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Town Manager's Corner

Dear Residents,

With winter well upon us, I am pleased to report East Hampton is on the move. The Town Staff have been hard at work planning for when the weather breaks. From capital improvement projects for the Town to many new local businesses planning to open in the spring, things are happening in East Hampton.

Even though it is cold outside work continues to happen every day. Thank you to our Public Works Crew and Police Officers who brave all sorts of weather conditions to make sure we are safe. Moreover, it is important to recognize our Volunteer Fire Department and Ambulance Corps who are always there in our greatest times of need.

Lastly, I would like to take this opportunity to thank each and every resident who has volunteered over the holidays. Maybe you volunteer your time with a Board or Commission or you volunteer your time with the Food Bank. It is because of each of you our community is such a great place. It is the hard work of volunteers that makes East Hampton special.



Michael Maniscalco
Town Manager

Best regards, Michael Maniscalco

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.



Tamera "T.J." Jackson
Owner & Team Member

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Arts & Culture Commission

Please visit our website at:
www.artsforeasthamptonct.org

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Office of the Assessor

ELDERLY & TOTALLY DISABLED TAX RELIEF PROGRAM
Residents 65 years of age or totally disabled may be eligible for a tax credit on real estate; income guidelines apply and are adjusted each year. Applications will be available starting in February and must be filed on or before May 15, 2018. Per the State of Connecticut, the maximum income for a single taxpayer was set at \$35,300. The maximum income for a married couple was set at \$43,000.

The Assessor's Office is open Monday, Wednesday, Thursday 8:00 am to 4:00 pm, Tuesday 8:00 am to 6:30 pm and Friday 8:00 am to 12:30 pm. We can be reached at 860-267-2510 or assessor@easthamptonct.gov.



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/#>

EVENTS PRESENTS ~ SHAGBARK

Shagbark Lumber & Farm Supplies, Inc. established in 1986, is starting its 32nd year in business serving the East Haddam community. From the outside it seems that Shagbark has changed a lot, as surely its physical foot print has grown. The core Shagbark principles are very much the same. "Meet the needs of the community, be a good neighbor, and the customer is always right! After all, we are here because the customer pays the light bill," according to owner Fred Hunt.

With this in mind, Shagbark has embarked on its newest endeavor, a solar farm to supply all the electricity to East Haddam's three schools. Shagbark is excited to see it come to fruition. The farm's longtime agricultural pursuits and energy programs implemented by the State of Connecticut paved the way for Shagbark to pursue this development. The Solar Farm allows Shagbark to repurpose land that would not otherwise be utilized for a very positive result in benefiting the community. Drive by the store and you will see these changes from the street.

Shagbark prides itself in their knowledgeable and helpful staff, which are always prepared to provide you with all the tools you need for a project. From pet and farm supplies to cleaning supplies, from specialty organic lawn care, lumber or millwork, the Shagbark staff is ready, willing and able to serve your every need. If it is services you are seeking, at Shagbark you can have knives sharpened, glass cut, your small engine repaired, a kitchen designed and paint color(s) matched. Shagbark will test your pool water, re-do your screens, and rekey your locks. Let's not forget that you can mail a UPS package while you're filling your propane for a barbecue. One can even purchase a new barbecue grill for that matter. So next time you are in the neighborhood, stop in, say "hello" visit awhile and enjoy the popcorn, it's always free!



Owner Fred Hunt & Daisy.



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Call or see web for directions.

860.873.1946 www.shagbarklumber.com

Office of the Collector of Revenue

Please welcome our new Assistant Collector of Revenue, Jacqueline Langdon. She comes to us with experience from the Town of Bolton and is a great addition to our team.

We are currently collecting the second installment of real estate and personal property taxes as well as supplemental motor vehicle tax bills. The second installment became due and payable on January 1, 2018; taxpayers have until

February 1, 2018 to pay without penalty. Payments mailed that have the official USPS postmark of February 1, 2018 are considered "on time" regardless of when they reach the office.

As a consequence of recent changes in the way state and local property taxes may be allowable as deductions in the federal tax code; many taxpayers have paid their second installment in December 2017.

If this should result in an overpayment of taxes due to an escrow payment, the refund will be returned to the party who made the last payment.

We are moving forward in the pursuit of collecting back taxes. Our Tax Sale Auction will be held on February 20, 2018 at 10:00 am in the Town Council Room. Please check the website www.cttaxsale.com for daily updates.

Planning & Zoning Department



VILLAGE CENTER TIF DISTRICT

Over the last few months, the East Hampton Town Council, along with the Town Manager and Planning and Zoning Department, has been developing and discussing the implementation of a Tax Increment Financing (TIF) District for the Village Center. A TIF district is a funding mechanism where all tax income to the municipal general fund on current assessments within the district are capped at current rates and future income generated by the

increases in property assessments in the district are put into a special revenue account to be used only for improvements within the district.

Residents have indicated time and again that the Village Center should be a focal point of the community for reinvestment and the latest Plan of Conservation and Development recommended a tax incentive program for the Village Center. Although the creation of this district is not a "silver bullet" to solving years of loss in the manufacturing economy and the resulting changes in the Village Center, it is a mechanism to set aside funding to help pay for façade improvements, streetscape enhancements and other needed enhancements in the district. The implementation of a TIF District in other communities has helped to generate the interest of developers leading to the rehabilitation of underused mill buildings and blighted properties.

Stay tuned for updates and meetings as the planning process proceeds.

East Hampton Town Facilities Building Committee Update

With the passing of the town referendum on November 8, 2017 to approve the project, the Building Committee commenced activities to address the next steps.

Exploratory core borings were performed to gather the necessary information to present an application to the Inland/Wetlands Watercourse Agency (IWWA). The plan is to submit to the IWWA on 1/17/2018 the application for the Wetlands Permit for Site Plan. It is expected that the IWWA will accept the application on January 31, 2018.

Work has also been ongoing to prepare the application for Special Permit and Site Plan for the Planning and Zoning Commission. The plan is to make the submittal on 1/17/2018 with acceptance of the application by the Planning and Zoning Commission on February 7, 2018.

