



Volume XV11 Issue 8

# Our Town

*Your Sprague Newsletter*

August 2007



## The Pursuit of Happiness Summer Reading Program

Over 100 children have signed up for the Summer Reading Program at the Sprague Public Library! They are reading up a storm to reach their goal of eight books each over the course of the summer. The last day to turn reports in at the library will be Saturday, August 11. All participants who reach the reading goal will then be invited to the Annual Ice Cream Sundae Party to be held Wednesday, August 15 at 7:00 PM behind the library. Thank you to the Ejchorsz Family and West Main Street Norwich Dairy Queen, the Sprague Garden Club, Connecticut Defenders Baseball team, and Connecticut Sun basketball team for their generous donation of prizes.

## Summer Recreation Programs

Over 60 children have taken part in a series of summer recreation programs focusing on drama, sports, and arts, crafts and science. A great time has been had by all and an awful lot of learning has taken place as well! Stay tuned next month for some letters from the children themselves discussing their favorite parts of these exciting programs.

## Teen Club

The Teen Club is up and running every Thursday night from 6:30-8:30 PM in the Grist Mill. So far participants have explored letterboxing (including carving their own stamps), tie died tee shirts, explored with oobleck, completed various student-selected craft projects, played board games, and went on a scavenger hunt! Projects are selected by the 10-15 teens who attend each week, but of course we are still always looking for new members and new ideas! If you're in high school, stop on by to join us and bring a friend! For more information, please contact Rebecca Cipriani at 822-1643.

## IMPORTANT NOTICE

### Our Town

The First Selectman and Board of Selectmen will be controlling articles to be published in Our Town. All submissions must be submitted by the deadline stated each month in the prior month's edition. Reports from commissions, boards, groups, ads, library news, school news etc. will have priority for space. Name, address and phone number will be required on all articles submitted. Opinion articles will consist of no more than 400 words and must be submitted via email. Opinions submitted will go on the remaining pages on a first come basis, 1<sup>st</sup> received, 1<sup>st</sup> published if the article meets other criteria for publication.

## SPRAGUE PLANNING AND ZONING COMMISSION

The Planning and Zoning Commission holds its regular scheduled meetings on the first Wednesday of each month, at 7:00 P.M., in the courtroom on the second floor of the Town Hall. The agenda is posted on the bulletin board in the Town Clerk's Office on the Monday immediately preceding the meeting. The public is always welcome and is encouraged to attend.

Members of the Commission are: Mick Collins, Joe Osowski, Paul Piezzo, Arthur Spielman, Jr., Gerald Stefon, Anna L. Talbot, and Richard Waterman. Alternate members are: Kathleen Boushee, Kord Jablonski, and Shawn Bittman. The Commission employs a part-time planner and consultant, Tom Seidel of the Southeastern Connecticut Council of Governments, and Zoning Enforcement Officer Joseph Smith.

A record of the activities of the Commission is available on audiotape at the Town Hall, and typed minutes of the meeting are also available there. Additional information concerning the Commission and the Sprague Plan of Conservation and Development may be obtained by viewing the municipal website: [www.ctsprague.org](http://www.ctsprague.org)

## SPRAGUE CONSERVATION COMMISSION

Hello fellow Sprague citizens,

We hope everyone is enjoying their summer. We hope that some of you were able to attend the River Park dedication. I don't know, as of now, because I am writing this before the July 27<sup>th</sup> Community Picnic and Park dedication. The grass is looking pretty sparse but we hope to see an improvement each year. We plan to reseed in late September. Otherwise it looks like a wonderful improvement to our town. Each year we hope to do small improvements. We hope to get more help. If anyone has any suggestions or would like to donate plants or anything else that they feel would add to the Park please contact me. Again, I really feel that this is a great pearl in the heart of our town. Please help. On another note, I hiked up at the Mukluk today. Wow, it was beautiful. I hope that our citizens are enjoying this property. If anyone would like to hike, but are not sure of their way around, please call me or just attend one of our semi-regular hikes each month. Sorry, the maps are not quite done yet, but will be soon. Also the list of permitted use and prohibited uses are held up at the moment for discussion. For now we would like to exclude hunting until we can come up with some special rules and regulations for the safety of our citizens. We would like to meet with a small subcommittee of local hunters, from the Sprague Rod and Gun Club and work out those before we can safely proceed. Anyone interested in this issue please call me or attend our next meeting on August 9<sup>th</sup> @ 7pm at the town hall. The SCC would like to thank Penny Newberry for all of her hard work for our town. She recently informed us that we were awarded a recreational trails grant to improve our recreational trail systems in town and clean up the Head Race area. She also was able to secure us an EPA Brownfield grant to help clean up the Baltic Mill site so that we can finally start to clean this up and move our town forward. GREAT WORK Penny. Any questions call or email me at 822/9808 or [donaldboushee@sbcglobal.net](mailto:donaldboushee@sbcglobal.net)

