



SPRAGUE ~

OUR TOWN

VOLUME XVIII
ISSUE I
JANUARY 2008

SERVING THE VILLAGES OF BALTIC, HANOVER AND VERSAILLES IN THE BEAUTIFUL SHETUCKET RIVER VALLEY

WHAT'S NEW IN SPRAGUE? Amy Lynn Reifsnnyder

When word got around that Bill and Dee Hastings were selling Fred's News Restaurant at 51 West Main Street in Baltic, some local folks were nervous. What would happen when new people came in and "took over" the established community eatery? Who would they be? Would they respect the traditions and needs of the small town meeting place or would they come in and change everything? Would the new owners be local folks or strangers? Would the business even succeed without the experience and dedication Bill and Dee had invested over the years? Speculation ran high. Now, after two months of running the place, the new owners, Melissa and Rico Guachione, have found a nook for themselves in the community. Melissa is almost local, coming from Bozrah. Her husband Rico is a Manchester native. The couple now live above the restaurant, and are settling in.

"We love the town," Melissa said, "and the regulars who come." The couple enjoy the "nice, small, quaint" aspects of Baltic where "everyone knows everyone". They spoke with ready affection for the "Morning Crew" who come in while they are setting up to regale them with stories and town history.

"They're a rowdy bunch," Michelle said with a smile. "It's fun to hear what they talk about."

When not baking fresh muffins or prepping for the specials of the day, Melissa works as a Customer Service Manager at Plas-Pak Industries in Norwich. Rico mans the grill when he's not helping with his father's construction company, Glenn Construction of Manchester.

The two are understandably busy, but their interest in maintaining the tradition of excellent food and community prevails. Of course, they have help.

Quick to say "This is the best place to work!" were Michael and Matt Buccino who provide excellent customer

service.

The couple aren't planning to change the basic menu at Fred's, but they hope to eventually expand the menu to include some dishes traditional to the Guachione family. They haven't changed the menu prices, either.

"We want to please our customers," said Rico. "Bill and Dee did a great job with this place, and we don't want to disappoint them or the townspeople. We want to start small, learn about the community, the people."

One of their customers, Dave Allen, who "basically grew up in here" continues his Friday morning tradition of breakfast with his two children, Madelyn and Jack. "Everything is so good, you have to try it all."

Fred's News is open Tuesday through Sunday, 5:30 a.m. to 2 p.m. Why not come out and find out What's New in Sprague?

Know of someone or something new to town? Let us know! OurTownNews@gmail.com.

FOOD PANTRY SPECIAL THANKS

A special thank you to Harry Segerstrom and the Boy Scouts Troop #19 for their part in acquiring food for the food pantry.

A special thank you also to all who have donated food.

A special thank you to those who helped sort through and stack the shelves in the food pantry.

Your donations and time are greatly appreciated.



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House Numbers Should be Visible Animal Control Department

I just wanted to let the folks in town know that the unlicensed dog survey is ongoing. The state only requires us to do 20 percent but my goal is to be as close to 100 percent as possible. Right now I'm doing the outlying areas and working my way into the centers of the towns. Versailles and Hanover are completed and Baltic is about 30 percent finished. Five days after its completion, the next step will be to go back to the houses that were tagged with a notice and issue state infractions for those that didn't respond. If you have an unlicensed dog and you didn't see a notice, don't act surprised when I show up to issue an infraction because more than likely I was at your house and have you on my list. The end result will still be licensing your dog only at a higher price. I'm hoping this last step can be avoided. We are hoping to have the survey completed within the next 3 to 4 weeks.

I found while doing this survey how much time was wasted trying to figure out what house I was at due to poor numbering or lack

thereof. Most people probably aren't even aware of the importance of those numbers on your house. Dispatchers for 911 may know the address of your house should you ever have to call for an emergency, but anyone responding to your home in an emergency, whether it be myself for a dog bite, the state police, fire department or any emergency personnel, could waste valuable time trying to locate you if your mailbox and home are not clearly marked with numbers large enough to be seen. In an emergency, that valuable time wasted could cost a life. Walk outside and look at your house when it is starting to get dark, or even in the daytime and see how difficult it would be to find your house should an emergency arise.

I would also like to mention that Communications Plus in Norwich donated two hours of free labor working on the ACO van, and Kim Laport, who not only did the lettering on the van, but revamped the town seal at no extra cost. Thank you for making the dollars stretch a little farther.

Happy Holidays to all and a have safe and Happy New Year!

