

Clinton events

VOLUME 18 • QUARTER 2 • 2019



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The First Selectman's Corner

A New Vision for the Gateway to Our Community!

We are pleased to announce the final report for the Route 81 Coordinator Study is complete with support from the Lower Connecticut River Valley Council of Governments, Fitzgerald and Halliday, and CT Department of Transportation.

This multi-year study stemmed from the original grant application written while I was on the Planning & Zoning Commission — to over a year's worth of outreach to our community focused between Route 1 and Rocky Ledge Drive. The driving force for my original grant request was to address the change happening without a vision or guidelines. One of the concerns provided by citizen input to the Town Plan of Conservation and Development was the loss of a "sense of place" or identity for Clinton.

The scope of the study included the Indian River Development, with local developer Greylock Property Group — in the early planning /application stage for the Old Morgan School campus, the redevelopment of the former Unilever industrial facility, and the continued growth of Clinton Crossing. Each of these projects potentially affects traffic, circulation, and the overall character of Clinton. Some recommendations include:

- Safety improvements to the intersection of Route 81 and Hurd Bridge Road

- Improved access to the Unilever property and Clinton's Train Station — slated to break ground in May 2019
- Safer stop locations for 9-Town Transit
- Enhancements such as; way-finding and signage upgrades, sidewalk improvements including widening and the creation of new sidewalks, and aesthetic features such as pedestrian scale lighting and street trees.



Christine Goupil, First Selectman

The report will be available on the website. We would like to thank all those who participated to create the vision for a more engaging Route 81.

MORE TOWN NEWS:

On Wednesday, March 27, 2019, the Town of Clinton refinanced \$12.1 million in tax-exempt general obligation funding bonds, resulting in a significant savings to the Town. The refinancing was possible due to the Town's AA+ excellent credit rating.

continued on page 2

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With the refinancing, the Town will save over \$758,000 in debt service over 14 years. The new bonds will have a final maturity of August 2033 and carry an interest rate of 2.28 percent without extending the maturity dates. The Town saved \$183,519 in this next fiscal year alone!

Clinton Senior Taskforce Survey!

Following the initiative of the First Selectmen our Co-Chairs, Phyllis McGrath and Elizabeth Goldstein have held the first meeting of the Senior Taskforce. Our mission: *To make Clinton a more active, healthy and involved community for and with its senior residents.*

Our first step is to collect information from seniors and caregivers in our community. Through a survey we hope to determine the activities and programs in which seniors are currently involved in and where the Town is deficient. Questions range from daily/weekly physical activities, to how you find about Town programming (word-of-mouth, print, websites, social media), to supporting aging in place. To accomplish this, please complete this anonymous survey.

The survey is on the Town website. Hard copies are available in Clinton Town Hall, the Henry Carter Hull Library, Social Services at the Clinton Annex and the Estuary Council of Seniors in Old Saybrook. Please return printed copies to the First Selectman's Office in Town Hall, 54 Main Street, Clinton CT 06413.

I continue to host the Brown Bag Lunch/Dinner in Town Hall on the third Thursday of the month to welcome Clinton residents and businesses to ask questions and share ideas. We welcome your input. Please check the Town Hall Calendar at www.clintonct.org/calendar.aspx.

Middlesex Health: Helping Connecticut Women at Risk for Breast Cancer

Middlesex Health Cancer Center's Comprehensive Breast Center is specifically designed to help identify women who may be at high risk for breast cancer due to family history or benign breast disease, as well as to monitor and treat women who have an established high risk for breast cancer. It also helps patients currently in treatment or in recovery.

For many women, their primary care doctor handles their mammograms, and that is appropriate care. However, those who are at greater risk for breast cancer would benefit from being monitored more closely, and that's where the Comprehensive Breast Center can help.

Dr. Andrea Malon, medical director of the Cancer Center and Comprehensive Breast Program; Dr. Kristen Zarfos, medical director of the Comprehensive Breast Center; and Dr. Chia-Chi Wang, a surgical oncologist, see patients who visit the Comprehensive Breast Center. Women who are identified as being high risk, or who think they might be at high risk, are encour-

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Middlesex Health... continued from page 3

aged to either make an appointment directly or discuss their concerns with their primary care physician who can make a referral. Within the center, the scheduling of diagnostic tests and a meeting with one of the breast surgeons can happen on the same day.

Overall, Middlesex's goal is to coordinate care in a way that can reduce anxiety, expedite the process and help patients better navigate a cancer diagnosis and treatment.

Middlesex Health Cancer Center is accredited by the National Accreditation Program for Breast Centers. The Comprehensive Breast Center is located at 540 Saybrook Road in Middletown. The same services are also offered at a satellite office at the Middlesex Health Shoreline Medical Center in Westbrook. To contact the center, call 860-358-2780.

Seasonal Allergies: Trying to Nip Them in the Bud

Itchy eyes, runny nose, sneezing, fatigue... These are just a few of the signs of seasonal allergies—also known as hay fever. And get ready: It looks like we may have a real doozy of an allergy season this year. Milder winter temperatures in places can cause plants to pollinate early. And a rainier spring leads to quick plant growth, as well as an increase in mold.

Allergic reactions mostly occur when your body responds to a “false alarm.” And, as you well know, there isn't a cure for seasonal allergies. But there's no reason to let this time of year take all the spring out of your step! Arm yourself with information.

