ancients

“Deep River Junior Ancients say DANKE!”



Summer 2012 was a big one for the Deep River Junior Ancients (DRJA). Last year DRJA was invited to participate in an International Muster in Basel, Switzerland in June. The volunteer parent board of directors set their sites on this trip of a lifetime. All the families worked extra hard to raise the funds needed. There were added events, bake sales and a letter writing campaign. In the end, nineteen members were able to go and perform on the streets of Basel, Switzerland.

“It was very fun. Basel is a beautiful city and we even had a chance to swim in the Rhine”, said Jack Nevins, 15, the Bass Drum Sergeant. DRJA participated in the muster and toured the area. Says Michelle Roise, Board President, “These kids were great to travel with. We didn’t want to leave.”

Support poured in from family, friends and businesses in our community throughout the year. This was an unforgettable trip for these young patriotic musical ambassadors. It could not have happened without community support, and for that Deep River Junior Ancients would like to offer a resounding, “DANKE!” (DRJA learned a little German while they were away. Danke = Thank You!)

Get to know DRJA, visit [www.drja.org](http://www.drja.org) anytime. Members range in age from 8 – 18. Newcomers are always welcome.

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## Board & Commission Meetings

All meetings are held at the Town Hall unless otherwise noted.

### Board of Assessment Appeals

March and September  
Date & times to be announced.  
Chairperson: Mark Reyher

### Conservation & Inland Wetlands Commission

2nd Thursday of each month at 7:30 p.m.  
Chairperson: Alan Mizejeski

### Community Health Committee

3rd Tuesday of each month at 7:30 p.m.  
Chairperson: Russell Marth

### Deep River Elementary School Board of Education

3rd Thursday of each odd numbered months (except for July) at 7:30 p.m. at the elementary school. Joint meetings with other Region 4 boards during even-numbered months at JWMS  
Chairperson: Christine Daniels

### Design Advisory Board

4th Thursday of each month (as needed) at 6:30 p.m.  
Chairperson: Alan Paradis

### Town Hall Auditorium Restoration Committee

2nd Thursday of each month at 2:00 p.m.  
Chairperson: Arthur Thompson

### Board of Finance

4th Tuesday of each month at 7:30 p.m.  
Chairperson: John Bauer

### Board of Fire Commissioners

1st Monday of each month at 7:00 p.m. at the Fire House  
Chairperson: William Spitzschuh

### Library Board of Trustees

2nd Monday of each month (except for July) at 7 p.m.  
at the library.  
Chairperson: AC Proctor

### Park & Recreation Commission

2nd Wednesday of each month at 7:30 p.m.  
Chairperson: Janice Kmetz

### Planning & Zoning Commission

3rd Thursday of each month at 7:30 p.m.  
Hearings may be scheduled separately.  
Chairperson: Jonathan Kastner

### Regional 4 Board of Education

1st Thursday of each month, except July and August.  
Meetings are at 7:30 p.m. at John Winthrop Middle School.  
Chairperson: Linda Hall

### Board of Selectmen

2nd and 4th Tuesday of the month at 6:30 p.m.

### Water Pollution Control Authority

1st Monday of each month.  
Meetings are at 7:30 p.m. at the Treatment Plant.  
Chairperson: Ted Mackenzie

### Zoning Board of Appeals

3rd Tuesday of the month at 7:30 p.m.  
(only when there is a case to be heard.)  
Chairperson: Don Grohs

Note: If a scheduled meeting falls on a legal holiday, check with Town Clerk for rescheduled date.

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**Conservation & Inland Wetlands**  
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**Public Works Department**  
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**Kirtland Commons Housing Authority**  
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**Animal Control**  
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## A Theater's Facelift



From floor to ceiling the Town Hall Theater gets a Victorian facelift. Clockwise from right: New England Joinery crafted two pairs of smoke barrier doors for both the orchestra level and the balcony entrance. Here one of Tom Knox' crew puts a finish coat on one of the balcony doors. Then, with a little help from a friend, carries it upstairs. One of carpenter Brian Ambrosino's tasks was to replace panels of stamped metal ceiling that had been corroded by dampness, followed up by Knox painters.



Ed Francis is the floor guy—he straightens warped boards, (replacing them when necessary), sands them then applies a rock-hard, three-coat, long lasting finish. Ed's a talented carpenter, too. You'll see lots of his work, upstairs and downstairs, when you take the tour during the Town Hall Open House, from 10 till 1 on Family Day, this Saturday.





## Scene Around Town: Young Faces, New Places



**Jailbirds:** They come to Town Hall for a tour. Do they want to admire our newly-renovated offices and wonderful heating and air conditioning system? Are they overwhelmed by the beauty of our marvelous Victorian-era theater? Like most of our younger visitors this group from Church Street Child Care just wanted to see the jail. But as soon as we locked them up they began complaining about conditions. Our official tour guide, Dick Smith, did release the prisoners in the recognition of the Church Street staff. You, too, can be a witness to history at the Town Hall open house on Family Day, from 10 till 1.

**Public Sector — The Bridge:** These pilings, interlocked and driven to bed rock, form a coffer dam. The area they enclose can be pumped dry so that reinforced concrete abutments can be poured. Once the concrete has cured the pilings are withdrawn.



**Private Sector — PCI Medical:** In an earlier issue we wrote about the success story of PCI. At that time Phillip and Cleo Cole had just purchased the former Whelen building at the intersection of Winter Avenue and Main Street and begun renovations. Work was completed last spring, and PCI's nearly 40 employees are filling high tech orders.



**Devitt Field:** The fresh concrete (*left*) is now the floor of two ADA-compliant bathrooms. This was a major project, which included upgrading both electrical and water service. The pavilion roof was re-decked and shingled; the Snack Shack required new rafters. (*left*) Carpenters work out the logistics of tying the two dissimilar buildings together.







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