



Deep River News

Vol. 19, No. 1

Spring
2014

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Deep River Welcomes our New Businesses on South Main Street:



Ashleigh's Garden

Stop by for all your favorite beautiful flowers and our huge selection of cards. Be sure to look around the 'Annex' where we show off all of our beautiful vases, baskets, artificial flowers, ribbon, and anything your party or a DIY bride might need!



Lady Chatelaine's Too

They offer antiques and vintage pieces from a beautiful selection of exotic wood kitchen tools by David Courant to Upcycled Pallet. Furniture by Mathew Seymour



Hairy's K9 Activity Center

Hairy's is a fun place for dogs to play, socialize, and be the happiest dog they can be! See page 33 for article.



Wreath Thank You:

Thank you to the following people who installed and removed the from the lamp posts making the Town of Deep River holiday season more beautiful than it already is. Philip Schaller, Ed Field, Bob Jenkins, Chris Reedich and Paul Koritkoski.

To the Merchants who paid for the garland, wreathes and bows. Thank you also goes to Ashleigh's garden who helped by taking delivery of the greens and storing the bows.

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Upcoming Events

Easter Egg Hunt

Saturday April 5th with a rain date of Sunday
April 6th at Devitt Field.
The hunt starts promptly at 2:00pm.

LUAU

Sponsored by the Deep River/Chester Lions Club
April 26th starting time is 6:30pm
St. Joseph's Church in Chester.
Tickets can be purchased at Deep River Hardware
Store or by any Lions Club member.

Auction of Antiques and Collectibles

Sponsored by Deep River Rotary
March 22nd. Item preview from 12:00 - 6:00pm
and auction begins at 6:30pm.
Deep River Congregational Church
See page 19 for details

10th Annual Spelling Bee

Friday April 4th at 7:00pm
Valley Regional High School Auditorium
See page 10 for details

The Stamp Out Hunger Food Drive

Saturday May 10th
See page 40 for details



Deep River News Spring 2014

Richard H. Smith, First Selectman
John R. Kollmer, Designer & Editor
Gina Sopneski, Advertising
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To submit articles or ads,
contact the Selectman's Office
860-526-6020 or gsopneski@deepriverct.us
Deadline for Summer Issue is April 1, 2014

www.deepriverct.us



Cover Photo by:
Gina Sopneski

Selectman's News

Plattwood Park

The first step toward implementing the major projects at Plattwood Park, funded by a grant of \$400,000, is choosing an engineering firm. To that end we published a Legal Notice, a Request for Qualifications (RFQ), with a return date of January 17th.

On February 25, 2014 the Board of Selectman, after interviewing three engineering firms with members of the Park & Recreation Commission chose Nathan L. Jacobson & Associates Engineering firm of Chester to design the upgrades at Plattwood Park.

Union Street Bridge

Union Street will be the last town-owned bridge to be replaced. The Village Street Bridge, which re-opened in November of 2012, was the third town bridge we have rebuilt since I have been in office. Both Bridge Street and Essex Street, which were funded 100 per cent by grants, were completed during the 1990s.

Therefore, I am pleased to report that the Connecticut Department of Transportation (DOT) has informed us that they have approved \$1,976,800, which is the estimated total cost of engineering and construction of the Union Street Bridge. A grant will fund 80 per cent of the project; the remaining 20 per cent will be the Town's responsibility. Although bridge replacement is a long, drawn out process, the slow pace allows the Board of Selectmen and Board of Finance to adjust the town budget to spread our share of the cost over several years, thus preventing a spike in the mill rate.

Planning for the Village Street bridge, which stretched over five years prior to the start of construction, was abnormally long. But even the five year span we routinely expect seems excessive, and residents often ask why. Since I am involved in all construction projects the town undertakes I have a good understanding of the bumps and pitfalls, most of which occur during the planning phase.

Our first step is to seek grants to help offset the enormous cost of bridge replacement under the Federal Government's bridge program. The State conducts periodic inspections of all town bridges, assigns a rat-

ing based on condition, then submits their report to the towns. Based on those ratings we have replaced bridges in that order, with Union Street to be the last.

Working with our town engineer, we provide basic plans and documentation to the DOT. Based on the rating of the bridge, Federal bridge standards and the availability of funds, we are told whether funding is available.

After meeting with representatives of the DOT, they will authorize the town to begin the process of selecting an engineering firm qualified in the area of bridge construction, which will take several months. Throughout the design phase there will be exchanges of phone calls and e-mails, and many meetings. During construction the pace increases, and meetings may come on a weekly basis. Most meetings require my presence, together with the engineering firm, representatives of utilities and the DOT. There is a constant dialogue between our engineers and the independent engineering firm contracted by the State to serve as liaison. Our Inland Wetlands Commission has a role to play, as do the Department of Energy and Environmental Protection (DEEP) and the Army Corps of Engineers.

Eventually the State will authorize the Town to seek bids from construction companies that specialize in bridges. The Board of Selectmen, in consultation with the engineering firm hired by the Town, make the choice. In most cases the low bidder is chosen. But there have been cases in which the apparent low bidder fails to follow the bid specifications to the word, and must be disqualified. The Town's final choice is then reviewed and approved by the State.

The net result of this multiple review process is the addition of many months to the length of the project. Construction itself typically takes from 12 to 15 months. Bureaucracy alone is not responsible for the lengthy process—for the protection of delicate species of fish and other water life, seasonal restrictions may prohibit work that disturbs the water course, sometimes for two or three months. Completed bridge projects take our wild neighbors into consideration. The next time you cross the Village Street Bridge on foot, look over the south side of the bridge to see for yourself the wooden walkway built just for animals to safely cross.

Selectman's News, cont.

Sewer Expansion

Planning & Zoning has stated that the sewer expansion conforms with the Plan of Conservation & Development, and meets the Statute 8-24 requirements. All required Town Meetings have been held that require residents' approval. Cardinal Engineering has begun designing the sewer expansion. It was Cardinal's engineers who designed the previous expansion, which included Union Street and intersecting streets.

This latest phase will serve approximately 120 properties on River and Kirtland Streets, as well as Fairview Avenue, River Lane, Old River Streets 1 and 2, Read Street and Phelps Lane. As is our practice we have already met with the Connecticut Water Company, which has agreed to replace existing aging water mains on Kirtland and River Streets, as well as install a new water line from Fairview Avenue to the Town Landing, which will complete the loop with Kirtland Street. Presently water service ends at the driveway to the Mount Saint John School. There is no municipal water service from this point until the intersection of River and Fairview Avenue. This connection will provide an alternative water supply when service is disrupted for emergencies or maintenance. By coordinating with utilities and performing drainage upgrades newly reconstructed roads are not torn up. The Water Company will fund their upgrades.

The sewer project will be funded under a program of the U. S. Department of Agriculture. The cost of this project will be offset by a grant equaling 30 per cent of the cost. The balance will be funded with a low interest loan, payable over 40 years. As I wrote in a previous issue of the News, our final payment for the mechanical system at Town Hall will have been paid before the first sewer system payment comes due.

In the 1980s, when Congress enacted the Clean Water Act, funding for sewers was readily available—the grant for the initial phase of our sewer in 1988 was approximately 90 per cent of the total cost. Times have changed—we were fortunate to have found the USDA grant—in 2014 it's the best deal around.

Budgeting for the project includes some much-needed road work, too. Where necessary, storm drainage will

be upgraded. Roads associated with this project will be reclaimed and repaved. This project will provide yet another benefit to our town: by extending both sewer and water to the Town Landing we will be able to provide public toilets.

Infrastructure - Part 1: The Process of Planning

In importance and in budgetary terms, maintaining our infrastructure is second only to the education of our children. I am very pleased that the Board of Selectmen and Board of Finance have given their wholehearted support for the many projects we have accomplished through the years. All projects and upgrades of our municipal buildings must follow stringent building and fire codes, and must meet all ADA compliance codes.

To date the library, Deep River Elementary School, Town Hall, Devitt Field and Town Garage have undergone expansions or renovations. These large scale projects, which involved millions of dollars, have all been completed. However, there will be routine maintenance such as painting, roof repairs, upkeep of mechanical systems (plumbing, heating, etc.).

There is a notable exception to the previous: our Fire Department Headquarters at Union and Elm Streets. I feel confident that through the combined efforts of the Fire Department, the Boards of Selectmen and Finance, and you, who have the final say, we will find a solution that will satisfy the Fire Department's needs.

Road work, of course, will always be with us. Just as we plan the maintenance and upgrades to our buildings, every budget includes funding for major upgrades to our town roads: storm drainage, reclamation of roadbeds and repaving. Then there are more routine expenses: replacing old or missing signs, painting lines and stop bars, installing new posts and guard rails and mowing and trimming the roadsides.

To keep our tax rate stable we prioritize major projects and, wherever possible, we keep our schedule flexible. One hurricane can wreak havoc with a carefully planned budget as easily as it disrupts our highway maintenance schedule. That is simply a fact of life. We are fortunate to have had FEMA grants to cover most of the unexpected costs of hurricanes and blizzards.

Selectman's News, cont.

Infrastructure - Part 2: The Result of Planning

Repairing or rebuilding a section of town road causes temporary traffic delays; building renovations are an inconvenience to workers and the public alike. But maintenance deferred will likely result in far more than a brief annoyance. Ignore a leaky roof and spend thousands to repair interior water damage. Put off an oil change and end up paying for a rebuilt engine. When scheduled maintenance is built into every budget the only surprises should be the challenges posed by acts of nature.

My quarterly reports to you via this column are heavily weighted toward discussions of infrastructure. I wonder sometimes whether I am belaboring the obvious. But you need to know how your tax dollars are being spent, and that they are being spent to your advantage.

When it comes to writing about it, I have often wished that I could find another word for infrastructure. Should there be more to life? Yes, family and friends come first. But for a First Selectman there is always..... maintaining the infrastructure.

Welcome New Merchants

Two new shops have enhanced the already dazzling variety of wares our Main Street has to offer. Both have taken space facing Main Street at the Connecticut Valley Industrial Park (500 Main).

Lady Chatelaine's Too has taken up residence in the suite once occupied by H & R Block. Lady Chatelaine features a delightful mix of antique, re-purposed and contemporary, hand-crafted, made-to-order furniture, together with vintage clothing, photographs and decorative accessories. Words don't tell the story--check out the Lady's Facebook page. (860) 322-4662.

Next door, Ashleigh's Garden, a transplant from a nearby town, has put down new roots in the former A-2-Z space. Known for its flower arranging wizardry, Ashleigh's specializes in meeting the floral needs required by large events. Ashleigh's Garden is filled with radiant examples of her skills and a wide variety of floral accessories, including a selection of vases of every description. Visit Ashleigh's Facebook page for a gallery of photos. (860) 767-2889.

