

East Hampton **events**

VOLUME 3 • QUARTER 3 • 2018



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FROM LEFT

Chia-Chi Wang, D.O.

Middlesex Hospital
Cancer Surgeon

Kristen Zarfos, M.D.

Middlesex Hospital
Breast Surgeon

Andrea Malon, M.D.

Middlesex Hospital
Cancer Center Medical
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middlesexhospital.org/breastsurgeons

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Town Manager's Corner

Dear Residents,

What a busy summer it has been. Old Home Days was a huge success as always with record attendance. Staff have worked hard to keep the streets and Sears Park maintained. Our police, fire, and ambulance services have been hard at work keeping us safe. Lastly, our regulatory departments have been hard at working managing the multiple residential and commercial developments around Town.

East Hampton is open for business and it is noticeable when you look at the number of permits that are being pulled weekly. In an effort to further promote our Village Center, the Town Council recently passed a Tax Increment Financing District in order to raise revenue and reinvest in our Village Center. Over the coming weeks, I would expect that a proposed revision to the Business Incentive Ordinance will be brought forward for consideration in order to make it more enticing to new businesses to come and set up shop in East Hampton. Moreover, we have been hard at work trying to solve the issues of quantity

and quality of water in East Hampton. This issue alone is holding our community back from realizing its full potential and stopping many businesses from considering East Hampton.

Finally, we should see the ground breaking of our new Town Hall/ Police Department/Board of Education building in a little over a month. The Building Committee and Town Staff have been hard at work refining plans and bid packages, identifying finishes and reviewing costs. Very soon the lot will be cleared, concrete poured and steel will start to rise in what will become the seat of our government and the peoples house.

If you have a question, stop by, write, email or call. Town staff are always ready to answer your questions, discuss your recommendations, and solve your problems.



Michael Maniscalco
Town Manager

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COVER PHOTO

Town of East Hampton Visitor Sign
Refurbished by Eagle Scout Tim Mele

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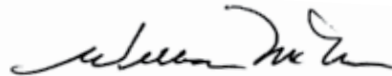
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Dear Readers & Advertisers!

It is with great excitement that I announce the launch of Events Magazines' inaugural "The Last Word" segment.

"The Last Word" is a new feature article that will appear on the last page of all of our Events Magazines currently published in 13 Connecticut towns. Each quarter there will be a story about someone with Connecticut ties who has made major accomplishments not only in his/her professional field but also in the community. Our inaugural "The Last Word" segment for the third quarter of 2018 highlights NASCAR professional driver Joey Logano, who is a native of Middletown, CT.



William McMinn, Owner, Essex Printing & Events Magazines

Town Clerk's Office

A License is a...



Lost dog's ticket home.

Delinquent notices will be mailed out at the end of July if you did not license your dog in June. Dogs must be licensed at 6 months of age or 30 days after receipt of an older dog. You may use our online dog renewal program as long as the rabies vaccine information is up-to-date. If you would like to update the information, you may either come into

the office in person with a new rabies certificate or scan the certificate and forward it to swieleba@easthamptonct.gov.

November 6th is the date of the State election. Students entering college or returning to college may wish to fill out an application requesting an absentee ballot. The application can be obtained by going to the towns' web page at www.easthamptonct.gov under the Town Clerk's page.

Office of the Collector of Revenue

The Collector of Revenue would like to remind East Hampton Taxpayers that tax bills for real estate, personal property and motor vehicles were mailed on June 27, 2018 and are due and payable on July 1, 2018. The last day on which to pay without penalty is August 1, 2018. The tax is based on a temporary mill rate of 31.32 mills. Once the budget has been approved

you will receive an adjusted bill for the January installment. Motor vehicle tax bills that are in excess of \$5.00 will also receive a second, adjusted bill. As owners of property, taxpayers are responsible to see that taxes are paid when due. Failure to have sent or received a bill does not exempt the taxpayer from payment of all taxes, interest charges and

collection costs, as per CGS. 12-130 and 12-146.

If you are seeking an immediate motor vehicle clearance you need to pay in cash, money order or bank check in the office. All other methods of payment will take 10 business days to process including online payments.

