

Stonington

events

VOLUME 2 • QUARTER 2 • 2016



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

Work with the Best



Paul Weinblatt-LaFever
860-303-0749



John Vincent
860-460-3463



Jamie Vangieri
401-742-5779



Amy Swan
860-908-2568



Genevieve Stoll
475-434-0743



Brenda Pelt
860-961-7887



Morag Morse
860-460-5270



Renee McCammon
860-705-8084



Judy Meucci
860-690-3371



Lucia Johnstone
860-912-4144



Judy Heylmun
860-460-4806

BUY. SELL. *Love.*



Robin Hall
860-334-9679



Henri Gourd
914-954-3897



John Edmond
860-884-8085



Rose Eapen
860-961-9685



Marie Cox
860-823-0275



Carol Barnes Craig
860-460-0943



Ann Burgess
860-705-3133



Ann Buffum
860-460-2154



Ann Bergendahl
860-460-3909



Jill Bach
860-908-3758



Cheryl Auerbach
860-235-9099

A member of the franchise system of BHH Affiliates, LLC

Mystic | 2 Williams Ave. | 860-536-4906
Stonington | 163 Water St. | 860-535-2490

bhhsNEproperties.com



Selectmen's Corner

It has been a busy spring for the Stonington Board of Selectmen, with numerous challenges and opportunities. Top of the list is the budget process which has consumed our time and energy for several months. The bad news is that the State of Connecticut has failed in its responsibility to provide Education Cost Sharing [ECS] to our local schools – and too many other schools across the state. While any shortfall is painful, loss of almost \$300,000 is hard to swallow. Nonetheless, town officials, department heads, administrators, and the various Boards of Police Commissioners, Education and Finance have pulled together to create a Fiscal Year 2016-2017 budget that is fair and balanced. Following a public hearing on April 26th, the Board of Finance approved the budget unanimously – and received a round of applause from the citizens present. When is the last time you saw that?

In other news, Selectman Michael Spellman was sworn in as Acting First Selectman for a week in April to allow First Selectman Simmons to leave the state for a well earned vacation in Florida. Spellman was sworn in using the same family Bible that his father used during his years as First Selectman from 1961-1985.

The whole Board was present for the ribbon cutting following renovation of the all-purpose athletic field on Spellman Drive. The field will be used for town recreation programs as well as for some high school sports.



Spellman Park, All-Purpose Athletic Field Field Ribbon Cutting (April 17, 2016). From L to R: Selectman, Michael Spellman; Recreation Commission Members: Jennifer Norcross, Chairman Michael Crowley and Frank Prachniack; First Selectman, Rob Simmons.

The Sewer Treatment Expansion Parcel [STEP] Ad Hoc Committee finished three months of work on an off-leash dog area in the Borough. The Board of Selectmen accepted their recommendations unanimously. And the town initiated a geographic information system for locating missing children with autism that has become a model for the state and the Nation. These and many other activities are a reflection of our efforts to act in a nonpartisan fashion and put "Stonington First."

Rob Simmons, First Selectman
Mike Spellman, Selectman
Kate Rotella, Selectwoman

STRESSLESS NIGHTS

Let us show you what a **Quality Mattress** feels like



Our Stressless Night Mattress Collection is designed and handmade exclusively for Saybrook Country Barn



Main St., Old Saybrook 860.388.0891 saybrookcountrybarn.com

events

TM Ventures, LLC

dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205
Centerbrook, CT 06409

860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

DIRECTOR OF ADVERTISING/OPERATIONS

Suzanne Spires 860-391-5534
suzanne@essexprinting.com

ART DIRECTOR / ARTICLE COORDINATOR

Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR

AC Proctor 860-767-9087

SALES REPRESENTATIVES

VERNON • TOLLAND • ELLINGTON • WILLINGTON

Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK • CLINTON • MADISON

Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

MONTVILLE • NEW LONDON • STONINGTON

Chris Angeli 860-391-5725
cangeli@eventsmagazines.com

BRANFORD • GUILFORD • WOODBRIDGE

Nancy Lee Salk 203-219-3282
nancy@eventsmagazines.com

EAST HADDAM • HADDAM • CHESTER

Sue Smith 860-885-9670
sue@eventsmagazines.com

MAGAZINE LAYOUT

Amy Bransfield

COVER PHOTO

By Jenni Llaguno. Fourth annual cow visit
to the Riley's Farm, Stonington Beef.

www.eventsmagazines.com

**1.2 MILLION READERS
20 TOWNS EVERY QUARTER**

Copyright © 2013 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

CONTENTS

Selectmen's Corner	1
Town Clerk's Office	5
Department of Assessment	6
Tax Office	7
Human Services	8
Youth & Family Services	11
Social Services	13
Senior Services	15
Beat Parkinson's Today	16
Parks and Recreation	18
Epilepsy Foundation	23
Reduce Your Carbon Footprint!	24
Mobile Food Pantry	24
Stonington Volunteer Ambulance Corp, Inc.	25
Stonington Police Department	25
Home Healthcare FAQs	25
Mystic & Noank Library	27
Stonington Transfer Station	27
Citizens With Autism Safety System - CASS	28
Is My Well Water Safe?	29
Stonington Water Pollution Control Authority	30
Stonington Community Center	31
Denison Pequotsepos Nature Center	32

**Want to Reach
Every Home &
Business in Town?
Call Chris Angeli
at 860-391-5725**



KLOTER FARMS *Home & Yard*



Custom Garages

The Perfect Match For Your Home

Innovative designs in garages now allow you to easily match your existing home. Our creative modular construction with clear span design allows versatile storage, with no restrictions.

Call today for a free design consultation!



Upholstery

Sofas • Sectionals • Recliners • Chairs

Thousands of fabrics and leathers to choose!

Lifetime Warranty • Made in America



SMITH BROTHERS
Upholstery

KloterFarms.com | 860-871-1048 | 216 West Rd, Ellington, CT | FREE DELIVERY in CT, MA, RI \$1500 min. purchase. Extra charge for Cape Cod.



SMILE THIS SUMMER. JOIN THE Y.

**3 Locations, 3 Pools, 60+ Spin Classes,
120+ Health & Wellness Classes and **So Much More!****

2016 Summer Membership Packages

Available May 15–September 6

Types	1 Month	Summer
College Students*	\$34	\$80
Adult (23+)	\$84	\$188
1 Adult Family	\$106	\$250
2 Adult Family	\$126	\$291
Senior (65+)	\$76	\$170
Senior Couple	\$116	\$265

*Must provide a valid College ID

OCEANCOMMUNITYYMCA.ORG

Town Clerk's Office



Cindy Ladwig
Town Clerk

We just passed a very busy time in the Town Clerk's office, but our busiest time is right around the corner. Dog license reminders went out the third week of May and we began selling the new dog licenses on May 23rd. The fee to register a dog is \$8 if altered; \$19 if not. Remember to bring in proof of the rabies vaccination if the reminder card has been highlighted.

Speaking of rabies, the Town will be holding a Rabies Clinic on Saturday, June 11 at the Stonington Police Department from 10:00 a.m. - noon. The rabies shot cost is \$20 (cash only please) and you can also get your dog license that day too!

Saltwater fishing season is upon us. Did you know that you need a fishing license to fish in salt water and that it must be renewed each year? CT residents may purchase a fishing license online on the CT DEEP website at <https://www.ct.wildlifelicense.com/internetsales> or purchase it in the Town Clerk's office.

In April, the Clerk's office was very busy issuing over 200 absentee ballots and helping the Registrars of Voters register new voters or re-registering voters who wanted to change their party affiliations for the Presidential Preference Primary on April 26th. Some of the absentee ballots that were issued were permanent absentee ballots. How does one get a permanent absentee ballot? Get a doctor's certificate stating that you have a permanent disability and are unable to appear in person at the polls. Then fill out the absentee ballot application and the absentee ballot will be mailed to you prior to a primary or election automatically.

The Town Clerk's office is always a busy place, but in a Presidential election year and as we approach dog license and fishing license season, we are always on our feet!

Please feel free to contact us at 860-535-5060, if you have any questions.

Cindy Ladwig, Town Clerk

*Professional
Residential Painting*

Borden's Painting

860-599-3482

Interior / Exterior
18th, 19th and Early 20th
Century Window Refinishing.

Serving The Community
For Over 30 Years.



❖ CLASSIC COUNTRY FURNITURE ❖



Country Furniture ❖ Reproduction Windsor Chairs
Period Lighting ❖ Sofas & Settees ❖ Curtains ❖ Crafts
Quilts ❖ Pottery ❖ Accessories and much more!



1921 Route 32, Uncasville CT
(near the Mohegan Sun Casino)

860-848-0707

Tuesday - Saturday 10am - 5pm

preview our store at ClassicCountryFurniture.com

Like us on Facebook

Department of Assessment



Photo: Nancy Dunne, Assessor's Assistant; Greg Hayes, Deputy Assessor; Marsha Standish, Director of Assessment; and Adele Adriano, Assessor's Assistant

The Assessor's Department would like to remind all Stonington residents of some of the exemptions available for property taxes. The last filing day for a veteran's exemption is September 30, 2016 in order to receive an exemption on the October 1, 2016 Grand List. This exemption would be reflected in your July 1, 2017 tax bill. The exemption is \$6,000 deducted from your assessment. (i.e. \$6,000 x 22.31 estimated mill rate = \$133.86 reduction in taxes). If you have not done so, you must file a copy of your honorable discharge (DD214) with the Town Clerk's Office. To receive an exemption you must have served 90 days during wartime. If you have already filed your discharge once, you do not have to file it again.

A disabled veteran may also receive an additional exemption amount provided with a copy of the award letter from the Veteran's Administration containing the disability percentage which is submitted to the Assessor's Department.

A married veteran who has a total 2015 income of \$42,900 or less or a single veteran with an income of \$35,200 or less may apply for an additional exemption at the Department of Assessment. You will need to submit a copy of your 2015 income tax return if one was filed along with your SSA1099 statement from social security. If you are 100% disabled by the Veteran's Administration your adjusted gross income excluding social security cannot be more than \$21,000 if married or not more than \$18,000 if single. The last day to file for this exemption is October 1, 2016. If you receive the \$6,000 exemption an additional \$12,000 exemption would be added if qualified.

If you feel you may be eligible for any of these exemptions or have any questions about the qualifications or benefits, please call the Assessor's Department at 860-535-5098 or come to the Town Hall at 152 Elm Street in Stonington, Monday-Friday between 8:30 am and 4:00 pm.



- Dark Pine Mulch
- Hemlock Bark Mulch
- Spruce/Fir Bark Mulch
- Midnight Black Mulch
- Natural Cedar Mulch
- Organic Hardwood Mulch
- Screened Top Soil
- Screened Organic Compost
- Firewood

All Mulches available in Bag or Bulk

Please check our website for more information
www.bombacimulch.com

860-767-8501
 45 Plains Road
 Essex, CT

\$1 Off per yd.
 On All Mulches
 with this ad



Mexican Cuisine
from our Family's
table to your's









Sunday - Thursday 11am-9pm • Friday - Saturday 11am-10pm
No Delivery

163 South Broad Street • Pawcatuck, CT 06379
 860.495.5758 • MexicaliFreshMex.com

Tax Office



Linda Camelio
Tax Collector

It's hard to believe that tax bills will be going out in just two months. Taxpayers frequently ask "What if I can't pay all at once?" In a tough economy, that's a fair question. What we advise people who don't have their real estate taxes escrowed, and who have difficulty paying, is pay as much as you can on a monthly basis.

