

Clinton events

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First Selectman's Corner

Hopefully by the time you're reading this, the snow has finally melted. This winter was one for the ages with record cold temperatures and a series of moderate to heavy snow storms. Our patience was tested and our crews and equipment were pushed to the limit. But, as always, our Public Works Department did a fantastic job handling whatever mother nature had to offer; thanks guys.

As the flowers start to bloom and the birds are singing again, winter will be a distant memory. With the arrival of spring outdoor activities getting into high gear, the marinas get busy, our athletic fields are full and preparations begin for the opening of the Town Beach. Spring is also budget season, this year's budget public hearing will be held at 7:00 pm on April 8th in the Town Hall auditorium. The referendum vote will take place on May 13th, 6:00 am to 8:00 pm at Town Hall. Please try and attend the Public hearing, ask questions and make an informed decision.

Lots of great stuff going on in Town. On the development front, a Town meeting overwhelmingly voted to sell the existing Morgan site to Mill Pond Clinton LLC. This project will breathe new life into the local economy, increase our grand list and compliment other existing and future developments in Town.

Another exciting turn of events is the purchase of the Unilever plant by Mack Properties. The developer has proposed a 200,000sf indoor recreational facility for the primary use of this property. This will bring people into Clinton who will support our local businesses and reinvigorate our downtown. This development will truly make Clinton a destination. The new Morgan project is cruising along; if you drive up Killingworth Turnpike you can see the shell of the building rising up over the fence. The Morgan building committee has put together a great team and we are building a facility that our entire community can be proud of for generations. Once again, I urge you to get out and about this spring, see Clinton, support our businesses and take in a ball game. This is truly a new and exciting future for Clinton.



William Fritz, Jr.
First Selectman

Willie

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A Memory Care Neighborhood
1556 Saybrook Road, Haddam, CT 06438

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook

ECSI is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years!

Attention Shoppers, Design Creators, Vintage Courtesans and Treasure Hunters! The Estuary Council of Seniors in Old Saybrook at 220 Main Street is hosting the first annual "Junk in the Trunk" - A Parking Lot Shoreline Market, on Saturday, April 25th.

The market will feature vendors and artisan showcasing their one of a kind treasures, antiques, vintage pieces, arts and crafts and other assorted bric-a-brac during this one day shopping event. The market will be open from 10:00 am to 3:00 pm, rain or shine. There will be food available for purchase, music, information and tours of our wonderful Senior Center, a gift drawing and much, much more. If you are interested in being a vendor, please call Director, Paul Doyle at 860.388.1611, extension 211. For more information, visit us at <http://www.ecsenior.org>.

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Letter from the Publisher

Dear Valued Readers,
If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home.
And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover.

2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and

assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,
William McMinn
President
Essex Printing and Events Magazines

Three Students Chosen for the Southern Regional Music Festival

For choral and band students in middle schools across Connecticut, being chosen to participate in the Connecticut Music Educators Association's Regional Middle School Music Festival is one of the highest honors the young musician can receive.

Jared Eliot band director, Ross Tucker, could not be more proud of the three students chosen for the privilege of performing in the Southern Region Music Festival which took place on February 27 at the Lincoln Middle School in Meriden, CT.

Consistently (for the last thirteen years), since Mr. Tucker has been the Eliot band director, Eliot students have been chosen to play at this festival.

The festival is organized by music teachers who volunteer their time to provide an opportunity for the best middle school musicians in the area to perform together. It features top instrumentalists and vocalists from over forty

schools in Southern Connecticut. More than three hundred students participate in the various groups (band, orchestra, chorus and jazz band).

The audition process is difficult. Band students must memorize five major scales and the chromatic scale. They must also play a selected prepared piece. At the audition, students perform for a judge and get scored on several musical elements (dynamics, phrasing, articulation, tone, etc).

To prepare for the festival concert, students practiced with all of the students selected on the Friday before the concert for four hours and then an additional four hour rehearsal Saturday morning before the concert. It is amazing what these young musicians sound like after just two rehearsals!

The Jared Eliot students selected this year were: Sara Buzzeo (clarinet), Will Luke (trumpet), and Ben Buzzeo (alto saxophone).

events

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From the Town Clerk's Office

Sharon Uricchio, CCTC, Town Clerk

FISHING DAY OPENS

Saturday April 11

(Pending legislation, check DEEP website for update) www.ct.gov/deep

SPORT LICENSES ARE AVAILABLE

All sport licenses are available in the Town Clerk's Office, Monday - Wednesday, 9 am to 4 pm, Thursday 9 am to 7 pm and Friday 9 am to noon. You can also obtain your licenses on the DEEP website.

IMPORTANT DATES TO REMEMBER

April 8th Budget Public Hearing
May 6th Annual Budget Meeting
May 13th Budget Referendum
6 am to 8 pm

JUNE (entire month)

Dog Licenses are to be renewed. If you should have any questions, please call the Town Clerk's Office at 860-669-9101.

St. Mary's 6th Annual Tag Sale

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Clinton Art Society Members Show

Green Room / Clinton Town Hall / Rt 1, Clinton

April 21 through May 26 / Open during Andrews Memorial Hours

CAS is in it's 66th year; original paintings and sculpture.

Information: 860-399-6917 / 203-484-9137.