Volunteer Fire Department Congratulates New EMR's

The members of East Hampton Volunteer Fire Department congratulate three of their fellow firefighters upon achieving certification as Emergency Medical Responders. Lt. Adam Royce, and Junior Division members Tim Kelly and Cody Voelker recently completed their demanding training and testing regimen, bringing the total number of certified medically trained personnel (EMT's and EMR's) in the department to 24. With 49 active members, almost 50% of East Hampton's Volunteer Fire Service are now certified EMS practitioners.

As field practitioners, Emergency Medical Responders, Emergency Medical Technicians and Paramedics provide pre-hospital medical care to injured or ill patients in a stepped process of increasing skill and responsibility levels, depending upon the nature of the illness or severity of the injury.

The certification program for Emergency Medical Responders is a rigorous 60-hour requirement that combines classroom instruction with hands-on practical skill development. The members of the East Hampton Volunteer Fire Department welcome Adam, Tim and Cody as the department's newest EMR's and wish them every success.

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Office of the Assessor

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

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

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

If you no longer own a motor vehicle and have cancelled the registration at DMV, please bring the DMV plate receipt and one of the following forms of proof in order to receive a tax credit. The documentation must have the VIN# and all the corroborating information.

UNREGISTERED VEHICLES STILL OWNED & LOCATED IN EAST HAMPTON WILL REMAIN ON THE GRAND LIST.

- A. A copy of the bill of sale.
- B. A copy of the transfer of title (i.e., receipt from junkyard, trade-in paperwork, donation receipt).
- C. A copy of the original registration issued to the person to whom you sold the vehicle.
- D. A copy of the registration in another state.

- E. Documentation from an insurance company, i.e.; payment for a stolen vehicle, payment for a totaled vehicle, cancellation of coverage due to sale of vehicle.

The Assessor's office may require a combination of additional information or verification of the preceding items, as necessary, for the removal or crediting of a motor vehicle assessment.

TRANSFERRED PLATES:

When the registration is transferred to a new or replacement vehicle, the adjustment follows the plate. The over payment on the July tax bill is applied to the supplemental tax bill in December.

continued on page 6



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- **SUPPORT** Local Education & Environment
- **ADVOCATE** Business Investment & Job Growth
- **COMMITTED** To A Brighter Future For Connecticut

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Paid for by Haines 2018. Marie Forsyth, Treasurer. Approved by Irene Haines.

Assessor... continued from page 4

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

PUBLIC ACT 490

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

VETERANS

All property owners claiming exemption due to military service must file their DD214 form with the Town Clerk by September 30, 2018. Veterans claiming disability exemption must submit proof from the Veterans Administration.

DISABILITY

Persons totally disabled receiving SSD benefits may be eligible for a \$1000 property exemption. Proof of award and application must be submitted by January 31, 2018.

ELDERLY & TOTALLY DISABLED RENTER'S REBATE PROGRAM

Residents 65 years of age or totally disabled may be eligible for a rent rebate under CT State law. Income guidelines apply and are adjusted each year. Applications must be received by October 1, 2018.

Please call the office with any questions at: 860-267-2510.
Thank you.

Planning & Zoning Department

TIF DISTRICT IMPLEMENTATION

In June the Town Council took an important first step in preserving and protecting its historic Village Center with the implementation of a Tax Increment Financing (TIF) District. The TIF District plan will allow the Town to set aside increased revenue generated through property taxes within the district in order to perform projects that directly benefit the Village Center area with the goal of promoting growth, redevelopment and creating an inviting atmosphere in the historic downtown.

As is widely known, East Hampton was once home to several bell and toy manufacturers, all of which were nestled in the Village Center, originally drawing on water power from nearby Lake Pocotopaug. Beginning in the 1970s, changes in the manufacturing industry resulted in the loss of all but one bell manufacturer to date. Several large historic mill buildings sit blighted, vacant or underutilized throughout the area. TIF is a method used to catalyze economic development through anticipated future increases in property tax revenues to generate incremental revenues to help pay for costs within the district. The TIF District plan includes a broad range of

continued on page 8

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Planning & Zoning... continued from page 6



projects that would be eligible for use with TIF funds, including streetscape and façade improvements, infrastructure upgrades, wayfinding signage, and other improvements. The TIF plan includes a Credit Enhancement Agreement, whereby developers can leverage TIF funds to help redevelop a property with guarantees that a portion of their revenues will go back into the TIF fund.