It is important to note that interest will still accrue on the delinquent balance at a rate of 1.5% per month. What we in the tax office are looking for is a consistent, good faith effort to pay. Our job is to collect taxes in order to enable the Town of Stonington to operate and to keep the mill rate lower.

We also often hear, "I never got a bill." CT General Statute explicitly states, "Failure to receive any such bill or statement shall not invalidate the tax."

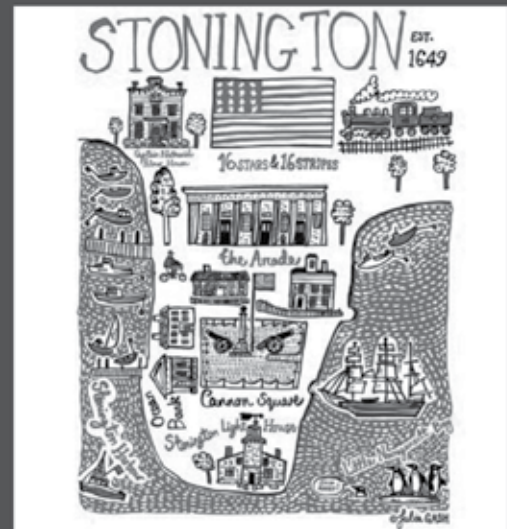
Sometimes the taxpayer will pay a few days late and are mad that they have to pay interest. According to Section 12-145, "A tax collector does not have the authority to waive interest due on a delinquent tax." Almost everything we do in the tax office is dictated by State Statute.

And finally, we often hear, "I came into the office in July and paid all of my tax bills. Why did I get this delinquent notice?" Well, there are a few possible reasons.

First, the taxpayer probably only gave us his/her name, not the name of his business, or her maiden name under which her car used to be registered or the name of the spouse. The best solution to that problem is to bring in all of your bills.

The bottom line is we aim to serve the taxpaying public in the best, most efficient manner possible. Be watching for those tax bills!

Linda Camelio, Tax Collector



Historic Walking Tours of Stonington Borough

Fridays at 11 am & Sundays at 2 pm
June ★ July ★ August
Reservations & Information
www.stoningtonhistory.org

Coogan Farm is Open for Business!

Come hike the trails at Coogan Farm
for the best views of the Mystic River



Visit our new Nature Store
jewelry and crafts by local
and New England artisans,
Stonewall Apiary honey,
local syrup, kids' toys and games,
bird feeders of all shapes and sizes!

Coogan Farm Nature & Heritage Center
162 Greenmanville Ave., Mystic
860-536-1216
www.dpnc.org



**TRUST • CARING • COMMITMENT
• EXCELLENCE**

The mission of the Department of Human Services is to enhance the quality of life for Stonington residents from all age groups and all economic backgrounds by advocating for their basic needs and promoting self-sufficiency.

The Department is one of five administrative departments established by Town Charter. Four Human Services divisions exist as a means of providing aid to residents that is both relevant to their needs and beneficial in purpose - Senior Services; Social Services; Youth & Family Services; Recreation. The divisions are interdependent in order to effectively utilize departmental resources to provide program excellence and offer advocacy, information and referral.



HUMAN SERVICES TEAM

HUMAN SERVICES DIRECTOR

Leanne Theodore

SOCIAL SERVICES

**ADMINISTRATOR/MUNICIPAL
AGENT FOR THE ELDERLY**

Carol Umphlett

YOUTH & FAMILY SERVICES

ADMINISTRATOR

Kristen King

RECREATION ADMINISTRATOR

Richard Ward

ADMINISTRATIVE ASSISTANT

Michelle Larese-Casanova

RECEPTIONIST

Amanda Johnson

PRESCHOOL

Jenni Llaguno

Leslie Weber

COUNSELORS

Molly Kunka, LCSW – Clinical Supervisor

Miranda Krause-Cahill, LCSW

Linda Cunningham, MSW

THANK YOU to our many generous donors and to those who continuously provide support to our many programs! Cardiology Specialists, Ltd.; First United Methodist Church of Mystic; Mystic Congregational Church; Mystic Woman's Club; Mystic Lions Club; Ocean Community Chamber of Commerce; Pawcatuck Fire Department; Pawcatuck Lions Club; Renegade Fitness; Rotary Club of Mystic; Rotary of the Stoningtons; Savings Institute Bank & Trust; Seniors Helping Seniors; Stonington Borough Fire Department; Stonington Marina; Stonington Pizza Palace; Stonington Police Department; Stonington Veterinary Hospital; United Church of Stonington.

LIKE US ON FACEBOOK!

Follow the 'Stonington Human Services' page and stay in the loop with current program events and happenings.

VOLUNTEERS

The Human Services Team is very grateful for our volunteers who share their time and talents with us. Some join us monthly, while others share their time weekly. Volunteers are especially needed for reception/clerical support and gardening. All ages are welcome!

PROGRAM SUGGESTIONS WANTED!

There may be an activity or program that you enjoy which is not presently offered by Human Services. You may also have ideas for new programs or constructive comments on the improvement of existing programs and services. In either case, we encourage Stonington residents to express their particular ideas and concerns. Please help us offer to you the programs and services which you desire. Send ideas and

comments to: Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379 or via email: LTheodore@stonington-ct.gov.

**PROGRAM
REGISTRATION**

All classes register in person at the Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9 am-4:30 pm, by mail, or outdoor drop box after normal business hours. Started on Feb 1 on-line registrations are available at: <http://stonington.recdesk.com>. If registering in person, completed forms and payment are required at the time of program registration. Download forms for all programs at: www.stonington-ct.gov (located under Human Services Department). **REGISTER EARLY!** If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.



ONLINE REGISTRATIONS:

<http://stonington.recdesk.com>
Program participants may now register for all of our programs online at the above link. First time visitors must set up an individual and family profile. Not computer savvy? No worries! Paper registration forms will continue to be available. Set up your individual and family profile on the RecDesk Community portal. Click on the Create Account button to begin process of entering your profile. Fill out all fields and click Save to complete the profile setup process. Be sure to do this for ALL FAMILY MEMBERS. New family members can be added by going to your profile page and clicking the Add New Group/Family Member link as shown below.

REGISTERING FOR PROGRAMS

Once you have set up a profile on the RecDesk Community portal, log in to begin registering for programs. Click on the Login button in the lower left-hand pane. Registrations can be initiated by either clicking on the Register button on the Program List page or by clicking on the Register Now button while viewing

the Program Detail. This will display the Program Registration dialog. Choose the Family Member registering for the program (not the Parent/Guardian), the appropriate Fee Type and then answer any additional questions that may be required for the program. The new Registration will be added to your shopping cart and is ready for payment. At this point, you can add more registrations to the shopping cart or complete the registration(s) by going through the Payment/Checkout process.

CHECKOUT AND PAYMENT

Registrations are NOT complete until you go through the Checkout process. If there are pending registrations in your cart, click on Checkout. You will be directed to the Waiver page where you must click Accept to continue. Fill out credit card information and click Continue. You will then be presented with a summary of the transaction (including processing fees). Click OK to complete the transaction or Cancel to go back. If you clicked OK, your credit card will be processed and the registration process will be complete.

UNITED WAY MOBILE FOOD PANTRY

Serving over 100 local families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot* the first Monday of each month from 5-6 pm. The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID when visiting the pantry. Call (860) 535-5015 for more information, or if you have an interest in volunteering.



Full and half day options! Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more! Held at Spellman Park and Stonington High School, our camp (a partnership of the Recreation and Youth & Family Services Divisions) takes full advantage of the sports fields, playground and school facilities for safe, fun-filled days

of summer adventure! Breakfast and lunch served daily through the federally funded Summer Food Service Program. Please contact the Stonington Human Services for details and specifics. This popular program fills quickly; register early to avoid disappointment!

Dates: Monday-Friday June 9-August 12 (Start date may be impacted by snow days!)

Ages: Boys and Girls entering Grades 1-6 in the fall of 2016

Summer 2016 Fees

Full Day (8:00 am - 4:00 pm);

\$575 Resident / \$725 Non-Resident

Playground Only (8:00 am - 12:00 pm);

\$275 Resident / \$350 Non-Resident

Enrichment Only (12:00 pm - 4:00 pm);

\$300 Resident / \$375 Non-Resident

* Field trips are an added fee.

SUMMER FOOD SERVICE PROGRAM (SFSP)

Stonington Human Services is pleased to announce its 13th year of participation in the federally funded Summer Food Service Program (SFSP).

continued on page 10

Stonington Community Center, Inc.



Traditional & Full Day Preschool • Summer Preschool
Inclusive Programs • Before & After School Childcare
School Vacation All Day Childcare • Summer Day Camp
Summer Specialty Camps • Art & Technology • Pottery

Athletics • Paddle Tennis • Karate • Zumba
Beaches • Birthday Parties • Facility Rentals

Thrift Store ... and more!



28 Cutler Street, Stonington | THECOMO.ORG | 860.535.2476

COME TO COMO THRIFT



An Eclectic Mix of Bargains

Find us at :
45 Cutler Street, Stonington

Hours:
Tuesday- Saturday, 10am-4pm
Sunday, 12pm- 4pm



All sales benefit
Stonington COMO youth
programs.

Donations are much
appreciated and tax
deductible.

HUMAN SERVICES ... continued from page 9

Under the program, nutritious meals will be provided to all children, 18 years and under, free of charge/no paperwork required, Monday-Friday at the following site:

Stonington High School - June 14th – August 12th (M-F – Rain or Shine)

Breakfast: 8:30 am - 9:00 am

Served at Spellman Park; inclement weather, served in SHS Café

Lunch: 11:30am- Noon

Served in SHS Café

Since 2004, 75,901 meals have been served!



STONINGTON COMMUNITY GARDEN

Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce, located in between the Human Services building and the Pawcatuck VFW. The annual fee for a 4'x16' plot is \$25. Join our network to learn how to grow your own vegetables, cut food costs and learn about four season square foot gardening.

DO YOU USE RUN 10 SEAT TRANSPORTATION?

We want to hear from you! Please take a moment to complete a brief survey regarding your usage: <https://www.surveymonkey.com/r/6TD2N7P>. Paper copies of the survey are available at Stonington Human Services.

2016 LIGHT IT UP BLUE



Autism Awareness Month Highlights

On April 2nd, Autism Speaks celebrated Light It Up Blue, along with the international autism community, in commemoration of the United Nations-sanctioned World Autism Awareness Day. Light It Up Blue is a unique global initiative that kicks off Autism Awareness Month and helps raise awareness about autism.

