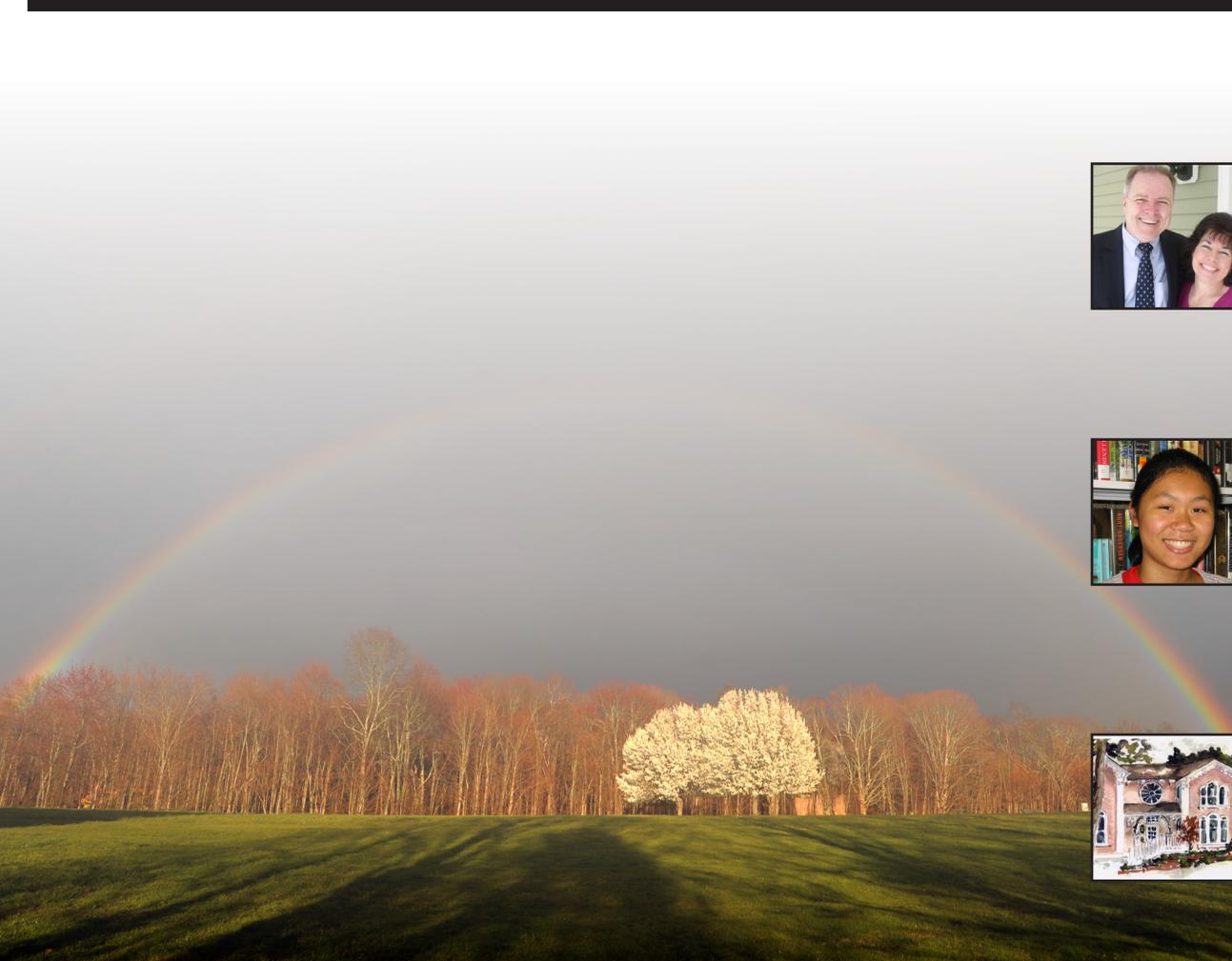


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# OUR TOWN SALEM

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*Jeffrey's Rainbow brightens the sky over the Town Green.*

Cover photo credit: Tim Cook, The Day

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## **HELP WANTED!**

The volunteer Our Town – Salem staff is looking for a layout designer. If you are proficient in Adobe® InDesign® and Photoshop® and have been looking for a way to serve the Salem community, this is the opportunity for you! For more information or to volunteer for this position, please contact Elizabeth C. Regan at 859-2621 or [ecregan@sbcglobal.net](mailto:ecregan@sbcglobal.net).



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Welcome to the new and improved *Our Town – Salem*. Like Four Corners, which is getting its edges rounded out, we have undergone some construction to deliver fuller and more accessible content to the people of Salem.

*Our Town – Salem* is now printed by Chronicle Publishing of Willimantic. Earlier this year, I had the opportunity to meet with the Chronicle publisher, Kevin Crosbie, who gave me a tour of the newsroom and printing press. I was impressed by the affable and accommodating tone Mr. Crosbie set for the entire operation. The Chronicle is a family operation in every wonderful sense of the term. I came away from the meeting inspired by this partnership and the promise of immediate, cost-effective and personalized results. Sadly, the news came through several weeks later that Mr. Crosbie died of a heart attack. He was 52. His wife, Patrice Ann Crosbie, has taken over as publisher and president of the Willimantic Chronicle. Please

join the *Our Town – Salem* team as we offer our sincere condolences to the Crosbie family, and the extended family at the Chronicle, as they move forward in this difficult time.

There is much to mourn in Salem right now, and much to celebrate. I am grateful for the opportunity, along with the rest of the *Our Town – Salem* team, to collect your stories and put them out there as proof-in-print that we are a vibrant, talented and compassionate community. Over the past several years I've been privileged to speak with decorated military veterans, a college valedictorian, food pantry volunteers, a four year old with failing eyesight, biodynamic farmers, and a host of personalities that make our town the unique place that it is. It is an honor to be able to work in support of the *Our Town – Salem* mission as we strive to "inform, encourage and celebrate" the people of this town.

Sincerely,  
Elizabeth C. Regan, *Publisher*

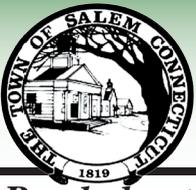



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News and Notes from . . .

# OUR TOWN

Read about what's new in Salem and learn how to become more involved in shaping the town's future

## FROM THE OFFICE OF THE FIRST SELECTMAN



Dear Fellow Townspeople,

The long days of summer have arrived. I hope you have plenty of outdoor time to enjoy your favorite activities.

Let's review what has been going on in town:

### The Pavilion is Finished!

Check out the town pavilion that is now complete at 89 Norwich Road. The pavilion was paid for by a Small Town Economic Assistance Grant (STEAP). We expect a flurry of community activities to take place at our new pavilion. Please call 860-859-3873 ext. 100 or stop into the Town Hall to request the pavilion for your community event. Our staff has copies of our recently adopted Events Policy to guide residents on what will be required to reserve the pavilion.

### Safe Passage from the School to the Library

With the completion of the sidewalk from our Salem School to our library and Municipal Complex, we now have safe passage for students and townspeople in our center of town. Many people are enjoying their walks around town where they can easily connect to the school track and the multipurpose path leading to Music Vale Road.

### Farmers Market Comes to Salem

Mark your calendars for Thursdays from 3-6 PM starting on June 28th for Salem's Farmers Market at the Community Pavilion. You will not want to miss our designated Connecticut Grown Farmers Market. We have fresh vegetables, fruits, herbs, eggs, beef, seafood, dairy, bread, flowers, goat milk soap and more. For your enjoyment, refreshments and food will include pizza, hotdogs, frozen custard, snacks, and drinks. Come by with your family for this weekly event that will surely be a hit with our active community.



### Four Corners Update

Please register at salemct.gov. You will receive "Two Week Look Ahead" schedules of the construction at the Four Corners as our roundabout progresses. Our town clerk will also have this information.

### Congratulations Graduates!

Our town has many of its daughters and sons graduating this month. We are proud of each and every one of you. You have been given a firm foundation from your family and your community. We wish you much success as you continue to travel your path in life.

*Enjoy your summer. I hope to see you at the Farmers Market.*

I am honored to be your First Selectman.

Respectfully,  
Kevin Lyden

The Salem Volunteer Fire Company would like to take this opportunity to thank the town's people for the outpouring of support resulting from the tragic accident that occurred in Salem this past April. The baskets dropped off at the fire house for the members, the letters, cards, emails and phone calls were greatly appreciated. During this difficult time, it was a great comfort to know that the citizens of Salem united together.

We would also like to acknowledge with thanks to the Bozrah and Oakdale Volunteer Fire Companies for their assistance and town coverage during the candlelight vigil so our members could attend.

~ Chief Gene Maiorano



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The Colchester Dental group has kept up with new practices and technologies every step of the way including digital x-rays, computer imaging, true tooth colored fillings, zero sensitivity bleaching for a whiter smile, and sedation dentistry to calm you and let you snooze through your dental visit.

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# TALK OF THE TOWN

*Residents share their stories in columns related to various aspects of Salem life*

## Salem's Sense of 'Aloha'

**FIRST SELECTMAN KEVIN LYDEN AND HIS WIFE, KATHLEEN****By Anne Rowthorn**

The warm spring sun shone on the welcoming front porch of First Selectman Kevin and Kathleen Lyden's home as they bade me goodbye with smiles on their faces and the Hawaiian greeting, "Aloha," on their lips. In a flash I realized this was the word I'd been searching for during our conversation



about their lives and leadership roles in our town. Immediately upon returning home I researched the word, "Aloha," and learned that this indigenous greeting in the Hawaiian language is now used by virtually everyone in the USA's 50th state.