The project architect, Amenta/Emma, has prepared initial building/space drawings that are currently being reviewed by the Police Department, Town Manager, and the Superintendent of Schools. Currently 100% of the Schematic Design is completed.



Building Department

HOW LONG DO CO AND SMOKE DETECTORS LAST?

Smoke detectors provide an early warning of a fire, giving people additional escape time. The life expectancy of smoke alarms (battery & hard-wired) is generally 10 years, after which point their sensors can begin to lose sensitivity. The test button ONLY confirms that the battery and/or electronics, and alert system are working; it doesn't mean that the smoke sensor is working.

Carbon monoxide (CO) detectors are a safety feature in your home to detect invisible, odorless gas that is a common by-product of incomplete combustion. This deadly gas is produced when fossil fuels (wood, coal, oil, etc.) burn and CO detectors alarm you of such gas to prevent poisoning. CO detectors have a limited life with an expiration date, typically 5 to 7 years.

FIRE SAFETY TIPS:

- Install smoke detectors inside and outside each bedroom and sleeping area.
- Install smoke detectors on every level of the home, including the basement.
- It is best to use interconnected smoke detectors; when one sounds, they all sound.
- Test all smoke detectors at least once a month to be sure the alarm is working.



- Install smoke detectors on ceiling or high on a wall; 10' from stove to avoid false alarms.
- Replace smoke detectors every 10 years.
- Notice the End-of-Life Warning on the CO detectors.

Take a quick moment today to look at your own smoke and carbon monoxide detectors to ensure yours are up-to-date and protecting your family as designed. Remember to replace smoke detectors every 10 years, replace CO detectors every 5 to 7 years, and test them often. If you have any questions, please contact Glen LeConche, Building Official, East Hampton Building Department at: 860-267-9601.

East Hampton Town Directory

www.easthamptonct.gov

| | | | |
|---|--------------|--|--------------|
| Animal Control (24 hour dispatch) | 860-873-5044 | Human Resources | 860-267-4468 |
| Assessor | 860-267-2510 | Parks & Recreation | 860-267-7300 |
| Board of Education | 860-365-4000 | Police Department (non-emergency) ... | 860-267-9544 |
| Building/Planning/Zoning | 860-267-9601 | Probate Court | 860-295-6239 |
| Chatham Health District | 860-365-0884 | Public Library | 860-267-6621 |
| Collector of Revenue..... | 860-267-2300 | Public Works..... | 860-267-4747 |
| Emergency Management..... | 860-267-0088 | Senior Center | 860-267-4426 |
| Finance Department | 860-267-7548 | Town Clerk | 860-267-2519 |
| Fire Marshal | 860-267-0088 | Town Manager..... | 860-267-4468 |
| Food Bank | 860-365-5978 | Water Pollution Control Authority | 860-267-2536 |
| Housing Authority | 860-267-8498 | Youth & Family/Social Services..... | 860-267-7300 |

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 business, Loco Perro Mexican Restaurant as being named "Belltown Spotlight on Business" monthly honoree. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award. Current EDC members are Chairman Jack Solomon, Ted Turner, Kate Adams, Erin Hall, Tim Csere and Matt Joseff.



EAST HAMPTON EDC BUSINESS OF THE MONTH

Owners of Loco Perro Mexican Restaurant & Banquet Room, Tasos Papagiannopoulos and Beth Wiltsie receive their official EDC Proclamation naming their business as "Business of the Month" for October from EDC Members Ted Turner and Tim Csere. Loco Perro just celebrated its 25th year in business and is well known for authentic southwest Mexican and American cuisine. Burgers, tamales, wraps, specialty tacos, enchiladas and ribs are just a few of their outstanding items. Loco Perro is located at 191 East High Street, East Hampton, CT. Check out their website at: www.locoperro.com for their hours and complete menu. "Gracias!"

Public Works Department

The winter season is fully in place for the East Hampton Public Works Department. Since November 20, 2017, the Department has responded to various snow events (at this writing, nine (9) times). Some of these have been for extended periods of time.

Ample supplies of treated salt, gas and diesel have been procured. Also, the extreme frigid temperatures have put some additional strain on the equipment and lessened the ability of any thaw. Before winter took hold, the Department graded all unimproved roads and cleaned up many leaves in the Town's right-of-way.

continued on page 8

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Public Works... continued from page 7



Weather will dictate projects accomplished during the winter months. With the temperatures staying below thirty-two (32) degrees, staff has been checking all buildings and equipment on a daily basis to maintain their integrity and avoid safety concerns.

As we wait for spring, and the ground to thaw, we will be budgeting for the 2018-19 fiscal year and planning projects for the year to come.

Citizens Prepared to Respond... Town-wide CPR Training



The East Hampton Rotary Club has joined with the East Hampton Parks and Recreation Department and the East Hampton Ambulance Association in offering free training in Adult CPR/AED Training at a town-wide event on February 24, 2018.

This training will take place at the East Hampton High School, 15 Maple Street, East Hampton. Free child care will be provided by the High School Interact Club. There will be 3 scheduled sessions, each 1 hour and thirty minutes long. They are scheduled for 9 am, 10:45 am and 1:30 pm. Registration is on a first come, first served basis by contacting East Hampton Parks and Recreation Department at: 860-267-7300 or at easthamptonrec.com.

The more people trained in CPR/AED within the community, the better the chance of a trained first responder being able to deliver lifesaving care before the arrival of EMS. East Hampton is a designated American Heart Association Heart Safe community, with a goal of a trained responder and AED within a minute of every cardiac arrest. It has been proven that early CPR along with early defibrillation increases the survival rate of the cardiac arrest victim.

East Hampton currently has several AED units in town. They are located at Sears Park, St. Patrick's Church, American Distilling, all public schools, the Senior Center, East Hampton Little League field, Team Fitness, East Hampton Town Hall and the East Hampton Public Works Department. They are also carried by the police, fire and ambulance. For your business to become a sponsor, call Parks and Recreation Department or Kate Morris at 203-761-5011.

Please register to participate in this very important event during Heart Month. Become a part of a lifesaving team of first responders. Be a Citizen Prepared to Respond!