In honor of this historic day, our Highway Department assisted by installing donated signs and blue lights in many Town buildings including: Town Hall, Human Services, schools, police and fire departments, as well as local ambulance corps, in an effort to band the community together for autism awareness. For the fourth year in a row, our Autism Parent Support Group (in conjunction with local resident Julie Holland) coordinated a Light It Up Blue fundraising event to support Autism Speaks, as well as local autism support activities and we invited the entire community

to participate! This year's event held on Tuesday, April 5th at The Twisted Vine in Westerly, RI featured door prizes, raffle items and entertainment by the musical duo FrankenPhil. We are so grateful for the MANY businesses and individuals that donated to the fundraiser and/or offered food and drink promotions with proceeds benefiting Autism Speaks:

Herbwise Naturals; Blue Butterfly; Westerly YMCA; Dunns Corners Pizza; Applebee's Westerly; Inward Expressions; Victoria Scheller; Mystic Drawbridge Ice Cream; Elmridge Golf Course; Somewhere In Time; Malted Barley; Mia's Prime Time; Perks and Corks; CC O'Brien's; 84 Tavern on Canal; Amigos; Brazen Hen; Longo's; AK Dasher; Ayo Bryant Tupperware; The Yellow House; Cindy Nadeau; Sandy Maniscalco; Shar-Jais; Vail & Robson Dentistry; Skincare & Wellness on the Thames; Mystic Silver Co.; Jackie Jams; Westerly NAPA; Eagle's Nest; Capizzano's Vinegar & Oils; Beach House; Home Depot Westerly; Renegade Fitness; Milagro Stonington; S&P Oyster Co.; Jessica @ Serenity; Stonington COMO; DogWatch Café; Eileen Fiore; Ray Willis Toys; Spice & Tea Exchange; Simply Majestic; Uptown Salon; Toy Soldier; Nigrelli's Jewelry; Bess Eaton; Stop & Shop; Beauty Hut; Elizabeth & Harriet; Westerly Jewelry; Cake Lady; Maize 'n Manna; Luxe Fitness; Gary's Auto; Mexicali; Alley Katz; Pizza Lady; Bestamores; Harbor House; Red Door Spa; Mystic Marriott; Dick's World of Wines; Breakwater; Mystic Seaport

On Saturday, April 9th the following first responders opened their doors to welcome children with special needs and their families: Stonington Police Department; Pawcatuck Fire Department; Stonington Borough Fire Department/Stonington Ambulance; Old Mystic Fire Department; Westerly Ambulance Corps. This free event provided an opportunity to walk through emergency vehicles, build relationships with personnel, and, most importantly, make a personal connection with first responders in a horn, light and siren-free environment. Thank you to all that participated!

In addition to the education, support and opportunities our community provided last month, over \$3,500 was raised for autism awareness - with donations still coming in! On behalf of the Human Services Department, the Autism Parent Support Group and the families we serve, THANK YOU! We will continue to work to increase autism awareness within our community, not just in April but throughout the entire year. See article submitted by Roger Kizer, IT Manager, for more information on our Town's efforts regarding autism safety!

**Want to Advertise?
Call Chris Angeli at 860-391-5725**

Youth & Family Services

The programs and services that are offered by Youth and Family Services are done so as a means of promoting positive youth development and supporting improved family and community relations.

TEENS TO TOTS PRESCHOOL SUMMER FUN

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to potty-trained children ages 3-5. Quality Affordable Program * Certified Preschool Teachers * Encourages social, emotional, physical, and intellectual growth * Structured classroom setting with a well balanced schedule of activities * Weekly curriculum themes.

Ages: 3-5 years old
Day/Date: Tuesdays and Thursdays – June 21-July 28
Time: 9:00 am – 12:00 pm
Location: Stonington High School, Room 123
Fee: \$200/Residents; \$275/Non-Residents

INDIVIDUAL & FAMILY COUNSELING

Counseling services are offered to Stonington residents at no cost. Call (860) 535-5015 to schedule an intake appointment.

SUPPORT GROUPS

All groups are held at Stonington Human Services and are provided at no cost to Stonington residents. Call (860) 535-5015 to register.

GRANDPARENTS RAISING GRANDCHILDREN

A supportive environment to discuss challenges, share resources, and network with other grandparents.

Day: First Thursday of Every Month
Time: 11:00 am - 12:00 pm
Facilitator: Molly Kunka, LCSW

ADULTS WITH ATTENTION DEFICIT DISORDER (ADD)

Day: First Wednesday of Every Month
Time: 6:00 pm – 7:00 pm
Facilitator: Molly Kunka, LCSW

PARENTS OF CHILDREN WITH AUTISM

An opportunity for parents of children on the spectrum to share experiences and learn from each other.

Day: First Tuesday of Every Month
Time: 5:30 pm - 7:00 pm
Facilitator: Dr. Lori Liguori, School Psychologist



Student Wellness and Activity Training (SWAT)/Cooking Matters® was held at Pawcatuck Middle School this Spring. Students were engaged in active training with workouts (provided by the Mystic YMCA), various nutrition-based

lessons and instructional cooking techniques with trained Cooking Matters® facilitators from Stonington Human Services and Stonington Public Schools. Thank you to Ledge Light Health District for providing the funding for this meaningful program!

JUVENILE REVIEW BOARD

The purpose of the Juvenile Review Board (JRB) is to provide an alternative to Juvenile Court for juveniles who have committed minor criminal violations in Stonington, and to assist youth who have exhibited problems in the home, school, and community. The goal is to provide a plan for each individual by utilizing community programs, services, and other resources, which will effectively deal with the particular incident, assist in positive development, and encourage responsible behavior.

FAMILY WITH SERVICE NEEDS REVIEW BOARD

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift, community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families rejected the use of the justice system as the first response to FWSN cases. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies. Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems. Based on a need in the community, in 2015, Stonington Human Services and the Stonington Public School District, in collaboration with the Stonington Police Department, Juvenile Court and DCF, developed a Family with Service Needs (FWSN) Review Board. The purpose of the Board is to intervene and divert at risk children from the entering the court system. The Board recommends diversions that encourage positive, pro-social development, school attendance, family engagement and participation in community-based programs.

STONINGTON PREVENTION COUNCIL



The mission of the SPC is to permanently change attitudes, laws, and policies to stop substance abuse and establish a safer community. Established in 2001 and comprised of community members representing youth, parents, police, youth-serving organizations, educators, religious organizations, and health care professionals, the SPC works to educate the residents of Stonington in taking a community-approach to support youth

continued on page 12

YOUTH & FAMILY ... continued from page 11

in making healthier decision regarding alcohol & other drug use. Past grant-funded council activities have included breathalyzers purchased for Stonington High School; alcohol establishment compliance checks and traffic spot checks with the Stonington Police Department; video presentations and media coverage; school/community educational forums; established tobacco-free parks and recreation areas in Stonington in 2014. Though many resources exist in New London County to assist those individuals and their families that are struggling with addiction, many still report that they do not know where to turn for help. To streamline this process, the SPC has recently developed a resource sheet for first responders encountering residents seeking recovery options.

PRESCRIPTION DRUG DROP BOX AT THE STONINGTON POLICE DEPARTMENT

Do you have unused, unwanted or expired medications? In partnership with the Stonington Prevention Council, the Stonington Police Department now has a permanent Prescription Drug Drop Box located in their main lobby. Accepted items: prescriptions (including patches, medications and ointments); over-the-counter medications; vitamins; samples; pet medication. The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers. The box is a free service and no paperwork is required to participate!



On May 2nd, in honor of National Prescription Take-Back Day, Stonington Human Services partnered with the Stonington Police Department to provide outreach to local senior housing facilities - educating residents on the importance of proper disposal and collecting unused/expired medication on-site. The effort proved to be a great success, resulting in a combined collection of 31 lbs of unused/expired medication! Thank you to Youth & Family Services Administrator, Kristen King, and Officer Friend for a job well done! To date, the box has collected over 400 lbs since its inception in May 2015.



Thames Valley Council
for Community Action, Inc.

*“Her eyes light up when
I greet her at the door.”*

Nancy Yeo-Herrick, Stonington

The Retired and Senior Volunteer Program (RSVP) is looking for volunteers (ages 55+) to make a difference in your community.

Many opportunities to visit or shop for older or disabled individuals, deliver meals on wheels, tutor in schools, serve veterans, and referrals to other community agencies.

**Volunteer around your schedule
and make a positive impact!**

Gina King 860-425-6617
gking@tvcca.org



COMPUTER PROBLEMS DRIVING YOU NUTS?



- Unlimited Support – One Low Price
- Server, Network & Workstation Maintenance
- Network Security & Proactive System Monitoring
- Local and Online Backup and Recovery
- 2 Free Hours or Free System Analysis - Just to Give Us A Try (Offer for 4 or More Computers)

**Now Celebrating 10 Years of Helping Business'
Increase Productivity and Profits!**

TechNet
computing

rob@technetcomputing.com
www.technetcomputing.com

860.740.0328

Social Services

The Social Services programs at Human Services not only address poverty issues within the Town of Stonington, but also offer residents (1) opportunities to take a hard look at their present financial situations and (2) programming that helps increase self-sufficiency and success in the pursuit of positive change and growth. Services include: Case Management; Energy Assistance Programs; Eviction Prevention; Budget Coaching; Home Visits for Homebound Residents; Insurance and State Program Applications; Job Coaching; State of CT Renters' Rebate Program; Life Coaching and innovative support groups.

STATE OF CT RENTERS' REBATE PROGRAM

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone and cable) that were made in the calendar year prior to the year in which the renter applies. The application process started on April 1st and, since October 1st is a Saturday this year, will continue through September 30th. Outreach will be done at our three senior housing facilities to streamline the application process. Call for an appointment soon as summer will fly by!

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for the last fifteen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). A family of four, for example, is eligible if their total gross income is no more than \$62,528.00 (2015-2016). It is important to note that liquid assets in excess of \$15,000 for home owners (\$12,000 for renters) are treated

as annual income. Assistance amounts are based on established guidelines regarding family size and vulnerability. Tuesday, May 31, 2016 is the last day you can submit bills for deliverable fuel charges that were incurred between November 15, 2015 and March 15, 2016.

Residents with Eversource "metered" heating services (electric and natural gas serviced through Eversource) are also eligible for heating assistance. In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment Program (MPP) offered by the Eversource. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (November through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs, as well as a low-budget worksheet, that may reduce the monthly payment even more. MPP begins each year on November 1st and continues through May 2, 2016.

SUCCESS FOR LIFE COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Based on the values presented in Jack Canfield's "Success Principles™" and facilitated by a Certified Canfield Trainer, this program is designed to coach clients individually and in group settings.

Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?" Call us for an appointment or for more information on this new and innovative program that offers you an opportunity to improve self-esteem, develop strong goal-setting proficiencies, and take the steps necessary to take control of your life and your future.

ARE YOU INTERESTED IN BEING PART OF A MASTERMIND GROUP (MMG)?

MMG's are small groups of like-minded individuals – those working on specific

goals, who are looking for others with whom they can collaborate to hold each other accountable and offer/receive feedback in the pursuit of personal and professional goals. Members are unique with respect to their affiliations, experience, and goals; however, working in synergy, each can add value to the group experience as well as individual outcomes. *"The whole is greater than the sum of its parts."* - Aristotle

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program), is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (at connect.ct.gov). Contact Human Services for more information or application assistance with the online process. Also, check out End Hunger CT's website at www.endhungerCT.org. Residents struggling with food insecurity are also referred to the town-funded Pawcatuck Neighborhood and WARM Centers, for their respective food pantry and congregate meal site. In addition, United Way's Mobile Food Pantry sets up shop in the Human Services parking lot on the first Monday of every month (and at the Stonington High School cafeteria from November – March), offering fresh fruits, vegetables, meats, and more to residents in need. If you need food, just show up between 5-6 pm, again, on the first Monday of each month.

