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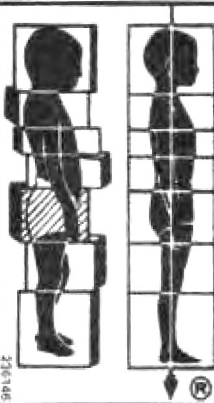
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Progress Report: East Lyme's Overlook Park

by R.S. De Santo, East Lyme Public Trust Foundation, Inc.

This news item builds on the December Post Road Review article (Page 44) that reported on storm damages and benefits to Overlook Park on October 29th resulting from storm Sandy.

In the above photo, taken on November 12th, the easternmost of four stairways that connects the Overlook walkway with the new beach can be seen.

Nearby, approximately 200 cubic yards of intertidal cobbles were stockpiled on the beach before being spread along the intertidal zone of the new beach. They range in size from a few inches to approximately one foot in diameter, and were removed from the original intertidal zone of the original shoreline. They were stored off-site during construction of the new beach. They were then returned to await spreading in the intertidal zone of the new shoreline as habitat enrichment that would diversify the zone and make it more ecologically productive.

Storm Sandy struck before the cobbles could be returned to their "rightful place" and that plan was interrupted. A significant portion of the cobbles was swept up to the sea wall, partially burying two steps of the stairway. Perhaps the unexpected cobbles on this high beach will remain – perhaps not. In either case, it is advisable that you wear boat shoes when you come to the beach this summer!

For more information on Overlook Park, its specifications, and its reconstruction progress visit publictrustfoundation.org



Do you worry constantly?

Are you startled easily?

Do you find it difficult to concentrate?

Have you experienced abdominal discomfort, racing heart rate, chest constriction or sleep disturbances?

If you answered yes to some of these questions, you may be suffering from

Generalized Anxiety Disorder (GAD).

Dr. M. S. Okasha is currently conducting a clinical research study at Comprehensive Psychiatric Care for adults, ages 18-70, with GAD. All study related procedures and investigational drug are provided at no cost. You may be compensated for time and travel. For more information and to see if you are eligible for this study, please contact us at...

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