Contents

First Selectman's Corner	1
Estuary Council	
Regional Senior Center	2
Letter from the Publisher	3
Three Students Chosen ~ Regional Music Festival	3
Town Clerk's Office	4
Clinton Art Society Members Show	4
St. Mary's 6th Annual Tag Sale	4
Food for All Garden	5
The Water Pollution Control Commission	6
Free Tax Help Available	7
Clinton Business & Community Expo	8
Henry Carter Hull Library News	8
Middlesex Hospital New Urgent Care Center	9
Welcome to Clinton!	10
MacLachlan - First Term as State Representative	11
The Clinton Parks & Recreation Department	12
A Diversity of Diabetes Pills	14
Clinton Farmer's Market	16
Families Helping Families	17
Dry Eye	18
Wallet Medication Card	20
Land Conservation Trust	
Inside Back Cover	

Food for All Garden Serves Hundreds at Food Pantry

Nearly 10,000 pounds of vegetables, herbs and flowers have been produced during the past two years in the Food for All Garden, thanks to the efforts of dozens of hard-working volunteers and the generosity of many organizations, foundations, churches, businesses and individual donors. Everything grown is given freely and with much joy to the hundreds of people who seek assistance from the Clinton Food Pantry, one of five in the Shoreline Soup Kitchens and Pantries network, on Wednesday evenings at the Episcopal Church of the Holy Advent. Our produce, plus that contributed weekly

by the St. Mary's Garden in Clinton, helps increase the nutritious value of meals in area households for six months each year. The Food for All Garden is located behind Holy Advent at 81 East Main Street, adjacent to the Pierson School parking lot. It is fun for young and old alike. Of course it's labor-intensive, but that means free exercise – in the fresh air! We're mostly amateurs and find it a great learning opportunity, too. Wouldn't you like to join us? Regular volunteer times are Saturday mornings 9-12 and Wednesday afternoons 2-5. As the season progresses we add or shift hours and days depending on harvest

needs and weather issues. The garden is a great location for a community service project or a company outreach effort. Even a few hours make a big difference. Come and visit: We love to show people around! Winter is past; the soil is warming up; seeds and seedlings will soon be ready to plant. It's a happy thing, growing food and flowers, hoping to help others be happy and healthy too.

Please contact Margaret Larom, coordinator, for more details. Email margaretlarom@gmail.com or look for Food for All Garden on Facebook.

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The Water Pollution Control Commission

The Water Pollution Control Commission's (WPCC) Public Involvement Program is now in full swing. This program is engaging people in Clinton in the roll-out of solutions for the Town's wastewater problems. The members of the commission feel it is important to have residents raise questions, concerns, and insights for consideration while developing the final plan. In January, the WPCC met with residents in the Rocky Ledge needs area to discuss a proposed concept of bringing public water instead of sewers into the neighborhood. After a brief presentation by the commission, a group of residents asked pointed questions about how this will affect their property in terms of physical disruption and cost.

In February, the WPCC met with residents in the Long Hill needs area. This area of town has some of the most noticeable pollution problems, making the property owners eager to see what we plan to propose. The WPCC was able to show this group of people what is different about the current approach versus previous plans proposed in the 2003, 1990, 1987, and 1979 reports, by highlighting the Commission's recognition and commitment to property owner involvement and proposing a focused solution.

Residents in other affected areas will be contacted soon to meet with the WPCC and flush out their concerns and gain valuable insights. These areas include the downtown Route 1 corridor and the shoreline properties. Other areas will also be contacted to ensure the WPCC hears as much public opinion as possible prior to finalizing the plan.

9 TOWN TRANSIT



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Happy Spring!

from all of us

at

*Events Magazines
& Essex Printing*



Free Tax Help Available

Available for Households Earning \$53,000 or Less; Dial 2-1-1 for an appointment.

Families with a household income of \$53,000 or less are eligible for free tax preparation assistance which is available now through April 11, 2015 at two sites in Middletown.

The Volunteer Income Tax Assistance program is an official IRS program, and all tax preparers are trained and certified to ensure that low- to moderate-income families receive the refunds and credits that they have earned, including the federal and state Earned Income Tax Credits and the Child and Dependent Care Tax Credit.

In 2014, the two VITA sites in Middletown helped more than 530 Middlesex County area residents file their taxes for free and returned \$767,781 back to taxpayers. Those who filed with Middletown VITA sites had an average

Adjusted Gross Income of \$19,676 and received an average refund of \$1,706, money they have earned. This impacts not only those who filed their taxes, but also their families and the local economy. Appointments are required and are being offered during the evenings and on Saturdays in downtown Middletown. To make an appointment, dial 2-1-1 from any phone. 2-1-1 is available 24 hours a day, 7 days a week.

Individuals should bring a check or bank statement for direct deposit of their refund. Direct deposit is the quickest way to receive the refund, usually within 7 to 14 days. When attending their pre-scheduled appointment, individuals should bring: valid photo ID for yourself and your spouse; social security cards or ITIN for everyone in the household;

birth dates for everyone in the family; documentation for all income; interest and dividend statements; documentation for deductible education expenses and student loan payments; total amount paid for child care as well as day care provider's tax identification number and address; property taxes paid, including automobile taxes; evidence of health care coverage in 2014; a copy of last year's federal and state income tax returns, if available; and the current year's tax package if you received one.

Middletown VITA sites are coordinated by the Middlesex VITA Coalition, a partnership of Middlesex United Way and the North End Action Team. The Middlesex VITA Coalition receives support from the Connecticut Association of Human Services.