The meaning of "Aloha" is more profound than "Hello" and "Goodbye." It also expresses love and affection, mutual regard and appreciation, warmth and caring with no obligation in return. As we talked, it was readily apparent that a sense of Aloha pervades the lives of the Lyden family and spills over into their service in the town.

Kevin's 27 years in Hawaii have decidedly rubbed off on him, and Kathleen is Hawaiian born and bred, so when they moved to Salem in 2006, they brought a lifetime of experiences with them. For Kevin, it was a homecoming, and Kathleen had always wanted to experience four seasons and to introduce their children to the richness of life in New England. Kevin, the eighth of ten children, moved with his family to Salem from New Jersey when he was 12 years old. He graduated from Salem School and from Norwich Free Academy, where most of Salem School graduates at the time continued their secondary school education. He went on to earn a B.S. in Social Work at Southern Connecticut State College (now University) in 1979. Almost immediately afterwards he left for Hawaii where two of his brothers had already moved. He established his own construction business, KGL, Inc. It soon became highly successful and he had lots of work in Hawaii's burgeoning economy.

Kevin got more than the contract he'd hoped for when he visited the home of Kathleen's grandmother to give her an estimate. She was a little wary of contractors and wanted Kathleen's help in making sure she would be treated fairly. She needn't have worried. Not only was the job successfully completed but before long Kathleen's grandmother had become Kevin's new grandmother-in-law!

At the time, Kathleen was working as a teacher in an early learning center and working toward her degree in education at the University of Hawaii at Manoa. After graduation, Kathleen was employed designing the Gifted and Talented Program for grades three through six in the Manoa Elementary School and served there as a teacher and program coordinator until her youngest child, Charlie, was born.

Located near the University of Hawaii, this school prepares students for some of Hawaii's most prestigious high schools. In addition to teaching, Kathleen also worked in Kevin's company taking care of paperwork and accounts. Kevin went back to school to obtain his M.B.A. and further developed his business. So successful had it become that when Kevin received an offer to sell it in 2006, he decided to take it and to begin early retirement in Salem.

The time was right for a move. During their years in Hawaii, the population exploded; traffic jams abounded. Kathleen treasured memories of Makakilo, the small town where she grew up, that initially had no school or post office, but a lot of friendliness and charm. Now it's the second largest city on Oahu after Honolulu. The Lydens wanted a change and they were naturally drawn to Salem. Over the years they had visited many times and they treasured Salem's small town rural character. It wasn't a sense of nostalgia that beckoned them. They knew it would be a very different Salem than the one Kevin left after college. Still, the town maintained the small scale, intimate feeling prized by both Kevin and Kathleen.

Upon their return, the first thing they did was build a house right next door to the home Kevin had grown up in. Looking for a change of pace and opportunities to volunteer their time in ways that their active working lives didn't permit, they both helped out at St. Vincent de Paul Place in Norwich, serving meals to the homeless and the working poor; Kathleen started working as a substitute teacher at the Salem School, and they both became involved in their church. Kevin was elected to Salem's Board of Finance.

As much as he enjoyed his volunteer activities, it soon dawned on Kevin that he was too young to retire. He had a lot of energy and he felt he wanted to use his business experience and his talents more fully. When he was asked to run for Salem's First Selectman, he was pleased, and especially gratified that he was endorsed by both political parties. Kevin was

*continued on page 6*

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continued from page 5

elected in 2009 and is now serving his second term in office. He feels both his degrees, in social work and business, qualify him for the challenges of Salem where there is a wide diversity of need and expectation. He says he has to balance—and “balance” is a word that frequently falls from his lips—the needs of residents who require financial assistance to pay their fuel bills on the one hand, and on the other, those more affluent residents who would like more services. All people and their desires and needs claim him equally and he tries to do the best he can for all residents, always keeping costs in mind. A responsible and balanced budget is important to him. He likes projects that build a sense of community, such as the new pavilion and the farmers’ market that will soon open at the town-owned property on Route 82. He is pleased with the new sidewalk now providing safe passage for students to walk between the school and the library and the Town Office Building. Kevin remarked that “I try to run the town as a business, but it’s more than that. We have to balance the good of all and come out with what’s fair for all. I enjoy helping people in need to get what they need, and for the entire community to get the most out of their tax dollars.”

One of the things Kevin enjoys is inviting Salem School’s second graders to the Town Hall. They reenact a town meeting, elect a First Selectman and vote. He recalls the time one of the participants proposed a swimming pool for the town. The children discussed the pros and cons of the project and voted it down. Why? They explained that it was too expensive and couldn’t be justified in the town’s budget! Kevin added that “You have to do what’s right even when it’s unpopular. That’s what you’re elected to do.”

Kathleen enjoys both serving as a substitute teacher at the Salem School and the free time afforded by part time work. She feels she best serves Salem by embracing her roles as wife and mother. She smiles as she reflects on the many people she values being with in the school, church and community.

Kathleen and Kevin are proud of their three children. James, their elder son, is an electrical engineer in California. He’s married to Abby, and they have a two and a half year old named Rebekah, along with a baby on the way. Their daughter, Elizabeth, will soon graduate from the University of Connecticut. Charlie, the youngest, is a student at Salem School.

Kathleen loves old Hawaiian folk songs and she plays the ukulele, the traditional Hawaiian stringed instrument. Both Kevin and Kathleen play tennis

when they are here and enjoy the beach when they visit Hawaii. They are exceptionally modest about their many achievements and the contributions they make to the life of our town; nonetheless one senses their greatest happiness comes from the intangibles--their pleasure in being with people, fostering fairness, being present at town events, standing with people in need, and encouraging people of all ages. They are quick to smile. They are open and they demonstrate a pervasive sense of Aloha.

While our times are hard in many ways, and life in Salem isn’t a beach, Our Town is so pleased that Kevin and Kathleen Lyden are now surfing Salem. They are making a positive difference; their sense of Aloha permeates all they do.

Anne Rowthorn, Ph. D. is a writer specializing in ecology and eco-spirituality. Her new book, *The Wisdom of John Muir: 100+ Selections from the Letters, Journals, and Essays of the Great Naturalist*, is available at bookstores and online.

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By Bob Ross

The renovation of Salem Four Corners is underway. The modern roundabout project has been in planning and design for over three years and will come to fruition over the next 12 months. This summer we will see the new roads constructed and operational. Then, in the spring of 2013, we'll see the final touches completed in landscaping and aesthetic enhancements. However, the next few months will be challenging for those using the intersection, and even more so for the many contractors building this new gateway to Salem. Please do what you can to protect their safety.

Town officials have worked closely with DOT to design the new intersection and plan for managing traffic during construction. The contractor will try to accomplish as much work as possible during off-peak hours, but we should expect delays as these primary roads are dismantled, repositioned and reconstructed. The center of the intersection will be moved to the northwest and also be incrementally raised almost three feet. Utilities and drainage will be reengineered and improved. During much of this summer, motorists will be traveling on dirt and gravel roads, sometimes alternating traffic directions on single lane stretches. Since we don't have viable alternate roads in Salem, back-ups will continue to be part of our experience until the main construction is complete in the fall. As we all endure inconveniences this summer, it's important to remember why we are making these changes, and how much of an improvement we expect from the project.

The main reason we are switching to a modern roundabout from a traditional lighted intersection is to improve safety. As Salem residents we all know what a dangerous intersection it is. Our first responders know this better than any of us, as they have responded to so many accidents there; many involve severe injuries and fatalities. These accidents are caused by too much traffic, impatient and distracted drivers who are in a rush to quickly commute through our town, and excessive speed. These behaviors collectively create high-speed, cross-over accidents. While we can't change the volume of traffic, this modern roundabout is intended to FORCE behavior changes in the way people drive through the intersection.

The roundabout will force all drivers to slow down by using gentle curves in the approaches to the intersection. The elevated centerpiece will get the driver's attention at a greater distance, and the unavoidable rotation forces the operator to pay attention to other drivers, not speed up to "make the light." The modern roundabout eliminates virtually all cross-over impacts because there are no left-hand turns in the

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intersection. All traffic turns to the right to enter and exit the roundabout. This reduces potential collision points from 32 to eight. And the remaining potential collision points are NOT cross-over collisions; they are glancing blows between slower vehicles moving generally in the same direction. Typically, roundabouts reduce crashes by over 76 percent. While we will certainly continue to have accidents in the intersection, they will likely be minor collisions.

In the roads leading to and from the intersection we are also adding several safety features. The roads will be widened and leveled, and have dedicated turn lanes into the business entrances. Business entrances will be moved further away from the intersection and be properly aligned with entrances on the other side of the street. This will make it much less confusing for drivers crossing oncoming traffic as they enter and exit our commercial centers. The turn lanes will give drivers a safe place to wait and not impede the traffic behind them. The owners of Salem Prime Cuts and Henny Penny were very helpful in negotiating easements to change entrances to their businesses. This will eliminate the very unsafe practice of backing large fuel trucks onto route 85, and provide a much safer grade of the driveway up to Salem Prime Cuts.

The roundabout will also be pedestrian and bicycle friendly. Most of us have seen the incredible risk people take trying to walk or run across the street. This modern roundabout, custom designed for Salem, will have safe crosswalks and pedestrian safe areas in all of the islands around the circle. Similar to the benefit we will observe for motorists, pedestrians will have to watch for traffic from only one direction at a time. While we should always look both ways before crossing the street, in a modern roundabout traffic should always be coming from only one direction. Interestingly, in the thousands of modern roundabouts recently built in the U.S., there has not been a recorded pedestrian fatality. That's because traffic is moving slower and the pedestrian has a safe place to stand while observing traffic coming from only one direction.

