

Clinton



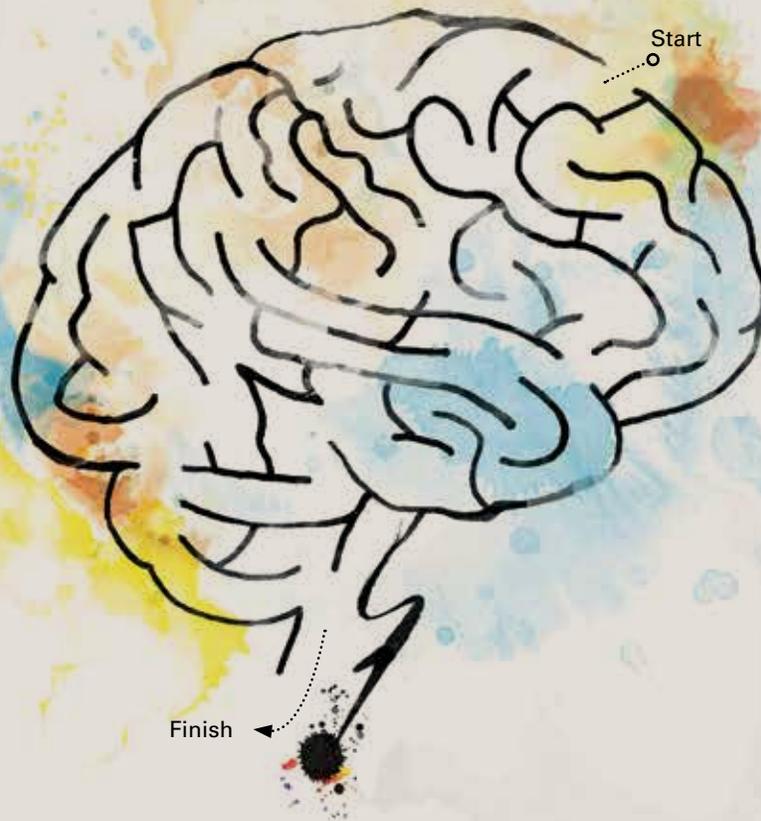
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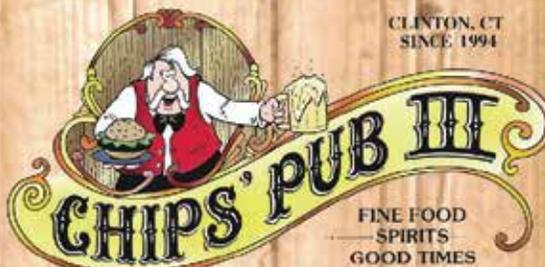
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www.thesaybrookathaddam.com

First Selectman's Corner

Well Spring has come and gone and quite frankly the Spring weather sure took its' sweet time getting here, but when it did the Town looked better than ever. Now we transition into Summer and all the great things Clinton has to offer. Our Town's population doubles in the Summer as the tourists flock here to enjoy the shoreline. The Town Beach and Marina are bustling with activity largely due to all the improvements we have made at both facilities. If you haven't been to either of them you don't know what you're missing. Both facilities have top notch concessions serving great food and drinks to consume while you're enjoying the view. Clinton Landing in the center of Town offers scenic views, kayaking, fishing and crabbing all within walking distance to local restaurants. On Thursday night the Chamber hosts the Summer concert series at the Vece gazebo in front of Pierson school. Great bands from around the area perform your favorites. For the Art aficionados late August hosts the Clinton Art Society show and Connecticut Opera at the newly renovated Andrews Town Hall. Great works by local artists and a top notch production grace our town every year.

And let's not forget the Bluefish Festival and Clinton Family day held on the weekend of July 21st. Great fun for the entire community right in the heart of town, be sure not to miss it.

In preparation for the big 350th heritage event in August our Main Street is getting a facelift. The first phase of our streetscape project began mid-May and will be completed by late June. The Town's center will have new sidewalks,

benches, planters and period lighting, all of which is being paid for by a State of Connecticut Small Town Economic Assistance grant. Phase II has been designed and is awaiting funding.

Let's not forget that June 1st is the beginning of Hurricane season. If the last two years are any indication, we could be in for another active year. Included in this issue I am posting a preparedness guide. As we have witnessed in the last two years, Clinton is not immune. Pay attention to the forecasts and heed the warnings in the event a storm is approaching. Property can be replaced, but a life lost is lost forever.

On a sad note, former First Selectman Jim McCusker passed away on May 17th after a courageous battle with cancer. Jim loved Clinton and spent his entire 37 years here serving the community, 11 years as First Selectman. Jim was my mentor and had a huge influence on my decision to become First Selectman. Our prayers go out to his wife Judy, children; Jane Krista, Jim and Mora their spouses and grandchildren. A great man who loved a great town; we will miss you. Have a great Summer, take advantage of all Clinton offers.



*William Fritz, Jr.
First Selectman*

Willie

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June is Dog Licensing Month

At the end of May 2013, dog license reminders were sent out to those who registered their dogs in 2012.

If you should have any questions, please call the Town Clerk's Office at 860 669 9101.

Thank you,

Karen Lee Marsden, Town Clerk



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Annual Summer Fair

The First Church of Christ Congregational is gearing up for its 60th Annual Summer Fair on Friday and Saturday, August 9 and 10. Well known across Connecticut, it is one of the best fairs of the Summer and promises good fun and food for the whole family.

The Fair features 50 handcraft exhibitors from all over the country. On Friday there will be entertainment by The Engine Room and a giant Auction under the tent on Saturday at noon. If it's delicious food you're after, you will enjoy the Famous Dip Supper at 5 pm Friday night, Breakfast from 7:30 to 9:30 am or throughout both days, all the specialties you look for at a New England Summer Fair - hotdogs, hamburgers, sausage and peppers, clam chowder, donuts, fried dough, ice cream, popcorn, pretzels and, of course, strawberry shortcake. And new this year, fair goers can look forward to a Lobster Dinner on Saturday night!

There will also be church crafts, a Silent Auction, Raffle, Tag Sale, Rummage Sale, and plenty of activities for the kids. So mark your calendars now for a great time at the Church on the Hill in the center of Clinton and watch for more details as the Fair gets closer.

