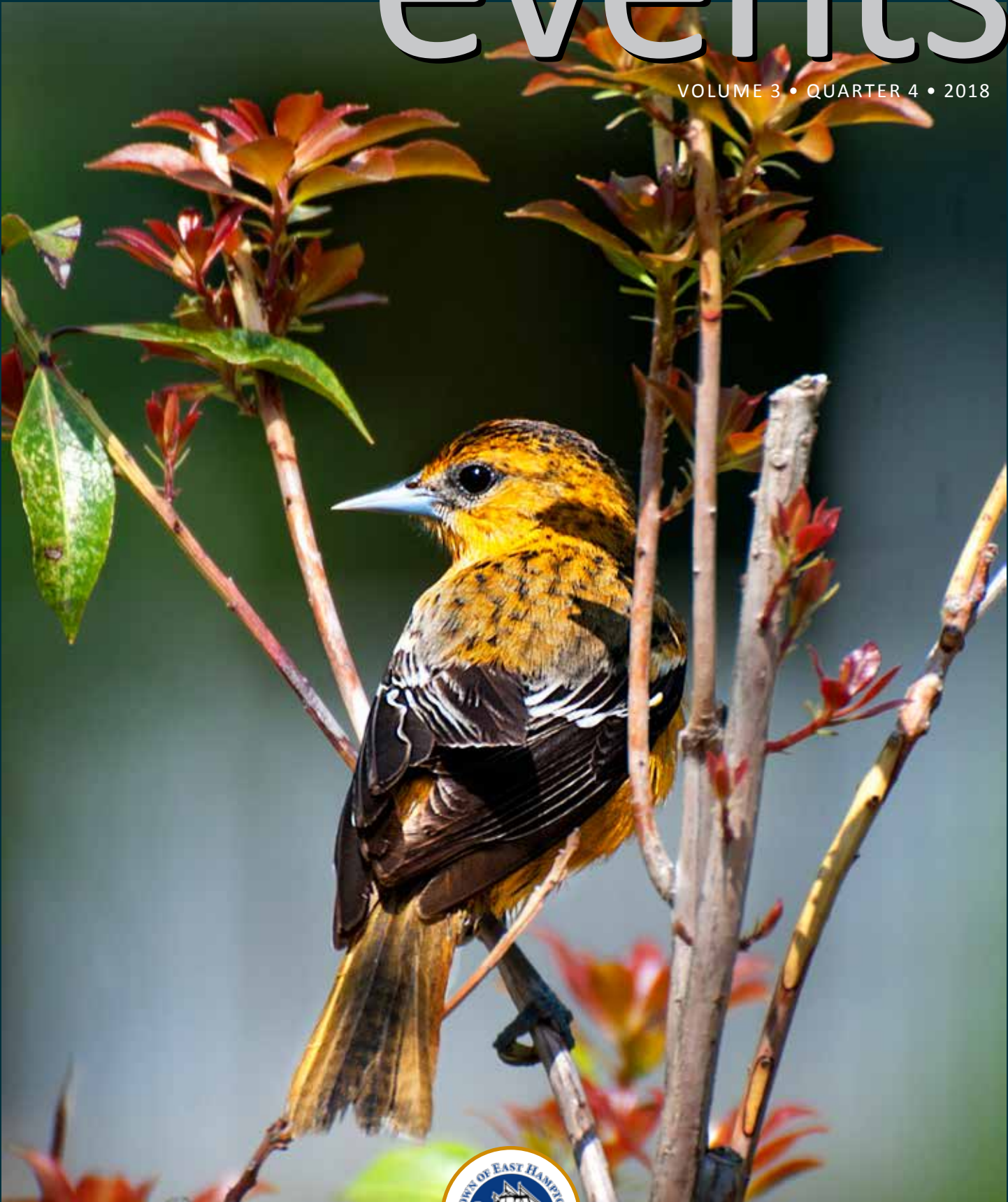


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## Town Manager's Corner

Given the timing of this issue I could write to you about winter activities, snow plowing, the Town Hall project or the library roof. Instead, I think it is important to write to all of you and say THANK YOU. Every day I come to work I get to work with and for all of you. It is one of the greatest privileges to do that work. Everyday Town Staff and I work to make our community a better place to live and work.

So with Thanksgiving just around the corner I would first like to challenge you to tell others about why you are

thankful for living in East Hampton. Second, I would like to say I am thankful for each and every one of you. I hope you all have a wonderful and safe holiday season.

Best regards,  
Michael Maniscalco, MPA  
Town Manager



Michael Maniscalco  
Town Manager

## Town Facilities Project Update



The new Town Facilities project is progressing on schedule. Amenta Emma architects has completed the initial set of design drawings. These drawings have been submitted to the Town Building Official and the Fire Marshal for review and approval. A third-party reviewer has also reviewed the plans. To date, approvals have

continued on page 3

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Female Baltimore Oriole  
Photo by Lucinda (Cindy) Moriarty

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## Town Facilities Update... continued from page 1

been given to clear the land, complete the site work and complete the foundation.

The Design Sub-Committee has been working with Amenta Emma architects to make decisions concerning items such as flooring, wall coverings, wall paint colors, bathroom tile, and stair case design.

An official ground breaking ceremony was held on September 28th at the project location. Many people were on hand to celebrate the ground breaking for the facility including Town Facilities Building Committee members, Town Council members, town employees, project employees, other interested residents and the media.

Newfield Construction has mobilized the construction site. Construction equipment, site and tree clearing



equipment have been moved to the site and are currently at work preparing the site for the facility.

The project is on schedule and should be completed and occupied by early 2020.

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# Office of the Assessor

In accordance with Connecticut General Statute 12-40, all persons who are liable to pay taxes on tangible personal property belonging to them on October 1, 2018, must file a declaration of their personal property on or before November 1, 2018, with the Assessor, or be subject to an estimated assessment and the statutory 25% penalty. Various exemptions are explained on the declaration and available if filed on time.

Personal property includes, but is not limited to, non-CT registered motor vehicles, unregistered motor vehicles (including junk autos), campers, all business machinery, equipment, tools, commercial furniture and fixtures.

**NO DECLARATION IS REQUIRED FOR MOTOR VEHICLES REGISTERED IN EAST HAMPTON, CT  
NO DECLARATION IS REQUIRED FOR REAL ESTATE**

## The filing deadlines for various exemptions and classifications are as follows:

### **PUBLIC ACT 490**

All applications for classification of farm or forestland must be received by October 31, 2018.

### **VETERANS**

Veterans claiming disability exemption must submit proof from the Veterans Administration. PA 85-573 allows veterans an additional exemption if their income is within the approved limits. This application must be filed by October 1 bi-annually.