The TIF District is not an additional tax and does not require property owners within the District to pay any additional fees on top of their standard property taxes, set at the same mil rate as all other properties within East Hampton. However, as property values increase over time, the increased tax is set aside for use only in the District.

East Hampton Economic Development Commission

OUR MISSION IS:

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

We congratulate the following businesses, CMK Sports and Old Bank Flowers & Greenery on being named “Belltown Spotlight on Business” monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award. Current EDC members are Ted Turner, Tim Csere, Kate Adams, Erin Hall, Walt Jedziniak, Matt Joseff and Robyn Letourneau.

Todd Schrage and Lori Caldwell of Old Bank Flowers & Greenery receive their Belltown Business of the Month Proclamation from EDC Members Robyn Letourneau and Ted Turner. OBF&G has been open for 5 years in the Village Center and carries fresh flowers, plants and large array of gifts. They are thrilled with the success and support from the town residents and the store has bloomed you might say! Maximum efforts and passion are put forth in every flower arrangement, mini garden or potted plant. Todd and Lori love providing a service and have been



told by customers that much thought and care is placed into each order. Every day is a blessing. Lori is happy that she gets to work with flowers every day. Lori and Todd say thank you so very much! Support local. Support East Hampton Historic Village Center. Old Bank Flowers and Greenery is located at 100 Main St, East Hampton, check website at: www.oldbank-flowers.com.

May Business of the Month recipients are Chris, Miller and Kathy Koziel of CMK Sports. They are a family business focusing on customer service and offer products for baseball, football, soccer, basketball, and skating. CMK has also branched out,



offering cheerleading shoes, Gaiam yoga and Pilates supplies, gear for umpires, referees, protective wear, clothing, and safety supplies. CMK was created for convenience, service and to provide information on what you are interested in buying. They are mobile and come to you. They will also provide services such as glove relacing, custom wooden bats, and equipment repair. Need some sporting goods or just have questions? Give Chris Koziel a call at: 860-227-9941, email cmksport1@gmail.com or check out their website at: www.cmksportinggoods.com and don't forget to like their Facebook page: CMK Sporting Goods.

Hurricane Preparedness

As we head into the heart of hurricane season the East Hampton Emergency Management Director Rich Klotzbier would like to provide the following information for preparing for a hurricane.

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. Potential threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides. The Atlantic hurricane season runs from June 1 to November 30. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans; can affect areas more than 100 miles inland and are most active in September.

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY

- Determine how best to protect yourself from high winds and flooding.
- Evacuate if told to do so.
- Take refuge in a designated storm shelter, or an interior room for high winds.
- Listen for emergency information and alerts.
- Only use generators outdoors and away from windows.
- Turn Around, Don't Drown! Do not walk, swim, or drive through flood waters.

PREPARE NOW

- Know your area's risk of hurricanes.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If you are at risk for flash flooding, watch for warning signs such as heavy rain.
- Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- Based on your location and community plans, make your own plans for evacuation or sheltering in place.
- Become familiar with your evacuation zone, the evacuation route, and shelter locations. If a shelter is opened the location is the East Hampton High School, unless otherwise stated on the town website, or on the electronic sign that will be placed in front of the town hall.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.

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Hurricane... continued from page 9

- Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Review insurance policies.

WHEN A HURRICANE IS 36 HOURS FROM ARRIVING

- Turn on your TV or radio in order to get the latest weather updates and emergency instructions.
- Restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash, and first aid supplies. You will need 1 gallon per person per day.
- Plan how to communicate with family members if you lose power. For example, you can call, text, email or use social media. Remember that during disasters, sending text messages is usually reliable and faster than making phone calls because phone lines are often overloaded.
- Review your evacuation zone, evacuation route and shelter locations. Plan with your family. You may have to leave quickly so plan ahead.
- Keep your car in good working condition and keep the gas tank full; stock your vehicle with emergency supplies and a change of clothes.

WHEN A HURRICANE IS 18-36 HOURS FROM ARRIVING

- Bookmark East Hampton's website (<http://www.easthamptonct.gov>) for quick access to storm updates and emergency instructions.

gov) for quick access to storm updates and emergency instructions.

- Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.
- Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" exterior grade or marine plywood, cut to fit and ready to install.