Dick Smith, 1st Selectman

Savings on Medical Expenses

Since the text below appeared in the Fall 2013 issue of the *News*, updated figures show that the PRO ACT card has provided real savings. The card's effectiveness varies, depending on your present medical coverage, but it costs nothing to find out if it will work for you.

Several months ago you should have received a large, colorful postcard that offered savings in the costs of medicines. The PRO ACT program is sponsored jointly by the Connecticut Conference of Municipalities (CCM) and its participating members. It offers savings on prescriptions (for pets, too), as well as on some vision and hearing related services. I have heard from several residents that the card has been of benefit to them. The major benefit of belonging to CCM is its focus on legislation that affects Connecticut's towns and cities. Programs such as PRO ACT add extra value to our membership. My suggestion is to present your card the next time you visit your Pharmacist, to see whether it may be beneficial to you and your family. If you did not receive your Pro ACT card or have simply mislaid it, they are available from the Town Clerk or the Selectman's Office.

Month	Cards		Cards		Retail	Member	Savings	
Average	Per Cent				Price	Price	per Rx	Sav-
(2013)	Used	Accepted						ings
	Savings							
August	3	3	\$	112.17	\$	37.39	\$	45.37
September	21	12	\$	619.89	\$	29.52	\$	555.74
October	20	9	\$	394.96	\$	19.75	\$	1,311.30
November	8	8	\$	245.07	\$	30.63	\$	251.26
December	10	9	\$	421.34	\$	42.13	\$	1,223.59
							\$	15.12
							\$	26.46
							\$	65.57
							\$	31.41
							\$	122.36
								29 %
								47 %
								77 %
								51 %
								74 %

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Town Clerk's Office

Welcome New Residents & Property Owners

Graeme & Emily Archer	103 Hemlock Drive	08/30/2013
Randa C. Netsch	26 Belmont Avenue	09/03/2013
Michael J. Gambardella	53 Westbrook Road	09/03/2013
Daniel & Casey O'Brien	70 Book Hill Road	09/03/2013
Tracy A. Reichel	36 Sunset Ridge	9/09/2013
Francis Maloney & Ashley Weaver	65 Whittlesey Brook Road	09/16/2013
Gail P. Gallagher	92 Main Street, #213	09/16/2013
Daniel Alberino	54 Westbrook Road	10/04/2013
Daniel & Deborah Rutan	94 Stevenstown Road	10/11/2013
Donald S. Spencer	332 Main Street	10/15/2013
Eric Ducoff & Krista Carlson	9 Huckleberry Drive	10/31/2013
Susan Miron	81 High Street	11/01/2013
Eric & Elizabeth Grieder	85 West Bridge Street	11/08/2013
Susan J. Pickney	11 Fox Run Road	11/13/2013
Eric Rothmann	42 River Street	11/19/2013

Passings

Ronald C. Erni	48 Witch Hazel Drive	09/19/2013
Suzanne D. Walker Kane	192A Main Street	09/20/2013
Betty Loveland Tracy	64 Essex Street	10/09/2013
Myrtle G. Kelsey	284 Winthrop Road	10/16/2013
Elizabeth P. O'Donnell	116 Union Street	10/31/2013
Michael Bevilacqua	299 Main Street	11/19/2013
Richard Pillar	10 Prospect Street	11/24/2013
Ida Mitchell	45 Whittlesey Brook Road	12/13/2013

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:

Economic Development Commission	term to expire 12-01-2016
Economic Development Commission	term to expire 12-01-2014

Park & Recreation Commission	term to expire 12-01-2016
Park & Recreation Commission	term to expire 12-01-2016
Park & Recreation Commission	term to expire 12-01-2014
Park & Recreation Commission	term to expire 12-01-2015

Water Pollution Control Authority	term to expire 12-01-2014
Water Pollution Control Authority	term to expire 12-01-2014

Agent for the Elderly

CATV Advisory Council District V

Long Island Sound Council

Region II Regional Mental Health Board

Town Clerk's Office, cont.

Marriages

Anthony T. DeVito & Heather C. Drayton	09/07/2013
Hennessy Aspilaire & Darlyne Pierre	09/12/2013
Daniel B. Storer & Lizabeth K. Geissler	09/14/2013
Timothy J. Myers & Kristin E. Roberts	09/14/2013
Aaron L. Mortensen & Jennifer W. Rockwell	09/21/2013
Sean E. Krom & Heather J. McKenzie	09/21/2013
Gregory R. Steenbergen & Jane R. Yousey	09/23/2013
Nicholas I. Hillman & Dana E. Daunis	09/28/2013
Jennifer A. Mrowka & Nicole L. Schmidt	09/28/2013
Thomas G. Parker & Patricia W. Hazuka	09/29/2013
James R. Fremut & Jill M. Brant	10/05/2013
Eric C. Holliday & Stephanie L. Smith	10/05/2013
Christopher Beers & Bethany A. Pellerin	10/12/2013
Gordon H.J. Johnson & Tina A. Griggs	10/13/2013
Michael A. D'Occhio & Kalyn T. Yeager	10/19/2013
Benjamin J.T. Kamlet & Rachel E. Tubin	10/26/2013
Richard N. Arnold & Pamela F. Simpson	10/26/2013
William R. Hyde & Kristin M. Delaney	11/02/2013
James J. Hastings & Lara Gardner	12/17/2013

New Trade Name Filings

Jonathan H. Ohr	Major League Builders	09/04/2013
Thomas Marion	Shiny Lapel Trio	09/11/2013
Philip J. Schaller	Good Tee Company	09/20/2013
Nicholas & Virginia		
Andreoli Muscarella	Home Envy	10/18/2013
Richard A. Belton	Knoshy, LLC	12/04/2013

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Deep River Fire Department

In 1989, the Deep River Fire Department sold its longest in-service piece of fire apparatus, a 1949 Maxim pumper truck, "Engine 2".

Now serving as Chief of the Department and hearing many stories of how great this truck was, I decided to personally locate and purchase our Engine 2 and bring her back home to Deep River. I can remember as a little boy my brother Tom and I would go with our dad to the fire house so he could get her all cleaned up for the parades.



Engine 2 while she was still in California.

About six months ago I got the name of the couple who bought the truck from the town back in 1989 when she was taken out of service. With some help I was able to get a phone number for them. They indicated they sold the truck back in 1999 or 2000 and all they couldn't remember the gentleman's last name and where he once worked. I made some calls and was given a cell phone number that was 4 years old and they weren't sure if it was good anymore. I called the gentleman and the number was good, he remembered the truck and that he had done a quick sale on her on eBay and she went to California. All he was able to give me was a 13 year old eBay buyer's screen name. My wife was able to research that eBay name and get me a phone number.



On August 3rd of last year I called the number and was able to talk to the gentleman who owned her. He indicated that she was in OK shape and still had some of our old



When she arrived in Connecticut

helmets and hose on her. After almost six months of e-mails and phone calls, she was loaded up on the tractor trailer, left Los Angeles and started her trip back to Deep River. She arrived on Monday

January 13th and I was able to hide her in the shop of New England Auto Detailing in the Essex Industrial Park. Lou

DeLorso, the owner of the shop, did an outstanding job bringing the paint and bright work back as good as it can be. She also had no brakes so, with a little help from a mechanic friend, we were able to diagnose the problem as the master cylinder and located one in Alabama. We spent the better part of that week working on her and got the brakes working and adjusted.

Five days later, I drove her out of the detail shop and headed for my dad's house to surprise him. I had my wife Kim, my brothers Tom and Don Jr; meet at my Mom and Dad's house.




After she was cleaned and detailed

Needless to say he was overwhelmed with joy to see the old truck. Just as a little side note, this was all done with only a very small handful of people knowing. My Dad and my brother Tom had no knowledge of the trucks return to Deep River; my dad was a Captain on the truck back in the mid-80s. With the rain that had started we decided to get her under cover after making a quick stop to see Pete Waz at the Elementary school. During the day we were able to surprise several other members of the Fire Department by tricking them and having them walk through the door of the garage where she is stored. Needless to say, to see the faces of these guys and to hear the stories that were told made this a day I will never forget! I look forward to getting her running a little smoother and getting some of these guys out driving her.

My plans are to continue to restore Engine 2 as much as possible and display her in parades and other fire department functions.

Tim Lee, Chief



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Registrar of Voters

Our big election of the year is the municipal vote for local offices held in November of the odd numbered years.

This year we had a strong turnout of approximately 30% even though it was not a contentious slate. This was a promising sign that people are more aware of the importance of all elections and especially the local ones.

We implemented a new statute-same day registration. Even though it was not highly publicized, we did have several people register and vote on that day.

Please check the town web site, www.deepriverct.us, and local newspapers for updates. Any questions, please call the registrars' office @ 860 526-6059 the Town Clerk's office @ 860 526-6024 or 860 526-9213.

Joanne Grabek /Lorraine Ballsieper --Registrars



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Deep River Resident Trooper's Office

Police 1st Day of School

Chester Resident Trooper Matt Ewing and I with Mrs. Martineau, the principal at Valley Regional High School



10th Annual Spelling Bee



The Region 4 Education Foundation is looking for teams to participate in its 10TH Annual Spelling Bee. The Bee will be held in The Valley Regional High School Auditorium on Friday April 4th at 7PM. Each team consists of 3 players who corroboratively derive the correct spelling of the word. There will be prizes for the winning team and the team with the best costumes.



Ray and I greeting a DRES student on his first day of school

*Deeep River
Resident Trooper
Dawn Taylor*

The Region 4 Education Foundation is a non-profit organization that was set up in the mid 1990's to enhance the educational, extracurricular, and athletic experience at our award winning schools - Valley Regional High School and John Winthrop Middle School. They help fund projects, programs and materials that are not in the yearly operating budget.

For more information about The Spelling Bee or The Foundation please call Taffy at 860-767-0650 or Rick Stebbins at 767-9148

Stuff a Cruiser

The officers from the Deep River Resident Troopers office participated in Stuff the Cruiser with the Community Health Committee in Adams Parking Lot.



Your donations stuffed 5 - 6 cruisers. All donations went to the Deep River Food Bank. We appreciate anyone who provided donations. Thank you for making this a very successful day

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Animal Control

It's almost spring. It was a strange winter, one day cold and the next warm so I wonder what Mother-Nature has in store this spring. Now would be a good time to check our rabies status because, as we know, spring starts bringing out all the wild life and their headaches. Another reminder is, if your dog poops, don't forget to scoop. This is for health and safety of other pets and to avoid a fine. Over the winter I have seen some very well dressed pets walking around town. Way to go, pet owners! It shows me that the animals are well cared for and are being treated as family, not just animals.

Bob Jenkins, Animal Control Officer



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American Legion Post 61

Even though all the American street light flags were retired for the winter, Deep River street lights were beautifully decorated for the holiday season. Also of mention here is that the Deep River Historical Society invited American Legion Post 61 to participate in their First Annual Festival Of Trees.