TRANSPORTATION FOR STONINGTON RESIDENTS

The Town currently funds the Pawcatuck Neighborhood Center to provide senior transportation. Call (860) 599-3285 for more information on registering for their program. The Eastern CT Transportation Consortium, Inc. (ECTC) also provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation.

continued on page 14

SOCIAL SERVICES ... continued from page 13

This program enhances what is currently in place, by providing Stonington residents with Dial-A-Ride transportation. They also reimburse caregivers for medical mileage expenses for those who have access to a driver. The Dial-A-Ride grant funding will provide transportation for residents to medical trips within New London County and Westerly. Transportation will be available 24 hours a day, 7 days a week. Please contact Human Services for further information and to register. An annual fee of \$24/participant will be applied.

EASTERN CT TRAVEL VOUCHER PROGRAM

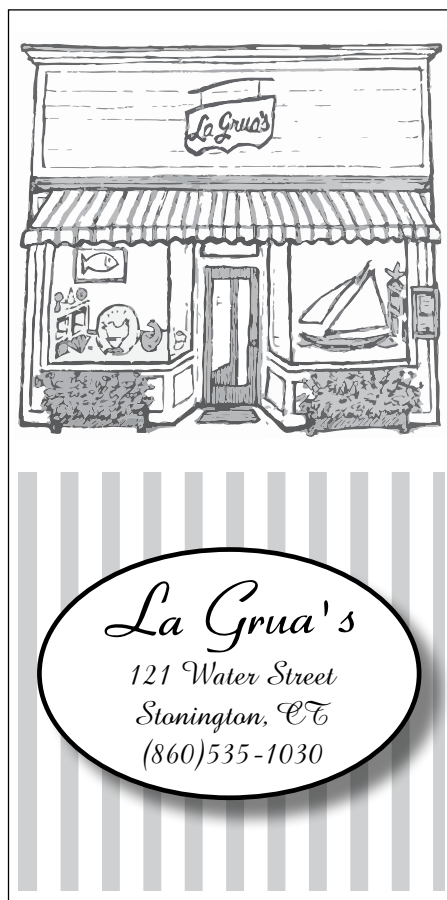
This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual's needs. Enrolled participants purchase

travel vouchers from ECTC. A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on Route 10. The bus is equipped with a wheelchair lift. The bus is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one way trip is \$1.50 with a reduced fare of \$.75 for seniors and the disabled. Stonington Human Services has bus schedules available and passes for income eligible residents. SEAT can be contacted at (860) 886-2631 or online at www.seatbus.com.

Visit Our Town at www.stonington-ct.gov



Senior Services

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities*.

**Please be sure to check out Youth & Family Services and Recreation program offerings as well, for fitness programs and day trips, open to residents of all ages!*

FRIDAY LUNCHEON SERIES

From October to May each year, seniors are invited to join us for lunch, one Friday per month, from 12-1:30 pm at various local venues. This very popular program includes a delicious meal, followed by a brief educational presentation or entertainment. Thank you to our 2015-2016 host locations: Mystic Aquarium & Institute for Exploration; Steak Loft; Latitude 41° Restaurant; Go Fish; Bridge Restaurant; 84 Tavern on Canal; and St. Edmund's Enders Island at Mystic.

DAY TRIP

Lobsterfest Matinee at Newport Playhouse - Newport, RI
Featuring: Woody Allen's "Play It Again Sam"
Monday, June 20 - Bus leaves Stonington Human Services at 9:15 am. Departing Newport at 4:30 pm after the show.
Fee: \$80; \$70 (\$10 discount) for PNC Senior Center Members
Includes: Luxury transportation on a full-size motor coach; Lobsterfest Gourmet Buffet; Ticket to the Play and Cabaret!

KNIT & GIVE

Ages 30+
This "knitting for a cause" group is ongoing, meeting every Monday from 10:00 am-11:30 am at Stonington Human Services. Thank you to our dedicated knitters who, over the past three years, have generously crafted hundreds of hats, mittens and scarves for local children in need. Items are also regularly donated to Safe Futures of New London County and the Westerly WARM Center.

COMPUTER LAB

Monday - Friday
9:30 am - 4:00 pm
Do not be intimidated by technology - come check out our computer lab! Appointments are available for those in need of basic instruction. We can show you how to get started, create an e-mail account and surf the web!

AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. AARP's new format reduces classroom requirement to one day and only four hours. Seats are limited - Sign up today!
\$15/AARP Members; \$20/Non-Members.

Next Class: June 8th from 1:00 pm - 5:00 pm at Stonington Human Services

YELLOW DOT PROGRAM

TRIAD is a national cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our elderly population. This national TRIAD initiative affixes a yellow dot in the car's rear window to alert emergency response personnel to senior drivers' and passengers' medical information stored in the vehicle. Information is also utilized to alert emergency personnel of the senior's family members whose care may be dependent upon the senior, such as a homebound spouse. Call Human Services for an appointment to register or for information on upcoming Yellow Dot events.

FILE OF LIFE

Store vital medical information on your refrigerator! Emergency personnel are alerted by a magnet on your refrigerator, enabling them to access your medical information, even if you are unable to communicate. File of Life packet magnets are available at Human Services - free to all residents.

continued on page 16



Good hearing is
PRICELESS

Is it time to get your hearing checked?

County Hearing and Balance

GROTON 495 Gold Star Hwy, Ste 208 860-445-7476	NORWICH 18 Oneco Street 860-886-6268
--	--

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

SENIOR SERVICES ... continued from page 15

IMPORTANT NOTE: Be sure to update your Yellow Dot and File of Life information as your medical needs and prescription drugs change.

MEDICARE INSURANCE COUNSELING (CHOICES)

Are you confused about the difference between Medicare Part C (Medicare Advantage Plans) and supplemental insurance plans (Medigap Insurance)?

Do you need help navigating through the various CHOICES in plans and services?

Would you be interested in knowing if you are eligible to have your Part B premium (\$104.90/month) paid through the Medicare Savings Program?

Did you know that you may be able to get half of your spouse's Social Security and build value in yours while you continue to work past your full retirement age?

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look "official," but may actually be advertising. Seniors have reported getting phone calls from people they do not know soliciting "Medicare" programs. Be safe! Contact us for the information you need regarding your Medicare programs.

Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, "special help" for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and more. Home visits are also available for residents who are homebound.

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you!

Medicare Part B, the part of your Medicare that pays your doctor's visits, out-patient testing, etc. costs \$104.90/month. Medicare Part D premiums for your prescription drugs vary depending on

the plan you choose. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other "credible" plan. The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors. The income limits for 2015 are \$2413.26/mo for an individual and \$3266.88 for a married couple. The program also guarantees that your prescription drugs will never be more than \$7.40 per prescription (with a generic drugs as low as \$2.95) starting in January 2016 and there is never a "donut hole" or open-enrollment period. Furthermore, the program offers seniors with monthly incomes under \$2069.91 (\$2802.08 for a married couple) supplemental insurance coverage when participating providers are utilized.

So, where can you apply? Stonington Human Services has the application for this program, as well as trained staff to help; because it is a "self-declared" program, the application is the only paperwork needed. DSS will check all income through the appropriate state and federal agencies.

More questions? Contact us at (860) 535-5015 for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

CT HOME CARE FOR ELDERLY

This CT Department of Social Services program assists the elderly by providing the support services needed so they may remain in the community, rather than in a long-term care facility.

"To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home." (Source: <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305170>). Call Stonington Human Services for more information or if you'd like to apply for this program.

Beat Parkinson's Today

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

The Beat PD Today program focuses on full functional body movements that we use in everyday life. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form – all in an encouraging group setting.

For more information visit www.beatpdtoday.com.

Essex Printing

printing & marketing solutions

printing services

Digital & Offset

Bill Stuffers • Booklets • Brochures • Business Cards • Catalogs • Envelopes
Flyers • Folders • Forms • Invitations • Labels • Letterhead • Notepads
Playbills • Postcards Programs • Rack Cards *and much more ...*



direct mail

Direct Mail Campaigns • Every Door Direct Mail • Fundraising Campaigns
Envelope Printing • Label Printing • Envelope Stuffing • Mailing Lists
Personalized Direct Mail • Variable Data *and much more ...*



graphic design

Logo Design • Advertisements • Annual Reports • Business Cards
Corporate Branding • Postcards • Direct Mail • Brochures & Flyers
Posters & Banners • Programs & Catalogs *and much more ...*



large format printing

Banners • Digital Posters • Presentation Boards • Window Signs
and much more ...



binding & finishing

Spiral, Coil and Wire Binding • Perfect Binding • Cutting
Folding • Laminating • Numbering • Padding • Perforating
Scoring • Stapling • Collating *and much more ...*



promotional products

Apparel • Awards • Bags & Totes • Cups & Mugs • Flashlights • Hand Sanitizer
Flash Drives • Pens & Pencils • Sticky Notes • Stress Relievers • Technology
and much more ...



18 Industrial Park Road Centerbrook CT 06409 860-767-9087 www.essexprinting.com



Stonington REC serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The division, within the Human Services Department, provides youth and adults an abundance of seasonal and year-round recreational opportunities to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs.

SPELLMAN RECREATIONAL PARK

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized non-scholastic sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

- Spellman Playground:** Located on Spellman Drive - Pawcatuck
- Borough Playground:** Located off of High Street - Stonington Borough
- Haley's Way Playground:** Located off of Haley's Way - Old Mystic

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.

HIKE STONINGTON



Grab your friends and family members (or do it for yourself!) and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park. Register early and get outside!

- 1st Register for it! <http://stonington.recdesk.com>
- 2nd Hike it! The best part!
- 3rd Tell us about it (pictures welcomed)!
hikestonington@stonington-ct.gov
- 4th Get your t-shirt for it! Woo-hoo!

A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to "report back" on each trip will also be given at that time. You will have the whole summer (even into the fall) to complete the hikes and to be eligible for the FREE t-shirt.
Fee: FREE! Registration is required.

Thank you to our HIKE Stonington sponsors: Renegade Fitness – Pawcatuck and Stonington Marina

YOUTH PROGRAMS

MIDDLE SCHOOL REC CAMP

New this summer! Full and half-day programs set up specifically for the middle school population (boys and girls entering 7th & 8th grade in Fall 2016) and held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for safe, fun-filled days of summer adventure! Register early to avoid disappointment. Breakfast and lunch served daily through the federally funded Summer Food Service Program.

- Day/Date: Monday-Friday starting June 27-August 12
- Times: Full-Day - 8:00 am to 4:00 pm
Half-Day - 8:00 am – 12:00 pm OR 12:00 pm to 4:00 pm
- Fees: Full-Day - \$125/Week
Half-Day - \$85/Week

UK INTERNATIONAL – CLASSIC SOCCER CAMP

UK International's Classic Soccer Camp program enhances player's technical development and skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age-appropriate level, including attacking and defending principles. Over the course of the week, players will be self-assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz' and World Cup Competition. Coaching curriculum covers: control; passing; dribbling; shooting; turning; running with the ball and defending. All participants receive their own soccer ball and a camp shirt, included in the fee.

- Age: 6-14 years old
- Day/Date: Monday-Friday; July 25-July 29
- Time: Evening Session - 5:00 pm - 8:00 pm
- Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
- Fee: \$135

UK INTERNATIONAL – MINI SOCCER CAMP

UK International's 'Fun In The Sun' Program is for the youngest players just beginning the game. Our focus is fun, exciting games to build confidence and teach the fundamentals of soccer. Within this curriculum, players will cover: ball familiarization; small group dynamics; coordination skills and social interaction - all with maximum participation in a fun-oriented environment. All participants receive their own soccer ball and a camp shirt, included in the fee.