### **DISABILITY**

Persons totally disabled receiving SSD benefits may be eligible for a \$1000 property exemption. Proof of award and

application must be submitted by January 31, 2018.

### **HOMEOWNERS & TOTALLY DISABLED**

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. You must request an application in February 2019 and file it on or before May 15, 2019.

### **RENTERS REBATE**

Residents 65 years of age or totally disabled may be eligible for a rent rebate under CT State law; income guidelines apply and are adjusted each year. Applications will be available April 1, 2019

**continued on page 6**

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## Assessor... continued from page 4

and must be filed on or before October 1, 2019 with the Assessor's Office.

The Assessor's Office is open to receive the above lists and applications: 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.

Gail Gwiazdowski, Assessor

## Office of the Collector of Revenue

The Town of East Hampton offers online payment options to taxpayers. Please visit our website at: [www.easthamptonct.gov](http://www.easthamptonct.gov).

### The Terms and Conditions of online payments are as follows:

If motor vehicle taxes are unpaid, you will not be able to register any vehicles with the Connecticut Department of Motor Vehicles or renew any vehicle registrations per Connecticut General Statute 14-33. ALL outstanding vehicle taxes associated with your name and/or your VIN#, including taxes not yet delinquent, must be paid in full in order for a release to be issued.

### DMV CLEARANCES WILL NOT BE GIVEN FOR 10 BUSINESS DAYS WHEN PAID ONLINE.

It will take 24-48 hours for the Tax Collector to receive your payment.

Please note that a convenience fee will be applied to your payment. If you are paying by ACH/Bank Account, there is a fee of \$0.50 per transaction. If you are paying with a debit card, there is a fee of \$3.9. If using a credit card there is a fee of 3% of the total payment amount. The convenience fee is non-refundable as it goes to a third-party provider.

If you are seeking an immediate motor vehicle release, you must pay in cash or money order in the office. Please be sure to let the Collectors know you need to be released before you leave.

## Planning & Zoning Department

The East Hampton Planning and Zoning Commission has been busy keeping up with projects in town. You have likely seen the progression of the new Dollar General store being constructed on the corner of Lake Drive and East High Street. The rough site work is complete, and the store should be open sometime around Thanksgiving once the building and parking **continued on page 8**



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## Planning & Zoning... continued from page 6

area is complete and all landscaping is installed. Heading west, you've probably seen the tree cutting work across from Loco Perro. The site is being cleared and leveled to create a commercial "pad site" - a flat site that will be ready for development. At this time, nothing is planned for the site; it will be cleared, leveled and seeded in order to help make this site more marketable. Further to the west, the MS-1 building is nearing completion at the Edgewater Hills Development. Meanwhile the new Town Hall has broken ground behind the current area of the Edgewater Hills development, near the Lake Vista Condos. The Commission has also approved a new daycare building at 207 West High Street.

In addition, the Commission has been busy reviewing and updating regulations to make it easier to open a sit-down restaurant in

the commercial areas and to comply with a 2015 Supreme Court decision regarding outdoor signs. And lastly, the Route 66 Corridor Study is moving into its next phase. The draft Existing Conditions Technical Memorandum has been completed, an important step in moving forward on the overall study before suggesting new upgrades to the corridor.

Finally, we'd like to remind everyone that if you have any questions regarding an application before any of the Land Use Commission, or questions regarding an approval that was granted, please don't hesitate to contact the office. All meetings are open to the public and all documents are public information and available for viewing at the Land Use Office.

## 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, Swept Away Cleaning LLC and Carl Guild & Associates 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 Ted Turner, Tim Csere, Kate Adams, Erin Hall, Walt Jedziniak and Robyn Letourneau.

The August Business of the Month (pictured above center) recipient Brent Salinsky (center), received his proclamation at East Hampton Town Hall from EDC Members and Town Manager Mike Maniscalco. Swept Away Cleaning LLC has been in business locally for 27 years and handles commercial and residential cleaning. Brent guarantees the best in service and attention, has impeccable standards and a solid reputation. Swept Away is fully insured and provides free estimates. Swept Away Cleaning LLC is a member



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of the Middlesex Chamber of Commerce and Better Business Bureau. Call Brent at: 860-267-7465 and experience the ultimate cleaning experience.

Carl Guild received his Business of the Month proclamation from EDC Member Kate Adams (pictured above right). Jim Harrington (far left) and Lynn Minnick (far right) are part of the Guild Real Estate Team. If you are purchasing a new property or selling your current home, it can be intimidating. Carl Guild & Associates goal is to make you feel at ease, arm you with all the information you need, and ensure that the process will go as smoothly



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To download previous issues of East Hampton Events visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!

## Public Works

Summer has ended and the Public Works Department continues to prepare for its seasons ahead.

The continued lack of a Town budget has impacted every area this department is involved in. Two critical areas are centerline painting and catch basin cleaning. On the capital project side, this has affected the resurfacing of North Main Street and chip sealing of 6.5 miles of roadway. Repairs of Town equipment have slowed because of the inability to fill the assistant mechanic position vacated in February. This leaves the Department with one less snow plow driver.

Accomplishments this summer were roadside mowing, limited

road patching, and stop bar/crosswalk painting. Weather-related work and severe rain storms during the summer have necessitated many repairs on the Town's 8.5 miles of dirt roads.

Looking to the fall season, the Department will continue efforts to be ready for leaf removal from Town properties and cemeteries. Removal of trees devastated by the gypsy moth infestation has been an added task. This has also been affected by the lack of a Town budget, the number of trees, and prioritizing their removal.

Winter season will be from November 15, 2018 until April 15, 2019. Supplies and equipment are being readied to deal with the weather.

## Building Safety Department

**New 2018 CT State Building Code effective October 1, 2018**

**FOR ALL RESIDENTIAL AND COMMERCIAL WORK**

For your convenience, the Building Department has donated a copy of the New Residential Building Code to the East Hampton Library. Please make use of this valuable resource. Visit the Town website for a link to purchase the new code books at: [www.easthamptonct.gov](http://www.easthamptonct.gov) click on Building Department, click on New 2018 CT State Building Code.

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# New Cottage Food Laws

Dear Friends & Neighbors,



As you know I have been a strong advocate for small businesses and cottage food producers. This session we passed legislation setting up the process for cottage producers to get licensed, sell their products and comply with food safety regulations. The legislation takes effect October 1st and I am very excited to see this program get off the ground and help people grow their home businesses!

The Department of Consumer Protection has put together comprehensive resources to help you get started at [https://](https://portal.ct.gov/cottagefood)

[portal.ct.gov/cottagefood](https://portal.ct.gov/cottagefood). I would appreciate any feedback as this new program is rolled out. It has been a long effort to get to this point and I want to make sure that the process outlined in this legislation works for our home producers.