P

### **SPARC News Upcoming Events:**

#### **Three Village Fall Festival/Three Village Tour Columbus Day Weekend.**

We need volunteers to help us continue these great events. Please consider volunteering and come to our next meeting, August 2<sup>nd</sup> at Town Hall.

#### **Summer Fun**

Summer Children's Program – The 9 week program kicked off on June 25<sup>th</sup>. We hope all the children are having fun. We have a great director and many volunteers for this program and hope to continue it next year.

Six Flags tickets are now available through Sprague Parks and Recreation Committee. Season Passes are \$68.99 and Day Passes are \$27.00. Children under 36" get in free. Please contact Noreen Foley of SPARC @860-822-1929 or send request to SPARC, PO Box 791, Baltic CT 06330. Checks should be payable to SPARC.

\*\* Look for **SPARC's** Summer Tailgate Party either the evening of Friday, August 24<sup>th</sup> or Saturday, August 25<sup>th</sup> at Babe Blanchette Field.

## RENTERS REBATE

Sprague residents at least 65 years of age (in 2006) or totally disabled may be eligible for the State Renters Rebate Program. 2006 qualifying income limits are: **\$28,800 for single residents and \$35,300 for a married couple.** To file an application, bring proof of all 2006 income including 2006 Social Security 1099 and Federal Income Tax Return (if filed.) Also, bring receipts for rent and utilities (electric, water, gas/oil) you paid in 2006.

Applications are available at the Assessor's Office and must be filed by September 13, 2007.

\*\* The Assessor's Office is open to assist with filing the applications Wednesday, 8 am to 5:30 pm and Thursday, 8 am to 4:30 pm. Please call for appointment at 822-3000, ext 222.

**-Nicole Lintereur, Assessor**

## **Goin'Postal 2007**

The stamp distribution office is out-doing themselves this month with even more new stamp designs being released – giving you the opportunity to stay inside where it's cool to catch up on those long overdue letters with friends and family! Whatever your personal interests, there is a stamp for you!

For the young idealist in all of us – with a flair for heroism – the Marvel Superhero stamps are being released just in time. Spiderman, the Incredible Hulk, the Submariner, the Thing, Captain America, the Silver Surfer, Spider Woman, Electra, Iron Man and Wolverine are coming to the rescue (along with a corresponding vintage comic book cover stamp) July 26<sup>th</sup> in sheets of 2.

For the sports enthusiast, Vintage Mahogany Speedboats will be racing to a Post Office near you on August 4<sup>th</sup>. This 12-stamp sheet features 4 boats from 1915 through 1954 and shows off the deep red hues of their mahogany decks – makes me long for a trip out on the lake!

For the antique glass devotee, a Louis Comfort Tiffany stamp highlights a stained glass landscape overlooking a lake and will be available on August 9<sup>th</sup>. The various colors of glass along with the black piping separating each piece shows off the craftsmanship of the beautiful art form which Tiffany is famed for.

For the florist and nature lover, Beautiful Blooms, featuring 10 different designs including purple cone flowers, tulips, and iris will be available in both a pressure-sensitive book of 20 or a coil of 100 on August 10<sup>th</sup>.

Additionally, a sheet of Yoda stamps will be released soon, as promised. Thousands of fans went online to vote for their favorite of the 15 Star Wars designs released May 25. Yoda and Darth Vader were running neck-in-neck for a while, but the good side of the Force prevailed. Some are voicing their disappointment that they are not able to buy a whole sheet of Darth Vader – just to mail out their bills!