Monitor climate factors. When checking the weather and planning your day, keep these things in mind:

- **Heat and high humidity** promote the growth of molds.
- **Cool nights and warm days** allow tree, grass, and ragweed pollens to thrive.
- **In spring and summer**, tree and grass pollen levels tend to peak in the evening.
- **In late summer and early fall**, ragweed pollen levels tend to peak in the morning.
- **Windy and warm days** often result in surging pollen counts.
- **After a rainfall**, pollen counts may go up, even though the rain temporarily washes pollen away.¹

Avoid your triggers. If allergies are making you miserable, you may want to see an allergist. Specializing in allergies, this person can help you figure out what triggers your symptoms. Then you can find ways to cut off those triggers at the pass. During allergy season:

- Keep windows and doors shut in your car and home.
- After working or playing outdoors, take a shower, wash your hair, and change your clothes. When doing chores outside, wear a NIOSH-rated filter mask. Better yet? Delegate!

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Seasonal Allergies... continued from page 4

- Be on the lookout for mold, which can build up in moist months. A deep spring cleaning will help get rid of mold and other allergens. Cleanliness may not be close to godliness. But it sure may help you feel better.

Relieve your symptoms. Corticosteroid nasal sprays, decongestants, antihistamines. These are examples of over-the-counter drugs that can help relieve your symptoms. If side effects are a problem, you can work together with your doctor and pharmacist to come up with a solution. For example, a few possible side effects of anti-histamines are sleepiness, dry mouth, constipation, and light-headedness.

For some people, allergies can lead to or coexist with other health problems such as asthma or sinusitis. Asthma narrows or blocks the airways. Sinusitis is caused by inflammation or infection of cavities behind the nose. Just one more reason why working with your doctor and pharmacist is a good idea.

Keith Lyke, Registered Pharmacist
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Appetite for Life: Supporting Cancer Patients for 10 Years



This June, support Middlesex Health Cancer Center by dining at a restaurant that is participating in Appetite for Life.

Now in its 10th year, Appetite for Life has raised more than \$175,000 for cancer patient support services at the Cancer Center, which has locations in Middletown and Westbrook. These services include nurse navigation, social work, clinical trials and integrative medicine.

Appetite for Life has evolved over the years to include many local restaurants throughout Middlesex County and on the Connecticut shoreline. As a patron, a percentage of your bill will be donated to the Cancer Center if you dine at a participating restaurant during the month of June.

Appetite for Life will kickoff with a special party at Herd Restaurant, 200 Main Street in Middletown, on May 29. The party will be held from 4:30 pm to 7 pm, and there will be a special performance by the band, The Inflatables.

A second party will held June 12 from 5 pm to 7 pm at Luigi's Restaurant, 1295 Boston Post Road in Old Saybrook with live music by Boomerang.

Each party will feature appetizers, beer and wine tastings, music and a chance to win great prizes. Party tickets are \$20 per person. All proceeds directly support Middlesex Health Cancer Center patients.

"We are grateful to the many restaurants that participate in Appetite for Life," says Sarah Moore, director of development at Middlesex Health. "All proceeds stay local and help enhance cancer patient care and support services. Support a good cause, and enjoy a good meal!"

For more information about Appetite for Life and to see a complete list of participating restaurants, visit middlesex-health.org/appetiteforlife.



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Clinton Education Foundation Annual Golf Tournament

Imagine what it would mean to a high school freshman who lives and breathes baseball to be able to attend a clinic run by a former all-star. Imagine what it would mean to a young girl who spends nearly every day after school dancing her heart out to take that dance class she's dreamed about. Imagine what it would mean to a fifth-grader who's demonstrated great promise with the flute to be able to have one of her own to practice with at home.



The Clinton Education Foundation 2018 Grant and Scholarship Winners: Grace Maurice, Olivia Morrissey, Anthony Cimino, Alessandra Arnoldi and Oliver Taboada (pictured above)

Carly Schmeidler, Caitlin Jenkins, Wyatt Reu, Robyn Vuilleumier, Laura Pierandi and James Messina (not pictured)

Now imagine that that opportunity is just out of their reach, out of their reach for one reason only – COST! Camps, clinics, and enrichment classes -- all of these wonderful programs that our Clinton children dream of being part of -- are often prohibitively expensive. In order to allow our children to benefit from these kind of opportunities, the Clinton Education Foundation offers grants and scholarships to children in our public school system. The CEF, a 501(c)3 organization, was established in 2006 precisely for this purpose: to support, enrich, and enhance public education in Clinton.

The CEF annually awards to public school students and teachers grants and scholarships which enable them to pursue their dreams and passions. For students, the grant and scholarship money might help pay for enrichment activities such as sports camps, music lessons, study abroad, or national leadership conferences. For teachers, the grants have provided money for math programs, athletic equipment, iPads, and field trips, just to name a few. The monies awarded come from our fund-raising efforts.

Our annual golf tournament, this year on Monday, June 24th, run in conjunction with the hardworking members of the Clinton Lions Club, is a big part of that effort. It is held at the Clinton Country Club, a beautiful facility with an amazing course. The bulk of the money raised at the tournament comes from raffle and auction items. Players and dinner guests can bid on scores of items appealing to every taste and pocketbook. Previous auction items have included theater and game tickets, vacation packages, spa experiences, fishing and sailing excursions, and sporting equipment. Local merchants have donated goods and services such as furniture, televisions, barbecue grills, lawn equipment and gift cards. Our new Pop-the-cork raffle was a big hit last year!

In the months preceding the tournament, members of the Education Foundation and the Clinton Lions Club encourage golfers to sign up for the tournament and the evening dinner and solicit donations of goods and services for the raffle and auction

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at the tournament. These donations are a great way to support these two organizations and to get a sponsor's name out into the community.