~ Tim Hawks, Colleen Caplet, Reg Patchell

SCOUTS COLLECT FOOD

Cub Scout Pack 19 Baltic, sponsored by St. Joseph's Church Occum-Versailles; and Troop 19 Baltic, sponsored by the Baltic Volunteer Fire Department; collected about 1800 non-perishable food items in early November. Part of the Boy Scouts of America's annual national Good Turn, about 30 local scouts participated in Scouting for Food.

Headed up for many years by the Boy Scout troop, the Cub Scout pack and troop worked together in putting bags out on doorsteps in Sprague in late October. A week later the scouts collected food residents left out for them.

"It was my goal to see our boys hit every single home in Sprague," said pack committee member Roger Chatell. "They all did a great job doing just that, with the help of all the adult volunteers and parents out on the streets with the boys." Collecting a town record amount of food from front doors on a rainy Saturday, the scouts brought all the food back to the town hall garage, where it was sorted and counted, and stacked to be distributed by the town's senior center volunteers.

**2008
SPORTSMEN LICENSES**

Hunting and fishing licenses for the 2008 season are available at the Town Clerk's Office.

If you have any questions, please feel free to call me at 822-3000 ext. 220.

Claire B. Glaude, Town Clerk

PLANNING AND ZONING

The Planning & Zoning Commission holds its regularly scheduled meetings on the first Wednesday of each month at 7 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 welcome and encouraged to attend. Members of the Commission are: Sandor Bittman, Kord Jablonski, Joe Osowski, Paul Piezzo, Arthur Spielman, Jr., Gerald Stefon, and Richard Waterman. Alternate member is Kathleen Boushee.

The Commission employs a part-time planner and consultant, Tom Seidel of the Southeastern Connecticut Council of governments, and a zoning enforcement officer, Joe Smith.

An audiotape, as well as written minutes of the Commission meetings, is available at Town Hall. Additional information: www.ctsprague.org.

**Ayurveda
The Vedic Science of Life and
Longevity
7 p.m., Tuesdays
Jan. 8, 15, 22, 29, and
Feb. 5**

Ayurveda "The Science of Life" is an ancient Eastern philosophy. Treatment includes determining an individual's constitution or Prakruti. Therapy usually begins by evaluating the three doshas: VATA – the wind and air element, PITTA – the fire element, and KAPHA – the earth and water element.

Lorraine Cannatta, an Ayurvedic Consultant and Licensed Massage Therapist, and owner of the PALMS DOWN Ayurvedic Center in East Haddam, Conn., will give a basic introduction to Ayurveda, covering a different aspect of this ancient practice each week.

Lorraine will use meditation, yoga candles, incense massage oils and food to illustrate different Ayurvedic practices.

Lorraine graduated from the famed Kripalu School of Ay-

LIBRARY OFFERS WORKSHOPS

urveda in Lenox, Mass., and also earned an associate's degree in science. She specializes in Ayurveda massage techniques, including Abhyanga and Hot Stone Chakra Balancing, Deep Relaxation, Body Connection Massage, and Reiki.

In addition to her work as a teacher at two area massage therapy schools, Lorraine is a published poet and worked in local hospitals as a Surgical Technologist for 20 years. This event is free and open to all. Call (860) 822-8012 to register.

Pampered Chef to Return

On Saturday, Dec. 8, Kathy Narciso hosted a Pampered Chef Special Demonstration and Fundraiser at the Sprague Public Library. Kathy brought chocolate and pretzels, and supervised a lively group of children as they made Holiday Wreaths! We had such a great time that

Kathy has offered to come back in December 2008 for a third Pampered Chef Fundraiser. Stop by the Sprague Public Library when it's open, and pick up a Pampered Chef catalog. Call The Library for more information.



YOUTH PROGRAM SEEKS MEMBERS

The Boy Scouts of America is the nation's foremost youth program of character development and values-based leadership training. Scouting is for boys in the first grade through adulthood. For information on joining, please contact Roger Chatell at (860) 822-1259.

OUR TOWN STAFF

Sprague ~ Our Town is a free monthly publication of the Town of Sprague, serving the communities of Baltic, Hanover and Versailles. Primarily funded by the Town, support is also provided by paid advertisements.

Opinions expressed in Sprague ~ Our Town are not necessarily those of town officials or the community at large, but solely reflect those of the writer.

Submissions may be edited for clarity and format as necessary. Libelous or obscene materials are not permitted.

Editor: Amy Lynn Reifsnyder

Editorial Assistant: Colette Hoffman

Production Staff: Jeannette Bastien; Al Hoffman, Cecile Gagnon, Rita Grenier, Al Grenier, Barbara Robitaille, John Ellis, Joe Osowski, Richard Waterman, Ruth, Dennison Allen, and whoever else wanders through the room the day we collate.

Feel free to volunteer! Good storytellers welcome. Information: (860) 456-1082.