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Clinton Business & Community Expo

The Clinton Chamber of Commerce will host its 24th Annual Business and Community Expo at Andrews Memorial Town Hall, Route One in Clinton on Saturday April 4, from 9:30 a.m. to 3 p.m. More than 45 local businesses, restaurants, and civic groups will be present. Exhibitors will display, advertise, and promote their businesses, while those attending can discover resources available to local residents. The event includes a visit from Elsa and Anna from Frozen for the kids and a food court offering modestly priced tastes from Clinton eateries. The event is family oriented and open to the public. Guests who visit each booth and have their passport signed by each exhibitor will be eligible for a prize at the close of the event.

Approximately 20 non-profit and civic groups will be on hand to greet visitors and explain what their organizations do. Admission is free. For information about participation in the Expo, call 860-669-3889 or email chamber@clintonct.com.

Blood Drive

The Clinton Chamber of Commerce will host a Blood Drive in conjunction with its 24th Annual Business and Community Expo on Saturday April 4. Donors can come to the Town Annex between 9 am and 2 pm to donate blood and enjoy a snack. Donors are encouraged to visit the Community Expo next door at Town Hall either before or after giving blood. For more information contact the Clinton Chamber of Commerce at 860-669-3889 or contact our American Red Cross representative Brian Young at Brian.Young@redcross.org

Business After Hours at Chamard Vineyards

Join the Clinton Chamber of Commerce for an evening of fun and networking at Chamard Vineyards located at 115 Cow Hill Road, Clinton, Tuesday, March 10th from 5:30 to 7:30 p.m. The Chamber will honor past board member Asif John Hus-saini who has stepped down after almost 20 years of dedicated service. The cost of registration is \$15.00 for members and

\$20.00 for non-members, pre-registration is required. Door prizes are always needed and welcome. To register contact the Clinton Chamber of Commerce at 860-669-3889 or chamber@clintonct.com.

Shredding Event

The Clinton Chamber of Commerce has arranged for the public to shred unwanted documents. A truck from The Shredding Source of Guilford will be parked next to the Clinton Chamber of Commerce office at 50 East Main Street on Saturday, April 18. The truck will be on site from 9 a.m. to 2 p.m. The Shredding Source personnel will destroy personal and legal documents on site and issue a certificate of destruction if requested. Cost is \$6 per box. Staples and paperclips do not have to be removed. The public is invited to participate. It is not necessary to be a Clinton resident or chamber member to participate. Questions can be directed to the Clinton Chamber of Commerce at 860-669-3889 or emailed to chamber@clintonct.com.

Henry Carter Hull Library News

It's finally spring at HCH! To celebrate the season of new beginnings, we're pleased to announce that, thanks to a grant from the Community Foundation of Middlesex County, we will install a brand new iMac in the Business Center, available for all local entrepreneurs for their business needs. Keep an eye on our website (www.hchlibrary.org) for the official Mac Launch, and for classes related to all things Mac. We are so grateful to the Community Foundation of Middlesex County for this exciting endeavor!

National Poetry Month

The teens will be celebrating National Poetry Month by hosting the Spring Teen Writing Club led by award-winning local author, Leslie Connor. Throw off some rules, be inventive, and discover your own voice! Over the course of this 6-week workshop, learn to develop ideas into finished stories, poetry, lyrics - whatever interests you. Bring a work in progress or start a new writing project. The Spring Teen Writing Club will meet on Mondays, April 13, 20, & 27 and May 4, 11, & 18 from 3:15-4:45.

This is a fantastic opportunity for aspiring teen writers in Clinton. This series is FREE to all Clinton students and provides a safe, fun, and non-competitive creative atmosphere. Please register at hchlibrary.org or call 860-669-2342.

Spring Break

There's something fun happening in the Children's Room! In addition to our regularly scheduled programs, we have a few special programs during Spring Break week. Join us on Wednesday, April 8th at 4pm for some **Peep Wars** (grades 3-6) or on Thursday, April 9th at 6:30 pm for a **Teddy Bear Sleepover** (preschool - kindergarten). Please remember that any teddy bear or stuffy that attends the sleepover will spend the night in the library without their human.

Feel free to contact the Children's Room or check online for any further information.

New Urgent Care Center

Old Saybrook, CT - Middlesex Hospital will open a new urgent care walk-in medical center this spring at 1687 Boston Post Road (at the intersection of Spencer Plains Road). The center will provide patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown.

More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the providers at the urgent care center access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke.

The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at www.mhurgentcare.com.

Town of Clinton
website:
www.clintonct.org



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Welcome to Clinton!

Clinton traces its history from 1663 when the land between Guilford and Saybrook, as they were then bounded, was known as Homonoscott. In this year, a committee was appointed by the General Court at Hartford to lay out this area as a plantation.

In 1667 the settlement was designated a town and named Kenilworth. By the middle of the eighteenth century, through changes in usage, this name became Killingworth. In 1838, the southern portion was incorporated by the General Assembly as the Town of Clinton, the northern portion retaining the name of Killingworth. The line marking the division between the towns of Killingworth and Clinton was the same as that which divided the first and second

ecclesiastical societies, or, as they were later known, "school societies," which were established in 1735.

As in most small New England shore towns, life centered about fishing, farming, shipbuilding, and the church.

One of the early leaders of Clinton's church was the Reverend Abraham Pierson. In 1701, when the General Court of the Colony in Hartford granted a charter for "the founding of a collegiate school within His Majesty's Colony of Connecticut", its founders chose the Reverend Mr. Pierson as its rector.

The first classes were held in his parsonage in Clinton. In later years the school was moved to Saybrook and then to New Haven, where it

eventually became Yale University. (Data provided by Clinton Historical Society)

With beautiful views of Long Island Sound, this gem of a town is approximately 100 miles from both New York and Boston and is easily accessible from New Haven, Middletown and New London.

