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First Selectman's Corner

The Town of Old Lyme Annual Town Meeting took place in the Middle School auditorium on Monday January 24th. The highlight of the meeting was the announcement by the Board of Selectmen that Cheryl Poirier is the Citizen of the Year for 2021. First Selectman Griswold commented on Cheryl's numerous accomplishments, including serving as the Marketing Associate for the Florence Griswold Museum, her active role with the Old Lyme Arts District and Mid-Summer Festival, guiding the Town of Old Lyme Sustainable Team to achieve both the Bronze and Silver level certifications from the State of CT and serving as Chairwoman of the Town's Economic Development Commission. The audience gave Cheryl a hearty round of applause on her receiving this honor.

Other items included in the Town Meeting agenda was the approval of an amount not to exceed \$50,000 to complete the Sound View sidewalks and the Transportation Hub project, approval of the sale of 11 Alpha Ave. (a land locked, half-acre parcel of land) to Roger Davis at a price of \$10,500 and the acceptance of the Annual Town Report for the fiscal year 2021.

In January, the Town's Open Space Commission announced that the Town will not be able to acquire the 35 acres of additional land from Steven Ames at a purchase price of \$400,000 because certain covenants governing the sale of the two lots to the Town could not be met. This is very disappointing because all Town approvals were

in hand and the purchase of the acreage would have added to and provided an additional access to the 195 acre Ames Preserve.

During the last quarter, the Town's COVID caseload count, since the beginning of the pandemic, increased by 445 to 888. COVID related deaths remain at 3. By now, all eligible people who wanted the COVID booster shot should have received one. The Omicron strain of the virus, while very contagious, does not seem to be as deadly as the Delta strain. However, there has been a surge in demand for PCR tests and the at-home test kits, but the supply of test kits has been meager. Old Lyme has received and distributed relatively small quantities of kits. The Federal government has promised a half billion test kits, so things should improve. Meanwhile, Connecticut is seeing a decrease in activity of new cases and in hospitalizations.

The Boards of Selectmen and Finance have started work on the fiscal 30 June 2023 Town budget. This involves weekly meetings of the Board of Finance during January, February and March with most spending agencies. Early word from Regional District 18 is **continued on page 5**



Timothy Griswold
First Selectman

An advertisement for The Saybrook at Haddam Senior Living. It features a photo of an elderly couple embracing and reading a book together. Text on the left says "Schedule your tour today 860.345.0090". The Saybrook logo is in the top right. The bottom text reads: "Enjoy a worry-free winter and discover the warmth, comfort, and friendship that our community has to offer. INDEPENDENT LIVING, ASSISTED LIVING AND MEMORY CARE. A Premier Senior Living Community in the Scenic Connecticut River Valley. 1556 Saybrook Road, Haddam. TheSaybrookAtHaddam.com • 860-345-3779".

events

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that the school budget will likely be basically flat and that will be very helpful for Old Lyme's budget. State revenues are also forecast to be similar to last year. The Assessor reported that the Old Lyme Grand List value of real estate grew 0.11%, motor vehicles grew at 25.4% and personal property grew at 16.9%. The real estate values will not be adjusted for the vibrant real estate market until the next town revaluation (2024.) The increase in motor vehicles comes as no surprise, since we have been hearing for some time that the value of used cars has jumped significantly.

TOWN PROJECT UPDATES:

Sound View Sidewalks: The sidewalk project is substantially complete, except for some "punch list" items. It was previously reported that the DOT has approved using uncommitted grant funds to install a Transit Hub bus shelter for the 9 Town Transit District off of Rte. 156, just west of the Old Lyme Police building. The Committee's request for an appropriation of not to exceed \$50,000 was approved at the January 24th Annual Town Meeting and the entire project should be completed by Memorial Day.

Halls Rd. Improvement Committee: Following the withdrawal of the application for the Village District Zone change, the Committee is recommending there be a Village District Overlay Zone application submitted to the Zoning Commission. This means that the property of owners who do not request the use of the new Village District will not be considered non-conforming. In addition, Edie Twining, Chairwoman of the Committee, briefed the Selectmen about the next steps the Committee wants to take toward implementing the public improvements (the sidewalk from the Art Assoc. to the Essex Savings Bank, the "Bow" pedestrian bridge over the Lt. River, an easement over the Graybill property (Hangry Goose Restaurant) to connect with the Florence Griswold Museum trail system and certain street amenities along Halls Rd. The Town will prepare an application for a Local Transportation Capital Improvement Program ("LoTCIP") grant. The Committee has requested an appropriation of an amount not to exceed \$45,000 to fund the various related expenses. The Boards of Selectmen and Finance have recommended the request to a Special Town Meeting that will occur sometime in Late February or early March.

Sound View Sewers: The second round of bids for the "shared infrastructure" of the sewer project, consisting of the collection pipe, the pumping station, the force main pipe to East Lyme and the odor control facility, were received and again appear to be exceedingly high. The three private beaches and the Town must decide in February

continued on page 6



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Selectman's Corner... continued from page 5

whether or not to reject the bids. We have negotiated a verbal agreement with East Lyme that the Inter-municipal Agreement (to use the sewer pipes and pump stations in East Lyme and Waterford) will be with the three private beaches and Old Lyme. East Lyme had suggested there be two IMAs (one with the beaches and one with Old Lyme). The sewer project is a very complex and costly but the three private beaches and the Town have been working very well together.

Senior Center Building Expansion: Geri Baker, Chairwoman of the Lymes' Senior Center Building Committee, presented the Board of Selectmen the two concepts for expanding the Senior Center that were developed by Point One Architects. The cost estimates for the plans are \$3.4 million and \$3.8 million. The Committee requested permission to proceed with a Request for Proposal ("RFP") asking architectural firms to submit proposals to create schematic drawings. Ms. Baker estimated the cost for schematic drawings will be between \$70,000 and \$80,000. There was discussion about when the funds would be needed and whether the RFP requirement might be waived if it were decided that Point One should continue to be the architect. Ultimately, the Committee will present its recommendations to the Boards of Selectmen and Finance of the Towns of Lyme and Old Lyme and to people of Lyme and Old Lyme.

Grassy Hill Rd. Bridge Replacement: The Town's engineering firm, Jacobson Engineering of Chester, CT, has nearly finished the engineering work for the Grassy Hill Rd. bridge project. The next steps are to receive approval from the Army Corps of Engineers and to meet with the utility companies to decide on the relocation of their wires. The actual construction of the replacement bridge would likely not occur until the spring/summer of 2023. We are still awaiting confirmation from the DOT that it will approve the project's time delay and that it confirms its commitment to fund 50% of the revised cost estimate of the project.

Ferry Rd. Sidewalk Replacement: Following meetings with the arborist from Bartlett Tree Service and the Town Tree Warden, the project engineer worked on plans to minimize the impact of the new sidewalk installation to the tree roots of the affected trees. Once the Tree Warden speaks with a homeowner about tree removals, he will mark the trees to be removed and schedule a public hearing/information meeting. Following that, the Committee will consider the public comment, revise the project budget and present a recommendation to the Board of Selectmen. At this point, the hearing will be in March and the engineer recommends that the project goes out to bid in late summer so the work can begin after Labor Day.

Swan Brook Outlet: Given that beach weather is just over three months away, it may make the best sense to repair the wood cribbing at the end of the two 36-inch pipes at Long Island Sound to make the crib safe and functional in time for the summer. The permitting process should be simple and inexpensive because it is a repair and not a new project. This quick fix would give us time to consider a more permanent solution.

Transfer Station Scale House: The building has been completed and the Transfer Station staff are very happy to be working in comfortable conditions.

continued on page 8



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43 SMITHS NECK ROAD

Old Lyme • \$3,250,000 • *Land*



146 HAMBURG ROAD

Lyme • \$2,295,000 • *Under Contract*



69 NECK ROAD

Old Lyme • \$1,100,000 • *Under Contract*



30 WEST AVENUE

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85 RIVER ROAD, L3

Essex • \$495,000 • *Listed and Sold*



3 SOUTH MAIN STREET

Essex • \$498,000 • *Listed and Sold*



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Selectman's Corner... continued from page 6

American Rescue Plan Committee: The Committee prepared a survey for residents and business owners to complete that generated 810 electronic responses and 4 written responses. The Committee is evaluating funding requests and will establish a process and timeline for payments to begin.

There has been some interesting weather thus far in the New Year. However, as stated above, beach weather is only three months hence.

Timothy C. Griswold, First Selectman

Assessors Office

The Assessor would like to remind residents of Elderly Homeowners & Totally Disabled and Additional Veterans tax relief availability. **Applications are taken in the Assessors Office beginning February 1 through May 15th.**

To qualify, recipients must have reached the age of 65 or older by Dec 31st of the previous year (one spouse, if married) or be totally disabled as defined by the Social Security disability program. Eligibility is based on qualifying income requirements as set by the State of Connecticut.

The 2021 qualifying income limits are \$38,100 for a single applicant and

\$46,400 for a married couple. Applicants may not be receiving federal, state, county or municipal financial subsidy or aid.

An additional Veterans Exemption is available for those who meet the Homeowners and Veterans eligibility and income requirements.

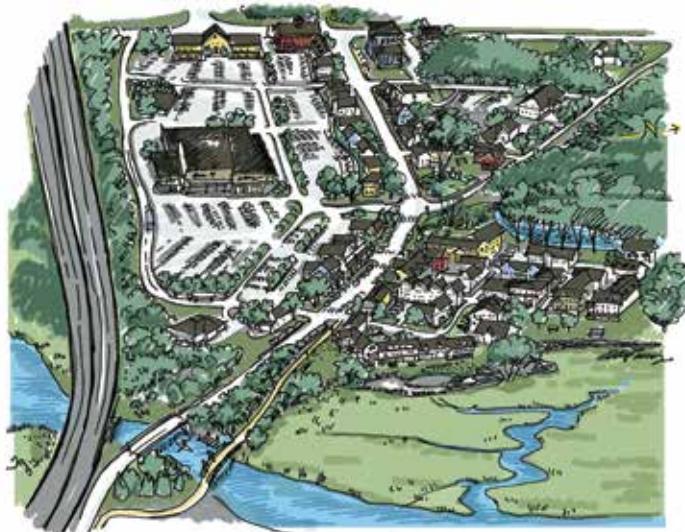
These filings are done every 2 years or if your income has changed significantly; if you are already in the program, you will receive a reminder letter if it is your application year. Please call Mickie at: x219 if you have any questions regarding this program.

Important assessment dates and deadlines can be found on the Assessor's webpage at: www.oldlyme-ct.gov. Don't forget easy access to ownership, mailing addresses, assessment, and mapping information is always available. Follow the link GIS MAPPING on the town home page.

Questions or more information on exemption programs please call Mickie Fraser, Administrative Assessment Technician at: 860-434-1605 x219 or Melinda Kronfeld, Assessor at x218 Assessor@oldlyme-ct.gov.

Melinda R. Kronfeld, CCMA II,
Assessor

Halls Road Improvements Committee Continues to Make Progress Entering 2022



In February the Zoning Subcommittee held two Zoom forums to introduce the new Halls Road Overlay District (HROD) to business and property owners.

The earlier Village District proposal would have applied new zoning to all properties at once. The new approach allows

property owners a choice: remain under the existing C-30s zoning, or use the new Overlay District zoning with its additional land use options. The Overlay District zoning provides significant incentives for current and future investors to implement the changes envisioned in the Halls Road Master Plan. Making the Overlay District zoning an option allows owners to maintain the status quo if they choose. Still a work in progress, the committee hopes to have its application creating the Overlay District ready to submit to the Zoning Commission in mid-March.

In January the Grants Subcommittee submitted its application to the CT Community Challenge Grant. This grant would provide funds for the pedestrian bridge and trails from Lyme Street to the future green space on the north side of Halls Road. The roadway improvements LOTCIP grant application will be submitted in the fall of 2022 with the assistance of the BSC; our planning and engineering consultants.

For further detailed information please visit: <https://www.oldlyme-ct.gov/halls-road-improvements-committee>.

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Social Services

As spring approaches, Social Services expects to provide assistance with the Renters' Rebate Program. State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. **The application period runs from April 1 – October 1.** Call the office to schedule an appointment after April 1.

The VITA (Volunteer Income Tax Assistance) program offers free tax preparation services to individuals and families with a total household income at or below \$66,000. Appointments are available through TVCCA at: 860-425-6597 or call Infoline at 2-1-1 for more information.

In addition, the United Way has partnered with H&R Block to provide free tax filing ONLINE. If you earned \$66,000 or less in 2018, visit: www.myfreetaxes.com to complete your state and federal tax return absolutely free. For more information, you can call 1-855-698-9435.

For more information, or to schedule an appointment, please contact: Jennifer Datum, Social Services Coordinator at: 860-434-1605, ext. 228 or email: socialservices@oldlyme-ct.gov.