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CONSERVATION COMMISSION UPDATE Don Boushee

Hello once again, fellow Sprague citizens. As usual, we have been very busy conserving and preserving our great town. Last week a group of us were down at the River Park. As we perused the area, a majestic bald eagle flew over us and a group of salmon fishermen that were enjoying the park and our beautiful Shetucket River. WOW, what an awe inspiring sight. We have seen eagles and many other species of wildlife as we have been doing our conservation work at the park and up at the Mukluk. We are very lucky to live where we do. I believe that as we continue our conservation and preservation work up and down the Shetucket and Little River Valleys, we have the opportunity to continue to unveil our town as the wonderful rural, picturesque New England town that it is. We are at a very important juncture in our history. We have the opportunity now to preserve this character for us, our children, and theirs. Please step up and help. It's a great time to

volunteer in our community. Any questions just e-mail me at donaldboushee@sbcglobal.net or come to our meeting on the second Monday of each month at 7 p.m. (Jan. 14).

We are currently planning to expand trails from the River Park, up and down the river and clean out in front of the head-race. We met with representatives of the SCC, the historical society, recreation committee, grant writer, contractor, and others to discuss the project. It was an example of the new spirit of collaboration in our town. Another item to speak well of is the new light on the River Park. What a great touch! Thanks to those who helped get that on line.

At the Mukluk we have been putting up the boundary markers and leading hikes. Our next hikes are on Sundays Jan. 13 at 9 a.m. and 20 at 10 a.m. leaving from the Grist Mill. Please join us for some winter hiking, and perhaps sight a bald eagle or other wild life that our river valley continues to sustain. Bring the family. It will be a

great experience. We hope to in the future to work with the rec. committee and others to have other activities such as moon-lit hikes, cross country skiing, snow shoeing, etc. The possibilities are only limited by our imagination. Come and talk about other possibilities.



Honor Roll

Sayles Elementary School announces their honor roll for the first marking period of academic year 2007-2008.

7th Grade High Honors: Adam Izbicki

8th Grade High Honors: Danny Brine, Lauren Grabarek, Evan Jambor

7th Grade Honors: Jennifer Blanchette, Jillian Boisclair, Felicia Cloke, Jakub Eiden, Cristina Knowles, Christinia Lynch, Jillian Provost, Emalee Shrewsbury, Joseph Walczyk

8th Grade Honors: Tyler Fisher, Lauren Gallimore, Brienne McAvoy, Matthew McCullough, Barbara Richard, Kayla Royce, Rachel Russi, Alexandria Zagorski.

LADIES AUXILIARY NEWS Jeannette Deschamps, Secretary

The recent **Holly Jolly Bazaar** was a great success once again. We appreciate the continued support of our friends, both old and new. Thanks also to the businesses in town and the surrounding area who donated for our raffle.

Thank you also to those who supported us in the sale of Evening of Giving tickets for the Crystal Mall in Waterford.

Our slate of officers for 2008 is President Tina Deschamps, Vice President Barbara Lambert, Secretary Jeannette Deschamps, Treasurer Susan Deschamps, Best wishes for a Merry Christmas and Happy, Healthy New Year from all of us to all of you.

Our next meeting is scheduled for Wednesday, April 9. (Should be done snowing by then!)

Anyone interested in joining the Auxiliary is welcome. We are always looking for new members and new ideas for fundraising. You need not be a Sprague resident or have a spouse or family member in the Fire Department to join the Auxiliary.

Please note:

Deadline for submissions is the 15th of each month. The writer's name, address and a contact phone number must be included with each submission.

Opinion letters will be published with the writer's name and town. Please limit word count to less than 400.

Paid ads may be purchased at a rate of: 3 x 4 inches, \$21; Half Page, \$70; Full Page, \$100. One month free for 11 months pre-paid.

Submissions may be e-mailed to Our-TownNews@gmail.com, or mailed to Town Hall, P.O. Box 677, Baltic, CT 06330.

I can be reached by telephone at (860) 456-1082.

Thanks again for sharing your news and events with Our Town.

Amy Lynn Reifsnnyder

FROM THE TAX COLLECTOR

~Mary Chartier

The second installment of Real Estate and Personal Property taxes will become due and payable on January 1, 2008. Supplemental Motor Vehicle tax bills will be sent out by the end of December and become due and payable on January 1, 2008. You will have the entire month of January to pay your taxes.

Taxes not paid by February 4, 2008, shall become delinquent and will be subject to 1 1/2 percent interest per month. Annual interest is 18 percent and minimum interest is \$2.

Taxpayers needing an immediate clearance for the registration of a motor vehicle and owe a delinquent tax must pay cash, money order or certified check. All others who pay by personal check must wait until the check clears.