A picturesque New England town, Clinton is a wonderful place to live and work. Clinton has an estimated population of 13,500 which almost doubles in size during the summer months as visitors flock here to enjoy our sunny beaches, antiques, historic buildings and New England charm.

We welcome you to explore, relax, & celebrate our town.

"Good People Doing Great Things."



With funding support to the Valley Shore YMCA, the Community Foundation of Middlesex County helped every first grader in Westbrook learn how to swim. Learn more online or by phone.

At the Community Foundation of Middlesex County, we know that it's the little things that count, that can change a community and improve the quality of life for all. TOGETHER we feed the hungry, shelter families, teach young and old to read, preserve local history and land, help people of all ages explore the arts, teach children to swim, support anti-bullying programs in our schools, help those with disabilities experience independence, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals... all made possible by so many good people doing great things throughout Middlesex County. We invite you to learn more.

TOGETHER WE MAKE A BIG DIFFERENCE
860.347.0025 or www.middlesexcf.org



COMMUNITY
FOUNDATION
of Middlesex County

MacLachlan - First Term as State Representative



State Representative Jesse MacLachlan (R-35) was sworn in on January 7th as state representative for the 35th General Assembly District covering the towns of Westbrook, Clinton and Killingworth.

MacLachlan was among 19 other Republican freshmen who vowed to serve their districts over a two-year term. MacLachlan states he is committed to reducing the expense of government and making our state a better place to live and do business in.

“Our state is becoming a less and less affordable place to live. College graduates receive degrees and due to a lack of jobs consequently move out of Connecticut; a growing number of seniors that have lived and worked in this state their entire lives are struggling to afford retirement. We need to change the direction our state has been going in,” said Rep. MacLachlan. “It is the utmost honor to represent the people of Clinton, Killingworth, and Westbrook - a community that supported me in youth that I now have the privilege of serving,” said MacLachlan.

For the 2015-2017 legislative session, House Republican Leader Themis Klarides appointed MacLachlan to serve on the Transportation Committee, Higher Education and Employment Advancement Committee, and Energy and Technology Committee.

Rep. MacLachlan took the oath of office and was sworn in by Secretary of State Denise Merrill on Wednesday afternoon in the State House Chamber. He then participated in a Joint Convention of both the House of Representatives and Senate as Gov. Dannel Malloy addressed lawmakers about the 2015 Session.

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MARTIAL ARTS

Tony Pinto's Martial Arts Academy located at 130 Ft. Path Rd. in Madison. 203-530-4730. Taekwondo (ages 3-Adult) and Cardio-Kickboxing (ages 10 - Adult) classes are offered. Session 4: May 26 - July 3. Session 5: July 6 - August 14. Session 6: August 17 - Sept. 25. Sessions consist of 2 classes/week for 6 weeks for \$65.00 (non-residents \$75.00).

KIDS' KITCHEN

(Clinton Residents only)
Grades 2 & 3: April 8th, May 13th & June 10th, Location - Joel School, Café, and Time: 3:15 - 4:45 p.m. Kids' Kitchen is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity with fresh monthly themes and exciting new programs. Children will learn the basics in the kitchen. April 8th: Blueberry Muffins, May 13th: Homemade Fudge, and June 10th: Homemade baked Chicken Nuggets. Fee for each class is \$26.00 per student.

SPRING BREAK SOCCER SKILLS CAMP Ages 6 - 14

With Brad Jeeves
April 6 - 9, Time: 5 - 8 p.m., Fee: \$95 (\$105 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Gloves, Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will not be able to register online for this Camp.

Ages 4 - 6

April 6 - 9, Time: 5 - 6:30 p.m., Fee: \$50 (\$60 Non-residents). Same info as above.

CT COMPUTER EDUCATION SESSIONS

New LEGO - Minecraft and Engineering: Grades K - 5, Wednesdays: April 15, 22, 29 May 6, & 13, Time: 4 - 5:30 p.m. A small scale version using engineering of building blocks and paper crafts. This class isn't Minecraft but we can build and create your own version with Legos and paper crafts. This class includes Micro-figs, torches,

mob figures custom blocks and terrains. No Legos will be taken home. Please bring a snack every day to class. Fee is \$85.00 (Non-residents \$95)

COMPUTER 101 FOR ADULTS ONLY (21+)

Thursdays, April 16, 23, 30, May 7, Time: 6 - 7:30 p.m., Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. Learn the basic setup, how to use email, shop and enjoy your computer. You must bring your own laptop or tablet and its power cord. Fee is \$50.00 (Non-residents \$60.00)

GUITAR LESSONS

PLEASE call our Office if you are interested in taking Guitar lessons in a group setting (min. of 5 students). Two instructors. You must have your own Guitar. Ages 9 and older.

KIDSCAPADES

Location: 161 W. Main St., Clinton, CT
APRIL VACATION ACTIVITIES:
(Grades K - 5) Max. Group size 10
Time Slots: 10 - 11 a.m., 12 - 1 p.m., 2 - 3 p.m. (Pick one time slot) Fee: \$15.00
Tuesday, April 7th - Pinkalicious - We jump into an ocean of pink. Children will decorate a non-edible cupcake, create a "pinkerball" princess wand and pink crown. **Wednesday, April 8th - Sensory Play** - Your child will have fun getting messy with materials that may include shaving cream, oobleck, & finger paint. Children will be able to explore freely with these materials. **Thursday, April 9th - One, Two, Three Strikes You're Out** - Baseball fans come join us for baseball crafts, and indoor "baseball games" but not with bat and ball. **Friday, April 10th - Spark Your Imagination** - Various materials will be provided to help spark children's imaginations to create their own free art masterpiece.