OFFICE HOURS

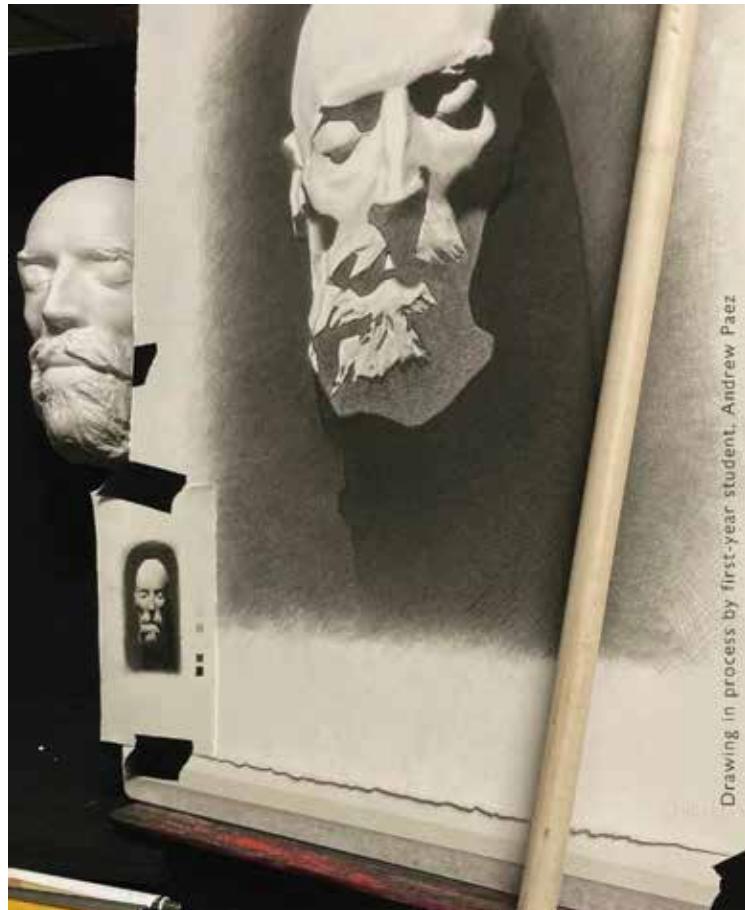
Mondays: 9:00 am – 1:00 pm,
Wednesdays: 12:00 pm – 4:00 pm and
Fridays: 9:00 am – 1:00 pm
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Lyme Tree - Woman's Exchange

We are NOW open Wednesday through Saturday 10:00 am to 4:00 pm. SEES Candy has come in. So be sure to get yours for your favorite spring holiday candy.

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IN OLD LYME, 2021

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EDC Hard at Work Supporting Local Economy



Old Lyme's Economic Development Commission has several new initiatives underway to support the local economy. A new website created in conjunction with the Old Lyme Arts District is now live. "ExploreOldLyme.com" provides ideas and resources for anyone considering visiting, living, or creating a business in Old Lyme.

Visitor information includes where to find

restaurants, shops, and lodging, as well as recreational and cultural activities. Information on the school system and community activities is available for those considering moving to Old Lyme. Information on our business districts and other resources is provided in the website's business section. ExploreOldLyme.com continues to have content added and updated, and should prove to be a great "one stop shop" for promoting Old Lyme.

The EDC is also beginning a ribbon-cutting program with new businesses in Old Lyme.

Help us welcome new or expanding business owners and promote their offerings, by contacting the EDC at EDC@oldlyme-ct.gov.

Other efforts underway include creating a vision and improvement plan for the "Shoreline Gateway," working with other boards and commissions to meet the recommendations of the Town's Plan of Conservation & Development; and considering new workshops or networking opportunities for our small and home-based business owners.

Lyme-Old Lyme Food Share Garden

SEEKING VOLUNTEERS & SPRING WORK DATES SET

As I write in early February, CT is covered with snow and temperatures are well below freezing. Yet, as New Englanders know well, the weather changes quickly and so do the seasons. Thus, the Lyme-Old Lyme Food Share Garden has been busy preparing for its inaugural growing season.

Through ongoing efforts of volunteers, development of the garden continued throughout the fall. Most notably, in November, a shed was installed at the garden and three additional raised beds were constructed from donated wood. With onsite storage in place, we are currently in the process of procuring tools and equipment for volunteer use. An initial garden plan has been developed as well.

The first annual "Sponsor a Row" campaign was well-supported and the LOLFSG is immensely grateful to the individuals, families and businesses who participated. Signs recognizing these donations will be erected at the garden when work ensues this spring. Calling all volunteers! Work days will be Wednesday and Saturday mornings from 9:00 am - 12:00 pm. We invite all ages to join. No gardening experience is necessary to volunteer. Come when you can and



leave when you must. Every hour of work advances our mission to support access to healthy food and reduce food insecurity by growing produce free of synthetic herbicides, pesticides, and fertilizers and donating the produce to local food pantries and kitchens.

Please consider volunteering, visiting the garden, or continuing to support the LOLFSG financially. Updates and additional photos are available through Facebook, Instagram or www.lolfoodsharegarden.org/.

Town Hours & Holiday Schedule

TOWN HALL WILL BE CLOSED ON THE FOLLOWING HOLIDAYS IN 2022

Friday, **April 15** - Good Friday

Monday, **May 30** - Memorial Day

Monday, **June 20** - Juneteenth

Monday, **July 4** - Independence Day

Monday, **September 5** - Labor Day

Monday, **October 10** - Columbus Day

Friday, **November 11** - Veteran's Day

Thursday, **November 24** & Friday **November 25** - Thanksgiving

Monday, **December 26** - Christmas Day

Monday, **January 02, 2023** - New Year's Day

TOWN HALL HOURS & MOST DEPARTMENTS: Monday through Friday, 9:00 am - 4:00 pm.

TRANSFER STATION / LANDFILL HOURS

The Transfer Station is located on Four Mile River Road and is open Tuesday-Friday, 7:30 am - 3:45 pm, Saturday, 8:30 am - 4:00 pm. Closed Sunday and Monday. Taxpayers' vehicles should have a Transfer Station

sticker affixed to the right-hand side of windshield. Vehicles without a sticker, should bring proof of property address (i.e., tax bill, mortgage statement or closing papers,) along with a driver's license and registration.

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Affordable Housing Commission

The Old Lyme Affordable Housing Commission was established by an ordinance adopted at the 2021 town business meeting, and began its work last May.

THE COMMISSION'S MAJOR RESPONSIBILITIES INCLUDE:

- 1 **planning**,
- 2 **coordination** of affordable housing matters,
- 3 **building** a knowledge base and serving in an advisory capacity, and
- 4 **seeking** opportunities and making recommendations to increase the availability of affordable housing in Old Lyme.

Much of the Commission's work over the last several months has been directed toward preparing a state-mandated Affordable Housing Plan, due by June 1st 2022, that will "specify how the municipality intends to increase the number of affordable housing developments in the municipality."

The Commission has performed a significant amount of research – drawing heavily on prior work by the Planning Commission, the Economic Development Commission, and its predecessor, the Affordable Housing Exploratory Committee – and is now in the process of preparing the plan.

The Commission has also been working

with the Lower Connecticut River Valley Council of Governments (RiverCOG) on a regional housing plan, and is receiving close support for our local plan. There will be multiple opportunities for the community to participate in the planning process – watch for announcements and additional information on the Old Lyme town website at: oldlyme-ct.gov and the Affordable Housing Commission Home Page: oldlyme-ct.gov/affordable-housing-commission.

Monthly Commission Meetings are held on the third Wednesday at 5:00 pm. Public comment is routinely included on the agenda. All are encouraged to join, hear the proceedings, and share your thoughts.

Streetlights

REPORTING STREETLIGHT PROBLEMS

When reporting a street light outage / problem, please provide exact address, pole number and issue observed. Either phone Michele Hayes at: 860-434-1605, ext. 212, in the Selectman's Office, or report

problem directly to the following link: <https://tankolighting.com/oldlymemaintenance/>. The Town of Old Lyme can only repair streetlights that are on town-owned roads. Streetlights located on private or association roads should be reported to the association. Thank you!



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What a Difference a "NUMBER" Makes!

WHAT'S ON YOUR TO-DO LIST?



Organize closets? Plan your spring garden? Old Lyme EMS is asking you to put an important item on the top of your list: make sure your home displays your street number!

Whether on a mailbox, home front, or painted on a rock, it is imperative that your street number is visible in case of emergency. Time is of the essence in every emergency, and without clear and visible numbers, valuable time is lost searching for the correct address.



Reflective numbers can be purchased from most hardware stores for under \$1 and take seconds to apply. Or check out the website: www.safetysign.com/blue-address-signs for ideas.

INTERESTED IN JOINING OL EMS?
Call 860-434-0089, or email olems.org.

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15 Meetinghouse Lane, Old Lyme List Price \$1,495,000

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26 Sill Lane, Old Lyme List Price \$1,150,000

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3 White Farm Lane, Old Lyme List Price \$825,000

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76 West End Drive, Old Lyme List Price \$795,000

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7 Oakland Avenue, Lyme List Price \$1,495,000

SOLD IN 4 DAYS!



410 Hamburg Road, Lyme List Price \$1,150,000

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56 Lyme Street, Old Lyme List Price \$695,000

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433 Joshuatown Rd, Lyme List Price \$1,795,000

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62 Grassy Hill Rd, OL List Price \$995,000

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86-3 Joshuatown Road, Lyme List Price \$1,850,000

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74 Mile Creek Road, Old Lyme List Price \$675,000

SOLD IN 14 DAYS!



49-2 Sterling Hill Road, Lyme List Price \$1,395,000

SOLD UNCAS LAKE



116-6 Blood Street, Lyme List Price \$599,000

UNDER CONTRACT IN 6 DAYS



433 Joshuatown Rd, Lyme List Price \$1,895,000

HAMBURG COVE WATERFRONT



43 Cove Road, Lyme Available for sale list Price \$2,395,000



*Based on MLS data
1/1/2017-12/31/2021

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Jodi.strycharz@cbmoves.com • 860-884-3011



Lyme-Old Lyme Schools

Students recently celebrated the 100th day of school, an indicator that we are nearly half way through the school year. The year has been an eventful one, and while many COVID-19 protocols are still in place, we are on the path towards further normalcy with each day that passes.

In January Rick Goulding, Stacey Leonardo, Diane Linderman, and Jean Wilczynski completed their terms on the Board of Education. We offer our sincere thanks for their dedicated service to our schools. We welcomed new Board of Education members Laura Dean-Frazier, Anna B. James, Jason Kemp, and Christopher Staab.

After numerous presentations and discussions, the Board of Education approved a budget \$34.83 million for the 2022-2023 year. This represents a decrease of 0.13% driven by more than a half million dollars in employee benefits savings due to our participation in the Eastern Connecticut Health and Medical Collaborative.

Program improvements reflected in the proposed budget include the hiring of a middle school interventionist focused on bolstering math skills, funding the positions of an additional 5th grade teacher and part-time high school English teacher (positions that have been filled and were funded outside of last year's budget process), a minor reduction in maintenance and custodial staff, and teacher laptop replacement.



Lyme-Old Lyme Players rehearsed for the Addams Family School Edition, the annual high school musical which performed for live-audiences in February.

Proposed facilities projects include the first resurfacing of the high school track since it was built in 2009, upgraded high school theater lighting, installation of a concrete floor for the middle school outdoor classroom, resurfacing of the high school commons floor, renovation of the gym floor at Mile Creek School, and allocation for a study that would look at options for installing bleachers at the multipurpose turf field and the field between the middle and high schools.

The Board of Education continues to evaluate options for making necessary renovations to our schools aging HVAC systems.

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Just a few of the young inventors who participated in this year's CT Invention Convention.



Students at Mile Creek School were surprised by a special Winter Wonderland celebration with winter crafts, snacks, and activities.



Pre-K enjoying the new playground equipment.



On Veterans Day, all schools honored and celebrated those who have served our country.

LYME - OLD LYME MANY BUYERS, EXTREMELY LIMITED INVENTORY

Don't wait for the Spring market, consider listing your home now.
Please contact me if you'd like to discuss options for listing your home.



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**#1 TOTAL TRANSACTIONS
IN ESSEX 2019, 2020, AND 2021**
**#1 TOTAL TRANSACTIONS
IN ESSEX BROKERAGE 2021**

Source: SmartMLS.
Each Office is Independently Owned and Operated. 



Old Lyme has Inspired Artistic Creativity for Over 125 Years



Students investigate line and value in pre-college drawing class.

The mission of the Lyme Academy of Fine Arts is to teach the foundational skills of drawing, painting, and sculpture in the figurative tradition. By its commitment to training students in these skills and an engagement with contemporary discourse, the Academy will empower a new generation of artists. Through its programs, the Academy is committed to enriching the cultural life of the community.

The Lyme Academy of Fine Arts will offer a full schedule of Summer Youth Academy programs for students ages 11-18.

Weekly classes will run June 28th through August 12th and range in prices.

The Pre-College Academy for students ages 14-18 offers beginning- to advanced-level art instruction through a series of workshops designed to foster creativity, build artistic skills, and develop a clear personal point of view.

The Middle School Academy, or “Apprentice Program,” offers students ages 11-13 week-long workshops concentrating on a significant artist in history. During the summer program, students look to Edgar Degas, Sandro Botticelli and Georgia O’Keeffe for inspiration, creating original works that reflect the qualities specific to each master.

In addition, the Academy offers a full-time CORE program, continuing education programs and a vibrant schedule of lectures, exhibitions, workshops, events and part-time programs.

Learn more at: www.lymeacademy.edu.



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Town Clerk's Office

Vicki Urbowicz, Town Clerk,
Courtney C. Joy, Assistant Town Clerk

Congratulations!