The Stone House was adorned with winter white hydrangeas & other floral greens. Our tree was situated upstairs, next to the display for Lt. Petterson, WWII veteran and Purple Heart recipient. It

was covered with poppies and patriotic ornaments. Because this event was held on December sixth & seventh, we were able to display the Honolulu Star Bulletin newspapers of that day in 1941 which "will live in infamy". There was excellent traffic on a night that had terrible weather. Our tree placed second. Thank you to all who came out to see so many great organizations that represent our town and make it terrific.

If your flag is in poor condition, please deposit it in the disposal box at Deep River Hardware. The American Legion sponsors a large dignified disposal ceremony which takes place every year in June usually by the South Meriden Post. From our area, Jim Beardsley presented almost a thousand flags to be put to rest. Post 61 welcomes donations for new flags to be placed on Main Street every year. Donations can be made to honor a family member.

It's not too early to alert our high school juniors that we are seeking applicants for Boys State (and Girls State managed by our Deep River Legion Auxiliary). Bobby Hamblett, our 2013 candidate reported that this was an awesome opportunity to learn about our government and meet some government officials. Please talk to your guidance counselor or an American Legion member about this as soon as possible. It is our recycled bottles & cans collected at the DR Transfer Center that assist us in supporting events for our youth. Post 61 thanks all those residents who remember to separate their re-deemable refuse and deposit those bottles in our white booth. Funds acquired might also be used to assist other needy local causes. Additionally, veterans who are in need due to medical or social issues, please contact Art Winschel, (526-2304) who is our Post Service Officer.

Commander James Marshall invites all honorably discharged former US military members to join us at our

meetings held on the third Monday at 7:30pm downstairs at the DR Public Library from September to June. A warm welcome is offered to those Post 200 members who live locally. We have both men and women veterans who regularly attend our meetings. Also, please join us for the two parades Deep River citizens support and the many events held by our local schools. Drivers and cars would be honored to transport veterans who can not march. FMI : 860-526-2983.

American Legion Flag Fund

The weather and time take a severe toll every year on the flags that hang on Main Street. I will need at least 15 new flags for the summer of 2014. They cost us about \$25.00 each. Please make any donation to the American Legion, c/o Flag Fund.

Don Grohs, Jr. Lt. Commander

Who are we and what do we do

You have seen us marching in the Memorial Day Parade with our bright red poppies handmade by Veterans for which we happily accept donations, but did you know that nearly \$2 million dollars are collected Nationwide from the poppies that exclusively benefit veteran's programs.

Nationwide 927,000 hours are volunteered to support veteran programs. Nationwide nearly 1 million veterans are helped. Deep River (and you do not need to live in Deep River) is a very active group contributing to these hours and service.

If you have a father, brother, grandfather or husband who is or was a veterans, contact Lillian Beardsley at 860-391-5346 or Gail Breslin at 860-663-0322. We meet monthly September thru June at 7:00p.m. at Grace Stalsburg's home. In June we are putting on a bingo at Rocky Hill Veteran's Hospital. We help support the Fisher House, collect tabs in a canister in the local grocery store for Ronald McDonald House, sponsor Laurel Girls' State seminar, walk in the Kids Walk for the Childrens' Medical Hospital and much more.

If you are interested, do get involved and call one of the above telephone numbers.

*Patriotically yours,
Virginia Buracchi, Chaplain/Junior Vice President*

American Legion Post 61, cont.

On November 11th, 2013 the American Legion held its Annual Arts and Essay Award ceremony at the Deep River Elementary School. We are proud to announce the winners



Picture: Richard Nagot, far left, Children and youth officer American Legion Post #61. Dr. Jennifer Bayer, far right, previous Principal Deep River Elementary School with other members of Post #61 and Auxiliary and the winners of this year's Veterans arts and essay contest.

Kindergarten:

1st place: Addie Guzallis
Painting of the Washington monument
2nd place: Alan Rivera
Drawing of the Statue of Liberty
3rd place: Reed Schmelzer
Drawing of the Statue of Liberty

1st and 2nd Grades:

1st place: Linette Spaner
Drawing of the Columbia Memorial on Veterans Green
2nd place: Joanna Petrone
Drawing of a CG4 Glider in flight
3rd place: Gavin Ortola
Drawing of a CG4 Glider in flight

3rd & 4th Grades:

1st place: Grace Cassineri
Essay on D-Day, A soldier's letter home
2nd place: Madison Sheehan
Essay on D-Day, June 6th 1944
3rd place: Stephanie Sheehan
Essay on the Battle at Gettysburg

5th & 6th Grades:

1st place: Riley Millburne
Essay on The Battle at Gettysburg
2nd place: Sophie Spaner
Essay on D-Day
3rd place: Lauren Allen
Essay on D-Day

The American Legion would like to thank all the students who entered the contest and Deep River Toy Co. and Davinci's Pizza for their donation of awards.

Richard Nagot, Children and Youth Officer

Deep River Horseshoe League



While we all are stuck in the midst of winter it is never too early to start thinking about the days when you can be outdoors wearing short sleeved shirts and shorts and thinking about spring time sports activities. So it is getting close to that time of year again to start a new season for the Deep River Horseshoe League. Our first meeting will be held at the Deep River Town Hall on March 27, 2014, at 7:00 pm. This is a perfect time for new players to attend and find out about how to qualify for the league and all the new information about the upcoming season. Past players also need to attend that didn't sign up at last year's banquet at the close of our 2013 season. This meeting will be about our pit clean up night on April 10, 2014, and the start of our new season on April 24, 2014, and any other items that need to be discussed by League Officers and Players. We can always use extra help on pit clean up night in case of any damage that occurred during the winter.

The League Officers would like to mention to everyone that would like to substitute or potentially become a new member that you don't need to be a town resident or have played in any Horseshoe League in the past. We also could use more substitute players even if you cannot play the entire season, so if you're interested come down to the meeting and be part of the exciting and competitive new season for a league that is Connecticut's oldest Horseshoe League and is starting its 59th year of existence.

Thank You,
Vincent Puckett, League President



Last year's champions.

From left to right.
A-Shooter Debbie Scully, B-Shooter Vincent Puckett, C-Shooter Ket Bounphakdy. Photo courtesy of Michelle Puckett.

Chester/Deep River Boy Scout Troop 13

Chester/Deep River Boy Scout Troop 13 Announces Five New Eagle Scouts!!



Eagle Scouts (L-R) Samuel Jones, Tyler Johnson, Iestyn Norton, Gregory Merola, and William Brown

Troop 13 - Boy Scouts of America would like to congratulate our five newest Eagle Scouts: Tyler Johnson and Gregory Merola of Chester and Samuel Jones, Iestyn Norton, and William Brown of Deep River.

To become an Eagle Scout a boy must advance through the seven ranks by learning Scout and Life skills all while providing leadership to his Troop and service to his community. One on the final requirements for the Eagle Rank is to show leadership in and complete a service project that benefits the boy's community, school, or religious institution.

Tyler's project was at the Bushy Hill Nature Center in Ivoryton where he cleared a hiking trail and replaced a bridge to an island at the camp. Tyler wanted to give back to the camp where he spent many summers and was a counselor at the camp.

Gregory's project was to rebuild an amphitheater used by hundreds of campers each summer at Camp Hazen in Chester. Greg led the Scouts in replacing benches, clearing the access trails, and installing new gateway and sign. Samuel's project was to GPS the location of all 701 storm drains in Deep River. He also supervised the affixing of labels that informs the public that anything put in the storm drain will make its way into rivers and the ocean.

Iestyn's project was to design and supervise the construction of a snack shack/storage building at Plattwood Park in Deep River for the residents and their guest to enjoy. He secured many donations for material and labor to keep the cost down for the town.

William's project was to replace the boardwalk through the historic Cedar Swamp at Bushy Hill Nature Center in Ivoryton. The old walkway had deteriorated over time and was posing a safety risk for campers. The walkway allows campers to walk through the swamp to view ecological diversity at the camp.

Information about Troop 13 - BSA

Troop 13 Boy Scouts serves the boys ages 11-18 of Chester and Deep River. The purpose of the Boy Scouts of America is to help young men develop their character and life skills all while having fun. There is much emphasis placed on assisting these young men to develop into strong healthy citizens who will lead our communities and country in the years ahead. The Boy Scout methods help to promote these ideals through the challenge of putting them into practice with the Troop Program. This is done in a way that is both challenging and fun. To learn more information about joining Troop 13 please contact our Scoutmaster, Steven Merola @ 860-526-9262



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A Healthier Connecticut by 2020

Your Voice Matters

Tell Us What Health Issues
Are Most Important to You

A broad coalition led by the Connecticut Department of Public Health (DPH) is developing a Plan to help Connecticut residents become healthier by 2020.

DPH is holding public forums in each of Connecticut's eight counties to help develop the Plan. We will share key information about our population's health, and want to hear what issues and problems affect your community's health, and how your community can become a healthier place to live.

All Connecticut residents are welcome, including state, local and tribal government agencies, academic institutions, businesses, health care providers, and community, recreational, philanthropic, and faith-based organizations.

Time: All forums are from 6 to 7 p.m.
Registration begins at 5:30 p.m.

Registration requested. Walk-ins welcome!

To register in advance:

Online: <https://ct.train.org> (Use ID# 1045492)
By Phone: 860-509-8070



For more information, please visit the DPH web site:
www.ct.gov/dph/SHIPCoalition

**LOCATIONS**

TOLLAND COUNTY: September 10, 2013
Rockville High School Auditorium, 70 Loveland Hill Rd., Vernon

WINDHAM COUNTY: September 12, 2013
EASTCONN Capitol Theater, Magnet High School, 896 Main St., Willimantic

HARTFORD COUNTY: September 24, 2013
Legislative Office Building, Room 2C, 300 Capitol Ave., Hartford

LITCHFIELD COUNTY: September 26, 2013
Torrington City Hall, Council Chambers, Rm. 218, 140 Main St., Torrington

FAIRFIELD COUNTY: October 8, 2013
Discovery Magnet School Cafeteria, 4510 Park Ave., Bridgeport

NEW HAVEN COUNTY: October 10, 2013
Hill Regional Career High School, Auditorium, 140 Legion Ave., New Haven

NEW LONDON COUNTY: October 17, 2013
Three Rivers Community College, Multipurpose Rm. F117, 4574 New London Turnpike, Norwich

MIDDLESEX COUNTY: October 21, 2013
Connecticut Valley Hospital, Paige Hall Solarium, 1000 Silver St., Middletown

If you require aid or accommodation to participate fully and fairly in this event, please phone (860) 509-8070

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Connecticut River Area Health District

Childhood Lead Poisoning is Preventable!

The CT River Area Health District offers the following information on lead poisoning prevention for children.

