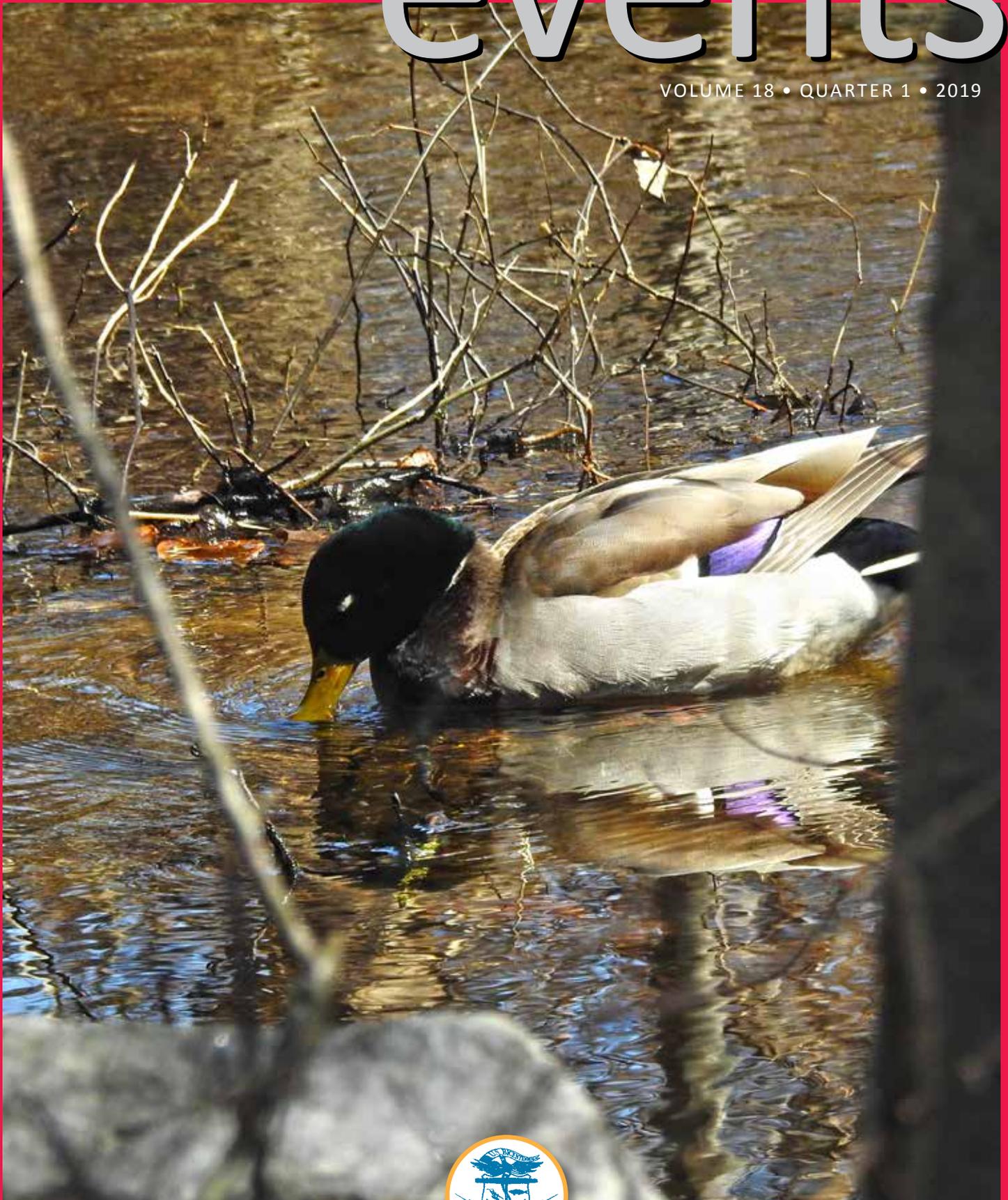


Clinton events

VOLUME 18 • QUARTER 1 • 2019



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

Center for Chronic Care

+

Cancer Centers

+

Primary Care Network

+

Family Medicine

+

Acute Care Hospital

+

Physical Rehabilitation

+

Occupational Therapy

+

Care at Home Services

+

Senior + Assisted Living

+

Joint Replacement Center

+

Urgent + Walk-in Care

+

Pregnancy + Birth Center

+

Emergency Medical Centers

+

Diagnostic Imaging

It All Adds Up to the Smarter Choice for Care

At Middlesex Health, we have more ways to care for your family's health and wellness needs—from the everyday to the complex. More locations throughout central Connecticut and the shoreline. More award-winning specialists. More precise technologies. And more personal attention than you'll get from any other health system. Today, we're more than a hospital. We're a new kind of health partner, committed to making health care better for you. We are Middlesex Health.

MiddlesexHealth.org/more



The First Selectman's Corner

Progress on the Indian River Landing development!

The Board of Selectmen and I were pleased to have the participation of Town residents at a well-attended Public Hearing on November 28, 2018 for the INDIAN RIVER LANDING proposal from Greylock Property Group. The public ultimately endorsed the sale of the property by a unanimous vote at the Town Meeting on December 5, 2018.

These developers have a portfolio of work, ranging from the new Central Hall in Historic Mystic, to Larkin Square, Watch Hill, to the Longmeadow Shops in Longmeadow, MA. Greylock Property Group, based in Old Saybrook, has started testing on the Clinton site to determine wastewater capacity. These tests will provide guidance on the density and final uses for the development. Meanwhile, the developers are working on the application, which will be brought to the Planning and Zoning Commission.

Specific characteristics of the development are walkability with accessibility to the library, to downtown Clinton, to the New Morgan School and Clinton Crossing Premium Outlets. Utilizing local architect Matt Williams they have ensured the proposed design of the village style buildings fronting Route 81 match the character and scale of architecture and amenities in Clinton. All this being created by a local developer who has proven success in developing on the CT shoreline and region!

As presently proposed, the INDIAN RIVER LANDING is comprised of approximately:

- 127,000 retail square footage
- Possibility of a 46,000 square foot hotel
 - 24 luxury townhouses
 - Community amenities such as a park with a gazebo would be donated to the town.



Christine Goupil, First Selectman

More Town News: On November 6, 2018 the Town of Clinton voted to amend its Charter to provide for a Town Manager and Town Council form of government. November 19, 2019 the Town of Clinton will implement this new form of government.

In preparation for this transition, Selectman Phil Sengle and I met with Town Managers from around the state who have recently gone through the process of adopting this form of town government. We discussed best practices for the process and the reality of the challenges ahead.