There are a limited number of dinner tickets available for non-golfers. The raffle makes for great entertainment during the dinner and it is fun to see and bid on all the auction items. If you would like to make a donation of a raffle or auction item, please visit the organizations' websites at <https://sites.google.com/site/clintoncef> or www.clintonlionsclub.org, or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

ST. Mary's Annual Tag Sale

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54 Grove Street, Clinton, CT
Bake sale, food, vendors, face painting, raffle.
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The Clinton Parks & Recreation Department

KIDS' KITCHEN SUMMER CAMP

(Clinton Residents only) Grades 2 & 3: July 8-11, Location - the Morgan School, Café, and Time: 9:00 am - 11:00 am. Kids' Kitchen summer cooking camp is a unique culinary experience, which offers cooking classes to children in a safe environment that will encourage discovery and creativity. Students sharpen their skills by employing the mantra "Mise en Place" which, in the cooking world, translates into "Everything in its place." Kids' Kitchen of Clinton offers kitchen safety, proper food handling, food preparation, cooking, baking techniques, presentation and so much more!

As parents, we look for summer programming that will capture our children's imagination, entertain their senses and stretch their learning. As kids, we look for summer programs that are FUN! Our camp is 2 hours a day for 4 consecutive days—enough time to challenge our chefs, yet short enough to keep them enthusiastic. Each day will feature 2 hours of hands-on cooking, skills practice and tasting.

We promise to provide unbeatable, hands-on activities to entertain your kids. Fee for the camp is \$143.00 per student.

GIRLS VOLLEYBALL CLINIC

This program is designed for students entering grades 6-9 (as of Sept. 2019) to have an opportunity to experience the game of volleyball and learn the skills and rules that are necessary for

playing at the high school level. June 3-6, 2019 at The Morgan School gym. 4:00 pm to 6:00 pm. Fee for the clinic is \$85.00 (non-residents, please add \$10).

ECOLOGY CAMP

Join local teacher and Clinton Land Trust Board Member, Dana Skidmore, for 3 mornings of beach exploration and 2 mornings exploring local animal and plant species. Children will be introduced to varying habitats: the salt marsh, the sandy beach and the mud flats. Gain an appreciation for our outdoor world and learn about ways in which you can protect it for future generations. Have fun while learning and make new friends! The camp will take place June 24-28, 2019 from 9:00 am. - 12:00 pm. The fee for the camp is \$125.00 (non-residents, please add \$25).

FENCING CAMP

Students will learn classical foil fencing, the traditional beginning weapon of the sport. Fencers will progress from basic foil technique to actual bouting with moderately fast and difficult hand and foot work. Teaching emphasis includes conditioning, hand/eye coordination, basic technique, and the rules and practices of the sport. On Friday there will be a camp competition and parents are encouraged to attend. Basic equipment is provided. New this year we will be running an intermediate camp for those who have participated in our

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Clinton Parks & Rec... continued from page 9

beginner camp. This camp will continue where the beginner class left off. More advanced techniques will be taught as well as introductions to all three weapons, their rules and strategies. The camps will take place simultaneously July 15-19, 2019 from 9 am – 12 pm. The fee for each camp is \$100 (non-residents, please add \$25).

TOUCH FOOTBALL CLINIC

Our clinics will provide players involved in the passing game exceptional fundamental development. Additionally, players will develop confidence to participate in passing leagues as they come of age in the great sport of football. We are offering 2 clinics: June 24-27, 2019 & July 15-18, 2019 from 8:00 am-10:30 am. The fee for each clinic is \$95 (non-residents, please add \$10).

BRAD JEEVES SOCCER CAMPS

Players will be split up by age and ability, our coaches and staff have been running camps in town for 10 years. Our camps cover all aspects of the game. We feel that it is important for players to get the attention they need to not only improve their game but also have fun while learning and playing. We are offering 2 sessions of these camps: July 22-26, 2019 and August 12-16, 2019. Prices and times vary per camp; for more details go to the parks & rec website.

VICTORY SOCCER CAMP

The Victory Soccer School summer program at Clinton is directed by NSCAA Hall of Famer Bob Dikranian and David Dikranian. Coach Bob Dikranian holds 6 Division II National Championships at SCSU. David Dikranian is a successful girls coach at Daniel Hand High School. The Clinton summer program includes full day and half day options with comprehensive coaching by an elite training staff. Coach Dikranian will be accompanied by an outstanding staff of former collegiate coaches & players. The camp will take place July 29-Aug 2, 2019 from 9:30 am – 12 pm or 9:30 am – 3:00 pm. Prices vary per camp.

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 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.

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Together, we are making a real difference. Thanks to our donors and Funds, critical programs for veterans and seniors continue in Middlesex County. One of our newest Funds, the St. Luke's Home Fund, is providing financial support to nonprofit organizations working to improve the daily lives of seniors and veterans. Grants are awarded to programs offering basic services such as shelter, access to care, and transportation.

Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, arts and culture, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity.

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We invite you to learn more by calling us or visiting us online.

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, Time: 6 - 7 pm. Location: 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 Jared Eliot Gym. Mondays: 04/22/19 thru 06/03/19

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 8:00-9:30 pm. on Tuesdays & Thursdays from April 18-June 6, 2019 at the Jared Eliot gym.

FALL SOCCER REGISTRATIONS

May 2019

More info to follow!