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VERY SERIOUS PROBLEMS: Eyes can get sick, just like the rest of us. Sick eyes can lose vision. **Macular Degeneration, Diabetic Retinopathy, Hypertensive Retinopathy, Papilledema, Maculopathy**

You may have no idea what these words, or dozens more like them, mean. Luckily, we do. They represent serious, potentially sight threatening disease processes that have no symptoms until the disease has progressed to the point of compromised vision. At that point, it may be too late to fix the problem. No one wants to lose their eyesight.

We use advanced confocal laser imaging systems to discover the earliest changes in the retina that may predict the development of many of these conditions.

Early diagnosis allows us to stop or delay the changes that may lead to loss of sharp vision. Some of these eye conditions are directly related to systemic conditions that affect your whole body, like diabetes and hypertension. If someone in your family has lost vision from a disease, you are at a higher risk.

Something as quick and easy as a 30-minute eye exam can safeguard your vision and protect your whole body from the possible future harm seen with many of these diseases.

Everyone should have an eye exam once a year. Have you?

ANNOYING PROBLEMS: As we age, our eyes and lids dry out. You don't have to suffer with it.

Dry Eyes, Scratchy Eyes, Itchy Eyes, Red Puffy Lids, Excess Tearing, Lashes Falling Out

Dry eyes are no laughing matter. In fact, eyes that are too dry fail to lubricate the cornea properly causing decreased sharpness in vision and many uncomfortable symptoms. We have had patients try all sorts of home remedies, but unless you get to the true cause, you may make it worse. In many cases, there is an underlying lid disease causing inflammation that causes the tear glands and ducts to shut down. It may feel like there is always

something in your eye; your lids may become so red and swollen that lashes fall out. This is a serious problem.

There are some medications and lid heat treatments to help control the disease. There are some excellent supplements that have proven to be beneficial for patients with certain types of dry eye conditions. To accurately diagnose the lid condition correctly, come in for an eye exam. You don't have to suffer with this problem.

An eye exam is not just about eyeglasses and contact lenses. It's about eye health.

VISION PROBLEMS: It's also about new eyeglasses and contact lenses and seeing better!



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Whether we correct the vision problem with eyeglasses or contact lenses, your vision problem will be solved. Eyeglasses come in hundreds of styles and colors. We have thousands to choose from. Contact lenses are now available for all wearers, even those with very dry eyes. There are multifocal lenses that help with near vision, too. Contact lens dropouts can get back into lenses for fun and sports. Daily wear contact lenses require no care. Wear them today and toss them out. No solutions, no problems!

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Vista Supports USVI Family Impacted by Hurricanes



Through social media, they were turned on to Adopt a Family USVI, a grassroots initiative that pairs families in the U.S. Virgin Islands affected by the hurricanes with supporters.

Once the Connect program was matched to a family in need, members and staff spearheaded a collection drive—which yielded enough supplies to fill eight care packages. Items included canned goods, personal hygiene products, diapers, batteries, snack foods and more.

Members and staff of Vista Life Innovations, a community-based organization that supports the personal success of individuals with disabilities, recently mailed care packages to a family in the U.S. Virgin Islands struggling due to the impacts of Hurricanes Irma and Maria. After hearing about the devastation wrought by these two powerful storms, members of Vista's Connect day program researched ways in which they could aid hurricane victims.

Giving back is a key component of Vista's philosophy. From hosting American Red Cross blood drives to volunteering with programs like Meals on Wheels, Vista students, members and staff actively seek opportunities to support their communities throughout the year.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 28 years.

8th Annual goPINK Project



The 8th annual goPINK project raised over \$29,000 to support women facing breast cancer at Middlesex Hospital Cancer Center. Since 2010, dozens of business, schools and teams have helped raise a grand total of \$184,575 to provide free integrative medicine therapy to over 1,000 patients! Essex Printing and Events Magazines is a proud supporter of the goPINK project. For more information visit gopinkproject.com.

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|---|---------|
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| Grilled chicken breast served on a bulky roll topped with lettuce, tomato and american cheese | |
| The Irishman..... | \$9.95 |
| Extra lean corned beef with sauerkraut, swiss cheese and thousand island dressing served on grilled rye. | |
| Mahi Ruben..... | \$13.95 |
| Grilled mahi with swiss cheese, thousand island dressing served on grilled rye. | |

| | |
|--|---------|
| The Dublin Dog..... | \$7.95 |
| Jumbo beef hot dog served on a toasted roll topped with cheese and your choice of relish or mustard. Add chilli or sauerkraut for \$.50. | |
| Pulled Pork..... | \$9.25 |
| Tender bbq pulled pork served with monterey jack cheese and coleslaw on a bulky roll. | |
| The Ultimate Burger..... | \$10.25 |
| An 8 oz hand pressed patty served with fresh tomato, lettuce and topped with american cheese and bacon. Served on a bulky roll. | |
| City Steam Burger | \$10.50 |
| An 8 oz hand pressed patty steamed to perfection and topped with cheddar cheese, lettuce , tomato and bacon. Served on a bulky roll. | |
| Grilled Kielbasa Grinder | \$9.00 |
| Smoked kielbasa grilled and served on a grinder roll topped with sauerkraut and mustard. | |
| Italian Sausage and Peppers | \$8.95 |
| Grilled sausage with sweet onions and peppers. Served on a grinder roll. | |
| <i>**All sandwiches come with a choice of fries, slaw, potato salad. Add onion rings for \$2.50.</i> | |

TRADITIONS

| | |
|---|---------|
| Fillet Mignon | \$20.95 |
| An 8 oz cut blackened or teriyaki finish. Grilled to perfection. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Grilled Rib Eye..... | \$18.95 |
| Hand cut 12 oz rib eye steak grilled to perfection, blackened or with a teryaki finish. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Baked Stuffed Sole..... | \$16.95 |
| Two seafood stuffed filet of sole baked in a white wine and lemon butter sauce. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Salmon Steak..... | \$18.95 |
| Choice of grilled, blackened or teriyaki. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Center Cut Pork Chops | \$18.95 |
| Two center cut chops grilled traditional or blackened. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Shepards Pie | \$15.95 |
| Seasoned and Braised beef with corn, topped with fresh mashed potato and baked to perfection. | |
| Mahi Mahi Steak | \$17.95 |
| This grilled white fish can be blackened or grilled with a teriyaki glaze. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |
| Chicken Picatta | \$16.95 |
| Egg battered chicken breast in a white wine and caper sauce. + Served with a side salad. | |
| Chicken Fettuccine Alfredo | \$16.95 |
| Soute'd chicken breast in hand crafted alfredo sauce and fettuccine. + Served with a side salad. | |
| Prime Rib Friday and Saturday..... | \$17.95 |
| The very best of rib eye, roasted to perfection. + Choice of Baked or Mashed Potato, with your choice of Vegetable. | |