In January the Board of Selectmen endorsed an Executive Search Committee comprised by members in the community

continued on page 3

An advertisement for Saybrook Home. The background shows a man and a woman sitting on a dark blue leather sofa in a living room. They are both smiling and looking at a magazine or tablet together. The man is wearing a blue jacket and jeans, and the woman is wearing a grey top and jeans. There are patterned pillows on the sofa and a coffee table in front of them with a white mug. In the background, there is a framed picture on the wall and a round clock. The text 'As your home & family evolve, so does ours.' is written in a serif font at the top left. To the right, it says 'Saybrook Country Barn is now' followed by a large 'SH' logo in a square frame, and 'SAYBROOK HOME EST. 1977' below it. At the bottom, there is a white banner with the text 'SAYBROOK HOME | 2 MAIN STREET, OLD SAYBROOK, CT 06475 | 860-388-0891 | SAYBROOKHOME.COM'.

events

**TM Ventures, LLC
dba Essex Printing
& Events Magazines**

18 Industrial Park Road, P.O.Box 205
Centerbrook, CT 06409

860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

LAYOUT & AD DESIGN

Kathy Alsop
Lynne Hardt

COVER EDITOR

AC Proctor 860-767-9087

SALES REPRESENTATIVES

**ESSEX • WESTBROOK
CLINTON • MADISON**

Ward Feirer
914-806-5500
wfeirer@gmail.com

**OLD SAYBROOK
OLD LYME • EAST LYME**

Betty Martelle 860-333-7117
betty@eventsmagazines.com

**CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM**
Judy Dumouchel 860-304-1496
judy@eventsmagazines.com

GUILFORD

Contact Essex Printing 860-767-9087
print@essexprinting.com

STONINGTON • EAST LYME

Kelly Harper 860-391-5534
kelly@eventsmagazines.com

Cover Photo

AC Proctor

www.eventsmagazines.com

**Over three quarters of a million readers.
13 towns every quarter.**

Copyright© 2019 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

CONTENTS

The First Selectman's Corner	1
Save The Date - April 27th! Land Trusts	2
Clinton Chamber of Commerce Ken Hartley Retires	4
The Connecticut River Area Health District	6
The Clinton Parks and Rec Department	7
Letter to Clinton from Families Helping Families.....	8
Estuary Transit District Launches Taxi Voucher Program	9
Winter Pet Safety Tips	9
Henry Carter Hull Library	9
Route 81 Corridor Study	12
IRS Urges Public to Stay Alert for Scam Phone Calls.....	14
VISTA Life Innovations	16
Flu Vaccine News	18
Middlesex to Rebrand.....	19
The Last Word - Dr. Robert Ballard - The Race to Save the Human Race.....	20

Save The Date - April 27th!

We are very pleased to announce that the Clinton and Madison Land Trusts will be hosting the Wild & Scenic Film Festival this spring at the Andrews Memorial Town Hall on April 27, 2019.

The Wild & Scenic Film Festival works with environmental groups across the globe to host films that engage their communities and bring together a diverse audience.

Our goal in presenting the Festival is to make our communities more environmentally aware and inspire them to become active in protecting and preserving our beautiful shoreline habitats. Tickets will be on sale soon.

**Want to reach every
home & business in town?**

**Call Ward Feirer
at 914.806.5500**

First Selectman... continued from page 1

who will then draft a Request for Proposals (RFP) for a head hunter firm. The BOS will work with the Committee to develop a budget for the process and request those funds through the Board of Finance. Many of the Town Managers we contacted recommended developing bylaws to guide the new Town Manager and provide direction to the new Town Council.

Clinton Shopping Bus for Seniors!

Starting this year we partnered with the Estuary Council of Seniors to provide a Tuesday shopping bus for seniors. There is a fee of \$5. Help is provided to carry the packages and set them inside your door. Reserve space through the Estuary Council at 860-388-1611 ext 203. For more information visit www.ecsenior.org.

The Brown Bag Lunch/Dinner

The Brown Bag Lunch/Dinner continues to be a great opportunity to meet new faces in Clinton, ask questions and share ideas. Please join me in the Town Hall on the third Thursday of the month. Please check the Town Hall Calendar at www.clintonct.org/calendar.aspx.

Christine Goupil, First Selectman

Solstice Senior Living

— at Guilford



Solstice Senior Living at Guilford is the premier senior independent living community on the Connecticut shoreline.

With spacious apartments, restaurant-style dining, health & wellness activities including fitness classes, live music and scheduled transportation.

Solstice is the all-inclusive option with no big buy-in fees!



877-782-7598

201 Granite Road
Guilford, CT 06437

www.solsticeatguilford.com

So many options - just change the clasp!

Convertible
Look for this trademark

LeStage
Made in the USA since 1863

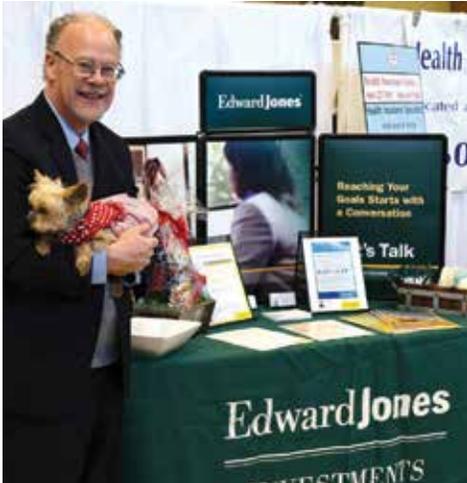
Christo
Jewelers

215 East Main St
Clinton, CT 06413

Ph: 860-669-2145
www.christojewelers1985.com

Clinton Chamber of Commerce Ken Hartley Retires

As the Clinton Chamber of Commerce said goodbye to 2018, we also said goodbye to Executive Director Kenneth Hartley who announced his retirement just ahead of the holidays. The Board of Directors wishes to express their thanks to Hartley for his years of dedication and support as an important part of the Chamber and many successful events over the years.



Tom Houpert with Flury from Edward Jones @ 2018 Business EXPO.

Full Steam for 2019: As 2019 begins, the Clinton Chamber Board of Directors and Chamber staff member Laurie Watrous have taken the lead to continue the Chamber's fantastic lineup of events for its members and the community.

Networking: Often the top priority for Chamber members, Clinton has opportunities to network before hours (7:45-9 am) and after hours (5:30-7:30 pm), as well as through Business Basics seminars on various business topics. The Chamber also offers Women in Business networking luncheons, co-hosted with the Madison Chamber of Commerce.



December 2018 Business After Hours at DeNovellis by the Shore

Showcasing Your Business: The Clinton Chamber Business Expo will be back at the Andrews Memorial Town Hall, Green Room on Saturday, March 30, 2019 from 9 am-2 pm. Businesses can get involved by calling the Chamber, and the event is free to the public to attend.

Make Time to Laugh: In 2018, the Clinton Chamber offered its first ever comedy night as a Chamber fundraiser. It was a resounding success, and will be continued for 2019 with the event on Friday, April 26, 2019 from 8-10 pm.



Comedy Night Show from 2018

Get involved by calling or emailing the Chamber: 860-669-3889 or go to chamber@clintonctchamber.com.

CALENDAR OF EVENTS

February 25	Joint Business After Hours with Madison Chamber.....5:30-7:30pm	Donahue's Beach Grill
February 26	Business Before Hours7:45-9:00am	
March 6	Business Basics6:00-7:00pm	Henry Carter Hull Library
March 12	Business After Hours5:30-7:30pm	Liberty Bank
March 26	Business Before Hours7:45-9:00am	
March 30	Clinton Chamber Business EXPO9:00am-2:00pm	Town Hall, Green Room
April 3	Business Basics6:00-7:00pm	Henry Carter Hull Library
April 23	Business Before Hours7:45-9:00am	
April 26	Comedy Night8:00-10:00pm	
May 1	Business Basics6:00-7:00pm	Henry Carter Hull Library



51 Boston Post Rd,
Madison, CT
203-245-8511



Specialty Services

Our board-certified specialists in neurology, surgery, internal medicine and oncology are available to see patients in our Madison hospital.

24/7 Emergency

Nobody ever plans for their pet to become ill or injured, but our experienced team is available 24 hours a day to provide immediate care whenever you need us.

When needed, seamless communication and transportation to our Middletown hospital is available to give your pet full access to all of our diagnostic and treatment options.



Clinton Insurance Center



Now You Have A **CHOICE** In **FLOOD INSURANCE**

Private Flood Available

Your Waterfront Coastal Insurance Specialist

Home, Business, Auto, Flood, Health, Medicare, Life & Disability

860-669-9288

mike@clintoninsurance.com

16 West Main Street, Clinton



The Connecticut River Area Health District

The Connecticut River Area Health District (CRAHD) is offering FREE Radon test kits to homeowners. Radon is a naturally occurring, radioactive gas released in rock, soil, and water formed from the breakdown of uranium. Levels in outdoor air pose a low threat to human health. However, radon can enter homes through surrounding soil, foundation cracks, private water supply wells, and thus become a health hazard inside buildings.