CALLING ALL SUPERHEROS

(Ages: K - 5 yrs.) April 14, 21, & 28, Time: 4:30 - 5:30 p.m., Fee: \$45 per child (Max. Group size is 10), Class takes place at 161 West Main St., Clinton, CT. Head over to Kidscapades for Superhero Fun. Superhero

crafts will be created, games will be played. Superhero capes will be available for boys to wear.

THE PRINCESS IN ME

(Ages: K - 5yrs.) April 2, 16, 23 & 30, time: 4:30 - 5:30, Fee: \$60 per child (Max. Group size is 10), Class takes place at 161 West Main St., Clinton, CT. Girls will learn about shared character traits; kindness, loyalty, inner & outer beauty. Learn through Princess Story telling. Princess crafts will be created and tiaras will be available for the girls to wear.

WEDNESDAY MORNING PAINTING

Open Studio. Adults (18+) Ongoing/
Come any time. Location: Indian River P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT, 860-669-6901. Join a supportive group of people with similar interests. Tables & Chairs provided; bring your own projects and supplies.

EASTER EGGSTRAVAGANZA POLYMER CLAY EGGS (Adults)

Tuesday, April 14. Time: 1:30 - 3:30 p.m. at P & R Building, Fee: \$28.00. Price includes all materials. Enter the world of cane building and decorative eggs in this hands on step-by-step workshop. Choose colors and make fanciful canes. Learn how to apply decorative canes to your egg and create gorgeous heirloom works of art.
Instructor: Gloria Nilsson

EASTER EGGSTRAVAGANZA THE QUILLED EGG (Adults)

Tuesday, April 21, Time: 1:30 - 3:30 p.m., at the P & R Building, Fee: \$28.00. Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. You will learn basic quilling designs to embellish an Easter Egg. Quilling tools, eggs, and all supplies to complete one egg will be provided.

SILK PAINTING WORKSHOP

(Adults) Wednesday, April 15, time: 7 - 9 p.m., at P & R Building, Fee: \$52.50. Price includes all materials. This Mother's Day create original handmade gifts & gift your

own original silk scarves! Hand paint three luxurious 100% silk scarves in this two-hour introductory workshop with artist Gloria Nilsson. Session is hands-on, interactive, and gives a solid understanding of silk painting using a variety of colors. For pictures of some of the scarves, go to www.gznilsson.com and you will find many colorful examples of scarves painted by Gloria. Class is limited to 10 students.

WORKS ON PAPER SERIES

Expressive Watercolor Effects Gift Tags: (Adults) Monday, April 20, Time: 7 - 9 p.m., at the P & R Building, Fee: \$32.00. Price includes all materials. If you have always wanted to try watercolor painting but felt intimidated, this is a great way to get started! In this series of four Works on Paper Workshops learn how to create loose, painterly watercolor effects, combining watercolor pencil doodles, tangles, and scribbles! Cut out tag shapes and use stamps and colored links to design gift tags. Future workshops feature Quilled Greeting Card, Mini-Madness Journal & Calendar Cuties.

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. Mondays from 6 - 7 p.m., Thursdays from 10 - 11 a.m. and Saturdays from 9 - 10 a.m. All classes are held at the P & R Building located at 201 Killingworth Turnpike, Clinton, CT. Fee: \$5.00 per class.

AMERICAN GIRL CRAFTS

(Ages 5 and older) Class will be held at the P & R Building. April 18, Time: 2 - 4 p.m. Fee: \$20 (Non-residents \$30) Instructor: Claudia Mathison. Creating flower crowns for you and your dolls. Stories, games and refreshments.

ADULT CO-ED VOLLEYBALL

(Adults Only) Open gym! The games will be played on Monday evenings from 7:30-9:30 pm at the following locations: **March:** Morgan Gym A. **April:** Morgan Gym A. **May:** Eliot Gym.

MEN'S BASKETBALL

(Adults only) Open gym! Games played from 7:30-9:30 pm. **March:** Tuesday and Thursday evenings at Morgan, Gym A. **April:** Tuesday and Thursday evenings at Morgan, Gym A. **May:** Tuesday and Thursday evenings at Morgan, Gym A.

GIRL'S SOFTBALL PROGRAM

Girls in Grades 1-3. Program on Mondays and Wednesdays after school from 3-5 pm at the Peters Complex. Practice will begin April 20, weather permitting. Games begin May 4, and the program ends June 10. Fee is \$35.00.

PEE WEE TENNIS

(Ages: 3-5 years) Saturdays: May 2 - June 6 (Make-up Date: June 13th) No class 5/16, Time: 9:15 - 10:00 a.m. or Thursdays: May 14 - June 10, Time: 3:15 - 4:00 p.m. (Make-up Date: Thursday, June 17th) Fee: \$79 (Non-residents: \$89). Introduces Pee Wees to forehand, backhand and volley in fun game situations. Classes held at the Peters Complex. Minimum of 4 Pee Wees.

Continued on page 15

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A Diversity of Diabetes Pills

If you or someone you love has diabetes, you know how important it is to manage it well. What happens if you don't? You're at risk for serious complications that can affect your heart, kidneys, eyes, and nerves - to name a few.

Some people can manage diabetes with meal planning, weight loss, and exercise alone. Others also need medication. Pills to lower blood sugar levels are one type of drug used to treat diabetes.