CLINTON FAMILY DAY - JULY 20th

Time: 9 am - 2:30 pm at the Clinton Town Beach, with a rain date of July 21, 2019. Come and enjoy a day of games, arts & crafts, races, music, face painting, snacks, prizes & more, all provided free for children between the ages of 4 -12 and their parents. We will be posting a time schedule for all of the events on our website as the day approaches. Please mark your calendar! If you would like to volunteer to help on July 21st. (Rain Date July 22nd), please call the P & R Office at 860-669-6901.

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.

CT River Area Health District



Warm weather is quickly approaching, which means beach days, hikes, bike rides, pools, drawing on asphalt with chalk, lemonade stands, and our not-so-favorites; Mosquitoes and Ticks! These pests are known to transmit West Nile Virus, Zika

continued on page 12

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CT River Health... continued from page 11

Virus, and Lyme Disease, just to name a few. Prevention from bites is the best way to avoid these diseases, so follow these important steps:

1. Use EPA-registered insect repellents, with one of these active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus, or 2-undecanone. Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks, and tents with products containing 0.5% permethrin. It remains protective through several washings.
2. Make your yard safe by removing stagnant water, leaf litter, clearing tall grasses and removing brush, mowing the lawn frequently, keep playground equipment away from yard edges and trees, discourage unwelcome animals (such as deer, raccoons, squirrels) from entering your yard by constructing fences, and remove old furniture or trash that may give ticks a place to hide.
3. Avoid traveling through wooded and brushy areas, but if necessary, wear long and bright clothes that cover any bare skin, as well as walk in the center of the trail if possible.

4. Conduct a full-body tick check upon returning from potential tick-infested areas. Thoroughly check areas such as under the arms, between the legs, in and around the ears, and in hair.
5. Bathe or shower as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on you.
6. Put clothes in the dryer on high heat for 10 minutes to kill ticks on clothing.
7. Check pets for ticks as soon as they come from outside. Ticks can be transported into a home by our pets.

If you have any questions, please contact the CT River Area Health District at 860-661-3300.

Families Helping Families

We once again want to thank the entire Clinton community for their continuing support of our mission in the Clinton community. This support was never more evident than all the residents who supported our winter events.

As we look forward to spring and summer we would like to remind everyone of several programs/events that are upcoming. Our bike program which we run in conjunction with Paul Egan "The Bike Guy" has plenty of bikes which have been refurbished and are given away for free. If you have a bike that needs to be repaired or you just want to donate a bike "The Bike Guy" can also repair and accept bikes. He can be reached at 860-669-4487.

Families Helping Families will once again be offering a summer lunch program this summer. The lunch program will be held at The Henry Carter Hull Library every Friday during summer vacation from 12-1. There also will be food which can be taken home for lunches during the week. Students and family members are most welcome to attend in addition to lunch there will be a program presented each Friday.

On Saturday July 20 Families Helping Families will host The "Sweet Beats Music Fest & Arts & Crafts Show" from 12-6 at Sweetwater Farms here in Clinton at 78 Killingworth Turnpike. This event will emphasize local talent. It will also have a special segment which will feature an "open-mic" opportunity for people to showcase their abilities. There will be a special area for local craft people and artists to display their creations. There will be no charge for this event donations to help fund Families Helping Families five community outreach programs will be accepted. For more information about this event please call 860-669-5592.

Miner T. Vincent, President, Families Helping Families

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Water Pollution Control Commission

The Clinton Water Pollution Control Commission (WPCC) is an appointed, bipartisan group of Clinton citizens that includes individuals with environmental science, construction, planning and local government experience and is directly responsible for overseeing the Town's On-Site Wastewater Management Ordinance. By statute, the Commission is also tasked with preparing a Facilities Plan which examines the need for future community water pollution control facilities in the Town of Clinton. This includes measures to protect public health and the welfare of the Town through the identification and prevention of public health nuisances and hazards and environmental degradation.

The past year has been marked by several successes and setbacks. In the 'success' column the long awaited Facilities Plan, that describes, outlines and provides solutions for Clinton's ongoing wastewater problem has been granted conditional approval by the CT Department of Energy and Environmental Protection (DEEP). The Facilities Plan will provide the foundation by which the previously identified areas that are considered to have problems with threatened or polluted groundwater, private well water issues, and ineffective or failing septic systems.

Another tremendous 'success' for the WPCC was the long-awaited closure of the Town's former septic lagoons on Knollwood Drive. The process started more than a decade ago when the WPCC first requested the permission to close from the CT DEEP. The closure was completed in 2018 through the concerted efforts of the

continued on page 14

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Water Pollution... continued from page 13

WPCC and the Department of Public Works. The commission thanks WPCC members Matthew Kennedy and Hal Dolan, as well as Public Works Director Pete Neff for the many hours of work, labor and professional expertise they dedicated in order to make the project a success.

As for 'setbacks', implementation of the Town's Rocky Ledge Water Main Project was delayed this year. Anticipated public utility funding stalled and the Commission decided that until the financial support for the project became more clear cut, they would work on other more readily implementable portions of the Facilities Plan. In the meantime, the Water Main Plan is designed, engineered and ready for construction, once the public utility and town financial contributions can be firmed up.

The Commission has also been working on prioritizing the Facilities Plan into manageable phases that will address each 'area of concern' individually using criteria that included: greatest need, most problematic and greatest positive impact to Town as a whole. The Downtown Area has been prioritized as most beneficial to the entire Town and a project that will most impact economic development in Clinton. The WPCC hopes to receive the necessary approvals to begin testing of suitable sites for "Downtown" wastewater treatment in the very near future.