WHEN A HURRICANE IS 6-18 HOURS FROM ARRIVING

- Turn on your TV/radio or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.
- Charge your cell phone now so you will have a full battery in case you lose power.

WHEN A HURRICANE IS 6 HOURS FROM ARRIVING

- If you're not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.
- Close storm shutters and stay away from windows. Flying glass from broken windows could injure you.

East Hampton Town Directory

www.easthamptonct.gov

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

- Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.
- Turn on your TV/radio or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.

SURVIVE DURING

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.
- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- Listen for current emergency information and instructions.
- Use a generator or other gasoline-powered machinery outdoors ONLY and away from windows.
- Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.

BE SAFE AFTER

- Listen to authorities for information and special instructions.
- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Document any property damage with photographs. Contact your insurance company for assistance.

Public Works Department

Summer work for the Public Works Department has begun but is tempered for the lack of a Town budget. This lack of budget will impact all areas of this Department. Potholes are being patched on a more limited basis, along with curb repair. Capital road construction, meaning paving of North Main Street, along with the chip sealing of 6.5 miles of road will be put on hold until budget resolution. Catch basin cleaning in the Lake Pocotopaug watershed area will also be delayed.

The five Town cemeteries and other Town properties have been mowed several times. Roadside mowing is now ongoing and road sweeping is nearing completion. Emergency tree work is also ongoing but limited.

Interdepartmental cooperation continues with aid to the Police Department and Board of Education for High School graduation. Sign installation has also been provided to the Police. Touch-A-Truck Day at the Educational Playcare saw a **continued on page 12**

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Public Works... continued from page 11

large number of children have an opportunity to experience a variety of Public Works equipment.

Work continues at the Fuel Island. The Transfer Station has seen its brush pile processed, making room for new material brought in by residents. New stickers are available for \$10 at the Transfer Station, open Saturdays 7:30 am until 3:00 pm.

Chatham Historical Society Walks & Programs

OLD TIME BARN SQUARE DANCE

Saturday, August 25th from 7:00 pm - 8:30 pm

Bay Point Club, 24 Spellman Point near Lake Pocotopaug
Admission is \$5 per person, limited to 60 people.
Register with Don Burr at: 860-267-2974

TOUR & HISTORY WALK OF PAUL & SANDY'S TOO GARDEN CENTER

Saturday, September 14th at 3:00 pm

(Rain Date Sunday, September 26th at 3:00 pm)

93 East High Street (Route 66), East Hampton
Learn history, tour facility, including green houses, Pumpkintown and a wagon ride.

FALL HISTORY FESTIVAL

Sunday, October 14th from 1:00 pm - 4:00 pm

Chatham Historical Society Museum,
6 Bevin Boulevard, East Hampton
Honoring Paul & Sandy's Too, celebrating 48 years of Paul Peszynski & family who have served our community.
Featuring old time crafts, free cider and doughnuts, and bands.

TARTIA ROAD HISTORY WALK

Sunday, November 18th at 1:00 pm

Visit 1746 Tartia Cemetery and Town Farm,
East Hampton

Directions: From East Hampton Stop & Shop on East High Street, drive down Main Street through the Village Center to Route 16. At traffic light turn left onto Route 16 (Colchester Avenue) and drive approximately 1.5 miles. Turn right onto Tartia Road and go approximately 1/2 mile to #45. Cemetery is on the right.

HAZEN TREE FARM

Sunday, December 9th at 1:00 pm

166 Lake Drive, East Hampton

Directions: From East Hampton Stop & Shop, go east on Route 66 for 1.6 miles to Lake Drive on left. Follow Lake Drive for 1/2 mile to stop sign, turn left and go .1 miles to farm on left.



Proudly Serving Our Community for TEN years!