So many choices! Added to the Pacific Lighthouses, the Wedding Hearts, the Pollinators and other stamps released earlier this summer, you can practically customize your mail to reflect whatever you'd like to say! Get them while you can, because with the exception of the Forever stamp (the Liberty Bells), each stamp will have an off-sale date as well where they are no longer available. If you really like one particular stamp, or if you have a large mailing that you'd like to have all the same stamp for, you may want to stock up!

Speaking of stocking up: we are still collecting items for our "We Care!" boxes for the troops serving overseas. If you have anything you'd like to donate (snacks, phone cards, toiletries,

games, personal notes of encouragement and thanks, etc.) you can drop them off at the Hanover Post Office for priority delivery. When we compile enough to send out. If you know of someone local who would like to be on the list, give me their name and mailing address and it's done! Thank you to the men and women in uniform who give of their time, talent and training to protect and defend the liberties of those home and abroad! Send tokens of your thanks and encouragement today!

Also - reminding you that you can get stamps by mail or through our website at [www.usps.com](http://www.usps.com) With direct mailing options like NetPost, you can design and send mailings from your home computer in a variety of formats. Various size postcards can feature ready-made or custom graphics, different font styles and sizes. Letters can contain up to 12 pages of information and be sent to addresses domestically or internationally. Packages can be weighed on a digital scale (available for sale at the Post Office) that connects to your computer to determine the correct postage, print out the labels, adding delivery services like delivery confirmation (tracking) and parcel pick-up for free, all from your home – when it's convenient for you! Check it out on our website and stop in if we can help you in any way – remember: We deliver convenience, quality and service for you!

- Tracy A. Medling, Postmaster, Hanover 06350

### First Selectman's Office

As you read in last month's **Our Town**, Dee Ryans, editor of the **Our Town** is retiring. She took over the position from Tracy Medling who was the first editor for the **Our Town**. Dee has served as the editor for 15 years. On behalf of the town I want to thank her for her service. August will be her last paper.

The **Our Town** will continue. I have hired Amy Lynn Reifsnyder as the Editor-Production Designer/Typist. She will be taking over the September **Our Town**. Some changes will take place from now on. Opinion articles are to be no more than 400 words; those with more words will be returned to sender. Name address & phone number will also be required for publication. Opinion articles must be sent by e-mail. **All submissions are required prior to deadline.** This deadline will appear in the prior month of the **Our Town**. Reports from Boards, Commissions, Groups, Ads, Library and School will have priority. Opinions will go on the remaining pages on a first come basis; by that we mean 1<sup>st</sup> received, 1<sup>st</sup> printed if they meet the other criteria for publication.

On July 12<sup>th</sup> less than 100 town's people came out, voiced their opinions and made amendments to the budget. The Budget failed and so did the amendments. The Board of Finance will meet and recommend another budget. The Board of Selectmen will then call another Special Town Meeting.

Major road work will have to be put on hold until we have an approved budget. I will use TAR money to make some repairs that are needed. Sweeping is ongoing. We used more sand this last year than past years because of small storms with icing. Mowing is also ongoing.

Have a great summer. Watch for our children at play. Enjoy the fishing at the River Park. My grandson from Florida caught some nice fish this month before returning home.

- Dennison Allen First Selectman

### Ladies Auxiliary – Baltic Fire Department

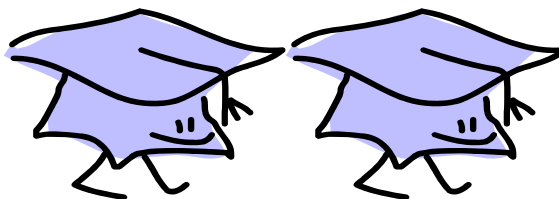
The **Annual Holly Jolly Bazaar** will be held on Saturday, November 24<sup>th</sup> from 9 am to 3 pm. Table rental letters will be going out in early September. If you are not on our mailing list and would like to rent a table, please call Jeannette at 822-8331 and leave your name and mailing address. Cost for an 8 foot table is \$25.00.

Our next meeting will be held Wednesday, September 12<sup>th</sup> at 7 pm at the firehouse. Anyone interested is welcome to join us.