We congratulate the following on their recent marriages:

October

Amanda Lynn Demoranville & Olivia Joan DeTour
Branden David Cheesman & Kristina Elizabeth McDonald
Jesse Alonzo Sumner & Maia Joi Baskerville
Jonathan Lawrence Brandt & Emily Sylvia Rueb
Trevor John Zaleski & Catherine Mary Roy
Paul Kenneth Reres & Rebecca Ann O'Sullivan
Brian Robert Quilter & Fiona Natalie Brown

November

Eren Boduroglu & Ashlyn Marie Elliott

December

Kyle Andrew Kuchyt & Jessica Christine Labbe
Andrew Richard Corbin & John Stanley Rogers
Brendan William Hallahan & Sofia Natalia Gil
Michael Harrison Sweet, II & Margaret Joan Tripp Miller



With Sympathy

We would like to express our condolences to the families of recently deceased Old Lyme residents:

March

Rachel Vanessa Wertheimer
Kenneth Charles Levin
Dennis Russell Peterson

May

Nancy Chase Rogers

Hazel Bryan Tracy

Dennis Russell Peterson

December

Douglas Eugene Pond

Mark Marderosian

Susan M. Salzillo

James Josia Moser

Mark Evan Straub

Doris Jane Pearce

Michael K. Sanders

Edward J. Sweeney, Jr.

Jennie Paula Cassarino

Nancy Dian Mason Johnson

Janusz Jozef Janiec

September

Ann D. Neilsen

October

Henry Thomas Golet

William Foster O'Meara

Fortunato Cocco

Jonathan Bryn Cornelius

November

Robert King White

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Trash and Recycling

**CURBSIDE TRASH REMOVAL IS PERFORMED
BY CWPM, 860-447-1473.**

There is no trash pick-up on the following Holidays:

Christmas (Dec. 25,) New Year's (Jan. 1,) Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in Sept.,) and Thanksgiving Day (fourth Thursday in Nov.). Trash normally collected on Thanksgiving will be picked up the next day (Friday,) and regular Friday pickup will be picked up on Saturday. Please be advised that CWPM DOES NOT take off the same holidays as the Town does.

Please have trash container out at curbside by 6:00 am on your assigned day. Containers should be three feet away from any other objects, such as mailboxes, cars, other containers, planters, etc. Please be mindful not to block breakdown/emergency lane with receptacle. Clearly mark your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans. Phone Michele Hayes at: 860-434-1605, ext. 212 with any additional trash removal questions that you may have.

Single stream curbside recycling pick-up is provided for clean bottles, cans, plastics and paper products co-mingled in the green recycling carts every week. Corrugated cardboard boxes need to be flattened for recycling. A complete list of acceptable single stream recyclables is available on the Town's website at: www.oldlyme-ct.gov - click the trash and recycling link. Information is also available in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, and at the Landfill/Transfer Station on Four Mile River Road. Please phone Michele Hayes at: 860-434-1605, ext. 212) with any additional questions you may have.

**CURBSIDE RECYCLING IS PERFORMED EVERY WEEK
BY CWPM, 860-447-1473.**

There is no recycling pick-up on the following Holidays:

Christmas Day (Dec. 25,) New Year's (Jan. 01,) Memorial Day (last Monday in May,) July 4th, Labor Day (first Monday in Sept.,) and Thanksgiving Day (fourth Thursday in Nov.). Recycling normally collected on Thanksgiving will be picked up the next day (Friday,) and regular Friday pickup will be picked up on Saturday. Recycling information is available on the Town's website at: www.oldlyme-ct.gov, as well as in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, or at the Landfill/Transfer Station on Four Mile River Road. Clearly mark your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans. Phone Michele Hayes at: 860-434-1605, ext. 212 with additional questions you may have.

Additional automated trash and recycling containers should be ordered through Michele Hayes at: 860-434-1605, ext. 212 in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street. Containers cost \$80. Please mark clearly your address on

recycling and trash receptacles to avoid mix up, removal or displacement of cans. Homeowners are responsible to replace lost, stolen or broken cans at their expense.

Transfer Station Information

TRANSFER STATION/LANDFILL HOURS

The Transfer Station is located on Four Mile River Road and is open Tuesday - Friday, 7:30 am - 3:45 pm, Saturday, 8:30 am - 4:00 pm. Closed Sunday and Monday. Taxpayers' vehicles should have a Transfer Station sticker affixed to the right-hand side of windshield. Vehicles without a sticker should bring proof of property address (i.e., tax bill, mortgage statement or closing papers,) along with a driver's license and registration.

Electronics are now accepted at the Transfer Station: Residents can bring the following items to the Transfer Station on Four Mile River Road: computers (personal computers, mainframes, mid-range computers, laptops;) networking equipment (hubs, switches, control cards, etc.;) computer monitors, televisions, printers, keyboards, mice, adaptors, stereos, speakers, VCR's, scanners, fax machines, copiers telephones and telephone systems, computer wire and cable; computer drives and storage devices (floppy drives, CD ROMs, hard drives,) power supplies, circuit boards, microwaves, scrap copper (cable, pipe, etc.,) scrap aluminum (machine and machine parts, cable extrusions, etc.,) fluorescent light bulbs, UPA (uninterrupted power supply) batteries, and related computer and electronic equipment.

Recycling Area: No fees for the following items (with windshield sticker.)

*Waste Oil *Motor vehicle batteries *Small appliances (no freon) *Mattress & box springs *Covered and non-covered electronic devices *Fluorescent light bulbs * UPS (uninterrupted power supply) batteries, and related computer and electronic equipment.

Fees apply for the following: Tires: Auto w/no rim \$3 each, Auto w/rim \$4 each, Light Truck \$5 each, Heavy Truck/Race Car \$13 each, Construction Equipment \$100 per tire. No Retail or Wholesale Tire Outlets.

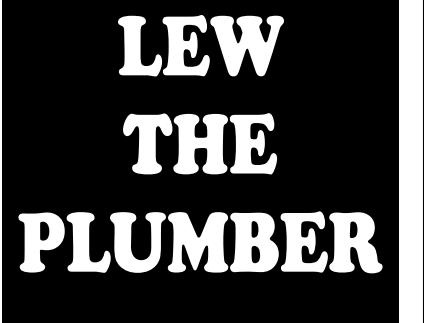
Upholstered furniture: Large \$10 per item, Small \$5 per item; Carpet 8x10+ \$10 per item; 8x10 or less \$5 per item; Appliances with Freon: \$10 each, Propane tanks: less than 20 pounds \$1; tanks 20 pounds (grill size) \$3, less than 20 pounds \$20 each.

Bulky Waste and Demolition: Vehicles will be charged by weight at 6 cents per pound or \$120 per ton. Loads less than 100 lbs. are charged a minimum fee of \$.5. Recyclables should not be mixed in the same load with Bulky Waste or Demolition debris.

Brush is charged on a per load basis with a \$5 minimum, 2 cents per pound or \$40 per ton. No wood or limbs thicker than four inches are accepted.

Grass clippings are not allowed at the Transfer Station because of chemical contamination from pesticides and fertilizers and cannot be deposited in your trash can. Please compost on your property.

Leaves: No commercial leaf disposal is allowed; minimum charge is \$5; Pickup truck or small trailer charge is \$15; larger vehicles/trailers - Charge determined by Town personnel. Resident must empty and remove paper or plastic bags.



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Lyme Public Library Programs

March 14, 2022 to June 13, 2022

OPEN STUDIO

March 15, 22, 29, April 5, 12, 19, 26, and May 3, 10, 17, 24, 31

Time: 5:00 pm

Location: Lyme Public Library's Program Room

Please email: programreg@lymepl.org and include your full name to register for this program or register via the website: lymepl.org. Art instruction with local artist and educator Kristen Thornton. For students in grades 6 to 12.

PRESCHOOL VISITS TO THE LIBRARY

March 16 theme: St. Patrick's Day May 18 theme: Spiders & Caterpillars

March 23 theme: Owls May 25 theme: Counting

March 30 theme: Chickens June 1 theme: Colors

April 6 theme: Spring June 8 theme: Frogs

April 13 theme: Rain

Time: 10:30 - 11:15 am

Location: Lyme Public Library's Children's Room

Please email programreg@lymepl.org and include your full name to register for this program or register via the website: lymepl.org. For children ages 2 to 4. Discover what it is like to visit the library! Have a story time with Ms. Barbara and meet new friends. Caregivers can check out books to take home to continue the fun of a library visit.

AFTER SCHOOL ART AND STORYTIME

March 29, April 16, May 24

Time: 3:15 - 4:30 pm

Location: Lyme Public Library's Children's Room

Please email programreg@lymepl.org and include your full name to register for this program or register via the website: lymepl.org. Ms. Barbara will read from a selected book, and artist Kristen Thornton will work with the participants to create artworks based on the story. For students in kindergarten to grade 5. Caregivers must be present.

MEET THE LYME PUBLIC LIBRARY DRAGON

March 19

Time: 10:30 am -12:00 pm

Location: Lyme Public Library's Children's Room

Please email programreg@lymepl.org (subject: "Meet the Library Dragon") or register via the website: lymepl.org. During this special "all-ages" Saturday children's program, attendees will be able to meet Boyd the real-live Library Dragon and learn what you need to know about taking care of dragons in your own home. Ms. Barbara and Ms. Natalie will be reading stories about dragons and then all the participants will be doing a take-home craft project. Children under the ages of 11 must have their caregiver's supervision while in the library.



Please Join Us for a

Preschool Summer Camp

Sponsored by Old Lyme Children's Learning Center in cooperation with Region 18 at Center School

Weeks of July 8-August 8

Five weeks of hands-on learning for Children ages 3-5
Mon-Fri. 8am-4pm
Cost: \$300/ per week

*you do not need to enroll for all 5 weeks
(Before/After care option available)

THEMES:

- Week 1: Gardening
- Week 2: Camping
- Week 3: Construction
- Week 4: Water Fun
- Week 5: Zoo

Email office.olclc@gmail.com for more information and to register.
Registration closes May 20th.



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FAIRY HOUSE MAKING AT THE LIBRARY

March 26 Time: 12:00 - 3:00 pm

Location: Lyme Public Community Room

Contact: Call 860-434-2272 to register or email programreg@lymepl.org (subject: "Fairy Houses,") or register on the library's website using the "Register for Programs and Emails" button.

Now that it is spring in New England, the forest fairies are beginning to awaken. Make them a wonderful house using natural elements. These fairy houses are great for the whole family and make wonderful centerpieces for your table. You are welcome to bring in some natural supplies, and the library will supply some as well. Important note: we will be using hot glue guns so young children will need supervision at all times. Participants ages 10 and up. Limited to 30 people.

LYME PUBLIC LIBRARY RACIAL EQUITY BOOK CLUB

April 6 Time: 6:30 - 7:30 pm

Location: Zoom

Contact: To receive the Zoom meeting invitation register at: programreg@lymepl.org

The Lyme Public Library's Racial Equity Book Club will be focusing each month on a book about race relations in the United States. This month's book will be Killers of the Flower Moon by David Grann, copies of which will be available at the Lyme Library circulation desk. As a special feature of this month's book club, the library will be welcoming Christoph Stobel, professor of history at the Univer-

sity of Massachusetts at Lowell, who will be speaking about the history of Native Americans in New England as well as colonization. This special book club is hosted in conjunction with the Bigelow Public Library of Clinton, Massachusetts.

LYME PUBLIC LIBRARY COOKBOOK CLUB

April 9 Time: 12:00 - 2:00 pm

May 14 and June 11 Time: 1:00 - 3:00 pm

Location: Lyme Public Library's Program Room

Please email programreg@lymepl.org and include your full name to register for this program or register via the website: lymepl.org. Every month the Lyme Public Library will be hosting a cookbook club in which the participants will be using recipes from a particular cookbook (chosen by the participants at the previous month's meeting) and making items to share with the group. This is a "tasty" book club where you can build your culinary skills and share with others.

THE HIDDEN HISTORY OF MYSTIC AND STONINGTON

April 9 Time: 3:00 pm

Location: Lyme Library Community Room

Contact: For more details, contact the library at 860-434-2272 or register at programreg@lymepl.org.

Local author and historian Gail MacDonald will speak about her new book Hidden History of Mystic and Stonington. Join us for an [continued on page 24](#)

Trash and Recycling

Remember What's In / What's Out

WHAT'S ALLOWED

in the Recycling Container

Cardboard	Plastic Containers
Newspaper	Aluminum Foil
Magazines	Metal & Tin Cans
Junk Mail	Office Paper
Glass Containers	

Remember: All items must be clean. Flatten or nest boxes when possible. Plastic containers labeled #1 or #2.