Beyond these important safety improvements, modern roundabouts have other social benefits. According the Insurance Institute for Highway Safety, modern roundabouts dramatically reduce unnecessary traffic stops. In doing so, they improve by 50 percent the overall efficiency of the intersection. They decrease fuel consumption by 30 percent and reduce carbon emissions by double digits. It

sounds counterintuitive, but modern roundabouts increase traffic flow by slowing, not unnecessarily stopping, traffic. The computer models developed at DOT indicate that backups will be significantly reduced, but not eliminated. They indicate that this will be an improvement MOST of the time. Only the completion of route 11 would alleviate the heavy traffic volume that so often overwhelms route 85. So, our roundabout will be a great improvement, not a perfect solution.

The most exciting benefit for longtime Salem residents is the facelift this modern roundabout will give to our town. We have made great progress in reducing some of the clutter of ineffective signage at the four corners. We have removed an embarrassing eyesore and an abandoned house, and we will continue to open the area with more skyline, green space, and better views of our store fronts. We are adding new commercial space as we make the intersection safer and much more attractive. The roundabout may help our primary commercial district live up to its economic potential and will be a catalyst for creating a new gateway to our town; a new image we can all be proud of.

Additional information and diagrams of the roundabout are available at the Town Hall. For information on what to expect as construction proceeds, visit the town website [www.salemct.gov](http://www.salemct.gov) for the "Two Week Look Ahead."

Worthwhile things aren't easy. When you encounter the inconveniences of this major change in Salem, please remind yourself why we are doing this for our town.

*Bob Ross has owned his home in Salem for 15 years. He is a former First Selectman, currently serves on the Board of Selectmen, and represents the board to the Economic Development Commission.*

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## SALEM TOP TEN TREASURES

by Barbara Rafferty

- #1 The many wonderful people (coaches, parents and children) we have met along the way through our involvement with the sports teams in Salem
- #2 Seeing all the familiar families and faces at Salem School concerts and events
- #3 The strong sense of community when one of our own is in need
- #4 Taking a peaceful bike ride along White Birch Road, with little traffic, the wind in your face, surrounded by a shady canopy of trees, following the stream as it crosses from one side of the road to the other
- #5 Sitting on the deck at night, listening to the sounds of nature's creatures all around and having no streetlights to encumber a magnificent view of the stars
- #6 Kayaking on Gardner Lake
- #7 The whole family fishing on Gardner Lake on our boat
- #8 Raspberry sorbet at Salem Valley Farms Ice Cream
- #9 The wonderful and caring instructors at Cornerstone School of Karate
- #10 The Salem Herb Farm (because you can never have too many flowering plants in your yard)

*Barbara and her husband Tom have lived in Salem for the last 22 years. They have two children and 2 dogs. She is a science teacher at Waterford High School.*

## “MOM/DAD: WILL YOU BUY THIS FOR ME?”

### I REALLY, REALLY, REALLY NEED IT!”

#### Fostering Financial Literacy in Children

By Sue Weber

You've probably never, ever heard those words, or a variation of them, before, especially in public, right? And your response has never been “No, no, no, oh, for crying out loud, ok, fine, but only this time.”

As Yogi Berra used to say, “A nickel ain't worth a dime anymore.” Before I was married, my money mantra was “see it/like it/buy it!” Along with marriage came a more responsible financial reality, and eventually, kids.

Years ago, both my and my husband's employers had credit unions, so we always did our financial transactions through them. Probably about 12 years ago, one of the credit unions sent us two Moonjars® because both of our kids had active savings accounts.

We had no idea what they were, but soon figured it out: a Moonjar® is a money bank with three separate, different colored sections – one for saving, one for sharing, and one for spending. We decided to keep things simple by dividing their weekly allowances by three, putting equal amounts in each section, though you can make it as complicated as you like.

As the amount in the savings section increased, we transfer the money to their credit union savings account for their education.

The sharing money is used for those all-prevalent fundraisers at school, community and church, as well as for birthday presents for their friends. Occasionally they will decide to treat a friend to an ice cream or movie.

The spending section was split into two subsections when we moved to Connecticut: short-term and long-term. The short-term money is theirs to spend as soon as they want, for whatever they want. The long-term money is their “mad money” for our return trips to Michigan, where our families are, and for winter ski trips.

So when we're out shopping and they regress into the “mom/dad, will you buy this for me?” mode, we simply ask how much money they have in their short-term spending bank. If they have it, it's their choice whether or not to spend their money. If they don't, they have their answer.

The version of the Moonjar® we received was sturdy but would not last forever; we discovered that they sell tin versions on their Web site. We have purchased those for our kids and some of their cousins over the years for birthdays.

This article is not about promoting Moonjar®, though; it's about promoting financial literacy at an early age. Just a little bit of research revealed that another company called Prosperity4Kids, Inc.® has a similar line of products, except theirs includes four key elements: Giving, Investing, Saving, and Spending. An example they include is helping your child buy a share or more of stock in a company whose products they use (food, toys, etc.) and watching its value increase or decrease.

There are so many tools out there to help, which is great; but you need to have some clue that they exist! If our credit union hadn't sent the Moonjars® way back when, we wouldn't have done as much to help our kids learn to manage money, and we wouldn't know that there are many teaching options to choose from.

I think it's such an easy way to teach kids about handling money that I approached the school principals about integrating something like it into the curriculum, but I guess it's easier said than done. Whether or not the school can eventually do something about it, I do agree with this anonymous quote: “Education covers a lot of ground, but it doesn't cultivate it.” Families can do their part to teach their kids how to manage money. So I decided to write this article for Our Town-Salem to share the word.

Imagine that your kids are saying “Mom/Dad: Will you buy this for me?” Get online, do your research and decide on the best financial literacy tools for your family! Or better yet, do the research and then have your kids DESIGN AND MAKE their own banks, splitting the money you would have spent buying one on-line into the sections as their very first transaction! After all, as Alexander Chase once said, “There are few successful adults who were not first successful children.”

*Sue Weber and her husband Mark have lived in Salem for almost 5 years. They have two kids who will be horrified to learn that mom has written this article (so what's new?). Sue's dad will find it hard to believe that she has shifted her paradigm from “see it-like it-buy it” to mindful money management!*



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**America Runs on Dunkin'**

By Jackie Hemond



Meet Zoe Yeoh, a Salem resident and an emerging artist. Zoe recently received an award for her submission in the Connecticut Regional Scholastic Art Awards, sponsored by the Mystic Arts Center, for "Best Original Painting." In the same competition, she also received a nomination for the 2012 American Visions Award which was entered into national competition. The Connecticut regional art competition is part of The Scholastic Art & Writing Awards, America's largest, most prestigious art recognition and scholarship program, to honor creative achievements by students nationwide in grades 7 through 12. The American Vision Awards is a top prize award. It showcases the best works of each region. Regional sponsors nominate five works for consideration. The nominated works can be from any age group or category. As an American Vision nominee, Zoe received a Gold Key Certificate and an American Visions Nomination Seal.

Zoe has been creating art since she was a young child. Just fifteen this June, she has already illustrated for Stone Soup magazine on commission and has displayed her works in many area public libraries and at the Mystic Art Center. She recently conducted an art class at the Salem Free Public Library on Chinese Brush Painting. She works in colored pencil, watercolor, and acrylic and dabbles in other mediums, such as pastels, ink and Chinese watercolor. She creates animals, figures and landscapes, her style often veering toward whimsical and imaginative settings. She draws inspiration from her instructors, Dawn Shumbo of Music Vale Studio in Salem and Laura Gaffke of Above Elite Studios in Westerly, Rhode Island, who have exposed her to exceptional classical and modern artists such as Leonardo Da Vinci, Claude Monet, Georgia O'Keefe, Amy Brown and Stephanie Pui-Mun Law; and most often, Mother Nature.

Zoe is an avid crafter. She designs many of the clothes she wears. She is a member of the Salem Library Knitting Club and the Salem Community Garden and is known for her passionate gardening. She also volunteers at the Salem Free Public Library. In her spare time, she studies hard in order to graduate from homeschool and attend college. She lives with her mother and father, Sim and Theon Yeoh. Her older sister, Phoebe, attends Goucher College in Maryland.



*This is Jackie Hemond's fifth summer as director of the Salem Free Public Library. On her commute to Salem from Ledyard, where she lives with her daughter, Amy, husband, David, and three cats (her son Eric is at Evergreen State College in Washington state), she listens to audiobooks. Life is sweet.*

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## THE SCOOP FROM THE SCHOOL CPR and AED in 7th Grade

By Megan Aldrich



I've always found it reassuring to know that the people who will have control of the hospitals, libraries, schools, and even part of the government, know what they are doing. Being one of the next generation of future business

women, I like knowing that people who will put their trust in me are putting their trust in the right person. Although working may be a little far ahead, it is good to know that I can do something for the community even as a 13 year old.

That's why, when I heard that we were doing a unit on CPR and AED in health, I was excited to find out that I would be able to feel secure while babysitting or even working a summer job. Before the course, students, along with myself, seemed a little nervous about what to expect over the next few weeks. We found that the course was directed by the American Heart Association which provides a knowledgeable video on how to correctly perform CPR.

"When the unit started two years ago, I wasn't sure whether the seventh grade was going to be able to handle it, but I was glad that they were really ready for CPR!" said Mrs. Bashelor, Salem Schools health teacher, who teaches and certifies students in CPR and AED.