-Jeannette Deschamps, Secretary

### BUS SCHEDULES

**Sprague school bus schedules will be posted at the Town Hall and Sayles School before the start of school. The times have changed so please check the schedules.**



### Sayles School Graduates of 2007

Alexandra Lee Baldino  
Cynthia Linda Briggs  
Tyler Andrew Brooks  
Heather Lynn Burlingham  
Reggis Bernard Cardinal  
Kevin Donald Cutsinger  
Tiffany Ann Favro  
Brett Anthony Ferguson  
Clarissa Gaston  
Kristi Lyn Harrison  
Tina Marie Henk  
Kyle Lee Izbicki  
Melissa Nicole Jorsz  
Victoria Lynn Kozlowski  
Sarah Theresa Martell  
Marissa Marie McCoy  
Chantel Porcha Montgomery  
Jigar Chandrakant Patel  
Justin Vidal Paz  
Meaghan Rae Phipps  
Adam Joseph Ritchotte  
Alexia Jordan Richotte  
Maribel Rivera-Santiago  
Kendra Abigail Schnip  
Robert Charles Tardif 11  
Ashlee Michelle Trubee  
Katrina Eleanor Walczyk

Emily Joy Wood  
Bryan Alexander Wynn

## Water & Sewer Authority

### Just the Facts

As a member of the Water & Sewer Authority Board, it has come to my attention that some citizens of our town have seen what they believe is "A Town Vehicle Being Used for Personal Use."

While I might congratulate those who have concern for our town equipment and its use at heart, I must also state that it is their responsibility to make sure you have your facts straight. The vehicle in question is the "Personal Truck" of our towns Water & Sewer Authority Plant Superintendent. The truck has a magnetized sign on it. How many people know this? Because this vehicle belongs to our superintendent, the fuel, insurance coverage and all the maintenance of this vehicle is paid out of his own pocket, not the towns. Just so there is no misunderstanding for those concerned – If the superintendent needed supplies for the water and sewer department, what difference would it make if he was buying supplies at Home Depot, Shetucket Plumbing or Wal-Mart? It is his truck with a magnetized sign so if he is buying something for personal use, it's none of anyone's business.

This brings me to one more concern some of you have – the purchase of a second truck, a brand new vehicle. This new vehicle was put into the new budget after seeing where we could save your town money and still deliver a quality water & sewer system. As I recall, some of the citizens who are concerned about this town truck problem, are some of the same people who let the good old boys of this town say we don't need to fix things, everything is fine. Folks, things are not fine and it could be a lot worse. We don't need critiques from citizens whose facts are unfounded.

**-Thomas J. Hanson**

**Water & Sewer Authority Board Member**

## FLEA MARKET/CRAFT SALE

**AUGUST 18<sup>TH</sup>**

**8:30 AM – 3:00 PM**

**BALTIC UNITED METHODIST  
CHURCH**

**22 WEST MAIN STREET  
BALTIC, CT**

**1<sup>ST</sup> Annual**

**We have over 10 vendors.  
Food and Baked Goods  
Craft and Flea Market Items  
Everything from A to Z**

## CAN & BOTTLE DRIVE

**9 AM – NOON**

**AUGUST 4<sup>TH</sup>**

**Please drop your clean bottles and cans in the back of the Convent of the Academy of the Holy Family. The money collected will be used for ongoing maintenance of the Holy Family Motherhouse.**

**Sponsored by the Sisters of Charity. Thank you for your help.**

## Obesity

Hello everyone and I hope this article finds your summer going well and all of you feeling good! I recently was in Brooks pharmacy and wandering around and found this GREAT article on obesity that was put out by Rite Aid. I thought this information was important to relay to all of you.

"The number of overweight or obese people throughout the world--and especially in the United States--is growing at an alarming rate. Over the past 20 years, obesity in the United States has increased dramatically by 36%. Nearly two-thirds or 64.5% of American adults are overweight or obese, which puts them at a greater risk for developing more than 50 health conditions and diseases. But this epidemic isn't limited to adults. The percentage of overweight children and teens (ages 6-19) has more than TRIPLED since 1980. Excess weight and obesity are serious medical diseases. Experts agree these diseases have three major contributors: genetics, environment and, most importantly, LIFESTYLE.

Many people think of fat as an inert substance. In fact, fat cells are remarkably active 'pumps' that secrete a wide variety of dangerous hormones and inflammatory chemicals into the bloodstream. The number one cause of inflammation is obesity and inadequate activity, which leads to insulin resistance. Insulin resistance can lead to diabetes, stroke, cancer and heart disease. But change is possible! Small changes can bring big results. Losing just 10% of our excess body weight can have a positive effect on our health.