- Age : 4-6 years old
- Day/Date: Monday-Friday; July 25-July 29
- Time: Evening Session - 5:00 pm - 6:30 pm
- Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
- Fee: \$85

MIDDLE SCHOOL BOYS SUMMER SOCCER CAMP

Instructed by Paul deCastro, Mike Hallisey and Mario Costa. Weeklong camp with daily practices, round robin games and skill development with GREAT COACHES! During the course of the camp participants will work on: ball control; passing; dribbling; shooting; turning with the ball; running with the ball and defending. Max of 30 participants.

Age : Middle School Boys - Entering Grades 7, 8 and 9 in Fall 2016
Day/Date: Monday-Friday; August 1-5
Time: Evening Session - 5:00 pm -7:30 pm
Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
Fee: \$75/Residents; \$85/Non-Residents

HIGH SCHOOL GIRLS TWO WEEK PRE-SEASON SOCCER CAMP

Instructed by Mario Costa, Jeff Lewis and Paul deCastro (SHS Boys coaching staff). Advanced Team Program that provides a great opportunity to prepare for the upcoming season. The aim of the program is to create an environment conducive of both individual and team development.

Age : High School Girls - Entering Grades 9-12 in Fall 2016
Day/Date: Monday-Thursday; August 8-18
Time: 8:00 am – 10:00 am (time subject to change with school calendar)
Location: Spellman Recreation Complex – Rec Field and/or Piver Field
Fee: \$50/Resident; \$60/Non-Resident

HIGH SCHOOL BOYS WEEKLY SUMMER SOCCER CLINIC

Instructed by Marc Davis, UK International & Ben Bowne, Head Coach, SHS Track & Field. Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. New this summer will be a fitness component led, by Ben Bowne, where players will work on agility and conditioning two of the three days the program runs each week. All players will receive an individual evaluation highlighting specific strengths and areas for improvement. Paul deCastro, Boys Varsity Soccer Coach at Stonington states: "Anybody serious about the upcoming high school season should consider signing up for this program even if they miss a couple of sessions because of family vacation or summer job responsibilities." Each participant will receive their own shirt, included in the fees.

Age : High School Boys - Entering Grades 9-12 in Fall 2016
Day/Time: Tuesdays from 6:45 pm - 9:45 pm (Soccer & Conditioning)
Wednesdays from 6:45 pm – 8:00 pm (Conditioning)
Thursdays from 8:00 am – 10:00 am (Soccer)
Date: July 12-August 18 (6 weeks)
Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
Fee: \$100/Residents; \$110/Non-Residents

MIDDLE & HIGH SCHOOL GIRLS WEEKLY SUMMER SOCCER CLINIC

Instructed by Mario Costa, & Diane Macera. NEW PROGRAM! Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. One of the three program days will focus on soccer-specific agility and conditioning, the other two days out of the weekly program will concentrate on related skills and touches on the ball. Coach Costa is the Assistant Coach for the SHS boys and Coach Macera is a certified personal trainer by the National Academy of Sports Medicine and is also a certified Performance Enhancement Specialist and Weight Loss Specialist. Register early for this wonderful opportunity – "guaranteed results or your money back!"

Age: Middle and High School Girls - Entering Grades 7-12
Day: Mondays, Wednesdays and Thursdays
Dates: June 27-August 4 (6 weeks) - No program on July
Time: 6:00 pm - 7:30 pm
Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
Fee: \$75/Residents; \$85/Non-Residents

HIGH SCHOOL BOYS PRE-SEASON SOCCER CAMP

Advanced Team Program that provides a great opportunity to prepare for the coming season. The aim of the program is to create an environment conducive of both individual and team development. A quality camp experience that includes: sports and health topics including nutrition, flexibility, strength and fitness for soccer; camp T-shirt for all players; written individual player evaluations as well as a detailed team evaluation. Instructed by professional soccer coaches from UK International Soccer Camps – the best of the best!

Age: High School Boys entering Grades 9-12
Day/Date: Sunday-Wednesday; Aug 21-24 (HS Season scheduled to start on August 25)
Time: 5:00 pm - 7:30 pm
Location: Spellman Recreation Complex – Multi-Purpose and/or Piver Field
Fee: \$85/Residents; \$95/Non-Residents

STONINGTON TRACK & FIELD YOUTH CLINIC

Specifically developed for children in Grades 1–8. GREAT coaches from SHS Track & Field staff; w/special guest speakers throughout! Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Children will work in groups based on age-level to master relevant skills as they relate to each event. The first five weeks will include clinics where children will learn the techniques of the events, and the sixth week will be an exhibition track and field meet so that the athletes can show off their hard work in front of a crowd. Jumping, Throwing, Running, Starts, Fun Runs, Shirts, Medals, Hurdling, Sprinting, Meets, and much more!

continued on page 20

PARKS & RECREATION ... continued from page 19

Ages: Grades 1-3; Grades 4-6; Grades 7-9
When: Tuesdays, 5:00-6:30 pm, July 12-August 16
Where: Stonington High School Track
Fee: \$120 (5 Clinics and 1 Meet); includes T-shirt

SHS YOUTH FOOTBALL CAMP



Camp will be led by AJ Massengale and fellow coaches and players from Stonington High School. Kids will learn skills on both sides of the football including the core components of passing, catching and defense – all in a fun and positive environment. The week will end with the Stonington High School Super Bowl! Each camper will receive a jersey.

Age: Grades 1-2; 3-5; 6-8 (divided into 3 age groups)
Day/Date: Monday-Friday - July 25-July 29
Time: 6:00 pm - 7:30 pm
Location: Palmer Field (turf at SHS)
Fee: \$75

REC YOUTH FLAG FOOTBALL LEAGUE



FALL PROGRAM - Registration starts June 1! Program runs from Sept into Nov (schedule TBD) with practices and games held at Spellman Park behind Stonington High School and Pawcatuck Middle School. Each team will practice once during the week, with games being played on Saturday mornings. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays - no cuts! This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

Age: Boys & Girls - Two Divisions: Ages 8-10 & 11-14
Dates: September – November (Schedule TBD)
Where: Spellman Park Fields and/or Pawcatuck Middle School
Fees: \$55/Resident; \$75/Non-Resident

YOUTH FOOTBALL OPPORTUNITIES

Town of Stonington (Mystic, Stonington, Pawcatuck) Stonington Human Services' Recreation Division and the Stonington Youth Football League (SYFL) are working collaboratively to solidify and expand opportunities in Youth Football for the residents of Stonington. Longstanding programs run by each organization will continue, while more new and exciting programs are on the horizon, each providing the best possible experience for the youth and adults involved. Contact the individual organization for details on the following:

YOUTH FLAG FOOTBALL – AGES 5 TO 7 YEARS OLD

Contact SYFL – Running in the fall with practices during the week and games held on Saturdays. The program strives to provide a safe and fun environment for youth while learning the aspects of the sport that will help them stay healthy and fit while

enjoying a sense of participation and community. Details specific to Flag Football for ages 5-7 years old are at: <http://StoningtonYouthFootball.com>

YOUTH FLAG FOOTBALL – AGES 8-14 YEARS OLD

Contact Stonington REC – For both boys and girls ages 8-14 years old. Program runs Sept- Nov (schedule TBD) with practices and games held at Spellman Park behind SHS and Pawcatuck Middle School. Each team practices once/week - games are held on Saturday mornings. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts. This is strictly a recreational league and commitment to the league will not conflict with other fall sports. Details specific to Flag Football for ages 8-14 years old are at: <http://stonington.recdesk.com>

YOUTH TACKLE FOOTBALL – AGES 8-14 YEARS OLD

Contact SYFL – registration is happening NOW! Program generally starts August 1 with practices held during the week and games held on Sundays later in the fall. The program strives to provide a safe and fun environment for the children while learning the aspects of the sport that will help them stay healthy and fit while enjoying a sense of participation and community. Details specific to Tackle Football for ages 8-14 years old are at: <http://StoningtonYouthFootball.com>

YOUTH CHEERLEADING – AGES 5-14 YEARS OLD

Contact SYFL – Held in conjunction with the Youth Tackle Football program. Details specific to Youth Cheerleading are at: <http://StoningtonYouthFootball.com>

GIRLS LAX CLINIC

“The fastest sport on two feet”

Geared for LAX players of all ability levels, from the experienced to the beginner player. Fundamentals and skill development will be emphasized in this 4-week clinic for girls in Grades 4-8. Ground balls, shooting, fast breaks, defense, stick stills and draws will be discussed and worked on throughout the clinic. Players will learn from enthusiastic and experienced players in small group settings and in scrimmage and game situations. Led by Elizabeth Morrison, along with members of the Class S State Championship HS Girls Lacrosse Team and coaches from the SEALS Youth Lacrosse Program. Elizabeth has played Lacrosse for 10 years at the middle school, high school, club and college level. She is currently playing at TCNJ, one of the top division III programs in the country, claiming 13 national championships. In her first year she was named All-Conference and All-Region Defensive Player of the Year, along with being the only freshman selected to the All-American Team. She is trained as a US Lacrosse referee and is first aid/cpr certified. Each participant will receive a clinic shirt.

Age: Girls entering Grades 4-8 in Fall 2016
 Day/Date: Mondays, Wednesdays and Fridays -
 June 27-July 22 (no clinic on July 4)
 Time: 6:00 pm - 8:00 pm
 Location: Multi-Purpose Field, Spellman Park
 Fee: \$40

BOYS LACROSSE CAMP

Stay tuned! Details were not finalized as of press time, but plans are to host a weeklong Boys Lacrosse Camp. Please call (860) 535-5015 or check online at <http://stonington.recdesk.com>.

STONINGTON BEARS BOYS YOUTH BASKETBALL CAMP

Instructed by Stonington High School Boys Coaching staff and members of the current high school team. This fun, skill-intensive program is designed for boys entering grades 4-9 (divided in 3 different age groups). An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Kids will also learn vital life lessons such as respect, teamwork and responsibility. Every participant will receive a practice jersey included in the fee. Grab your current team members and join as a group.

