

East Hampton events

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Town Manager's Corner

Welcome to winter. While winter was mild through January, the Department of Public Works has done great work keeping our roads safe - Thank you to them. Over the last few months the Town Department Heads have been combing through their budgets and planning for the upcoming year. We all soon will again be in the throes of the Town budget.

As we begin this year's budget process I would like to remind everyone of a few points:

- Everyone's opinion counts and shows how much we all care for East Hampton.
- We are setting the example for our children and neighbors.
- We must show them how to have a civil disagreement.
- We need to make our decisions based on facts, not from what we read and hear on Facebook alone.

The Town will be posting budget documents on the Town website at: <https://www.easthamptonct.gov/finance/pages/2019-2020-budget>. As always, you can also call: 860-267-4468 or email me at: mmaniscalco@easthamptonct.gov. I look forward to hearing all of your thoughts as we develop the fiscal direction for our community.



Michael Maniscalco
Town Manager

Best regards,
Michael Maniscalco, MPA,
Town Manager



VISIT East Hampton! • www.easthamptonct.gov

East Hampton is located 22 miles south of the state capital of Hartford and is equidistant from Boston and New York City. Our Town is known for its rich history, environmental assets, and small town charm.

We strive to preserve our rural-suburban character, our farmlands, watershed land, and historic structures by taking a long-term view. Enriching quality of life, respecting Town heritage, and building community are among our highest priorities.

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Arts & Culture Commission

Please visit our website at:

www.artsforeasthamptonct.org.

Come join our meetings every third Thursday
of the month 6:30 pm at the Joseph N. Goff House,
2 Barton Hill Road, East Hampton, CT 06424.

Town Facilities Project Update

Work continues on the new Town Facilities project. All of the major contractors that will be working on the project have been chosen following the bid process. In spite of the record setting precipitation over the last few months, the project remains on schedule. Provided the weather cooperates, the foundation work is expected to be complete by mid-February, steel building framework is expected to start by mid-March, and the project completion date is scheduled for early 2020.

The architect for the project, Amenta Emma, has been working with the Town departments to see what furnishings can be brought over and used in the new building and what new furnishings will need to be purchased. The emphasis is to use as much of the existing furnishings as possible.



Work continues on our new Town Hall, Police Department and Board of Education facilities.

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Office of the Assessor

PROPERTY TAX EXEMPTIONS FOR BLIND OR TOTALLY DISABLED PERSONS

Connecticut law provides for a \$3,000 assessment exemption for taxpayers who are legally blind. Proof of the blindness (certification by a qualified medical practitioner) must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's tax bill.

Connecticut law also provides for a \$1,000 exemption for totally disabled persons who are receiving benefits under a federal, state or local retirement plan, which contains

requirements comparable to those of the Social Security Administration. Proof of disability must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's taxes.

HANDICAP EQUIPPED VEHICLES

In East Hampton, by municipal ordinance, privately used motor vehicles that have been retrofitted to accommodate a handicapped person may be fully exempted from property taxes. Contact the Assessor's Office at: 860-267-2510 for further information.

Office of the Collector of Revenue

The Collector of Revenue would like to remind taxpayers to make sure all late payments are in and accounts are brought current. The Town is in the process of reviewing accounts that are delinquent and meet the criteria to be placed in a tax sale auction.

As owners of property, taxpayers are responsible to see that taxes are paid when due. Failure to have sent or received a bill does not exempt the taxpayer from payment of all taxes, interest charges and collection costs, as per Conn. Gen. Stat. 12-130 and 12-146. Interest is

charged on all late payments. There are no exceptions.

Please visit our website at: www.easthamptonct.gov where you may view and print your IRS Payment Records for the Year 2018.

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(860) 347-8300 - Optical

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East Hampton Economic Development Commission

OUR MISSION IS:

“To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists.”

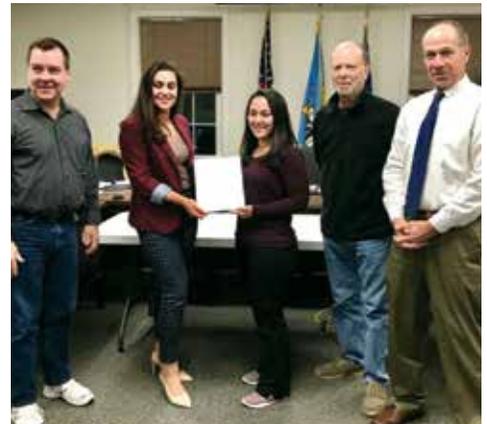
We congratulate the following businesses, Tang Asia Bistro LLC and Yellow Marigold Massage on being named “Belltown Spotlight on Business” monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award.

Current EDC members are Erin Hall, Ted Turner, Kate Adams, Tim Csere, Robyn Letourneau and Walt Jedziniak. EDC meets the third Tuesday of every month at 6:30 pm in the East Hampton Town Hall Meeting Room. All are welcome and please remember “shop local and put your money where your house is!”

East Hampton EDC congratulates Tang W. Lin of Tang Asia Bistro for being named December Business of the Month. Tang, center, receives her proclamation from EDC Member Robyn Letourneau and EDC Chairman Ted Turner. Tang Asia Bistro is located at 11 East High Street, East Hampton, CT., adjacent to



Tang Asia Bistro.



Yellow Marigold Massage.

Stop & Shop. You can dine in, call for take-out at: 860-467-3948 or check out the website www.tangasiabistro.com. Tang offers customers Sushi and Asian fusion at its best! Great food, beautiful restaurant, local, enough said, give Tang a try!

East Hampton EDC congratulates Jordana Costa of Yellow Marigold Massage for being named October Business of the month. Jordana, center, receives her proclamation from EDC Member Robyn Letourneau. EDC Members Walt Jedziniak, Chairman Ted Turner and Tim Csere are left to right. Yellow Marigold Massage is located at: 84 East High Street, East Hampton, CT. Call: 860-338-9989 for info or via their website at www.yellowmarigold.com. Jordana and her team are licensed massage therapists and offer unique modalities. Helping you find inner peace and true happiness is her goal - at Yellow Marigold you always come first!

“Experience the Difference” at The Saybrook at Haddam.

Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.

Mom has Blossomed!

“Mom’s memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam. **Safe Harbor offers:**

- Stimulating and therapeutic programs that promote individual self-worth, dignity and independence
- A kind and specially trained professional staff 24 hours/day
- Personalized care and medication management
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- Fresh air and sunshine in our secure “Walking Garden”

Call 860-345-3779 for information and a guided tour. Visit us at www.thesaybrookathaddam.com



Public Works

Winter is underway, but most of the snow, at this writing, fell in November. Traditionally, we identify the “winter season” as the period from November 15th until April 15th. Weather continues to dictate the style of work we attempt. We have had to reorganize our priorities and adjust to what Mother Nature gives us.

Rain has put a strain on all aspects of the Public Works daily work load and ongoing projects. Some of the areas affected are leaf removal, patching, paving and drainage.