Can diabetes pills help you? Not if you have type 1 diabetes. Do you have type 2 diabetes? Then, you're more likely to benefit if you've had diabetes for less than 10 years and your body still makes insulin. That's the hormone that regulates sugar levels in your blood. There is more than one type of diabetes pill, and the FDA has approved several new ones in the recent past.

Sometimes combining more than one type is the best solution.

Or, your doctor may prescribe pills plus insulin.

There are many classes of diabetes pills. They help you control your diabetes in different ways. These drugs may do one or more of these things:

- Stimulate the pancreas to release more insulin
- Decrease the amount of sugar the liver produces
- Make muscle tissue more sensitive to insulin
- Help insulin work better
- Lower blood sugar, but only when it gets too high in your body
- Help the kidney get rid of extra sugar, which lowers levels in your blood
- Block the breakdown of starches such as pasta and potatoes, and slow the breakdown of certain sugars, which slows the rise of sugar levels after eating
- Both lower cholesterol and reduce blood sugar

Isn't it amazing how many different ways these drugs work?

If one doesn't work well for you or if it stops working, another may be more successful. That's because doctors and scientists think that the cause of type 2 diabetes is not the same for all people with the disease.

If your doctor has prescribed one of these drugs, I can provide you with more information. To help avoid interactions with other drugs, print a list of all your medications, both prescription and over the counter. Bring that list with you when you come to talk to me. I can answer other questions you might have about your medication, such as:

1. Are there special instructions for this medication?
2. Do I need to take the medicine with meals or at certain times of the day?
3. Should I avoid taking this medication with any foods, vitamins, or supplements?
4. What are the most common short-term and long-term effects of this drug?

As you can see, the arsenal for fighting diabetes just keeps growing – and we haven't even touched on new injectable and inhaled medications. Let's save that for another day!

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

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CHILDREN'S TENNIS CLINIC

(Ages 6 - 17) Saturdays: May 2 - June 6 (Make-up Date: June 13th) No class 5/16. Times: Ages 6-8: 10 - 11 a.m., Ages 9-12: 11-12 p.m., Ages 13-17: 12 - 1 p.m. or Thursdays: May 14 - June 11 (Make-up Date: June 18th) Times: Ages 6-8: 4 - 5 p.m., Ages 9-12: 5 -6 p.m., Ages 13-17: 6 - 7 p.m. Fee: \$99 (Non-residents: \$109) Instructs players on all tennis strokes, footwork and etiquette. Min. of 4 children per age group, max. of 15.

FALL SOCCER REGISTRATIONS IN MAY!

ONE DAY - CT SAFE BOATING & PERSONAL WATERCRAFT COURSE

This single session, 8-hour course, taught by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19½' in length and longer. Upon successful completion of this course the student can mail or deliver the diploma to any State DEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. Please continue to check our website for more information or check the following website: www.promarineed.com for classes.

DEP SAFE BOATING CLASSES

(Adults and children over 10) This class is a 10 hour course that meets on Monday and Wednesday evenings: June 1, 3, 8, & 10, from 6:30-9:00 pm for two weeks. The last class will give a final exam. A passing grade will enable you to apply for your Safe Boating Certificate. The classes will be held at the H-K HS Cafeteria, (860-345-8334). The fee is \$20 per person (Non-residents add \$5) Students passing will satisfy the requirements for the CT Safe Boating Certificate and Personal Watercraft Operation.

TOWN BEACH

Tentatively scheduled to open June 20th and visitors will be required to have a Beach Pass for their cars. Passes are sold at the Gate Keepers booth. Fees: Resident Pass Fee: \$20 Per Car, Senior Resident Fee: \$10 Per Car. Non-Resident Daily Parking Fee: \$25.

CLINTON FAMILY DAY

July 18, Time: 9 am - 2:30 pm at the Clinton Town Beach. Sand Sculpture registrations begin at 8:30 am.

ENVIRONMENTAL ECOLOGY CAMP

June 29 - July 3 or July 13 - 17, Time: 9 am - 12 noon, For children entering grades 2 - 6 as of Sept. 2014. Registration for Ecology Camp will open on May 15th to Clinton residents (Clinton residents will get "first dibs"). Non-residents may register after May 29th. Monday, Wednesday, Friday: at the Clinton Town Beach, Tuesday: at the Entrance of Peter's Woods, Valley Road and Thursday: at the Indian River Recreational Complex Beach Days: Join local teacher and Clinton Land Trust Board Member, Dana Skidmore, for 3 mornings of beach exploration. Children will be introduced to varying habitats: the salt marsh, the sandy beach and the mud flats. They will use bucket and dip nets as well as beach seines to experience the local marine life in the sound. They will get a crab's eye view of barnacles feeding, periwinkles grazing on algae, green crabs scurrying about, and ospreys flying overhead and great egrets majestically wading in the water. Peter's Woods & Indian River Complex: some of Clinton's finest hiking trails! Spend two mornings with Mrs. Skidmore exploring local animal and plant species. Discover the mystery of a vernal pool. Learn the difference between a red oak and a white oak tree, feel the strong bark of a tulip tree and experience the smell of a black birch tree branch. Listen to bird songs. Gain an appreciation for our outdoor world and learn about ways in which you can protect it for future generations. Fee: \$125.00 (\$150.00 Non-residents)

Half (½) Day Ecology Camp

(Pay-It-Forward): Children entering Grades 2-6 as of Sept. 2014. Benefitting the Pierson School's Science Cultural Arts Program. Date: July 8. Time: 9:00a.m. - 12:00 p.m. Suggested Donation: \$30.00 per child (Clinton Residents Only!) Locations: Clinton Town Beach, Waterside Lane, CT. Drop Off: at the far pavilion by the concession stand.

