

\$10 OFF Your First Booking

Benefits of Massage Therapy:

Stress/Anxiety/Depression Reduction Alleviates Neck and Low Back Pain Sports Performance/Recovery Increased Joint flexibility

Rest. Relax. Restore.

Online booking at niantic.massagetherapy.com or call (860) 818-2684 - George T. Chartton CT LMT #8324

11 Liberty Way Nigntic



ROLFING®

Stress Reduction • Improved Posture
Body Balance • Improved Flexibility • Chronic or
Acute Sports Discomforts Relieved • Increased Energy

Physical Manipulation of the body's connective tissue creates lasting changes. Children with special needs welcome.

860-639-6537 · EAST LYME www.staggsrolfing.com

Mary C. Staggs, M.S.

Advanced Certified Rolfer® Rolf Movement Trainer

StaggsRolf@aol.com • Since 1975 • CT. Lic 000708



It is hard to believe that fall is here and holidays are upon us...

DON'T MI__ OUT

BE_AU_E

OF PO_R HEA ING...

With hearing loss, you miss important information.

At Thames Hearing Services, Inc. we work hard to change that!

As Certified Clinical Audiologists, we diagnose and treat hearing disorders.

We have been in the hearing healthcare business for 25 years, integrally involved in the amazing advances of hearing technology.

Hearing instruments are now digital, wireless, self-adjusting and discrete in appearance.

As hearing professionals, we pride ourselves in customizing a solution to fit your lifestyle.

We work with many of the largest hearing aid manufacturers in the world, dispending various models and styles of hearing instruments.

If you are interested in discussing or evaluating new technology, please call our office. Hearing aid consultations are always complimentary.

860-739-1864



We listen

Jean P. Tuneski & Jennifer M. Clays Certified Clinical Audiologists

Thames Hearing Services, Inc. 324 Flanders Road East Lyme, CT 06333



East Lyme's Overlook Park Progress Report #42

by Robert S. De Santo, PhD., East Lyme Public Trust Foundation

As previously reported, completion of the Boardwalk is expected by December 15th and, as of mid-October, between 75% and 82% of the western half of the Niantic Bay Boardwalk has been completed. This month's report focuses on the eastern half of the Boardwalk and, in particular, on its new ten acre beach, which resulted from construction of the stone groin adjacent to the railroad bridge. The beach was created in 548 days during which 68,370.37 cubic yards of sand was trucked from a gravel pit in Canterbury, Connecticut. That part of Amtrak's compliance with its bridge construction permits provided a "jumpstart" on creation of the beach. The particulars of these environmental permits are available to you at:

http://publictrustfoundation.org/focus.htm

A new project of the East Lyme Public Trust Foundation, Inc. is being coordinated with the Town of East Lyme and its Parks and Recreation Department, in order for the Foundation to sponsor a long term study to investigate and test "best management practices (BMP's)" that can protect coastal New England beaches from storm damage, rising sea level, and beach erosion. The study is envisioned to include educational institutions and their students and faculty interested in the public trust and in the benefits that follow from access to Long Island Sound and recreational uses of such new coastal resources as represented by the Niantic Bay Boardwalk Beach.

The basic aspect of this study will utilize engineering and ecological findings that resulted from Amtrak's three years construction of the Niantic River railroad bridge, which, for example, produced nine separate and certified topographic surveys of the beach area between 2009 and 2013. Those sheets document the beach and the underwater topography before, during, and after the beach construction project, including surveys before and after coastal storms that struck the beach in September, 2011. The objectives of the Foundation study will consider the dynamic characteristics of our coastline, including using survey transits (i.e. a surveying device to measure horizontal and vertical angles) to measure seasonal changes in beach profiles, and both physical and biological features. The photograph seen here was taken on a recent visit to Boardwalk Beach from the perspective of looking west from the western most overlook. The digital transit is pointed toward the Rod Man who holds a surveyor's staff by which ground elevation are recorded. Note the beach vegetation that has colonized the sand's upper margin. The growth is natural and has appeared, as seen above, within the three growing seasons since the beach was first created.