Catch basin cleaning has been completed in the Lake watershed area. Some minor paving was accomplished; however, cold temperatures curtailed those efforts. We have continued to prioritize tree work, removing dead trees as weather allows. Maintaining unimproved roads remains a challenge, as rain continues. Winter still isn’t over, so we must remain vigilant and prepared.

Planning & Zoning Department

As you likely know, the Town of East Hampton recently updated the Town website. Along with this change comes an update by the Planning and Zoning Department to better facilitate your online experience.

The most noticeable change is that the Planning & Zoning Department webpage has been split from that of the Building Department. This helps both

of our departments better facilitate the relaying of information to the end user. In addition to having application forms and information, we've developed FAQ's, information on appeals, a flowchart to help you navigate the land use process and added other useful information.

You'll also see links to the three Commissions that the department

staffs. Each page contains a wealth of information including application materials for each of the Commissions on their respective webpages.

Planning and Zoning Department staff will continue to update the webpage and add more information that you'll find to be useful.

East Hampton Building Department

Seminar Series

1ST SEMINAR OF A 3-PART SERIES: **How to Hire a Contractor**

Co-sponsored by the East Hampton Building Department and the East Hampton Library

Where: East Hampton Library Community Room

When: Wednesday, March 20, 2019 | Time: 6:30 pm - 7:30 pm

To register, please call the East Hampton Library at: 860-267-6621.



Library Calendar



Building Department Webpage

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Preventing Frozen Pipes

Being prepared and informed may help you to avoid the messy and often expensive issue of frozen pipes. The WPCA of East Hampton provides information and suggestions around how to prevent water pipes in the home from freezing, and how to thaw them if they do freeze.

WHY PIPE FREEZING IS A PROBLEM

Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the “strength” of a container, expanding water can cause pipes to break. Pipes that freeze most frequently are those that are exposed to severe cold, like outdoor hose bibs, swimming pool supply lines, water sprinkler lines, and water supply pipes in unheated interior areas like basements and crawl spaces, attics, garages, or kitchen cabinets. Pipes that run against exterior walls that have little or no insulation are also subject to freezing.

PREVENTING FROZEN PIPES

Before the onset of cold weather, prevent freezing of these water supply lines and pipes by following these recommendations:

- **Remove, drain, and store hoses used outdoors.** Close inside valves supplying outdoor hose bibs. Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.
- **Check around the home for other areas where water supply lines are located in unheated areas.** Look in the basement, crawl space, attic, garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.
- **Consider installing specific products made to insulate water pipes** like a “pipe sleeve” or installing UL-listed “heat tape,” “heat cable,” or similar materials on exposed water pipes. Newspaper can provide some degree of insulation and protection to exposed pipes – even ¼” of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.

DURING COLD WEATHER, TAKE PREVENTATIVE ACTION

- **Open kitchen and bathroom cabinet doors** to allow warmer air to circulate around the plumbing.
- **When the weather is very cold outside, let the cold water drip** from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.



- **Keep the thermostat set to the same temperature both during the day and at night.** By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- **If you will be going away during cold weather,** leave the heat on in your home, set to a temperature no lower than 55° F.

TO THAW FROZEN PIPES

- **If you turn on a faucet and only a trickle comes out, suspect a frozen pipe.** Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.
- **Keep the faucet open.** As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- **Apply heat to the section of pipe** using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.
- **Apply heat until full water pressure is restored.** If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.

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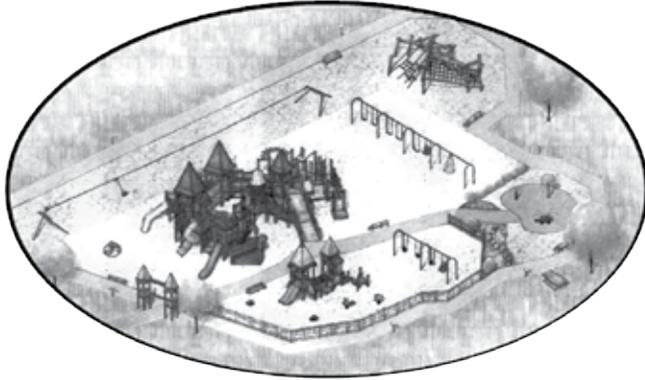
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WE NEED YOUR HELP TO BUILD THE NEW PLAYGROUND AT SEAMSTER PARK!

From August 6th to 11th, 2019 volunteer shifts will be from:

- 8:00 am to 12:00 pm,
- 12:30 pm to 4:30 pm,
- 5:00 pm to 8:30 pm each day

We need skilled contractors to oversee the build, as well as people who are handy with tools and paint to construct the playground. We still need you even if you don't have any construction skills. There are additional tasks we need.

These additional tasks are:

- Childcare
- Coordinating and/or serving meals during the build
- Volunteers to manage signing in/out of borrowed tools
- Help moving/lifting materials and tools
- Volunteer coordinators and recruiting additional volunteers
- Food sponsors & donors
- Tool sponsors & donors

For more information, please contact Jeremy Hall, Director of Parks and Recreation at: jhall@easthamptonct.gov or call him at: 860-267-7300. You can also register to volunteer online at: <https://tinyurl.com/PlaygroundBuildVolunteer>.

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East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch)860-873-5044	Human Resources860-267-4468
Assessor860-267-2510	Parks & Recreation860-267-7300
Board of Education860-365-4000	Police Department (non-emergency) ...860-267-9544
Building/Planning/Zoning860-267-9601	Probate Court860-295-6239
Chatham Health District860-365-0884	Public Library860-267-6621
Collector of Revenue.....860-267-2300	Public Works.....860-267-4747
Emergency Management.....860-267-0088	Senior Center860-267-4426
Finance Department860-267-7548	Town Clerk860-267-2519
Fire Marshal860-267-0088	Town Manager.....860-267-4468
Food Bank860-365-5978	Water Pollution Control Authority ...860-267-2536
Housing Authority860-267-8498	Youth & Family/Social Services.....860-267-7300

Old Home Days

2019 EAST HAMPTON OLD HOME DAYS WILL BE:
July 11,12,13, 2019

This year's parade theme is "Super Hero's" - Who is your super hero? Get going on your float ideas!!! The parade is July 13th and kickoff is at 11:00 am. Contact Kyle Dillon to sign up to be in the parade via email at ohdparade@gmail.com or by phone at: 860-301-1601.

Dozens, if not hundreds, of volunteers come together during the event to make it happen and we couldn't do it without you. Thank you from the committee members that you help support.



Committee Chairs:

Town-wide mailing & Emcee:

Red McKinney (charter member)

Carnival, grounds:

Melissa Engel (charter member)

Bikes: Sue Beal

Booths: Maureen Luddy Curtis

Raffle: Cap Egan

Beverages: Mary Coll

Parade: Kyle Dillon

Road Race: Maggie Oakes Joyce

Marketing: Lisa Motto

Website, Signs, Dance Floor, Grounds Layout:
Jim Vick

Buses: Dattco

Give-a-way's: Pam Joslyn Greenwald

Advertising: Allison Dillon

Committee Members:

Nancy Ninesling	Sheila Oakes
Dennis Painter	Shelly Grendzinski
Linda May	Ann White Sullivan
Lois Baker Villa	

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PARKS & RECREATION



MISSION STATEMENT

The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.