Some ways to help ourselves and our families: Decrease portion sizes, limit snacks, eating a healthy diet rich in vegetables, fruits, whole grains, and lean protein, and increase our level of physical activity." **Rite Aid Pharmacy**

Small changes go such a long way! Start today and start small. I've written other articles that help with how to make healthy changes and how to stay consistent with them: Find a buddy and walk together, keep a food diary to track what and how much you are eating, or surf the Internet to find other articles and help. **MOST IMPORTANT:** Don't let a weight problem get you down!!! You CAN make a good change--it's never too late. Stay positive and hopeful that if you stick with it, within a few months you will start to feel better and look better. Soon you will find you are starting to gain your life back.

Good luck and if you need help give me a call!

- Submitted by: **Angie Daly HHC, AADP**

Holistic Health Counselor, American Academy Drugless  
Practitioner

\*Before beginning any exercise regimen, please consult your  
doctor

**Town Manager or First Selectman?**

**2 year terms or 4 year terms for elected officials?**

**Town Meetings or referendums to decide budgets?**

**Charter Commission**

**Hazardous Waste Collection**

**August 18<sup>th</sup> in Montville**

**Ty Middle School 848-9411**

This is my last edition of **Our Town** as its editor/layout/typist person. As I have told those who called, "It is time for me to move on. I have really enjoyed the 15 years, well at least the first 14, that I have been involved with **Our Town** and the people of Sprague, but I volunteered to help keep a newsletter that informed and educated up and running. I do not want to waste my valuable (to me at least) time doing another type of newsletter.

To those who have called, emailed etc. to express their support and care, I thank you! And to those who have helped the last 17 years since **Our Town** started – All the Collators, past and present, the Staff at Town Hall, Colette Hoffman and the others who have printed the newsletter, Pat Amon who does the billing and anyone else who helped in any way, I say once again **THANK YOU!**

**dee**

**SAYLES SCHOOL**  
**Class of 2007– Awards**

- 1. Democratic Town Committee**  
**Louis H. Desjarlais Memorial Award**  
Greatest Improvement *Tiffany Favro*
- 2. Sayles P.T.O. Award**  
Science *Tyler Brooks*  
Art (in memory of Frido Urbinati) *Kendra Schnip*
- 3. Republican Town Committee Award**  
Spelling *Alexandra Baldino*
- 4. Sprague Teachers' League Awards**  
Italian *Kendra Schnip*  
Mathematics *Katrina Walczyk*  
Language Arts *Meaghan Phipps*  
Art – June Clyde Preston & Medville H. Colbath Memorial  
*Alexandra Baldino*
- 5. Sprague Public Library Award**  
Interest in Reading *Meaghan Phipps*
- 6. Sprague Historical Society Award**  
Outstanding in History *Tyler Brooks*
- 7. Sprague Board of Education Award**  
Most improved in any one area *Tina Henk*
- 8. Sayles School - Sarah Jeannette Raymond Memorial Award**  
To the student who has shown the most concern  
and consideration for others. *Sarah Martell*
- 9. Sprague Garden Club Award**  
To two students who have shown the most improvement throughout  
the year and/or have an interest in science and/or agriculture.  
*Cynthia Briggs*  
*Justin Paz*
- 10. Sayles School – Helen Champeau Memorial Award**  
To a student that has shown excellence in the area of music  
*Alexia Ritchotte*
- 11. Sayles School – Peter David Stabach Memorial Award**  
To a deserving student interested in pursuing a  
vocational-technical career. *Bryan Wynn*