During the unit, this year's seventh grade class learned how to give adult, child and infant CPR, along with how to deal with infant and adult choking. After about two weeks of training with Mrs. Bashelor, and certification by both Mrs. Bashelor and Mrs. Leuck, an EMT, the students could register for certification cards by the American Heart Association. "I want to make sure that everyone has a chance to certify with the American Heart Association, but even if they choose not to, everyone will receive the education," said Mrs. Bashelor.

After going through the course Aleigha Price, a seventh grade student, shared her opinion about CPR: "It is a nerve wracking experience if attempted, especially under pressure," Aleigha said.

Sarah D. stated "It was a great experience to be able to save people's lives. I feel confident that if I find someone in need, I can help them."

I know that I, as well as many others, am excited to be able to help Salem if something does happen to go wrong, and I hope that all of you can find some comfort in knowing that seventh grade students are certified and ready to help!

*Megan Aldrich is in the seventh grade at Salem Middle School. She's 13 years old and loves going to school in Salem, but can't wait to get to high school. She enjoys softball, singing, acting (you may remember her as Belle in last year's production of Beauty and the Beast), writing and playing the flute.*

## SALEM RECREATION Submitted by Diane Weston



Now that the grass has turned green, leaves have popped out on the trees and flowers are blooming, it is the time to think about upcoming programs sponsored by the Salem Recreation!

Don't delay; sign up for summer programs as soon as possible. Several programs need a minimum registered in order for the program to take place. We want to bring the programs to Salem, but need your help!

### Here is a sampling of programs offered for the summer and fall of 2012:

July 9 – 13: Multi Sports, Beginner's Golf and Sports Squirts will be offered again.

July/August: Music Lessons with Chris Hebert

July 10, 17, 24, 31: Salem 10 and Under Tennis

July 16 – 20: Evening Basketball Summer Camp; grades 5, 6, 7, 8

July/August: Monday & Wednesday Rec Basketball games; grades 5, 6, 7, 8

June through September: Sunday and Wednesday Evenings Adult Tennis – show up with equipment and have fun!

We are very excited to bring you New York Yankees vs. the Boston Red Sox on August 19 at Yankee Stadium. At press time, the departure time and fee have not been released. Please check the website for updates.

*continued on page 11*

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D301492

Our annual "Day on Your Own" New York City bus trip is planned for September 29; we have added a twist in the trip this year: twenty-seven seats are available on the bus for "Day on Your Own" in the city. Twenty seats will include the Broadway show "Spiderman: Turn Off the Dark." The bus will leave Salem School at 7:30 a.m., and depart NYC at 7:00 p.m. Pricing for the trip will be announced.

A Town Wide Tag Sale is in the planning stages for September. Please watch for details over the summer. The Recreation Commission hopes this will be an annual event!

Please check the Town of Salem Web site for more information on the programs, including fees for the programs. You can also sign up to receive email "blasts"; when a program is added, you will know about it! Visit [www.salemct.gov/Pages/SalemCT\\_Recreation/programs](http://www.salemct.gov/Pages/SalemCT_Recreation/programs) to be informed!

Lastly, we have an ongoing problem at our beautiful recreation fields! People have been walking their dogs or letting their dogs run loose on the playing fields. Please police your dogs; leash, curb and clean up after your dog. Dogs are allowed in the complex, but dogs are not allowed on the playing fields. Please do not walk or run your dogs on the soccer or baseball fields. Dog waste transmits disease and is a hazard to the participants of the sports that take place on these fields. The urine from the dogs kills the grass. The fields are maintained for recreation and school use of organized sports and for the enjoyment of residents for sporting activities; please help us keep it that way!

## FROM THE LAND

### Farming for Biodiversity

By David Bingham

Some of the most gratifying moments in my life have been when one of the jewels of nature arrives in my backyard or on a preserve I help steward. It may be a flower, bird, insect, animal, or perhaps a tree frog. They come because it's wild out there!



*The American Lady butterfly draws nectar from a native flower, the New England Aster*

My farm field was once mowed regularly, and the lawn was kept respectably short. Now the lawn sports clover and violets, mossy patches and many types of grass. Goldfinch land on fluffy milkweed heads for seeds, bluebirds drop down for a beetle or worm.

The field is harvested irregularly, so there is no need for fertilizers. Native shrubs now grace its margins and the adjacent old pasture. Among the bushes are viburnums, blueberry, American holly, several dogwood species, juniper and bayberry, interspersed with the golden glow of native prairie grasses. Each has its time of flowers and berries, its change of color and texture through the year. They have appeared as if from nowhere.

The summer crop now is more a feast for the eyes and ears rather than for the livestock. Butterflies seek nectar on the meadow flowers. Deer mice store grass seeds for the winter. When the snow falls, fox, coyote and cottontail tracks betray the patrol routes of their hunt for food. Owls leave pellets of dried vole fur

and bones under tree limbs at the edge of the field. Murder and mayhem, but also passion and romance, have replaced the domestic tranquility of the former well-trimmed farm.

In October came a rare treat: a glimpse of the elusive and shy Yellow Rail, which skittered to the wet meadow while I was mowing. It was just migrating through the state and won't stay, but it is an honor to have it choose my field to

find rest, shelter and food while on its thousand-mile journey. Leaving a patch of longer grass here and there will help it stay longer. One August, a "crop" of 30 young bobolinks, fledged from the nests in the as yet uncut field, was taking training flights before the long trip to Argentina for the winter.

Keeping the fields and yard in native grasses, and the old pastures in shrubs requires some work, but not as much as raking and mowing large lawns on a regular schedule. There needs to be some mowing, either before or after the nesting season for birds and butterflies. Tree species that would grow to be large conifers and hardwoods need to be cut back regularly, or the fields will just return to forest. Rampant alien invasive species, like burning bush and bittersweet, barberry and multiflora rose, are plants that would take over if not occasionally mowed with a brush hog. But each year, as the prairie sod thickens and native plants take hold, grasslands and shrublands get easier to maintain.

The work involves you in the soil and in the natural world. Every trip there is rewarded with some amazing sight, sound, taste or smell, when you invite nature in.

*David Bingham helps maintain grassland habitat's for the Salem Land Trust. This article first appeared in Saving Land, the national magazine published by the Land Trust Alliance (Spring 2012).*

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## A NOTE FROM THE SANDBOX

### FOSTERING FREE PLAY IN SALEM

By Sarah Bernhardtson

In her article entitled "Einstein May Never Have Used Flashcards, but He Probably Built Forts" (published in Ed., the magazine of the Harvard Graduate School of Education), author Lory Hogue discusses the importance of free play in childhood. Notice the word "free" in that phrase "free play." There's a big difference between taking your kids to gymnastics class and setting them loose in your yard with as little interference from adults as possible. According to research cited by Hogue, playgrounds don't fit the bill:

"For some kids, their only outdoor time is spent at local playgrounds, what Goodenough calls 'austere concrete and plastic gyms.' Usually there's a climbing object and a swing, all on a flat surface. The problem, she says, is that this kind of space only develops gross motor skills like balance and coordination. It does little for creativity and sensory exploration."

At first, I disagreed with this. Who doesn't love going to the playground? Kids socialize there, climb there, play there! But it's true: Free play, going outside with what are really more tools than toys (shovels, buckets, water, sticks, etc.), is slowly dying. I know I had plenty of it in my childhood. We made dangerously constructed forts, dug giant holes, trapped baby fish in streams, staged excavations and did more than a few things that my parents would probably rather not know about. But we survived, and we learned from it all. Here in Salem, we are fortunate to have so much open space, perfect for the kind of natural exploration kids want and need.

When I think about it, what my 3 and a half year old son plays with most aren't even toys. He stacks rocks and sticks and roasts invisible marshmallows on invisible campfires, uses sticks as screwdrivers to "repair" trees and makes nests for the birds. Now that the weather is turning warmer and it's staying light later, I vow to give my kids more true free play time.

As Hogue quotes one of the play researchers in her article, "In our highly programmed, commercial world, down time and away space slip away. Children need the space and time every day to do nothing, so that who they are can grow."  
...a good reminder as summer arrives!

*Sarah Bernhardtson is a Salem resident and mother of two young boys. She writes a weekly column entitled "Wisdom Wednesdays" about parenting and education for the Web site www.CTWorkingMoms.com.*

## HEALTH MATTERS HOME SAFETY TIPS

By Diane Gilbert

Being a visiting nurse for the last 25 years has given me the opportunity to work with many seniors in the comfort of their own homes. One of the things I love about home care is that people can't wait to get back home when they have been in a hospital or skilled nursing facility. Visiting nurses make that happen. Now that the baby boomer generation has started to retire, the next ten years will see a tremendous growth in the number of seniors living on their own in the community. And while retirement has its benefits, unfortunately aging also comes with added risks. For instance, did you know that the number one risk for seniors living on their own is a fall? Stepping on a wet bathroom floor, walking on uneven ground in the yard, slipping on a rug that is not skid proof all may seem minor, but for an elderly person it may mean the permanent loss of their independence.

An aging population faces progressively deteriorating eyesight, less speed and agility, and perhaps an unsteady gait, all of which can contribute to a higher risk of a serious injury due to a fall. Lower bone density increases the risk of fracturing bones.

**The following are some safety tips applicable to all homes but especially for seniors—particularly those living alone:**

- Slippers with nonskid soles are a must. Diabetics should not walk barefoot as they frequently have diminished sensation in their feet.
- Furniture needs to be arranged so that lamps with electrical cords reach an outlet with minimum wiring exposed. If you must use extension cords make sure

it runs against the wall where it cannot be tripped over. The same for any telephone wires and oxygen tubing.