As always please feel free to contact my office with any issues you may have working with state agencies or questions you have about state government at: [melissa.ziobron@housegop.ct.gov](mailto:melissa.ziobron@housegop.ct.gov) or 860-240-8700.

Sincerely,  
Melissa Ziobron  
34th District - East Hampton, East Haddam & Colchester

# Narcotics Detection Training

Officer John Wilson and K-9 Ardo recently successfully completed Narcotics Detection training with the Connecticut State Police K-9 Unit at the Academy in Meriden, CT. They attended an intense 6-week long class held from April 30th to June 7th. K-9 Ardo was trained to search

vehicles, buildings, containers, open areas, etc. and is certified to detect various narcotics/drugs. The class provided theory, practical exercise and testing. Officer Wilson was also taught and tested in the skills he would be required to apply in the field.

## 2018 K-9 OLYMPICS

The K-9 Olympics is a daylong competition in an arena style setting. Areas of the competition include tactical obedience, obstacles and an apprehension K-9 drill. Money raised through this yearly event is given to local charities, the Hometown

## East Hampton Town Directory

[www.easthamptonct.gov](http://www.easthamptonct.gov)

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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



Officer Wilson and Ardo, in both photos, competing in the Connecticut K-9 Olympics.

Foundation (Special Olympics), "CHIPS" Program, Shriners Children's Burn Centers and other police-related charities.

The 26th annual Connecticut K-9 Olympics took place in Enfield, CT on July 28, 2018. Thirty-five teams made up of Law Enforcement K-9 teams from local police departments, Connecticut State Police and the Department of Corrections competed in the event this year as well as our K-9 team made up of Officer John Wilson and Ardo. The East Hampton Police Department is proud to report that Officer Wilson and Ardo came in 1st place in the Tactical Obedience category as well as placing 4th place overall. Congratulations to Officer Wilson and Ardo!



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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](http://www.easthamptonct.gov)  
Telephone: 860-267-7300 Fax: 860-267-1027  
Jeremy Hall: [jhall@easthamptonct.gov](mailto:jhall@easthamptonct.gov)  
Shawn Mullen: [smullen@easthamptonct.gov](mailto:smullen@easthamptonct.gov)  
Sheri Yorker: [syorker@easthamptonct.gov](mailto:syorker@easthamptonct.gov)

### MAILING ADDRESS

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

### DROP IN LOCATION

240 Middletown Avenue  
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### Afternoon Adventures After-School Program

860-367-5429

### Sears Park Pavilion

860-267-7178

### Youth and Family Services

860-267-7300

## Sears Park

**STICKERS:** Residents/taxpayers of East Hampton can pick up their Sears Park stickers at the Parks and Recreation Department, the Public Library, and the Police Department during regular business hours. Vehicle stickers are also available online through the town website. Online stickers will be mailed daily and a \$1 handling fee will be charged. You should receive them within 5 business days. The stickers will be available beginning on April 2, 2018. Bring your vehicle and boat registrations with

you to get a sticker. Eligibility criteria is available at: [www.easthamptonct.gov](http://www.easthamptonct.gov). You are required to be a taxpayer of East Hampton to launch a boat or get a pass to Sears Park. Park attendants will be on duty in mid-May. Sears Park will then be open at 7:00 am and close at 8:30 pm.

## FEES:

### VEHICLE STICKERS: FREE.

**BOAT STICKER:** \$50, there are no day passes for boats. A season pass must be purchased for any use of the boat ramp. Boats that are car topped or carried in the back of a truck do not require a sticker. If it is on a trailer, it requires a sticker.

**FACILITIES:** All rental request forms are available online at: [www.easthamptonrec.com](http://www.easthamptonrec.com).

**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.easthamptonlitttleleague.sportssignup.com](http://www.easthamptonlitttleleague.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.

# PARKS & RECREATION

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](http://www.ehyouthfootball.org)

For boys and girls ages 7 - 14

email: [info@ehyouthfootball.org](mailto:info@ehyouthfootball.org)

## **EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE**

[www.easthamptonsoccerclub.org](http://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](http://www.easthamptonsoccerclub.org)

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](http://www.epocharts.org)

email: [info@epocharts.org](mailto:info@epocharts.org)

Contact: Elizabeth Namen - 860-365-0337

## **REGISTRATION, PROGRAM INFORMATION AND REFUND POLICY**

Program enrollments are accepted online at [www.easthamptonrec.com](http://www.easthamptonrec.com). Registration forms are available online at [www.easthamptonrec.com](http://www.easthamptonrec.com) and at the Parks and Recreation office. Payment is required at the time of registration. All registration forms must include payment. 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](http://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, 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 online at [www.easthamptonct.gov](http://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 **continued on page 14**

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](http://www.easthamptonrec.com) or call the office at: 860-267-7300.

#### **EXPANSION OF CONNECTICUT'S HELMET LAWS:**

The new law expands the types of activities during which children under age 16 must wear protective headgear and adds parks to the places where such headgear must be worn. Current law requires any child under age 16 who rides a bicycle on a public road to wear protective headgear that meets the minimum specifications established by the American National Standards Institute or the Snell Memorial Foundation. The new statute which was passed in the final hours of the 2018 Legislative Session expands the types of activities during which these children must wear such protective headgear to include skateboarding, non-motorized scooting, roller skating, and in-line skating. It adds parks, including skateboarding parks, to the places where the protective headgear must be worn, and it requires that the protective headgear is properly fitted and fastened. By law, failure to wear protective headgear is not considered a violation or an offense and cannot be considered contributory negligence by a parent or a child or be admissible in any civil action. (see Section 12 of Public Act 18-167.) If you would like more information on this you can contact the Parks and Recreation Office or visit: <https://www.cga.ct.gov/2018/ACT/pa/pdf/2018PA-00167-R00HB-05314-PA.pdf>

#### **NEW YORK ON YOUR OWN TRIP**

Join us and experience New York City decorated for the holidays. The tree will be up in Rockefeller Center, the air is crisp, and the mood is festive. Participants are dropped off in the Mid-Town area to enjoy shopping, dining, and sight-seeing. The luxury motor coach departs from East Hampton Town Hall at 7:30 am and departs New York City at 6:00 pm.

Cost: \$60 per person

Date: Saturday, December 1

#### **EXPLORE EAST HAMPTON TALKS AND WALKS**

##### **Saturday, February 9th at 1:00 pm**

John Cilio author of *Women's Work in WWII*, will give a presentation that highlights the struggles and accomplishments that women made during the war both in the military as well as in the workforce in general. It highlights the workplace advances and how women stepped into roles with just a few weeks of training that prior to the war a man might spend a year in training while production never dropped. It tells about the momentum building as 16 million men were drafted and women steadily increased their ability to take ever increasing responsibilities. It ends with the early 1970s and the revolution that took place in Congress.