Age: Entering Grades 4-5; 6-7; 8-9
 (divided into 3 age groups)
 Day/Date: Monday-Friday - June 27-July 1
 Times: 9:00 am to 12:00 pm
 Location: Stonington High School Gymnasium
 Fees: \$100

YOUTH TENNIS LESSONS

Instructed by George Crouse
 Held in conjunction with our Morning Playground portion of Summer Camp, young athletes learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Limited availability outside of pre-registered Summer Camp participants. Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

Level: Beginners - 8:00 am - 9:00 am
 Intermediate/Advanced - 9:00 am - 10:00 am
 Days: Tuesday and Thursdays
 Sessions: 1. June 14-June 30 (3 weeks)
 2. July 12-July 28 (3 weeks)
 Location: Spellman Park, George Crouse Tennis Courts
 Fees: \$45/person (discounts are given for those enrolled in our Summer Camp)

SUMMER B-BALL OPEN GYM

Open Gym for pickup games. Instructors/coaches will be on hand, giving mini-skill clinics and providing feedback on how to improve your game.

continued on page 22

Town of Stonington

STONINGTON TOWN HALL
 152 Elm Street, Stonington, CT 06378
 Monday - Friday / 8:30 am - 4:00 pm

STONINGTON HUMAN SERVICES
 166 South Broad Street – Pawcatuck, CT 06379
 Monday-Friday - 9:00 am - 4:30 pm

STONINGTON POLICE DEPARTMENT
 173 South Broad Street – Pawcatuck, CT 06379

TRANSFER STATION
 151 Greenhaven Road – Pawcatuck, CT 06379
 Mon/Tue/Thu/Fri – 9:00 am - 3:00 pm (Closed Wed)
 Sat – 8:00 am - 3:00 pm; Sun – 8:00 am - 1:00 pm

- Administrative Services.....(860) 535-5000
- Animal Control Officer(860) 599-4411
- Assessor's Office.....(860) 535-5098
- Building Official.....(860) 535-5075
- Emergency Management.....(860) 535-5050
- Engineering.....(860) 535-5076
- Finance Department(860) 535-5070
- Highway.....(860) 535-5055
- Human Services.....(860) 535-5015
 (Recreation, Senior Services, Social Services, Youth & Family Services)
- Planning Department(860) 535-5095
- Police Department.....(860) 599-4411
- Public Works.....(860) 535-5055
- Registrar of Voters.....(860) 535-5047/5054
- Sanitarian.....(860) 535-5010
- Selectmen's Office(860) 535-5050
- Solid Waste & Recycling.....(860) 535-5099
- Tax Collector.....(860) 535-5080
- Town Clerk.....(860) 535-5060
- Transfer Station.....(860) 535-5088
- Water Pollution Control Authority.....(860) 535-5065

www.stonington-ct.gov

PARKS & RECREATION ... continued from page 21

Open to currently enrolled Stonington students only! School rules and expectations on behavior are extended during each session.

Pre-registration required; students may join at any time.

Ages: Girls entering Grades 5-8 and Grades 9-12
in Fall 2016

Day/Date: Tuesdays and Thursdays – July 5-August 11
(6 weeks)

Time: 8:00 am - 10:00 am

Location: Stonington High School Gymnasium

Fee: \$25/Stonington Students only

BASKETBALL SHOOTING CLINIC

Instructed by Tim Sartor. For the serious player who truly wants to learn to shoot. Don't miss this opportunity to get a jump on your off-season development. Despite it being the objective of the game, the art of shooting has declined at all levels of the game. Bad habits, picked up at a young age, need to be replaced with good and will be the focus of this clinic. Coach Sartor was a 1000 scorer at both SHS and UCONN-Avery Point and received All-State honors along with a D-II scholarship. Players will learn the core principles that every great shot features, pick up techniques on how to correct minor flaws and participate in simple drills to develop a perfect, effortless and quick shot. The mindset of what it takes to become a great shooter is a learned skill – NOBODY is a natural born shooter. It takes good coaching, hard work and practice – and it all starts here!

Dates: Summer dates TBD – check <http://stonington.recdesk.com>

Age: Boys entering Grades 6-11
(groups will be formed based upon skill and age)

Time: 9:00 am - 11:30 am

Location: Stonington High School Gymnasium

Fee: \$50/ Resident; \$60/Non-Resident

ADULT FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Traditional Martial Arts Center, located at 829 Stonington Rd, providing state-of-the-art flooring and plenty of space “to get our sweat on!” If you have any suggestions on the type of fitness classes you would like to see please contact Richard Ward at rward@stonington-ct.gov. Register for programs through Stonington Human Services.

BABY BOOMERS

Instructors: Michele Gardner; Michelle Tebbets & Stacey O'Donnell. Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for individuals ages 50 and older. Join at any time!

Age: 50+

Days: Mondays, Wednesdays and Fridays (ongoing)

Time: 9:30 am - 10:30 am

Location: Black Bear Traditional Martial Arts Center

Monthly Resident Fees: 1 day/week - \$15; 2 days/week - \$30;
3 days/week - \$45
(Non-Residents add \$15)

ZUMBA

Instructor: Caroline Wall. Ditch the workout - join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

Age: 18+

Days: Mondays and Wednesdays

Time: 5:30 pm - 6:30 pm

Location: Black Bear Traditional Martial Arts Center

Fees: Punch card \$65 for 10 classes; \$100 for
20 classes. Drop in \$10/class.

STONINGTON REC GOLF LEAGUE 2016

Dating back to Woody Douville in the '70's and more recently with Jim Ballato through and into the 2000's, the Stonington Recreation Division has been organizing an adult golf league for decades! Join us once again this summer for a fun, laid-back and friendly competition on the course. Registration fees cover full stats and standings, weekly prizes, overall championship awards and year-ending steak dinner. The 12-week schedule will start June 3 with a meeting and practice round and run into September (skipping the major holiday weekends of July 4 and Labor Day). Matches are played on Friday evenings with tee-times between 4:30 pm-5:30 pm. The discounted green fees of \$16 are payable at check-in for each round (\$28 if you would like to ride).

For additional information contact Richard Ward:
rward@stonington-ct.gov.

QUICK GOLF LEAGUE FACTS: Elmridge Golf Course - Pawcatuck (www.elmridgegolf.com)

- Two man teams (singles and subs welcome)
- \$100/person (includes stats/standings, prizes, awards and year-ending steak dinner)
- 12 match schedule starting June 3 into September
- Open to residents and non-residents
- Discounted green fees
- Fun, laid-back, friendly competition!

STONINGTON ADULT SPORTS LEAGUES

Stonington Human Services' Recreation Division is offering the following Adult Sports Leagues this spring and summer. For additional information and registration on these please call (860) 535-5015 or email at rward@stonington-ct.gov.

Adult Co-ed Soccer League: Games held Sunday evenings “on the turf” at Palmer Field through June 12.

Men's Softball League: Games held at Spellman Recreational Complex, behind Stonington High School. The 20-25 game

schedules could be played Monday-Thursday evenings, starting in May and running through playoffs - World Series held first week in August (schedule TBD).

Co-ed Softball League: Registration started for teams in early May. Held at Spellman Recreational Complex, behind Stonington High School. The one game/week schedule could be played on Monday, Tuesday, Wednesday or Thursday evening starting late June- first week of August (schedule TBD). Captains met at Human Services on Monday, June 1. Team fees: \$200 (if paid on or before June 1); \$250 (if paid before the first scheduled game); \$300 (if paid after the first scheduled game). Teams registered for the season will automatically be registered for the first ever Battle of Stonington Tournament, scheduled for mid-August. Contact Richard Ward at rward@stonington-ct.gov for additional information and registration forms.

Tennis, Co-ed League: Registration started for teams in early May. Matches are played on the courts in Spellman Recreational Complex on Monday and Wednesday evenings starting in June. Schedule consists of 1-2 matches/ week (TBD) from late June-mid-August. Team fees: \$400 (if paid on or before June 1); \$450 (if paid before the first scheduled game); \$500 (if paid after the first scheduled match). *Non-Resident teams (less than 80% of the roster) add an additional \$50. Contact Richard Ward at rward@stonington-ct.gov for additional information and registration forms.

STONINGTON REC SPORTS TOURNAMENTS!

The Battle of Stonington

Coming this summer! In honor of the Battle of Stonington during the War of 1812, the Recreation Division will be hosting a number of adult and youth sports tournaments, taking full advantage of the facilities at Spellman Park. Watch for details on tournaments in Tennis, Softball, Soccer, Basketball, Softball and Lacrosse.

“On the morning of August 10, 1814, during a lull in the attack by the British on Stonington, Dean Gallup of Stonington, stood upon the shoulders of Jeremiah Holmes and nailed a large American flag to a pole above the battery. It was a banner of defiance that waved until the British sailed away on the afternoon of August 12, unsuccessful in their attempt to vanquish Stonington.”* *Excerpt from an article By Susan J. Jerome for Connecticut Explored - Turning ahead 202 years later, that same spirit will be on full display on the courts and fields with our own version of The Battle of Stonington. Please contact Richard Ward (rward@stonington-ct.gov) for more information on the planning

stages of this multi-day tournament, scheduled to take place August 7-14 (the actual battle took place Aug 9-14, 1814).

DAY TRIPS

Trips are open to Stonington residents AND non-residents.



YANKEES VS. RED SOX GAME AT YANKEE STADIUM

Yankees vs. Red Sox at Yankee Stadium - ENOUGH SAID! Fee includes round trip motor-coach transportation and Field

Level tickets in Section 129. Participants may choose the VIP package which includes pre-game dining in The Audi Yankees Club, an all-inclusive 5-star dining experience including: sushi, steak, salad, pasta, non-alcoholic beverages (cash bar is available) and much, much more! Seats for both packages are located in Section 129. Come experience the best rivalry in sports like you have never experienced it before. Act fast - we will sell out! Only 25 regular & 25 VIP packages are available.

Age: All ages

Date: Friday, July 15

Time: Depart Human Services at 1:00 pm
Return after the 7:00 pm ballgame

Location: Yankee Stadium - Bronx, NY

Fee: \$150/Transportation and Game Ticket;
\$205/Transportation and VIP package

FAMILY MOVIE NIGHTS



2016 Schedule

Friday, July 15 Minions

Friday, July 29 STAR WARS: The Force Awakens

Friday, August 12 INSIDE OUT!

Held at on the green at Mystic River Park, Cottrell Street, Mystic. Special events and activities will be available leading up to the show, which will start at sundown (approximately 8:15 pm). Bring a picnic dinner, blankets and beach chairs to enjoy these FREE family nights out! Call (860) 535-5015 for more information. Stay tuned for details on a Fall Movie Night featuring HOOK - held in conjunction with Mystic's Pirate Invasion.

The Epilepsy Foundation Of Connecticut

We offer 7 support groups throughout the state in Groton, Bethel, Milford, Stamford, Middletown, Guilford & Hartford. Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

Reduce Your Carbon Footprint!



Stonington Residents - Reduce your carbon footprint, empowering YOU to make smart energy choices.

Energize Connecticut is an initiative of the Energy Efficiency Fund. These initiatives are funded from a small charge on customer electric and natural gas energy bills.

The Home Energy Solutions (HES) Program offers homeowners and renters the opportunity to reduce energy use and energy cost by completing a Home Energy Assessment performed by Uplands Energy Solutions BPI certified technicians. Uplands Energy Solutions visits your home and completes on the spot energy upgrades.

The HES service includes:

- Blower door test for structural air leaks and corrective sealing
- Heating and cooling system duct work test for air leaks and corrective sealing
- Install energy-efficient light bulbs. Up to 25 CFLs & 6 LEDs.
- Water-saving devices
- Rebates of 50% of the cost of insulation
- 0% financing for insulation costs from Connecticut Housing Investment Fund (CHIF)
- Rebates up to \$1,500 for qualified heating systems
- Rebates totaling up to \$150 for replacing certain inefficient appliances.
- Energy efficiency tips, tools and a review of work performed during service visit.

- Energy Specialist recommendations and financing options available to homeowners.

Service professionals have been screened and approved by Eversource and UI to provide peace of mind that the workers you are letting into your home are competent and authorized to perform the services. They all carry identification, and are willing and able to verify who they are upon request.

HES services have convenient Saturday appointments available in Southeastern Connecticut through Uplands Energy Solutions. The service is valued at an average of \$1,000, but as part of the Energize Connecticut initiative Eversource and UI customers pay only \$99. There is no charge for customers who meet certain income guidelines.