The Congregational Church Summer Fair takes place on the Church grounds on Route One in Clinton on Friday, August 9, from 11 am to 9 pm and Saturday, August 10, from 9 am to 7 pm.

Families Helping Families

Summertime in Clinton - can there be any better time anywhere? We look forward to many trips to the Clinton Town Dock to not only enjoy those refreshing breezes off the water but also to enjoy some of the best cheeseburgers one can find along the shoreline at Sal D's. The Clinton Town Beach is another venue where one can just relax and enjoy the water. We in Clinton are blessed to have so many attractions right in our home town.

Families Helping Families does not have any events scheduled in July and August. This gives our members a chance to enjoy the summer and firm up plans for the fall and winter seasons. We thank all the people who supported our spring events including our Ice Cream Social and our first Strawberry Shortcake Festival. We could not continue our community out-reach programs without the on-going very generous support we receive from the people of Clinton.

Our fall schedule of events is almost complete and we look forward to seeing everyone at them like our Apple Pie Festival on Saturday October 5 at The Clinton Town Hall. We try to make sure we have to free events that people can attend and have a relaxing/fun time while at the same time helping Clinton families that need some assistance. Our goal/mission has not changed since we started and that is to help struggling Clinton families how and whenever we can. If you have any questions about us or our mission feel free to contact us at 860-669-5592.

Miner Vincent, President - Families Helping Families

CLINTON SUMMER FAIR

Friday, August 9 ~ 11 a.m. - 9 p.m.
Saturday, August 10 ~ 9 a.m. - 7 p.m.

Free Admission ~ Ample Parking

50 Craft Exhibitors + Church Crafts
Children's Activities + Food Booths
Raffle + Rummage + Silent Auction
Books and Records + Tag Sale Items

FRIDAY

5 p.m. Our Famous Dip Supper
Entertainment by *The Engine Room*

SATURDAY

7:30 a.m. Breakfast
10 a.m. Touch-A-Truck for Children
12 noon Auction under the Big Tent
5 p.m. Lobster Dinner – *New This Year!*

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Golf Tournament

Fore! Golfers all across the northern states have returned to the fairways and are now busy working on their drives, chip shots, and putts. The Clinton Education Foundation and the Clinton Lions Club are busy as well, getting ready for their combined golf tournament which will take place in just a few weeks.

This annual tournament will be held this year on Monday, June 24 at the Clinton Country Club. The tournament serves as means to raise money to support the work of these two community service organizations. The golf itself is a big part of this effort, but the bulk of the money raised comes from raffle and auction items offered at the tournament. 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 television, barbecue grills, lawn equipment and gift cards.

In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for raffle and auction 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 www.clinton-public.org/cef or www.clintonlionsclub.org, or contact the Clinton Education Foundation/Clinton Lions Club at 137-B Glenwood Road, Clinton, 06413.

Both organizations are thinking ahead to June 24, when every shot on the links will not only bring players closer to the pin, but the CEF and Lions closer to their goal of helping the children of Clinton.

Chamber of Commerce Events and Concerts

To Register, or for information:

Clinton Chamber of Commerce
P.O. Box 334, Clinton, CT 06413
(860) 669-3889 www.clintonct.com

BUSINESS AFTER HOURS AT CHIPS' PUB III

Tues. June 11
Hosted by the Clinton Chamber of Commerce.
24 West Main Street, Clinton, 5:30 p.m. to 7:30 p.m. \$12 prepaid / \$15 at the door.
All proceeds to benefit the Robert DiBona Scholarship.
Sponsors for the evening include: Clinton Insurance Center, Clinton Subway, Edwards Investments, Harbor News, Milone Chiropractic, Shore TV & Appliance, Steward's Ace Hardware, Superior Auto, and Joe & Dolly Mezzetti.

LEGISLATIVE BREAKFAST

Thurs. June 13
Hosted by the Clinton Chamber of Commerce.
Panel to include Clinton Selectmen, State Rep. Tom Vicino and State Sen. Art Linares.
Robert DiBona Scholarship winners honored.
Andrews Memorial Town Hall, Route 1, Clinton from 7:45 a.m. to 9:30 a.m. Public/walk-ins welcome. No charge.

BUSINESS AFTER HOURS AT WALKER LODEN

Wed. July 24, 2013
Hosted by the Clinton Chamber of Commerce and the Madison Chamber of Commerce.
788 Boston Post Road, Madison from 5:30 p.m. to 7:30 p.m.
\$10 prepaid / \$12 at the door.

Clinton Chamber of Commerce Presents
Guilford Savings Bank Summer Concert Series
Pierson School, Route 1, Clinton

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Thurs. July 11

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GET IT *DONE* WITH DYLAN

Continued on page 8

Clinton Family Golf Classic 2013

In the grand spirit of collaboration, The Clinton Lions Club International and the Clinton Education Foundation teamed up last year to host the first annual **Clinton Family Golf Classic**. What a success! By combining efforts, these two non-profits managed to net \$46,000 for the community of Clinton. **This profit is immediately infused into the Clinton community in the form of scholarships, grants, and special areas of need benefitting solely the Town of Clinton.** So, in the spirit of our community's 350th birthday, let's join forces to elevate the success of this tournament! Happy Birthday Clinton!

Our tournament would not be as successful without the support of the businesses that support our efforts. Together we can make a difference in our own backyard.

Be a sponsor or get a foursome together!

Event Date: June 24, 2013

Clinton Country Club

For questions contact Wendy Irmischer at 860-664-6501

Registration forms available at www.clintonpublic.org/cef

or www.Clintonlionsclub.org

Please make your check payable to CEF.

Payment appreciated with registration and will insure your spot in the tournament.

Please mail to :

CEF-Lions Family Golf Classic

Clinton Education Foundation

137-B Glenwood Road, Clinton, CT 06413



Continued from page 6

Sponsored by: Clinton Insurance Center; A Limo Company, LLC, and Vista Vocational and Life Skills Center. Concert begins at 6:30 p.m.

THE NAVELS

Thurs. July 18 - Sponsored by: J&E Warner & Sons Painting and Construction; Shoreline Insurance Agency, and Partners in Community. Concert begins at 6:30 p.m.