**Thoroughly cooking meats, poultry, seafood, shellfish, eggs will reduce the risk of food borne illness. (All prices are subject to change.)*

**Book Your Parties (Lunches or Dinners)
in our Private Dining Room.**

**Gift
Certificates
Available**

**Open 7 days / noon to 1 am
Happy Hour 4 - 6 pm
WiFi Available**

**Prime Rib
Dinner Fri & Sat
\$17.95**

**Proudly Serving Lucky Goat Butcher Shop Products
42 E. High Street, Rt. 66, East Hampton 860.365.5238**

**Check for Daily Specials and Upcoming Events
visit us at www.the-dublin.com**

Prices Subject to Change

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
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 & 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.

REQUENTLY 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

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org
For boys and girls ages 7 - 14
email: info@ehyouthfootball.org

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

TRAVEL SOCCER

www.easthamptonsoccerclub.org

PARKS & RECREATION

For boys and girls ages 8 - 18
Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

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, at the Parks and Recreation office or within this magazine. 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 e-mail 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.

If you are unable to attend a program you have registered for, contact us before the program begins and we will issue a refund to you. 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 e-mail 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 online at www.easthamptonct.gov. Our guidelines follow the Public School's income guidelines

for free or reduced-price lunches. All information is strictly confidential.

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.

SEAMSTER PARK PLAYGROUND

Help support a Playground for the future!

The Town of East Hampton Parks and Recreation Department is asking for your help to join in and raise funds for a new 14,000 sq. ft. playground. This playground will provide the same square footage as the old playground and offer more play structures that are ADA compliant and meet today's CPSI standards.

We have partnered with the company Play By Designs to bring you a state of the art, customized playground. Play by Design is a playground design firm that specializes in working with communities to design and provide safe, affordable, and unique volunteer-built playgrounds for children of all abilities.

Maintenance is another concern that is also important to discuss. You will find maintenance with any project, but our goal is to keep the maintenance down, starting at the beginning with the design.

For more information on the process, to donate, or volunteer in the build please visit the Parks and Recreation website at: www.easthamptonrec.com or call the office at 860-267-7300.

HARTFORD WOLF PACK GAME

SEAMSTER PARK PLAYGROUND FUNDRAISER

Saturday, March 3 - 3:00 pm - XL Center

Join us for a night out with the Hartford Wolfpack and help support a great cause! Tickets are \$20 each and \$8 from each ticket sold goes towards the new Seamster Park Playground.

LIVE AUCTION

SEAMSTER PARK PLAYGROUND FUNDRAISER

Saturday, March 10 - 6:00 pm - 9:00 pm

Parks and Recreation will be hosting a live auction at Angelico's Lake House to fundraise for the Seamster Park Playground. Auction items will include sports merchandise/tickets, vacation destinations, Spa packages, golf outings and much more. All are welcome to attend.

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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 2018-2019 school year will start in June of 2018.

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

MOUNT SNOW BUS TRIP

Join us for a ski and snowboard trip to Mount Snow Vermont. Price includes transportation to and from Mount Snow as well as an all-day lift ticket. Rentals and lessons must be setup on your own. The bus will depart from East Hampton Middle School at 19 Childs Road at 6:30am and will depart from Mount Snow at 4:00 pm.

Location: Bus departs from East Hampton Middle School
 Cost: Adult (ages 19-64): \$125; Youth/Senior (18 and under or 65 and over): \$115
 Date: March 9
 Time: Bus departs at 6:30 am and leaves Mount Snow at 4:00 pm

ZUMBA WITH BECKY CUMMINGS

Zumba® class is for everybody and every body!

Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity

and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Join Becky Cummings, a local instructor for over 8 years for this total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Notes: Wear sneakers or Zumba shoes, bring a water and towel

Class Prices: TBD

CARDS

All class cards have 10 classes.
 \$70 for a card with a 2 month expiration date
 \$80 for a card with a 4 month expiration date

DROP INS

\$10 drop in anytime
 Register online and pay either Becky at class or in the Parks and Recreation office.

Dates: Monday and Wednesday,
 September 6, 2017 - June 6, 2018
 Times: 6:30 pm - 7:20 pm
 Location: Memorial School

ADULT RECREATIONAL BASKETBALL

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

Cost: \$50 for the full season or \$3 at the door (19+ program only)
 For: Adults age 19+
 Dates: Monday and Thursday, October 16 - May 17
 Times: 6:30 pm - 9:00 pm
 Location: Adult age 19+: East Hampton Middle School;
 Adult age 35+: Center School Gym

PICKUP SOCCER FOR EVERYONE

The Parks and Recreation Department is hosting a co-ed pickup soccer program. Games are on Tuesday nights. The “family” program meets from 7:00 pm - 8:00 pm and everyone is welcome. The “adult” program runs from 8:00 pm - 9:30 pm and is for ages 18 and over.

Location: Sports on 66
 Cost: Family program: \$5 per week;
 Adult program: \$10 per week
 Dates: January 2 - March 27

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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*: _____ | Address: _____ |
| Name/Relationship*: _____ | Day/Cell Phone #: _____ |
| Name/Relationship*: _____ | Address: _____ |
| Name/Relationship*: _____ | Day/Cell Phone #: _____ |
| Family Physician: _____ | 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:

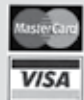
...that are taken of participants in our programs may be used in our publicity (unless a participant, parent, or guardian indicates otherwise).

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 #: _____



Times: 7:00 pm - 8:00 pm - Family program;
8:00 pm - 9:30 pm - Adult program

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.