If you pay by mail and would like a receipt, mail entire tax bill and a self-addressed, stamped envelope with your payment.

If you have any questions regarding your tax bill, call the tax collector at (860) 822-3000, ext. 224.

Any questions regarding address changes, assessments, exemptions or your correct tax town should be directed to the assessor at (860) 822-3000, ext. 222.

Tax Collector hours: Monday and Thursday, 8 a.m. to noon; Wednesday, 2 to 5:30 p.m.

Assessor's hours: Mondays and Tuesdays, 8 a.m. to 4:30 p.m.



FIRE DEPARTMENT THANKS CONTRIBUTORS

The Baltic Fire Department would like to thank everyone who made the fundraiser in November and Project Safe Halloween a success.

On Nov. 10, Hypno Lorenzo performed at Sayles Elementary School and according to Reg Patchell of the Baltic Fire Department "his performance was great! It was a million laughs and we are still smiling a lot whenever we think of our fellow fire fighters and loved ones who volunteered to take part in the show."

Copies of the show on DVD are available from Reg at reginaldpatchell@sbcglobal.net.

Project Safe Halloween was attended by over 250 children, all of whom were accompanied by at least one adult. The parade stepped off from Town Hall, with children and adults in costume. Tables of goodies awaited participants at the fire house.

Waterford Target stores sent volunteers to assist. A fortune teller was kept busy foretelling future events.

Poster winners received kites from Go Fly a Kite in Clinton. And Sharkey's Pizza donated six bikes for the winners of the costume contest. Helmets were donated by Reg.

Winners of the adult contest received dinner for two donated by Mohegan Sun Casino.

Other contributors who made this event such a success were AMGRAPH Corporation of Baltic, who was the major contributor; Frito Lay of Norwich, who donated boxes of chips; Auburn Merchandising Distributors of Whitinsville, Mass.; Peter Paul Candy Factory; New Britain Candy Company; Duracell Battery/Garrity Industries; Frank Davis and Family; Edwin Muezer, CPA; Sprague Rod and Gun Club; J & D Embroidering, LLC; Gorin's Furniture; Bob's Furniture; Baltic Fire Department Ladies Auxiliary; Nutmeg Wire; Buzz's Barber Shop; TJ's Café; Stop & Shop Norwich; Dennison Allen; Hanover Nursery School; S & S World Wide; Big Y stores; Baltic Recreation; Mattern Construction Company; Lyman's Orchards; Malerba's Farm of Norwich; BJ's Wholesale Club of Waterford. Once again the members of the Baltic Fire Department wish to thank all of the businesses and families who helped in making this event possible and such a success.

HEALTH SCREENING SCHEDULE

VNA East of Mansfield Center offers the following screenings.

Blood Pressure Screening:

Wednesday, Jan. 2, Andover Old Fire Department, 12:30 to 1:30 p.m.; Willington Senior Center, 1 to 2 p.m.; Thursday, Jan. 3, Florence Lord Marlborough, 11 a.m. to noon; Tuesday, Jan. 8, Hebron Senior Center, 10:30 to 11:30 a.m.; Marlborough Senior Center, 1 to 2 p.m.; **Wednesday, Jan. 9**, Chaplin Senior Center, 9 to 10 a.m.; **Sprague Town Hall, noon to 1 p.m.**; Tuesday, Jan. 15, Lebanon Fire Safety Complex, 12:30 to 1:30 p.m.; Wednesday, Jan. 16, Scotland Town Hall, 12:30 to 1 p.m.; Ashford Senior Center, 1:30 to 3 p.m.; Thursday, Jan. 17, Columbia Beckish Senior Center, 12:30 to 1:30 p.m.; Marlborough Town Hall, 2 to 3 p.m.; Tuesday, Jan. 22, Franklin Senior Center, 10L30 to 11L30 a.m.

Adult Health Screening: Includes blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care.

Blood pressure screening is free; other services have a nominal charge. Call (860) 456-7288 for appointments, costs, and information on other services. Clinics will be held:

Thursday, Jan. 3, Hebron Senior Center, 8:30 a.m. to 1 p.m.; Andover Senior Center, 1:30 to 4:30 p.m.; Thursday, Jan. 17, Hebron Senior Center, 8:30 a.m. to 1 p.m.

CALENDAR PAGE

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A Note of Thanks

From Tracy Medling

To everyone who sent cards, notes, prayers and meals during my recuperation, my great appreciation and gratitude! My surgery went very well, it was NOT cancer, and I am healing up better than some people anticipated! I miss you all at the Hanover Post Office and should be back to work, if all goes according to plan, the week after Christmas. Have a blessed Christmas and Wonderful New Year!