LONG ISLAND SOUND

Thurs. July 25 - Sponsored by: Middlesex Hospital; Clinton Paint & Decorating, and Schumack Engineered Construction. Concert begins at 6:30 p.m.

THE CONVERTIBLES

Thurs. August 1 - Sponsored by: Clinton Crossing Premium Outlets; Peregrine's Landing At The Shoreline, and HPearce Real Estate. Concert begins at 6:30 p.m.

SHADED SOUL

Thurs. August 8 - Sponsored by: Drs. K. Carlough, DMD, J. Burzin, DDS, and L. Gagnon, DMD (Orthodontists), and Sullivan Heiser, LLC. Concert begins at 6:30 p.m.

THE ENGINE ROOM

Thurs. August 15 - Sponsored by: Christo Jewelers; Shore Financial Group, LLC, and Lenny and Joe's Fish Tale Restaurants. Concert begins at 6:30 p.m.

BEATLES FOREVER

Thurs. August 22
Sponsored by: Technique Printers; Dr. David Sliva, DMD and Dr. Brian Sawchuk, DDS, and A Dancing Thread. Concert begins at 6:30 p.m.

16th Annual Liberty Bank Bluefish 5K Road Race

Sat. August 17
Jared Eliot Middle School, 69 Fairy Dell Road
Start time 9 a.m. \$17 pre-reg. / \$20 after Aug. 16. Electronic Timing by Platt Systems
Registration needed - Clinton Chamber of Commerce or www.active.com.

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Clinton Tree Committee

Spring is a great time to plant trees and the Clinton Tree Committee has been hard at work. At the Clinton Expo, members of the committee distributed 100 White Pine saplings to visitors to the Expo. They also provided valuable information on the spread of the Emerald Ash Borer and the Asian Long Horned Beetle, asking local residents to be vigilant and look for signs of infestation.

In April, the Clinton Tree Committee planted two trees in town. With the help of Lynn Hidek, a Redbud tree was planted in memory of Ed Hidek on the grounds of the Henry Carter Hull Library. Later in the month, a large group including students from the Abraham Pierson schools met to celebrate Arbor Day. The event culminated with the planting of a Colorado Blue Spruce on the Town Hall lawn.

This year the committee will once again sponsor an Art Show in the fall. Start drawing, painting and photographing your favorite trees! Look for details about dates in the upcoming months.



*Ed Hidek tree planting at the Library:
Bob Herliby, Beth Critchley, Lynn Hidek and Patricia Ames.*

What I Heard in My First 100 Days as State Senator

I have been a Connecticut state senator for 100 days. During that time, I have held 13 Town Hall meetings in each of the towns I represent. I have also taken tours of five manufacturers in the area, getting a firsthand look at what they do and hearing their concerns about the business climate in Connecticut.

These meetings were a priority for me. I wanted to meet face to face with area residents and job creators. I listened to their concerns about the future of our state. After talking with taxpayers from Clinton to Colchester, from Westbrook to East Hampton, and from Old Saybrook to Portland, I have heard some consistent messages loud and clear:

- You are concerned about Connecticut's borrowing for pricey projects such as the \$1000-an-inch New Britain to Hartford Busway.
- You are worried that our state's huge credit card debt will burden your children and grandchildren with higher taxes.
- You want to see state government abide by the same common sense budget rules that you follow in your own households.

I wholeheartedly agree. The fiscal accountability you are demanding from your government is something I will fight for every day at the State Capitol. There is no "magic checkbook" when it comes to the taxpayers' money, and that message needs to be sent, received, and repeated in Hartford. By valuing each and every taxpayer dollar, we will be better able to stretch those dollars farther. In doing so, we can provide additional help for the disabled, seniors, and people who suffer from mental illness.

In response to the business owners I have met on my area manufacturing tours, I will continue pressing for policies which

better connect employers with employees, programs which allow the jobless to learn valuable skills, and for legislation which spurs job growth and entrepreneurship. My goal is to get more people working in good quality jobs. With more people working, we will have more people paying taxes. With more people paying taxes, we will not have to raise taxes any further on our already overburdened residents and businesses.

The first 100 days as your state senator have been an amazing experience, and it truly is an honor to serve and meet with area taxpayers. I view each day as an opportunity - an opportunity to bring state spending under control, an opportunity to make this state the most business friendly state in the nation, and an opportunity to improve the quality of life for the generations which follow us.

To turn those opportunities into reality, we need to understand that the "magic checkbook" does not exist.

Sen. Art Linares (www.senatorlinares.com) can be reached at Art.Linares@cga.ct.gov or at 800-842 1421. He represents the 33rd Senate District, which encompasses Chester, Clinton, Colchester, Deep River, East Haddam, East Hampton, Essex, Haddam, Lyme, Old Saybrook, Portland, and Westbrook.



Partners in Community

Developmental Assets: Preventing substance use through positive relationships

A proven strategy for prevention of substance use in young people is developing 40 developmental assets in each child. Researched by the Search Institute in Minnesota, the more developmental assets a child has, the more healthy decisions he or she is making. Partners in Community [PiC] highlights one of these assets every month on our website: www.clintonPiC.org.

One of the assets is "Adult Role Models". What exactly is an adult role model? Well, most teenagers just want and need someone to listen to them and occasionally offer advice. Also they look for someone who can encourage them to pursue their passions, listen to their options, problems, and stories without judging them, provide insight when it is needed or is asked for, and most importantly to remind them that they are not alone. Christy Lamb, who has worked in education for nearly ten years and is an assistant principal of the online high school for Ohio Connections Academy, has conducted a survey online asking a combination of tenth and twelfth grade students three questions. "How important is it for a high school student to have a positive role model in his or her life? Do you have a positive role model (other than your parents) in your life? What do you need an adult role model for?" The vast majority - 79% of students - said that it is extremely important for a high school student to have that positive adult role model, and 82% believed they currently had one. As for

what purpose that role model served, 73% of students said they wanted an adult role model to say encouraging words to them.