Radon does not cause symptoms and you cannot see or smell radon gas. An elevated radon level in your home may affect the health of you and your family. Breathing in radon gas over prolonged periods may damage lung tissue.

In the US, exposure to radon is the leading cause of lung cancer in nonsmokers. The US Environmental Protection Agency (EPA) estimates that radon causes more than 20,000 lung cancer deaths in the country each year. If you smoke and your home has radon, the risk of developing lung cancer is much higher. Radon has been found in elevated levels in homes in every state. High radon concentrations can occur sporadically in all parts of CT. Two homes right next to each other can have different radon levels. The only way to know if you have an elevated radon level above



GREAT FOOD, DRINKS, MUSIC, SPORTS & MORE!

DINING SPECIALS, PRIVATE PARTIES, HAPPY HOUR MONDAY THROUGH FRIDAY AND LIVE MUSIC THREE NIGHTS A WEEK!



SUNDAY BRUNCH

11:30 AM - 3:00 PM AND THEN STAY FOR LIVE MUSIC!



BOOK YOUR NEXT EVENT

WHETHER BUSINESS OR SOCIAL, WE HAVE THE PERFECT SPACE FOR YOUR NEXT EVENT.



MONDAYS: 1/2 PRICE WINE BOTTLES

TUESDAYS: TACO TUESDAY 5:00PM - CLOSE

WEDNESDAYS: LIVE MUSIC 5:30 - 8:30PM

THURSDAYS: LADIES NITE DRINK SPECIALS

FRIDAYS: PRIME RIB 5:00PM - CLOSE

FRIDAYS & SATURDAYS: LIVE MUSIC 8:30PM - 12:30AM

SCOTCH PLAINS TAVERN • 124 WESTBROOK ROAD • ESSEX CT • 860.662.4032 • SCOTCHPLAINSTAVERN.COM

the EPA action level of 4 pCi/L is to test your home's indoor air. Radon levels vary seasonally and tend to be higher in the winter months. Therefore it is best to test from November to March when your house is closed up. The EPA recommends that homes with radon levels at 4 pCi/L or higher be reduced. However, any amount of radon exposure can pose some health risk.

For more information on obtaining a FREE test kit, call CRAHD at 860-661-3300. Additional information is available at the CT DPH Radon website: <https://portal.ct.gov/DPH/Environmental-Health/Radon/Radon-Program>

The Clinton Parks and Rec Department

KIDS' KITCHEN

(Clinton Residents only) Grades 2 & 3: April, May & June, Location – Joel School, Café, and time: 3:15 – 4:45 pm. Kids' Kitchen is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit to Kids' Kitchen is a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Children will learn the basics in kitchen safety; proper food handling, food preparation, cooking techniques, presentation and so much more! April 10th: Homemade Raviolis, May 8th: Homemade Pizza and June 6th: Homemade Chicken Nuggets and Smoothies. Fee for each class is \$26.00 per student.

WHO'S BEEN IN MY BACKYARD?

Free February Vacation Activity for Children in Grades 1-5: Saturday, Feb. 23rd. (with a rain date of Feb 24th) at Indian River Recreation Complex. Two time slots are available: 10 am to 11:30 am or 1 pm to 2:30 pm. First come, first served! You must pre-register with a signed registration form. Please dress for the outdoors: boots, mittens and hat. This activity is co-sponsored by: The Clinton Land Conservation Trust and the Clinton Park and Recreation Dept.

ZUMBA

Zumba is exercise in disguise! It's a Latin-inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know how to dance to take a Zumba class. We create a non-competitive party atmosphere where participants can interpret the dance rhythms in their own way. Classes are offered on the following days and times, pre-registration is not required: Mondays from 6 – 7 pm., Thursdays from 10 – 11 am, and Saturdays

continued on page 8



**PRIVATE
PERSONAL
PROFESSIONAL
REAL ESTATE
SERVICES**

**TEAM
JERMAINE**
REAL ESTATE
SERVICES, LLC

email Brian: B@TeamJ1.com OLD SAYBROOK, CT

www.TeamJermaine.com
860.662.0230 CALL OR TEXT

BRIAN JERMAINE, Broker/Owner
LESLIE JERMAINE, Realtor



Good hearing is
PRICELESS



Is it time to get your hearing checked?

 **County Hearing and Balance**

MADISON
82 Bradley Road
203-245-1950

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

9 TOWN
TRANSIT



NEW!
Half Price
Taxi Vouchers
throughout CT!

Call
860.510.0429
www.9towntransit.com

CONNECTING YOUR CONNECTICUT!



9 Town Transit is Operated by
the Estuary Transit District



DUTCH OIL CO., INC.
PROPANE, LLC

"Dutch Does It Better"

Automatic Fuel Delivery
Price Protection Programs

AC Service & Installation

Pool Heater Service
& Installation

24/7 Emergency Service

Furnace/Boiler Service &
Installation

Kohler Generator Service
& Installation

Gas Fireplaces

Water Heaters

Service Plans

Customer Loyalty
& Referral Programs

Moodus, CT 06469

860-873-3876

www.dutchoil.com

*Your local and family owned
and operated source.*

Parks and Rec ... continued from page 7

from 9 – 10 am. All classes are held at the P & R Building located at 201 Killingworth Turnpike, Clinton, CT Fee: \$5.00 per class.

YOGA FOUNDATIONS

Instructor: Wendy Baier. For all levels of experience including new to Yoga. Participants should bring a mat, a towel, water and if they have any props (blocks and/or straps). This is a Drop-in Program with a \$10 fee per class. Wednesday evenings, 6 – 7 pm. P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT.

ADULT CO-ED VOLLEYBALL

(Adults Only) Open gym! Have some fun and join us for a friendly game of volleyball! The games will be played on Monday evenings from 8-9:30 pm at the following locations. February: Eliot Gym / March: Morgan TBD / April: Morgan TBD / May: Eliot Gym.

MEN'S BASKETBALL

(Adults only) It's open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm. The following schedule shows all the details: February: Thursdays Eliot Gym / March: Tuesdays and Thursday evenings TBD / April: Tuesdays and Thursday evenings TBD / May: Tuesday and Thursday evenings TBD.

FALL SOCCER REGISTRATIONS - May 2019, more info to follow!

All registrations are handled through the P & R Office or you may register online at <https://parkrec.clintonct.org>. If you need a flier, you may download one off of our website. If you have any questions, please give us a call at 860-669-6901. All non-residents pay an extra \$10.00 registration fee for our programs, if we have room.

Letter to Clinton from Families Helping Families

We once again thank the entire Clinton community for their support for our mission in assisting Clinton children and families who are struggling through some very difficult and unforeseen times. With your continuing support we will be able to operate our five community outreach programs during the 2019 year.

During this winter season our Energy Assistance Program, working in conjunction with Clinton Social Services, makes sure that no Clinton family has to live in a home with no heat. Through our Fresh Produce Program and our Cans For Clinton Program your dollars have allowed us to provide fresh fruits and vegetables to the SSKP's Clinton Food Pantry on a weekly basis. When there is a need for essential non-perishable items at the pantry we have been able to help because you provided the funds.

Our spring season of events starts on Saturday March 30 when we will join The Clinton Police Department in hosting their "Stuff the Cruiser" food drive. This food drive will be held at Stop&Shop from 10-2. The Clinton Food Pantry gives out thousands of pounds of food each and every week so their shelves always need to be replenished. Our donations to us and at our events allowed us to provide over 26,000 pounds of food and non-perishables during 2018.