STAFF

Jeremy Hall, Director
Shawn Mullen, Program Coordinator
Sheri Yorker, Office Assistant
Joshua Seymour, Parks Maintainer II
Brian Miner, Parks Maintainer I

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson
Tim Adams Sheryl Dougherty
Chris Hanson Courtney Hyte
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-1027
Jeremy Hall: jhall@easthamptonct.gov
Shawn Mullen: smullen@easthamptonct.gov
Sheri Yorker: syorker@easthamptonct.gov

MAILING ADDRESS

Parks and Recreation
20 East High Street
East Hampton, CT 06424

DROP IN LOCATION

240 Middletown Avenue
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429

Sears Park Pavilion

860-267-7178

Youth and Family Services

860-267-7300

Sears Park

FACILITIES: All rental request forms are available online at: www.easthamptonct.gov.

PAVILION: Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER: Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

GOVERNOR WILLIAM A. O'NEILL PERFORMING

ARTS GAZEBO: The Gazebo can be used for small family oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlittleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January
Practices for the season begin in late March
Opening day is in April
Fall season begins in September and is open for children ages 8 years and up

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

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EAST HAMPTON SOCCER CLUB

TOWN RECREATIONAL LEAGUE

www.easthamptonsoccerclub.org
For boys and girls pre-K - 8
Spring season is late March-June
Registration for spring takes place in January
Fall season is late August-October
Registration for fall takes place in June

PARKS & RECREATION

TRAVEL SOCCER

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JOSEPH N. GOFF HOUSE

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www.epocharts.org

email: info@epocharts.org

Contact: Elizabeth Namen - 860-365-0337

REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at: www.easthamptonrec.com. Registration forms are available online at www.easthamptonrec.com, and at the Parks and Recreation Office.

All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first served basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by email if subscribed to on your main account page at: www.easthamptonct.gov. No other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

Program Refund Policy as of September 1, 2018

If you are unable to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. After the program starts no refunds will be issued. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

In the event of inclement weather, all programs are cancelled if school is closed or has an early dismissal. Cancellation information is posted on WFSB Channel 3 Early Warning Network. Households who have subscribed to the online registration site's email notifications will receive an e-mail regarding the cancellation. Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and Youth and Family Services. All information is strictly confidential. This is an application process. Applications for summer programs must be completed by June 7 to be eligible. Only programs run directly by East Hampton Parks and Recreation qualify.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

BOSTON ON YOUR OWN BUS TRIP

Saturday, May 11th

Join us on a day trip to Boston. The bus will pick up at East Hampton Middle School at 7:30 am and will depart from Boston at 6:00 pm. Check out Quincy Market, The Freedom Trail, Fenway Park, the Children's Museum and Aquarium or any of the other great attractions Boston has to offer on a spring day.

Cost: \$60

2ND ANNUAL SEAMSTER PARK FUNDRAISER GOLF TOURNAMENT AT BLACKLEDGE COUNTRY CLUB

Get a foursome together to help raise money for our new playground. This event was a blast last year and should be even better this year. The event includes one round of 18 holes (scramble format), cart, dinner, contests, awards and prizes. We are looking for golfers and event sponsors.

Location: Blackledge Country Club

Cost: Golf Tournament: \$130 per person;
Dinner Only: \$50

Date: May 16th

Times: 8:30 am - Registration; 10:00 am - Shotgun Start; 5:00 am - Dinner and Awards Banquet

See www.easthamptonrec.com or contact the Parks and Recreation Office for sponsorship details

APRIL VACATION MINI SEARS PARK CAMP

Do you love Sears Park Summer Camp? Join us for 4 days of it over April Vacation. Each day will offer a variety of crafts, sports and games. The week will be concluded on Thursday with a camp field trip! Participants need to bring a lunch, snack and re-fillable water bottle to camp each day. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.

continued on page 14

Location: Sears Park Pavilion
 Cost: \$135 for the first child;
 \$115 per sibling
 Dates: Monday - Thursday, April 15 - April 18
 Times: 9:00 am - 3:00 pm
 Extended Care: Available in one-hour blocks:
 8:00 - 9:00 am, 3:00 - 4:00 pm and
 4:00 - 5:00 pm
 The cost is \$30 per block. Pre-registration is required for all extended care.

APRIL VACATION LEGO S.T.E.A.M. CAMPS

Building Up S.T.E.A.M. Using LEGO®

(ages 5-6) / 8:30am - 11:00am Monday-Thursday
 Children are working independently and cooperatively as they begin to explore simple machines using LEGO Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

S.T.E.A.M. Works Using LEGO®

(ages 7-9) / 12:00pm-2:30pm, Monday-Thursday
 Children are working with standard LEGO materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Location: Middle School Library
 Cost: \$110
 Dates & Times: Monday - Thursday, April 15 - April 18
 Ages 5-6: 8:30 am - 11:00 am
 Ages 7-9: 12:00 pm - 2:30 pm

AFTERNOON ADVENTURES - AFTER SCHOOL PROGRAM

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full time or part time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation Office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays.)

We emphasize healthy snacks, activities, and habits. Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time.

Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge. Registration for the 2019-2020 school year will start in June of 2019.
 Location: Memorial Elementary School, Cafeteria
 Cost: Monthly Registration - Cost depends on number of days attending. Visit www.easthamptonrec.com for rates
 Dates: Monday-Friday of school days; First day of school - last day of school
 Times: 7:00 am - 8:30 am and 3:00 pm - 6:00 pm

AFTER SCHOOL SOCCER/FUTSAL

The aim of this program is to increase the players personal skills to the next level. Using Futsal (Futbol de Salao - Soccer in a Room) as a platform for high speed, high volume ball touches and maneuvering in tight spaces. A typical Futsal game allows the player to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball. A Futsal ball is smaller and heavier, which allows the player to easily command the ball and in return increase confidence that seamlessly transforms to a soccer game. This process produces skillful players. This program will meet after-school for 8 weeks in the Memorial School gym.

Location: Memorial School Gym
 Cost: \$115
 For: Grades K-5
 Dates & Times: Thursdays, March 14 - May 9
 Grades K-3 - 3:10 pm - 4:10 pm;
 Grades 4-5 - 3:25 pm - 4:25 pm

RUNNING CAMP FOR MIDDLE SCHOOLERS

This 8-week program introduces students in grades 6-9 to the world of running. Each week has a new running topic such as stretching, running form and goal setting. The program focuses on developing these runners to compete in the Glorious Gallop 5K race on July 12.

Location: East Hampton High School Track
 Cost: \$80
 For: Grades 6-9
 Dates & Times: May 22 - July 10; 6:00 pm - 7:30 pm

FLAG FOOTBALL LEAGUE - NFL FLAG

This program for boys and girls ages 7-13 provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Games will all be held on Sundays. Each registration includes a flag belt and official NFL FLAG jersey.

Prior to the start of the season (April 7), players will all be required to attend an evaluation / clinic day. This will assist us in creating equal fair teams for the league. All players must

Parks & Recreation

pre-register with East Hampton Parks and Recreation and NFL Flag in order to participate this form and register.