“One of the best things about Home Energy Solutions that our Certified Building Performance Institute (BPI) technicians sit down with you upon assessment completion and review additional energy saving options available and how you can take additional steps to improve your home’s energy efficiency. As a result of getting this service, you become eligible for a tax credit and rebates that help to finance the installations of advanced energy saving measures.”

Call Today to schedule your Energy Assessment / 860-535-8118.

Mobile Food Pantry

The mobile pantry provides fresh fruits and vegetables, proteins, and other healthy foods for FREE distribution to individuals and families in need.

All are welcome!

The mobile pantry will be coming to a location near you on the first Monday of each month / 5:00-6:00 pm. Please bring a photo ID and your own bags!

Call Stonington Human Services at 860-535-5015 for more information.

Stonington Volunteer Ambulance Corp, Inc.

The Stonington Volunteer Ambulance Corp, Inc. wants to get you trained in CPR and First Aid. Any member of the public can make a difference at that terrifying moment when an emergency occurs. Let us help you feel confident when that happens. We are also always looking for anyone who wants to learn how to be an Emergency Medical Technician and join our team. There are many classes offered in

the surrounding area. If medical calls may not be your interest, we have a different job for you. Joining our organization as a social member to help is another important aspect of the ambulance. If you have any questions feel free to visit our website www.stoningtonambulance.org or call us anytime. You will see us out in the community at numerous events such as July 4th Parade, Blessing of the Fleet, August

Fair, etc. Always come up and meet your local EMS Volunteers. We look forward to seeing you around the community. Remember wear helmets, put on your seat belts, clearly mark your house with a number that can be seen by first responders and know how to dial 911. Have a fun and safe summer!

Stonington Police Department

The Stonington Police Marine Unit will again be on the water this summer. The primary goals set forth for the unit this summer will be to educate boaters regarding safe boating practices, provide a patrol presence during peak boating periods and respond to reports of criminal or suspicious activity on the water.

The Marine Unit has been increasingly utilized for a number of special events throughout the region. These include but are not limited to Law Enforcement Memorial Day at the Seaport, Sharkfest (Mystic River), 4th of July Firework events in the region, as well as tall ship festivals and schooner races in the Thames River. As part of the New London Port Security Marine

Group we will also be participating in a number of drills and exercises on the water throughout the region this summer.

The Stonington Police Department asks that everyone on the water this season make safety a priority. Before you leave the dock conduct your safety checks and ensure everyone has a personal flotation device (PFD). In addition, encourage all those on board to wear the PFD while underway. Please watch your speed in both the harbor and at the west end of Sandy Point. Finally, if you are going to be operating a boat do not consume alcohol. No one wants a day on the water to end in tragedy. The members of the Marine Unit look forward to seeing everyone out there. Have a great summer!

Home Healthcare FAQs

Home healthcare is an increasingly welcome option for patients who need specialized nursing or therapy services, but who wish to remain at home rather than go to a residential skilled nursing facility. Convenience and personal preference aside, home healthcare studies have demonstrated that people heal more quickly and have a greater sense of well-being when they are cared for in the privacy and comfort of their own homes.

Who Needs Home Healthcare? Many home care patients are recuperating after hospitalization for surgery or serious illness; others require nursing oversight to manage chronic health conditions, such as diabetes, cardiac or pulmonary diseases; still others seek assistance with

age-related mobility problems. If you are under a doctor's care for any illness that requires intermittent professional healthcare services to assist in your recuperation, to monitor a chronic condition, or to maintain your health and independence, you are probably eligible for home health services.

What Kinds of Services? Professional home health services include nursing care, such as medical and psychological assessments, wound care, disease education, medication guidance and pain management; home-based physical, speech and occupational therapies; and life assistance – help with daily activities such as meal preparation, bathing, laundry, light housekeeping and errands. In addition, home visits by medical

social workers can be part of patients' care plans.

Will My Insurance Pay? Medicare and most private insurers cover home healthcare services for homebound individuals so long as the services are prescribed by your physician and delivered by a Medicare-certified agency. To learn more, call the Visiting Nurse Association of Southeastern Connecticut at 860-444-1111, or go to www.vnasc.org. VNASC, a fully accredited nonprofit home healthcare organization, has provided home healthcare to the people of southeastern Connecticut for over 100 years.

VNASC: Bringing the healing home.

20 great reasons to advertise in Events Magazines



Branford • Chester • Clinton • East Haddam • East Lyme • Ellington • Essex • Guilford • Haddam
Madison • Montville • New London • Old Lyme • Old Saybrook • Stonington • Tolland
Vernon • Westbrook • Willington • Woodbridge

- **The Town Magazine with news, events and must-read information**
- **Reaches 20 towns and over 1.2 million potential customers**
- **Guaranteed circulation delivered free quarterly to every home and business in town**
- **Long shelf life ... additional ad views**
- **100% Market Penetration: Builds brand awareness**
- **Delivers your advertising message in an upscale must-read magazine**
- **Cost-effective advertising rates**

**The magazine readers look forward to
for over 20 years!**

Call 860-767-9087 today

Mystic & Noank Library

Founded in 1893, the Mystic & Noank Library (MNL) has proudly served the greater Mystic community for over 120 years. MNL offers a collection of over 45,000 books, DVDs and CDs for check-out to all Connecticut residents.

Stonington residents are invited to come in for a free library card. Public computers, printers, scanners and a fax machine are available for use. New in our Children's Room is the Krayon Kiosk featuring 3 iPads loaded with fun and educational software. MNL offers a wide variety of programs for all ages.

Visit our website at: mysticnoanklibrary.org to access the latest list of events and activities and to sign-up for our free monthly e-newsletter. MNL is located at 40 Library Street in historic Mystic. Our hours of operation are Mondays-Wednesdays, 10:00 am – 9:00 pm. Thursdays-Saturdays, 10:00 am to 5:00 pm. Summer Saturdays, beginning June 11, 9:00 am to 1:00 pm.

Please call us at 860-536-7721 or email us at info@mysticnoanklibrary.org with any questions. We look forward to seeing you at MNL this summer!

Stonington Transfer Station

The Stonington Transfer Station is located at 151 Greenhaven Road in Pawcatuck, CT. 860-535-5088. Operating hours are: Mon., Tues., Thurs. and Fri. 9 am to 3 pm. Sat. 8 am to 3 pm, Sun. 8 am- 1 pm.

Closed Wednesdays And Holidays

Fees are charged for the following:

Brush: Residential \$0.00/Ton,

Commercial \$60.00/Ton

Bulky Waste/Construction & Demolition

Debris: \$100.00/Ton (Discarded carpet

must be in pieces no larger than 4' x 4')

Large Bulky Items (Couch, Recliner):

\$10.00/EA. Large Appliances: \$10.00/EA.

Recyclable Items: No charge

SINGLE STREAM RECYCLABLES

Flattened Corrugated Cardboard

Car Batteries

Leaves (Residential only)

Scrap Metal

Uncontaminated Automobile

Waste Oil and Antifreeze

Tires

Books

Clothing, Clean Rags, Toys, etc.

(Salvation Army Bin)

Fluorescent Light Bulbs

Electronics

Mattresses

Oil based and Latex paints and stains

must be in a labeled container

aerosol paints not accepted

HOUSEHOLD HAZARDOUS WASTE IS NOT ACCEPTED AT THE TRANSFER STATION. FOR INFORMATION ON DISPOSAL PLEASE CALL: 860-535-5099.

For information please contact:

The Recycling/ Solid Waste Office in the

Stonington Town Hall, 152 Elm St,

Stonington, CT Phone: 860-535-5099

Open M-F 8:30 am to 4:00 pm

Regional Household Hazardous Waste and Document Shredding Event Schedule for 2016

DATE & LOCATIONS

Saturday, June 4 - Colchester

Saturday, June 18 - Norwich

Saturday, July 16 - Groton

Saturday, August 13 - Montville

Saturday, August 27 - Griswold

Saturday, September 10 -

North Stonington

Saturday, October 1 - Ledyard

Give a freshly-crafted birthday gift

Save \$5.00 with this coupon

Edible Arrangements

243 State Street / New London, CT / 860-437-3166
240 Post Road / Westerly, RI / 401-322-8800

*Offer expires 9/30/16. Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible, Edible Arrangements®, the Fruit Basket Logo, and other marks mentioned herein are registered trademarks of Edible Arrangements, LLC. © 2016 Edible Arrangements, LLC. All rights reserved.

PEAK Landscaping & Snow Removal

General Property Maintenance

Hardscape Design & Installation

Garden Design & Installation

860-857-3459
860-287-6624

Stonington Citizens With Autism Safety System - CASS

April was autism awareness month and the Town of Stonington recently took a look at ways technology could be used, in any way, to assist residents who have family members with autism. What we came up with was a simple, yet powerful tool first responders can use to find a person with autism who has gone missing.

The Citizens with Autism Safety System, CASS, uses off the shelf mapping technology along with a database of people who have opted to have their family member listed to assist first responders in finding them quickly and safely.

Every person on the autism spectrum is different, so listing each person's individual traits, triggers, likes and dislikes, gives first responders the necessary information they need to approach, interact with and bring a missing person with autism to safety.

The mapping software is important as many with autism are drawn to water. The map lists all water features within

a half mile radius of the persons last known location. Beaches, rivers, streams, ponds, fountains & swimming pools are among the water features that populate on the map. The map is cloud based which means it can be used by any device with an internet connection. This is useful for first responders who have a tablet, phone or laptop in the field during a search.

With the system being fully secured and password protected, everyone who has opted into the CASS can feel safe that the information provided is available only to first responders.

For more information on adding a family member to the CASS, contact Stonington Human Services.

Roger Kizer, IT Manager



Aesthetic Beauty LLC
Privately Located at
Stonington Hair & Skin Solutions



- Laser Hair Removal
- Laser Skin Rejuvenation
- State of the Art Equipment
 - Free Consultation
 - Competitive Pricing

Melissa Breault LE
Martha Slater R.N.



860-535-0125
731 New London Turnpike
Stonington



— AND MORE —
LLC

ORGANIC + NATURAL

food, beverages,
bulk nuts,
body care products,
dog treats
and more!

860.245.4135

35e Williams Ave.
MYSTIC
mysticorganicsandmore.com

The Mobile Pantry

All are welcome!

The mobile pantry will be coming to a location near you:

First Monday of each month
5:00 - 6:00 pm

Please bring a photo ID and your own bags!

Call
Stonington Human Services
at
860-535-5015
for more information.

Is My Well Water Safe?

Unlike homes supplied by municipal water, homeowners with private wells are responsible for the quality of their own drinking water. The only way to determine if your drinking water is safe is to have it tested by a state certified lab. Harmful bacteria, parasites and viruses are invisible to the naked eye, so water which looks and tastes good may not be safe to drink.

The best time to test is following heavy rains, typically in the spring or summer. The State of Connecticut recommends testing your well water a minimum of once per year, and drinking water should be checked any time there is a change in taste, odor, appearance, or when the well system is serviced.

In addition to health related contaminants, your well water can contain dissolved minerals and substances that can harm your plumbing and appliances. In South-eastern CT, common issues associated with well water are low pH (acidic water), iron, manganese and hardness. Acidic water is recognizable by a blue-green staining of fixtures which is caused by the water leaching copper from copper water pipes. Low pH can also cause fixture corrosion and give your water a foul taste. Indicators of iron and manganese include foul taste as well as staining of the laundry. Iron can cause red staining on fixtures where manganese is noticeable by a brown/black buildup in the dishwasher.