##### **Saturday, March 16th at 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. Donohue is the Asst. Publisher of Connecticut Explored magazine and president of Grant House Heritage Services, a full-service historic preservation consulting firm.

#### **SKIING AND SNOWBOARDING BUS TRIPS**

We will be running bus trips to Berkshire East and Mount Snow this winter. Trip times and pricing information will be available as soon as possible at [www.easthamptonrec.com](http://www.easthamptonrec.com). Everyone attending the trip must be 18 years of age or accompanied by an adult. The trips will leave from the Middle School Parking lot.

Mount Snow: February 15

Berkshire East: March 8

#### **JINGLE BELLS PARADE**

##### **Saturday, December 1st**

Join East Hampton Parks and Recreation, East Hampton Public Library and the Downtown Business District for the Jingle Bells Parade and tree lighting in the Center of Town. Festivities kick off with arts and crafts, refreshments and the High School Jazz Band at the Library. This will be followed by a parade from the Library to the Center of Town for the tree lighting and visits with Santa!

3:00 pm - Crafts, Refreshments and the High School Jazz Band  
4:00 pm - Parade Starts at the Library  
4:15 pm - Tree Lighting  
4:30 pm - Visits with Santa and Hot Chocolate!

#### **AFTERNOON ADVENTURES**

##### **Before and 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,*



## Parks & Recreation

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. The afternoon portion of this program is currently full. If you are interested in attending, please contact the Parks and Recreation Office to be placed on a waiting list. We have availability for morning care.

Location: Memorial Elementary School, Cafeteria  
Cost: Monthly Registration - Cost depends on number of days attending. Visit [www.easthamptonrec.com](http://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

### 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.

For: Adults age 19+  
Location: Adult age 19+: East Hampton Middle School  
Adult age 35+: Center School Gym  
Dates: Monday and Thursday; October 15 - May 16  
Times: 6:30 pm - 9:00 pm (Over 35)  
7:30 pm - 10:00 pm (Age 19+)  
October 15 - November 8  
6:30 pm - 9:00 pm (Age 19+)  
November 8 - May 16  
Cost: \$50 for the full season or \$3 at the door (19+ program only)

### 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  
Times: Monday and Wednesday 6:30 pm - 7:20 pm  
Notes: Wear sneakers or Zumba shoes, bring a water and towel  
Class Prices: CARDS  
\$75 for 10 classes. No expiration date  
DROP INS  
\$10 drop in anytime

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

### COMMON SENSE SELF DEFENSE

Wilfred Santos

This class will offer the participants instruction in avoiding, and if necessary, mitigating a personal physical attack. Classes will be taught by Wilfred Santos, 9th Degree Black Belt (Kudan) in the Art of Shorin-ryu Karatedo. Sensei Santos is the founder of the East Hampton Parks and Rec Karate program started in 1995, and brings with him 45 years of experience and training in the Art of Shorin-ryu Karatedo. Class size will be held to a maximum of 10 participants. No special equipment is needed, although loose fitting clothing is highly recommended. Participants need to be at least 16 years of age.

Location: TBA  
Dates: Wednesdays; January 2 - January 23  
Times: 6:30 pm - 7:30 pm  
Cost: \$60

### ART WORKSHOP

Elizabeth Sennett

Step-by-step instruction on painting in all mediums will be provided for all skill levels. Bring a sketch pad and pencil to the first class.

Location: East Hampton Middle School Art Room  
Dates: Tuesday, January 22 - March 19  
(no class February 19)  
Times: 6:30 pm - 9:00 pm  
Cost: \$70

### MINDFULNESS SERIES for children of all ages!

Rose DeAngelis

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.

Location: East Hampton Middle School (Grades 6-8);  
Memorial School Grades K-5  
Dates: Grades 6 - 8 -  
Wednesdays - January 9 - February 27  
Grades K-5 -  
Mondays - January 7 - March 11  
(no classes January 21 and February 18)

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Times: Grades 6-8: 2:45 pm - 4:15 pm;  
Grades K-5: 3:15 pm - 4:45 pm  
Cost: \$120

(Grade 4/5 Boys and 4/5/6 Girls),  
6:00 pm - 7:00 pm  
(Grade 6,7,8 Boys).

*Please send your child to school with a note each week and they can attend right after school.*

Games start January 5th and run on Saturdays until March 2nd (no games February 16th)

**RECREATIONAL YOUTH BASKETBALL**

This recreational basketball program is for boys and girls in Grades 2-8. Players must be able to commit to a one-hour practice one night per week between the hours of 5:00 pm and 9:00 pm plus a game on Saturday. To register, you must have submitted a completed and signed Registration Form by November 2, 2018 or enrolled online. Any registrations accepted after the November 2 deadline will be subject to a \$20 late fee, and participants may be placed on a waiting list. Team placement is not guaranteed for late registrations. If your child has a problem making practice on a certain night, please note it in the space provided; and we will do our best to accommodate it (you may choose ONE). All teams are selected by the Parks and Recreation staff, and placement is final. We do not honor requests for teammates, coaches, practice times, or facilities. Practice night requests by late registrations will not be honored.

Should any participant be placed on a Middle School basketball team, refunds can be requested if you are withdrawing from the Parks and Recreation basketball program. If there are not enough players for at least 4 teams in an age group, there will not be a league for that age group and refunds will be issued.

For: Boys and Girls grades 2-8  
Dates: Registration Deadline: November 2  
Cost: \$85 per player  
Evaluation Day December 11:  
5:00 pm - 6:00 pm

**YOUTH BASKETBALL COACHES NEEDED**

**Volunteer Coaches are needed for all age groups.**

If you are interested in volunteering, please email Shawn Mullen at the Parks and Recreation Office (smullen@easthamptonct.gov.) All coaches must be signed up by November 2, agree to a background check, and attend a mandatory coaches' meeting. Head Coaches will receive a free registration for one child into the program.

**YOUTH BASKETBALL OFFICIALS NEEDED**

**Officials are also needed to referee Youth Basketball games.**

If you are interested, please call Shawn Mullen at the Parks and Recreation office at: 267-7300 to sign up. All officials will be required to attend an officials' meeting and training session prior to the basketball season.

**GRADE ONE BASKETBALL**

Boys and girls in the first grade will have 6 clinics focusing on developing skills for this age group. Enroll online or use the regular registration form for this program. This program fills quickly and has a limited number of participants. Volunteer coaches are needed for this program. Coach and receive one free registration. Contact Shawn Mullen at smullen@easthamptonct.gov to register to coach.