- Stepstools with a hand rail is a must for reaching higher shelves. Be sure it is fully opened before climbing.
- Stairways need to be well lit. Use a higher wattage bulb in those areas. Hand rails on both sides are recommended for an elderly person going between two floors.
- Make sure throw rugs have a nonskid backing and all loose carpeting is secured. Check the backing periodically as it does wear down over time.
- The danger of slipping on a wet or soapy surface is one reason the bathroom is the most hazardous room in the house. Grab bars and nonskid tub mats or abrasive stripping help reduce fall risks. Shower benches are great for getting in and out of the tub.
- Be sure the bedroom has lighting that can be easily accessed when getting up in the middle of the night. Night lights are great for reducing fall risks at night.
- A phone that can be carried on your person or a call alert device is imperative for an elderly person living alone.

Remember, there is no place like home...just be sure those ruby red slippers have good rubber soles!

*Diane Gilbert BSN can be reached at gilberthcc@yahoo.com.*

## FROM THE DESK OF THE TOWN CLERK

### HARTFORD ROAD

Compiled by Pat Crisanti

Another intriguing piece of road history about another road that leads into the town of Salem and then leads out again...

From the *Historical and Resource Architectural Study of Salem, CT* by CT Historical Commission, Project; 2002-2003 Historian: *Geoffrey Rossano*



### HARTFORD ROAD

Hartford Road (Rte. 85) is 37.38 miles long from US 6 and US 44 in Bolton to US 1 in New London and has been known by many names. It likely began as an Indian trail. Later it evolved into a portion of the direct route from Hartford to New London, and was used for trading purposes. In 1706 this country path was called "New London New Road." In 1707 the Governors would normally travel to the Capitol in Hartford by boat along the Connecticut River, but during the winter they would travel overland through Salem. Inhabitants formally laid out

a six-rod\*1 highway here in 1717, long known as Governor's Road. (Governor Saltonstall traveled this route to Hartford in 1708 to assume his post.) In 1724, Captain Samuel Gilbert applied to the County Court to have it improved. The court appointed a committee to "inquire into the conveniency and necessity

thereof." Nothing was done for seven years, and in 1731 the inhabitants complained to the Court of "the difficulty of passing in ye Country Road." In November 1733 a highway committee was again appointed with the same result. The route remained in very poor condition until c. 1739 when Samuel Brown, Jr. was visiting the influential Winthrops in New London. Something was said about the deplorable condition of the Governor's Road and within a month the road was improved to a highway.

*continued on page 13*

The road was again straightened in 1800 and became known as the "Hartford and New London Turnpike." It was a toll road with stage coach service until 1895. It remained a dirt road until 1919, when it was paved with concrete. The State of Connecticut renamed the road "Route 85."

Also known as State Highway 102, Route 85 was commissioned in 1932. A 1931 study by the Traffic Section Department of Motor Vehicles called for a traffic circle at the Salem Intersection with Route 82, but this never came about.

Route 85 begins as a four-lane urban arterial road at US 1 in New London, with junctions with I-95 and I-395 in Waterford. Route 85 continues north through the towns of Montville and Salem as a 2-lane rural arterial road up to the junction with

Route 82. The road continues further north into the towns of Colchester, Hebron, and Bolton as a collector road (with arterial sections near the Route 2 and Route 16 junctions). There is a brief overlap with Route 16 in Colchester. Route 85 ends in Bolton as US 6 and US 44 with a partial interchange with I-384 just before its terminus.

(\*1 Rod was an old measure and equal to 5 1/2 yards)

*Pat Crisanti has been Salem's town clerk since 2002. Married to Sal Crisanti for 45 years, she was a "Navy Wife" for 18 of Sal's 23 years of Navy service. The couple has three children and six grandchildren. Pat is state certified as a Firefighter I and Fire Police.*

## SALEM'S LITTLE SCIENTISTS

By Diba Khan-Bureau

Often times I am asked "how can we get kids to learn about the environment that they live in or teach them to like science?" Truth be known, all kids like science—they may not realize it but they really do. They are living, playing, and interacting in science and their environment every day by climbing trees, playing in the mud, and exploring in their yards.

On May 5th, my college students from Three Rivers Community College and I went to Salem Elementary School to visit with the 1st graders as we have every year for the past five years. Each time, we talk about the importance of sustainability of our ground and surface waters and we discuss our watershed and the Eightmile "Wild and Scenic" River.

We bring a river simulator, fill it with rocks, fill it with water from the Eightmile, and collect insect larvae along with other benthic macroinvertebrates (benthic - living under the water; macro - can see with the naked eye; invertebrates - no backbone). We bring two filters to cause the water in the simulator to push the water so the water moves like a river and provides riffles. The kids absolutely love this activity. I can see their enthusiasm as we sit in the middle of the room and we talk about the river and the importance of biological indicators. These first graders totally "get it"! They never cease to amaze me with their inquisitive nature and their questions and comments.

The students then look for and capture the macroinvertebrates and then look at them under the microscopes that we bring from TRCC. All we hear are ohhhhs, woos, and ahhhhs and sometimes a little scream of "this bug is so big." The first grade teachers, Mrs. Mainville, Mrs. Puhlick, and Mrs. Butterworth, are wonderful and have just as much fun as their students do! My college students get right in the river simulator with the first graders (they are having fun too) and help the kids examine the macroinvertebrates that they capture and place under the microscope. They view the structures of

the critters up close. It is great fun and its pure science at its best!

To help children enjoy science, just get them out for a fun walk in the woods, the beach, or bring them to Walden preserve to see the river and vernal pools. Look for critters under logs and rocks...explore your world. Now that's fun science!

*Diba Khan-Bureau is a professor at Three Rivers Community College. She is the program coordinator of the Civil and Environmental Engineering Technologies programs. Diba is a PhD candidate at the University of CT. Her research contrasts scanning electron microscopy, light microscopy, and DNA barcoding to identify diatoms (micro algae) which are used as biological indicators of water quality. Diba has been a member of the Salem Inland Wetland Commission for the past 12 years and has lived in Salem for 20+ years.*



## A SALEM FIRST: THREE GIRL SCOUTS RECEIVE GOLD AWARD

By Cindy Holle

Erin Holle, Teresa Horan, and Victoria Nortz, all of Salem Troop 63082, received the highest award in Girl Scouting: the prestigious Gold Award. They were honored during a ceremony at the Gardner Lake firehouse on June 3. This marks the first time that Girl Scouts from Salem have earned the Gold Award. The three Salem Girl Scouts joined Troop 63082 as Daisies when the troop was formed in 1998 by leaders Becky Nortz and Michelle Horan.

Holle's project involved creating a charity, Erin's Eggs, that sources extra eggs from over 21 local backyard chicken owners as well as her own flock, and provides them to soup kitchens and food pantries in the area. She has supplied over 800 dozen eggs to local programs in the last year. She is a freshman at Louisiana State University, where she is studying athletic training.

For her Gold Award project, Horan created science experiments for elementary and middle school students that can be loaned out through the Salem Library for use in the home. She also conducted two science days at the library for children that featured hands-on demonstrations. She is currently studying biology at St. Mary's College of Maryland and intends to attend medical school.

Nortz's project was recording oral histories of long time Salem residents. The collection is housed at the Salem Free Public Library and represents the first time that research and cataloging of this historical nature has been undertaken in Salem. Nortz is

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Gold Award Winners from left to right: Victoria Nortz, Teresa Horan, and Erin Holle



Victoria Nortz's oral history project culminates with a presentation at the Salem library

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attending Hobart and William Smith Colleges, where she is pursuing a double major in public policy and history, and minoring in child advocacy and vocal performance.

The keynote speaker and guest of honor at the June 3rd Court of Awards ceremony was Teresa Younger, president of the board of directors of Girl Scouts of Connecticut. Younger is the executive director of the Connecticut general assembly's Permanent Commission on the Status of Women, the state's leading force for women's equality.

*Cindy Holle is, in addition to Erin's mom, a Salem resident who has lived in town since 1990. She has volunteered for the Boy Scouts, Girl Scouts, tee-ball, Salem School, East Lyme HS Crew team, and all night drug and alcohol free grad party, and was a charter member of the Friends of the Salem Library.*



*This Auracana hen, which lays blue eggs, is one of the contributors to Erin Holle's charity, Erin's Eggs. To date, Erin's Eggs has donated almost 10,000 eggs to four local organizations: Harvest House in East Haddam, St. Vincent de Paul in Norwich, and the Shoreline Soup Kitchen and Pantry in Old Lyme and Niantic*

## FOCUS ON FIRE SAFETY

By State Rep. Ed Jutila, 37th District



In the aftermath of the tragic Christmas morning 2011 fire in Stamford that took the lives of three children and their grandparents, the legislative delegation from that city introduced a bill requiring all single family dwellings to be equipped with smoke detectors. The fire ravaged home did not have working smoke detectors.

The legislation also required all one and two family dwellings, except those that do not contain a fuel burning appliance, fireplace or attached garage, to be equipped with carbon monoxide (CO) detectors. Current law only mandates smoke detectors in single family dwellings issued new occupancy building permits on or after October 1, 1978, and CO detectors in one and two family dwellings issued such permits on or after October 1, 2005.

As vice chairman of the General Assembly's Public Safety and Security Committee, and a former captain in the Niantic Fire Department, I fully understand the life-saving value of such early detection devices. Therefore, it will come as no surprise that I supported this legislation at the committee level, and continued to work with members of the Stamford delegation to address concerns raised by other legislators as the bill made its way to the full House.