Welcome to ALL Our NEW Members

and

**Thank You to All Our Current
and Past Members**



- Always open
- Friendly support
- Welcoming environment

439 Westchester Road | Colchester, CT 06415
Office: 860.267.1001 | Cell: 860.334.7294
colchesterct@anytimefitness.com



www.anytimefitness.com

PARKS & RECREATION



MISSION STATEMENT

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

STAFF

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

ADVISORY BOARD MEMBERS

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

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

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

MAILING ADDRESS

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

DROP IN LOCATION

240 Middletown Avenue
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429

Sears Park Pavilion

860-267-7178

Youth & Family Services

860-267-7300

Sears Park

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

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

FEES

VEHICLE STICKERS: FREE

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

FACILITIES: All rental request forms are available online at: www.easthamptonrec.com

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

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

GOVERNOR WILLIAM A. O'NEILL PERFORMING

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

REQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlitttleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January. Practices for the season begin in late March. Opening day is in April.

continued on page 14

Fall season begins in September and is open for children ages 8 years and up

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org

For boys and girls ages 7 - 14

email: info@ehyouthfootball.org

**EAST HAMPTON SOCCER CLUB
TOWN RECREATIONAL LEAGUE**

www.easthamptonsoccerclub.org

For boys and girls Pre-K - 8

Spring season is late March-June.

Registration for spring takes place in January.

Fall season is late August-October.

Registration for fall takes place in June.

TRAVEL SOCCER

www.easthamptonsoccerclub.org

For boys and girls ages 8 - 18

Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org

email: info@epocharts.org

Contact: Elizabeth Namen - 860-365-0337

**REGISTRATION, PROGRAM INFORMATION
AND REFUND POLICY**

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

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

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

to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

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

SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and online at www.easthamptonct.gov. Our guidelines follow the Public School's income guidelines for free or reduced-price lunches. All information is strictly confidential.

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

SEAMSTER PARK PLAYGROUND

Help support a Playground for the future!

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

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

Maintenance is another concern that is also important to discuss. You will find maintenance with any project, but our goal is to keep the maintenance down, starting at the beginning with the design. For more information on the process, to donate, or volunteer in the build please visit the Parks and Recreation website at: www.easthamptonrec.com or call the office at: 860-267-7300.

Parks & Recreation

NEW YORK ON YOUR OWN TRIP

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

Cost: \$60 per person
Date: Saturday, December 1

AFTERNOON ADVENTURES

Before and After-School Program

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

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

Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge.

Location: Memorial Elementary School, Cafeteria
Cost: Monthly Registration - Cost depends on number of days attending. Visit www.easthamptonrec.com for rates
Dates: Monday-Friday of school days from the first day of school to the last day of school
Times: 7:00 am - 8:30 am and 3:00 pm - 6:00 pm

ADULT RECREATIONAL BASKETBALL

Gregg Johnson and Mark Piscatelli

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

For: Adults age 19+
Location: Adult age 19+: East Hampton Middle School;
Adult age 35+: Center School Gym
Cost: \$50 for the full season or \$3 at the door
(19+ program only)
Dates: Monday and Thursday, October 15 - May 16

Times:

6:30 pm - 9:00 pm (Over 35)
7:30 pm - 10:00 pm (Age 19+) October 15 - November 8
6:30 pm - 9:00 pm (Age 19+) November 8 - May 16

15TH ANNUAL AIR LINE TRAIL GHOST RUN

Sponsored by the East Hampton, Hebron, and Colchester Parks and Recreation Departments along with the State of Connecticut Department of Energy and Environmental Protection. Named for the "Ghost Train" that ran the railroad in the late 1800s, this event begins at the Hebron Elementary School located on Route 85. Runners will run south on Route 85 and pick up the Air Line Trail behind Route 85 Lumber. The race then continues down the Air Line Trail through Colchester and East Hampton ending at Center School, Main Street, East Hampton. Shuttle buses are available for runners in each direction. The trail is flat and surfaced with crushed stone.

Dates: Saturday, November 3
Location: Race Starts at Hebron Elementary School at 9:00 am
On-Site Registration runs from 7:00 am - 8:00 am
Costs:
Individual: \$38 before October 19; \$45 after October 19
Relay Team: \$62 before October 19; \$67 after October 19

TRUNK OR TREAT HALLOWEEN FUN

Calling all East Hampton residents, businesses and community groups! The East Hampton Parks and Recreation Department is looking for individuals and groups to host car trunks at our Trunk or Treat event. Trunk or Treat provides a safe and fun way to celebrate Halloween with the whole family. Children will enjoy going from trunk to trunk to receive pre-packaged candy from costumed car owners. All cars are welcome (*please pre-register with East Hampton Parks and Recreation*). The evening event includes trick-or-treating and much more! Head over to Epoch Arts after and experience the Haunted House.