On Saturday April 6 we will be joined the The Shoreline Community Women to once again host the annual "Crazy For Cupcakes" event. This event will be at The Clinton Town Hall Green Room from 6 pm-8 pm. This is a FREE event. One can enter the contest or just come and relax and try the dozens of different cupcakes.

There will be both a senior and junior division. Any questions please feel to call 860-669-5592.

Miner T. Vincent, President
Families Helping Families

Estuary Transit District Launches Taxi Voucher Program!

This program will allow seniors 60 or over and people with a disability who are ADA paratransit eligible to travel anywhere within the state 24/7 with Curtin Transportation at half price. Curtin was chosen as a partner because they are the only provider in our area that offers accessible vehicles and serve the largest area.

To participate, fill out a Taxi Voucher Application Form on the Estuary Transit Districts website under Taxi Vouchers. The initial purchase amount to get a voucher is a minimum of \$25.00 up to a maximum of \$100.00 from the rider, the amount will be 100% matched. (For example: \$50.00 from the rider plus a \$50.00 match from Estuary Transit District (ETD) and your account will

have a value of \$100.00). The customer can then call Curtin and schedule trips as needed. When they need a refill, they just send us another payment or reload it on our website.

More details online: <http://estuarytransit.org/schedules-services/taxi/>. Or contact by phone: 860-510-0429 or email: info@estuarytransit.org.

Winter Pet Safety Tips

Pieper Veterinary's 24-hour emergency and specialty hospitals see pets from all over Connecticut, and with our weather they have plenty of experience with winter hazards. Freezing temperatures and winds can put your pet at risk of hypothermia and frostbite, especially for smaller, older, or short-haired cats and dogs.

To keep your pet comfortable and healthy it's very important that they always have access to warmth, shelter, and fresh water.

For dogs, the salt used to clear sidewalks and roads can be painful to their paws and even cause chemical burns. Make sure that your dog has access to unsalted space for walking and playing, or utilize booties to help protect their feet from the salt and ice.

Pieper Veterinary
www.piepermemorial.com

Henry Carter Hull Library

A note from Adult Programming Coordinator, Sarah Borgnis-Tobin:

In 2018 we marked the 20th Anniversary of the library's move to 10 Killingworth Turnpike with celebrations and fundraisers that allowed us connect with our community and build a strong foundation for the years ahead. Thank you for celebrating with us! If you're a library lover and didn't get a chance to participate, there are still ways to show your support - Visit hchlibrary.org/book-fund-drive and hchlibrary.org/support-hch to learn more.

Books and chocolate never go out of style. Thanks to Lindt Chocolate at Clinton Crossing Premium Outlets for sponsoring a successful 2nd Annual Jolabokafloð

celebration and fundraiser! Shoppers who purchased \$2 Nearly-New books from the library book sale during December received a gourmet chocolate truffle to enjoy or give as a gift in the festive wintertime Icelandic "Yule Book Flood" tradition of sharing books and chocolate with loved ones.

Library patrons of every age came together in January to commemorate the 90th Anniversary of Martin Luther King Jr.'s birth with a Community Mural Project. Participants decorated 10" puzzle pieces with a quote or illustration inspired by their "dream" for our community in the spirit of his famous "I Have A Dream" speech. Together, the submissions created

a mural that displays a message of kindness, hope, and equality for all. Stop by the library throughout February to view the mural made up of over 100 creative and colorful pieces.

The Oscar Shorts are back in February!

This wildly popular event annually sponsored by Mike Cuoco of Clinton Insurance Center LLC is not to be missed. See the newly released 2019 Documentary, Live Action, and Animation Oscar-Nominated Short Films in a two-part event on Saturday, 2/16 and 2/23 at 12:30 pm and enjoy popcorn provided by Chips' Pub III. Arrive early for the best seats and a chance to receive one of 25 swag bags filled with

continued on page 10

HCH Library ... continued from page 9

glamorous goodies provided by Clinton Crossing Premium Outlets and other local businesses. Call or visit our website for more information!

Did you know? If you're not receiving our events email, you're missing out on valuable library updates and announcements. Not to worry - Sign up is quick and easy! Call us at 860-669-2342 and ask to be added to our email events newsletter, or visit www.hchlibrary.org/subscribe to start receiving weekly library news.

Have an idea for a program? Interested in sponsoring an event? Email sarah@hchlibrary.org to discuss options. 100% of library events are funded by generous donations from citizens and community sponsors, and your support is appreciated.

Sarah Borgnis-Tobin, Adult Programming Coordinator

UPCOMING ADULT EVENTS

(For details call or visit our website)

Ongoing Weekly Adult Events

Itch to Stitch: Mondays, 6:30 pm - 8:00 pm

Intermediate Tai Chi: Wednesdays @ 9:30 am

Drop-In Tech Help: Wednesdays, 10:00 am - 11:00 am

Gentle Yoga: Thursdays @ 10:15 am

HCH Quilters: Fridays, 9:00 am - 12:00 pm

Beginner Tai Chi: Fridays @ 9:30 am

SPECIAL EVENTS FOR ADULTS IN FEBRUARY

Mon. 2/4 New Movie Matinee: "First Man" (2018) @ 1:00 pm

Mon. 2/4 Creative Writing Group @ 6:00 pm

Wed. 2/6 Business Basics: The Entrepreneurial Equation @ 6:00 pm

Mon. 2/11 Kindness Cards & Cocoa: Valentine's Edition, 3 pm - 6:00 pm (All Ages)

Wed. 2/13 From Page to Screen: "Juliet, Naked" (2018) @ 5:30pm

Thurs. 2/14 Library Lover's Day Book Raffle & Sale

Thurs. 2/14 Caregiver Support Group @ 5:30pm

Sat. 2/16 Oscar Nominated Short Film Screenings: Documentary @ 12:30 pm

Mon. 2/18 CLOSED - Presidents' Day

Tues. 2/19 TEDxHCHLibrary Talks: A Feeling for Film @ 9:30 am

Sat. 2/23 Oscar Nominated Short Film Screenings: Live Action & Animation @ 12:30pm

Mon. 2/25 Evening Art Film: "At Eternity's Gate" (2018) @ 5:30 pm

Wed. 2/27 No Atlantic Monthly Meeting in February

Wed. 2/27 Wellness Wednesday: Fighting Inflammation @ 6:00 pm

Thurs. 2/28 The Founding of Yale University & Library @ 6:30 pm



Council of Business Partners at



COMMUNITY FOUNDATION
of Middlesex County

- A & A Office Systems
- A.R. Mazzotta Employment Specialists
- Belltown Motors
- BEST Cleaners
- The Black Seal
- Brown & Brown of CT, Inc.
- Connecticut Lighting Centers
- Direct Energy
- East Hampton Rotary Foundation, Inc.
- Essex Printing/Events Magazines
- Interfaith Golf Open Tournament, St. Mary Church, Portland and Congregation Adath Israel, Middletown
- Lenny & Joe's Fish Tale
- LiveKind
- Mahoney Sabol & Co., LLP
- Malloves Jewelers, Middletown
- M&J Bus Company, Inc.
- Paulson Training Programs, Inc.
- Nancy Raczka, Attorney
- The Rossi Group
- Elizabeth Shulman, LMFT
- Suburban Stationers, Inc.

IN PARTNERSHIP WITH: Connecticut Association of Schools; Rushford, a Hartford Healthcare Partner; EMPOWER Leadership Sports; The First Tee of Connecticut; DATTCO; iCRV Radio; Donny Marshall; and Renee DiNino, iHeartRadio.

STAND TOGETHER FOR POSITIVE CHANGE.

Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack? Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

Help make Middlesex County a bully-free community. Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to www.bullyfreemiddlesexcountycf.org.

TAKE THE PLEDGE.

BullyFreeMiddlesexCountyCF.org

SPECIAL EVENTS FOR ADULTS IN MARCH

- Fri. 3/1 Read Across America Day: All-Ages Storytelling @ 2:30 pm
Sat. 3/2 The Kerry Boys LIVE: CT's Irish Balladeers @ 2:00 pm
Mon. 3/4 New Movie Matinee: "Mary, Queen of Scots" (2019) @ 1:00 pm
Mon. 3/4 Creative Writing Group @ 6:00 pm
Wed. 3/6 Business Basics: TBD @ 6:00 pm
Mon. 3/11 Evening Art Film: "Green Book" (2018) @ 5:30 pm
Thurs. 3/14 Caregiver Support Group 5:30 pm
Mon. 3/18 Adult Craft Night: Watercolor Silhouettes @ 5:30 (Please Register)
Tues 3/19 TEDxHCHLibrary Talks: Motivational March @ 9:30 am
Sat. 3/23 Wellness Expo: Details TBD
Mon. 3/25 From Page to Screen: "Boy Erased" (2018) @ 5:30pm
Wed. 3/27 The Atlantic Monthly @ 9:30am (Please Register)
Wed. 3/27 Wellness Wednesday: Transgender 101 @ 6:00pm
Thurs. 3/28 Exploring the Unknown: UFOs In the News @ 6:00 pm

SPECIAL EVENTS FOR ADULTS IN APRIL

- Mon. 4/1 New Movie Matinee: TBD @ 1:00 pm
Mon. 4/1 Creative Writing Group @ 6:00 pm
Mon. 4/1 & Tues. 4/2 DEEP Safe Boating Class @ 5:30 pm (Please Register)
Wed. 4/3 Business Basics: Planning for Retirement @ 6 pm
Mon. 4/8 - Sat. 4/13 National Library Week Special Events & Activities
Tues. 4/9 Exploring Local History: Lupone's Department Store @ 6 pm
Wed. 4/10 You Choose the Movie! All-Ages Movie Night: TBD @ 5:30 pm
Thurs. 4/11 Caregiver Support Group @ 5:30 pm
Sat. 4/13 Local Artisan Craft Fair & Bake Sale, 10:00 am - 3:00 pm
Tues. 4/16 TEDxHCHLibrary Talks: Topic TBD @ 9:30 am
Fri. 4/19 CLOSED - Good Friday
Wed. 4/24 The Atlantic Monthly @ 9:30 am (Please Register)
Wed. 4/24 Wellness Wednesday: Topic TBD @ 6 pm
Mon. 4/29 Blood Drive, 1:00pm - 6:00 pm

Check our website for more events & updates!

A note from Head of Children's Services, Coralie Williams:

Greetings from the Children's Room!
In December our patrons were treated to our first outdoor StoryWalk® with Jan Brett's classic children's book, "The Mitten." The story was laminated and displayed on wooden posts along the sidewalk as you enter the library.

Thank you to Mike Cuoco of Clinton Insurance Company and Chris Aniskovich of Security Financial Mortgage for sponsoring this program. We received so much positive feedback that we

decided to continue the program by adding a new story. The Three Bears by Byron Barton will be displayed through the month of February. If you or your business would like to sponsor a StoryWalk® please let me know.

Have you heard about our new Tweens space? "Be-Tween the Stacks" is reserved for 3rd-6th graders to do homework, play games, do crafts, or just hangout with friends. Stop in and check it out.

Our programs continue to delight our youngest patrons (see schedule below). This winter we added two new programs, Love 2 Sign, an American Sign Language class for children six months - six years, and Nutritional Nibbles, a monthly program for 1st - 3rd graders. We will be preparing healthy (and silly) No-Bake snacks. The Eastern CT Ballet will be back on March 27th at 4:00 for a creative movement class for children age 3-6. Space is limited so please call to register for Creative Movement. Cool-ology will also return on Thursday, March 14th at 1:00 for March Madness! Physics and Engineering Challenge. 4th-7th grade. No registration.

4th-6th graders are invited to join Miss Coralie on Wednesday, March 6th at 5:30 for the Nutmeg Book Club. We will be **continued on page 12**



Rae's

DRIVING

SCHOOL

Madison

• Serving Shoreline for 27 years •

Thank you for your patronage!

Winter Special
for Full Course \$475

Payment Plans Available with Deposit
Call for New Class Hours

Find us on Facebook - Rae's Driving School Madison CT

200 Boston Post Road, Madison, CT 06443 • 203-245-8677
RaesDrivingSchoolMadison@gmail.com

HCH Library ... continued from page 11

discussing the 2019 Nutmeg Book Award nominee *The Best Man*. We will also do a craft or activity related to the book. Pizza will be served. Call us in the Children's Room to reserve your copy of the book (available now) and to register. 860-669-2342.

Be sure to check out our 17 Museum Passes which offer discounts at a variety of art and science museums, zoos, The Mystic Seaport and Mystic Aquarium. Reserve yours today!

Check out our website for more details about our museum passes, weekly programs, special events, and book clubs and "Like" us on Facebook for additions and updates. www.hchlibrary.org.

Coralie Williams,
Head of Children's Services

CHILDREN'S EVENT SCHEDULE JANUARY 2 - MARCH 30

MONDAY:

Baby & Me 4:00-4:45 (birth-24 months)
Imagination Station 5:30-7:30 (all ages)

TUESDAY:

Crafty Kids 9:30-10:00 (older toddlers & preschoolers)

Kids in Motion 4:00-4:45 (family fun)
Read to Bee the Therapy Dog
4:30-5:00 (school-aged)

WEDNESDAY:

Love 2 Sign 9:30-10:00 (birth-6 years)
Lego Club 4:00-5:00 (all ages)

THURSDAY:

Yoga & Mindfulness 9:30-10:00
(family fun)
Rainbow Music 4:00-4:45 (1-6 yr olds)

FRIDAY:

Stories & More 10:00-10:30
(toddlers & preschoolers)
Stay & Play 10:30-11:30 (all ages)
Nutritional Nibbles: Wednesday, Feb 20th,
March 20th @ 4:00-5:00 (grade 1-3)
Kindness Club: 2nd Weds. of each month
4:45-5:45 (1st-6th grade)
Nutmeg Book Club: Weds, March 6th
@ 5:30-6:30
*Registration required (4th-6th grade)
Cool-ology: Thursday, March 14th @
1:00-2:00 *CPS early dismissal
(4th-7th grade)
Creative Movement: March 27th @ 4:00
Registration required. (age 3-6)

A NOTE FROM HEAD OF YOUNG ADULT SERVICES, CATHLEEN COLE

Conquer your iPad! Master Your Tablet! Show your Computer Who's Boss! The Henry Carter Hull Library and Clinton Boy Scout Troop #7 are providing free technology assistance for patrons of all ages and skill levels – whether you're new to computers, curious about a new online tool, or looking to learn how to do something new on your device, this drop-in program is for you. Have you always wanted a Facebook, Twitter, or Instagram account? Stop by and let the Boy Scouts help you get started. Members of the Clinton Boy Scout Troop # 7 will be at the Henry Carter Hull Library on Saturday, March 16th and March 30th from 2:00-4:00 pm to help you with all your technology and social networking questions. You can bring your device or use one of our computers. The Boy Scouts will be located at the 2nd floor reference desk waiting to answer all your technology questions. No Registration, just drop-in.