## LONG ISLAND SOUND AS A DEFINING FEATURE OF SOUTHEASTERN CT

By Sen. Andrea L. Stillman, 20th District



To the extent Long Island Sound literally defines Connecticut – at least along its southern flank – and to the extent Connecticut's history is inexorably linked with that estuary, it is incumbent upon us to remain vigilant about protecting and preserving the Sound and its watershed. To that end a new, bi-state, bipartisan Long Island Sound Caucus was recently launched.

I like to think this new group has its origins in the bi-state effort a few years ago to prevent the Broadwater project from going forward. Readers will remember that ill-advised plan to permanently station a huge, floating, liquid natural gas (LNG) terminal on Long Island Sound with its inherent environmental, navigation, and security risks. It was my honor to co-chair Connecticut's LNG Task Force and successfully challenge that proposal.

The good health and well-being of Long Island Sound is important to residents of both states along its shores. Aesthetically, its unparalleled scenic beauty draws countless residents and visitors alike; environmentally it provides incalculable benefits as spawning and breeding grounds as well as plant, animal and marine habitats. And its commercial potential far exceeds the estimated \$10 billion/year contribution it already makes to the regional economy.

Paradoxically, however, the multi-faceted benefits of Long Island Sound complicate efforts to protect and preserve it. For example, coastal accommodations for visitors have the potential to detract from the coast's attractive qualities. Dredging improves safety and navigation, but can just as easily damage or destroy shellfish beds and other key environmental features. Likewise, rampant shoreline development

Those concerns centered on the mandate on individual homeowners, as well as enforcement. Questions also were raised as to whether or not there should be a penalty for violation of the law, and, if so, what that penalty should be.

As a former firefighter, I feel very strongly that all homes should have smoke and CO detectors. At the same time, I recognize and respect differing views and am always willing to work together with other legislators and compromise when appropriate.

Accordingly, I co-sponsored an amendment, along with fourteen other representatives and senators, that would require the temporary installation of battery-operated smoke detection and warning equipment whenever any occupied private residential one of two family dwelling is undergoing interior alterations or additions requiring a building permit. Carbon monoxide detection and warning equipment would also be required in such dwellings if there is a fuel-burning appliance, fireplace or attached garage

almost automatically encroaches on marshes and dunes and negatively impacts the Sound's environmental integrity in terms of habitat for fish and fowl.

In light of this challenging economy it will become increasingly difficult to protect and preserve the Sound and its shoreline from repeated demand for unchecked commercial and industrial use, particularly in the area of transmitting power and fuel, because some of those options might potentially generate much-needed revenue.

Connecticut's steadfast support for the Sound through its Clean Water Fund has resulted in remarkable progress over the past 15 years. Flood control and water treatment projects throughout the Long Island Sound watershed have contributed to much-improved oxygen content and overall water quality. A comparable regional approach will help sustain a commitment to continuing improvement and protections for future generations.

For these reasons, and because we remain stewards of the Sound responsible for delivering it to future generations in good condition, we must work with New York officials through some formal means and resist jeopardizing our jointly held, preeminent natural treasure.

This new collaboration with New York would likely help secure additional funding, too. At a minimum, the combined contributions of each state will allow planners to consider larger-scale initiatives, and the combined clout of our two states will raise the regional profile at the federal level, and with critical agencies like the National Oceanic and Atmospheric Administration (NOAA), the Long Island Sound Restoration Fund, and the Clean Water State Revolving Fund.

I join Long Island Sound lovers throughout the northeastern U.S. who look forward to the productivity of this new group.

*Andrea Stillman represents the 20th Senatorial District, which includes New London, Waterford, East Lyme, Old Lyme, Old Saybrook, Salem and Montville.*

present. You may recall that the Stamford home was being renovated at the time of the tragic fire.

Finally, the amendment would authorize the Commissioner of Construction Services to establish a public awareness campaign to educate the public concerning the dangers of not having smoke and carbon monoxide detectors in residential dwellings, and to promote the installation of such equipment.

Although I would have preferred a stronger bill, I believe that this bill has the potential to prevent another tragedy under the same circumstances that existed in Stamford, as well as raise public awareness about the need for smoke and CO detectors generally. The amended bill passed the House and Senate unanimously, and awaits Governor Malloy's signature.

*Ed Jutila represents the 37th Assembly District, which includes Salem and East Lyme.*



# Things to Do . . . AROUND TOWN

Find out what's happening in Salem this summer

## DINING AROUND SALEM

By Pat Aldrich

### NuNu's Bistro

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I can honestly say that one of my greatest pleasures in life is walking into someone else's kitchen for dinner. When friends or family invite you into their home, and cook you a meal, you know you are appreciated and loved. You bring a bottle of wine, smell the wonderful aromas of the dish they have created with you in mind, have good conversation, laugh, smile, and stay too long because you hate the night to end. Well that is exactly what NuNu's Bistro is like!

Ellen greets you at the door; you bring your own wine or beer, walk through the kitchen and smell all the wonderful aromas of the food that has been specially prepared with you in mind. Later Jack comes to your table welcoming you like a relative or a good friend. He makes you feel comfortable, chats, smiles, schmoozes. You settle in, relax, enjoy!

I have been patronizing NuNu's for years, ever since it was suggested to me by the food writer Lee White years ago. When she found out I lived in Salem, she was shocked I had never even heard of the place. On her recommendation, I sought it out. My husband and I went for dinner, and we have made it a frequent haunt ever since.

Nunu's has been owned by Jack & Ellen Carfi for 17 years, and the Chef is Michael Moran. It is a wonderful Italian restaurant, but not your typical fare; they serve Sicilian style food. The first time I went I had the polenta (\$8.95) which was amazing! Nu Nu's Award Winning Antipasto - Imported Italian cheese, olives, soppressata, daily roasted red peppers & tomatoes Sicilian (\$13.95) is an excellent way to start your meal. The first entree my husband ever ordered was a special: Chicken Agrigento - boneless chicken breast sautéed w/banana peppers, Sicilian table cheese & mushrooms (\$21.95). He asked for it so often, they put it on the regular menu!

On a recent visit with my daughter and mother-in-law, we all had pasta dishes, a variance from my usual Pan Seared Tilapia - a sweet firm white fish served over spinach and fresh sautéed spinach w/ pine nuts and raisins (\$21.95). I really wanted the Ruby Pasta, which was a special that night - roasted beets, mascarpone cheese with a gorgonzola cheese sauce over penne (\$15.95). However, my mother-in-law talked me out of it, and I ordered the Pasta Primavera, a wonderful mix of fresh veggies, garlic, pasta and cheese (\$14.95). My mother-in-law ordered the Amatriciana marinara sauce w/ pancetta, minced onions & fresh basil (\$15.95). My daughter ordered the Ruby Pasta, daring thing that she is! She was well rewarded, it was delicious, and quite beautiful, pink sauce and all.

It was a Friday night, and we were quite lucky to get last minute reservations; they usually fill up on Friday and Saturday nights, so call ahead. My only complaint, if you can call it one, is that the restaurant gets quite loud when it is busy, and it is not easy to have dinner conversation. If you have more than four people, forget about talking to the person at the other end of the table. I wish they would put in ceiling panels to absorb some of the sound.

They also have desserts, although I personally have never had the room to try them. They have a private party room available, and food can be ordered for takeout; my husband avails himself of this service on many anniversaries when we want a private dinner at home and I am working. He can't cook, but NuNu's takes care of everything for him...all he has to do is set the table.

I hope you too will give NuNu's a try; it is such a gem...even if it is ALL the way in Colchester!

#### CUISINE

**Lunch:** Sicilian specialties, appetizers, salads, sandwiches

**Entrees:** Fish, beef, lamb, chicken, pasta; desserts and daily specials

**Atmosphere:** Upscale casual and relaxing

**Service:** Friendly and prompt

#### Hours:

Tuesday – Wednesday: Lunch 11-2, Dinner 5-8

Thursday – Saturday: Lunch 11-2, Dinner 5-9

Sunday: Lunch Buffet 12-3, Dinner 4-8

**Prices:** Lunch \$5.95-\$13.95, Entrees \$12.95-27.95

**Other:** Kids menu, soft drinks only, bring your own beer or wine (corkage fee applies)

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## LIONS TALES

Submitted by  
Lion George Ziegstra



The Salem Lions have been extremely busy this spring.

On March 31st, our Salem young folk eagerly gathered for our Annual Easter Egg Hunt at Salem School. The attendance was less than previous years, but enthusiasm was just as great. After being led to the candy fields by the Easter Bunny, kids found and gathered up lots of candy very quickly; prizes were awarded for decorated eggs, poster coloring, and jelly bean races. Many thanks to the Shoreline Leos for helping with the Easter Bunny, judging, and great face painting. Mark your calendars for the 2013 Easter Egg Hunt on the Saturday before Palm Sunday.

April 14th brought out a group of 189 runners from the ages of 4 to 82 for the 19th Salem Road Race. Twenty-eight "kids" ranging in age from 4 years to 43 years participated in the one mile Fun Run. Congratulations the boy and girl winners: Sean Barkasy (age 7) with time of 7:41 and Riley Morrow (age 9) with time of 10:03.

One hundred sixty-one runners ran the 5K race. Male and female overall winners were Larz Larsen (17:49.0) from Oakdale and Marcy Withington (21:38.8) from Old Lyme. The youngest runner was Salem's Cameron Cunningham (age 6). Congratu-

lations to everyone. Check the race website, [www.salemctroadrace.org](http://www.salemctroadrace.org), for complete details.