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By now residents should be familiar with the On-site Wastewater Maintenance Ordinance (the “pump out ordinance”) and some have likely received notices reminding them to service their septic systems at least once every five (5) years. The WP-PC’s system of facilitating the pump out ordinance is running smoothly and a board of appeals, established by the Board of Selectmen, meets regularly to review reasonable appeals or extensions that are requested due to unusual circumstances or hardships. The ordinance is enforceable and fines have been levied. Maintaining your septic system protects surface and groundwater, public health and saves you money from costly repairs.

For further information, on WPC activities, please visit the website or come to our meetings. We meet the second and fourth Tuesdays of the month at 7 pm in the Rose Room of the William Stanton Andrews Memorial Town Hall. Always check the WPC web page on the Town of Clinton’s web site (<https://clintonct.org/205/Water-Pollution-Control>) for any changes.

You can also call the WPC office at 860-669-9349 during town hall hours and speak to our Administrative Assistant with any questions or concerns you may have.

Clinton Land Trust

In April 2019 the Clinton Land Trust and The Madison Land Trust joined forces to present for the first time a “Wild and Scenic Film Festival” at The Clinton Andrews Memorial Town Hall. This fund-raising event comprised a series of short films selected from one of the largest environmental film festivals in North America. Their content was inspiring as well as educational and the evening was a great success.

The Festival could not have been planned without the support of the local community and the time of many devoted volunteers. We wish to thank everyone involved including all those who attended and the very generous local sponsors who made the event possible.

In particular we extend a heartfelt “Thank You” to:

- Morgan Stanley, Madison
- Shore TV & Appliance, Clinton
- Chamard Vineyards, Clinton
- Thimble Island Brewery
- Liberty Bank Clinton
- Chips Pub in Clinton
- CT Water Company in Clinton
- Denali Store of Old Saybrook
- Clinton Insurance Company
- Willoughby’s Coffee and Tea in Madison

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Land Trust... continued from page 15

- The Essex law firm of Gould, Larson, Bennet, McDonnell,
- Quilliam & McGlinchey,
- The Shirt Shark in Clinton for tee-shirts

100% of the money raised at this event will be used to continue to fund Clinton Land Conservation Land Trust annual programs. These include a winter animal tracking event, a spring Peeper Prowl, a summer Ecology Camp, an environmental library program as well as annual Scholarships for local children to attend Bushy Hill Nature camps.

Your Land Trust volunteers remain busy maintaining and improving the over 800 acres of forests, wetlands, marshes and meadows under our care in Clinton. Flood damaged bridges and paths have been repaired at many sites. Trails are being marked and established in the Weiss-Loveday Watershed area on River Road, with the addition of a new parking area for walkers. The Lucy Elliot Preserve behind the Town Hall continues to evolve as we try to reduce invasive plant growth and encourage a diversity of meadow plants and birds.

The Land Trust is always interested in further acquisition of acreage in Clinton that can be preserved for the future, particularly where the land lies nearby existing Land Trust property. Please contact us anytime through our website.

The Ospreys are back, the peepers are peeping, the skunk cabbage is emerging along the stream banks. This is the ideal time to get out and explore the open spaces we have established in Clinton. For a complete list of all CLCT trails and sites please go to our website at www.clintonlandtrust.org.

Introducing the recipients of the annual CLCT Scholarship to attend summer camp at Bushy Hill Nature Center in Deep River.

Left to right they are:

Declan Shortt
Lexie Neuman
Rayna Vanderwood
Dana Skidmore (CLCT Bd of Directors)
Nate Plunske
Savannah Powell
Alessandro Guardado



Congratulations to these young students and we hope this summer inspires them to continue to embrace and respect the natural resources of our amazing world.



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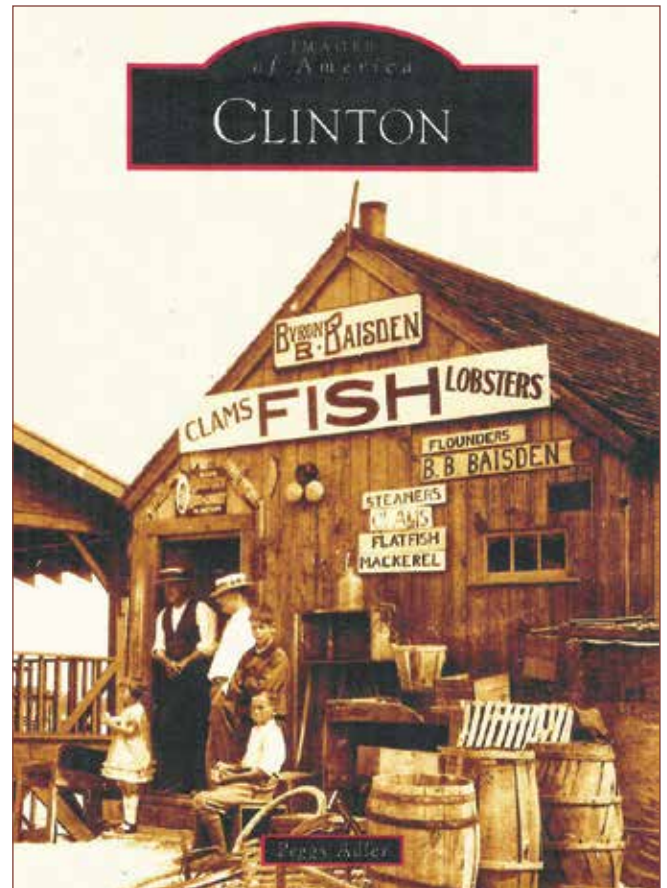
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Clinton Book by Peggy Adler

On June 3rd, "Images of America CLINTON" will be published by Arcadia. Their Images of America series celebrates the history of neighborhoods, towns and cities across this great land. Using archival and current photographs and maps, each title presents distinctive stories from the past that shaped the character of the community today. Such is this upcoming book about Clinton, which traces the town's history from 1663 to the present. In three chapters spanning 128 pages, you will find nearly 200 photographs and maps depicting historic preservation; leaders and legends; and some businesses, benefactors and town agencies.