For: Boys and Girls in grade 1  
Dates: Saturdays; January 5 - February 9  
Cost: \$45

**Old Home Days**

**SAVE THE DATE: JULY 11-13, 2019**  
East Hampton Old Days Celebration will be July 11-13, 2019, always the 2nd Saturday in July since 1978.

The Old Home Days Committee Officers this year are:

- President: Pam Joslyn Greenwald
- Vice President: Jim Vick
- Treasurer: Nancy Ninesling
- Secretary: Mary Rose Coll

The Old Home Days Committee meets the first Monday of the month (with a few exceptions) in the T-Bell room at the High School at 6:30 pm. All are welcome.

- February 4
- April 1
- May 6
- June 3
- July 1
- July 10 (on Center School grounds)



This year's Glorious Gallop 5k will be on Friday, July 12th. Come check out the new course. Hint... it includes the Airline Trail. Any questions can be sent to pjoslyngreenwald@gmail.com.

# East Hampton Senior Center

## ATTENTION OLDER ADULTS ON MEDICARE:

Medicare's Annual Enrollment period is October 15, 2018 through December 7, 2018. It is important for all Medicare recipients to check their plans to make sure that they will be enrolled in the plan that will work best for them. For most people this is the ONLY time during the year that you can change your plan.

The Senior Center will host an Open Enrollment Events, November 12 by appointment. You will meet with a Choices counselor who will review your plan with you. This is a FREE service to anyone in the community on Medicare. You do not have to be 65. The Choices counselors are trained to provide you with a compre-

hensive understanding of the Medicare options, so you can make informed decisions regarding your healthcare. The State of Connecticut offers some additional help (Medicare Savings Program) for people with low incomes. Your eligibility may also be checked by making an appointment with a counselor. This can be done ANY time during the year, not only during Annual Enrollment. We ask you bring a list of your current medications and proof of your annual gross income. Please call the Senior Center to make an appointment at: 860-267-4426.

## NOVEMBER & DECEMBER SENIOR CENTER ACTIVITY HIGHLIGHTS:

**T'ai Chi session** to start November 13. Call the Senior Center for more details.

**Dance Syncopation** class drop-in with Sue Cox; Wednesdays at 9:15 am.  
**Zumba Gold** offered Thursdays at 1:00 pm.

## CRT LUNCHEONS:

Wednesday, November 14 - Thanksgiving Dinner and December 19 - CRT Holiday Luncheon. Both luncheons will be at the East Hampton Senior Center. Sign up necessary in advance, as seating is limited. A requested donation of \$2.50 is requested.

November 13 Holiday luncheon at Windham Tech. \$15.00 for this gourmet meal. For more information, please call the East Hampton Senior Center at: 860-267-4426.

## Social Services

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

Social Services is now scheduling appointments for the Connecticut Energy Assistance Program. The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. This program will begin September 4 and end March 31.

To determine eligibility, applicants must meet certain criteria and provide specified documentation. Upon calling the office to schedule your appointment, you will be given the criteria and requirements of what to bring to your appointment. All documents must be brought to your appointment or your appointment will be rescheduled. We cannot accommodate walk-ins due to the high volume of clients we service during the application period. Please call the Case Manager, Christine Wiesner at: 860-267-7300 ext. 208 to schedule your appointment. Appointments will be available on Tuesdays and Wednesdays.

### 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.

Get rid of your unused, unwanted and expired medications in the new medication drop box located in the East Hampton Police Department Lobby. In the first two months, EHPD has collected over 60 pounds of medications. Call the East Hampton Police Department with questions regarding safe disposal.

**Accepted:** Prescription Medications, Prescription Patches, Prescription Ointments, Vitamins, Over-The-Counter Medicines, Samples, and Pet Medications

**Not Accepted:** Sharps, Inhalers, Over-The-Counter Ointments or Liquids, Aerosols, and Thermometers

The East Hampton Prevention Partnership will be looking for new High School students to join the Youth Committee in the 2018-19 school year. 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 email at: [jolsen@easthamptonct.gov](mailto:jolsen@easthamptonct.gov).

**VISIT East Hampton! • [www.easthamptonct.gov](http://www.easthamptonct.gov)**

# East Hampton Public Library

105 Main Street  
East Hampton CT 06424  
860.267.6621  
[www.easthamptonct.gov/Library/](http://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

## There is always something going on at your local library!

Check out our full event calendar at [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents) or keep up to date by liking our Facebook page: [www.facebook.com/EastHamptonLibrary](http://www.facebook.com/EastHamptonLibrary).

## Weekly Children's Early Literacy Classes

### WIGGLES & GIGGLES

An early literacy lap sit class that introduces books, nursery rhymes and songs. No registration required. For ages 12-24 months. Mondays & Fridays 10:00 am. This program runs through November with a break in December, resuming back on January 7th.

### 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. Program runs November through December 5th. Program resumes January 9th.

### 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. Program runs November through December 5th. Program resumes January 9th.

### 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. Program runs November through December 5th. Program resumes January 9th.

### 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. No registration required. Program runs November through December 6th. Program resumes January 10th.

## 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.

### December 7th: Candyland

Join us in making simple holiday crafts and play a life-sized version of the game Candy Land!

### January 4th: Kaleidoscope

Add color to dreary winter days by making your own colorful kaleidoscope.

### January 18th: Ninjago

Create a mini-ninja figure then put your Ninja skills to the ultimate test as you work in teams to make it through a giant obstacle course.

### February 8th: Kites

It's National Kite Flying day! Create a simple and fun bird-shaped kite.

### 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 14 children.

### December 14th: Candyland

Join us in making simple holiday crafts and play a life-sized version of the game Candy Land!

### January 11th: Dragons

Will celebrate Appreciate a Dragon Day early with dragon inspired activities.

### January 25th: Spy

Test your spy skills by cracking codes and tackling the ultimate spy maze.

### February 22nd: Minute-It-to-Win-It

Play a library version of the popular Minute-to-Win-it game! Contestants will be divided into teams, asked to complete a variety of fun challenges, with each challenge increasing in difficulty. The catch: all challenges must be completed in 60 seconds!

## Special Children & Family Programs

### JINGLE BELL PARADE

#### Saturday, December 1st, 3:00 pm

Co-sponsored with East Hampton Parks and Recreation. Join us for music, crafts and refreshments in the Library Community Room before a visit from Santa and a parade up to Center School for a Christmas Tree Lighting. Please register on the Parks and Recreation webpage.

**SOUNDS OF THE SEASON HOLIDAY CONCERT  
WITH THE BELLTONES**

**Saturday, December 8, 1:00 pm**

Join us for an extraordinary holiday concert of hand chimes and vocals with East Hampton's own Belltones! The musical group of East Hampton and other area seniors will perform a selection of festive holiday selections. Refreshments will be served. Free and open to all. Reserve your seat at the Library's webpage: [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents).