Location: Center School
For: Ages 3 - 12
Date: Saturday, March 24. Rain date March 31
Time: 10:00 am

JUNIOR BELLRINGERS RUN FOR FUN CHALLENGE

This 5-week session will serve as an introduction to running tips and techniques as well as a fun way to get some exercise for participants from grades K-5. Kids should wear comfortable clothes, sneakers, and bring a water bottle. All participants will get running rewards as they progress. This program concludes with an entry for each participant in the Belltown Spring Sprint held on May 6th.

Location: East Hampton High School Track
Cost: \$35
For: Kids in grades K-5
Dates: Tuesdays, April 3 - May 1
Times: 6:00 pm - 7:00 pm

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. There will also be a Kids Fun Run starting at 9:15 am in Sears Park. Free T-shirts will be given to runners preregistered by April 19th. You can register online at <http://belltownspring-sprint5k.itsyourrace.com/>. 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)
Date: Sunday, May 6
Times: Kids Fun Run: 9:15 am;
5K Race: 10:00 am

SEARS PARK SUMMER CAMP

Registration for Summer Camp will open March 30th.

Camp Director: Heather Holbrook
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 2018

Camp Hours: Monday-Friday 9:00 am - 3:00 pm
Weekly tuition: \$135 first child, \$115 per sibling
Dates: Week of July 2 - July 6 (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

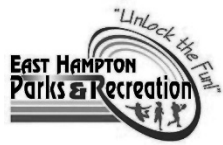
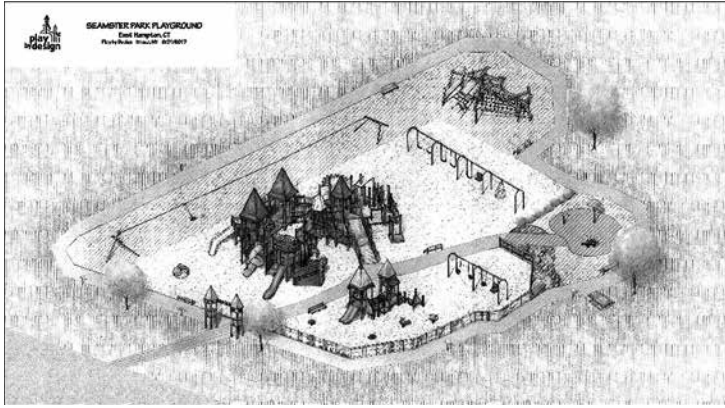
- June 25 - June 29
- July 2 - July 6 (No camp July 4)
- July 9 - July 13
- July 16 - July 20
- July 23 - July 27
- July 30 - August 3
- August 6 - August 10
- August 13 - August 17

Extended Care:

Available in weekly 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, 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.

East Hampton Parks & Recreation 2018 Live Auction for Seamster Park Playground



East Hampton Parks & Recreation, the Seamster Park Playground Project Committee and the East Hampton Rotary Club will hold a Live Auction fundraiser for the Seamster Park Playground project on

Saturday, March 10, 2018 at 6:00 pm at Angelico's Lake House.

The evening will be dedicated to raising the funds required to build a new 14,000 square foot playground at Seamster Park, adjacent to Memorial Elementary School.

We have partnered with Play by Design to create a design for a state of the art, customized playground. The new playground will be a safe, affordable, and unique volunteer-built playground for children of all abilities. The design was created from the imaginations of the children in our community and blended into this unique playground designed by Play by Design during a design day with our elementary school children last fall. There is no other playground exactly like this, anywhere in the world. The community build aspect of this process is priceless. It will bring our community together for a common purpose: our children. It will leave participants with a sense of pride and accomplishment, and our community with a place that was designed by the children and built by the community.

Please plan to attend. Your generosity will benefit the most precious members of the East Hampton Community: our children, for years to come.

Conservation Lake Commission

UPCOMING TRAINING & MEETING SPONSORED BY CT DEEP

Training sessions will be held to certify Sears Park staff and residents that would be interested in being Volunteer Invasive Plant Investigators. Teens and adults are invited to attend the trainings on May 12th and June 16th at Sears Park. Contact the Parks & Recreation Department at 860-267-7300 to sign up. Also, watch for announcements in the signage at Sears Park for more information.

INVASIVE INVESTIGATOR PROGRAM

Wanted: Volunteers for the Invasive Investigator Program

Title: Invasive Investigator

Position: Volunteer

History: Zebra mussels, an invasive species, have recently been found in the Housatonic River system, specifically in Lakes Lillinonah and Zoar. It is important to curb the spread of these species because they are detrimental to the ecosystem and can adversely impact recreational activities. The Connecticut

Department of Environmental Protection (CT DEEP) believes that public awareness and education are key tools to prevent the spread of all aquatic invasive species by recreational boaters and other users.

General Description: The Volunteer Invasive Investigator Program is designed specifically to help educate people on ways to keep our waters clean and prevent the spread of aquatic hitchhikers into the lakes and rivers of Connecticut. The Invasive Investigators will check for invasive species and collect information about where boats have been, if any invasive species were found, and what if any cleaning steps were done prior to launch.

Skills: Good communication skills; willingness to work weekend and holiday hours; ability to meet new people; sincere interest in lake protection.

HOW THE PROGRAM WORKS

Training: Volunteers are required to attend an initial training of 2.5 hours

and visit local boat launches. DEEP boating staff will familiarize you with the local invasive species, teach you how to conduct a voluntary inspection and provide instructions regarding data collection. Annual refresher training will be approximately 1 hour. The program is administered under the authority of the CT DEEP and training is held at local sites. Volunteers will be under the local supervision of the lake or pond organization with whom they register.

Cost: The training is free!

Monitoring: At the boat launch, we ask that you interact with boaters, familiarize them with invasive species present at the waterbody, distribute invasive species educational materials, conduct a voluntary inspection to see if there are any visible plant fragments or zebra mussels, and show the boater the steps needed to ensure they are not spreading unwanted plants and animals. The Invasive Investigator will also conduct a voluntary survey to determine
continued on page 18

Lake Commission... continued from page 17

what, if any cleaning precautions were taken prior to launching, and return surveys and other information gathered to the DEP-Boating Division on a weekly basis.