PEE WEE SOCCER CAMP

(With Brad Jeeves): Ages: 4 - 6 Dates: July 20 - 24, or August 10 - 14, Time: 5 - 6:30 p.m., Fee: \$65 (Non-residents \$75) Location: Indian River Recreational Complex.

OPEN SOCCER CAMP

(With Brad Jeeves): Ages: 6 - 16 Dates: July 20 - 24 or August 10 - 14, Time: 5 - 8 p.m. Fee: \$115 (Non-residents \$125) Location: Indian River Recreational Complex

GOALIE CAMP

(With Brad Jeeves): Ages: 7 - 15 Dates: July 13 - 17 or August 17 - 21, Time: 5 - 8 p.m. Fee: \$140 (Non-residents \$150.00). Location: Indian River Recreational Complex

AMERICAN GIRL CRAFTS

(Ages K and older) Max. 12 - Min. 4. Dates: July 6 - 10, Time: 9 - 11:30 am, Location: Indian River Rec. Bldg. Fee: \$125.00 (Non-Residents \$135)

SUMMER ART EXPLORATION

(Grades 2 and Older) Dates: July 6 - 10, Time: 1 - 3 p.m., Location: Indian River Rec. Building Fee: \$125.00 (Non-resident \$135.00)

A downloadable registration form is now available for your convenience.

Provided by: Lois A. Ruggiero, Assistant to P & R Director.

Clinton Farmer's Market Ready for New Location



After a successful first year in its new location on Main Street along Route 1, the Clinton Farmers' Market is scheduled for another great season of bringing local fresh produce and quality goods to the Connecticut shoreline. From June 18th to September 10th the market will run on Thursdays from 4 - 7 pm, making it an essential part of the town's "Thursdays In Clinton" campaign, which promotes the town-wide happenings that fall on Thursdays in Summer, many of which are free to the public, like the Guilford Savings Bank Concert Series and historical Stanton House Museum tours, situated next door to the market. Along with many popular returning vendors, the market also welcomes some fresh faces, and will continue to update the list as applications come in. We can look forward to seeing more exceptional vendors like these who have been confirmed for the 2015 market:

Four Root Farm (formerly Darling Farm) features a wide variety of diverse and unique organically cultivated produce and cut flowers grown on their new farm located in East Haddam. They are currently in the process of becoming one of the less than 50 organically certified farms in Connecticut.

Sanremo Bakery has been owned and operated by the Motta family from Berlin since 1982. This popular vendor will be offering their quality baked breads, cookies, pastries, cannoli, stuffed breads and more. Be sure to try their homemade lemon ice and Sicilian style pizza - A market favorite!

The Bee Happy Co. is a Clinton-based apiary that uses raw materials taken directly from beehives located primarily on an organic, non-GMO farm to create home & beauty products like beeswax, royal jelly, and lip balms in addition to raw honey and other edibles like honeycomb and bee pollen.

Frank Andrews Mobile Kitchen features artisanal foods made with many local, organic ingredients and cooked on-premises in a wood fired brick oven. This native Clinton business is famous for their hand-thrown pizza with unique toppings. Have your dinner made while you buy your groceries for the week!

Bitta Blue Farm is a family-run farm from Killingworth that has worked organically with the land for over 30 years to produce a variety of fresh vegetables, flowers, free-range chicken and duck eggs, goat's milk body care products, and more.

Shannon's Jammin' out of Old Lyme has roughly 30 different varieties of gluten-free, pesticide-free jams available throughout the year that are just as delicious on toast as they are in marinades and appetizers, including some more exotic seasonal flavors like citrus-ginger, jalapeno-strawberry, habanero-mango, and sangria.



Mallard Lane Lavender is Clinton-grown with no chemicals of any kind. These sweet bunches tied with high-quality ribbon are as beautiful as they are fragrant, making them the perfect addition to any summer home or an ideal hostess gift. This local lavender is also safe for use in cooking, making it as practical as it is chic.

Ample free parking is available behind the market in the lot for the Congregational Church, with handicap accessible parking located at the market entrance. The market's address is 61 East Main Street, Clinton, CT.

Anyone interested in becoming a vendor or volunteering with the market can email: ClintonCTFarmersMarket@gmail.com, visit ClintonCTFarmersMarket.weebly.com and "Like" at [Facebook.com/ClintonCTFarmersMarket](https://www.facebook.com/ClintonCTFarmersMarket) for more information and updates.

Article / photos by Sarah Borgnis-Tobin
Clinton CT Farmers' Market Manager

Families Helping Families

We know everyone is looking forward to the warmer temperatures of spring and summer after all we have endured this past winter. At Families Helping Families we have three spring events planned. Our first event is our annual "Stuff the Cruiser" Spring Food Drive. Saturday March 28 we will be at Stop & Shop in Clinton from 10-2. All the food items collected and dollars donated go directly towards helping Clinton families who are experiencing some very difficult times.

Crazy For Cupcakes

Saturday April 18th our very popular "Crazy For Cupcakes" contest will return. Last year 27 of the shoreline's finest bakers entered their favorites in an attempt to win first place. The Green Room at The Clinton Town Hall was filled with almost 1,300 cupcakes. The over 200 people who attended had a chance to sample all the various cupcakes which were submitted. This event will be held from 6 pm - 8 pm.