WHAT'S NOT ALLOWED

in the Recycling Container

Shredded Paper	Styrofoam
Trash	Electronics
Hoses	Yard Waste
Plastic Bags	Bulky Waste
Foods	

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LYMES' YOUTH SERVICE BUREAU(860) 434-7208
SENIOR CENTER(860) 434-1605 x240
OLD LYME VISITING NURSE(860) 434-7808
OLD LYME HISTORICAL SOCIETY(860) 434-0684
9 TOWN TRANSIT(860) 510-0429
LYME/OLD LYME JR WOMEN'S CLUB(860) 501-9773
DEMOCRATIC TOWN COMMITTEE(860) 434-2271
REPUBLICAN TOWN COMMITTEE(860) 434-0740
LYME ART ASSOCIATION(860) 434-7802
VETERANS OF FOREIGN WARS –	
LYMES' POST 1467(860) 434-4207
AMERICAN LEGION – POST 41(860) 664-0047

SCHOOLS

SUPERINTENDENT'S OFFICE DISTRICT 18(860) 434-7238
MILE CREEK SCHOOL(860) 434-2209
CENTER SCHOOL(860) 434-7838
MIDDLE SCHOOL(860) 434-2568
LYME/OLD LYME HIGH SCHOOL(860) 434-1651
MULTICULTURAL MAGNET (NEW LONDON)(860) 437-7775

COLLEGES

LYME ACADEMY COLLEGE OF FINE ARTS(860) 434-5232
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OLD LYME TOWN HALL • 860-434-1605 www.oldlyme-ct.gov

Old Lyme Municipal Departments

Department	Contact	Phone
Animal Control	Lynn Philomen	434-1605 x244
Assessor	Melinda Kronfeld	434-1605 x218
First Selectmen	Timothy Griswold	434-1605 x211
Board of Selectmen	Mary Jo Nosal	434-1605 x212
Board of Selectmen	Chris Kerr	434-1605 x212
Building Official	Mark Wayland	434-1605 x230
Emergency Management & Fire Marshal	David Roberge	434-1605 x231
Finance Director	Nicole Stajduhar	434-1605 x232
Harbormaster	Harry Plaut	434-1605 x212
Ledge Light Health District		434-1605 x214 860-448-4882
Parks and Recreation	Don Bugbee	434-1605 x235
Police		434-7080
Probate Court	Hon. Jeffrey McNamara	739-6052
Public Works	Ed Adanti	434-1605 x243
Registrar of Voters	Catherine Carter & Marilyn Clarke	434-1605 x226
Senior Center	Stephanie Lyon Gould	434-1605 x240
Social Services	Jennifer Datum	434-1605 x228
Tax Collection	Judith Tooker	434-1605 x216
Town Clerk	Vicki Urbowicz	434-1605 x220
Treasurer	Michael Reiter	434-1605 x232
Zoning Enforcement		434-1605 x225
OTHER AGENCIES		
Library/Passports	Katie Huffman, Director	434-1684
School District #18	Superintendent of Schools	434-7238
Youth Services Bureau	Mary Seidner, Director	434-7208

Lyme Public Library... continued from page 23

exciting exploration of local history as she shares tales and fascinating stories about the New England coastline that is so unique to our area.

OLD GROWTH FORESTS WITH JOAN MALOOF

April 10 Time: 2:00 pm

Location: Lyme Public Hall

Contact: To register for this event email Education@lymelandtrust.org (subject: "Old Growth Forest")

A professor emeritus at Salisbury University, Professor Maloof founded the Old Growth Forest Network in order to preserve, protect and promote the country's few remaining stands of old-growth forests. This program is of particular importance to local residents as the Town of Lyme now plays an important role in the United States' biospheric health as a holder of one of three such designated forests in the state of Connecticut. Professor Maloof is the author of *Treepedia: A Brief Compendium of Arboreal Lore*, *The Living Forest: A Visual Journey into the Heart of the Woods*, *Nature's Temples: The Complex World of Old-Growth Forests*, and *Teaching the Trees: Lessons from the Forest* and other publications. This program is made possible by a generous co-sponsoring project between the Friends of the Lyme Public Library, The Lyme Land Trust and Estuary Magazine.

A TASTE OF AYURVEDA: AN INTRODUCTION

April 14 Time: 6:30 pm

Location: Zoom

Contact: To register and receive the Zoom meeting invitation, email programreg@lymepl.org

Author, Ayurvedic counselor, and certified yoga instructor Claire Ragozzino will host an introduction to Ayurvedic medicine and how to cook and move more holistically. Claire is the author of *Living Ayurveda* and will be supplying attendees with recipes and shopping lists to help balance the vata, pitta and kapha doshas.

MAKE YOUR OWN JUNK JOURNAL

April 16 (Part 1) and **April 23** (Part 2) Time: 12:00 pm

Location: Lyme Public Library's Community Room

Contact: For more details, contact the library at 860-434-2272 or register at programreg@lymepl.org.

Reduce, reuse, recycle and get creative! In this two-part series, Library Director Melissa Fournier will teach you how to make a unique and artistic "junk journal" out of an old book. These ingenious and creative journals are the perfect place to store your writings and mementos. Supplies will be provided. Attendees must attend both parts. Limited to 12 participants ages 17 and up.

CONNECTICUT TREE IDENTIFICATION

April 30 Time: 3:00 pm

Location: Lyme Public Library's Community Room

Contact: For more details, contact the library at 860-434-2272

or register at program reg@lymepl.org. This program presented by Audubon Society's Conservation Biologist Jim Arrigoni will review the different characteristics that are useful for identifying trees and applies them to common Connecticut species. We will take the program outdoors for onsite identification following the presentation.

LYME PUBLIC LIBRARY RACIAL EQUITY BOOK CLUB

May 4 and June 1 Time: 6:30 - 7:30 pm

Location: Zoom

Contact: 860-434-2272 to find out more information on this month's meeting date and book. To receive the Zoom meeting invitation, register at programreg@lymepl.org.

The Lyme Public Library's Racial Equity Book Club will focus each month on a book about race relations in the United States. The book group will meet via Zoom to discuss the book and participate in a fair and open discussion. This special book club is hosted in conjunction with the Bigelow Public Library of Clinton, Massachusetts.

AUDUBON BIRDING BASICS

May 7 Time: 10:00 am

Location: Lyme Public Library

Contact: To register, email programreg@lymepl.org.

In this family-friendly program suitable for ages 6 and up, participants will learn how to practice bird identification skills using sound, field guides, and phone apps led by one of CT Audubon Society's trained teacher-naturalists.

The program will be outdoors rain or shine. Each participant will receive a copy of *Backyard Birds: A Field Guide for Young Naturalists*. There will be a limited number of binoculars, so feel free to bring your own. Limited to 12 children, and each child must be accompanied by a parent or guardian. This program is sponsored by the Friends of the Lyme Public Library.

BRIDGING THE PARTISAN DIVIDE

May 21 Time: 4:00 pm

Location: On the lawn of the Lyme Public Library

Contact: To register and receive the Zoom meeting invitation, email programreg@lymepl.org.

Join us for an outdoor discussion with MaryAnne Borelli on this timely topic. MaryAnne Borelli is the Susan Eckert Lynch '62 Professor of Government at Connecticut College. Her courses in United States politics include Congress, Gender and U.S. Politics, The U.S. Presidency, and Political Speechmaking. Please bring your lawn chair or blanket. If it rains, the program will be presented via Zoom.



ALL ABOUT OWLS

June 4 Time: 3:00 pm

Location: Community Room

Contact: To register, email programreg@lymepl.org.

In this program presented by Joe Attwater, Conservation and Education Coordinator with the Connecticut Audubon Society's Roger Tory Peterson Estuary Center, participants will learn about the owl species of Connecticut and how to identify them by sight and sound. Optional pellet dissection will be available for those who would like to discover what the this magnificent hunter has devoured.



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2 Library Lane, Old Lyme, CT 06371,
860-434-1684
oldlymelibrary.org

The Library continues to fulfill its mission to inspire lifelong learning and discovery in a welcoming place with exceptional resources, programs, and services. From developing fun, interactive storytimes for babies and toddlers to hand-delivering novels to home-bound patrons, the Library continues to provide opportunities for residents of all ages to learn and grow.

Children's Events

Ages 0-12

Julie Bartley / Children's Librarian
jbartley@oldlymelibrary.org
860-434-1684

NOTE: Programming may remain virtual or become in-person as guidelines allow. Please check the library's website for programming updates.

Special Events

GIRLS WHO CODE: Club Kickoff Meeting:
RESCHEDULED FOR FALL 2022 (originally March 23)

CREATIVE WRITING & STORYTELLING with TaleWise

Tuesday, April 19, 11:00 am

Throughout this interactive and collaborative creative writing workshop, children won't just learn how to tell a story, they'll get to make their own! Explore the foundations of storytelling - things like character, conflict, resolution, action, and more. Then together as a group, put all the pieces together by writing and acting out an original story! Free for ages 5-12. Registration required for this virtual program.

ANIMATION WORKSHOP with TaleWise

Thursday, April 21, 11:00 am

Enroll in this engaging and interactive workshop. Go "behind the scenes" of animation software!

Learn first-hand how to design and produce animated stories, from storyboarding to voiceovers. Guided by a TaleWise animation specialist, children will then explore the foundations of storytelling and design as they work together to create their very own short animated scene, complete with sound effects and music. At the end you'll receive a link to download and share your group's unique animated story! Free for ages 5-12.

Registration required for this virtual program.

TOOL TIME STORY WORKSHOP

Date TBD

Listen to a cool tool story and learn how to measure! Take & Make craft kit to go with the book. This free program is recommended for children ages 7 and under. Registration required.

SUMMER READING 2022 KICKOFF: Beyond the Beaten Path!

Date TBD

Free for all ages. Registration required.

Ongoing

PHOEBE'S WEE READERS

A book service for our littlest readers! Pick up a bundle of books to read with your baby or toddler. Bundles include three books, early literacy pamphlet and a song to share together. Are you a home-bound parent or caregiver? We will deliver books to you! Resources can be found at: <https://phoebeskids.wordpress.com/phoebes-wee-readers-club/>.

PHOEBE'S KIDS VIRTUAL STORY TIME

Listen to stories on demand and pick up a related craft activity kit in the library or curbside. New stories and activity kits are added each month. All ages are welcome and no registration is required. These virtual programs can be found at: <https://phoebeskids.wordpress.com/hello-phoebes-kids-families/>.

WALK A MILE IN MY SHOES - A Social Justice Book Club

Books can be windows into the lives of those who strive to make the world a better place. Hear a reading on Ms. Julie's site or request a print copy of the book club selection, complete the activity, then log a mile walking and talking about the story. Complete any five kits and collect a prize. All materials available for curbside pickup at the library. How many miles will you walk? All ages are welcome and no registration is required. These virtual programs can be found at: <https://phoebeskids.wordpress.com/social-justice-book-club/>

Tweens & Teens

Nike Desis / Young Adult Librarian

ndesis@oldlymelibrary.org

860-434-1684

Follow us on instagram to stay in the loop! At: olpgn_library

Volunteers: The Young Adult department is currently accepting new volunteers in grades 8 and up! Visit: <http://oldlyme.lioninc.org/tlcapp> to apply.

BOOK BOXES FOR AGES 12 & UP, INCLUDING ADULTS!

A book box is a personalized selection of books highlighting the

Library's exciting Young Adult collection. To request your own book box, share your preferred genres & keywords through an online form found at the website listed below. Staff will curate 1-3 titles for you, bundle them up with exclusive bookmarks and other surprises, and then will let you know when they are ready for curbside pick-up at: oldlymeliibrary.org/bookboxes.

SUPER NATURAL SPRING: Youth Art Show—April-June

Through June, the Library is hosting an exhibit featuring the work of local youth artists. Visit the multi-media display featuring creative writers, visual artists, and perhaps YOU! To learn more about submitting your work to Super Natural Spring, or to invite a young person to submit their work, visit the library or the website for a submission form at: www.oldlymeliibrary.org/featured artists.

MEET THE EXHIBITING ARTISTS

April-June, Online & at the Library

Visit the website or pick up a Gallery Guide to hear from youth artists exhibiting at the Phoebe, share your own comments about the show, and explore art resources, inspiration, and creative activities curated by Teens.

EXAM WEEK: Extended Library Hours for Teens

Dates to coincide with Final Exams: In support of Teens studying for final exams, the library will be open until 9:00 pm. Therapy dogs and snacks will be available, and Study Buddies (from the HS) will

also join the support team. If you come after 7:00 pm, just ring the doorbell!

MOVIE NIGHT RAFFLE BEGINS!

June, date TBD

Win a private movie night at the Phoebe, on the big screen, for you and 4 of your closest friends! Movie nights also include pizza and a group gift card to The Chocolate Shell. To learn how to earn raffle tickets, visit the library or follow us on Instagram to get the details at: olpgn_library.

ORIENTATION FOR SUMMER VOLUNTEERS

Wednesday, June 8, 3:00 - 4:00 pm

Interested Teens entering grade 8 and above are invited to sign up for their summer volunteer schedule, meet their colleagues, and learn about upcoming volunteer projects. For incoming, returning, and current volunteers. Visit us at: <http://oldlyme.lioninc.org/tlcapp> to apply.

Adult Events

Linda Alexander / Public Services Manager

lalexander@oldlymeliibrary.org

860-434-1684

continued on page 28

Learn more:
(860) 739-6281
www.lymeshores.com

LYME SHORES
TENNIS & CONDITIONING CENTER

22 Colton Road
East Lyme, CT 06333

Tennis Programs for Kids

12-week sessions throughout the school year

Big Shots (ages 4-6)
(Red Ball) Tue or Thu, 4-5pm

Future Stars (ages 7-9)
(Orange Ball) Tue or Thu, 4-5pm

Rising Stars
(Yellow Ball) M or W, 5-6:30pm
For competitive junior players
Call for Placement

Tournament Tough (ages 10-15)
(Green/Yellow Ball) Tue or Thu, 5-6:30pm

High Performance
Mon & Wed, 3:30-5pm

Varsity High School Players
Please call for Placement



Adult Programs

Drop in to our fitness, pickleball and tennis programs!

Strength & Balance
M/W/F, 10am

Stability Ball
Mon., 8am

Circuit Training
T/Th/Sa/Su, 8am

Cardio & Strength
Fri, 8am

Private Lessons Available

Point Play Drills
Tue/Thu/Sat - Please call

Intermediate Drills
Mon., 10:30am-12pm

Drop-in Pickle Ball
Mon & Thur, 12:30-3:30pm
Beginers Welcome

WINTER ACTIVITIES AT LYME SHORES



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Psychological evaluation for adoption related issues, personality functioning, and treatment planning

29 Chesterfield Road, East Lyme, CT
860-739-6974

Phoebe Griffin Noyes Library... continued from page 27

ONGOING EVENTS

Contemporary Classics Book Discussion with Marsha Bansavage, via Zoom:

Books are available to check out in advance. Please call the library or email: lalexander@oldlymelibrary.org to register.