Cathleen Cole, Head of Young Adult Services

Route 81 Corridor Study

The Town of Clinton, with support from the Lower Connecticut River Valley Council Governments (RiverCOG) and the Connecticut Department of Transportation, is in the final stages of conducting the Route 81 Corridor Study. This study began in spring of 2018 and is expected to be completed by mid-February 2019.

The Hartford based planning firm of Fitzgerald and Halliday, Inc. (FHI) are the lead consultants on the study. The study was guided by a Steering Committee made up of various stakeholders in the community.

The study took a holistic look at the Route 81 corridor, between its intersection with Route 1 at the southern end, and Rocky Ledge Drive at the northern end. There are several current projects underway that



Attendees discussing the study at the June Public Workshop

could impact the character and operation of Route 81. These projects include the Indian River development which is anticipated to take place on the former Morgan School campus, the redevelopment of the former Unilever industrial facility, and the continued growth of Clinton Crossing as a retail entity. Each of these projects has potential to affect the traffic, circulation, and character of Clinton. The purpose of the Route 81 Corridor Study was to address current and future travel, economic development, and quality of life along Route 81.

Public involvement has been an integral part of the study. "Pop-up" outreach was conducted at community events such as the Memorial Day Parade, the Clinton Economic Resource Forum, and the First Friday Food-truck Night at Clinton Crossing. An online survey was also created to promote the study. This interactive survey allowed the study team to gather valuable input from the community and advertise public meetings. Over 1,200 people completed the online survey. A public workshop was held on June 25th, 2018. This workshop provided residents an opportunity to learn about the study and discuss their concerns, ideas, and thoughts regarding Route 81. A follow up meeting, held on January 10th, 2018, provided a summary of the study findings along with draft recommendations proposed for the corridor. Recommendations included enhancements such as;

continued on page 14

MARK REEVES

- BUILDER -

time for indoor winter projects!




CT LICENSE # 538583 & 10263
FULLY INSURED

New Homes / Whole House Remodels / Additions / Kitchens
Bathrooms / Basement Conversions / Siding & Windows

*Follow Mark Reeves Builder on [facebook.com](https://www.facebook.com/markreevesbuilder)
[Pinterest.com](https://www.pinterest.com/markreevesbuilder) and [Houzz.com](https://www.houzz.com/pro/markreevesbuilder)*

860-388-3825

MARKJREEVESBUILDER@COMCAST.NET
WWW.MARKREEVESBUILDER.COM




CONNECTING YOUR CONNECTICUT!

New Route from Madison to Middletown with stops in Haddam. Just \$1.75 !

Connections to Southeast Area Transit buses in New London, CT Transit New Haven
in Madison, Middletown Transit and CT Transit Hartford in Middletown

Call 860.554.0551

www.9towntransit.com



9 Town Transit is Operated by the Estuary Transit District





Sample recommendation for gateway signage and lighting underneath the existing railroad trestle that crosses Hull Street (Route 81).

wayfinding and signage upgrades, sidewalk improvements including widening and the creation of new sidewalks, and aesthetic features such as pedestrian scale lighting and street trees.

Both public meetings were advertised on the Town's website and Facebook page, the Harbor News local paper, the Clinton Patch, and the Clinton Chamber

of Commerce newsletter. Focus group interviews based on topics such as economic development and traffic and safety, were also conducted.

The study team is now in the final stages of completing the recommendations report. This will include an implementation plan for improvements.

IRS Urges Public to Stay Alert for Scam Phone Calls

IRS Special Edition Tax Tip 2015-18, October 21, 2015

The IRS continues to warn consumers to guard against scam phone calls from thieves intent on stealing their money or their identity. Criminals pose as the IRS to trick victims out of their money or personal information. Here are several tips to help you avoid being a victim of these scams:

- Scammers make unsolicited calls. Thieves call taxpayers claiming to be IRS officials. They demand that the victim pay a bogus tax bill. They con the victim into sending cash, usually through a prepaid debit card or wire transfer. They may also leave "urgent" callback requests through phone "robo-calls," or via phishing email.
- Callers try to scare their victims. Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the license of their victim if they don't get the money.
- Scams use caller ID spoofing. Scammers often alter caller ID to make it look like the IRS or another agency is calling. The callers use IRS titles and fake badge numbers to appear legitimate. They may use the victim's name, address and other personal information to make the call sound official.
- Cons try new tricks all the time. Some schemes provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use emails that contain a fake IRS document with a phone number or an email address for a reply. These scams often use official IRS letterhead in emails or regular mail that they send to their victims. They try these ploys to make the ruse look official.
- Scams cost victims over \$23 million. The Treasury Inspector General for Tax Administration, or TIGTA, has received reports of about 736,000 scam contacts since October 2013. Nearly 4,550 victims have collectively paid over \$23 million as a result of the scam.

CYR Drywall, Inc.

- ▶ Specializing in Installing & Finishing Sheetrock
- ▶ Residential, New Construction & Commercial
- ▶ Texture Popcorn Ceiling Removal
- ▶ Water Damage Repair



Dry Wall Repair Call for Free Estimate

MICHAEL CYR
P.O. Box 1030, Westbrook, CT 06498
email - cyrdrywall@yahoo.com
FULLY INSURED HIC.0571279
www.cyrdrywall.com

Call or Text
860-669-5488



The IRS will not:

- Call you to demand immediate payment. The IRS will not call

continued on page 16



The Clinton Family Golf Classic



THANK YOU TO OUR SPONSORS!

The Lion's Club of Clinton and The Clinton Education Foundation would like to thank all who contributed the 2018 Golf Classic. Your generous donations help us to open doors to allow Clinton students to augment their education and achieve their maximum potential. Each year, we provide scholarships as well as student and educator grants to individuals within our community.

TITANIUM SPONSOR

USI

PLATINUM SPONSORS

POST BOLT

GOLD SPONSORS

Marcum LLP • Morgan Stanley • IBIC, LLC

SILVER SPONSORS

Shipman & Goodwin LLP • Underwater Construction

BRONZE SPONSORS

*Log Cabin Restaurant • Andre Prost • Clinton Glass
Robinson, Wright & Weymer Funeral Home • Saybrook Family Dental Care*

TEE SPONSORS

Alarm Systems, LLC • Arthur E. Wilk DDS, PC. • Chris Damon at Ameriprise Financial • Clinton Eye Associates • Clinton PBA • Clinton Paint & Decorating • Coastline Construction • David Wright Masonry • Edward Jones & Tom Houpert • Gould, Larson, Bennet, McDonnell, Quilliam & McGlinchey • Guilford Savings Bank • Hammonasset Construction • Jack Breen Associates • Jeff Davis • Karen Lussier • Law Offices of Donald H. Brown • Lussier & Sons Septic Service, LLC • Madison Furniture Barn • McGowan Consulting Group, Inc • Midas Muffler of Westbrook • Milone Chiropractic Center • Metro Neighbors Publishing • Michael Perry • Mystic Air Quality • Neri Corp. General Contractors • NexGen Solutions • Pathway Center for Behavioral Health • Pat's Dry Cleaners • Preferred Foam • R.E.S. Woodworking LLC • Richard & Melanie Yanus • Shore Financial Group • Shore T.V. & Appliance • StanPak Co • Stillman & Associates • Scottish Dave's Pub • Suburban • Tony's Barber Shop • Woodland Construction

CONTRIBUTORS

Christopher McGovern • Donahue's Madison Beach Grille • Glenwood Wine & Spirits • Jon Holecz • Louis Marine • Mike DeBaggis • Surface Elements/Trident Builders • The Clam Castle

Please join us on Monday, June 24th for the 2019 Tournament.

To participate, sponsor or contribute to the silent auction, contact us at clinton.education.foundation@gmail.com or visit our websites:

<https://sites.google.com/site/clintoncef>
www.clintonlionsclub.org

HCH Library ... continued from page 14

you if you owe taxes without first sending you a bill in the mail.