The Salem Lions wish to thank all the sponsors of prizes and refreshments, and our volunteers who made this race another success.

Thank you to all who have donated to our Used Eyeglass Collection! Salem Lions collect used and unwanted eye glasses and hearing aids throughout the year. On May 6th, Salem Lions donated, wrapped and packed nearly 250 pairs of glasses to be included with many more donations by other Clubs in District 23-C. These will be sent to third world nations in support of LCIF vision improvement efforts. All donations may be given throughout the year to any Salem Lion or dropped in the collection box at Salem Library.

The Salem Lions elected their new officers for 2012 - 2013 on April 26. The following officers will be installed at the June 28 meeting:

- President: Lion Arnold Weiss
- Vice President: Lion Skip Dickson
- Vice President: Lion George Householder
- Secretary: Lion Dan Holle
- Treasurer: Lion Skip Stangeland
- Member chairman: Lion Gordon Gillaspie

Thanks to all the current officers and congratulations to our new officers.

Our 30th Salem Lions Community Calendar is nearly assembled and ready for production. The calendar is delivered free to each residence on or before the first week of September. It contains meeting dates of Salem commissions, boards, and organizations in

addition to birthdays, memorials, anniversaries, etc (cost: \$0.50 per listing). If you have any last minute requests for listings to be included, contact Lion George Ziegstra (859-0609) prior to June 20. Please support our sponsors listed on the calendar.

Thank you all for supporting our projects and fundraisers; 100% of all donations and all the profits from our fundraisers are returned to our community charitable projects. Salem Lions are proud to be of service to Salem.



**The Salem Volunteer Fire Co.** will be holding its 2nd Annual BBQ dinner on August 25th 2012. The 1st annual dinner was such a success due to the support of so many wonderful people. There have been numerous requests for another event. The fire company is pleased to announce the return of this world renowned community event. The only change to the meal will be larger plates to hold all of the food. The fire company is stocking up on napkins right now. The menu consists of BBQ chicken and ribs, baked potato, corn on the cob, coleslaw, dinner roll, dessert and beverage. There will be a limbo contest for the children. Dine in with friends and neighbors or take home and enjoy. Advance ticket sales only. Tickets are available now, so get yours as soon as you can. We all remember the BBQ shortage of 1986. We do not want a repeat of that, so don't be stuck without your ticket. Ticket prices are as follows: Adults \$15, Senior citizens \$12, and Children under 12 years old \$8. Stop by the Salem Fire Co. for tickets or call 860-859-0942.

**Mark the date on your calendar:  
August 25th. We hope to see you all there.  
Thank you for your support.**

## THE CONGREGATIONAL CHURCH OF SALEM

Submitted by Rev. Tim Dubeau

Please check out the schedule of activities on our Web site at [www.congregationalchurchsalem.org](http://www.congregationalchurchsalem.org).

### CHRISTIAN COMMUNITY CENTER PROGRESS

*We're moving ahead at a good clip!*

May and the first part of this month have been busy with the completion of HVAC and electrical work, plumbing, ceilings and flooring, landscaping (including the multiple placement of retaining walls, walkways and planter areas), paving, and finishing touches in the kitchen (including base cabinets, overhead cupboards, and laminate countertops). If you would like to be included on our volunteer list, please contact Pastor Tim. You will be notified of scheduled work dates and the type of work being done.

We thank all those community and church family contributors who remain faithful to their financial commitments and look forward to a very busy year where we hope to finish the project! If you would like to make a new (or additional) contribution, please send your tax deductible gift (we are a 501(c)(3) organization) to the Congregational Church of Sa-



lem, 244 Hartford Road, Salem, CT 06420 designating it to the CCC Building Fund.

As always, we're excited to think how this building will be used for many different community related events and programs. It will also be available to rent for private functions, including receptions, showers, birthday parties and other family events requiring a large comfortable space and commercial kitchen. We look forward to notifying all when the Certificate of Occupancy has been issued.

The Shushing Librarian doesn't want deadly quiet in the library. She really wants a dynamic library filled with children and adults who are stimulated by motivating displays, programs and up-to-date resources. And some fun. And yes, even some noise – laughter, giggles, questions, friendly conversations. If you think librarians are the quiet, disapproving types, maybe it's time you stepped into the Salem Library, because WE AREN'T THAT! Why not check out the library this summer?

Do you know that the Salem Free Public Library awards prizes to children, teens and adults for reading during the summer? There are also contests and treats and programs. Although we are still planning our summer reading programs as Our Town goes to press, we promise a magician, puppets, art classes, astronomy, science experiments, crafts, and much more! We start handing out prizes the first week of July, but you can start reading in June to get credit for July!

**Take advantage of our Museum Passes this summer:**

**FREE PASSES:**

- Aldrich Museum of Contemporary Art – Ridgefield
- Beardsley Zoo – Bridgeport
- CT Old State House Museum – Hartford
- CT State Park Pass –waives vehicle fees to all state parks & beaches; Includes Dinosaur State Park, Fort Trumbull & Gillette Castle
- Custom House Maritime Museum – New London
- Denison Pequotsepos – Mystic
- Earthplace, The Nature Discovery Center – Westport
- Florence Griswold Museum – Old Lyme
- Neuberger Museum of Art – Purchase, NY
- New Haven Museum – history, genealogy
- Wadsworth Athenaeum – Hartford



**DISCOUNTED PASSES:**

- CT Science Museum – Hartford
- Maritime Aquarium – Norwalk
- Mystic Aquarium and Mystic Seaport
- Old Sturbridge
- Yale Peabody Museum – New Haven

**PROGRAMS AT THE SALEM LIBRARY:**

- Seniors play Wii Bowling & Card Games at the Salem Library; Every Tuesday at 12 Noon
- Drop-in Storytimes at the Salem Library; Every Friday at 10:30 a.m.; 1st & 3rd Wednesdays, 6:30 p.m.
- Two Adult Book Groups at the Salem Library; 3rd Tuesdays at 7:15 p.m.; Last Thursdays at 1 p.m.
- Knitting Group at the Salem Library; Every Thursday, 10 a.m.-12 Noon
- Coffee and Cookies at the Salem Library; Every Thursday, 10 a.m.-12 Noon
- Teen Advisory Group with Pat Aldrich • Friday, July 6 from 4:30 – 6 p.m. Salem Library; Free - Always Fun, Always Food
- Walk In, Make It, Take It Craft: Chinese Brush Fish • Saturday, July 7 from 12 noon-2 p.m.; Salem Library; Free
- Beginning Photoshop with Karen Avery • Saturdays, July 14 & 21 – must attend both 10:30 a.m. – 12 noon; Salem Library; \$10 fee Limited to 15 participants, so register early. *Bring your laptop.*

- Colored Pencil Art Class for Teens & Adults with Jennifer Wheeler • Saturday, July 28 from 10:30-1:30 p.m. Salem Library; \$5 fee
- Teen Advisory Group with Pat Aldrich • Friday, August 3 from 4:30 – 6 p.m. Salem Library; Free - Always Fun, Always Food
- Walk In, Make It, Take It Craft: Paper Airplanes Saturday, August 4; 12 noon-2 p.m. Salem Library; Free
- Astronomy with Jeff Dunn, *the new Director of the Mystic Seaport Planetarium* Friday, August 10 at Salem Library & Friday, August 17 at the Mystic Seaport Planetarium-participants should attend both classes; 7:00 p.m. \$10; Limited to 20 participants
- Sparky's Puppets: Adventures in Dreamland Saturday, August 11, 12 Noon Free, Family puppet show. *Poor Baby Bear, he can't get to sleep!*
- Teen Advisory Group with Pat Aldrich Friday, September 7 from 4:30 – 6 p.m. Salem Library; Free - Always Fun, Always Food
- Walk In, Make It, Take It Craft: Silhouettes Saturday, September 8 12 noon-2 p.m.; Salem Library; Free
- Entwined Early Music Concert • Saturday, September 29 at 3:00 p.m.; Salem Library; Free

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**SALON HOURS:**  
Mon - Thurs. 9-8  
Fri. 9-6, Sat. 9-3

## SALEM VOLUNTEER FIRE COMPANY TRAINS AT FOUR CORNERS



On April 15, the Salem Volunteer Company Fire-fighter Assist and Search Team (FAST), also known as the Rapid Intervention Team (RIT), trained at Four Corners in the white house that was later demolished to make way for the Roundabout. FAST is composed of four or more firefighters dedicated solely to search and rescue of other firefighters in distress. The training being done in the house involved the interior breaching of walls and floors that a FAST member might have to use to reach a firefighter who has fallen. This type of firefighter must be in great physical shape to drop down onto floors or pull up onto another floor overhead. In the photos here, the members are practicing bailout routines through which one firefighter helps another out of a window and uses a pulley system to drop the injured firefighter to the ground. The ladder is in position as a safety line during this training for safety purposes.



## SALEM GREEN CEMETERY ASSOCIATION

Submitted by Rev. Tim Dubeau, Sexton

The annual meeting of the Salem Green Cemetery Association was held on April 17 at 2:00 p.m. in the Salem Town Hall. Officers for the 2012-13 year are:

|                      |                     |
|----------------------|---------------------|
| President:           | Catherine Teel      |
| Vice President:      | Nancy Dytko         |
| Treasurer:           | Carol Vasquez       |
| Historian/Secretary: | Helen Woronik       |
| Sexton:              | Rev. Timothy Dubeau |
| Asst. Sexton:        | Michael Teel        |

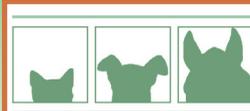
From 02/01/2012 to 04/07/2012 there has been one interment.

| Name           | Location | Date Inurned/Interred |
|----------------|----------|-----------------------|
| Thomas Bingham | IC02     | 03/22/2012            |

On April 16, members of the cemetery association cleaned up the plots by removing all artificial flowers, wild shoots, broken or damaged objects, tattered/torn flags and any remaining Christmas/Easter decorations. Artificial flowers will be allowed again after October 15.