Location: East Hampton Middle School Field
Cost: \$100
For: Ages 7-13
Dates & Times: Sundays, April 7 - June 2

ZUMBA® WITH DAVID TIEFENBRUNN

Zumba® is a dance fitness class using music and rhythms from around the world. Using a mix of high and low intensity moves, you get a calorie burning full body workout.

Zumba® is adaptable to your particular condition and or limitations. Some of the benefits of Zumba® include improved endurance, strength, balance, flexibility and heart health. The upbeat music and movements improve mood. The dance aspects are good for keeping your mind sharp. Come try a class or 2 - if you enjoy the music, the moves will come to you - Ditch the workout, join the party!

Location: Memorial School Cafeteria / Sears Park Pavilion after June 5th

Class Prices: CARDS - \$75 for 10 classes.
No expiration date.

DROP INS - \$10 drop in anytime
Dates & Times: Monday and Wednesday 6:30 pm - 7:20 pm
Notes: Wear sneakers or Zumba shoes, bring a water and towel

Register online at: www.easthamptonrec.com or pay David at class. All checks need to be made out to East Hampton Parks and Recreation

PAIN AND INFLAMMATION RELIEF WORKSHOP

Calm acute chronic pain and inflammation with plant-based solutions. Plant based therapy is powerful, safe and can reduce symptoms of pain and inflammation. Plant based solutions contain analgesic compounds = natural pain relief.

Location: Memorial School
Date: Tuesday, March 12
Time: 7:00 pm
Cost: Free

SEASONAL THREATS GETTING IN YOUR WAY

Learn natural ways to support seasonal sneezing, wheezing, runny noses and many more health challenges with the turn of the season. Spring has sprung, empower your health and the health of the entire family now so you enjoy the beautiful days ahead.

Location: Memorial School
Date: Tuesday, April 9
Time: 7:00 pm
Cost: Free

MINDFULNESS SERIES for children of all ages!

Embrace your W.E.I.R.D.(Wonderful Exciting Imaginative Radiant Delightful) Self: An exploration through Mindfulness and Empowerment. A children's mindfulness series with beginning breathing exercises, relaxation and concentration techniques all designed to bring balance and peace to your child's life. We will connect, create, empower, and explore through kindness, nature, easy-flow body movement, storytelling, and the Arts... an integrated class delighting all senses. Classes are available for kids in grades K-5, and grades 6-8.

Instructor: Victoria Rose DeAngelis
Location: East Hampton Middle School (grades 6-8);
Memorial School grades K-5
Dates: Grades 6 - 8
Wednesdays, March 27 - May 22;
Grades K-5 Mondays,
March 25 - May 20
Times: Grades 6-8: 2:45 pm - 4:15 pm;
Grades K-5: 3:15 pm - 4:45 pm
Cost: \$120

Please send your child to school with a note each week and they can attend right after school. Students attending Center School can join us on the bus we use for Afternoon Adventures to go from Center School to Memorial School. You will need to arrange this through Board of Education at least a week before the program starts.

ADULT RECREATIONAL BASKETBALL

This program offers non-competitive recreational basketball for adults. You must be an East Hampton resident to participate.

For: Adults age 19+
Instructors: Gregg Johnson and Mark Piscatelli
Location: Adult age 19+ East Hampton Middle School;
Adult age 35+ Center School Gym
Dates: Monday and Thursday Until May 16
Times: 6:30 pm - 9:00 pm
Cost: \$50 for the full season or \$3 at the door
(19+ program only)

SPRING EGG HUNT

Join us for a spring egg hunt! Bring your child and their basket to Center School to hunt for hidden surprises and meet the Easter Bunny. Raffle prizes will also be part of this egg-cellent morning. Please pre-register at www.easthamptonrec.com for the event.

For: Ages 3 - 10
Location: Center School
Date: April 20
Time: 10:00 am

continued on page 16

BELLTOWN SPRING SPRINT

This race hosted by EHHS Project Graduation is an official 5K Run/Walk around Lake Pocotopaug. Parking will be at East Hampton High School, and free shuttle buses will provide transportation to and from Sears Park. The last bus leaves at 9:30 am. There will also be a Kids Fun Run starting at 9:15 am in Sears Park. Race information and updates will be posted to the Belltown Spring Sprint Facebook page. Project Graduation was initiated to provide each graduating class with a chemical-free graduation celebration. Please join us for a fun-filled race.

Location: Sears Park
 (Parking at East Hampton High School)
 Dates & Times: Sunday, May 5th - Kids Fun Run: 9:15 am;
 5K Race: 10:00 am

SEARS PARK SUMMER CAMP

Field Trips and Themes will be posted as soon as they are available. Sears Park Camp is an eight-week day camp held at Sears Park. The campers have a blast! Each day offers activities such as crafts, sports, and games. The entire camp goes swimming and has sand castle contests most afternoons. Each week there will be a special theme and field trip. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/ First Aid Certified. Participants can sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit, and towel. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.

For: Boys and Girls entering grades K-6
 in the fall of 2019
 Camp Director: Heather Holbrook
 Camp Hours: Monday-Friday, 9:00 am - 3:00 pm
 Weekly tuition: \$135 first child, \$115 per sibling
 Week of July 1 - July 5 (No camp July 4)
 \$120 first child, \$100 per sibling

Payment for the first week of camp, plus a \$25 per child per week non-refundable deposit is required to enroll. You will not be enrolled in camp until these deposits are received. Tuition is due by Wednesday for the following week. Field trip costs are included with tuition.

Sessions:
 June 24 - June 28 July 1 - July 5 (No camp July 4)

July 8 - July 12 July 15 - July 19
 July 22 - July 26 July 29 - August 2
 August 5 - August 9 August 12 - August 16

Extended Care:

Available in weekly one-hour blocks:
 8:00 - 9:00 am, 3:00 - 4:00 pm and 4:00 - 5:00 pm
 Cost: \$30 per block, per week
 (\$25 for the week of July 2 - July 6)
 Pre-registration is required for all extended care.

Payment for the first week your child will be attending camp, including extended care fees for the first week and the required deposits for subsequent weeks need to be submitted to the Parks and Recreation Department to be enrolled. Checks should be made payable to East Hampton Parks and Recreation if paying with a check. Online registration is available at: www.easthamptonrec.com.

COUNSELOR IN TRAINING PROGRAM SEARS PARK SUMMER CAMP

Do you want to be a camp counselor in the future? Then this is the program for you. This program will challenge you, inspire you, and allow you to make a difference in the lives of others. The goal of the program is to develop leadership skills that you can use throughout life and to help others and yourself identify and achieve goals. We help to develop your skills in leading and teaching children. All interested CITs will need to fill out an application, interview, set goals and be evaluated through your session. You will not be one of the summer campers but an important participant in the lives of many children. Applications will be available on the Parks and Recreation website at: www.easthamptonrec.com on March 1st and must be submitted by April 5th. This program has a limited amount of availability (4 per session) and is divided into two sessions. Participation as a CIT does not guarantee you a future position as a camp counselor.