- Demand that you pay taxes and not allow you to question or appeal the amount you owe.
- Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card.
- Ask for your credit or debit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

If you don't owe taxes, or have no reason to think that you do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call. Use their "IRS Impersonation Scam Reporting" webpage. You can also call: 800-366-4484.
- Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes.

If you know you owe, or think you may owe tax:

- Call the IRS at 800-829-1040. IRS workers can help you. Phone scams first tried to sting older people, new immigrants to the U.S. and those who speak English as a second language. Now the crooks try to swindle just about anyone. And they've ripped-off people in every state in the nation.

Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time. For more, visit "Tax Scams and Consumer Alerts" on IRS.gov.

Each and every taxpayer has a set of fundamental rights they should be aware of when dealing with the IRS. These are your Taxpayer Bill of Rights. Explore your rights and our obligations to protect them on IRS.gov.

IRS YouTube Videos:

- Tax Scams - English | Spanish | ASL

IRS Podcasts:

- Tax Scams - English | Spanish

Subscribe to IRS Tax Tips

This article is designated as historical and is no longer updated. Article Last Reviewed or Updated: 09-Nov-2018.

VISTA Life Innovations



Vista Life Innovations, a community based program dedicated to supporting individuals with disabilities in achieving personal success is partnering with Project: Music Heals Us to present the third event in a series of three, Portraits of Beethoven: Celebration Concert. This event is generously sponsored by the Danielle Rose Paikin Foundation.

Taking place at The Katharine Hepburn Cultural Arts Center in Old Saybrook, this event will explore the music and life story of Ludwig van Beethoven through storytelling and music as performed and spoken about by the Solara Quartet.

As an individual who overcame many obstacles - including significant disability - during his life, the lifeworks of Beethoven show what is possible to achieve with perseverance and determination - concepts that mate perfectly with the core philosophy of Vista Life Innovations.

The event is scheduled for 7pm on Feb. 20 at The Katharine Hepburn Cultural Arts Center. To purchase tickets, please visit The Katharine Hepburn Cultural Arts Center's website at katharinehepburntheater.org. For more information about this event, the three part series or Vista Life Innovations, contact Jessica Lillge at 860-399-8080 ext. 269.

Clinton Transfer Station

117 Nod Road
Clinton, CT 06413
Phone: 860-664-1100

DUMP PASSES CAN BE PURCHASED AT THE TRANSFER FACILITY

OFFICE HOURS

Monday - Friday
8 - 11 am
12:30 pm - 2 pm

TRANSFER STATION HOURS

Friday and Saturday
7:15 am - 3:10 pm

For more information visit
<https://clintonct.org>

**50% of people with
Glaucoma don't know
they have it!**



**Be sure to schedule a
dilated eye exam today**



Middletown Office

400 Saybrook Road
Middletown, CT 06457
(800) 347-7466 - Office
(800) 347-8500 - Optical

Westbrook Office

4 Grove Beach Road North
Westbrook, CT 06498
(800) 669-5305 - Office
(800) 664-8089 - Optical

**Let us help you
navigate your
digital journey!**

Social Media & Website Engagement

- **Build your social media presence:** Improve social media presence, leads, and engagement.
- **Cross-pollinate your website with social media:** improve product and service awareness through customized social media ad campaigns.



- **Add our chatbot, JULE, to engage on your website 24/7:** increase engagement, automate administrative tasks, provide customer self-service for sales and scheduling.

INSIGG

www.insigg.com

126 Town Woods Road
Old Lyme, CT 06371
860-961-1045
info@insigg.com

“ Antonella protected my interests vigilantly and kept in constant contact. She made our dream home possible. ”

- J Dahill
North Haven

Antonella Vertucci, Realtor

Antonella.Vertucci@Raveis.com

AntonellaVertucci.Raveis.com

203-641-8566



**WILLIAM
RAVEIS**
| RAVEIS.COM |

709 Boston Post Rd. Madison



SAVE BIG ON HOME AND AUTO INSURANCE

Call me today for all your insurance needs!

(860) 669-2238

DENNIS IRMSCHER

242 E MAIN ST UNIT A
CLINTON, CT 06413

dirmscher@farmersagent.com



Flu Vaccine News

It's really tough to stay on top of all the health news these days. We're here to help. Since the flu season is right around the corner, here's a snapshot of recent news stories about the flu vaccine.

Flu shot helps people with diabetes. The seasonal flu vaccine is now recommended for everyone 6 months and older. But for some people it can be a matter of life and death.

During a seven-year study, British researchers looked at a group of nearly 125,000 people with type 2 diabetes—people who have a higher risk of cardiovascular problems. In those with type 2 diabetes, the flu vaccine was linked with reductions in flu-season hospital admissions, including a:

- 30 percent reduction in admission for stroke
- 22 percent reduction in admissions for heart failure
- 19 percent reduction in admissions for heart attack
- 15 percent reduction in admissions for pneumonia or influenza

Among those who received a flu shot, the death rate was 24 percent lower than in those who had not been vaccinated. The study didn't prove a cause-and-effect connection between the two. But the results are pretty compelling.

Limits of the flu vaccine “twofer.” How do infants benefit when their moms have a flu shot during pregnancy? Previous studies showed a benefit, for sure. Now we know how long it likely lasts. Researchers in South Africa assessed more than 1,000 infants whose moms received a flu shot while pregnant. During the first eight weeks after birth the vaccines were 85.6 percent effective. After that, effectiveness ranged from about:

- 25 percent at eight to 16 weeks
- 30 percent at 16 to 24 weeks

It's helpful to know this because current vaccines don't work well in infants younger than six months, and infants have high rates of the flu. Talk to me about other ways you can protect your baby. That includes washing your hands often, keeping your baby away from sick people, and making sure everyone else in your family is vaccinated.

Get your flu shot. If you're like many people, getting a flu vaccination can easily slip your mind. But a flu shot is too important to get bumped to the bottom of your priority list. Every flu season is different, and every person responds to the flu in a different way. The flu can lead to hospitalizations and even death. The flu season often begins in October, so there's no better time than the present.

Long-term protection. More good news? Another study has found that flu vaccines offer moderate protection for about six months. That's the length of most flu seasons. The study's findings suggest that a flu shot in early fall may prevent the greatest number of cases.

Want to get a jump-start on that flu shot instead? Well, then, October is your month. Call your doctor or pharmacist for your flu shot options. We are ready if you need us. If you do catch the flu this season, talk with your pharmacist about your symptoms. They are here to help.

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy




www.kfpharmacy.com

*See our website for Online & Mobile Refills
Monthly Sales - Health Information - And More*

Flu and Other Vaccines Available

Health & Beauty Aids • Gifts • Cards

Most Insurances Accepted
Including CVS/Caremark Express Scripts
Professional Friendly Service
10% Senior Discount Wednesdays
On all store merchandise

183 Route 81, Unit 3
Killingworth, CT 06419
860-452-4275

Hours: Mon-Fri: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3 p.m.
Sunday: Pharmacy Dept. Closed
Store Open 9 a.m. - 1 p.m.

Middlesex to Rebrand

Middlesex is more than just a Hospital.

Middlesex has grown to include many services located outside the walls of the hospital. Middlesex has a network of primary care offices, three urgent care centers, five physical medicine and rehabilitation offices and two Cancer Center locations. It offers homecare and assisted living, and the list goes on.

It is often difficult to explain these many different parts and how they all fit under the Middlesex hospital umbrella, but one thing has become clear. Middlesex's current brand name no longer accurately reflects what Middlesex does and what it can provide.

In an effort to help the community better understand, Middlesex's branding will soon change to include the name Middlesex Health and a new logo that better represents the organization's incredible growth.