As of October 2012, only 34% of Clinton grades 7-12 reported that parents and other adults model responsible behavior. Search Institute, the organization behind the developmental assets offers these tips for adults:

- Relationships between adults are models for young people. Make sure you work on keeping your relationships with spouses, friends and family members happy and healthy.
- Make sure children hear adults solving problems in peaceful ways and not with shouting, angry words, or hitting. If you and your child witness bullying or intimidation by other adults or children, point it out, talk about it, and think of alternative ways the situation could have been handled.
- Even if they won't admit it, parents are the number one influence on adolescent behavior. Be a model hard work, a good attitude, respect, healthy living and courage for your children and others.
- In your community, don't be afraid to start a conversation with a young person. Another option is for your school or youth program. You could as a group list questions someone can ask their adult role models, then have students or participants interview their role model and discuss their findings.

Shelby Mehmet, sophomore at Morgan and Partners in Community co-chair

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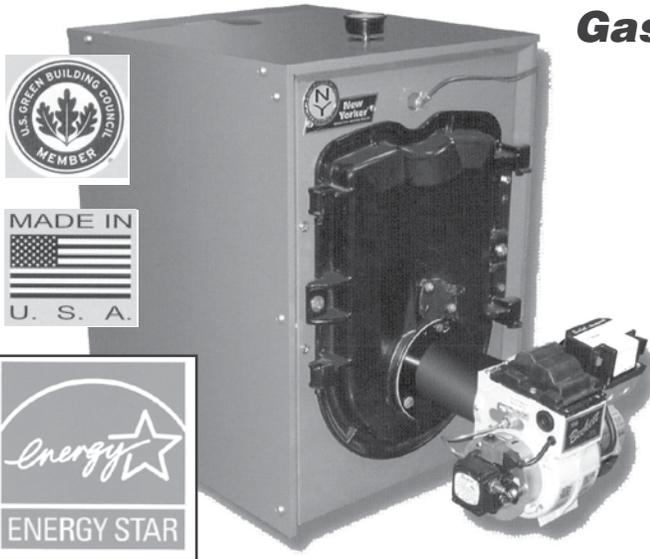
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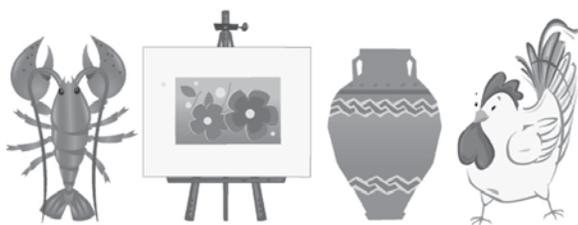
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Clinton Social Services

New Online Services Available for Connecticut's Department of Social Services

A new and user-friendly web service is now available; clients who receive SNAP(food stamps), HUSKY/Medicaid and other benefits can now set up an online account to check their status of benefits. Clients can now track a variety of information, which can be accessed via computer or smartphone 24 hours a day/7 days a week.

Also available is an interactive tool that pre-screens for services, known as "Am I Eligible?" The pre-screening, which takes about 15 minutes to complete, asks a series of questions in order to determine what services may be available.

The service, online at www.connect.ct.gov, is the first step of the department's "ConneCT" modernization initiative.

New Online Services Available for Social Security Administration

Social Security has expanded services available with a *my Social Security account*, which is a personalized online account. This account can be used during a person's working years and continue throughout the time he or she receives Social Security.

Social Security beneficiaries and Social Security Income (SSI) recipients can access their benefit verification letter, payment history and earnings using their account. Individuals age 18 and over can sign up for an account at www.socialsecurity.gov/myaccount.

Renter's Tax Relief Program Available to Elderly and Disabled

Clinton Social Services is currently taking applications through October 1, 2013 for this program. To qualify, you must be age 65 or over or disabled and you must be a renter. Gross annual income in 2012 must be less than \$33,500 for a single person and less than \$40,900 for a married couple. You must have lived in Connecticut for any one-year period prior to filing an application. If you qualify for this program, you will receive a benefit to help offset rental expenses. To apply, contact Clinton Social Services at (860)669-7347.

Are You Over 55 and Looking for Work?

If you are unemployed, Associates for Training and Development has opportunities for you to train for available jobs.

You will learn updated job search skills and connect with active employers, and get paid for job training. To apply, go to www.a4td.org or call (203)202-3998, x205.

The New Morgan Building Committee

On April 1, the New Morgan Building Committee celebrated the first anniversary of the town referendum vote to build a new high school.

Since that time, the committee has been meeting frequently and working tirelessly to accomplish the goals set forth in the charge given to it last year.

The property was acquired on Route 81 as the new site - a site that was deemed most desirable because of its size, topography and its proximity to the Joel Elementary School and the Peters Complex. Currently, the permitting process with Clinton's land use agencies is ongoing. The Zoning Board of Appeals recently granted a variance for an increase in the ground coverage for the property; the Inland Wetlands Commission approved the application for the location of the building on the property; and we have submitted our application to the Planning and Zoning Commission for review.

Once the Planning and Zoning approval is granted, we can proceed with the State Traffic Commission, the Department of Energy and Environmental Protection, and the Army Corps of Engineers.

After many hours of presentations and discussions, the design development phase of the plan has been completed, and the cost estimates have been received from our construction manager, FIP Construction. The estimates are now being

analyzed by an independent cost estimator and FIP to be sure the project remains on budget.

Our Project Manager, Joe Crouse, will be working with Clinton's Finance Director, Robert Curry, to implement all of the procedures required by the State to apply for state reimbursement of approximately \$20 million that we will be receiving back from the state.

If the project continues on schedule, we anticipate putting the job out to bid in November 2013 with construct to begin January 2014. Barring complications beyond our control - the construction of the school is expected to take 18 to 19 months to complete, and it is our hope that the school will open in the fall of 2015.

As they have done on their other construction sites, FIP will be offering townspeople a 24-hour opportunity to watch the school being built on their computers through the use of cameras at the site.

We would like to compliment the Morgan faculty and administration for working closely and cooperatively with Newman Architects to come up with a viable and educationally sound plan that will meet the needs of the students within the constraints of our budgetary and space restriction.

The committee is determined to complete this project on time and within budget, and would like to thank the community for its support.

CONVERSATION starter

Q: When is the best time to talk to your parents about the future?