Location: Center School
Date: Saturday, October 27
Time: 5:30 pm - 7:00 pm

ART WORKSHOP

Elizabeth Sennett

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

Location: East Hampton Middle School Art Room
Cost: \$70
Dates: Tuesday, September 25-November 20
(No class November 6)
Times: 6:30 pm - 9:00 pm

continued on page 16

RECREATIONAL YOUTH BASKETBALL

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

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

- For: Boys and Girls grades 2-8
- Cost: \$85 per player
- Dates: Registration Deadline: November 2
- Evaluation Days: December 11 from
 - 5:00 pm - 6:00 pm
 - (Grade 4/5 Boys and 4/5/6 Girls);
 - 6:00 pm - 7:00 pm
 - (Grade 6,7,8 Boys).

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

YOUTH BASKETBALL COACHES NEEDED

Volunteer Coaches are needed for all age groups. If you are interested in volunteering, please contact Shawn Mullen at the Parks and Recreation Office (smullen@easthamptonct.gov). All coaches must be signed up by November 2, agree to a background check, and attend a mandatory coaches' meeting on December 4 at 5:00 pm. Head coaches will receive a free registration for one child into the program.

YOUTH BASKETBALL OFFICIALS NEEDED

Officials are also needed to referee Youth Basketball games. If you are interested, please call Shawn Mullen at the Parks and Recreation Office at 267-7300 to sign up. All officials will be required to attend an officials' meeting and training session prior to the basketball season.

GRADE ONE BASKETBALL

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

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

Middle Haddam Library



Does your organization need a place to meet?
Do you enjoy a quiet place to relax & read?
Would you like to join a book club or children's group?
Are you interested in the history or East Hampton, Cobalt or Middle Haddam?

Then the historic Middle Haddam Library is the place to visit.

2 Knowles Road, Middle Haddam, CT
860-267-9093 | www.middlehaddamlibrary.com | WiFi available

East Hampton Building Department

The East Hampton Building Department wants you to know it's your responsibility to CALL BEFORE YOU DIG for your protection and safety.

Digging without knowing the approximate location of underground utilities can result in damage to gas, electric, communications, water and sewer lines, which can lead to service disruptions, serious injuries and costly repairs.

Before starting an outside project that requires digging, such as:

- Decks
- Fences
- Trees or Shrubs
- Mailbox Posts
- Patios
- Swing Sets
- Landscaping
- Gardens
- Tents
- Additions
- Swimming Pools
- Outdoor Lighting



Call 811 to verify it is safe to dig in your proposed location.
(Also, check with your local Building Department for required permits associated with such projects.)

THE FOLLOWING STEPS OUTLINE THE PROCESS:

1. Notify:

Always call CBYD before you dig at 1-800-922-4455 or dial 811.

2. Wait:

Wait the required amount of time: 2-3 working days.

3. Respect the Marks:

Marks by the utility operators are a guide for your project.

4. Dig Carefully:

Dig with care.



"Buried utilities are everywhere!"
Call before you dig. Dial 811.
It's your responsibility for your protection.

To access your free homeowner's guide, go to the East Hampton Building Department Website at: www.easthamptonct.gov.

To download previous issues of East Hampton Events visit www.eventsmagazines.com and download the issue you desire!

You deserve a standing ovation.



COMMUNITY
FOUNDATION
of Middlesex County

PHILANTHROPY. LEADERSHIP. LEGACY.

It takes a community to improve the quality of life for all – neighbors and friends who generously give their time and resources to support a passion or area of interest. Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, the arts, human services, education, the environment, heritage enhancements, and so much more.

Together we are able to make a real difference in the lives of so many. Consider the support provided by the Ann and George Petry Fund to give young people access to creative arts programs which enable them to share their talents while addressing issues important to their community. Or the Loffredo Performing Arts Fund which supports local thespians as they share the beauty and joy of live musical productions with neighbors and friends.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, and tomorrow. We invite you to learn more by calling us at 860-347-0025 or visiting us online at MiddlesexCountyCF.org.

East Hampton Public Library

105 Main Street,
East Hampton CT 06424
860.267.6621
<http://www.easthamptonct.gov/Library/>

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm
Thursday, Friday 10:00 am - 5:00 pm
Saturdays (July - Labor Day) 10:00 am - 1:00 pm
Saturdays (September - June) 10:00 am - 5:00 pm

There is always something going on at your local library!