Included below is a recent article written by Hillary Kenyon who has done work in producing East Hampton's Nine Point Water Management Plan as a member of Northeast Aquatic Research (which qualified the town and allowed the town to apply for and receive a Federal 319

Grant to reduce infiltration to the lake). **HYDRILLA IN THE NEWS! - An Update for Connecticut**

At present in CT, Hydrilla has been found in Keeney Cove (CT River), a location in the Silvermine River in Norwalk, Held Pond in Weston, a small pond in Mystic, and Coventry Lake. The DEEP is currently funding a rapid response management program at Coventry Lake, but Hydrilla is already expanding to new areas in the lake and efforts to limit spread must continue in future years. There is no boat ramp

steward consistently monitoring the public access to Keeney Cove nor to Coventry Lake so there is no telling where Hydrilla will pop up next. There are many other invasive species that are widespread in the State, and we truly do not need Hydrilla to become more common. Invasive species can be devastating to a lake's ecosystem and economy. Keeping Hydrilla contained should be a top priority for the Connecticut Federation of Lakes and the State of Connecticut. Please share this knowledge with your neighbors.

WPCA - 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.

Glaucoma: “The Sneak Thief of Sight”

Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the “sneak thief of sight” since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is a Yale-educated specialist and trained in Trabectome glaucoma surgery.

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Monday, Tuesday, Wednesday 10:00 am - 8:00 pm

Thursday, Friday 10:00 am - 5:00 pm

Saturdays (September - June) 10:00 am - 5:00 pm

RESOLVE TO LEARN A NEW SKILL IN THE NEW YEAR

Did you know that the library has specialized online research and learning tools that you can access with your library card?

Lynda.com - Learn digital photography editing, how to build a website, skills to advance your career, brush up on Microsoft Excel or Word or build an app. You'd pay \$30 a month for this online based learning service on your own. With your library card, it's free. Login and try it out here: <http://bit.ly/EHPLL Lynda>

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Chilton Auto Repair - Learn to fix your new or old car with comprehensive repair manuals for every make and model. To buy the paper copies of these manuals online would be expensive (if you can even find them!). With your library card, it's free! Login and try it out here: <http://bit.ly/EHPLCars>

E-Books - Try our new e-book service Overdrive. It's super easy and it has over 13,000 free ebook and eaudiobook titles. Download the app 'Libby' to get started. The app will find the East Hampton Public Library, you'll enter your library card number and you'll be downloading books in no time!

Weekly Children's Classes

BABY & ME

A class just for babies and their parent or caregiver that encourages baby growth and development through social interactions, songs, and activities. Mondays 10:15 am. For babies up to 12 months who have not started walking. Drop-in program. Year Round.

WIGGLES & GIGGLES

An early literacy lap sit class that introduces books, nursery rhymes and songs. Fridays 10:00 a.m. For ages 12-24 months. Drop-In program. Year Round

MOTHER GOOSE ON THE LOOSE - 2 Sessions

An early literacy class that combines nursery rhymes, stories, songs & music activities to promote lifelong learning. Wednesdays 10:00 am. AND 10:45 am. For ages 18 mo.- 4 yrs.old. Drop-in program. Year Round.

STORIES WITH MISS FRAN

Introduces children to lengthier classic picture books and fun stories, and promotes group discussion while encouraging independence. Wednesdays 10:00 am. For ages 4 & up. Drop-in program. Year round.

ART BOX

A creative art class that teaches active listening, inspires creativity, and develops fine motor skills with hands-on crafts. Tuesdays 6:30 pm. For ages 4-8 yrs old. Drop-in program. Year Round.

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. Drop-in program. Year Round.

After School Events

Check out our event calendar online for our weekly after school programs: Footprints and Fribrary.

FOOTPRINTS

Help your second and third graders enjoy learning critical skills in a fun and creative atmosphere. Each session we cover a different exciting theme like Ground Hog Day, Chinese New Year and Recycling. Bus transportation will be provided from Memorial School to the library; please send a note to school with your child the day of the event. Children will be given a light snack. Pre-registration is required.

FRIBRARY

A fun and educational class for fourth and fifth graders that encourages team work, problem solving and creativity. Each session is unique. Join us for live-action Clue and cup-cake wars! Library staff members will be at Center Elementary School at dismissal to walk with children to the library - please send a note to school with your child the day of the event to give them permission to walk to the library. Children in 4th and 5th grades who attend other schools are welcome to register and attend this program, but parent / caregiver must provide transportation. Children will be given a light snack. Pre-registration is required.

Take Your Child to the Library Day

Saturday, February 10th at: 10:30 am.

Celebrate Take Your Child to the Library Day by joining Edward Leonard in a Silly-Song-Sing-Along! A Silly Song Sing-A-Long is a mix of popular children's songs, interactive musical games,

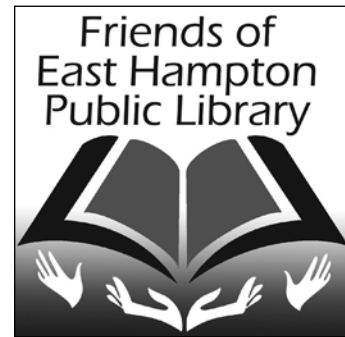
dance, movement, and rhythms. Children will sing, dance, and act silly with Edward as he shares his love of music with his guitar, drums, and grab bag of musical surprises and gags.

Join the Friends of the East Hampton Library

The Friends of the East Hampton Library was begun in the late 1960s to support the programs and offerings of our East Hampton Public Library. Over the years this support has taken many forms.

TODAY THE FRIENDS PROVIDE MUSEUM PASSES FOR PATRONS TO:

- New Britain Museum of American Art
- Connecticut Zoological Society
- Florence Griswold Museum
- Connecticut River Museum
- Connecticut Trolley Museum
- New England Air Museum
- Connecticut Children's Museum
- Mystic Seaport
- Discovery Museum
- Mark Twain House
- Harriet Beecher Stowe House
- Imagine Nation
- Lutz Children's Museum
- Peabody Museum...and more!



These passes save patrons approximately \$25,000 per year in museum fees.

Over the last twenty years, the Friends have provided a scholarship to a graduating senior of East Hampton High School.

For over twenty years, the Friends sponsored a purchase award for the annual Art Association art show, with paintings being made available for circulation.