Middlesex is one of the few independent nonprofit health systems remaining in Connecticut, and it has evolved and expanded for the good of its patients, becoming a more comprehensive health partner. It's become Middlesex Health.

Middlesex remains committed to the communities it serves, and it will continue to provide the same high quality, compassionate care and personalized service that you've come to expect.

Over the next few months, you will begin to see the new brand name and logo on Middlesex signs and other materials, including staff uniforms and informational brochures. There will also be a new TV commercial, and Middlesex will soon launch a new, more user-friendly website.

A change like this does not happen overnight. The transition will take time to complete. Please be patient.

Moving forward, Middlesex remains a strong, independent health system – one that strives to always be your first choice for health care. Your health is of the utmost importance, and these improvements are being made to better serve you.

Visit Clinton's website at:
<http://www.clintonct.org/>

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.



Outstanding Memory Care.
Part of the Beauty of it.

The closer you look at our warm, welcoming community, the easier it is to see why Safe Harbor at The Saybrook at Haddam is the right place for your loved one.

Safe Harbor offers:

- Specialized assisted living for those with Alzheimer's or dementia
- Comfortable shared or private apartments in a welcoming neighborhood
- Programs run by highly-trained memory care professionals to promote self-worth and dignity
- Support for family members

Call us at **860.345.3779** to discover all the ways we can beautifully care for someone you love.

 ~Retirement and Assisted Living~Memory Care~
1556 Saybrook Rd. | Haddam, CT 06438
www.TheSaybrookAtHaddam.com



WMRD
1150 - AM
Middletown - Hartford

WLIS
1420 - AM
Old Saybrook - New London

We are
The Best of the Valley & Shoreline!!
News, Weather, Sports, Traffic, Music, Talk and Opinion, from around the Corner and around the World!!

We've Got Personality!!!

www.wliswmrd.net

Dr. Robert Ballard - The Race to Save the Human Race by Sigrid Kun



Above center, increasing our oceans' productivity can provide the way to human survival.



Above right, each Nautilus expedition includes scientists, student interns, and educators.

Just back from the last leg of a 7 month-long expedition by his Corps of Exploration, Dr. Robert Ballard was at his Lyme, CT home - busy summarizing the 2018 series of expeditions by his 64-meter exploration vessel, the E/V Nautilus. Yes, he discovered the Titanic in 1985 (old news, he says, of what was actually a cover for a top secret naval operation). Yes, his work caused a wholesale change in how science was taught by uncovering the secrets of plate tectonics and hydro thermal vents (a revolutionary revelation evidencing that sunlight wasn't needed to support life). And the 30-year naval veteran and /geologist/undersea robotics developer/explorer has for so many years revealed to the world human history lost beneath the sea - with over 35 National Geographic television specials and countless books. After 150+ expeditions, starting at age 17, retirement isn't in the works for the 76-year old.

Our Oceans - The Last Frontier

Dr. Ballard's unrelenting pursuit of ocean education and exploration through his non-profit organization, the Ocean Exploration Trust ("OET"), is urgent. There are sobering facts: 95% of the Earth's population lives on less than 5% of the Earth's surface; farmland is being replaced with housing tracts; while 95% of all living space is located in largely unexplored international waters. But 90% of all large, predatory fish have been hunted down and killed. The carrying capacity of our planet is already at the brink. By 2050 we will not have enough food to feed everyone.

The Wichita, Kansas-born explorer explains that the Earth's waters, largely unexplored, are the human race's final hope. "I'm worried about the human race," he says. "The big question is, will the human race survive? The Earth will be fine. The planet is a creature. It was born. It evolves. It will die. It just has a long life expectancy. But there's no Plan B for the human race." The key, he says, is to move from hunting/gathering in the ocean to creating productive waters via deep sea farming - just as society thousands of years ago moved away from hunting and gathering on the Earth's lands and into organized food production. Every Ballard/OET/Nautilus expedition provides vital information as to how our Earth's waters can provide for the survival of humanity. The programs run on

multiple tracks; internships, community STEM and STEAM (to include the Arts) programs, and fellowships. Each ocean expedition includes scientists, student interns and educators as part of the Nautilus corps. The OET website is maintained on a 24/7 basis while the Nautilus is at sea to provide for live communication and interaction. During the last expedition, over 24,000 questions were answered live. Each expedition cultivates a new set of students and mentors (both on and off-board). "The key is to do it wave after wave after wave," he says. To make a difference you needed to reach millions of students.

No Boundaries

Dr. Ballard's message, however, is about more than just the ocean. Life's lessons include understanding one's self. Dr. Ballard is dyslexic. For quite a while, he didn't even know it. It took the book "*The Dyslexic Advantage*" to explain me to me. It was a strange but enlightening experience. Those affected (which is 10% of the population) are often loathe to admit it. To him, it is a gift - an interesting advantage. "I created a dyslexic world that I excel in," he explains. Dyslexia has caused him to rely on visualization and memorization. "It's perfect," he says. "In the sea, it's all dark...it's pitch black. But the water goes away and I see everything." He recalls a dive in 1986 to explore the Titanic. Everything went wrong. No sonar. No tracking. Landing 12,000 feet below surface in the mud, there were no signs of the Titanic to the other crew members. "It's over there," pointed Ballard. And, indeed, the Titanic was.

Dr. Ballard is also a keen proponent for empowering women. As he puts it "males as top leaders is by their design." Empowering women, he maintains, is a key to saving the human race. Accordingly, he mandates that 50% of his team be comprised of women.

Where Do We Go From Here?

Dr. Ballard is a problem solver - from 15 years spent restoring an earlier home to jigsaw puzzles (even when the 1,000 pieces are the same shade of blue, with no border pieces, holes in the puzzle, and extra pieces just for kicks.) But he doesn't have the ultimate answer. Will the human race survive? "I am a realist. The Earth is becoming aware of us and deeming us as a threat," he observes. "We still have time but indications are we are going in the wrong direction." What can we do? "Look at the first 12 feet around you. Look at what you are doing," urges the avid recycler. "Leave things better than you found them. That's what my grandmother taught me."

Morgan Stanley

Four Generations of Plot Twists

He's got a gift for gymnastics. She's got her eye on a little start-up in the valley. And he wants to retire early. How do you create a wealth plan that reflects all the complexity of a modern family? Start with a Financial Advisor who understands individuals and knows how to bring families together around both shared and personal goals. Let's have that conversation.



© 2018 Morgan Stanley Smith Barney LLC. Member SIPC. CRC1639666 11/16 WMC005

David R Adams
Family Wealth Advisor
Senior Vice President
Financial Advisor

64 South Main Street
Essex, CT 06426
+1 860 447-4863
David.R.Adams@morganstanley.com
www.morganstanleyfa.com/david.r.adams
NMLS# 177758



CLINTON EVENTS
Clinton Town Hall
Clinton, CT 06413

PRSR STD
US Postage
PAID
Permit 155
Deep River, CT

POSTAL CUSTOMER



Business Banking with your Community Bank

*Essex Savings Bank offers the services you need to build your business.
Talk to us today and see why Essex Savings Bank is a commercial lending leader in our area.*



ESSEX SAVINGS BANK
Service & Trust Since 1851

Essex, 35 Plains Road, 860-767-2573 • Essex, 9 Main Street, 860-767-8238 • Chester, 203 Middlesex Avenue, 860-526-0000
Madison, 99 Durham Road, 203-318-8611 • Old Lyme, 101 Halls Road, 860-434-1646 • Old Saybrook, 155 Main Street, 860-388-3543

Toll-Free: 877-377-3922 • www.essexsavings.com

Member FDIC

 Equal Housing Lender