Session I: June 24 - July 19
 Session II: July 22 - August 16

Participants will also need to attend all required staff training events prior to the start of camp. Depending on the number of applicants participants may be limited to just one of the sessions.
 Cost \$200 per session.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>

Parks & Recreation

jhall@easthamptonct.gov
 smullen@easthamptonct.gov
 syorker@easthamptonct.gov
 www.easthamptonct.gov



860-267-7300 (ofc); 860-267-7800 (fax)
MAILING ADDRESS:
 20 East High Street; East Hampton, CT 06424
DROP-IN LOCATION:
 240 Middletown Ave.; East Hampton, CT 06424

REGISTRATION FORM

(for most recreation programs)

NAME (& medical info*)	DATE OF BIRTH	GRADE	PROGRAM	SESSION #	DATE
1. _____					
2. _____					
3. _____					
4. _____					

*medical info. (list allergies, medicines, conditions, etc.)

CONTACT INFORMATION:

HOME ADDRESS: _____ _____ _____ MOTHER'S NAME: _____ Day/Cell Phone #: _____ FATHER'S NAME: _____ Day/Cell Phone #: _____	Home Phone #: _____ E-mail Address: _____ Mother's Employer: _____ Father's Employer: _____
ALTERNATE CONTACTS:	
Name/Relationship*: _____ _____ Name/Relationship*: _____ _____ Family Physician: _____	Address: _____ Day/Cell Phone #: _____ Address: _____ Day/Cell Phone #: _____ Office Phone #: _____

*(must be able to pick up participant if necessary)

Release:

I understand that participation in this (these) program(s) involves risks of personal and bodily injury, including but not limited to paralysis, heart attack and death, as well as loss or damage to property. I realize that activities such as this may be inherently dangerous activities and my decision to participate in all such activities is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of this application, I agree for myself, my heirs, successors, and assigns to hold harmless the Town of East Hampton, Connecticut, its affiliates, subsidiaries and any other entity associated with this (these) program(s), and each of their directors, officers, agents, representatives, employees, volunteers, successors and assigns from all liability on account of injury, loss claim, or damage to my body, health, wellbeing or property. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention. I understand that I am responsible for all financial liabilities arising from a situation involving medical treatment. I agree that the terms of this release is applicable to any and all of my dependents who take part in this (these) program(s).

Signature: _____

Date: _____



PHOTOGRAPHS:

...that are taken of participants in our programs may be used in our publicity (unless a participant, parent, or guardian indicates otherwise).

HOW TO REGISTER:

On-line registration, mail, fax, e-mail (as an attachment), or drop off.

PAYMENT:

Credit Card # _____ Expiration: _____
 3 digit security code on back of card: _____ Check #: _____





105 Main Street
East Hampton CT 06424
860-267-6621
www.easthamptonct.gov/Library/

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm
Thursday, Friday 10:00 am - 5:00 pm
Saturdays 10:00 am - 5:00 pm

Library Launches New Website!

The East Hampton Public Library has launched a new website: easthamptonpubliclibrary.org which showcases the library's upcoming events, digital resources and collections. The site is accessible via a link on the Town of East Hampton's website (easthamptonct.gov) or by typing in the web address: easthamptonpubliclibrary.org into your internet browser.

The website, which links to the Library catalog and to Library cardholder's online accounts, allows the public to easily see new and upcoming events, conduct research for school papers or personal projects, learn new technology skills or find something great to read.

"We are so thrilled with the new website" Library Advisory Board Chairman Amy Ordonez said. "For so long all we had was a page on the Town's website, and that didn't allow us to show our community all of the great resources that our library has to offer" Three library staff members and a member of the Library Advisory Board spent about six months designing and launching the site. "It was very important to us that the website be both welcoming and friendly as well as easy to use," said Library Advisory Board Member Mimi Jones. "We took our time to make sure we got this right because we want this website to be a tool for everyone in town." We invite you to visit our new website: easthamptonpubliclibrary.org and let us know what you think!

Weekly Children's Early Literacy Classes

BABY RHYME TIME - NEW PROGRAM!

Enjoy songs and playtime with your baby while building early literacy skills and getting to know other families in your community. No registration required. For ages infant - 12 months. Mondays 10:00 am.

MOTHER GOOSE ON THE LOOSE

An early literacy class that combines nursery rhymes, stories, songs & music activities to promote lifelong learning. Wednesdays 10:00 am. For ages 18 mo. - 4 yrs. old. No registration required.

ADVENTURES IN READING

Introduces older children to lengthier books. Participants explore a different non-fiction subject each week. Class promotes group

discussion while encouraging independence. Great for home-school families Wednesdays 10:00 am. For ages 7 - 13. No registration required.

ART BOX

A creative art class that teaches active listening, inspires creativity, and develops fine motor skills with hands-on crafts. Wednesdays 6:30 pm. For ages 4-8 yrs. old. No Registration required.

LITTLE LEARNERS

An early literacy class that engages children in active listening promotes motor skills & literacy development with shared books, felt board activities and songs. Thursdays 10:00 am. For ages 2-3 yrs. old.

WIGGLES & GIGGLES

An early literacy lap sit class that introduces books, nursery rhymes and songs. No registration required. For ages 12-24 months. Fridays 10:00 am.

Children's' After School Events

FOOTPRINTS

For children in 2nd & 3rd grades, 3:30 pm - 4:30 pm. Children will be given a light snack. Bus transportation will be provided from Memorial School to the library. Children must bring a note to school giving them permission. Registration is required, limited to 14 children. Fridays, March 1st, March 22nd, April 12th, & May 3rd.

FRIBRARY

For children in 4th & 5th grades, 3:30 pm - 4:30 pm. Children will be given a light snack. Bus transportation will be provided from Center School to the library. Children must bring a note to school giving them permission. Registration is required, limited to 20 children. Fridays, March 15th, April 5th, April 26th & May 10th.

Monthly Adult Programs

BOOK CLUB

Third Thursdays of the Month, 2:00 pm.

Each month we choose a different book to read and discuss. Copies of the book are available at the circulation desk. Check to see which book we're reading on the event calendar.

COOKBOOK CLUB

Third Monday of the Month, 6:30 pm.

Do you like browsing through cookbooks? Trying new recipes? Enjoy tasting new dishes? Join us for the cookbook club! Each month we choose a different food theme. Everyone brings a dish related to the theme and 12 copies of the recipe to share. We'll provide the plates and forks. At our meeting we'll sample and talk about each recipe. Dishes should arrive ready to eat. Everyone will go home with all of the shared recipes. Check the event calendar for food themes.

Special Events for Adults

AUTHOR EVENT

**Mary Donohue co-author of *A Life of the Land: Connecticut's Jewish Farmers*
Saturday, March 16th, 1:00 pm.**

Mary Donohue, the co-author of *A Life of the Land: Connecticut's Jewish Farmers*, will describe how The Jewish Agricultural Society in New York began an effort in the 1880s to settle some of the new European immigrants on farms in Connecticut. One area the society chose was centered around Colchester, Lebanon, and Montville. The story of these families and how they owned, worked the farms for generations, and developed the resorts of Moodus will be the subject of the talk. Space is limited, reserve your seat online: bit.ly/EHPLEvents.