- Monday, Apr. 4, 7:00 pm: *Interior Chinatown* by Charles Yu
- Monday, May 2, 7:00 pm: *Hell of a Book—A Novel* by Jason Mott

Phoebe's Morning Book Chat, via Zoom

Books are available to check out in advance. Please call the library or email lalexander@oldlymelibrary.org to register.

- Thursday, April 14, 11:00 am: *The Personal Librarian* by Marie Benedict
- Thursday, May 12, 11:00 am: *Talking to Strangers: what we should know about the people we don't know* by Malcolm Gladwell

MahJongg Group

Meets in-person every Wednesday at 1pm

SPECIAL EVENTS

All the Beauty Still Left

with local author and artist Spencer Reece

Wednesday, March 23, 6:30 pm, via Zoom

Spencer found himself in Old Lyme to wait out the pandemic. Needing to find happiness amid this new situation, he channeled change into art. Hear how these 50 vibrant watercolor paintings became a poet's painted Book of Hours.

FISH STORIES - Migratory Fish in the Connecticut River

Wednesday, April 27, 6:30 pm, via Zoom

Join us for a conversation with Sally Harold and Steve Gephard.

Together they will discuss the history of migratory fish in the Connecticut River, as well as fishways and dam removals locally and throughout Connecticut.

TOGETHERNESS CRAFT

Wednesday, May 4, 6:30 pm, Zoom or in-person TBD

Joanie from Red Barn Yoga will share a little farm fresh flowers and guide us in creating a beautiful candle to brighten the day of someone special.

VINCENT: A Portrait by Postman Roulin

Wednesday, June 8, 6:30 pm, at the Library

Actor and Author Ted Zalewski will perform his one man show as "The Postman," Vincent's loyal friend, capturing the spirit of van Gogh the man and the essence of van Gogh the artist. (In person)



Phoebe's Bookcellar

The BookCellar is a highly successful used book store – Old Lyme's only bookstore – managed by the volunteer Friends of the Library and housed on the Old Lyme Library's lower

level. Regular BookCellar hours are Wednesdays 10:00 am - 4:00 pm and Saturdays 9:00 am - 1:00 pm. Stop in to shop, drop off book donations, or become a volunteer. All proceeds benefit the Library.

Old Lyme Visiting Nurse Association, Inc



Old Lyme Visiting Nurse Association, Inc.

<https://www.oldlymenvna.org>

ATTENTION HIGH SCHOOL SENIORS!

If you plan to continue your education next year in the field of healthcare, scholarships may be available. The Old Lyme Visiting Nurse Association and the Mary Hubbard Noyes Scholarship Fund award scholarships

each spring to distinguished graduating seniors who intend to continue their studies in the healthcare field. The evaluation process begins in the winter. If you are interested in applying for one of these scholarships, you should contact your guidance counselor immediately.



As of this writing (February) Town Nurse Denise Piersa is holding office hours at the Lymes' Senior Center on weekdays from 12:00 to

1:00 pm, but residents do need to call ahead of time.

She's also available to coordinate professional services and can make home visits to residents who are shut in (paid for by Medicare/Medicaid or private insurance.)

With HIPAA permission, she can communicate with family members.

The Town Nurse phone number is:
860-434-7808.

Stay healthy everyone!



59 Lyme Street, Old Lyme, CT 06371
860-434-7208 | www.lysb.org

SUMMER CAMP FAIR

Wednesday, March 30, 4:00 - 6:00 pm

Location: Lyme-Old Lyme High School Commons
More than 30 local camps will be at LYSB's Camp Fair!
Pick up brochures, meet camp reps, and maybe even register. It's one stop shopping for a summer of fun! Admission is free. More info at www.lysb.org

COMMUNITY FORUM: Youth Voices

Tuesday, March 29, 7:00 pm

Location: LOLMS Auditorium

Join us to hear results from the Lyme-Old Lyme Youth Survey. Youth in grades 6 to 12 were recently surveyed about their attitudes and behaviors regarding alcohol, tobacco, and drugs. Our youth panel will lead a discussion with their thoughts and reflection. Hear what the youth of Lyme and Old Lyme have to say.

What are they really doing and why?

How does this impact you?

How will our community respond?

For more information visit: www.lysb.org/prevention.

DRUG TAKE BACK

Saturday, April 30th, 10:00 am - 2:00 pm

Location: Old Lyme Firehouse on Lyme Street

Bring your unwanted medications for safe disposal and prevent pill abuse by ridding your homes of potentially dangerous expired, unused, and unwanted prescription and over-the-counter drugs. This event is free and anonymous - no questions asked. Since the first Lyme-Old Lyme Drug Take Back event in 2011, citizens have returned more than 500 pounds of medications to prevent misuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinets.

MUSIC with MALLORY

Tuesdays, March 1 to March 29, 5 weeks, \$60

Ages 0-5, 10:00 – 10:45 am

First Steps in Music is a music and movement class for you and your little one(s). Children and their grown up will be busy experiencing many different musical activities including bounces, wiggles, tickles, circle songs, ball-rolling songs, lullabies, stories, and more. The goal of the class is to help children begin their journey toward becoming

tuneful, "beatful," and artful human beings. The class is taught by Mallory Kokus, a certified First Steps in Music teacher, performing musician, and mother of three. Register at: www.lysb.org.

PLAYGROUPS at LYSB

LYSB offers playgroups for children ages 0-5 with different themes and programs daily. Each group offers time for free play, stories, games, crafts, and snacks. Come meet other children and caregivers. Our full schedule and details at: www.lysb.org.

MOTHER / DAUGHTER WORKSHOP: Let's Start Talking

May 10, 6:00 - 8:00 pm

Open the lines of communication with your daughter! Designed to give girls a better understanding of the changes that her body will go through during puberty. Topics will include the importance of a positive body image and how to deal with difficult situations. A fun and educational night out for girls in 4th or 5th grade and their mothers. Cost is \$50 per pair and includes re-

continued on page 30

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Youth Service Bureau... continued from page 29

source materials, goodie bags and a pizza dinner. Register at www.lysb.org

MIDDLE SCHOOL AFTERSCHOOL PROGRAM

Tuesday & Thursday 2:15 - 4:00 pm

Location: LYSB

This is a drop in program and a permission slip is required. Come hang out with your friends while listening to music, playing ping pong, games, Wii, crafts & snacks. Students can walk to LYSB from the Middle School, and may get a pass for the LOLMS late bus. Registration fee: \$30/year. Register online at www.lysb.org, or call LYSB 860-434-7208 x0.

SITTER SAFETY CLASS

Three Mondays:

March 7, 14, 21, 28, 2:15-4:00 pm

An intense sitter safety and training course appropriate for babysitters, big brothers and sisters, and children staying home alone for the first time. This course touches on a variety of safety skills such as basic first aid, fire safety, and 911 skills. Fee

is \$50 and includes supplies, snacks, and guest speakers. Late Bus passes are available.

CPR FOR BABYSITTERS

Monday, April 5, 2:15 - 3:45 pm

Add this valuable class to your LYSB babysitter's course and learn how to save a life! Learn CPR and how to clear a blocked airway in children and infants. Parents want to hire babysitters who know CPR and can help kids who are choking. Instructors will teach you everything you need to know to provide lifesaving care during a cardiac or choking emergency in this class. Class cost is \$55 and awards a Certificate of Completion. Register at: www.lysb.org

YOUTH ADVISORY COUNCIL (YAC)

Wednesday in person and online 7:00-8:00 pm

YAC is a high school community service club that participates in a variety of fun projects and activities throughout the year.

All high school students in L/OL are welcome to join us! Register at www.lysb.org

LYME-OLD LYME PREVENTION

COALITION

Meets on the 2nd Tuesday of the month on zoom, April 5, 9:00 am &

May 3, 7:00 pm

Our mission is to prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities. Our group includes parents, youth, school administrators, police, and community members. Join us at our next meeting! Visit: www.lysb.org/prevention for more info.

COUNSELING SERVICES FOR ADOLESCENTS

LYSB provides counseling services for adolescents in Lyme and Old Lyme. Our fees are based on a sliding scale. All inquiries are confidential at 860-434-7208.

The Start of the 2022 Legislative Session



Devin Carney
State Representative.

On February 9th, the General Assembly started the 2022 legislative "short" session that will continue until May 4th. Traditionally, the primary focus of the short session is to adjust the biennial budget, but other bills can be introduced through the committee process. Again, I am serving on the Transportation (Ranking Member,) Education, and Finance Committees.

At the time of writing, the first major issue facing the General Assembly will be whether or not to extend the Governor's public health and civil preparedness emergency powers which are set to expire on February 15th. If the emergency powers are not extended, the legislature will have to decide if any executive orders should be codified into law. The Office of Legislative Research has compiled reports on the extended executive orders, and a general 2022 major issues report that covers a wide range of policy topics facing the legislature; for more information visit: www.cga.ct.gov/OLR.

Other issues include tax policy, improving mental health and

substance abuse, the impending closure of the Hartford trash-to-energy plant, and how COVID has affected public health and education.

Similar to last year, this session will feature a mix of in-person and virtual business. At the time of writing, the first floor of the Legislative Office Building and Capitol will be open to the public.

Public participation is vitally important; you can track legislative action on the General Assembly website at: www.cga.ct.gov and watch along on www.CT-N.com. I would also encourage you to sign up for my email newsletter at: www.repcarney.com where I will share regular updates from the Capitol and how to participate in the public hearing process.

As always, if you have questions or concerns regarding state government, or need help working with state agencies please contact me at: devin.carney@housegop.ct.gov or 860-842-1423.

Thank you,
Devin Carney,
State Representative



The Old Lyme Town Band

Our 2022 concert season is about to begin. The Old Lyme Town Band, under the direction of Rich Chiappetta, is busy preparing classic folk tunes, familiar medleys, traditional band marches, and brass fanfares for you all to enjoy.

Mark your calendar for our opening concert on **Friday evening, April 22nd at 7:00 pm at Christ the King Church in Old Lyme**, a free event. The concert will showcase both the Old Lyme Town Band, along with the Time and Changes Jazz Orchestra. The band will entertain you with pieces such as Moorside March, Shepherd's Hey, and The Genius of Paul Simon. The seventeen-member jazz group, also under the direction of Rich Chiappetta and including several OLTB musicians, will perform Saving All My Love for You, Moten Swing, and Dream Catcher to name a few. (*Note: We will follow Covid guidelines in place at the time of the concert for this venue.*)

Another highlight of the early part of our season will be a concert on **Friday evening, May 20th at 7:00 pm also at Christ the King Church in Old Lyme**, also a free event. To double your listening pleasure, the event will be a combined concert with the Old Lyme Town Band (host band) and the Noank-Mystic Community Band. The energy generated from the two groups will have you tapping your feet and humming the tunes. You will hear favorites such as

Rushmore, March and Procession of Bacchus, Loch Lomond, A Festival Prelude, and a lively rendition of Seventy-Six Trombones! (*Note: We will follow Covid guidelines in place at the time of the concert for this venue.*)

On **Wednesday evening, May 25th at 6:00 pm**, the Lyme Senior Center will host the Old Lyme Town Band for our first outdoor concert of the season. Because it is an outside venue, the concert will be open to the public. Please bring your lawn chair, your favorite snacks, a sweater (just in case,) lots of enthusiasm, and settle in for a fun filled evening of music. You will hear tunes such as Blue Ridge Saga, Moorside March, Disney at the Oscars, The Music Man, and many more. Rain date is May 26th. This is a free event.

New concerts are being added often, so please be sure to check the Old Lyme Town Band.com website or our Facebook page for additional information and performance updates.

If you play an instrument, we would love to have you join our group. No audition is necessary. The OLTB welcomes players of all ages, from the surrounding towns. Our rehearsals are held on Monday evenings from 7:00 - 9:00 pm at Christ the King Church in Old Lyme. For more information contact: Ann Lander at: 860-434-2671, landeral15@yahoo.com; or Sherry Smith at: 860-669-3914, sherrygsmith19@aol.com. Let's make music together for all to enjoy!

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Lymes' Senior Center



26 Town Woods Road, Old Lyme, CT

Membership is open to seniors

55 Years Young & Better

Hours: Monday- Friday 9:00 am-3:00 pm

We are now on Facebook listed as Lymes Senior Center. Follow and like us to keep up to date on upcoming events!



Weekly Exercise Classes

IN-PERSON CLASSES

Monday - 9:30 am and 10:15 am

Tap Classes with Bethany Haslam from The Dance Center of Old Lyme. Pre-registration is required. Call 860-434-4127 to register. \$30.00 for a six week class.

Tuesday - 10:00 am

Sit and Be Fit. Led by Laura Kokoska Pre-registration is required. Call 860-434-4127 to register. Class is free.

Tuesday - 1:00 pm (Once a month)

Improver Country Line Dance Class. This class is designed for Seniors who have either line danced before OR have taken the 2:15 pm class. Please check calendar for specific date. Pre-registration is required. Call 860-434-4127 to register. Class is free.

Wednesday - 8:30 am

Low Impact Class with Kate Perez. Pre-registration is required. Call 860-434-4127 to register. \$5.00 a class.



Thursday - 10:00 am (Once a month)

Chair Dancing. Please check calendar for specific date. Pre-registration is required. Call 860-434-4127 to register. Class is free.

Friday - 8:30 am

Low Impact Class with Kate Perez. Pre-registration is required. Call 860-434-4127 to register. \$5.00 a class.