The book is by Clinton resident Peggy Adler, who previously authored five titles for New York City publishers, illustrated two dozen and provided art for the Bronx Zoo and the Humane Society of the United States. Additionally, she coordinated the 1969 World Premiere of "Butch Cassidy and the Sundance Kid" for 20th Century Fox; worked as a consultant for the U.S. House of Representatives' "October Surprise Task Force"; and served eight years as a Clinton Police Commissioner. The book will be available at various locations in Clinton and is already online at Amazon, Barnes and Noble and Books-a-Million.



Cover Photo of "Images of America CLINTON" – By Peggy Adler

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Henry Carter Hull Library

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

Your Clinton Library Card just went up in value! You're just a few clicks away from streaming over 30,000 documentary, classic, and indie films with Kanopy digital streaming service. Create an account with your library card and use this exciting new media library from your desktop or download the app on your device to start watching!

Summer Reading fun is not just for kids! Check back in June to sign up for our Adult Summer Reading program for reading inspiration, motivation, and celebration.

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
- Scrabble Club: Tuesdays @ 1:00 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 May:

- Wed. 5/1 Business Basics: Getting Social @ 6:00 pm
- Sat. 5/4 6th Annual Hats & Horses Derby Party @ 5:00 pm
- Mon. 5/6 New Movie Matinee: Holmes & Watson @ 1:00 pm
- Mon. 5/6 & Tues. 5/7 DEEP Safe Boating Certificate Course, 5:30 pm - 9:30 pm
- Mon. 5/6 Creative Writing Group @ 6:00 pm
- Thurs. 5/9 Caregiver Support Group @ 5:30 pm
- Thurs. 5/9 Welcome to Clinton: Newcomer's Open House @ 6:00 pm
- Wed. 5/15 Friendship and the Pursuit of Happiness @ 6:30 pm
- Mon. 5/20 Evening Art Film: Loving Vincent @ 5:30 pm
- Tues. 5/21 TEDxHCHLibrary: A Love Letter to Libraries @ 9:30 pm
- Wed. 5/22 The Atlantic Monthly Reading Group @ 9:30 am
- Wed. 5/22 Declutter & Decorate: Preparing Your Home for Sale @ 6:00 pm
- Mon. 5/27 CLOSED for Memorial Day
- Wed. 5/29 Wellness Wednesday: TBD @ 6:00 pm

Special Events for Adults in June:

- Mon. 6/3 New Movie Matinee: TBD @ 1:00 pm
- Mon. 6/3 Creative Writing Group @ 6:00 pm
- Wed. 6/5 Business Basics: TBD @ 6:00 pm
- Thurs. 6/13 Caregiver Support Group @ 5:30 pm
- Wed. 6/26 The Atlantic Monthly Reading Group @ 9:30 am
- Wed. 6/26 Wellness Wednesday @ 6:00 pm

Special Events for Adults in July:

- Wed. 7/3 Business Basics: TBD @ 6:00 pm
- Mon. 7/8 New Movie Matinee: TBD @ 1:00 pm
- Mon. 7/8 Creative Writing Group @ 6:00 pm
- Thurs. 7/11 Caregiver Support Group @ 5:30 pm
- Wed. 7/24 The Atlantic Monthly Reading Group @ 9:30 am
- Wed. 7/31 Wellness Wednesday: TBD @ 6:00 pm

Visit www.hchlibrary.org or stop by for information about more exciting events.



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

Greetings from the Children's Room!

Spring has sprung inside and out of our Children's Room. Our spring books are displayed, our craft table is stocked, our reading garden is blooming, and the birds and woodland creatures have returned. The Connecticut Audubon Society helped us plant flowers that will attract pollinators. Grab a book, pack a picnic and enjoy our reading garden!

We are busy planning out-of-this-world programs for our summer reading program, A Universe of Stories! This summer we will kick off our new Read & Bead reading incentive program where children will receive a "Brag Tag" and a chain when they register. Children can then earn beads to add onto their chain for every 15 minutes that they read. There will also be a math component where they can "level up" and exchange their beads for a fancier bead. We hope this will excite and encourage our young patrons to continue reading over the summer. The 2020 Nutmeg Book Award nominees were officially announced on May 1st and all the elementary and intermediate choices are ready and waiting. Summer reading registration starts on June 10th.

Science Tellers will return to HCH on Saturday, June 29th at 1:00. Don't miss this action-packed and educational alien adventure using science experiments for special effects. On Wednesday, July 17th at 5:00, comic mime Robert Rivest will delight us with humorous space stories in his program Space: First Mime on the Moon! On Wednesday, July 24th at 5:30, the Denison Pequotsepos Nature Center will present their Celestial Creatures program. We will learn about different animal constellations, meet some of the animals they were named after, and design our own constellations using inspiration from our favorite animal. These 3 programs for school-agers are not to be missed! Join us on Friday, August 16th from 1:00-3:00 for our annual "End of Summer" party. Details to come. Save the dates!