**NEW YEAR'S AT NOON**

**Monday, December 31st at 11:00 am**

Join us for a special New Year's celebration for little ones with entertainment and a balloon drop at noon! Refreshments provided. Registration is required.

**TAKE YOUR CHILD TO THE LIBRARY DAY**

**Saturday, February 2nd: 10:00 am - 3:00 pm**

Join us for a day filled with family fun activities, including a dance party with DJ Austin Dailey from Red Supreme Productions, and library mini-golf. Registration is required for dance party. For more information and registration, visit us: [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents).

**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**

**WRITER'S MEETUP**

**Wednesday, November 14th, 5:30 - 8:00 pm**

November is National Novel Writing Month! Join fellow writers, bring a sample if you'd like some feedback, or just come to write (doesn't have to be a novel!) First hour will be reserved for discussion and the rest will just be a quiet place to write. Registration required, register online.

**Author Event - Marty Podskotch author of Connecticut 169 Club, Tuesday, November 20th, 6:30 pm**

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## Public Library... continued from page 19

From the quaint splendor of the town of Kent in the northwest hills of Connecticut to the great restaurants that dot the shoreline of Westbrook to New Britain's industrial roots, travel and history author Martin "Marty" Podskoch is hoping people will explore every municipality in the State of CT with his new book *Connecticut 169 Club: Your Passport and Guide to Exploring CT*. Space is limited, reserve your seat online: [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents).

### LEARN THE SECRETS OF METAL DETECTING

**Tuesday, November 27th, 6:30 pm**

Have you ever thought about buying a metal detector but didn't know where you'd look or what you'd find? Join us as we welcome Mike Lyman, a local metal detector enthusiast. Mike has found hundreds of items in and around East Hampton. He'll share some of his best finds as well as give an introduction on metal detecting.

### CABIN FEVER SERIES

**Author Event - Nicholas Bellantoni author of *The Long Journeys Home*, Saturday, January 12th at 1:00 pm**

Co - Sponsored with the Chatham Historical Society. Nicholas Bellantoni is the author of *The Long Journeys Home: The Repatriations of Henry 'Ōpūkaha'ia and Albert Afraid of Hawk*. Henry 'Ōpūkaha'ia and Itankusun Wanbli lived almost a century apart and came from different Indigenous Nations - Hawaiian and Lakota. Yet the circumstances of Western imperialism that led

them to leave their homelands and come to Connecticut where they died and were buried have striking similarities. Space is limited, reserve your seat online: [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents).

### FRIENDS OF THE LIBRARY BOOK SALE

**Saturday, January 26th**

Join us for a wide selection of books, dvds and cds. Great for all ages and reasonably priced!

### CABIN FEVER SERIES

**Author Event - John Cilio author of *Women's Work in WWII*, Saturday, February 9th, 1:00 pm**

Co-Sponsored with the Chatham Historical Society. John Cilio author of *Women's Work in WWII*, tells the epic story of an era when American men went off to war and the majority of women remained behind to care for families and fill the enormous production roles left vacant. Through a large collection of anecdotal stories and a broad collection of vintage photographs he highlights a desperate time in America. Space is limited, reserve your seat online: [bit.ly/EHPLEvents](http://bit.ly/EHPLEvents).

**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:*

**continued on page 22**



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## Public Library... continued from page 20

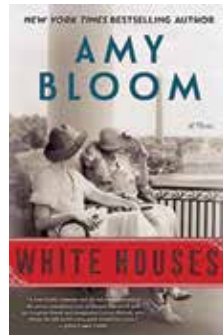
*Connecticut's Jewish Farmers*, will describe how The Jewish Agricultural Society in New York began an effort in the 1880s to settle some of the new European immigrants on farms in Connecticut. One area the society chose was centered around

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](http://bit.ly/EHPLEvents).

## Join the Friends of the East Hampton Library

WE NEED MORE FRIENDS AND WE WANT YOU!

We are a vibrant and growing group dedicated to supporting our Library. Some of the things we do include: sponsor author visits and other adult and children's programs, help purchase craft materials, fund Museum Passes, fund a scholarship for local high school students, conduct book sales, and help organize other library events and fundraisers that encourage community members to visit the Library. Whether you want to be an active volunteer and attend our monthly meetings (1st Monday of the month, 6:00 pm in the Community Room) or if you'd prefer to just pay your annual dues and pitch in on occasion, we welcome you in any capacity! You can pick up a membership application at the front desk of the Library or download one from our Facebook page. If you



people how she came to write this story. Afterwards, she was available to sign books and snap photos with those in attendance.

AMY BLOOM CAME TO EAST HAMPTON On September 12, the Friends of the East Hampton Library sponsored a visit from New York Times bestselling author Amy Bloom. Ms. Bloom came to the Library to talk about her latest book, *White Houses*, and share with an audience of approximately 75

have questions, please contact Victoria Fielding at: [vfielding81@gmail.com](mailto:vfielding81@gmail.com).

### MARK YOUR CALENDARS!

Our next Book Sale will be Saturday, January 26th in the Community Room



EAST HAMPTON PUBLIC LIBRARY TURNED 120 August saw the Library celebrate its 120th birthday. In honor of this event, the Friends are conducting an ongoing fundraiser for the Library. A "birthday wish list" for the Library has been compiled and can be perused either at the front desk of the Library or on our Facebook page. ("FriendsoftheEastHamptonLibrary") Please consider buying the Library a birthday present! Any donation is much appreciated!

at the Library. Donations will be accepted at the Library beginning Saturday, January 12th.



## Santa is Coming

Santa Claus is coming to East Hampton High School, 15 North Maple Street, on Saturday, December 1st from 7:30 am - 11:30 am. The East Hampton Rotary Club serving the communities of East Hampton and Marlborough has invited Santa to return to meet and greet young and old. This is the 28th year the Rotary Club of East Hampton has invited Santa. A free breakfast prepared by Rotarians will be available to all that attend. For a nominal fee, each child that meets with Santa can receive a photograph with our North Pole visitor. At this annual event we encourage those attending to bring a canned good or make a monetary donation to support the East Hampton Food Bank and the Marlborough Food Bank.





# Detecting Lung Cancer Early Makes a Difference

When it comes to lung cancer, early detection is important. However, because there are often no symptoms associated with lung cancer, there is nothing to warn us that something is wrong.

Middlesex Hospital offers lung cancer screenings, which can help doctors find lung cancer in its early stages. The screening process takes less than 10 minutes, and the benefits are invaluable. Middlesex Hospital recommends lung cancer screenings for anyone between the ages of 55 and 77 who currently smoke, or who quit smoking within the last 15 years.