Friday - 2:30 pm

Country Line Dance Class. All levels from beginner to advanced. Pre-registration is required. Call 860-434-4127 to register. Class is free.

VIRTUAL CLASSES

Monday- 9:00 am

Slow & Steady Yoga with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>.

Tuesday- 9:00 am

High Energy, Low Impact Dance Class (like Jazzercise) with Mellisa. Call 860-434-4127 to register. Once registered and paid a link will be sent. Tuesday/Thursday class cost \$20.00 a month for unlimited classes.

Tuesday- 10:00 am

Sit and Be Fit. Led by Laura Kokoska Pre-registration is required. Call 860-434-4127 to register. Class is free. Once registered, a link will be sent.

Wednesday- 9:00 am

Chair Yoga for Pain with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>.

Thursday- 9:00 am

High Energy, Low Impact Dance Class (like Jazzercise) with Mellisa. Call 860-434-4127 to register. Once registered and paid a link will be sent. Tuesday/Thursday class cost \$20.00 a month for unlimited classes.

Friday- 9:00 am

Slow & Steady Yoga with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>.

On-Going Monthly Groups

Please email me, Stephanie Gould, Lymes' Senior Center Director, at: sgould@oldlyme-ct.gov OR call 860-434-4127 to sign up for any of these groups or if you have any questions.

THE "KNIT-WITS" KNITTING CIRCLE

Meets once a month (the second Wednesday of the Month) at 10:00 am. This will be a mixed ability level group. It will be a chance to knit together with others, learning from each other, sharing ideas or just enjoy the camaraderie of a shared love of knitting and crocheting.

“QUILTY” PLEASURES QUILTING GROUP

Meets once a month (the third Wednesday of the Month) at 10:00 am. This group gives people a chance to share their quilting passion and borrow ideas from each other. In the future we could look at hiring guest instructors for specific projects or technique, if that is what the group wants. Feel free to bring some of your finished projects to share with the group and any you want to work on during this get-together.

“GIRLS GONE SCRAPPY” SCRAPBOOKING & PAPERCRAFT GROUP

Meets once a month (the fourth Wednesday of the Month) the next meeting is Wednesday, March 23rd at 10:00 am. Bring your own consumable supplies (ink, paper, glue sticks or whatever you like to use) and reusable supplies (like stamps) to share during our get-together. This will be a great time to get ideas from others and get our creative juices flowing as well.

New Outdoor Groups that will Start Meeting in April

The “Take a Hike Thursday” Hiking Group

Will meet once a month the second Thursday of the month at 9:30 am, weather permitting led by Wendolyn Hill, Lyme Open Space Coordinator. Hikes will take place in Lyme and Old Lyme and surrounding areas. Places to be announced. Hikes will be moderate.

The “Rogue Rollers” Bocce Ball Group

Will meet once a week starting April. Days and times to be announced. Call if you are interested. Newcomers welcome.

The “Totally Pitchin’ HorseshU Club”

Will meet once a week starting April. Days and times to be announced. Call if you are interested. Newcomers welcome.

The current choices of programs and activities for our members includes but is not limited to the following:

- exercise programs
- cards
- dance classes
- movies
- lectures
- day trips
- art classes and workshops

The center also offers services and other opportunities including:

- haircuts
- footcare clinics
- blood pressure clinics
- Medicare informational counseling
- energy assistance appointments
- outdoor entertainment
- special monthly luncheons that take place outdoors or are “to go”

Feel free to stop by, call us at: 860-434-1605 ext. 240, or email me at: seniorcenter@oldlyme-ct.gov if you have any questions, comments or ideas you feel could help us serve you better.

Best regards, Stephanie Gould, Lymes’ Senior Center Director

Lymes' Senior Center

26 Town Woods Road, Old Lyme, CT

860-434-4127 | seniorcenter@oldlyme-ct.gov



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Be Present



Over the past two years, it has been noted there has been an increase in both the number of people struggling with their mental health. In the intensity and severity, some might even agree that we are currently living in a world that produces anxiety more than it prevents it.

We have been inundated and confronted by things happening all around us,

whether it is across the world or across our street. Between our social media and accessibility to breaking news events, we may have become consciously or unconsciously trying to be present with everything and everyone. And if that is the case, we likely have also become barely able to be present, intentional, and mindful in our home.

While one plus of social media might

be to connect with people we don't personally know, the flip side of that is that we end up comparing ourselves to people we don't personally know. With our insecurities now calling the shots, we presumably won't be making the right calls.

For many of us, having community and an ability to open up about difficult emotions can significantly lower their intensity. It is worth noting that social media communities provide an illusion that they are interchangeable with off-line connection and community.

While they each provide benefits, the benefits are not the same. In this new year, let us decrease our screen time, and increase our ability to be intentional, mindful, and present.

Kristin Kiczuk, LCSW
East Lyme Psychological Associates

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Old Lyme Historical Society Receives CT Cultural Fund Operating Support Grant from CT Humanities

Connecticut Humanities, the statewide, nonprofit affiliate of the National Endowment for the Humanities (NEH), has awarded the Old Lyme Historical Society, Inc. (OLHSI) a \$7,200.00 CT Cultural Fund Operating Support Grant (CTCFOSG.)

The CTCFOSG will be used to support the Society's mission to collect, preserve, interpret and promote the rich history of Old Lyme and environs by making the Archives collection more accessible, improving IT and online presence and increasing marketing to make the organization more accessible to the community.

John Pote, the Society's Chair, said "History isn't static. New discoveries and new technologies broaden our understanding and enhance discussions among cultures and communities."

OLHSI was one of 624 organizations in Connecticut that was awarded CT Cultural Fund support totaling \$16M from CT Humanities.

The CTCFOSG are part of \$30.7M of support allocated to arts, humanities, and cultural nonprofits through CTH over

the next two years by the CT General Assembly and approved by Governor Ned Lamont. The CTCFOSG will assist organizations as they recover from the pandemic and maintain and grow their ability to serve their community and the public.

This grant was administered by CT Humanities (CTH), with funding provided by the Connecticut State Department of Economic and Community Development/Connecticut Office of the Arts (COA) from the Connecticut State Legislature.



Photograph by James Meehan.

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55 Lyme Street
Drawing by Edie Twining Design.

Old Lyme Historical Society

Located in the former Grange Hall at 55 Lyme Street, OLHSI is an all-volunteer organization dedicated to researching, preserving, and sharing the history of Old Lyme.

Tile-maker Paul Halferty of Lily Work Tile in Old Lyme will give a talk on the history of tiles on Thursday, May 12 at 6:30 pm. At this writing we are hopeful that the event can be held safely in person at 55 Lyme Street, but please check our website for details.



To celebrate Flag Day our own Jim Meehan, an avid vexillologist, will give a talk on the

history of the American flag. Tentatively scheduled as an in-person event, his talk will be held at the Historical Society at 55 Lyme St. Tuesday, June 14 at 6:30 pm.

For details on lectures, and other happenings of the Old Lyme Historical Society, please see our website. Be well!

Old Lyme Historical Society, Inc.

55 Lyme St. | P.O. Box 352

Old Lyme, CT 06371

860-434-0684 | <http://www.olhs.org>

Did you know?

All Town of Old Lyme Elected and Appointed Officials as well as the 100+ Board, Commission and Committee volunteers abide by a Code of Ethics, which was adopted at an Annual Town Meeting in January 2008.

The Code of Ethics is Chapter 43 in the Town's ordinance book, which is available in the Town Clerk's Office or on the Town website at: www.oldlyme-ct.gov through the Town Clerk's page.

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Duck River Garden Club

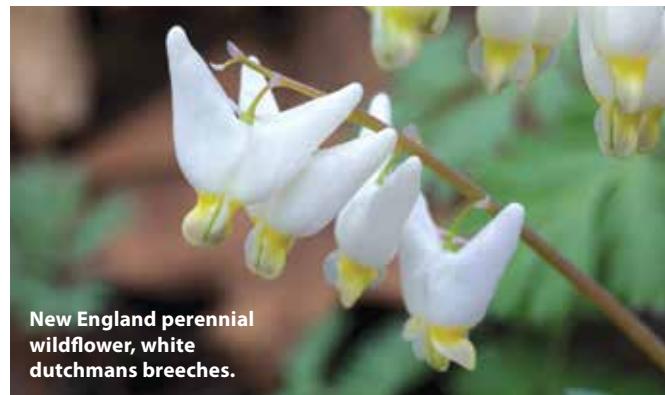


Old Lyme's garden club invites the public to come enjoy upcoming programs. Presentations are held at the Old Lyme Memorial Town Hall; 6:30 pm social reception, speaker at

7:00 pm followed by business meeting for DRGC members.

Please check DRGC's website at: www.oldlymeduckrivergc.org and the club's public Duck River Garden Club of Old Lyme Facebook page for any changes to our planned programs:

- **Wednesday, March 23,**
Spring Wildflowers, with Margery Winters, Roaring Brook Nature Center, Clinton,
- **Wednesday April 27,**
Mechanic & New Techniques for Creative Floral Design, with Trish Manfredi, National Flower Club Accredited Flower Show Judge,



New England perennial wildflower, white dutchmans breeches.

- **Wednesday May 25,**
Creating Wildlife with Native Plants with Shaun Roche, Stewart B. McKinney National Wildlife refuge.

DRGC welcomes new members; contact Karen Geisler, DRGC president, karengr007@gmail.com, 860-434-5321. Membership form is available on the website.

Watch DRGC's website and Facebook page for May Market 2022!

Sound View Gateway Sidewalk Project

The Community Connectivity Grant Committee (CCGC) is managing the 2019 Sound View Gateway construction grant of \$400,000 awarded from the Connecticut Department of Transportation State Local Bridge Program. The grant highlights the Town's commitment to walkability, safety, and public accessibility to local business and attractions in the Sound View Gateway. The Town received favorable construction bids, allowing for new five foot wide,

ADA compliant sidewalks along the designated Gateway area on Shore Road and upper Hartford Avenue, and related enhancements to be constructed in 2021. The Town recently authorized the expenditure of up to \$50,000 for costs associated with the municipal requirements of the project including the design costs for the transportation hub. The transportation hub improves a town owned vacant lot and provides safe accessibility to the

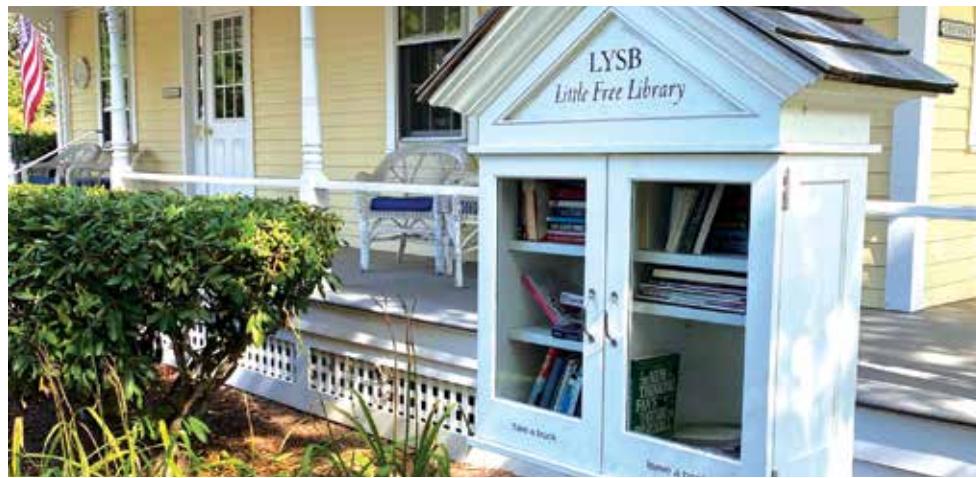
area for riders of the 9-Town Transit bus and bicyclists. Weather permitting, this phase of the project is expected to be completed in the spring of 2022. Committee Chair, Selectwoman Mary Jo Nosal, thanks the CCGC members, Jim Lampos, Eric Olsen, Bonnie Reemsnyder, Frank Pappalardo, and Tim Griswold, ex officio, for their commitment to this important municipal project.

LYSB Little Free Library

Have you stopped by the Little Free Library on the campus of the Lymes' Youth Service Bureau lately?

Located at 59 Lyme Street, Old Lyme, you can take a book if you're looking for something new to read, or leave a book if you have one to pass along, or both!

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Florence Griswold Museum



The current exhibition, New London County Quilts and Bed Covers, 1750–1825 (on view through May 1) examines some of America's most celebrated items of textile folk art, all produced right in our own corner of Connecticut.

Curated by Lynne Z. Bassett, this exhibition of rare beauty and historic value is an important addition to women's and Connecticut history and contributes significant scholarship in the field of American textile history.

The project began in August 2019 when Bassett, a leading historical textile expert, visited the Museum on a research trip to examine a whitework quilt in our collection. She had become intrigued by the extraordinary tradition of New London County bed furnishings and garments that grew out of this corner of Connecticut, which she described as a "hot-bed" of uniquely excellent textiles. In studying these objects and trying to identify their makers, she pondered the larger question: Why was such incredible work done here?

What started with our quilt turned into discovering examples of works from an extraordinary roster of institutions: The Metropolitan Museum of Art, Los Angeles County Museum of Art, American Folk Art Museum, Historic Deerfield, the International Quilt Museum, the Henry Ford Museum, Winterthur Museum, and the DAR Museum.