A: There's no time like the present. Today's seniors have more options than ever for retirement living. But the longer families wait to start planning for the future, the greater the risk for a health crisis limiting those options.

Planning ahead benefits the entire family.

Chester Village West combines an active and fulfilling lifestyle now, with the assurance of on-site health services if ever needed. Now, you can explore these options with the help of a new interactive program designed to start the conversation today.

An online guide for exploring senior living options with your parents.

Call **860. 532. 0536**

or visit

www.AConversationStarter.com/CT

For a schedule of our informational events visit our website
www.ChesterVillageWestLCS.com



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Health District - for Beachgoers

The Connecticut River Area Health District (CRAHD) is passing on this advice from the CT Department of Public Health to help make your beach visits more safe this season:

1. Pick a beach and then check with the local health department that regulates it to be sure it is open for swimming. Check with the Department of Energy and Environmental Protection (DEEP) if you plan to visit a State Park beach.
2. If you pack a picnic lunch, keep it cold at the beach to help prevent spoiling and food borne illness.
3. Wear sun screen!
4. Look for signs and advisories posted at the beach and heed them. Do not swim at a closed beach.
5. Don't swim near storm water discharge pipes at urban beaches after a heavy rainfall.
6. Keep your head above water and try not to swallow water, to help avoid water borne illness.
7. Look for and avoid animal waste. Always carry away your pet's droppings.
8. Leave the water immediately if there is a diarrhea or vomit accident close by.
9. Don't bury yourself, your friends or your children in beach sand; bacteria from bird droppings and other sources can seep into beach sand and remain active.
10. If you believe you have been exposed to contaminated swimming water, rinse with soap and water and clean any skin abrasions, cuts or wounds. Gargle with mouthwash or clean water. Dry your ears. Wash swimsuits and towels as soon as possible.
11. If you have recent cuts, abrasions, surgical scars or infections, it is best to stay out of the water.
12. If you have an impaired immune system or you are ill, it's best to stay out of the water.
13. Do not touch or handle dead waterfowl (seagulls, geese, ducks, etc.). Report dead waterfowl to the CT DEEP, Wildlife Division at (860) 642-6528.
14. Do not pick up or handle medical waste (syringes, bandages, tubing) or other unusual objects. This can include objects floating in the water or washed ashore that may look like lumps of plastic foam or discs. Immediately report them to the Life guard or to your Local Health Department.
15. If your get caught in a rip current that pulls you away from the beach, don't panic. Swim parallel to the shore until you are outside the current, then swim back to the shore or call for help.

This year, CRAHD is maintaining a phone hotline for beach status. During the bathing season (June thru Labor Day) call the health district to get information on whether a marine public beach is open in Clinton or Old Saybrook, or a fresh water bathing area is open in Deep River. The district phone number is 860-661-3300.

The staff at CRAHD wishes you a safe and happy bathing season in 2013!

Jim Monopoli
Director of Health

Accolades for Events Magazines!

I've always enjoyed reading your Events Magazine. I've lived and worked on the shoreline most of my life and love to see what's going on and look at the ads for local businesses. I think it's important to shop local and support our fellow businessmen and women.

As a graphic designer, the look of the magazine is clean and stylish. Keep up the good work.

Bette McLean, L.E. Designers, Inc., Old Saybrook, CT

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Clinton Youth and Family - Youth Summer Programs

CYFSB is excited to announce our upcoming summer programs for 2013. All participants in our programs must have their own transportation. Some programs have two sessions - sign up for one, or both!

Hike it! For youth entering 1st and 2nd grades. We will hike the trails at Peters Woods, Valley Rd., and explore nature. Class size is limited to 12 youth, minimum 6. This program will have 2 sessions; each will meet once a week from 9:30am - 11:30am. Sturdy walking shoes must be worn. No flip-flops/sandals. SESSION ONE starts Wednesday July 10th ends Wednesday July 31st. SESSION TWO starts Wednesday August 7th ends Wednesday August 21st.

Cost: \$20.00 for Session 1 / \$15.00 for Session 2

Trailblazers! For youth entering grades 3, 4, & 5. We will hike the trails at Peters Woods, Valley Rd., exploring different themes in nature. We will be using our 5 "senses" and keeping a journal with sample specimens from our nature walk. Class size is limited to 12 youth, minimum 6. This program will have 2 sessions; each will meet once a week from 9:30 - 11:30am. Sturdy walking shoes must be worn. No sandals. SESSION ONE starts Friday July 12th ends Friday July 26th. SESSION TWO starts Friday August 2nd ends Friday August 23rd.

Cost: \$15.00 for Session 1 / \$20.00 for Session 2

NEW! Shutter Bugs with Amy Trahant of take aim photography - for youth entering grades 4, 5, & 6. Want to learn the art of digital photography? The class will be instructed by professional photographer Amy Trahant. We will learn the basics of digital photography and explore photo manipulation using Photoshop. Class size is limited to 8 youth, minimum 6. Participants should have use of a digital camera (2 loaners available). Six classes, 9:30 to noon: July 2nd, 9th, 11th, 16th, 18th, & 23rd. We will either meet in the library or on location,

date TBA. Cost: \$45.00.

Cooking and Baking Around the World - For youth entering grades 3, 4, & 5. Make delicious food and baked goods from many lands and discover something about different cultures. Class size is limited to 8 youth, minimum of 6. The program will run for one 4-week session, meeting once a week at the First Congregational Church kitchen from 9:30 - noon. SESSION starts Tuesday, July 30th ends Tuesday, August 20th. Cost: \$30.00.

New! Fishing Trip for youth 12 yrs. and older. All day excursion to Waterford to fish on the Blackhawk boat for Bass and Bluefish. Rod & Reel Rental included in price. Limited to 15 youth, min. 10. July date to be determined. No experience necessary. Cost: \$30.00 per person.

Counselor Helpers (CIT's) - For ages 13 and up. This is a program for youth who are looking to take on a leadership role while helping others. Youth get to be a helper to CYFSB staff in Hiking, Photography or Cooking classes. Gain valuable experience in the supervision of children and safety. The CIT's will have on-going supervision and applicants will participate in a training session and experiential Challenge Ropes Course at the Waterford Country School on June 28th. By application only. 10 positions available. Cost: \$20.00 payable at the time of acceptance.