Until lead based paint was banned back in 1978, they were widely used in homes and buildings in Connecticut. The durability and weather resistant qualities of lead based paint made it a desirable product for most homeowners. In addition, much of Connecticut's housing stock was built pre-1978. These three factors are responsible for the continued presence of lead from paint in our environment, and the continued exposure to lead and its effects for generations of children. Much has been accomplished in Connecticut to prevent childhood lead poisoning, but we still have a lot of unfinished work to remove lead from our children's environment.

It is not surprising that children are exposed to lead in sub-standard housing where painted surfaces are allowed to deteriorate because of neglect. However, children in more affluent communities with older neighborhoods may be exposed to lead paint especially when renovation occurs without regard to safe lead practices.

The biggest concern with lead paint is the creation of lead dust when lead paint is subject to deterioration from scraping, sanding, friction and weathering. All of these processes contribute to the creation of lead dust. Why is lead dust the biggest concern? The reason is that it is breathable. A great contributor to lead dust are old windows that have deteriorating lead paint on them. The opening and closing of sashes creates friction which breaks down painted surfaces over time. This could result in a large amount of leaded chips and dust accumulating in window wells that gets easily blown into the interior of the house with wind.

Breathable lead dust is a major and most damaging way that children are exposed to lead. As with nearly any toxin, the most intensive and direct route of exposure to lead is through breathing it in in the form of dust. There are three main reasons for this: First, children breathe at a much more rapid rate than adults and are more susceptible to respiratory exposure. Second, small children are breathing at the same level that the dust gets created and accumulates, near windows and the surrounding floors. Third, inhalation exposure is the most direct form, entering the bloodstream much more proficiently and at higher concentrations than any other method of exposure. It is also worth mentioning that exposure by ingestion in children is much more pronounced than in adults because of the pronounced hand to mouth habits of young children. Whatever lead gets picked up on children's hands gets transferred to his or her mouth.

This activity in children is referred to as pica.

How do we prevent or at least minimize lead dust exposure in children?

The first thing to know is that childhood lead poisoning is entirely preventable. Even though lead may persist in our environment, eliminating children's exposure to the lead is the key. Below are some simple, inexpensive, and effective ways to reduce your family exposure to lead.

1. The first thing to know is if lead is present. There are simple lead test kits that may be purchased in home improvement or hardware stores that will let you know if lead is present on surfaces. You could test window wells and sills, floors, or any other surface where paint is deteriorated. These tests will not tell you how much lead and at what level the concentration is, but it will let you know that it is present and you could proceed with more caution. If you do not want to test for lead, and you live in a pre-1978 home, you may make an assumption that lead paint is present.
2. Clean surfaces using wet methods such as mopping and wet wiping with cleaning solution as opposed to vacuuming or sweeping. This type of cleaning removes the dust instead of moving it around. Unless your vacuum is equipped with a high efficiency particulate air (HEPA) filter, fine lead dust will pass through a vacuum and get re-circulated into the room. Most household vacuums are not equipped with HEPA filters. Although becoming more difficult to find, phosphate based cleaners will help dissolve lead in solution to allow deeper cleaning, but many phosphate based cleaning compounds have been taken off the market. A powdered dishwashing soap such as Cascade for the dishwasher works well. Remove larger loose chips with the sticky side of tape prior to wet cleaning.
3. Consider replacing older painted windows with newer lead free windows. If this is something you could afford, it is the best way to eliminate a persistent source of lead in the home. If windows are in poor condition, avoid opening and closing them, as this creates and spreads more dust.
4. If you hire a contractor to perform renovation in your home built prior to 1978, insist that the contractor is trained and certified in lead safe techniques. Many homeowners overlook this important step. An untrained home improvement contractor whom does not use lead safe methods, can leave behind a major lead contamination problem for you and your family to have to deal with. It would be wise to discuss this and get assurances that lead safe practices will be used before any renovation work starts.

Connecticut River Area Health District, cont.

5. Place furniture as barriers to home components where paint is deteriorated and chipping to keep children away from these areas.
6. Get children to wash their hands frequently enough to remove lead dust and residue from their hands. Remember, hands are an important vehicle for lead ingestion. Frequently wash toys that children play with.
7. Many pre-1978 homes may have old plumbing also. Lead was frequently used in connections and linings of water supply piping. To avoid lead exposure through your drinking water, run the tap, especially first thing in the morning, to flush out water that has been sitting in the pipes for hours before using the water for drinking or cooking. A good rule of thumb is to not drink the tap water until it becomes noticeably colder coming out of the faucet.
8. If a parent or household adult works where there might be lead, avoid tracking dust into the home by insisting that the adult clean up before entering, and change clothing before coming into the home.
9. Avoid suspect cosmetics and home remedies. Many are not regulated and may contain lead in high concentrations.
10. Be on alert for lead recalls. The Consumer Product Safety Commission gives information on lead recalls. Log in at www.cpsc.gov or call 1-800-638-2772.

If lead is a concern on the inside of the home, it is likely a concern on the outside as well. If flaking or chipped paint is on the exterior of the home, homeowners can take the following precautions:

1. For at least several feet out from the foundation or exterior wall, prevent children from access to the soil by plantings, fencing, or other natural barriers.
2. Plant grass or other ground cover to eliminate bare soil areas.
3. Have children wash their hands upon coming inside after playing outdoors.

If you think your child has been exposed to lead, you should have your child tested by your child's doctor. Your child's doctor should include this blood test as part of a routine check up. Beginning on January, 2009 the law required that the test be performed on children starting at nine months of age. After that, if your child's lead level is not elevated, your child's doctor should do an 8 question risk assessment as part of each well child visit to determine the need for additional testing.

We are available at the health district for any questions you may have about lead in the home, children's blood lead levels or state regulations concerning lead. You may call us if you

have concerns about this at 860-661-3300.

Health District Looking For Well Water Test Participants

Recently, the CT Department of Public Health (DPH) recommended that Connecticut homeowners test their wells for arsenic and uranium. Testing in various parts of the state resulted in high enough levels of these two naturally occurring contaminants to prompt testing state-wide.

The Connecticut River Area Health District (CRAHD) in cooperation with the DPH is offering this testing free to private well owners. If you live in Old Saybrook, Clinton or Deep River and wish to have your well tested for arsenic and uranium, please contact CRAHD at 860-661-3300 or email ccollier@crahd.net.

The aim is to sample wells spread throughout the District to provide a good representation of arsenic and uranium levels within the three towns. The test sites will be selected with that goal in mind.

The health district will take the sample, and transport it to the DPH State Lab where the sample will be analyzed. The results will be shared with the homeowner.

Arsenic is a naturally occurring metal that has toxic effects on the body, and has been identified as a cancer causing agent. Uranium is a naturally occurring metal that is radioactive and may affect kidney function with prolonged excess ingestion. Both metals are odorless and tasteless.

More information about arsenic and uranium in drinking water can be found at the Health District Website: www.crahd.org

Jim Monopoli

Director of Health, CT River Area Health District

Serving the towns of Deep River, Clinton and Old Saybrook



Dry Pants Model Yacht Club

Spring 2014 brings another year of fun!



At the time of this writing, members of the Dry Pants Model Yacht Club all have a bad case of cabin fever and are looking forward to another season of sailing at Plattwood Park. We very much appreciate the Town of Deep River enabling us to use the facilities.

Model boat sailing has a huge following. Our core Association is the AMYA(American Model Yachting Association) which is made up of thousands of member sailing enthusiasts. Over 32 classes of boats are officially recognized. All of these classes have strict rules about boat design and class limitations. Some are strictly one-design boats which means the only variables in racing are skill and boat tuning. No hull or rigging modifications are permitted. Other classes have basic parameters for the boats but they provide opportunities for significant modification and design advancements. The smallest class is the "Footy" and as the name implies they are just a foot long. The largest boats are the J boats that are about 8 feet long with masts that are 9 feet high and weigh just under 100 pounds

Virtually all of the boats you see at Plattwood are one-design CR-914s—one of the fastest growing classes in America. All boats are 36" long, must weigh a minimum of 100 ounces, and must use the same sails. Our Club is now one of the most active clubs in the class and has members who are new to model sailing as well as those who have won national championships. We all help each other become better sailors.

Deep River residents are welcome to stop-by anytime and visit with sailors. If you would like to try sailing one of the boats, that opportunity is always available. If you would like to be part of the Club, we always welcome new members and can help find used boats. We all have three things in common, we all like sailing, competition, and the camaraderie that goes with having fun.

Look for us every Sunday from 10:30am until noon as well as Thursday evenings when there is light. For more information, visit the Club's website: drypantsmodelyachtclub.com or just Google, dpmc.

Jim Godsman, Commodore, 860-767-5052

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Deep River Rotary Club

The Deep River Rotary Club has completed a busy year 2013 and is looking forward to an active 2014.

Among the highlights of our late fall season was our co-sponsoring the Deep River and the African Elephant weekend, along with the Deep River Historical Society. The event on Nov. 9-10 proved to be a remarkable gathering, drawing experts from Washington, D.C. and around the world who are committed to protecting these amazing creatures. African elephants are still endangered, and poaching has reduced their numbers even in protected preserves and national parks in Africa. Many of those who came expressed admiration and astonishment that a small town like Deep River should take up the cause. Deep River was once the center of the ivory trade in the Western world. The Rotary Club purchased and donated the elephant statue which stands in front of Town Hall, and during the November festivities, a new permanent plaque was presented so that passers-by will understand its significance. (Picture of John LaPlante and Kevin Brewer, past Deep River Rotary Club president). The plaque reads:

WE HONOR THE ELEPHANT

*During the 1800s, Deep River was the center of
America's ivory trade.*

*Elephant tusks from East Africa were brought to Deep
River landing for local factories*

to make piano keys, combs, buttons, and billiard balls.

*Thousands of elephants were killed, their tusks transported
by slaves, to sustain this trade.*

*Deep River remembers its debt to this majestic creature
as it looks forward to a new future as "Queen of the Valley."*

In addition, the Rotary Club commissioned a limited number of commemorative bracelets to bring awareness of this connection. These elephant bracelets, made from Vegetable Ivory instead of elephant ivory, were de-



signed by club member Desiree Richardell. They are available for \$15 from club members.

The Club also held its third annual Oktoberfest at the end of September. It was held in the newly renovated Town Hall, and an overflow crowd enjoyed authentic German food and drink, entertainment, and auction items. It was emceed by club member Jenny Pace in her German dirndl, and a German Chocolate cake eating contest challenged area politicians, officials, and citizens to devour a chunk of cake as quickly as possible without using hands or utensils. The contest was won by Rev. Tim Haut.



The Club is looking forward to its next community event, which is an Auction of Antiques and Collectibles to be held on Saturday, March 22, at the Deep River Congregational Church. Quality Collectibles of Deep River will be running the auction. Anyone wishing to donate items to be auctioned may bring them to Quality Collectibles, 156 Main St. in Deep River. Donors will receive 80% of the sale price from the auction. The church hall will be open from 12:00pm – 6:00pm for previewing items during the day of the auction, which will begin at 6:30 p.m.