- 12. Sprague Future Nurse Award**  
To two students who have exhibited compassion toward his/her peers, showing an aptitude and interest in science; and has the desire to become a member of the Nursing Profession. *Heather Burlingham*  
*Alexia Ritchotte*
- 13. Sprague Park and Recreation Committee Award**  
To a person who has shown leadership and responsibility by the giving of his/her time doing community service for the town. *Jigar Patel*
- 14. Tyrus Henry Gaudreau Memorial Award**  
Creative Writing *Meaghan Phipps*
- 15. Sayles School – Eric Joseph Lukowski Memorial Award**  
To a student who has shown an admirable demonstration of good sportsmanship. *Kristi Harrison*
- 16. Sayles School – JoAnn Matthews Memorial Award**  
To the student who has demonstrated excellence in computer applications and the use of technology tools. *Robert Tardif*
- 17. Sayles School – Deborah Allen Madsen Memorial Award**  
To a student who exhibited the greatest perseverance. *Kendra Schnip*
- 18. Sayles School – Medville H. Colbath Memorial Award**  
Art *Tyler Brooks*
- 19. Sayles School – Mark Crumb Memorial Award**  
To two students who demonstrate underlying enthusiasm and passion for music. *Katrina Walczyk*  
*Kevin Cutsinger*
- 20. Sayles School – Jr. High Teachers’ Civics Award in Memory of Mr. Crumb**  
To a student who demonstrates a strong interest in and knowledge of civic issues and events. *Kyle Izbicki*
- 21. Secretary of State August P. LaFrance Memorial Award**  
To two students who have exhibited an exceptional work ethic and strong commitment to his/her education and future. *Sarah Martell*  
*Kendra Schnip*
- 22. Superintendent’s Student Recognition Award**  
To two students who have consistently demonstrated exceptional qualities pertinent to the development of successful young men and women. *Katrina Walczyk*  
*Tyler Brooks*

# COMMUNITY CALENDAR

## Wednesday, August 1

Planning & Zoning	Town Hall	7:00 pm
Knights of Columbus	74 Scotland Road	7:30 pm

## Thursday, August 2

SPARC	Town Hall	7:00 pm
DTC	Hanover	6:30 pm

## Monday, August 6

Inland Wetlands & Water	Town Hall	7:00 pm
Zoning Board of Appeals	Town Hall	7:00 pm

## Wednesday, August 8

Board of Selectmen	Town Hall	7:00 pm
--------------------	-----------	---------

## Thursday, August 9

Conservation Commission	Town Hall	7:00 pm
-------------------------	-----------	---------

## Friday, August 10

Neighborhood Watch	Fire House	7:00 pm
--------------------	------------	---------

## Tuesday, August 14

Library Board	Grist Mill	6:30 pm
Republican Town Committee		7:00 pm
Commission on Aging	Town Hall	2:30 pm

## Wednesday, August 15

Sprague Water & Sewer	Authority Hall	6:30 pm
Board of Education	Sayles School	7:00 pm

## Thursday, August 16

Board of Finance	Board Room Town Hall	7:00 pm
------------------	----------------------	---------

## Wednesday, August 22

Economic Development Comm.	Courtroom	7:00 pm
----------------------------	-----------	---------

**Deadline for September Our Town**  
**Thursday, August 16th**

## CHURCH SERVICE DIRECTORY

### SUNDAYS

Versailles United Methodist	10:30 AM
Bethel Community UMC	8:30 AM
St. Mary's, West Main	8:00 AM & 10:00 AM
Hanover Congregational	9:30 AM
Church of Jesus Christ	
Of Latter Day Saints	10:00 AM
Baltic United Methodist	10:30 AM
<b>SATURDAYS</b>	
St. Mary's, West Main	5:00 PM

## Hanover Congregational Church

Main Street, Hanover

**Please Join Us for Sunday Services and Sunday  
School  
9:30 AM**

**Rev. Robert Morris, Minister**  
**Wendy Schnip, Organist**

## OUR TOWN STAFF

The "OUR TOWN" Newsletter is a monthly publication funded by local advertising and The Town of Sprague as a forum for public information. The opinions expressed here are those of individual authors, where indicated by his/ her name. These opinions do not necessarily reflect those of this newsletter. All submissions must be signed and submitted by deadline each month. The OUR TOWN staff reserves the right to edit copy for proper grammatical form and to conform to space allocations. Libelous, obscene, or inflammatory material will not be printed.

### Production Designer/Typist

Dee Ryans

### Correspondence

Pat Amon

### Printing

Colette Hoffman

### Collators

Jeannette Bastien

Al Hoffman

Cecile Gagnon

Rita Grenier

Al Grenier

Barbara Robitaille

Jim Ryans

John Ellis

Dee Ryans

## New Editor – Our Town

**Amy Lynn Reifsnyder**

**Email –**

**[OurTownNews@gmail.com](mailto:OurTownNews@gmail.com)**

**Phone – 860-456-1082**