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

Weekly Children's Early Literacy Classes

WIGGLES & GIGGLES

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

MOTHER GOOSE ON THE LOOSE

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

STORIES WITH MISS FRAN

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

ART BOX

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

LITTLE LEARNERS

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

Children's after School Events

FOOTPRINTS

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

SEPTEMBER 21st: Mini Golf Day

Celebrate with an exciting game of mini golf in the library!

OCTOBER 12th: Astronomy

Engage in stellar activities and create your own celestial galaxy in a jar.

OCTOBER 26th: Frankenstein Friday

Halloween is almost here, what better way to celebrate than learning about Frankenstein and sharing ghost stories and s'mores!

NOVEMBER 9th: Origami

Learn some basic origami techniques and create an autumn themed masterpiece.

FRIBRARY

For children in 4th & 5th grades, 3:30 pm - 4:30 pm. Children will be given a light snack. Library staff members will be at Center School at dismissal to walk children to the library OR there may be bus transportation (TBD); children must bring a note to school giving them permission. Registration is required, limited to 20 children.

SEPTEMBER 28th: Native American Day

Learn about Native American ancestry and traditions through story, and engage in your own story telling through art.

OCTOBER 19th: My Weird School

We will celebrate author Dan Gutman's birthday with Weird School inspired activities, and of course, birthday cupcakes!

NOVEMBER 2nd: Chemistry

Learn how luminescence works and conduct experiments with light sticks!

NOVEMBER 16th: Turkey Time!

Gobble Gobble! Create your own thanksgiving turkey out of a book by folding pages in a pattern.

Special Programs

HALLOWEEN HAPPENING

Wednesday, Oct. 31st at 10:00 am.

Join us for a special Halloween program, followed by a parade to the Senior Center. For little ones up to age five. Costumes are encouraged, but not necessary to attend. Registration is required.

Adult Events

BEGINNER'S PHOTOGRAPHY COURSE

Tuesdays, August 28 - September 18, 6:00 to 8:00 pm.

Get to know your digital camera, basic photography concepts, hand holding techniques and cameral accessories. Reserve your seat on the library's event calendar. Space is limited.

AN EVENING WITH AUTHOR AMY BLOOM

Wednesday, September 12th 6:30 pm.

New York Times bestselling author and Finalist for the National Book Award, Amy Bloom will speak about her newest book *White Houses*. Reserve your seat on the library's event calendar. Space is limited.

HIDDEN HISTORY OF MIDDLESEX COUNTY

Monday, September 24th 6:30 pm.

Local author's Robert and Kathleen Hubbard will share interesting and little-known stories from Middlesex County's history. Reserve your seat on the library's event calendar. Space is limited.

MINDFULNESS AND MEDITATION

Saturday, October 6th 11:00 am.

It is possible to be peaceful within the activity and emotions of your daily life, but it takes practice. Learn to make mindfulness techniques such as breath awareness, intention and meditation part of your routine. Reserve your seat on the library's event calendar. Space is limited.

SIMPLE STEPS TO START YOUR BUSINESS

Tuesdays, October 2nd - 23rd, 6:00 pm.

In this four-part series, you'll learn from entrepreneurs and experts in their fields on how to start your own small business. We'll cover business plans, financing, marketing, market research and legal aspects. Reserve your seat on the library's event calendar. Space is limited.

PASSPORT FAIR

Saturday, October 20, 10 am - 2 pm.

The United States Postal Service will be on-site to help you apply for or renew your passport at the Library. They'll even be taking passport pictures. This is a drop-in event. Pre-registration is not necessary. See our event calendar for details on forms and ID to bring with you.

Rep. Ziobron Celebrates Trails Weekend



Above: Trails Day Bike Ride: Sunday, June 3rd on the Airline Trail in East Hampton. Below: Trails Day Hike: Saturday, June 2nd at the Lyman Viaduct.