Strawberry Shortcake Festival

Our Spring events calendar concludes with our Strawberry Shortcake Festival at The Clinton Town Hall on Saturday June 6 from 6 pm - 8 pm. This is a chance to come out and relax and enjoy one of everyone's favorite desserts. MacCusker's Landing is one of the best places in Clinton to watch the sunset. You can take your shortcake out to the landing and enjoy the views.

Our mission to help Clinton families has grown into five community out-reach programs. Our sincere thanks to the entire Clinton community we could not continue our efforts without their continuing support over these past nine years.

Miner T. Vincent, President
Families Helping Families

Coming in August

"Tarzan", "John Carter" (Warlord of Mars) and members of Edgar Rice Burroughs (ERB) family, along with ERB comic strip writers & artists, authors of ERB related books; and Burroughs Bibliophiles are all coming to Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT from August 20-23, to celebrate Burroughs' genius.

For a Bibliophile membership form go to <http://www.burroughsbibliophiles.com/>

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Dry Eye

Everyone will likely experience the symptoms of dry eyes at some point in their lives. Blinking replenishes our tear film providing the moisture the eyes need. The prevalence of electronic devices has resulted in a decrease in blink rate. Red, itchy, sandy, gritty, burning, and tired eyes are some of the more common complaints. Excessive tearing is also a sign of Dry Eye disease, often a result of poor tear film quality. Many dismiss and accept these symptoms as “normal”. This is an incorrect assumption. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

The tear film not only keeps the eyes lubricated, it also maintains the optical and anatomical integrity of the ocular surface. It provides a smooth interface between the eyelids and the eye itself. It also helps remove environmental debris that can cause ocular allergies. The tear film partially supplies nutrients to the cornea, as well as help defend the eye from infection. Without a sufficiently healthy tear film, the front surface of the eye is more susceptible to irritation, infection, and allergic reaction. The ocular surface insult dry eyes are subject

to eventually lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune disease (e.g. Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g. Rosacea, eczema, etc.), and Thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. Though, it is important to customize and tailor these treatment options to each individual. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision, and before it affects the quality of your life.

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Kathy Alsop, Art Director, and Suzanne Spires, Operations Director at Events Magazines showing the International Benny Award won by Essex Printing for being the Best of the Best in the printing industry while attending the Old Saybrook Chamber of Commerce Business Expo.

Your Photo Becomes Our Cover

Take a photo capturing the spirit and beauty of one of our Events towns and it could be selected to be on the cover. We will be selecting a prize-winning photo from the entries in this year's Chester Fair Town Photo category. (see www.chesterfair.org for contest rules)

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Time for Gardening: Come Grow with Us!

Grateful thanks to all who have given so generously as volunteers or donors to help grow the Food for All Garden, a project of Our Community Cares, Inc., at the Episcopal Church of the Holy Advent, Clinton.

In 2013-2104 we produced nearly 10,000 pounds of vegetables, herbs and flowers for Clinton's SSKP Food Pantry, serving 100+ households weekly! Want to help?

Please contact the coordinator:
MargaretLarom@gmail.com



Wallet Medication Card

The Connecticut Department of Public Health is working with partners including the Connecticut Hospital Association (CHA), the CHREF Patient Safety Organization, Qualidigm, and the Qualidigm PSO to promote awareness of patient safety strategies and empower patients to be more active partners in their care. As the first step in this statewide effort to engage patients in safety, we have developed a wallet medication card in order to assist consumers in maintaining an accurate record of the medicines they take and other important information. It is critical that your healthcare providers have complete information about your medical history and current medications, and we encourage all consumers to use the

wallet medication card or a similar tool to track this information.

The wallet medication card and instructions are available in two formats by clicking on the links at the website below. The first format (PDF) is for consumers who will print the card and complete it by hand. The second format (Word) is for consumers who would like to download the card as a Microsoft Word document and save it to their own computer for filling out electronically before printing.

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Clinton Land Conservation Trust Upcoming Events

Clinton Land Conservation Trust has something for all ages. As in years past, the CLCT sponsors events that span all age groups with the goal of bringing awareness to the great outdoors here in Clinton.

March

CLCT will award four two week Eunice Symonds Scholarships to Bushy Hill Nature Camp students at Pierson School. These students “earn” their week by submitting a persuasive essay to the Board.

April

Our annual and ever popular “Peeper Prowl” is free to everyone interested in learning about vernal pools and the life that springs from them. Come listen to and observe choruses of peepers, bull frogs, tadpoles, water beetles and more. This will be held at the Indian River Sports Complex, date TBA.

May

CLCT awards the Alice and David Crosby Environmental Scholarship for \$1,000.00 to a high school senior pursuing a college degree in the environmental field.

June

Our National Trail Day Hike scheduled for June 6th, location TBA.

July

Dana Skidmore, a local teacher and marine biologist, leads our Ecology Camp co-sponsored by the Clinton Park & Rec. Campers compare and contrast different habitats. They spend three days at the Town Beach exploring salt water habitats and two days learning about woodland, vernal pool and stream ecology.

August

CLCT co-sponsors a reading program with the Children’s Room at the Henry Carter Hull Library.

September

This is ‘Save the Sound’ month so we will be meeting at the Town Beach for breakfast and beach cleaning. All of our data is submitted to the International effort to reduce litter. Date TBA.

October

CLCT scheduled its annual meeting on Mon. Oct. 19th with a guest speaker TBA. All of these events are made possible by your donations. For more information about upcoming events, please check our web site at www.clintonlandtrust.org.

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