The Friends recently covered the cost of a refurbished aquarium for the children's room.

Summer reading programs have been an integral partnership between the Friends and the East Hampton Public Library.

"Like" us on Facebook at "Friends of the East Hampton Library" to keep apprised of upcoming meetings, events, and volunteer needs.

Please consider joining the Friends today!

Friends of the Library Membership Application

MEMBERSHIP TYPE:

Individual (\$10) Family (\$25) Sponsor (\$50) Patron (\$100)

Name: _____

Address: _____

Phone: _____ Email: _____

Checks payable to the "Friends of the East Hampton Library"
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Social Services



Operation Fuel, Inc.

Social Services is now administering the Operation Fuel and New Start programs which were formerly under the management of the East Hampton

Food Bank. For more information, please call our office at: 860-267-7300. In addition, Energy Assistance can also be accessed through our department. Appointments are available on Tuesdays and Thursdays. Please call our office at: 860-267-7300 ext. 201 to make your appointment.

Operation Fuel provides a one-time grant of up to \$500.00 to assist families with their energy bills. Operation Fuel is energy blind, meaning it assists with all energy types - oil, electric, natural gas, kerosene, wood, propane, pellets, and other energy sources. If your grant is being applied to an electric or gas utility bill, Operation Fuel's grant can be used to prevent a shutoff or restore utility service.

You must have applied for Energy Assistance and have received a letter from them. For the appointment with us, you will need to bring proof of the last 4 weeks of income for all household members, the name of your fuel vendor (for deliverable fuel customers, only), or your utility bill and payment history (for electric and gas utility customers, only).

New Start through Eversource will review your account billing history and set a monthly budget payment based on the average of your regular monthly bill. You will need to pay this amount on-time each month to remain in the program and continue to receive year-round electric service.

When you make your New Start monthly payment, a portion of your past due balance will be eliminated, or “forgiven”, thus reducing the amount you owe. The amount forgiven each month is calculated by taking your total past due balance and dividing it by 12. For example, if your budget payment amount is set at \$150 per month and your past due balance is \$1,200, for every month you make your required \$150 budget payment towards your current bill, we will reduce your past-due balance by \$100. As long as you continue to make your New Start payment, your electric service will not be shut off for non-payment.

TO BE ELIGIBLE:

- You must be a current Eversource residential customer.
- Your current account balance must be \$100 or more and at least 60 days overdue.
- Your income must fall at or below 60 percent of the estimated state median income.
- You must have applied for, and be eligible to receive, energy assistance funds, or be able to provide other proof of income.

- You must continue to pay your monthly budget amount on-time each month.
- A “good faith” payment is required for enrollment in the New Start program and varies by customer based on payment history.
- If you miss one month of payments, the entire balance of your electric balance will be due immediately - no exceptions.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The exact level of basic benefits is determined by your household’s income, the number of members, and whether there is a ‘vulnerable’ household member. Personal liquid assets cannot exceed \$7000.

You will need to bring the following documentation to your

scheduled appointment: Proof of the last 4 weeks of income for all household members, the name of your fuel vendor (for deliverable fuel customers, only), or your current utility bill (for electric and gas utility customers, only), copy of your lease or mortgage payment, and very latest bank statement for all open bank accounts.

Youth and Family Services

JUVENILE REVIEW BOARD

Youth and Family Services, in conjunction with the East Hampton Police Department, has implemented a Juvenile Review Board. The purpose of a Juvenile Review Board (JRB) is to offer a meaningful alternative to criminal court for East Hampton youth, ages 9 – 17. Youth are referred by either the East Hampton Public Schools or the East Hampton Police Department. This alternative is an option for first time offenders who have committed a misdemeanor offense and admit responsibility. The parent/guardian also consents to their child’s participation. If at any point in the process, the youth and family do not agree to participate or accept responsibility, the case is returned to the referral source and/or sent to Juvenile Court.

During the JRB process, the youth and his/her family meet with a JRB Case Manager. A Contract of Participation is then developed with the Juvenile Review Board, the youth, family, and case manager, which includes, but may not be limited to: Actions to repair the harm, such as offering an apology or completing community service; Participation in activities to gain insight from the experience and learn how to be successful, such as counseling, mentoring or researching a topic; And a date to complete agreements.

If the youth and family agree, they will sign the Contract of Participation. The typical contract lasts six months. If the youth fails to work toward completion of agreements or meet with the JRB Case Manager, the case is returned to the referral source and/or sent to Juvenile Court. Upon successful completion of all JRB recommendations, the youth’s case is closed. The case will not appear in criminal records.

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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Social Services... continued from page 23

The East Hampton Prevention Partnership meets on the 3rd Tuesday of each month to discuss local efforts aimed at reducing the rates of youth substance abuse in East Hampton. Please use contact information for meeting location or to join the EHPP mailing list. Meetings are open to all community members. Any East Hampton high school aged student is welcome to join the Youth Committee which will work on creating peer to peer media

campaigns to reduce youth substance use rates. Youth activities will count towards volunteer hours.

Contact: James Olsen, Prevention Coordinator
jolsen@easthamptonct.gov
860-267-7300 ex 207

East Hampton Senior Center

Exercise has anti-aging benefits and makes you feel better. The Senior Center offers a variety of exercise programs. The schedule is as follows:

SIT AND STRETCH EXERCISE

Tuesday and Thursday

10:00 am - 11:00 am

The routine is designed to provide range of motion stretching and strengthening using passive resistance. It is appropriate for those beginning to exercise and for those looking to maintain their range of motion. A donation is requested for this class. Newcomers are always welcome.

YMCA Toning and Stretching

Tuesday and Thursday

10:45 am - 11:45 am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

YMCA YOGA

Monday Gentle Yoga

1:30 pm - 2:30 pm

Move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation



will promote stress reduction and mental clarity.

The YMCA programs run in 8-week sessions. Participants must sign up in advance. Next session begins the week of February 26th. Toning and Stretching is \$80.00, Yoga class is \$40.00, payable at registration.

If your medical insurance offers Silver Sneakers you may be eligible for membership to the Y and take classes at no cost to you. See staff/call 860-267-4426 for more information.