The Rotary Club meets each Tuesday at 12:15 at the Ivory Restaurant. Visitors and guests are always welcome. The cost of lunch is \$12. Most luncheon meetings welcome speakers, civic leaders, and special programs of interest to our community. Monthly the Club honors a young person from Valley Regional High School, nominated by a member of the faculty, as a Student of the Month. They receive a gift card and a book is donated to the local library in their name as well.

Officers are: Lorianne Panzara-Griswold, President; Desiree Richardell, President-Elect; Timothy Haut, Secretary; Kevin Brewer, Sergeant-at-Arms; and Tinder Baser, Treasurer. Please check our Facebook page (Deep River Rotary Club) and "Like" us!

Deep River Congregational Church

Our youth participated in two special mission activities to begin the New Year. On Saturday, January 25th, they joined the youth from other churches in the Middlesex County in "No Room at the Inn." This event raised greater awareness of the plight of the homeless, as those taking part spent the night sleeping outside in a cardboard box. On January 31st, the teenagers of our church took part in the Midnight Run with a convoy of vans packed with food items, gallons of coffee, along with blankets and warm clothes collected from our members and friends of the church. The Midnight Run is a non-profit organization that brings food and clothing to the homeless of New York every single day of the year. Our group left Deep River around 7:00 p.m., and started their distribution in the city by about 11:00 p.m. Our group actively distributed food and clothing at pre-designated locations between 11:00 and 2:00 before heading home to Deep River around 5:00 in the morning. This is one of our most popular programs because of the close interaction with people who so desperately need help. We are so proud of our teenagers for taking on this commitment year after year! The 2014 Summer Mission Trip (June 22-27) destination is New Jersey for Hurricane Sandy Relief.

The men of the church hosted a special Valentine Breakfast for the women of the church at 8:30 a.m. on Sunday, February 9th. There will be no 8:30 service that morning.

Our Lenten/Easter activities give us the opportunity to celebrate God's amazing love in His dying for us and in the Glorious News of His Resurrection. Lent begins on Ash Wednesday, March 5th. Two services will be held that day: a Communion Service at 6:30 a.m. and a Service of Healing and Peace at 7:00 p.m. On each Wednesday, March 12th – April 9th, potluck suppers will take place at 6:00 p.m. Bring a dish to share, as well as your own place-settings and enjoy a special evening program.

Join us for Holy Week and Easter Services-Everyone is Welcome.

On Palm Sunday, April 13th, all men of the church, community and local churches are invited to attend our Annual Men's Palm Sunday Breakfast. Worship begins at 7:00 am, followed by a breakfast and a guest speaker,

to be announced. There is no 8:30 service that morning.

On April 17th, Maundy Thursday at 7:00 pm, our Communion Service commemorates the Last Supper and our fourth grade Sunday School students will receive their First Communion that evening. There will be a Soup and Bread supper at 6:30 p.m. on Good Friday, April 18th, followed by a moving Good Friday Worship service at 7:30 p.m.

The traditional Easter Sunrise Service will be held at Mt. Saint John School at 6:00 a.m. on Easter Sunday, April 20th. There will be two services at the church; one at 9:00 a.m., which is a family service and the second at 10:30 a.m. There will be special music from the Sr. Choir and Chancel Handbell Choir, along with a special Easter message from Rev. Timothy Haut. A wonderful array of treats prepared by Martha Beaudoin will be served by our Deacons at a special coffee hour at 10:00 between the two services.

Our Board of Christian Service is sponsoring an American Red Cross Blood Drive at the church on Friday, April 25th from 12:30 – 6:00 p.m. All are welcome.

The 8th Annual Mother's Day Craft Fair will take place in early May. You may contact the church office at 860-526-5045 or the new church web site, www.deeprivercc.org for further information as the date draws near.

We have an active Sunday School program. The children are participating in a collection of school and health supplies to be sent to Church World Missions. Our fourth graders will have special classes during Lent to prepare them for their first communion on Maundy Thursday. There is a group of high school students who are diligently working toward completing the requirements for Confirmation. They will become full members of our congregation on Pentecost Sunday, June 8th. Our third graders will be studying the Bible in anticipation of receiving their own Bible on Children's Sunday, which will take place on June 15th this year. That service will be followed by a VBS (Vacation Bible School) Block Party. Our Vacation Bible School will be held from July 7-11 this summer. The program is open to all children in the community for 4 year olds through those entering 5th grade. There is no cost to

Deep River Congregational Church, cont.

attend. You may contact the church office or Director, Chelsea Chiappa at vbs.drcc@yahoo.com.

Please consider worshipping with us on Sundays. We have two services; a shorter service at 8:30 a.m. and a full worship service with choir at 10:00 a.m. Our church reaches out to people of all ages, starting with the very young. Sunday School meets each Sunday during the 10:00 a.m. church service, for pre-schoolers through high school. Confirmation classes are held every other Sunday for high school students preparing to become members of our congregation. We also have an Adult Fellowship group which meets regularly and several ministries that reach out to our elderly, shut-ins, and others in need of spiritual support in times of need: Caring Card Ministry, Stephen Ministry, and Friend-to-Friend Ministry.

Check our church website for more activities in the life of the church, www.deeprivercc.org or contact the church office, 860-526-5045 or office.drcc@snet.net.

Healthy Communities Healthy Youths



Help to Believe and Achieve: Paying it Forward!

Just about everyone can look back on her or his life so far and see that certain people have been especially important in helping us feel valued and empowered. We invite you to try this fun little exercise.

Near the **Y**, write the names of people who have believed in you, whether long ago or more recently.

Near the **E**, jot down something (or several things) you were able to do because one of those people believed in you.

Near the **S**, write the name of a young person who might benefit from knowing that you believe in her or his abilities and potential. Then think of one way to show that person you believe in her or him.

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Visiting Nurses of the Lower Valley

Visiting Nurses of the Lower Valley Named as a Top Agency of the 2013 HomeCare Elite



Visiting Nurses of the Lower Valley today announced that it has been named a Top Agency of the

2013 HomeCare Elite™, a recognition of the top-performing home health agencies in the United States. Now in its eighth year, the HomeCare Elite identifies the top 25 percent of Medicare-certified agencies and highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of publicly available performance measures in quality outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS®), quality improvement and consistency, and financial performance. In order to be considered, an agency must be Medicare-certified and have data for at least one outcome in Home Health Compare. Out of 9,969 agencies considered, 2,496 are elite.

The award is sponsored by OCS HomeCare by National Research Corporation, the leading provider of home health metrics and analytics, and DecisionHealth, publisher of the most respected independent newsletter in the home health profession, Home Health Line.

“The 2013 HomeCare Elite winners demonstrate a commitment to providing patient-centered care and serving as leaders in the home health community. Their success is a tribute that managing healthcare data and utilizing it for improvement initiatives lead to high quality care, and we recognize them for their outstanding achievements,” said Mary Oakes, senior vice president of post-acute at National Research. “We congratulate Visiting Nurses of the Lower Valley on being recognized as a top home care agency.”

Visiting Nurses of the Lower Valley, Inc., Executive Director Susan Maxwell credits the agencies dedicated staff with receiving this honorable recognition. “Consistent with our century-old tradition of high-quality care, the mission of the Visiting Nurses of the Lower Valley, Inc. is to provide comprehensive, personalized services that foster health, independence, dignity and comfort through home-based healing, education, and health-oriented community outreach initiatives,” said Ms. Maxwell.

“HomeCare Elite recognition is a significant acknowledgment. The shift from fee-for-service to pay-for-performance payment models is reshaping the healthcare profession. And home health is proving to be an integral part of the continuum. In the face of value-based purchasing and care delivery model changes, the metrics that make up HomeCare Elite

methodology shine an accountable light on an industry that may be the lynch pin to achieving affordable care at home,” said Marci Heydt, Product Manager for the post-acute care business group of DecisionHealth.

About Visiting Nurses of the Lower Valley

Visiting Nurses of the Lower Valley, Inc. is a not-for-profit, Medicare and Medicaid certified home health care organization serving Essex, Chester, Deep River and the Lower Valley region. Please check their website (www.visiting-nurses.org) or call (860) 767-0186 for service information.

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9 Town Transit

9 Town Transit Transports 100,000th Passenger

After four years of strong growth, 9 Town Transit topped 100,000 trips in a one year period for the first time in its 32 year history.

The 100,000th passenger boarded a Shoreline Shuttle bus on December 30th at the Post Office Square bus stop in Clinton. Anthony Lancaster of New London waited with a co-worker. Both were headed home from their jobs at Murphy Moving & Storage.



"I take the bus every day from New London to Branford", says Lancaster. "Without 9 Town Transit, I wouldn't be able to get to work."

Lancaster was met by 9 Town Transit executive director Joseph Comerford and operations manager Allison Meshnick as he boarded the bus toward Old Saybrook. The two presented Lancaster with a free one month bus pass, good on all 9 Town Transit routes.

Comerford says Lancaster represents the fastest growing segment of 9 Town Transit users. Commuters are now more than half of all transit trips in the region and growing.

Since 2009, 9 Town Transit has grown ridership ship 88% by expanding the reach and hours of its services. Public bus service is now available from the shoreline to New Haven, New London, Middletown, Haddam and Hartford, all for a fare of \$1.50. Most services now begin around 6:00 AM and end at 7:00 PM or later. Connections are offered to four neighboring transit systems.

In mid-January, East Haddam partnered with 9 Town Transit to offer general public Dial-A Ride throughout the town, further expanding the service area. Dial-A-Ride service will now be provided to eleven towns. All services are open to the general public.

Additional information, route maps and schedules are available online at www.9towntransit.com or by calling 9 Town Transit at 860-510-0429.



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Deep River Parks & Recreation

The Parks and Recreation Commission continues to provide residents and local citizens with many exciting events and programs.

Even though we remain very busy running our winter activities and programs, the new year brings much planning to our group as we ready for spring and, believe it or not, we plan our summer camp program!

Mark your calendars; coming up in April, is an annual favorite, the Easter Egg Hunt. This year it is scheduled for Saturday, April 5th with a rain date of Sunday, April 6th, starting at 2pm at Devitt Field. The hunt is open to Deep River children from pre-kindergarten age to those currently in sixth grade. The event is free.

Also, the Commission is sponsoring an 8-hour boating course to be held on Sunday, April 6, 2014 from 8:00-4:00 pm. The cost of the 1 day Combination Safe Boating and Personal Watercraft course is \$65.00. Call the Parks and Recreation Office to register. Register early to avoid cancelation of the class due to low enrollment.

The Commission is sponsoring a basketball clinic for girls in grades 1-3, 2 days a week at DRES from 3:45-5:15 starting in mid-March and running through May. Check the Town of Deep River web site for all the details.