ENTREPRENEURSHIP IN THREE EASY STEPS WITH THE US SMALL BUSINESS ADMINISTRATION

Tuesdays, March 5, 12, and 19th 6:00 pm.

This 3-part workshop taught by the US Small Business Administration lays the groundwork for helping new and aspiring entrepreneurs launch a business idea and the steps to building a business that is credit ready. We will cover: where to get money; explaining the five C's of credit; and how to prepare a business loan application and support resources. Space is limited, reserve your seat online: www.easthamptonct.gov/Library/.

BEGINNING BEE KEEPING

Tuesday, April 2nd, 6:30 pm.

Do you have bees or have an interest in bee keeping? Join local bee keeper Alison Walck for an informative discussion on how to start a hive, the importance of bees to our food supply, and getting your bees through the year in our sporadic New England climate.

AN EVENING WITH AUTHOR KRISTAN HIGGINS

Tuesday, April 9th, 6:30 pm.

Join us for an evening with New York Times Best Selling author Kristan Higgins. Ms. Higgins has written over 18 books including her latest one: *Good Luck with That*. She will join us for a talk about her work, question and answer session and a book signing. Books will be available for purchase at the event. Cash or check only. Space is limited, reserve your seat online: bit.ly/EHPLKristan.

NO-TILL GARDENING - EASY/LOW LABOR METHODS FOR STARTING A GARDEN FROM SCRATCH

Tuesday, April 30th, 6:30 pm.

Join local teacher and farmer Mark Gostkiewicz of Tri Gable Lea Farm in Colchester, CT as he describes a variety of easy ways to start a garden bed from scratch without major digging or tilling. Various methods include sheet mulching/lasagna mulching, hugelkultur beds, forest garden beds, raised beds and straw bale gardens.

FURNITURE PAINTING AND RESTORATION WITH KATE AVERY

Tuesday, May 14th, 6:00 pm.

Curious about ways to reinvent an aging piece of furniture or looking to up-cycle a unique find? Join local artist and furniture aficionado Kate Avery of Heir & Space as she explains techniques and methods for amazing furniture transformations.



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Middlesex Health Makes You a Top Priority

Fighting cancer isn't easy, but it helps to know that you are getting the best, most personalized care from a highly-skilled team of medical professionals who treat you like a person-not a number.

Accredited by several leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers, Middlesex Health Cancer Center uses the latest technology to diagnose and treat patients with all types of cancer, including breast cancer, colon cancer, gynecological cancer, lung cancer, prostate cancer, bladder cancer, head and neck cancer, skin cancer and more. The center's nurse navigator program provides specially-trained advance practice nurses to guide patients through the treatment and rehabilitation process.

Every day, the Cancer Center strives to provide individualized, comprehensive services to every patient, family and caregiver. These services include survivorship care, integrative therapies, support groups, educational resources, community events and outreach program and transportation assistance.

In addition, Middlesex Health is a member of the Mayo Clinic Care Network, allowing Middlesex physicians, and their patients, access to the world-renowned cancer experts at Mayo Clinic.

At Middlesex Health Cancer Center, you will never doubt that you are the wwtop priority.

Middlesex Health Cancer Center locations are in Middletown and Westbrook. For more information, visit us at: www.middlesexhealth.org/cancer-center, or call us at: 860-358-2000.

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www.celebritynursehomecare.com

Social Services



Operation Fuel, Inc.

Social Services is still assisting residents with their applications for Energy Assistance, which will end at the beginning of March. In order to ensure there is enough time to process and submit your application, please contact Christine Wiesner directly at 860-267-7300, ext. 208, to schedule your appointment and for program guidelines and required documentation. Appointments are available Tuesdays, Wednesdays and Thursdays from 9:30 am-1:30 pm. Other times may be accommodated upon request.

Once you have applied for Energy Assistance, and exhausted your approved grant, you may also contact Social Services to apply for Operation Fuel. This program provides a one-time grant to assist residents with energy bills. Please call the office for the stipulations and guidelines to determine if you are eligible to apply, and what you will need to provide at your appointment.

**Residents who are struggling financially, short-term or long-term are encouraged to contact Social Services to discuss resources and options that may be available. We encourage residents to contact us as soon as they feel a need. All information is handled in a confidential manner.*

East Hampton Senior Center

The East Hampton Senior Center is open Monday through Thursday 8:30 am - 4:00 pm and Friday, 9:00 am - 4:00 pm. The age requirement at the Senior Center is 60 years of age. If your spouse is younger, they are eligible to participate. A registration form needs to be completed, to participate at the Center. You will be assigned a key fob, so when you do participate, you just sign in for the event that you are attending.

The Community Renewal Team offers meals at the Center's Café Monday through Friday. A menu is posted at the kitchen window and on the Town website (Senior Center). If you are interested in eating at the Senior Café, there is a registration form to be completed for that as well. The Café Coordinator will be happy to assist you. The nutrition program is a federally funded Title III program. The Elderly Nutrition program is free. However a \$2.50 donation is requested, to help cover costs the grant does not cover. One must sign-up 24 hours



in advance to reserve your meal either by signing up at the kitchen or calling the café manager at ext.320. Meals on Wheels is also offered to folks who may be homebound and not able to get to the Center. If interested please call: 860-560-5848 for more information.

The Belltown Newsletter, a bi-monthly newsletter is published for January, March, May, July, September and November. The

newsletter can be accessed through the Senior Center page on the Town website, a copy can be mailed to you at your request or you may pick up a copy at the Senior Center. The newsletter will keep you up-to-date on the events and happenings at the Senior Center. A listing of the weekly activities can be found in the local newspaper as well.

AARP Tax Assistance is offered in February and March 2019. Appointments are required, please call the Center for more information or to schedule your appointment at: 860-267-4426. AARP is always looking for volunteers for the next years' tax season. This valuable service is able to continue due to the AARP volunteers. Recently though, some sites have been closed due to the need for more local volunteers. Consider giving your time for next years' tax season. Please contact the senior center for more information if interested in helping with AARP Tax program.



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Youth and Family Services

MISSION STATEMENT

To create a supportive community that enhances the well-being of our youth and their families. Our goal is to empower families by promoting resiliency, fostering positive youth development, and assisting in building strong and healthy relationships within their home and the community. East Hampton Youth & Family Services is committed to expanding our practice of trauma-informed care, restorative justice, and wrap around support.

SERVICES PROVIDED

East Hampton Youth and Family Services, located at 240 Middletown Avenue, is dedicated to providing quality services including individual therapy for youth, couples therapy, family therapy and crisis intervention. All services are provided at no cost for town residents. We are currently accepting new clients, and have both weekday, evening, and weekend appointments available. Mentoring programs, prevention programs, and community based groups are offered to help young people foster healthy and positive habits while reducing high-risk behaviors. These programs capitalize on strengths, build character, and provide the necessary skills for adulthood.

WHAT'S HAPPENING?