Registration is available on our website www.clintonyouthandfamily.org or contact CYFSB at 860-669-1103 for more information. Please stop by the office to sign-up between 9 - 3, Monday to Thursday. Scholarships available based on need. Programs are subject to cancellation if minimum enrollment is not met.

Clinton Companies Honored at Middlesex United Way Campaign Awards

More than 90 companies, organizations, and individuals - including several from Clinton - were honored May 1 for their contributions to raising \$1.81 million for the 2012-13 Middlesex United Way Campaign.

Local organizations receiving awards include:

Citizens Bank, of Clinton: Campaign Achievement Award; Clinton Schools: Campaign Achievement Award; Community Health Center, of Clinton: Campaign Achievement Award; Liberty Bank, of Clinton: Top 10 Campaign, Campaign Achievement Award. Honor Roll, 50 percent or more employee participation and Silver Sponsor; Stop & Shop Supermarket Co., of Clinton: Campaign Achievement Award; and TJX Companies, of Clinton: 75 percent or more employee participation.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook.

Hurricane Preparedness

- 1) Pay attention to your local news. Advisories, when issued, should be taken seriously. A portable battery operated radio is a must in the event there is no power.
- 2) Make sure you have plenty of batteries. If services are interrupted a radio and flashlights will be needed.
- 3) Keep your car fueled should evacuation be necessary. Fuel up in Advance, gas stations may not be able to provide fuel if there is an interruption of utilities.
- 4) Store as much drinking water as possible. Fill bathtubs, jugs and whatever containers you have. Water may be contaminated after a storm.
- 5) Board up windows where possible and stay away from them during a storm, if not evacuated. Take shelter in an interior room such as a bathroom or a small hallway.
- 6) Secure outdoor objects that might become debris. Many harmless items can become deadly missiles. Secure boats with additional moorings or move them to a safe area.
- 7) If an evacuation is ordered, **evacuate**. Most lives and injuries occur because people don't evacuate.

Additional information will be made available on our website www.clintonct.org if necessary, regarding evacuation routes and the process for notification. These recommendations, if followed, will make us better prepared in the event of a Hurricane.

William Fritz Jr., First Selectman

Family Conversations

Through many years of experience working with seniors and their families, we at Chester Village West have discovered that there is a need to assist adult children with the approach and eventual conversations they will have with their parents and loved ones.

These adult children are usually between the ages of 45 and 60. They are managing work, educating their children, and worrying about their aging parents at the same time. They have many options, but little time to do the research on their own. They need answers in a factual and timely manner.

Through our new "Conversation Starters Program," we offer free consultation services for your family, employees, clients and/or peers. We will provide a balanced approach, whether the family decides to re-locate their parents to a senior living community, or access in-home care. We will help them assess their current situation and streamline the process to give them enough knowledge to make their own decisions. We understand that "knowledge is power."

Contact Sara Philpott at 860-526-6800
www.AConversationStarter.com/CT.

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Board of Finance

The Town of Clinton's undesignated surplus has been reduced from more than \$7 Million on June 30, 2012, to approximately \$4.6 Million. This means that Clinton's 'rainy day' fund or 'General Fund' or 'undesignated surplus' is being encumbered and expended because, in my opinion, multiple budget rejections these last few years have resulted in budget proposals that fail to appropriately address the real and necessary operating and infrastructure expenses for Clinton. Appropriations that should be in the capital and operating budgets are being deferred or outright cut for what I call political expediency. Too many special appropriations are being presented to too many poorly attended Special Town Meetings. It's your money, folks, but the sad reality is these meetings are not attended well. The apathy is mind-boggling and inexcusable.

The volunteer board of finance is struggling to maintain a certain fund balance (10% of approved operating budgets) where Clinton can attempt to maintain its bond rating despite underfunded and under-staffed departments, deteriorating infrastructure and almost non-existent economic development efforts, etc. For example, Water Pollution Control Commission's budget is a joke. Almost every year thousands of dollars are appropriated from undesignated surplus to WPCC for necessary work related to the waste water solution that the town is under consent decree to resolve. I think the most recent appropriation to WPCC exceeded \$400,000 and was approved at a Special Town Meeting.

Another example: The police department makes numerous special appropriation requests every fiscal year and it has been seeking funding for additional officers (ostensibly to reduce the outrageous overtime costs we taxpayers shoulder each year). Did you know that in the not-to-distant-future Clinton will be contributing over \$1 Million dollars per annum of tax revenues to the police pension fund? In my humble opinion, it is admirable to demand that more be done with fewer resources, but the resulting destruction of both morale and esprit de corps for our dedicated and extraordinary public servants is shameful and should not be countenanced by our community.

The board of education and its district administrators have done an incredible job of continuing to deliver services under budget while effectively finding areas to cut costs. No one on the board of education has the proverbial crystal ball. So, when certified staff chooses to retire there is naturally a savings in the certified salaries and related benefits line items.

Further, the board of finance has a long-standing policy of allowing the board of education to utilize a portion of its operating surplus on capital expenditures in order to provide some tax relief to residents. Why is it tax relief? It is tax relief because the board of education and the town are able to reduce the following fiscal year's capital budget by the

amounts encumbered before July 1. State law sets the MBR or minimum budget requirement. The calculation is available on the state Department of Education web site. The amount indicated there is the number town officials rely upon.

With respect to estimated operating surplus, an estimate is an educated guess. The audited surplus for the current fiscal year is still months away from being finalized. Despite that fact, the board of finance appropriated \$200,000 of surplus to revenues in the recent, proposed town budget. The board also reduced the contingency spending line by \$50,000. Appropriating undesignated surplus to revenues, by definition, means that Clinton needs to have a surplus of at least \$200,000 in the town's operating budget next fiscal year or taxes may be increased to fill the hole created by the surplus appropriation, or not. Not replenishing reserves is folly. Rest assured that Clinton's budget is balanced. It is a violation of state law to propose a budget that contains an operating deficit. Another way to think about appropriating surplus was explained to me by a colleague this way: If you use savings to buy groceries this week, then you need to add back to your savings account. If you don't replace the savings then the next time you try to buy groceries with savings, you will be out of luck.