To get a lung cancer screening, you must have a referral from your health care provider. If your doctor decides a screening is appropriate, your information will be sent to Middlesex Hospital Radiology's scheduling office and an appointment will be made.

You do not need to do anything special to prepare for a lung screening. The screening includes a low-dose lung scan, often referred to as a "CAT" scan, and it shows detailed pictures of the chest. This allows medical professionals to detect very small nodules or swellings in the lungs. Once the lung scan is taken, a board-certified radiologist will review it. If something abnormal is found, your doctor will contact you.

Private insurance companies cover lung cancer screenings for high-risk individuals. The Centers for Medicare and Medicaid Services also cover the screenings. Some companies may require prior authorization.

## Middlesex Hospital offers lung cancer screenings at the following four locations:

- Middlesex Hospital  
28 Crescent Street  
Middletown, CT 06457
- Middlesex Hospital Outpatient Center  
534 Saybrook Road  
Middletown, CT 06457
- Middlesex Hospital Marlborough Medical Center  
12 Jones Hollow Road  
Marlborough, CT 06447
- Middlesex Hospital Shoreline Medical Center  
250 Flat Rock Place  
Westbrook, CT 06498

For more information about lung cancer screenings, call: 860-358-2066 or visit: [www.middlesexhospital.org](http://www.middlesexhospital.org).

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# East Hampton Volunteer Fire Department: Ladder 1-12 Comes Full Circle

Every year, fire departments compete against each other for points and bragging rights at judged parades across the state and beyond. Each piece of apparatus in a sanctioned parade is scrutinized by a team of up to twelve certified judges as it moves through the judging area and points are awarded (or deducted) based on appearance, cleanliness and equipment readiness as opposed to specific vehicle functionality. Apparatus is broken down into categories (pumpers, aerials, tankers, forestry, etc.) and departments compete against other vehicles participating in their category or division.

In September 2015, members of the East Hampton Volunteer Fire Department participated in the annual Firemen's Parade sponsored by the Ellington Volunteer Fire Department with the department's 38-year-old Ladder 1-12. Due to its age, the old Ladder 1-12 was placed in the "Antique Division" and did not fare well against its categorical peers, with a fully restored 1932 Seagrave pumper from the Lyme FD taking the top prize. However, old Ladder 1-12 was recognized as the oldest "antique" still serving as a front-line responding piece.

At the time, Ladder 1-12 had well exceeded its expected service life and the EHVFD had begun planning for a replacement aerial truck to serve the community. Months of work ensued and, with the avid support of both the town's governmental agencies and residents, a brand-new Pierce Ascendant Aerial was put into service by the EHVFD in April 2017. Distinguished by a 107-foot aerial ladder, the new Ladder 1-12 operates on a single rear axle



that enhances its maneuverability on tight roads and incorporates features that ensure safe operation not only of the truck itself but also for the firefighters operating it.

Going back to "where it all began," EHVFD members participated in the Ellington FD's parade this year and competed against over fifty pieces of apparatus from Connecticut, Massachusetts and New York, walking away with top honors as "Best Appearing Aerial." Being presented with the trophy, Fire Chief Greg Voelker commented: "We appreciate the support the residents of East Hampton afford us, and this honor is proof of how well our members take care of our equipment. We take pride in keeping our tools and apparatus in top condition and welcome the recognition our firefighters deserve."

## East Hampton Volunteer Fire Department Supports Sandy Peszynski Breast Cancer Foundation



Members of the East Hampton Volunteer Fire Department marked October, National Breast Cancer Awareness

Month, by presenting a \$1,000.00 check to the Peszynski Family in support of the Sandy Peszynski Breast Cancer Foundation. The Peszynski family, owners of Paul's & Sandy's, Too garden center, established the Foundation in 2009 in memory of Paul's wife Sandra who passed away in 2007, following a 25 year battle with breast cancer.

Sandy was the inspiration behind the creation of Pumpkintown USA, a

whimsical town of various buildings and pumpkin-themed characters that has delighted children and their parents every autumn for decades. Pumpkintown USA serves as the capitol city for the SPBC Foundation and proceeds from this six-week event have enabled the Foundation to raise and donate over four hundred thousand dollars to the cancer centers at Middlesex and Hartford Hospitals. The family-run Foundation has no administrative costs and 100% of the funds generated go directly to those two organizations.

The funds provided to the Foundation by the East Hampton Volunteer Fire Department were raised through

individual member donations and through the sale of distinctive EHVFD black and pink tee shirts that encourage all to "Extinguish Cancer." Conceived and managed by EHVFD firefighter Brianne Annino, this effort provides firefighters the opportunity to stress the importance of continuing support for breast cancer treatment and research.

The members of the East Hampton Volunteer Fire Department are proud to support the Peszynski family, the SPBC Foundation and the staff at Paul's & Sandy's, Too in acknowledgement of their contributions to the local community and their dedication in the fight to extinguish cancer.

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# Diabetes and the Eye

Diabetes is a disease that affects your ability to produce or use insulin to effectively control the blood sugar (glucose) levels in your body. Too much glucose in the blood for an extended amount of time can damage many parts of your body, including your eyes. According to the CDC (Centers for Disease Control and Prevention) about 90% of diabetes related vision loss can be prevented with early detection. Yet a study performed by researchers at Wills Eye Hospital saw that 60% of people with diabetes skip their annual exam needed to preserve their vision. It is imperative that people with diabetes get an annual dilated eye exam because ocular complications due to diabetes may show no signs or symptoms.

When blood vessels in the eye's retina swell, leak, or close off, or if abnormal new blood vessels grow, it is called diabetic retinopathy. People who are at a higher risk of developing diabetic retinopathy are those who have diabetes or poor blood sugar control, women who are

pregnant, and people with high blood pressure or high blood lipids. Diabetes can also cause your vision to change even if you do not have retinopathy. If your blood sugar levels change very quickly, it can affect the shape of your eye's lens which causes blurry vision. Your vision usually goes back to normal after your blood sugar stabilizes.