Philena McCall (American, Lebanon, Connecticut, 1783-1822,) Bed rug, 1802, Homespun wool tabby-weave ground fabric and embroidered dyed wool yarns, running chain stitch with a natural wool ground, cut pile, 101 x 90 in. (256.5 x 228.6 cm.)
Wadsworth Atheneum Museum of Art, Hartford, CT,
American Decorative Arts Purchase Fund, 1972.11

Visit the exhibition to explore the heritage of these textiles, the ingenuity of their design inspiration and techniques, and learn how New London County fostered such exceptional handiwork.

Garden Luncheon

Mark your calendar for the return of our in-person Garden Luncheon on Friday, June 10! Tickets sell out quickly. Save your seat ASAP!



"Summer Sounds" Concert Series

Come and enjoy a summer evening at the Lymes' Senior Center Field, 26 Town Woods Road Old Lyme for our "Summer Sounds" Concert Series a FREE FIVE-week musical series.

ALL AGES ARE WELCOME!!!

*Bring your chairs, blankets, dinner, etc. the performances will be held out on the lawn (weather permitting)

- **July 7th** at 7:00 pm - String of Pearls
- **July 14th** at 7:00 pm The Corvettes Do-Wop Revue
- **July 21st** at 7:00 pm - The Cartells
- **July 28th** at 7:00 pm - Rock Solid Alibi
- **August 4th** at 7:00 pm - Take Two and Call Me In The Morning

Lyme Art Association

TWO EXHIBITIONS AND A VIRTUAL LECTURE SERIES

From March 4 through April 7, the Lyme Art Association presents its annual Four Acts show. Each room of the gallery has a different theme: Poetry of Motion (works depicting action and activity,) Black & White, Renewal: Visions of Spring, and Wanderlust: The Artist Travels.



The Visions of Spring. Part of the Four Acts Show.
Painting by Barbara Lussier,
titled: Azaleas.

During the month of March, the Lyme Art Association will present a 5-part art lecture series via Zoom on The Art of America: How Great American Artists Revealed a New Country and Its People each Thursday at 7:00 pm featuring leading artists and their work from the mid-18th century to the early 20th century. Register online at: www.lymeartassociation.org. All proceeds from the art lectures will support the Lyme Art Association's Second Century Capital Campaign which will help fund the installation of a new skylight system for the historic Lyme Art Association gallery building.

From April 15 through June 2, the Lyme Art Association presents the Expanding Visions Exhibition, celebrating the great variety and creativity of our member artists. This juried exhibit includes work in any style that LAA members have been exploring - from hyperrealism all the way to entirely abstract. The Hudson Valley Art Association's 89th Annual National Exhibition will also be on view.

Visit the Lyme Art Association's website at: lymeartassociation.org, to learn details about upcoming art demonstrations, critiques, and painting groups, classes and workshops.

The Lyme Art Association is open Wednesday through Sunday, from 10:00 am – 5:00 pm, and by appointment. The Lyme Art Association is located at: 90 Lyme Street in Old Lyme, at the corner of Halls Road. Please call 860-434-7802 for more information or visit us at: lymeartassociation.org.

VISIT Old Lyme! www.oldlyme-ct.gov

Old Lyme is a community of some 8000 permanent residents and an additional several thousand seasonal visitors who occupy a shoreline complex of summer residences. Located on the east bank of the mouth of the Connecticut River where it meets Long Island Sound, the town is marked by independence, volunteering, and a long-standing commitment to the arts.

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Ruth Ann Heller Music Foundation Awarded 20 Scholarships



This academic year the Ruth Ann Heller Music Foundation awarded 20 scholarships totaling \$8,000 to students at Lyme-Old Lyme High School and Middle School. We are proud of this achievement, remembering that in 2001 at the start of the Foundation, four scholarships were awarded for a total of \$400!

This year we would like to highlight Avery Wyman, whose

musical development the Ruth Ann Heller Music Foundation has had the privilege of supporting throughout his career at Lyme-Old Lyme High School.

Avery recalls his middle school days, when Jay Wilson presciently extended to Avery the privilege of practicing in the spectacular LOLHS music suite. During his high school years, Avery consistently earned a seat in the Eastern Region Band; in fact, he often won seats for jazz drums, jazz vibes, snare drums and pitched percussion. Avery has also been selected for the All-State Band each year.

For a small town, Old Lyme has more than a few gigs to offer a budding jazz percussionist. You can catch him opening



6th Graders: Left to Right: Jonah Filardi, Avery Zbierski, Sophia Huang, Gavin Gray.



8th Graders: Left to Right: Oliver Wyman, Warren Volles, C.J. Zapatka.

for Dan Stevens at the Nightingale. Local jazz flutist Colin Hallahan (another RAHMF beneficiary) has invited Avery to join his band. Further afield, Avery plays in the New York Youth Symphony Jazz Band, and has spent two summers at Ithaca College at the jazz camp hosted there.

Due to graduate from LOLHS in the spring, Avery is preparing for a jazz percussion career in college. As of this writing, Avery has passed the preliminary audition rounds at Manhattan School of Music and Ithaca College.

While great opportunities await Avery as he prepares to spread his wings, he credits RAHMF for making it possible for him to study with Grammy winner Joe McCarthy, Jonathan Barber and Steve Petersen.

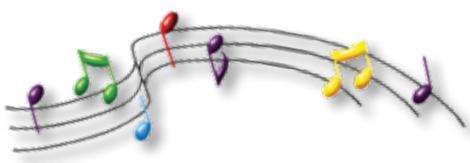
Established in 1999, The Ruth Ann Heller Music Foundation honors Ruth Ann (King) Heller, who was an exceptional band director. The Foundation awards instrumental music lesson scholarships to selected students in the LOLMS and LOLHS band programs. Since 2001 more than 400 scholarships have been awarded.

You may donate to the Foundation through our website at: rahmf.org or by mailing your donation to: The Ruth Ann Heller Music Foundation, P. O. Box 298, Old Lyme CT, 06371. Please note that 100% of your donation will go directly to the scholarships.

We can also be found on Facebook, where upcoming events and updates on the Foundation are posted. Thank you for considering our Lyme and Old Lyme students this year.



7th Graders: Left to Right: Gavin Goulis, Arthur Riccio, Ceciley Buckley, Harrison Goulis, Morgan Buerger.





High School: From Left to Right: Natalie Buckley, Marielle Mather, Phoebe Lampos, Ava Gilbert, Andrew Liu, Nikolai Stephens-Zumbaum, Avery Wyman, Jacob Derynioski.



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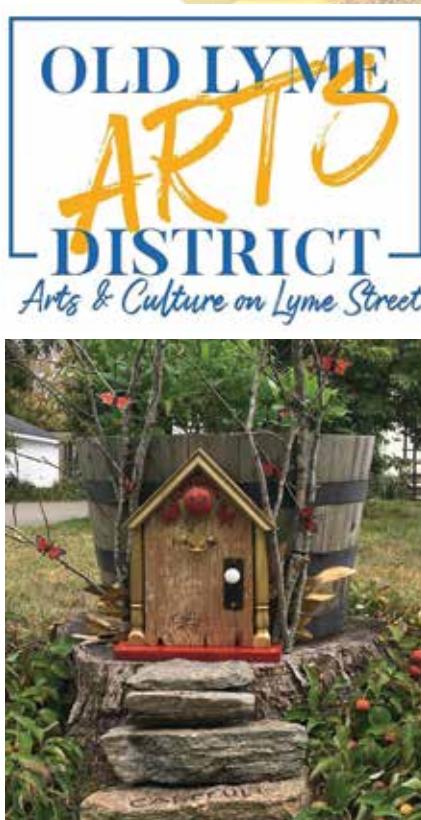
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Old Lyme Arts District Announces Return of Midsummer Festival

The Old Lyme Midsummer Festival returns this year! The Old Lyme Arts District is happy to announce the all-day street festival takes place on Saturday, July 30th, with great art and artisan goods, fun food, music to get your feet tapping, and more – including Phoebe's BookCellar's Midsummer Book Sale and the LYSB 5K Run/Walk. The always-popular Kickoff Concert returns Friday evening, July 29th on the lawn of the Florence Griswold Museum.

Other Art District events planned for 2022 include the return of the **Make Music Old Lyme Stroll** on June 21, **Fairy Doors on Lyme Street**, right, in October, and **Light Up Old Lyme** throughout the winter holiday season.

As with all events during these times, this information is current as of the Events Magazine print deadline and subject to change due to the trajectory



of the pandemic. Follow the Old Lyme Arts District on Facebook for all the latest.

The Arts District is also pleased to announce that its website partnership with the Old Lyme Economic Development Commission brings you ExploreOldLyme.com. This new website highlights Old Lyme's cultural organizations as well as the restaurants, shops, and other great ways to enjoy while you visit, live, or work in Old Lyme. Be sure to check out ExploreOldLyme.com.

The Old Lyme Arts District is a partnership of arts and cultural organizations on Lyme Street. Together they produce and promote community events that celebrate Old Lyme's cultural offerings. Learn more at ExploreOldLyme.com/ArtsDistrict.

Rogers Lake Authority News - Spring

The Rogers Lake Authority is recruiting prospective applicants to fill open positions to share operation of the patrol boat as well as man the State boat launch. This temporary position would run from Memorial Day weekend through the end of September. The applicant would need to be available on Friday evenings, Saturdays and Sundays as well as one evening a week. To apply see the Rogers Lake Authority webpage at: <https://www.oldlyme-ct.gov/rogers-lake-authority>.

Rogers Lake has seen a major increase in boating activity on the lake this past summer. Unsafe Jet Ski activity has become a serious safety issue. DEEP has indicated that they will assist the Rogers Lake Authority (RLA) in enforcing the Connecticut Safe Boating laws. The 2022 Connecticut Boater's Guide Rules and Resources booklet is available online at: <https://portal.ct.gov/DEEP/Boating/Boating-and-Paddling>.

The boating season is fast approaching; the RLA would like to remind you of the following:

- Connecticut DEEP will be on the lake enforcing the Connecticut Safe Boating laws.

- Connecticut Boating Regulations require that no person shall operate a vessel at a speed in excess of Slow-No-Wake (6 MPH) within 100 feet of shore, a dock or other vessel.
- Personal watercraft (Jet Ski) is required to stay 200 feet from shore, a dock or other vessel if speed is above 6 MPH.
- There are six (6) places on Rogers Lake where the distance between landmasses and a Jet Ski passing by them is less than 200 feet. When a jet ski traverses between the North and South ends of the lake between the islands, jet skis shall not operate at a speed in excess of 6 MPH.
- Motor-powered craft traffic operating in excess of 6 MPH shall proceed in a counterclockwise, left-hand-turn flow pattern throughout Rogers Lake.

The Rogers Lake Authority is asking for your assistance in reporting unsafe activity occurring on Rogers Lake anytime of the year. To report any unsafe activities, please use the form that is available on the Rogers Lake Authority website at: <https://www.oldlyme-ct.gov/rogers-lake-authority>. Click on "Report Boating Violation." For situations that require immediate action dial 911. Thank you for your assistance.

Connecticut State law 12-155 prohibits the use of a fertilizer

containing phosphorous less than 20 feet from any body of water. A \$500 fine is imposed on violators. If you have questions on the phosphorus legislation or soil testing, call the UConn Home & Garden Education Center at: 877-486-6271..

Musical Masterworks

At the First Congregational Church of Old Lyme
4 Lyme Street, Old Lyme, CT 06371
Ticket information at: www.musicalmasterworks.org



In March, come celebrate the return of two Musical Masterworks veterans—flutist Tara Helen O'Connor and pianist Adam Neiman. Then get ready for a very special season finale on April 30 and May 1, when Edward Arron will perform his last concert for Musical Masterworks as Artistic Director. He will be joined by pianist Jeewon Park, double bassist Michael Thurber, and violinist Tessa Lark, who will replace Mr. Arron as Musical Masterworks' Artistic Director when we open our 32nd Season in October 2022.



Saturday, April 30 at 5:00 pm

Sunday, May 1 at 3:00 pm

Jeewon Park, piano

Tessa Lark, violin

Michael Thurber, double bass

Edward Arron, cello



Handel/Halvorsen: Passacaglia for Violin and Cello

Mark O'Connor: Appalachia Waltz for Violin, Cello and Double Bass (1993)

Beethoven: Piano Trio in c minor, Opus 1, No. 3

Rachmaninoff: Sonata in g minor for Cello and Piano, Opus 19

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Radon Testing in Old Lyme

Radon testing is not always a priority, but in the state of Connecticut, 1 in 3 homes have elevated radon levels. Across the rest of the U.S., that number is only about 1 in 15 homes. You may be at a dramatically elevated risk for exposure to this cancer-causing gas. Old Lyme is in one of four Connecticut counties which have the highest risk for excessive radon (greater than 4 pCi/L). These counties include Middlesex, New Haven, Fairfield, and New London.

Old Lyme is located in the County of New London, one of Connecticut's four counties that received an EPA assignment of Radon Zone 1. Testing of the water from public-utility wells in Old Lyme contained some of the highest radon levels in the state.

This naturally occurring gas can literally be found anywhere, and levels can dramatically fluctuate even among neighboring homes. It's a wise move to check for this dangerous gas. Testing is too simple; the mitigation systems are too effective, and the health risks are too great to justify not taking precautions.

The State Department of Public Health (DPH) urges Old Lyme residents to test their homes for radon gas. Health officials estimate that radon is responsible for about 21,000 lung cancer deaths each year in the United States.

Radon test kits can be obtained from the Town of Old Lyme Health Department at no charge, while supplies last. Contact the Old Lyme Health Department at: 860-434-1605 ext. 214 for additional information.

IS RADON IN DRINKING WATER A CONCERN?