Three bus trips have been planned to take fans to see Major League baseball at its finest! Come with us and watch the 2013 World Series Champion Boston Red Sox take on the Detroit Tigers or the Kansas City Royals. The first game is scheduled for Sunday, May 18, 2014 and the second will take place on Sunday, July 20th. A trip to Yankee Stadium is also planned as the Bronx Bombers take on their rivals from Baltimore. This trip is scheduled for Sunday, June 22, 2014. For pricing information and to reserve your tickets please call the Parks and Recreation office at 860-526-6036. Avoid disappointment and call today; ticket quantities are limited and buses sold out last year.

Looking back, our Annual Holiday Stroll, despite the rainy weather, was attended by hundreds as the Deep River Elementary School chorus performed in the historic auditorium. The auditorium was filled to capacity as the children's voices filled the air with the sound of

holiday classics. A big thank you to Peg Caffrey and Laura Kaspro for making that happen. The performance was given to support, 'Chorus Cares' a group that collects new, unwrapped toys for needy children as the price for admission. Parks and Recreation was proud to support their cause and because of the generosity of the local community, the school was able to donate hundreds of toys to this fine organization.

The annual gingerbread contest, always a crowd favorite, again saw some exceptional entries. Prizes were awarded in five categories. Winners were: 'Most Creative': The Lenz family; 'Best Use of Candy': Christopher Wilson; 'Most Festive': Christian Izaguirre; 'Most Unique': The Kateley Family; and 'The house that everyone wants to live in': Cassandra Kisch. Congratulations to all of the winners and a big thank you to all who entered their unique creations.

People coming to the holiday stroll were able to enjoy holiday classic movies in the beautiful auditorium and also be entertained by Maya Moen's Magical Fire and Light Show. Maya is a Deep River resident who drew many 'oohs and aahs' as she performed tricks with real fire! Great job Maya.

The horse drawn carriages again returned to downtown Deep River but this year they took a new route. The carriages left Veterans Way and took a left onto Elm, a left on Union and then a left on Main Street. Once on Main Street the carriages stopped at the Stone House so that revelers could disembark to enjoy the new "Festival of Trees" event put on by The Deep River Historical Society. Back at Town Hall, holiday strollers could enjoy free hot chocolate and cookies and meet and greet Santa Claus who had arrived on a shiny white fire truck 'sleigh'. The Commission wishes to express our gratitude to the Deep River Fire Department, the Deep River Constables and the Deep River Fire Police for helping make this event run smoothly and ensuring the safety of all participants.

The Parks and Recreation Basketball program is well underway with approximately 220 youth from grades 1 through grade 12 participating. The Commission understands that the program would not be possible without the countless hours donated by the volunteer coaches. We appreciate it and we know that the players appreciate

Deep River Parks & Recreation, cont.

it also! With the sheer size of this program more gym space was needed as fitting 21 teams into the DRES gym on a weekly basis was very tricky indeed. We are thankful that The Academy at Mount Saint John (AMSJ) has opened up its doors to us so that our program can enjoy their spacious, newly painted gymnasium! Currently most of the grade 7-12 teams are utilizing that space. It has certainly helped to alleviate the overcrowding issue at the elementary school. The Commission wishes to express our thanks to our friends, Lee, Chuck and Kathy, at AMSJ! Look for the end of season tournament as teams in grades 7-12 compete for the 'Valley Cup'. The tournament is scheduled to be held the week-end of March 8th 2014. Come out and watch some competitive youth basketball. You won't be disappointed!

The Commission is always looking for ideas for programs that residents would enjoy. Give us a call or send an email if you have something in mind. Better yet, consider joining us. Currently we have five vacancies on the board. We need your help to keep all these exciting programs going!

Don't forget to check us out on the town's web site to keep up on all our latest news and programs!

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Deep River Town Hall Restoration Committee

Conceal! Discover! Shelter! Study! Register! Return!



In 1993, as part of the restoration effort, Ted Mackenzie, Bruce Edgerton, and a group of volunteer workers, while re-rigging the stage, ran across this single shoe in the space above the auditorium ceiling. It appeared to be a woman's shoe of 1890s vintage. In subsequent work, no mate was located.

At the time of the discovery, one crew member vaguely remembered a superstition related to concealing a single shoe in the roof or attic for good luck. Bruce was assigned custody of the shoe; he provided a safe home for 20 years, until, as a member of the Restoration Committee, he brought it to the attention of the full committee.

The practice recalled by one of Bruce's co-workers turned out to be rather prevalent at an earlier time. Usually a single shoe was hidden, rarely pairs. Almost half of those located belonged to children, with more female footwear than male. Shoes are almost always well worn, perhaps because a well-worn shoe was more likely to retain the shape of the wearer's foot and, thus, the spirit of the owner. During construction, shoes were hidden near openings in the building, weak places that were to be protected by the shoe owner's spirit. The three most common places for concealed shoes were the area around the chimney/fireplace, under the floor or above the ceiling, and in the walls.

Concealing shoes dates from the late 1700s to 1916 in the US, but began much earlier in Western Europe. Many have been reported in New England, but also as far south as Virginia and far west as Missouri.

A museum in Northampton UK has taken it upon themselves to gather information about concealed shoes. We have provided them with photos and supporting data. They have registered our shoe in their database.

Having protected Deep River's town hall for more than 120 years, it has been returned to its original resting place in the space above the auditorium ceiling.

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Deep River Town Restoration Committee, cont.

Happy New Year! This year is a big year for the Deep River Town Hall Auditorium; it marks the first year that the Auditorium renovations are complete and now open to the public for use. The Deep River Town Hall Auditorium Restoration Committee sent a report to the Selectmen that they have successfully completed the charge of renovating the Auditorium. The new Deep River Town Hall Auditorium Management Committee (DRTHMC) is now responsible for managing and preserving the Auditorium.

The DRTHMC would like to start the New Year with introductions. Carol Jones is the Committee Chair; she has 15 years of experience working in the Town Hall with Parks and Recreation and brings her understanding of the town and leadership to the DRTHAC. Angus McDonald is Secretary; he is in his second term as Selectman. Luther Moen is a committee member who has been taking on the responsibilities of updating the Auditorium's sound and light systems. Calice Sterling is a committee member and longtime resident of Deep River. Linalynn Schmelzer is a committee member; she was also a committee member on the DRTHARC. Linalynn brings her familiarity of the Auditorium and love for the performing arts.

The renovated Auditorium is beautiful. Please feel free to stop in to take a peek or schedule a tour with a committee member. The Auditorium entrance, grand stairway and elevator are on the Elm Street side of the Town Hall building. Once you enter the building it is unmistakably an historic landmark; it still has the Victorian charm of 1893, yet a closer look will reveal fully equipped kitchen built in 2013. There are new fire safe doors and exits, wireless microphone systems, current technology for stage sound and lights, a video projector and many more modern amenities. The renovations and updates to the Auditorium have re-kindled a spark within the Deep River community and the once- dusty space is now reborn.

The DRTHAMC would like to thank all pervious auditorium committees, volunteers and craftsman for all their hard work and dedication. The grand re-opening in May of 2013, hosted by the DRTHARC, kicked off a host of community and cultural events that the DRTHMC hopes will continue. The Auditorium has been utilized by Face Arts Music, The Swinging Bridge Arts Alliance, Deep River Rotary Club, Deep River Parks and Recreation, Deep River Elementary School, The Deep River Historical Society, Town held Public meetings and by several other private groups. It is wonderful to have this sparkling jewel in the heart of the Deep River village and the DRTHAMC

encourages residents and surrounding towns to utilize this space for personal and civic events.

Consider the Auditorium for your next fundraiser, wedding, meeting, or performance. The application and policy for Auditorium use can be found on the Deep River Town Website or by contacting Carol Jones at 860-526-6036 or cjones@deepriverct.us.



Here is to the New Year and new events in 2014!

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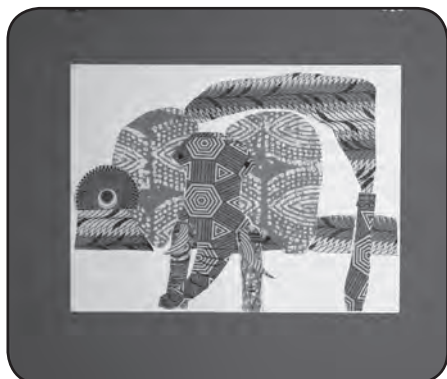
Due to the tremendous response to our "Save the Elephant" program in November, we were able to continue the great work of the Save the Elephant organization in Africa by making a donation of \$1,583.51! We thank the people who participated for their generous support!

We are also pleased to recognize the contributions to this success: over 45 students and teachers participated in the essay and art portion of the program, and they were presented with awards at the Saturday program in the Carriage House of the Deep River Historical Society.



Winners in the essay contest were: Kaitlin Sandman (1st), Sam Rosenberg (2nd) and Jimmy Nettleton (3rd).

The following students received Certificates of Art Achievement: Second grade: Sam Kehlenbach, Millie Gardner, Linette Spaner and Natalie Novak. Third grade: Dylan Ingram. Sixth grade: Brady Ingram and Sophie Spaner. Middle School: Tara Rodriguez, Evonne Morrell, Michael Sisson (1st), Helen Porter and Hailey Scott (2nd), and C.J. Doyle (3rd). Class Achievement – Amy Foster, Teacher. High School: Shelby Olson (1st) and Zoe Matthiessen (2nd).



We are honored to note that the Save the Elephant Program of Deep River has been recognized nationally in both the National Geographic and at several recent national and international events supporting

this cause. We plan to keep the momentum going, and will be planning follow up events in 2014 with the same goal as the Save the Elephant organization: "To secure a future for elephants and sustain the beauty and ecological integrity of the places they live, to promote man's delight in their intelligence and the diversity of their world, and to develop a tolerant relationship between the two species."

Already underway is the adoption of orphaned elephants to create a "Deep River Elephant Family." So far over 11 elephants have been adopted, and if you are interested in adopting an elephant to support their care in Africa, go to <http://www.sheldrickwildlifetrust.org/>, and please let us know so we can add you and your baby elephant to our family by contacting Nancy Cohn (nancy_yyy@yahoo.com) Lastly, if you would like to be included in our future plans, email Nancy to have your name added to our mailing list!

Charlotte Lazor





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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.

You can also view the meetings online at any time. Go to the Deep River web site (www.deepriverct.us) and on the homepage under "Quick Links" select "View meetings online." The most recent meeting will be shown, or you can select an older meeting date.

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 Valley Shore Community Television studio in Westbrook 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.

Italian History Project

Frank Santoro of Deep River and Peter Zanardi of Chester are compiling a history of the turn-of-the-century immigration of Italian families to Deep River, Chester and Essex and the story of the assimilation of their descendants into the life of the three towns. Anyone with information on this subject is encouraged to call Pete at 860-526-9007 or Frank at 860-526-9374.