Kids Cafe will also return this summer. Free lunch, special guests and activities will be provided on Fridays from 12:00-1:00 for children age 1-18. Thank you to Families Helping Families and Clinton Social Services for organizing this and to Chow Food & Beverage Co. for providing the food.

We have lots of other exciting programs happening this summer for Tweens, Teens, and children of all ages. Our website has descriptions of each program and you can follow us on Facebook, Instagram, and twitter for additions and updates. Be sure to check out our Museum Passes which offer discounts at a variety of art and science museums, zoos, The Mystic Seaport, and Mystic Aquarium. Reserve yours today!

Happy reading! -Coralie Williams, Head of Children's Services

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SPRING CHILDREN'S EVENTS: April 1 - June 7

MONDAY:

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

TUESDAY:

Crafty Kids 9:30-10:00 (older toddlers & preschoolers)
Kids in Motion 4:00-4:45 (family fun)

WEDNESDAY:

Sign Language 9:30-10:00 (birth-6 yrs)
Lego Club 4:00-5:00 (all ages)
Read to Bee the Therapy Dog 4:00-5:00 (school-aged) First Weds. of each month

THURSDAY:

Yoga & Mindfulness 9:30-10:00 (family fun)
Rainbow Music 4:00-4:45 (toddlers & preschoolers)
DIY Crafts 3:00-7:00 (3rd-6th graders in Tween Space)

FRIDAY:

Stories & More 10:00-10:30 (toddlers & preschoolers)
Stay & Play 10:30-11:30 (0-5 yrs)

SUMMER CHILDREN'S EVENTS: June 17th - August 16th

MONDAY:

Baby & Me 4:00-4:45 (birth-24 months)
Imagination Station 12:00-7:00 (all ages)

TUESDAY:

Crafty Kids 9:30-10:00 (older toddlers & preschoolers)
Kids in Motion 4:00-4:45 (family fun)

WEDNESDAY:

ABC Amigos 9:30-10:00 (toddlers & preschoolers)
Storytime From Space/ STEAM 3:00-4:00 (school-age)
*6/19 6/26 7/10 7/17 8/7 8/14
Lego Club 4:00-5:00 (all ages)

THURSDAY:

Yoga & Mindfulness 9:30-10:00 (family fun)
*no class 8/16, 8/23
Matinee Movies 2:30 (check website for list of showings)
Drop-In Tween Crafts 1:00-7:00

FRIDAY:

Stories & More 10:00-10:30 (toddlers & preschoolers)
Stay & Play 10:30-11:30- bubbles, chalk, sand/water play in the garden (weather permitting)
Kids Cafe: 12:00-1:00 (ages 1-18)

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Responsiveness: ★★★★★ Negotiation skills: ★★★★★

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Ending the Vaping Trend in Clinton

There has been great confusion about the safety of using E-cigarettes. Are they safer than regular cigarettes? Are they safe overall? Can they help a smoker quit? Isn't it just water vapor I am inhaling? These are important questions to know the answers to, especially as the U.S. Surgeon General has claimed teen use of vape products to be at "epidemic" levels.



As more research is completed about vaping's effect on the body, it is becoming clear that it is not a harmless activity. Vaping is safer than smoking tobacco cigarettes; however, the liquids used in vape products contain dangerous ingredients that are proven to be harmful to the human body. The number one concern is the presence of nicotine, which is a

very addictive substance! Clinton teens are using the popular Juul product, and becoming addicted quickly due to high doses of nicotine delivered to the undeveloped neural pathways in their young brains! The liquids also contain chemicals such as formaldehyde, and metals such as acrolein and tin. These ingredients cause heart, lung, digestive, kidney and immune system issues when inhaled.

REACT students at Morgan and Eliot decided to encourage their peers to avoid or quit vaping with their “End the Trend” campaign. Supported by funds from the CT Judiciary Committee, REACT was able to purchase bracelets, stickers and lip glosses to give away to their classmates as reminders to “Be a Husky (or Eagle, at Eliot), not a Guinea Pig.” Students explained that by using vape products now, before harmful effects are definitively understood, makes someone a guinea pig to the

industry. They also tell their peers that the vape industry is now becoming controlled by the same companies that created the cigarette addiction years ago!

“Big Tobacco” is back and eager to make money off sales to youth! Morgan REACT shared information with peers during lunch, and 8th grade Eliot REACT members took to leading a discussion during their health classes. REACT also provided some resources to peers who may find themselves already addicted but want to quit.

If you would like more information on vape products and research on the dangers of use, please email Partners in Community at kedwards@clintonct.org or call 860-664-1142. You can also follow Partners in Community on Facebook or Instagram! (Search “Partners in Community”)

Exciting News for Recreational Shell Fishing in Clinton!

After a 35-year hiatus, the Town of Clinton received approval in late March from the Department of Agriculture, Bureau of Aquaculture (DABA) to open a portion of the outer harbor “conditionally” for recreational shell fishing. “Conditionally” means that the beds may be closed during certain seasons or adverse events like significant rain.



For 2019, shell fishing is allowed, by licensed individuals only, during the month of April and the month of December and is closed May through November. However, this limited opening is still a huge step for the Town. The Clinton Shellfish Commission (CSC) worked diligently for nearly 15 years to satisfy DABA requirements and getting approval to open conditionally is a really great start. The approved shell fishing area starts just off the Town Beach and is bound on the east by signs at the Town Beach and Hammock Point, and on the west by harbor entrance channel markers # 10 and #4. At low tide, a large portion of the area is exposed and easily accessible. The CSC is charged with the responsibility of managing the recreational program including designating Shellfish Wardens to ensure shell fishers are licensed and stay within the open area.