There is certainly a gathering storm but it isn't another blizzard or a hurricane. There is a problem in Clinton and it is called apathy. I have been a proponent of eliminating the Town Meeting/Board of Selectmen form of government for many years. Clinton's voting population is simply too large for us taxpayers to rely on Special Town Meetings for approving UNBUDGETED expenditures. I have personally participated in meetings where less than 100 voters have approved thousands of dollars in spending.

Some of you may have recently voted no at the budget referendum without performing your own due diligence and rejected the budgets "on principle." Some of you voted yes like you do every year because, for better or worse, you blindly trust your political leaders. Most of you, however, did not vote, as this year's voter turnout illustrates, because you are either not aware of the Clinton Town Meeting form of government, or you don't care. It should not continue. Whatever the reasons might be, Clinton must move forward and evolve its system of governance, budget appropriately, replenish its reserves and adopt a plan for responsible development and conservation that helps diversify and expand our community's tax base. This is our community and we need to work together to move forward responsibly. Clinton's prosperity and future literally depends on it.

Bradford J. Sullivan, Esq.
Board of Finance, Chair

Next Clinton Events
Deadline is August 16

Essex Printing Winner In New England Regional Awards of Excellence Competition



*William McMinn accepting the award from Tad Parker,
President of PINE (Print Industry of New England).*



The announcement was made April 4 during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance. PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines. For more information please contact Essex Printing at 860-767-9087.

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Fondue Season is Still Upon Us



It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fondre" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true

and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start with a good, aged Gruyere. Emmentaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from Switzerland which are also great eating cheeses. If you can, try them before you buy and see which ones suit your palate.

The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left."

*Paul Partica, The Cheese Shop of Centerbrook
www.cheeseshopcenterbrook.com*

Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the "welcome teams" found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker. She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they

can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day – and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small "care package" arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together.

You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

*Kathy Ryan,
Executive Director of The Saybrook at Haddam*

Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more!

WINE ON THE WATER - JUNE 6th, 5:30 - 7:30:00 pm

Join us for a wonderful wine tasting, sponsored by Seaside Wine & Spirits. Tickets are \$25, and go on sale May 15th at the Estuary, 220 Main Street, Old Saybrook. Proceeds benefit EMOTS, the Estuary Medical Outpatient Transportation Service. Call 860-388-1611 for more information.

MEALS ON WHEELS - hot meals for homebound seniors, delivered to your home. Call Peg at 388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES – Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage,

Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

Now forming the **Estuary Drama Club** - First meeting is at 1 pm on June 5th. We want you and your ideas! Call 860-388-1611 to sign up.

ESTUARY THRIFT SHOP: Open 10 am – 3:45 pm, Monday – Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 -7 p.m. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES:
Call Judy at 860-388-1611.

Q: Why do I have pain in the ball of my foot??

It's very common for people to go for years before seeking treatment for foot pain. So much unnecessary pain every day when a solution is so available! A 44 year old woman comes to us with burning pain in the ball of her foot. When asked how long she has had this pain, she said eight months and it's getting worse. She adds that "sometimes it really hurts when going for a walk." Diagnosed with having a neuroma, she was given conservative treatment options from shoe modifications, padding, anti-inflammatory medicine and physical therapy. Injection therapy and surgery to remove the neuroma was presented as a last option.

The patient is now walking pain free. This is the part of medicine that is most rewarding to us.

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Funds Available for Hurricane Sandy Recovery

MIDDLESEX COUNTY - Funds are available through the United Way Hurricane Sandy Recovery Fund and Middlesex United Way for recovery needs associated with Hurricane Sandy in Middlesex County, Conn.

The United Way Hurricane Sandy Recovery Fund was established in response to the devastation caused by Hurricane Sandy, and contributions to the Fund are being used by local United Ways along the Eastern Seaboard to address the long-term recovery needs of communities that FEMA has declared disaster areas. Middlesex United Way has received \$91,964.21 through the fund to distribute in Middlesex County, Conn.

Applications are being accepted to support affected individuals and families who were already vulnerable and experiencing challenges in meeting their most basic needs.

Community based organizations can apply for funds to provide programs or services such as mental health services, legal assistance, case management, job training and counseling. Applications will also be accepted for items such as generators to allow organizations affected by Hurricane Sandy to continue to serve their communities during future disasters.

Individuals and families can apply for funds to address needs such as temporary housing; reimbursement for lost wages; home or furnace repairs; car repairs; legal assistance; medical and mental health services not covered by insurance; cleaning supplies, including mold eradication supplies; and ongoing basic needs such as food, diapers and infant formula.

If you are a community based organization wishing to apply for funds, please contact Ed Bonilla at Middlesex United Way at (860) 346-8695. If you are an individual or family wishing to apply for funds, please contact the social services coordinator in one of the following towns: Susan E. Consoli, social services coordinator in Old Saybrook at (860) 395-3188; Cheryl Church, social services coordinator in Clinton, at (860) 669-7347; and Elizabeth Carpenter, social services coordinator in Westbrook, at (860) 399-3040 ext. 154.

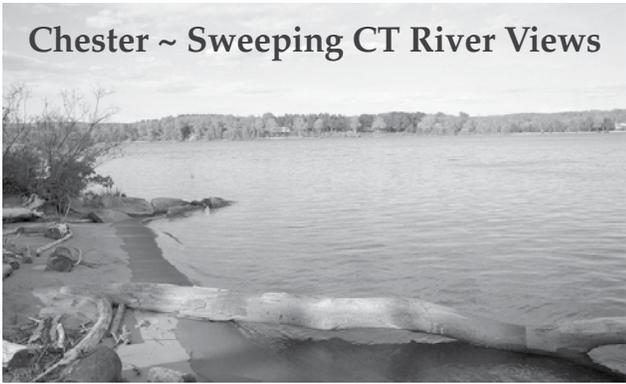
Where some organizations support relief efforts of an immediate nature by providing food, clothing, blankets, and short term shelter in the days and immediate weeks following a disaster, this fund is intended to meet longer term recovery needs that are not covered by insurance or government programs.