Some friendly advice: Live flowers in pots and urns will wilt quickly in the hot sun if they don't receive frequent watering. Those flowers planted in the ground will last longer. Try to choose a variety requiring infrequent watering. Water is available at the hand pump in the center garden. Use the jug(s) provided to prime the pump and then leave them full for the next person. Please insure that your plantings are located immediately to the front of each monument. Plantings on the sides and backs of monuments run the risk of being damaged during regular mowings of the cemetery. As always – shrubs/trees of any kind and oversized plants that hide/engulf the monument on a plot are prohibited. Thank you for your cooperation. Cemetery appearance is every plot owners' responsibility.

Contact the SGCA sexton, Rev. Tim Dubeau at 860-859-1925 with questions or if interested in purchasing full sized or smaller cremation plots.



### SALEM VALLEY VETERINARY CLINIC

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*David A. Anderson, DVM*

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*Sarah S. Slater, DVM*

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September 17, 2012, is the 225th anniversary of the signing of the Constitution of the United States of America by the delegates to the Constitutional Convention.

Salem's American Heritage Day will celebrate this important anniversary with a non-partisan, non-political presentation on the Constitution, titled "The Making of America", by Mr. Earl Taylor, Jr., president of the National Center for Constitutional Studies. The three hour presentation is scheduled for the evening of Thursday, September 27, 2012. Time and location will be published in the next Our Town - Salem.

"The Making of America" presentation will cover the historical development of the principles the framers used to write the Constitution.

Mr. Taylor will demonstrate how the Founders of our country used 180 years of experience in the "New World," and their knowledge of philosophy and world history, to construct a document in 1787 that has provided the basis for our government. The Constitution continues to be the framework to resolve today's perplexing problems.

Attending this program will provide an opportunity to better understand our unique heritage and help us to appreciate what transpired 225 years ago and how it relates to today.

In addition to being President of the National Center for Constitutional Studies, Mr. Taylor is the principal and a faculty member of the Heritage Academy, Mesa, Arizona. The Academy is one of the first charter high schools in Arizona. He has been instrumental in encouraging the celebration of Constitution Week in many cities and schools in the nation.

As with last year's Salem's American Heritage Day, Mr. Lincoln Visits, we encourage Salem residents to attend and also welcome all who have an interest in history and our Constitution.

This is a unique anniversary for the Constitution as it was completed and signed by the delegates to the Constitutional Convention on Monday, September 17, 1787, and September 17, 2012, also falls on a Monday.

You may be interested to know that the two delegates to the Constitutional Convention from Connecticut were Roger Sherman and William Samuel Johnson. Johnson was also the Secretary of the Convention.

For more information about the Making of America presentation, contact Paul Robillard, Salem's American Heritage Day – The Constitution chairman, at 860-892-0018. Salem's American Heritage Day is sponsored by the Salem Republican Town Committee.



## WINNER OF THE *Yarnbombing* CONTEST

The winner of the Yarnbombing Contest announced in the March issue of Our Town - Salem is Mary Maynard of Salem! Congratulations to Mary, who has won a \$20 gift certificate to a business in Salem of her choice.

The energetic band of yarnbombers, all of whom live in Salem, had a lot of fun with their sometimes stealth efforts that involved leaving a little whimsy and colorful art in places in town! One or two even made the effort to go out early in the morning, in hats and old coats, so they weren't as recognizable and also so that their handiwork would be out before most people were up and around.

Plans are afoot for another project in the next year, but this time we're aiming for warmer weather so our hands aren't freezing when we're putting things up. The next project promises to be different in other ways, too, but we aren't sure exactly what yet.

So, thanks to everyone for taking part and getting around town to look for yarnbombing! More than one person said they went on roads in Salem they didn't even know existed, so we're glad to have helped people get a little better acquainted with their town.

## WHAT'S SELLING IN SALEM

By Liz Householder, Realtor



Often work with clients who find themselves outgrowing their home. Sometimes these are couples who have welcomed their first child into the world, and other times it's the simple accumulation of "stuff" over time which has crowded their house.

While I'm always glad to help homeowners make the "upgrade" to a bigger home (and now is a pretty good time to buy a lot of house for comparatively little money), I'm also interested in helping them make the most of the home they have today. Given the amount of time we spend in our homes, it makes sense to work towards a clutter-free, organized, peaceful environment.

Sometimes I work with clients who find the things they own have ended up "owning them." What we own and what we actually use are often very different, and what we don't use can take up a lot of space. Have you ever calculated the usable square footage an abandoned treadmill or stationary bike takes up in a spare room or garage?

Recently, I came across a very interesting guide to help clients and friends "unclutter" their lives. Written by Dinah Sanders, *Discardia: More Life, Less Stuff* is a handy way to approach the problem of a packed house (and the stresses associated with it.)

Whether you're looking to downsize, feel cramped in your current home, or get a sense that you could have more happiness if you had "less stuff," I recommend you check out this actionable and inspiring (but not sappy) book. Dinah also runs a blog ([www.discardia.com](http://www.discardia.com)) where you can learn more about her approach and read articles on the topic of enjoying more with less.

Looking for some local help to give you tips on decluttering your space? I recently worked with an awesome stager/designer who helped clients rearrange their home and get some of the extra furniture out of the way.

If you're looking to upgrade or downgrade your home, or just declutter what you have, I'd be happy to help. Get in touch with me at 860-705-7373, or email me at [liz@cgrealestate.net](mailto:liz@cgrealestate.net).



**Salem Town Offices**

270 Hartford Road  
Phone: (860) 859-3873

**Office Hours:** First Selectman, Town Clerk,  
Assessor & Tax Collector  
Mon.-Wed. 8 a.m. to 5 p.m.  
Thurs. 8 a.m. to 6 p.m., Fri. Closed for routine  
business (*elected officials available for urgent matters*)

**Salem Free Public Library**

264 Hartford Rd., Phone/Fax (860) 859-1130  
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Fri. 10 a.m. to 6 p.m., Sat. 10 a.m. to 4 p.m.

**Salem School District**

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**www.salemschools.org**  
Salem School - (860) 859-0267  
Special Education Office - (860) 859-3988

**Salem Police Department**

270 Hartford Rd. (860) 859-3873 ext. 200 or 210  
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**Salem Transfer Station**

189 Rattlesnake Ledge Rd. (860) 859-2964  
Wed., Sat., Sun., 8 a.m. to 4 p.m.  
Permits required – can be obtained by Salem  
residents at transfer station only

**Animal Control Officer**

*Van Miller* (860) 319-1306

**State Senator 20th District**

*Andrea Stillman* (860) 443-8568  
[www.senatedems.ct.gov/Stillman.html](http://www.senatedems.ct.gov/Stillman.html)

**State Representative 37th District**

*Ed Jutila* (860) 739-7730  
[www.housedems.ct.gov/Jutila](http://www.housedems.ct.gov/Jutila)

**U.S. Senators & Representatives**

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<http://courtney.house.gov/index.cfm?sectionid=148>

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## OUR TOWN SALEM

*Our Town Salem* (OTS) is a magazine published quarterly to enhance the lives of Salem residents through articles that inform, encourage and celebrate the people, activities, businesses and organizations in town. OTS is produced entirely by volunteers and is distributed free of charge thanks to the businesses, organizations and individuals who place their ads! OTS producers feel strongly that:

*At its best, OTS features the people of Salem and that will happen with your participation:*

- Send us a photo and caption, write a story, or give us leads on stories one of our volunteers could write!
- Take out a personal ad to recognize birthdays, anniversaries, graduations and other achievements!
- Give us leads of businesses who would like to be featured in and/or advertise in OTS.

Contact Elizabeth Regan at [ecregan@sbcglobal.net](mailto:ecregan@sbcglobal.net) or 860-859-2621. **The next deadline is Aug. 15 for the September issue.**

## VOLUNTEERS NEEDED!

Our Town – Salem is looking for a few good volunteers to carry out the following functions:

Event Listings coordinator – compile a comprehensive events calendar in a reader-friendly format for easy reference

Bloggers – post regularly to the Our Town – Salem Web site on topics relevant to Salem readers

Please contact Elizabeth C. Regan, publisher, if you would like to find out more about these positions.

Layout Designer – Work with the publisher on a quarterly basis to arrange submitted content in an attractive, reader-friendly format.

## OUR TOWN – SALEM 2012

All articles submitted for publication must be accompanied by the writer's name, address, and phone number so that the submission can be verified. The chairperson and her/his designee must sign articles submitted by town committees.

*Our Town – Salem* reserves the right to edit all articles for grammar, clarity, brevity, and taste. All articles will be checked for factual content, and articles containing unattributable statements will not be accepted. *Our Town – Salem* is published quarterly by volunteer residents of the town of Salem. Your participation is welcomed!

### Volunteer Staff

*Publisher – Elizabeth C. Regan*

*Proofreaders – Shirley Diamond and Peter Sielman*

*Layout designer – Kerri Salan*

*Advertising Volunteer – Sue Weber*

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RESUME PRODUCTION OF OUR TOWN – SALEM UNTIL WE  
SECURE A NEW LAYOUT DESIGNER.**



*Just type in "Our Town – Salem"*