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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!

The winter/spring PTO meetings are scheduled for the following Tuesdays at 7:00 p.m. in the DRES Library: March 11, May 13 and June 10.

If you are interested in learning more about the activities of the PTO, please join us at one of the meetings or send an email to drespto@gmail.com. Free babysitting for school-age children is available during the meetings.

Upcoming Activities of the PTO:

March 24 - Day of the Arts

Spring Book Fair with Family Night and Cake/Bake Walk (Date TBD)

DRES Movie Night - Keep your eye out for DRES Movie Night. Get out of the cold and enjoy a family movie night.

Spring Used Goods Drive - Please keep this in mind for later this spring (possibly in May).

Ongoing Activities for DRES parents and the residents of Deep River that can earn money for DRES:

Box Tops for Education - Box Tops offers 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). 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. 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 or call 1-877-275-2758 - Use school id# 11128 and KFAB for the password. 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 drespto@gmail.com or drop a note in the PTO mailbox in the DRES teachers' lounge. We will be updating the DRES PTO items on the DRES website and the DRES PTO Facebook page regularly. Please check there for more information about DRES PTO activities in the future.

Thank you, 2013-2014 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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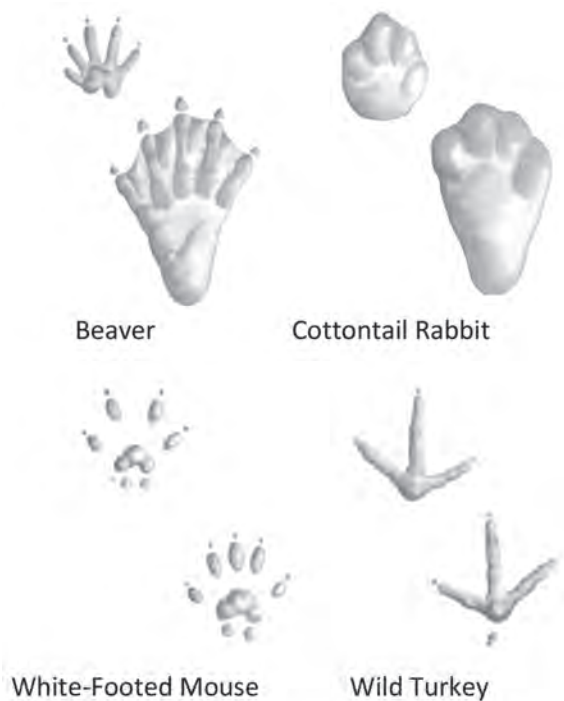
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Deep River Land Trust

The Deep River Land Trust has some suggestions for New Year's resolutions if you still have not come up with any good ideas.

1. Take a hike. The state, the town, and the land trust have a number of wonderful places to walk, view the scenery, or look for birds. This can be done any season of the year and each season has its share of wonderful things to see.



What about winter? There are some great views of the river that can be seen when the trees are bare. Plus, when there is fresh snow on the ground, the woods become alive with the footprints of various animals. Get a book or printouts of tracks from the internet and we guarantee that you will have a great time trying to identify the creatures that are out and about. Here are some samples. See if you can spot them in the snow. Keep in mind that often the animals are in motion and the tracks may not be as close together. It is a real detective game to figure out the animal whose tracks you discover.

2. Volunteer to help. We always need help tending our woodland trails. After fall and winter there is always lots of cleanup to do. Contact us and join a team of stewards to clear the branches (and trees!) that may have fallen over paths on our protected lands. Or, better yet, join us to help build a new trail. Wouldn't it be great to establish a perfect trail to exercise the new Cross-country Skis you got for Christmas?

3. You can learn to fine art of Geo-caching. First, go on-line to a Geo-cache website (GeoJim has many interesting sites)

and download a Geo-cache site. Then go out with your GPS, and locate the cache for fun and profit. The fun is the search for the Geo-cache site and the profit is the exercise for your mind and body which pays dividends in well-being.

4. Make a donation. We are getting new trail markers and putting up new signs on our various locations in Deep River. You can see two examples of these new signs at the Smyth Sanctuary on Essex Street next to Pratt Cove and at the Bidwell Sanctuary on Rattling Valley Road (which also has a great new path designed and constructed by Josef Lenz – an Eagle Scout candidate for his project and other scouts who helped him with the construction.) So help us with a donation or volunteer to help us put up the trail markers and the new signs.

For more information or to be added to our mailing list, email us at: drlandtrust@gmail.com

Stop by the Florence Bidwell Sanctuary on Rattling Valley Road where there is a new trail that was designed (and constructed with help from other scouts) by Eagle Scout Candidate Josef Lenz for his scout project. This is a relatively short trail with a small climb to the top of a hill where there is a nice meadow. Here are some of the things you can

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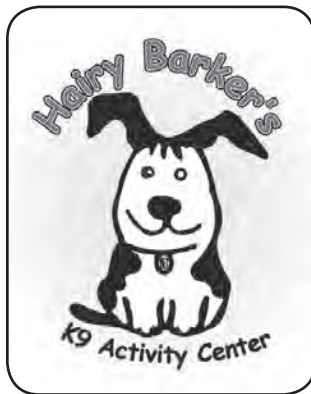
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We would love to share music with you!

Hairy Barker's K9 Activity Center

Deep River Dog Daycare Does It Right!



Hairy Barker's K9 Activity Center, at 444 Main Street is open and ready to pamper your pooch! The premier choice of all dogs along the shoreline and in the valley, Hairy's offers a safe, clean, stress free environment for your beloved dog to make new friends, exercise, and be lovingly cared

for. Daycare is offered 6 days per week, walk-in baths are available, professional grooming is by appointment, and training classes are available in the evenings by a leading, local, humane trainer.

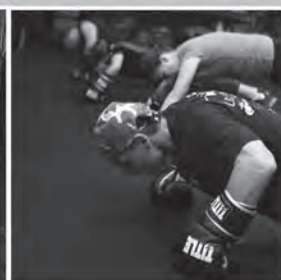
Hairy's mission is to provide a fun place for dogs to play, socialize, and be the happiest dog they can be! Their 1,500 square foot play area is supervised at all times by

a loving, attentive "floor monitor", and dogs are always on leashes for relief walks. Dogs are never crated for 'nap time' or for behavior modification, and drop in visitors are welcome anytime to tour the facility.

Smaller and senior dogs have their own quieter space, while more active guests have plenty of room to jump and run so that everyone is comfortable.

Hairy's is currently enrolling for daycare, and attendance packets and hours of operation can be found on their website www.hairybarkerk9.com or by emailing hairv@hairybarkerk9.com.

Hairy Barker proves that with stimulation, nurturing care, and an outlet for energy, your dog will be a calmer, happier, better behaved and well-mannered member of your family.



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Tri-Town Youth Services

Tri-Town Youth Services invites your participation in these upcoming programs:

Tri-Town Substance Abuse Prevention Coalition

The Tri-Town Substance Abuse Prevention Coalition will hold its next meeting at Tri-Town Youth Services, 56 High Street in Deep River at 9 a.m. on Wednesday, March 12.

Membership in this Coalition is open to all who live or work in the tri-town area who are concerned about substance abuse and interested in its prevention. In addition to ongoing prevention programming in our schools and communities, the tri-town area is currently involved in Healthy Communities Healthy Youth and the Drug Free Communities federal grant.

Please do join the Coalition to share your thoughts, to learn more about prevention, and to get involved! For further information, call 860-526-3600.

Parent Survey: A Win/Win!

The Tri-Town Substance Abuse Prevention Coalition (SAPC) will be conducting a Parent Survey from March 28-April 30. Located on the Tri-Town website at www.tritownys.org, the Parent Survey is strictly anonymous and confidential. Open to all parents of Pre-K to 12th grade students in the tri-town area, parent participation is crucial to obtain an accurate picture of our community's attitudes, perspectives and feelings about important issues. As a community, it is vital to learn from parents what their challenges and experiences are related to youth substance abuse while raising their children. Getting this data is a "win" for the community – including our kids and our families. Whether they hold strong opinions or not, the SAPC asks parents to take a few minutes to fill out the Parent Survey.

Upon completion of the Survey, parents may choose to be entered into a drawing for one gift card valued at \$100 or one of four gift cards valued at \$25 each. This could mean a "win" for you! The Tri-Town SAPC appreciates parents spending some of their valuable time to assist the Coalition in ensuring a safe and drug-free community for all tri-town area youth.

Deep River Garden Club



The Deep River Garden Club participated in the Historical Society's first and hopefully annual Festival of Lights event held in December 2013. Handmade ornaments, popcorn and cranberry garland

adorned the tree which was placed on the porch of the Stone House. Decorations, in part, were donated from Running Brook Farms.

Once again the Winthrop Planter located at the intersection of Route 80 and Westbrook Road was decorated by DRGC members with greens donated from Acer Gardens.

In January we begin planning our monthly 2014 programs. Perhaps you are interested and want to know more. Please feel free to attend a meeting. The DRGC encourages all levels of gardeners or interested individuals wishing to assist in the beautification of Deep River to join us. Meetings are held the third Tuesday of each month at 7pm at the Town Hall.

DRGC members will attend The Connecticut Flower and Garden Show at the Convention Center in Hartford in February and encourages attending local gardening events throughout the year. Keep your eyes open for the promise of Spring with the daffodils planted throughout the town especially in our new location at the outside wall of the Winthrop Cemetery.

Deep River Social Services

On behalf of the town of Deep River, Social Service Department, I would like to extend my heartfelt thanks to all the residents, organizations, businesses and churches that made this past holiday season such a success. The goal of the holiday program is to make a difference in the life of any resident in need. With the help of the Deep River community, many lives were enriched for the better.

Thank you again, your dedication to those in need is deeply appreciated and gratefully acknowledged by the town.

Rosie Bininger, Social Service Director

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Sugar is Bad for You

As a RN, I know that we need to maintain a healthy blood sugar level in our bodies at all times, which is necessary for cellular function and our overall health & well-being. We do not need or should have added sugar in addition to the naturally occurring sugars we already get in foods in a healthy, well-balanced diet. As a society, we eat way too much sugar, and it does affect our bodies negatively. Sugar is everywhere! In our foods and in our drinks and on top of that, we continue to pack in more and more on a regular basis.

The American Heart Association recommends men limit added sugar to 36 grams, or 9 teaspoons, per day. Women should limit added sugar to 24 grams, or 6 teaspoons, each day. The calories from soft drinks cause more weight gain than the calories from solid foods. These limits only pertain to added sugars, not sugars that occur naturally in some foods, such as fruits. The average American consumes 21 teaspoons, or 84 grams, of sugar daily though; far more than recommended.

Here is a list of some of what sugar does to our bodies. Always be mindful of what you are consuming, food & drink, on a daily basis to prevent excess sugar intake and to optimize your health. It's so important!