## According to the Academy of Ophthalmology, the top 5 steps to help prevent diabetic eye diseases are:

1. Get a comprehensive dilated eye exam from your ophthalmologist at least once a year.
2. Control your blood sugar.
3. Maintain healthy blood pressure and cholesterol levels
4. Quit smoking
5. Exercise

Middlesex Eye Physicians

# Water Pollution Control Authority

## WASTEWATER

The Town of East Hampton's WPCA, through the Colchester–East Hampton Joint Facilities, is directly responsible for over 34 miles of collection system and over 27 lift stations in East Hampton. The East Hampton WPCA operating budget ending June 30, 2018 was \$1,172,017.00, which included payment of \$861,660.00, to the Colchester–East Hampton Joint Facilities for treatment and operation of the wastewater system. There are over 3,350 properties connected to the wastewater system in East Hampton

“Enterprise Fund” - i.e., all fees paid by the users of the system must be used for the operations and maintenance of the wastewater system. There is no Town tax revenue used for the operations or maintenance of the wastewater system. In East Hampton the users pay \$365.00 per EDU for the annual use of the system. Those users with a Town maintained grinder pump pay an additional \$125.00 per year. Based upon 2017 sewer rate information published by Tighe & Bond Engineers, East Hampton's use rate is one of the lowest of the 17 towns surveyed.

operates the Town Center Water System (TCWS) and the Royal Oaks Water System (ROWS). The WPCA, through contract services with State-certified water treatment and distribution operators, is responsible for the day to day operations of both of these systems. A Special Revenue Fund presently exists for the water budget for the operation and maintenance of these water systems. The operating budget for both systems totaled \$161,416.00, the monthly meter charge is \$40.00 and the commodity charge is \$9.25/1000 gallons used.

State regulations that established the WPCA require that the Authority operate as an

## WATER

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Mark Barmasse, Chairman

Tim Smith, Public Utilities Administrator

# Conservation-Lake Commission

The Conservation Lake Commission has recently been working to develop and launch an incentivized program targeted at Lake Pocotopaug's waterfront property owners and those within the watershed. The notion of Protecting Lake Pocotopaug rewards those who commit to making physical changes and upgrades on their own property to improve stormwater runoff in the watershed. Such improvements can be big or small. Eliminating impervious surfaces and replacing with an infiltrative interface, defining driveways and walkways, and installing rain gardens are all great methods to slow the entry of stormwater into the lake. In particular, creating and continuing to maintain a buffer along the water's edge has been shown to recover and protect water quality. Better water quality boosts property values. Protecting Lake Pocotopaug aims to identify weak areas on those properties and suggest ways to improve them.

2018 brought significant amounts of heavy rainfall, most of which

sheeted across impervious surfaces on a direct highway into the lake. Stormwater contains high doses of nutrients which promote algae growth. The more algae in our lake, the lower the water quality. Retention ponds are one way to address nutrient overload. As rainwater is collected, it is forced to go through a natural filtration and nutrient uptake process. This reduces the overall concentration of nutrients entering our lake.

These methods do not all require a professional landscaper and if you're feeling overwhelmed, don't worry. In collaboration with scientists who study Lake Pocotopaug, as well as professionals from the State of Maine & Vermont, we have prepared a guidance brochure for you. Within the brochure are more tips on preserving water quality for our lake and how you can work to enhance the land you control in the watershed. The brochure is available at the Town Hall in the Town Manager's Office and Building Department.

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## Connecticut Cancer Foundation - John & Jane Ellis by Sigrid Kun

### An enduring promise to help Connecticut cancer patients and their families.

The story of John and Jane Ellis is one of love, inspiration and dedication. She says he had the vision. He says she's the angel who does everything. Together, they are strong individuals who never wavered since John made a most solemn promise.

Born in New London, John was a high school standout in football and baseball. He went on to a 13-year major league baseball career. The catcher debuted in 1969 with the New York Yankees (1969-1972), hitting a home run in his first at bat. He also played for the Cleveland Indians (1973-1975) and Texas Rangers (1976-1981).

A routine life insurance examination revealed a spot. He had been a picture of health - jogging 10 miles a day. At age 38, the 1971 Topps All-Star Rookie had Hodgkin's lymphoma. He had already lost a brother, sister and sister-in-law, each to cancer. "Sitting there in the hole, getting your juice, and breaking it down. I made a deal," explains John. "If you let me live, I'm going to do this. I said I'd dedicate my whole life to the needs of the needy."

That was 1987. Together, the couple started a foundation whose mission has remained steadfast - to provide financial assistance to Connecticut cancer patients and their families and to fund cancer research. He is the Chairman/Founder. She is the President and Executive Director. The formula is simple. Many individuals affected by cancer struggle with basic living necessities. The foundation is there to help.

Oncology social workers in Connecticut provide referrals to the foundation. Applications are reviewed each Monday, with grants made within a week - an unheard of turnaround. If there is an emergency, they will do what they can right away. "It's all local. "You know where the money is going and that makes us unique," notes Jane. To date, the foundation has provided almost \$6 million in financial assistance to CT families and over \$2 million to lymphoma research. A \$7 million endowment ensures its future.

Their signature fundraiser is an annual celebrity dinner first held in 1988 at the Groton Motor Inn. Mickey Mantle, Whitey Ford and Billy Martin were there. "It was like a group of friends, getting together and telling stories," relates Jane. "It was special." The event raised \$100,000. At the end of the evening, Mickey observed "I hope this foundation goes on forever."

The event has grown markedly and is now hosted by a key corporate partner, Mohegan Sun. The next celebrity dinner will be held on February 8, 2019. The list of attendees are a testament to the relationships/trust that the couple forged over the years: Don Zimmer (who once released John), Yogi Berra, Derek Jeter, David Ortiz, Hank Aaron, Carl Yastrzemski, Joe Torre, Reggie Jackson, Mariano Rivera, and Roger Clemens. There are new fundraising initiatives: Cycle Against Cancer,



Left, John and Jane Ellis. Below, from the left, Derek Jeter, Didi Gregorius, Tommy Kahnle and David Robertson attending the 2018 Celebrity Dinner at Mohegan Sun.



New location, right, at 15 North Main Street in Old Saybrook.



the Fishing Against Cancer tournament, and a Speakers Program. And there is assistance for ILROG - the International Lymphoma Radiation Oncology Group. "We're global in nature but local in giving," observes John.

The foundation recently (July 2017) opened its new location at 15 North Main Street in Old Saybrook. Every aspect of the new facility focuses on the foundation's mission. There is a Hall of Fame. "It's a museum piece," says John. "A tribute to some of the wonderful baseball players who helped literally to build the foundation." There is an art gallery to hold exhibits benefitting the foundation. "It's the infrastructure for the next 30 years," says Jane.

John and Jane have assembled plenty of stories. John laughs over that second celebrity dinner when Joe DiMaggio wouldn't sign memorabilia Whitey Ford brought along for him to sign. Yogi Berra successfully intervened. And then there was a single mother whose child was suffering from a rare cancer. "I'll never forget that for the rest of my life," recounts Jane. "They were homeless. She didn't know how to feed her children that evening. We gave her \$2,000. That gave her hope. We continued to help her. We got furniture... I had John schlep it all in his truck"

Thirty years ago, the couple wondered if they'd still be needed. Surely, cancer would be beaten already. "Our mission is more relevant today than 30 years ago," explains Jane. "Everyday expenses...it's so much more expensive to live. Our help is needed more than ever." "There's plenty of work here," adds John. "We look forward to making sure the foundation goes on and on."

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