Over time, pipes can become clogged with scale build up from hard water and appliances will wear out more quickly. Hard water, which contains dissolved particles of calcium and magnesium, is evident by a white scale buildup on plumbing fixtures. So, if you have a well, make sure to be diligent in periodic water testing. A great resource is the State of CT Dept. of Public Health, Drinking Water Division at www.ct.gov/dph/privatewells.

Deborah Ceil
Ceil Plumbing & Heating / Ceil Water Systems

Want to Advertise? Call Chris Angeli at 860-391-5725



WELL WATER SOLUTIONS

- Hard Water • Acidic Water/Low pH
- Iron and Manganese • Lead, copper, bacteria

CITY WATER SOLUTIONS

Removal of chlorine, lead and other contaminants

BRING YOUR WATER SAMPLE IN – FREE TESTING FOR

pH, hardness, iron, manganese, nitrates, total dissolved solids

Affiliated with a state-certified lab for additional testing

CEIL WATER SYSTEMS

860-599-9000

ceilwatersystems@gmail.com

266 South Broad Street, Pawcatuck, CT 06379

Stonington Water Pollution Control Authority (WPCA)

ATTENTION SEWER USERS:

Warmer temperatures signal the beginning of our busy season and like many tourist destinations, our popularity also places a strain on our resources.

Here in Stonington, we have three wastewater treatment facilities, Mystic, Pawcatuck, and the Borough, as well as seventeen pumping stations. They will all need to function at their best to handle the summer season. Residents and businesses alike can help to assure that this happens by minimizing their discharge of FOG (fats, oils, and grease) into the collection system.

FOG tends to solidify as it cools and it can build up in the sewer lines creating a blockage. A blockage can lead to the

release of wastewater into homes, businesses, or to the environment. When FOG makes its way to and enters the treatment facility it creates treatment issues such as foaming, odors, and can create the perfect environment for certain unwanted bacteria to grow on.

Another common item that is being discharged to the sewer system is flushable wipes. Although true to their title, these “flushable/disposable” wipes do not degrade and they create havoc at our pumping stations. The material tends to stretch rather than tear, becoming lodged in the pump impeller causing the pump to overheat and shut down. If this occurs in both the pumps, the pump station stops functioning. Repairing and returning a pump to

service once clogged with this material is expensive both in labor and equipment costs.

As with our solid waste, we need to be cognizant of what we discharge to the sewer system. A good rule of thumb... If it doesn't break down, don't flush it down.

Thank you for your continued support and have a safe and enjoyable summer season!

Doug Nettleton, Director
Stonington WPCA

events online

For the latest issue plus archives
go to

eventsmagazines.com

Find your town • Click on the masthead for this quarter's issue • Scroll down for archived issues

Stonington Community Center

Reduce, Reuse, Rejoice!

The DIY trend has been on the rise, with thrift shops playing a prominent role in sourced materials. Google "DIY Thrift shop" and you will find hundreds of ideas online, from quick glassware updates to major furniture revamps. Thrift shop finds are perfect for the amateur DIYer - an affordable piece for the art project of choice. A fresh coat of paint, some new fabric or fixtures can transform items into chic décor with personal value.

Thrift shops themselves have seen an upswing in popularity. The Association of Resale Professionals (NARTS) reports that resale has been one of the fastest growing facets of retail, averaging a 7% increase per year over the past two years. NARTS attributes this rise in popularity to a changing, more eco-conscious mindset, and further points out that resale is not limited to one type of consumer. Customers that walk into a thrift shop today are young and old, ready to spend \$1 or \$100 on their treasures. Someone could be searching for a vintage jacket to complete their hipster ensemble, another person could be coming in to buy cookware, still, another person could be coming in to see what the shop has to offer, with no objective in mind.

For many avid thrift shoppers, the thrill is in the hunt. Legends are told of the perfect pair of designer heels picked up for \$5, and one pop artist, Macklemore, has an entire song and music video dedicated to the lure of the thrift shop.

But the benefits of thrift shops aren't solely for those who shop in them. Patrons who want to get rid of clothing, but don't want their good items ending up in a landfill can thank thrift stores for reducing their carbon footprint, and the cycle of reducing and reusing benefits everyone.

So this spring, whether you are looking for DIY inspiration, want to donate some gently used clothing, or simply want to find affordable merchandise, stop by a local thrift shop. You might just find exactly what you're looking for.

COMO Thrift Shop
Stonington Community Center, Inc.



**Shari's
Pet Sitting
Service**
~Since 2002~
Bonded & Insured

"I house sit for your precious pets at your home while you're away!"

Give your pets a vacation too!

117 Water St. #2, Stonington CT
860.389.0321
catgirlsar@aol.com
mysticdoggydaycare.com

**FLEMING'S
FEED**

786 Stonington Rd.
860.535.3181

Mon-Fri 8:30am-6pm
Sat 8:30am-4pm
Sun 9am-3pm

Your **LOCALLY** owned source for

- pet food • treats & supplies
- wild bird seed & supplies
- lawn & garden supplies • hay
- grain • shavings & much more!

Fleming's Coupon
20 lb propane refill
\$9.99

New 20 lb tank + fill
\$39.99
No limit

*Not to be combined with any other offers.
Expires 9/4/16.*

**Black Orchid
JEWELERS**

Jewelry Repair & Stone Replacements
Done on Premises



All Natural
Ceylon Sapphires
and Diamonds

Art Gallery and Custom Jewelry Design



Set in
14 Karat
White Gold

119 Water Street
Stonington Borough, CT 06378
860.545.3523

www.blackorchidjewelers.com
exoticgems@aol.com

Denison Pequotsepos Nature Center



The seed of the Denison Pequotsepos Nature Center was planted in early 1946 by Adele Erisman, who gave a talk to the Mystic Garden Club about the importance of environmental preservation and conservation. Club members began work to organize a wildlife sanctuary for southeastern Connecticut. And so the seed took root. The Committee approached the Denison Society about using a beautiful and diverse tract of land across from the Homestead, and the Denisons embraced the concept, agreeing to lease the land for 25 years at \$1 per year, with an option for a second 25 years. The roots began to spread.

On April 25, 1946, those Founding Members, whose names and organizations go deep into Mystic history, met and officially created The Pequotsepos Wildlife Sanctuary. This aligned with

the last wishes of Annie Denison Gates, the last Denison to live in the Homestead. The purpose of this new organization would be to “encourage the study and love of Nature by acquiring, developing and maintaining a bird and wildlife sanctuary and a museum and library... by holding classes, exhibits or lectures; issuing publications, and by any other means approved by the Trustees.” Seventy years to the day that the Sanctuary was founded, with the deep and strong roots of our environmental mission to hold us steady, we started the next chapter in the Denison Pequotsepos Nature Center story, the official opening of our Coogan Farm Nature & Heritage Center.

Our history parallels the environmental movements through the decades, from the post-World War II interest in the outdoors and conservation through the 1970s’ heightened awareness of how the way we live our lives affects the world around us.

None of this would have happened without deep support from the community, going all the way back to the first commitments. As we have grown, we have never lost sight of our founding mission, and we remain a unique and vital organization.

Elissa Bass

Fiddleheads
FOOD COOPERATIVE

A co-op grocery store open to all
In Historic Downtown
New London
13 Broad Street, CT 06320
860 701 9123
Open 8-8 every day

CareCo
Shoreline
Inc.

Serving the following CT counties
Tolland • Windham • Middlesex •
New London • New Haven • Hartford

Let us help you

- Maintain your independence.
- Manage your personal care with dedicated in-home caregivers, available on an hourly or live-in basis.
- Experience improved quality of life by remaining at home with access to friends, family, and pets.
- Provide Transportation to doctor's appointments and errands.
- Manage your medications.

**396 Willetts Avenue
Waterford, CT 06385
860.442.2731
www.carecoct.com**

**Over 60%
of the planet is
underwater.**

See how the other 2/3 lives.

We can help you take your first breaths in the pool, your deepest ocean wreck adventures, and everything in between.

Introductory classes available.
Lessons, air fills, rentals, service, and dive travel.

**51 Route 32
Quaker Hill, Ct 06375
(860) 442-7279
seaviewscuba@sbcglobal.net
www.seaviewscubact.com**

TVC signs up hundreds of new subscribers each month!



THE SWITCH IS ON!

- **Faster Internet**
- **Save Money**
- **Better Cable TV**
- **NO CONTRACT**
- **Reliable Phone**
- **LOCAL Customer Service**

Sign Up Today! 860.446.4009



Stonington Forum Loves TVC!

WHEN ASKED TO CHOOSE BETWEEN TVC & COMCAST

9 OUR OF 10 PREFER TVC

"I LOVE LOVE LOVE TVC! I save over the \$40 a month for the same service as Comcast." - KH

"Thames Valley!!!" - PN

"Switched back to TVC a few months ago. Very happy." -BD

"Very Happy with TVC" - CS

"Love TVC - no problems with them" -ED

"Counting the days until we can get TVC again! I've had nothing but trouble from Comcast." -EE

"TVC is cheaper" - LR

"TVC took a while to get it right, but they it right now and as others have noted they save you a heck of a lot of money." - FS

"Not even close! I would never go back to Comcast!" - JL

"Switched from Comcast as soon as TVC came out & never regretted it!" - JG

"TVC...if you need to talk to someone, you get someone right away! You talk to the lady at the front desk, the same one as if you went in to the office! Can't beat small biz!" - AL



Stonington Events
 Stonington Town Hall
 152 Elm Street
 Stonington, CT 06378

PRSR STD
 U.S. Postage
 PAID
 Permit No. 155
 Deep River, CT

POSTAL CUSTOMER

Arruda
 REAL ESTATE ASSOCIATES

WWW.ARRUDARE.COM

860-536-5900

41 WILLIAMS AVENUE, MYSTIC
 Licensed in CT, RI & MA



Jon Arruda, Broker



Heather Sawyer
 310-953-1686



Renee Rossi
 860-334-2134



Judd Fertman
 860-617-5543



Kathy Pupa
 860-608-0041



Jessica Deojay
 315-256-1252



\$379,000

65 Little Gull Lane, Mystic

Handsome piece of property in Historic Mystic. 4 bed, 3 bath stately colonial just minutes from Downtown Mystic, local beaches, shopping, restaurants, schools and highways. This home has been well loved and maintained w/ finished basement space and in-ground pool.



\$285,000

151 Miller Rd, No. Stonington

Plenty of space for everyone here! Attractive Colonial within walking distance to Anderson Pond & short drive to Billings Lake. Relax on the front porch or wrap-around Deck/Patio area. FINISHED Bonus room above the garage, Master Suite w/ walk-in closet & heated bath floor. Home also offers fireplace, french doors, cork flooring, remodeled kitchen & central air.



\$325,000

71 Mystic Rd, No. Stonington

Contemporary architecture, with a rustic feel on 2.65 acres. You could almost imagine yourself in the European country side. This post & beam beauty boasts an open floor plan, airy loft, beautiful field stone fireplace and wraparound deck!! The home also features a cozy 16x20 cottage on the property with full kitchen and bath. Great for ones that visit out of town or for those guests that want a weekend getaway to the beaches, downtown Mystic or the Casinos!



\$459,000

Downtown Mystic Renovation

Historic downtown 4 bed, 2½ bath home going through full custom renovations. Enjoy the original charm with modern upgrades. In town location and ready for market mid June.