“Although Hurricane Sandy has long since passed, many people are still facing a long recovery,” said Kevin Wilhelm, executive director of Middlesex United Way. “The contributions to this fund will allow communities to address unmet needs.”

Additional FEMA declared disaster areas served by other United Ways may be eligible for funds as well. For information, please contact the United Way that serves your town or visit http://uwsandyrecovery.org/sandy_content/about_the_fund.

“We know that communities experiencing disasters of this magnitude have immediate and urgent needs, but often the greatest needs occur with the intermediate and long-term recovery and rebuilding of lives and communities. That’s the role of United Way,” says United Way U.S.A. President Stacey Stewart. “With leadership from United Way of New York City, our network of United Ways across the region and the country came together to create this recovery fund, and we will use it to strengthen the communities we rebuild.”

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook.



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The 3rd Annual Closer to Free Bike Ride for Smilow Cancer Hospital at Yale-New Haven will take place on Saturday, September 7th. Riders have the option of cycling 25, 62.5 or 100 miles. Our ride travels through multiple shoreline towns including Branford, Madison, Guilford, Essex, and Old Saybrook.

We've been called the "best organized ride in Connecticut." And for good reason ... our experienced staff and volunteers will take care of you from mile one until the finish line.

Clear route cues and signage, lots of food and drink and efficient SAG when you need it will help you leave the worrying behind so you can focus on the miles ahead. Plus our finish line festival at the Yale Bowl has fun for everyone, with live music, a beer garden, food trucks and so much more. Our volunteers and Road Crew are the backbone of the Ride. We've got fun and rewarding volunteer opportunities for anyone who wants to lend a hand. The Closer to Free Ride simply can't happen without the generous support of our family of sponsors. The Ride is the perfect platform to give your brand exposure while joining in the fight against cancer. We've got sponsorship packages to fit every budget and every goal, with lots of innovative ways to connect with our desirable demographic.

For more information on the riding, volunteering, or sponsorships please visit www.rideclosertofree.org or email rideclosertofree@ynhh.org.

You can also reach us at (203) 200-CTFR (2837).

Middlesex Hospital Now Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in "teslas" and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter "tunnel" (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In addition, the new MRI is quieter and may require less time to capture the necessary images.



The 3-Tesla (3T) MRI.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI!

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Medication Storage

What's the worst thing that can happen if you take a medication that is past its expiration date? The medicine will just be a little bit weak, right? Wrong. Although that's true in most cases, some outdated medications can become toxic and actually make you sick.

Knowing how to store medications, as well as when and where to dispose of them safely, is just as important as knowing how and when to take your medications. Follow these tips and you'll be on the right track.

When your pharmacist sends you home with a new medication, keep it in its original container, which has your name and dosing information on it. Be sure to re-lock bottles with child-resistant packaging. Many medications - especially those harmful to children - are put in foil packaging. If you find these difficult to open, talk with your pharmacist. For each medication, the law provides for one type of package without child-resistant features. If you don't have children in your home, these might work best for you (although consider whether young children ever visit your home). But whatever you do, don't transfer your medications into an empty bottle. Someone else may take them, not knowing they belong to you. It's been known to happen.

If you're unsure, ask your pharmacist about the best place to store your medications. To keep children and pets safe, store medications in a high, locked cabinet. If that's not possible, find a place that's difficult for children to see and reach. Remember: A young child has no idea that these colorful objects are not candy. And even over-the-counter medications and vitamins - particularly those containing iron - can be dangerous, especially if taken in large amounts by children.

To keep a medication safe and potent, keep it out of direct sunlight in a cool, dry place. Some medications are affected by humidity, so the bathroom medicine cabinet isn't always best. Other medications require refrigeration, but don't keep medications there unless instructed to do so by your doctor or pharmacist.

It may be wise to keep a reserve supply of medications, in the event of an emergency. For example, if you need medications for a chronic condition, such as diabetes, asthma, HIV, or a psychiatric condition, carry at least a three to five day supply with you in a purse or briefcase in labeled containers. Make sure these are in child-resistant containers and that your purse or briefcase is kept out of the reach of children.

As for medication disposal, make it a part of your spring (and fall) cleaning ritual. Check expiration dates, but even if the medication is not dated, think of it as expired at six months after purchase. Also, dispose of a medication if it has changed colors or developed an unusual odor - even if it's not past its expiration date. Don't put medications or vitamins into open trash containers or down the toilet. Instead, take all expired medications to your pharmacist for proper disposal. This is the best way to protect family pets, children, people who might scrounge through your trash - and the environment.

Medications are expensive, so it may be tempting to use them, even when they've expired. If this is your thinking, just remember the greater potential cost to you: your health and safety.

Keith Lyke

Registered Pharmacist Killingworth Family Pharmacy

Forte's Gourmet Market Chicken Cacciatore

INGREDIENTS

2 – 3 lbs boneless/skinless Chicken Breast (Bell&Evans)
or boneless thighs
28 oz. San Marzano Whole Tomatoes
1 Cup All Purpose Flour
12 oz. Can Quartered Artichokes in water
Olive Oil – enough to coat bottom of pan
Large Red Pepper
Large Green Pepper
Medium Onion

4 Cloves Garlic Minced
1 Cup Dry White Wine
6-8 Basil Leaves
1/4 Cup Italian Parsley
1 - Tbl. Capers
Salt and Pepper
Green or Black Olives to taste
Grated Parmesan or Romano Cheese
Egg Noodles or Rice

Cut chicken into small medallions or strips (Ask your butcher to do it for you). Dredge chicken in flour seasoned with salt and pepper. Using large frying pan with oil, cook chicken for 3-4 min. Should be half done and slightly brown on both sides. Remove chicken from pan and use this pan over medium heat. Deglaze pan with wine, scrape any brown bits from bottom of pan to for maximum flavor. (Add more oil if needed) Sauté peppers, onion, garlic, approximately 10 minutes. Add tomatoes (crushed by hand) simmer for approx. 5 min. (Add as much juice of tomatoes as needed) Season with pepper, salt, basil, parsley. Add artichokes, capers, olives to taste. Add chicken - cover pan with foil or lid. Cook over medium heat 15 minutes until done. Can be served over egg noodles or rice - garnish with cheese. Serves 4-6 people.

Ron Forte



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