In the past few months, Youth and Family Services has been brainstorming ways to promote togetherness within the community. In the month of December, we launched a monthly Mother-Daughter

Craft Night. East Hampton mothers, daughters, grandmothers, aunts, and important female figures are invited to join us for this monthly night of crafting led by Stacey Gibson. If you wish to join us or learn more about this event, please keep an eye out on the East Hampton Parks & Recreation page to register or follow us on Facebook for immediate updates!

LOOKING FORWARD

The year of 2019 will bring new programs and opportunities to East Hampton!

- On February 23, we look forward to introducing a Skills & Knowledge In Lifelong Learning (SKILL) Training to the youth of East Hampton. This training will be offered to teenagers with a desire to participate in a 6 session program. This program will touch upon topics such as balancing a checkbook, filling out a resume, preparing for an interview, maintaining a healthy adult life, and more! For details regarding age limits and participation, please check our Facebook page or contact us for more information.
- The month of March will also bring a new monthly event: Family Dinners! Middle-school aged children and their families are invited to cook a meal together at the East Hampton High School. Join us in a night of cooking or baking that the whole family can enjoy!
- That's not all! Opportunities for summer 2019 including summer camps and teen outings will be posted soon!

Keep an eye out for registration updates on Facebook and easthamptonrec.com.

CONTACT US

If you wish to join us for any of our events, please check the East Hampton Parks & Recreation page to register! Follow us on Facebook at East Hampton Youth & Family to get immediate updates on registration notifications for our events and programs, as well as relevant information for our town youth and families! For more information on our services or to schedule an appointment, please contact Jodi Brazal at: 860-267-7300.

East Hampton Prevention Partnership

As a Local Prevention Council, the East Hampton Prevention Partnership is dedicated to reducing substance abuse among young people. Our mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal-setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives.

continued on page 24

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Prevention Partnership... continued from page 22

Get rid of your unused, unwanted and expired medications in the new medication drop box located in the East Hampton Police Department Lobby.

The East Hampton Prevention Partnership continues to look for new High School students to join

the Youth Committee during the 2018-19 school year and beyond. Students involved will run peer to peer campaigns to promote healthy lifestyles among their classmates. Please call or email the Prevention Coordinator, James Olsen at: 860-267-7300 ext. 207 or jolsen@easthamptonct.gov.



Firefighters Keep Pace with Emerging Technologies



Improving the safety of motor vehicles has been a constantly evolving process ever since the first “Tin Lizzie” ran itself into a roadside tree. Early vehicles were heavy, bulky, difficult to control and, as such, were exceptionally prone to impacting stationary objects. As cars became more affordable and popular, drivers began to run into each other as well, injuring themselves and others in the process.

Initially, motor vehicles began to be equipped with “revolutionary” safety innovations such as wiper blades, turn signals and rear-view mirrors. The 1950s saw the introduction of disc brakes, the first air bags and three-point seat belts (the most effective vehicle safety feature ever invented). The 1960s brought the first Federal Motor Vehicle Safety Standards to fruition and today’s cars are safer than ever, with design innovations such as front, side and rear impact protection systems, energy-absorbing crumple zones, and a full suite of electronic devices leading up to and including autonomous operation.

Despite the creative and innovative efforts of design engineers, metallurgical experts

and electronics technicians, however, cars still crash into things and each other. In the first half of 2018, over 18 thousand people in the United States died in motor vehicle accidents and over 2.1 million individuals were seriously injured. Working to prevent the seriously injured from becoming fatalities is the job of First Responders and sometimes the enhanced safety features of today’s vehicles can actually work against those efforts.

Serious motor vehicle accidents create dangerous situations in which the occupants need to be treated for life-threatening injuries and carefully moved out of harm’s way as quickly and as efficiently as possible. The threat of fire, the deteriorating condition of the vehicle, the extent of injury and the passage of time are among the primary factors in determining outcome.

Often, the vehicle itself is so severely damaged and structurally compromised that firefighters need to dismantle and remove portions of it in order to gain access to the occupants. Using hydraulic cutters, spreaders and rams, firefighters are able to remove or displace doors, roofs, steering columns,

car seats, dashboards and other components that may be impinging upon the occupants, facilitating their rapid extrication and the initiation of enhanced medical treatment.

These conventional hydraulic tools have been in common use by fire departments across the country since their introduction in the 1970s. Operating on low pressure and tethered to fire apparatus by hydraulic lines, these conventional tools are adequate for use on older vehicles but are not compatible with today’s automotive designs and materials. Pillars that support the roof of a car, for example, previously were manufactured from formed and welded sheet metal components and were designed to simply support the roof and frame the glass - relatively easy for a hydraulic tool to cut through quickly.

Today’s pillars, however, are designed to be an integral part of a structurally-sound “roll cage” for the passenger compartment as well as serving as anchor points for seat restraints and other safety components. While design concepts vary, these pillars are fabricated by wrapping multiple layers of high-strength boron steel around a tubular “stiffener” of carbon fiber or similar composite material. While these designs provide superior structural strength and integrity for the vehicle, they present an insurmountable obstacle for firefighters in the event of a serious crash. Conventional hydraulic tools are ineffective in these situations and there is currently no way to determine which vehicles have incorporated this technology, as different versions of even the same make and model may have different components. This scenario forces firefighters to seek alternate methods to perform the extrication process, leading to increased delay in

the provision of adequate patient medical care.

To keep abreast with these emerging technologies, members of the East Hampton Volunteer Fire Department recently attended an advanced extrication class to explore new tools and equipment being introduced to overcome the difficulties presented by the new automotive designs and materials. These new tools are battery-operated

(eliminating hydraulic lines) more powerful than their older counterparts (capable of cutting through the new components), significantly lighter in weight than the 50-pound conventional hydraulic tools, and more portable (for incidents extending beyond the reach of the hydraulic lines). The enhanced tools have proven to be effective in reducing the time necessary for successful extrication, even on older model vehicles.

In order to continue to provide the best possible emergency services for the town and its residents, Fire Chief Greg Voelker is committed to keeping the East Hampton Volunteer Fire Department commensurate with the increasing and varying challenges it faces. It is the Chief's intention that new apparatus will be equipped with the new extrication tools and the department's rescue truck will be retrofitted in the near future as time and budget permit.

East Hampton Volunteer Fire Department Elects Officers for 2019

In command of the Department, Fire Chief Gregory Voelker and Deputy Fire Chief Marty Swan were re-elected to new two-year terms, while Assistant Fire Chief Peter Freund will fill the second year of his two-year term throughout 2019. Collectively, the three chiefs bring over 125 years of firefighting experience and expertise to the Department at the senior leadership level.

Re-elected to the Department's Executive Board for 2019 were: Dan Burdick (Chairman), Jim Burke (Vice-Chairman) and Rich Kelley from Company One. They will serve with Bill Field

(Secretary), Greg Stanhope and John Basso from Company Two. Marty Swan will continue to serve as Department Secretary / Treasurer.