Radon may also be present in well water and can be released into indoor air during tap water use, such as, showering,



laundering clothes, and dishwashing. Drinking water that contains radon is not believed to be a significant health risk compared to inhaling radon in air. The concern with radon in tap water is that some radon can enter the air and be inhaled, contributing to airborne radon levels. Radon in air is a much greater health risk than radon in water. Therefore, water testing should not occur until after radon in the air has been tested.

CT DPH recommends testing a home's water for radon when the following two conditions are met: 1. the home is served by a private well; and 2. the indoor air has already been tested for radon.

The water sampling technique is critical in obtaining accurate results and should be performed by a qualified radon measurement professional (see the CT DPH Radon Program website for a list.) The water sample must be analyzed by a laboratory that is approved by the CT DPH Environmental Laboratory Certification Program to test for radon in the water. Results reported by laboratories that are not approved by CT DPH are not considered valid results.

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Vista Rotaract Club Supports Shoreline with One Warm Coat Drive

This winter, the Vista Rotaract Club organized its One Warm Coat Drive to help those in local shoreline communities. The Vista Rotaract Club is run through Vista Life Innovations, which is dedicated to the personal development of individuals with disabilities. The coat drive was in partnership with One Warm Coat, a nonprofit organization with the mission of ensuring that everyone has a winter coat.

Particularly with the pandemic, many individuals and families across the country have been struggling with meeting their basic needs. Everyone has the right to protection from the cold, something that can partially be solved with a warm coat.

During their three-week coat drive, the Vista Rotaract Club collected 44 gently worn and new coats on their Madison campus. All donated coats will be distributed to local communities.

Vista's Rotaract members were excited to organize their first coat drive as a club. When asked why they wanted to organize the One Warm Coat Drive, members shared:

Mary: "I like to help other people because it makes me feel good about myself."

Margaret: "I was excited to help out with the Coat Drive because it is a project I can enjoy working on with other organizations and be able to help those in the community who are in need."

Jeff: "I like doing good deeds and working together in social groups."

The club members are thrilled with the success of their coat drive and are in the process of planning more ways to give back to the shoreline.

The Vista Rotaract Club is open to everyone. If you would like to learn more or join



the Vista Rotaract Club, please contact: Brittany Czajkowski, Vista Quality of Life Manager, at: bczajkowski@vistalifeinnovations.org

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

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Roger Tory Peterson Estuary Center

100 Lyme Street, Old Lyme, CT 06371 | 860-598-4218 | www.ctaudubon.org/rtpc

The Connecticut Audubon Society's Roger Tory Peterson Estuary Center is dedicated to the conservation and preservation of the Connecticut River Estuary ecosystem and watershed, through science-based research, education and advocacy.

Webinars

AMPHIBIANS OF CONNECTICUT Three Part Web Series

March 22, 29 and April 5; 7:00 - 8:00 pm

This unique course sheds light on some of our most mysterious, secretive and fascinating wildlife – the amphibians! After getting acquainted with the characteristics and habitats of Connecticut's 23 species of salamanders, newts, frogs and toads, conservation biologist Jim Arrigoni will highlight interesting and unusual aspects of their ecology and how such information can be put to good use to benefit their conservation.

WRENS AND VIREOS

April 13, 6:00 pm

Birds are a noisy bunch, especially in spring when they begin to breed. Among the most vocal are the wrens and vireos, some of most well-loved species. In this webinar teacher naturalist Joe Attwater will go over these charismatic little birds and which ones to expect in the state.

Field Programs

ECOLOGICAL EXPEDITIONS

Begins March 14

Do you enjoy exploring wild places? Open your eyes to new locations and get to know your non-human neighbors that share our corner of the world. This unique program combines in-depth environmental science with insightful explorations and hands-on experiences in some of the most special protected areas in southeastern Connecticut. Each month will emphasize different themes depending on seasonal rhythms (although we can always count on nature adding surprises!).

BEYOND BIRDING IN THE FIELD 2022 Program Series **Begins March 26**

Join Conservation and Education Coordinator Joe Attwater and explore new locations and discover the extensive bird life that Connecticut has to offer. Each month we will focus on a specific topic and its connection to birds, including equipment, migration and nesting, identification and more! Joe will also share valuable resources and discuss current happenings in the world of birding. Each program session includes a 2 hour field portion and access to a pre-recorded webinar.

SUMMER CAMP REGISTRATION IS OPEN!

Join the RTP Estuary Center and spend the summer where science, nature and art combine with fun! While each session has a natural science focus, your child will be busy discovering animals and plants, conducting hands-on experiments, making new friends and enjoying outdoor activities. Camp dates run from June 20 - Aug 19.

All programs require pre-registration. We also host a variety of webinars, nature hikes, bird walks, citizen science opportunities and more throughout southeastern Connecticut. For more information be sure to visit our website at: www.ctaudubon.org/rtpc or email rtpc@ctaudubon.org

OUR MISSION

The Connecticut Audubon Society protects Connecticut's birds, other wildlife, and their habitats through conservation, education, and advocacy. We envision that our efforts will lead to a future where all can share and experience the joys of nature and understand the importance of environmental preservation



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6 Tips to Lower Your Energy Bill This Winter Season

The cold weather is here and while some New Englanders pride themselves on going as long as they can without turning on the heat, it's finally time to adjust the thermostat.

This winter, as the global demand for natural gas soars, heating prices are on the rise. But as a smart consumer, you can mitigate these costs by ensuring that your home is as energy-efficient as possible.

Take a look at the below list of energy efficiency tips to implement in your home this winter:

1. PREVENT DRAFTS:

To keep cold air out, you should properly protect your home against the elements. Windows, vents, and door frames can allow heated air to escape. Check that they are properly sealed to prevent drafts and leaks.

Also, locking your windows will make them tighter and draft resistant, as will closing storm windows. You can purchase or make door and window draft stoppers that will seal any leaks.

If you don't properly weatherize your home, your heating system will work harder than it has to, wasting energy and making it harder to stay comfortable due to drafts or hot and cold spots.

Let the professionals handle air sealing for you. Learn more about how Home Energy Solutions/a Home Energy Assessment can help.

2. TAKE CONTROL OF YOUR HOME HEATING: Programmable and smart thermostats can be set to pre-determined temperatures during specific times of the day. The advantage of using these types of thermostats is that they allow you to customize your heating schedule, so while you're away from home or sleeping, you can adjust your settings accordingly to save money and energy. Rebates of up to \$100 may be available for the purchase of a new qualifying smart thermostat.

(CT) Shop the Eversource Savings Center <https://www.poweredbyefi.org/eversourcect/> to receive an instant discount on popular models.

(MA) Shop our online marketplace <https://www.poweredbyefi.org/masssave> to receive an instant discount on popular models.

3. CHECK YOUR FIREPLACE DAMPER: Leaving your fireplace damper open is the number one way cold air can sneak into your home without you realizing it. When the damper is open, warm air in your home can escape through the chimney, making the room colder than it needs to be.

4. LIGHT THE WAY WITH LEDS: However you decide to decorate this year, make sure to use ENERGY STAR® certified LEDs for all lighting needs.

LED lights use far less energy than traditional bulbs—a string of 100 lights consumes about 8 watts, which is a fraction of what a traditional light bulb string requires. Plus, LED bulbs last far longer, so you won't be up on the roof trying to replace bulbs every season. To make these fun holiday lights even more efficient, utilize light timers to make sure they're only on when they need to shine.



5. CATCH SOME RAYS: Did you know you can use the sun to your advantage, even in the winter? By opening your curtains and blinds during the day, you can help heat a room with sunlight. Utilizing the natural power of the sun to keep your home warm can take strain off your HVAC system and lower your energy bill.

6. REPLACE YOUR FURNACE FILTER: When your HVAC system's filter is clogged, it reduces airflow, which puts strain on your heating and cooling system. To maintain good airflow, check your filter once a month to make sure it's not too dirty. If it's been a while since you replaced your filter, you should consider adding a pack of new filters to your wish list this season.

No matter how cold this winter gets, if you take the time to incorporate a tip or two, you can feel confident that your home will be both energy-efficient and comfortable this season.

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Dr. Todd Lanman – Repairing Lives from California to Connecticut and Around the Globe

When you think of Beverly Hills, you may think glitz and glamour...fabulous homes, fancy cars, Rodeo Drive. But there's life-changing work going on. And that's not just for movie stars, sports heroes, or top executives. Beverly Hills-based neurosurgeon/spine specialist, Dr. Todd Lanman, is making a difference for countless individuals from all walks of life - coast to coast and around the globe.

MOTION IS LIFE

Motion is everything. And the spine is at the root of it all. Spinal issues can be limiting, debilitating. Over the last 30 years, Dr. Lanman has been a leader in spinal care advances. That includes (among other things) single and multi-level artificial disc replacements, serving as the principal investigator for clinical trials for new devices, as well as pioneering Restorative Motion Surgery – a novel procedure he first performed in 2016 that removes a patient's prior fusion(s) and replaces it with one or more artificial discs to restore the patient to full or near full motion in the cervical spine.

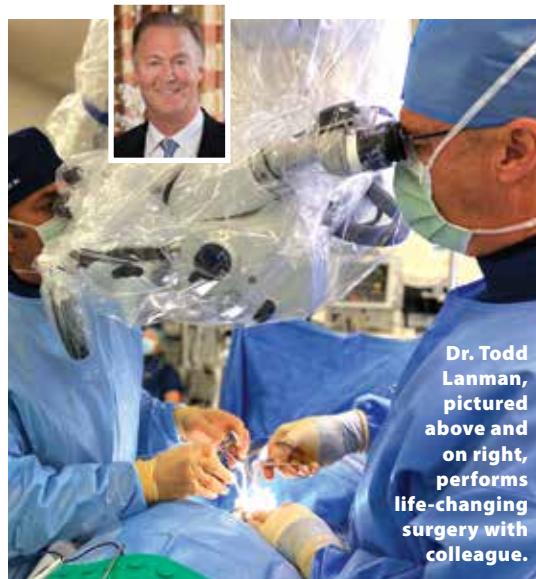
At 64, he is an avid surfer, skier, biker, boater, with numerous blackbelts in martial arts. He understands the importance of an active lifestyle no matter one's age. There are about 480,000 fusions performed in the U.S. annually. Dr. Lanman believes more than half of these motion restricting surgeries should not have occurred. "For decades, spinal fusion was the go-to procedure, in a similar way to how one would have their hip fused when they had a degenerative hip," Lanman explains. "Nowadays, if a doctor said they wanted to fuse your hip, you would think they were crazy." That's where artificial discs come in. "The overwhelming clinical evidence over the last few years has shown me the same need for finding solutions for those suffering from degenerative discs. . . . I've heard stories from countless patients about how they feel they were given a second chance at life after being implanted with these discs."

IT'S ALL ABOUT PEOPLE

Taking extra time with patients is important to Dr. Lanman. "We were taught years ago to spend a lot of time getting to know the patient," he notes. "I'll spend at least an hour with a new patient, get to know them, and their lifestyle, what their work activities are, and their sports activities, and get a feel for their goals." His patients are testaments to the magic that can result.

Often, he isn't sure why the plates and screws were put into someone's neck. But he is determined to fix it. The lady from Texas? Numerous cervical fusions didn't allow her to look down to golf. He was able to restore motion. What about the 25-year-old wrestler from New England? Dr. Lanman reversed a fusion that allowed the young man to compete – and win – again. And yes, there are grateful patients from Connecticut. The common thread? To them all, Dr. Lanman is a true lifesaver.

"It's incredibly reaffirming to me and a great reminder of why I originally wanted



by Sigrid Kun

to become a spinal neurosurgeon," notes Lanman about being able to say 'we can do this' when other surgeons have said no. "I watch months and even years of anxiety release from a patient when they realize there is a solution for their constant pain, and they can once again lead a fully functional and active lifestyle."

PAIN FUELS PASSION

Defining moments fueled Lanman's drive. "I was standing in the driveway of our home when a neighbor ran up to my mother and cried, 'JFK has been shot!' The small-town Indiana boy tried to grasp the situation as he watched the live news coverage. 'What's a neurosurgeon?' he asked. His mother explained how neurosurgeons were trying to save the President's life. "It was at that moment that I told my mother I wanted to become one. I wanted to heal people," Lanman says.

When Lanman was 9, his father was diagnosed with acute myeloblastic leukemia and died within three months. That further solidified Lanman's resolve to alleviate the pain that illness can bring to people. Lanman himself

has undergone four cervical and four lumbar spine surgeries. "I'm a doctor that takes his own medicine," he says. "I understand firsthand what it's like to have limited movement in your neck and back, and to suffer from excruciating pain. My patients are grateful because they feel I understand their concerns. They know I can relate to exactly what they are going through and that gives them comfort."

WHAT DOES THE FUTURE HOLD?

Dr. Lanman has launched the largest disc replacement center in the U.S. (in Florida and Southern California) and soon to come in the mid U.S. to allow easier access for East Coast and European clients. He created the Lanman Foundation to provide advanced research regarding motion preservation and spinal surgery. The foundation also offers motion preserving surgeries to veterans who have injured their necks or backs while on duty. He is adamant about conducting multi-level artificial disc replacement studies. He advocates a new, holistic approach to research/spine health, including nutrition, hormone management, and stem cell issues. And he sees a brighter future – less fusions, more motion-preserving artificial discs, advanced surgical therapies, and newer, more cost-effective technologies.

"My hope is that we continue to follow the mission of preserving spinal function in adults at every age and restore motion to those afflicted by disorders of the spine and joints," underscores Lanman. "We seek to gather, evaluate, apply, and share information to advance the cumulative knowledge of these disorders and help improve patient's outcomes and their lives."



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