-Sugar has been demonstrated in studies to have addictive qualities.

- Sugar makes you fat, particularly in the abdominal area.
- When you fill up on sugar, you are less likely to eat food with the nutrients that you need.
- Modern diets laced with sugar aren't just making us fat, they're making our kids fat and sick for life.
- Sugar keeps you hungry.
- Sugar feeds cancerous cells.
- Sugar is often consumed in pre-packaged foods that contain other additives & preservatives your body doesn't need.
- Sugar suppresses the immune system making you more prone to infections.
- Sugar is costing us money with amounts estimated at 1 trillion dollars for related illness healthcare costs.
- Sugar feeds off of bacteria in the mouth causing increased risk of decay and cavities.
- Sugar contains no nutritional value at all & empty calories.

- There is a real withdrawal effect when decreasing increased sugar intake and it can cause you mood swings.
- We use sugar as a reward instead of healthier choices.
- Sugar has a negative affect on our skin, causing premature aging.
- Sugar can lend to chemical reactions in your body that can prematurely age your brain.

Cindy Lignar, RN, Personal & Fitness Trainer, Co-Owner Squared Circle Studio

Resources: "You'll Stop Eating Sugar After Reading this Post," Livestrong.com



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
www.deeprivermerchants.com

For more information, please contact:

Cindy Lignar, Squared Circle Studio, Phone 860-526-8738
or
Rose Natter, Face Arts Music, Phone 860-526-1190

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Stamp Out Hunger



the struggling economy and the multiple recent natural disasters.

The nation's largest single-day food drive, the NALC effort is held annually on the second Saturday in May in 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. From major metropolitan areas to small rural towns, residents put out non-perishable food donations on that day, which letter carriers collect as they deliver mail along their postal routes.

"Letter carriers see first-hand the needs in the communities where we work, and we're honored to be able to help people in need by leading an effort that brings out the best in so many Americans," Rolando said. "We could not have accomplished this without the hard-working team of partners we have, all committed to ending hunger in our country," Pam Donato, NALC community services coordinator, said.

The Stamp Out Hunger Food Drive never has been more important than in these times, with hunger a growing problem—affecting about 50 million people around the country, including 17 million children and nine million senior citizens. Pantry shelves filled up through winter-holiday generosity often are bare by late spring. And, with most school meal programs suspended during summer months, millions of children must find alternate sources of nutrition.

The natural disasters the country has recently endured—including the tornadoes in Oklahoma and Super Storm Sandy along the East Coast—magnified the needs.

Saturday May 10, 2014 is the 22nd annual food drive of the National Association of Letter Carriers. The annual food drive collected more than 74.4 million pounds of food to help restock food banks, pantries and shelters around the country—an impressive result rendered all the more necessary by

Oklahoma residents who contributed to record collections soon became recipients of the public generosity. "Thanks to Oklahoma City area letter carriers, nearly 320,000 pounds of food was collected during the Letter Carriers' Food Drive," said Rodney Bivens, executive director of the Regional Food Bank of Oklahoma, a member of the Feeding America network. "These much-needed donations were immediately available to families and individuals impacted by the May tornadoes."

And some Northeastern areas affected by Hurricane Sandy, including in Vermont and New Jersey, set food-collection records despite the hardships residents had been through.

"These events show the good will of people, good will that in such times is both more necessary and more impressive," NALC President Rolando said.

DEEP RIVER, the non-perishable food that you put near your mailbox on May 10th will be driven directly to the Deep River Food Pantry on 56 High Street by your letter carrier. Please remember to give only what you can and to thank your letter carrier.

Church Street Child Care

Church Street Child Care is now enrolling for the Summer and 2014-2015 School Year sessions. Church Street Child Care is open to children from ages three through sixth grade. We provide a safe and loving environment with a preschool format for young children to explore, learn and discover as well as to offer a welcoming place for older elementary school-age children to play, rest and study in a before and after school structured program. Our summer program offers each child wonderful learning opportunities with weekly theme based activities as well as field trips. Museums, science centers, aquariums or even the zoo may be some of the places we will visit this year. Come and join the fun!

For more information, please contact Stacy Bowe at (860)526-2176, cscs.drcc@snet.net or visit us at www.deeprivercc.org/childcare



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- Differences in repair estimates are common. A lower estimate may not include all necessary work. If you're not sure why one estimate is different from another you've received, please ask us.
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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 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

Deep River Town Hall Auditorium Management Committee

3rd Monday of each month at 7:00 p.m.
Chairperson: Carol Jones

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

Parks & Recreation Commission

2nd Wednesday of each month at 7:30 p.m.
Chairperson: Tracy Woodcock

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 board or commission for rescheduled date. You may also check the meeting calendar on our website: www.deepriverct.us.

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860-526-6020
selectman@deepriverct.us
Mon.-Fri. 8am - 4pm

Assessor's Office
174 Main Street
860-526-6029
assessor@deepriverct.us
Mon.-Wed. 9am-4pm, Thurs. 9am-6:30pm,
Fri. 9am-12pm, Closed every day 12pm-1pm

Building Department
174 Main Street
860-526-6025
buildingdept@deepriverct.us
Mon.-Fri. 8am - 3pm

Conservation & Inland Wetlands
174 Main Street
860-526-0082
Mon. 9am -11am & Wed. 9am-12pm

Public Works Department
206 Winthrop Road
860-526-6032
Mon.-Fri. 7am-3pm

Kirtland Commons Housing Authority
Joann Hourigan
60 Main Street
860-526-5119

Municipal Agent for the Elderly
Richard Smith
174 Main Street
860-526-6020

Fair Housing Officer
Richard Smith
174 Main Street
860-526-6020

Park & Recreation
174 Main Street
860-526-6036
parkandrec@deepriverct.us

Planning & Zoning
174 Main Street
860-526-6030
zoning@deepriverct.us
Mon. & Wed. 8:30am-12pm

Registrars of Voters
174 Main Street
860-526-6059

Water Pollution Control Authority
99 Winter Avenue
860-526-6044
plewis@deepriverct.us
Mon.-Fri. 8am-4pm

Tax Collector
174 Main Street
860-526-6028
taxcollector@deepriverct.us
July & Jan. Mon.-Fri. 9am-12pm, 1pm-4pm, All other months Tues. & Wed.
9am-12pm, 1pm-4pm, Thurs. 9am-12pm, 1pm-6:30pm

Town Clerk
174 Main Street
860-526-6024
townclerk@deepriverct.us
Mon.-Fri. 9am-4pm
Open til 6:30pm Thurs.

Social Services
56 High Street
860-526-6033
drsocalservices@deepriverct.us
Tuesdays, 9am-1pm, Thursdays, 1pm-4pm and by appointment

Transfer Station
220 Winthrop Road
860-526-6047
Wed, Fri, Sat, Sun. 8am-4pm

Visiting Nurses of Lower Valley
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Mon.-Fri. 9am-4pm

Regional District #4 Superintendents Office
1 Winthrop Road
860-526-2417 x1
jbryan@reg4.k12.ct.us
www.reg4.k12.ct.us

Deep River Elementary School
12 River Street
860-526-5319
School Nurse ext. 1
www.reg4.k12.ct.us

John Winthrop Middle School
1 Winthrop Road
860-526-9546
www.reg4.k12.ct.us

Valley Regional High School
256 Kelsey Hill Road
860-526-5328
www.reg4.k12.ct.us

Public Library
150 Main Street
860-526-6039
apaietta@att.net
Mon. 1-8, Wed. 12:30pm-8pm, Tues., Thur.
Fri. 10am-6pm, Sat. 10am-5pm, Jul. & Aug.
10am-2pm

Ambulance Association
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Fire Department
57 Union Street
860-526-6042 (non-emergency)
Winthrop Station
409 Winthrop Road
860-526-6041 (non-emergency)
deepriverfd@sbcglobal.net

Fire Marshal
174 Main Street
860-526-6020 (non-emergency)

Resident Trooper's Office
174 Main Street
860-526-6027 (non-emergency)
police@deepriverct.us

Troop F - State Police
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860-399-2100 (non-emergency)

Animal Control
174 Main Street
860-767-3219 ext. 2
860-526-6020 (non-emergency)
selectman@deepriverct.us

Tri-Town Youth Services
56 High Street
860-526-3600
ttysb@aol.com

Deep River Post Office
225 Main Street
860-526-5970

Connecticut River Area Health District
445 Boston Post Road, Suite 7
Old Saybrook, CT 06475
860-661-3300
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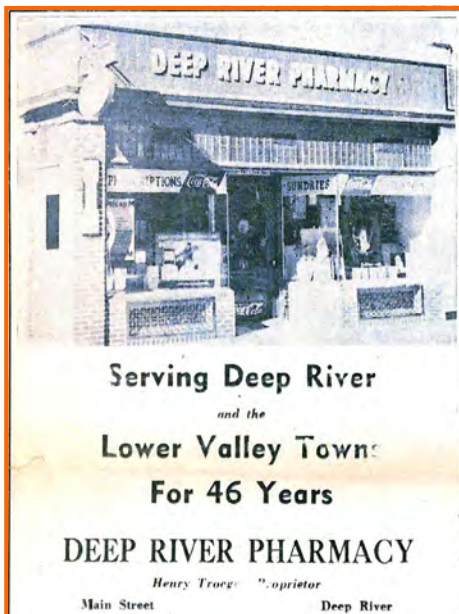
Carl and Bertha Durr's Retail Block

When it opened in 1923, units in Carl & Bertha Durr's new retail storefronts rented for \$50 per month (*top post-card*). The pharmacist at that time was Edgar La Place. A. A. Foote leased the center space for his butcher shop; The A & P moved into the Village Street unit. Despite its grandiose title, this early chain store was just a corner grocery, but with a formal name: it was officially The Great Atlantic & Pacific Tea Company. The gasoline pump at far left was an accessory of Ansel Jones' Willys Overland sales and service operation (now the Red House). The roof and chimney of the Richard Spencer Homestead rise above the A & P. In 1933 the Spencer family donated the property to the Saybrook Library Building Association. (*In 1947 the State Legislature ended years of confusion by accepting the Town's petition to adopt the name long in common use: Deep River*)

When the A & P, moved across the street to what is now The Pets Choice, upstart First National showed its muscle by taking two spaces (*center*). As if in competition, the sidewalk tree had also doubled in size. The once-ubiquitous circular sign at the curb advertised the presence of a Bell System Pay Telephone.

By 1959, when this advertisement (*below*) appeared in the *New Era*, a false front covered the original curved roofline. Signs over the windows offer Prescriptions, Sundries and Coca-Cola.

At age 90, Durr Block shops have reflected changing times and evolving tastes: medicines, meats, groceries, movie rentals, a print shop, small engine repair, furniture & decorative accessories, egg rolls & General Tsao's chicken. The tree, at 85,, was replaced along with the brickwork and curbing of the Streetscape.





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