Fire Chief Voelker also made the following Department-level appointments:

Safety Officer: Marty Swan
Training Officer: Peter Freund
Chief Engineer: Dan Burdick

continued on page 26



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EHVFD Elects Officers... continued from page 25

Public Information Officer: Jim Burke
Fire Police Captain: Charles Spakowski
EMS Coordinator: Jim Burke
Junior Division Advisors: Jim Burke
and Scott Howell

COMPANY LINE OFFICERS ARE ELECTED TO ONE-YEAR TERMS AND INCLUDE THE FOLLOWING:

Company One (Barton Hill Road)

Captain: Ken Royce
Lieutenants: Robb Rainville,
Shane Owen, Adam Royce
Assistant Engineers: Fred Royce and Ken

Royce
Secretary / Treasurer: Jim Burke

Company Two (Cobalt):

Captain: Marty Voelker
Lieutenants: Kevin Scranton
and Joe Guest.
Assistant Engineers: John Kovach
and Joe Guest
Secretary / Treasurer: Bill Field

The Line Officers from Company One also have command responsibility for the manpower and apparatus at the Company

Three firehouse on White Birch Road.

The EHVFD remains an all-volunteer organization dedicated to safety and well-being of the residents of East Hampton and surrounding towns. The department's firefighters sincerely appreciate the steadfast support of the community as they fulfill their duties and new members are always welcome. For information regarding opportunities to serve within the department, please contact Department Headquarters at: 860-267-2198.

East Hampton Police Department



The East Hampton Police Department would like to warn residents of the dangers associated with certain telephone scams in which the caller portrays himself/herself as an employee of the IRS. The caller threatens the individual with immediate arrest if they do not immediately pay overdue taxes and in some cases tell the indi-

vidual the police are on the way or the situation is being reported to the local police department. The caller is very demanding and can be very convincing. Another scam that we have recently seen is the one where the caller contacts someone and tells them their Microsoft computer is infected with a virus. They offer to fix the computer for a fee and you just need to give them access to your computer or they may ask you for some personal information such as your date of birth, social security number or certain passwords. There are other scams as well that can be very frightening for the unsuspecting person. The caller will indicate that a family

member has been kidnapped and they are requesting a ransom for the safe return of that family member. Sometimes they will call the family member by his or her name, usually easily obtained via the internet, and demand the person immediately go to a local business to wire them money.

Never give out your personal information on the phone as it only takes a few minutes for someone to steal your identity and drain your bank accounts. If it sounds too good to be true it probably is. When in doubt obtain a call back number from the individual and report the incident to the police. These scams don't all occur over the phone some take place over the internet or are sent to you via an e-mail. Be very cautious about clicking on e-mails or attachments that you do not recognize. Those attachments could contain a virus that can corrupt your computer.

Also, please lock your car doors at all times and make sure valuables are secured and not left out in plain view.

Conservation-Lake Commission Lake Clean Up Day



The Conservation Lake Commission supports and helps sponsor the work of The Friends of the Lake in their efforts with the Town's annual Lake Clean Up. This event will occur on Saturday, April 27th at Sears Park starting at 9:00 am.

If you have participated in the past - Thank You! If you are looking to volunteer any amount of time for a worthwhile project, then come on down. Bring your kids, do it as a family, bring your dog for a walk and help us clean up the perimeter around the lake.

In the past, Town Officials, civic groups, high school groups, Boy Scouts, Girl Scouts, and State Representatives have helped beautify the Lake, East Hampton's prized treasure. If you are looking to donate some easy community service come to the park.

We are always in need of people with a pickup truck and/or a small trailer to

help bring the bags of trash collected and left on curbs to be brought back to Sears Park where we will place it in dumpsters or trucks where we recycle metals, tires (without rims) wood and plastics. Sorry, no hazardous materials.

Lake Pocotopaug T-Shirts, garbage bags, gloves, directions and assignments will be

available at the Park. Normally plans are made for food and beverages. If you wish to bring trash from watershed properties to the park you are welcome to do so. If you have any questions, please call Joe Carbonell at: 860-917-7366 and leave a message, or email at: vicechairman@flpeh.org. Looking forward to a record turnout for this annual Lake Clean Up.

East Hampton Citizen Emergency Response Team (CERT)

The East Hampton Office of Emergency Management is currently accepting applications for the next Citizen Emergency Response Team (CERT) class which is expected to be held in the near future. The 20-hour initial training course is offered free of charge to East Hampton residents and others who have an interest in our town.

CERT members are trained to provide local, immediate support to emergency responders during a disaster. They perform duties such as shelter support, crowd control, and assistance in evacuations. They also help year-round with preparedness outreach, drills, and fire safety education.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

The initial training program consists of 20 classroom hours offered over several weeks, either in the evening or over a couple of weekends. Topics covered include disaster preparedness, fire safety, first aid and medical operations, and search and rescue methods. You do not need any particular knowledge or training prior to enrolling, and there are jobs for all skill and fitness levels. Volunteers must attend all classes or make special arrangements with the instructor.

Following training, members are provided with all needed supplies including safety vests, identifying clothing, hard hats, safety gloves, etc.

Once initial training is completed, members meet once a month for additional training and activity updates. Recently, the current CERT members have learned about considerations when addressing the needs of disabled and frail elderly persons, special accommodations for sheltering pets during an emergency, recurrent CPR training, information about blood

borne pathogens, and the workings of Web EOC (the State's online emergency tracking website). Fortunately, there have been no recent emergencies, but CERT members work hard to keep their skill levels high.

If you have questions about CERT, or would like to register for the upcoming training, please call or email Rich Klotzbier, Emergency Management Director, at: 860-267-0088 or firemarshal@easthamptonct.gov; or Karen Olson at: 860-301-6486 or kayo4321@hotmail.com. Please leave a message with your contact information. Information about the national CERT program can be found at: <http://www.citizencorps.gov/cert>.

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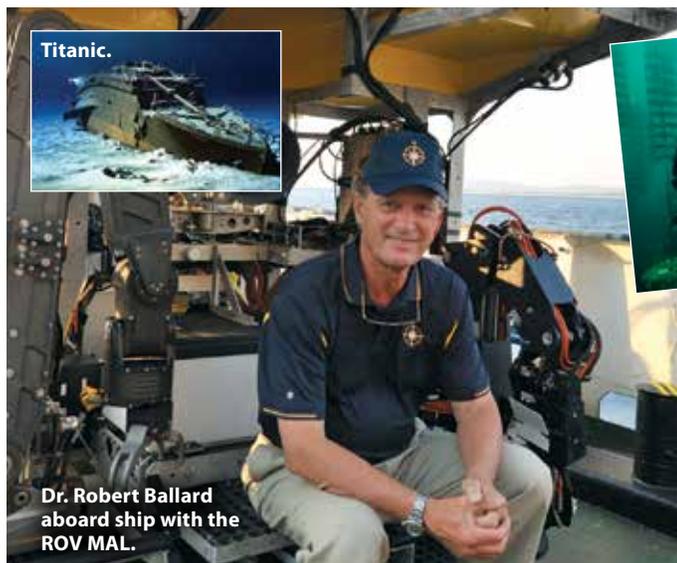
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Dr. Robert Ballard - The Race to Save the Human Race by Sigrid Kun



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



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

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

Our Oceans - The Last Frontier

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

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

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

No Boundaries

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

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

Where Do We Go From Here?

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

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