T'AI CHI

**Tuesdays, March 6 - April 24
from 4:30 pm - 5:30 pm**

Tom Cushing will be teaching a fun and

relaxed T'ai Chi class for beginners and advanced practitioners alike. Tom teaches the principals of traditional T'ai Chi through a low stress, easy-to-follow format which incorporates strategies to improve balance and help preventing falls.

Tom is certified as a T'ai Chi Fall Prevention Instructor through an Evidence Based program endorsed by the CT collaboration for Fall Prevention, Yale University and the Center for Disease Control. Learn and move at your own pace in a fun environment of positive energy.

Space is limited, sign-up is required. Cost is \$50.00 per participant. The Class is offered by East Hampton Senior Center and Parks and Recreation.

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East Hampton Volunteer Fire Department Congratulates New EMR's

The members of East Hampton Volunteer Fire Department congratulate three of its fellow firefighters upon achieving certification as Emergency Medical Responders. Robb Rainville, John Kovach and Matt McKinney recently completed their demanding training and testing regimen, bringing the total number of certified medically trained personnel (EMT's and EMR's) in the Volunteer Fire Department to 23. Three additional members of the Fire Department have just begun their EMR classes and are expected to be certified early in the second quarter of 2018.

Civilian pre-hospital emergency care protocols evolved from the success of the renowned M.A.S.H. units established during the Korean conflict in the 1950s. It was noted that the survival rate of critically wounded soldiers increased exponentially with access to rapid and skillful medical interventions in the field, administered prior to transport to a higher-level facility. Over the years, the concepts of rapid medical interventions were adapted to the civilian population and today most police and fire department personnel are medically certified to work



in conjunction with ambulance crews in emergency situations.

As practitioners, Emergency Medical Responders, Emergency Medical Technicians and Paramedics provide pre-hospital medical care to injured or ill patients in a stepped process of increasing skill and responsibility levels, depending upon the nature of the illness or severity of the injury. Generally, EMR's and EMT's are responsible for what is known as Basic Life Support (BLS) while Paramedics, with their additional training, provide Advanced Life Support (ALS). 9-1-1 requests for medical services are

dispatched as either BLS or ALS as the nature of the request dictates and each level operates within a specific scope of practice defined by the state Office of Emergency Medical Services (OEMS) and the particular sponsoring local hospital.

The certification program for Emergency Medical Responders is a rigorous 60 - hour requirement that combines classroom instruction with hands-on practical skill development. Candidates focus on anatomy and physiology, learn how to assess the physical condition of the patient and how to administer life-saving interventions. Once the course is completed, candidates must then pass written and practical examinations administered by an independent evaluator from Connecticut's OEMS. Successful candidates then enter a probationary period with their responding agency to demonstrate their knowledge and further practice required skills.

The members of the East Hampton Volunteer Fire Department welcome Robb, John and Matt as the department's newest EMR's and wish them every success.

East Hampton Volunteer Fire Department Elects Officers for 2018

THE EAST HAMPTON VOLUNTEER FIRE DEPARTMENT RECENTLY ELECTED DEPARTMENT AND COMPANY OFFICERS FOR 2018.

In command of the Department, Fire Chief Gregory Voelker enters the second year of his current two-year term and Marty Swan (formerly Assistant Chief) was elected to fill a one year vacant position as Deputy Chief. Peter Freund was elected to a two-year term as Assistant Chief. 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 2018 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.

CHIEF VOELKER ALSO MADE THE FOLLOWING DEPARTMENT-LEVEL APPOINTMENTS:

| | |
|-----------------------------|-------------------------------|
| Safety Officer: | Marty Swan |
| Chief Engineer: | Dan Burdick |
| Public Information Officer: | Jim Burke |
| Fire Police Captain: | Charles Spakowski |
| EMS Coordinator: | Jim Burke |
| Junior Division Advisors: | Jim Burke and Donald Scranton |

Line Officers elected at Company One (Barton Hill Road) are: Captain Ken Royce and Lieutenants Robb Rainville, Adam Royce and Chris Lundquist. Fred Royce and Chris Burdick were elected as Assistant Engineers and Jim Burke was re-elected as Company 1 Secretary/Treasurer.

Line Officers for Company Two (Cobalt) are: Captain Marty Voelker and Lieutenants Kevin Scranton and Joe Guest. John

Kovach and Joe Guest were elected as Assistant Engineers and Bill Field was re-elected Secretary/Treasurer, Company 2.

The Line Officers from Company One also have command responsibility for 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.

Representative Melissa Ziobron Named Legislative Champion



MELISSA ZIOBRON NAMED LEGISLATIVE CHAMPION BY CONNECTICUT LEAGUE OF CONSERVATION VOTERS

State Representative Melissa Ziobron (R-34) has been named a 2017 Legislative Champion by the Connecticut League of Conservation Voters (CTLCV). Only 16 legislators out of 187 State Representatives and Senators were named to the 2017 Hall of Fame.

CTLCV is a statewide nonprofit group dedicated to protecting the environment and advocating for environmentally friendly legislation. Rep. Ziobron was praised for her support of specific environmental initiatives and being a leader on state park funding.

"I am honored to be recognized for my passion to find sustainable funding for our state park system, even when the
continued on page 28



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Rep Melissa Ziobron... continued from page 27

CTCLV and I may disagree on other policy initiatives. Creating a dedicated funding stream which will provide residents with a park system they can use with pride is one of my proudest achievements," said Rep. Ziobron. "The 'Passport to Parks' eliminates the parking fees at all state parks for Connecticut residents and instead levies a ten dollar charge when renewing car registrations every two years. I have been assured that due to this reliable funding that Devil's Hopyard State Park and others that have been closed will be open for camping in 2018. In addition seasonal staff will be able to begin the overdue projects left undone for years."

Rep. Ziobron remains committed to fiscal responsibility and will be monitoring the program throughout her tenure. The 2018 legislative session will begin on February 7th; lawmakers are expected to tackle the remaining budget deficit in addition to addressing other legislative issues.

Rep. Ziobron urges all residents to share their concerns or questions via email at melissa.ziobron@housegop.ct.gov, by phone 860-240-8700, or online at www.cthousegop.com/ziobron/contact-me/.

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