The CSC is hoping that the recreational program expands year after year, not only in the number of months open but also the number of licenses sold. The goal is for the program to be self-sustaining...meaning reinvesting the proceeds from the sale of licenses back into program by purchasing and seeding more shellfish on the recreationally approved area. More licenses sold, the more money to restock. A license is good for clams, steamers, oysters in the approved area. And there are plenty of

clams out there as evidenced by April’s reports from clambers! So no matter how you like your shellfish...oyster Rockefeller, clams casino, stuffies, chowder, linguini and clams, on the half shell or just want to support the program, make sure you purchase a license. Licenses can be purchased at the Town Clerks


continued on page 22

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Shell Fishing... continued from page 21

office or through the Commission. Shell fishing licenses for 2019 are \$25 for residents, \$15 for resident military or seniors, \$75 for non-residents, and \$65 for non-resident military or seniors. A driver's license or other proof of residency is required. Licensees may bring one guest, subject to requirements and limits. Additional information and current updates can be found at www.clintonshellfish.org or www.facebook.com/clintonshellfish, or 860-664-6444.

The Dangers of Xylitol

Most people know not to feed their pets food like chocolate and grapes, but sometimes danger can come from unexpected places. Due to an artificial sweetener called "xylitol," a pack of gum can be more dangerous to dogs than an entire bar of chocolate. Xylitol is often used in gum and "sugar-free" foods like candies, gummies, and baked goods. While harmless to people, xylitol can be extremely dangerous to cats and dogs. Even if a large dog eats just a few pieces of gum, it's still enough to cause hypoglycemia (low blood sugar), liver failure, and seizures.

As xylitol's popularity grows, it's important to be vigilant about what food you give your pet. Even typically dog-friendly treats like peanut butter can now sometimes contain xylitol. It can also show up in items such as toothpastes, deodorants, and over-the-counter medications, so make sure to always check the ingredients list before giving your pet anything not specifically made for animals. If you keep products or foods containing xylitol around your house, make sure they are in a secure location away from curious cats and dogs.

Symptoms of xylitol poisoning include vomiting, weakness, tremors, and seizures, and can start to show as quickly as 15 minutes after ingestion. With immediate and aggressive veterinary care, most pets will recover. However, if left untreated xylitol can cause liver damage, seizures, comas, and can even be fatal. If you suspect your pet has eaten any amount of xylitol, call your local emergency veterinarian or animal poison control for help.

By Zoe Schwartz, Pieper Veterinary

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Essex Printing Wins Eight Print Awards

The Print Industry of New England (PINE) has announced that Essex Printing received eight awards in PINE's New England Regional Awards of Excellence competition. The announcement was made with hundreds of industry professionals in attendance at PINE's Industry Awards Gala, held at the Boston Marriott Burlington in Burlington, MA on April 11. With these new awards, Essex Printing has won a total of 28 print awards over the past 7 years.

"We are so pleased to have won so many awards this year. It is a testament to the dedication of our staff and the commitment we make to our customers," said Essex Printing's President, William McMinn. "It shows not only our dedication to quality but also our versatility," added McMinn. "Over the years, we have received awards for a variety of printed materials – from marketing pieces to books, from brochures to calendars. It's a great feeling when you have affirmation that you are providing your clients with print materials that they can feel very proud of."

PINE's Awards of Excellence Competition attracted over 300 entries from over 35 printing and imaging companies across

New England competing in a variety of printing and graphic communications categories. A panel of judges with extensive experience in printing and print production examined the wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces. The judging criteria included: registration, clarity and neatness, sharpness of halftones and line drawings, richness and tonalities of color, paper and ink selection, ink coverage, difficulty of printing, effective contrast or softness, overall visual impact and bindery.

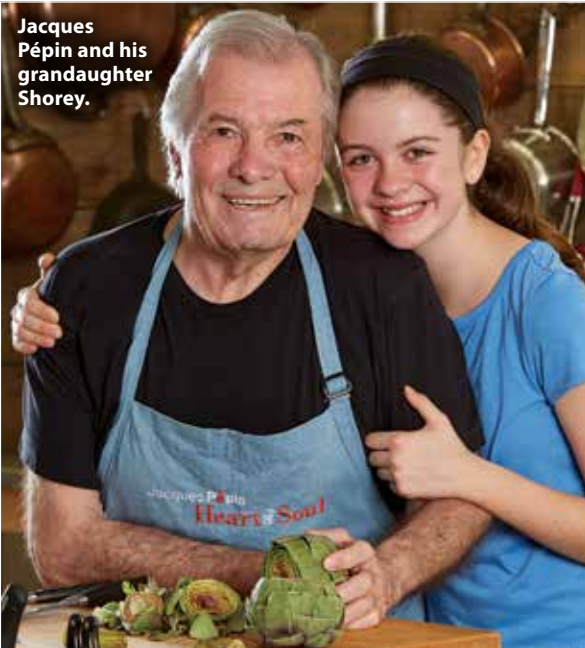
Essex Printing is a commercial printing company located at 18 Industrial Park Road in Centerbrook, Connecticut. Its operations are part of the same company that produces and publishes Events Magazines for 12 towns along the Connecticut Shoreline and into the Connecticut River Valley, including Clinton Events Magazines.

You can contact Essex Printing at 860-767-9087 or visit www.essexprinting.com.



Some samples of our winning printed pieces.

Jacques Pépin and his granddaughter Shorey.



Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking."

All photographs by Tom Hopkins

A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."

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