State Representative Melissa Ziobron (R-34) hosted a pair of events along the Airline Trail for Trails Weekend, Saturday, June 2nd and Sunday, June 3rd. On Saturday she teamed up with the Middlesex Land Trust to lead a walk from the Bull Hill parking area in Colchester to Cranberry Bog in East Hampton. On Saturday she led a group of bikers from East Hampton to the new trail sections in Portland. According to the Connecticut Forest and Park Association, Connecticut has the largest annual Trails Day celebration with over 250 hikes, walks, bikes and other events.

Jessica's Garden

198 East Hampton Rd., Rt. 66
Marlborough, CT 06447

860-295-1685

jessica@jessicagarden.net

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Fairy
Gardens!*



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East Hampton Human Services

Social Services is now scheduling appointments for Operation Fuel and the Connecticut Energy Assistance Program.

- **Operation Fuel** is an energy assistance program for local residents who need assistance with meeting their home utility needs (electricity and gas). The program will begin July 9 and end October 31 or when funding runs out.
- **The Connecticut Energy Assistance Program** is designed to help offset the winter heating costs for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. This program will begin September 4 and end March 31.

To determine eligibility, applicants must meet certain criteria and provide specified documentation. Upon calling our office to schedule your appointment, you will be given the criteria and requirements of what to bring to your appointment. All documents must be brought to your appointment or your appointment will be rescheduled. We cannot accommodate walk-ins due to the high volume of clients we service during the application period.

Please call the Case Manager, Christine Wiesner at 860-267-7300 ext. 208 to schedule your appointment. Appointments will be available on Wednesdays and Thursdays.

YOUTH JOB BANK

Youth and Family Services is proud to announce that the East Hampton Youth Job Bank is in the later stages of program development. The Youth Job Bank will provide interested applicants training in the soft skills needed to succeed in the workforce, along with access to a fully stocked and active job database with job opportunities ranging from employment to job shadowing to volunteering. The Youth Job Bank will be open to any and all applicants ages 15-19.

We are currently wrapping up the development of a webpage and curriculum. The program will be piloted this fall with the full unveiling in Spring of 2019.

If you are a potential employer or can provide opportunities for job shadowing or volunteering, please contact us at 860-267-7300 ext. 201.

EAST HAMPTON PREVENTION PARTNERSHIP



**east hampton
prevention
partnership**

As a Local Prevention Council, the East Hampton Prevention Partnership is dedicated to reducing substance abuse among young people. Our

mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal-setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives.

The East Hampton Prevention Partnership will be looking for new High School students to join the Youth Committee in the 2018-19 school year. Students involved will run peer to peer campaigns to promote healthy lifestyles among their classmates. Please call or email the Prevention Coordinator, James Olsen at 860-267-7300 ext 207 or jolsen@easthamptonct.gov.



PEST CONTROL
860-510-9159

- **General Pests**
 - Termites
 - Rodents
- Inspections
- Free Estimates



Bob Ventres
Owner/Operator
East Haddam, CT

Licensed & Insured
CT Lic #B-2878

Age-Related Macular Degeneration

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.


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Middlesex Hospital Strengthens Breast Program

With the addition of nationally recognized breast surgeon Kristen Zarfos, Middlesex Hospital is investing in its breast program and enhancing the services it offers.

Dr. Zarfos joins Dr. Andrea Malon, medical director of the Middlesex Hospital Cancer Center, and Dr. Chia-Chi Wang, a surgical oncologist, as surgeons who treat women who have breast cancer. Together, the trio-with years of surgery experience between them-provide compassionate, individualized care, and they aim to strengthen an already robust breast program.

All three surgeons are part of the Middlesex Hospital Surgical Alliance, and their goal is to coordinate care in a way that helps
continued on page 22



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Breast Program... continued from page 21

patients better navigate cancer diagnoses and treatments—in a way that eases fears and makes the process a little easier.

Dr. Zarfos is no stranger to Middlesex Hospital. Her first job after residency was at Middlesex, where she worked from 1987 to 1999. During that time, she became a leader in the national fight to force health insurers to cover hospital stays for mastectomy patients, and she remains a passionate advocate for women's health issues.

Since early detection is key when it comes to all types of cancer, detection technology is at the forefront of Middlesex Hospital's breast program. The hospital offers 3D mammography machines at all of its radiology locations. These 3D machines detect 40 percent more invasive cancers than 2D machines, which are no longer used by the hospital.

Middlesex also offers dual-head molecular breast imaging, which uses a radioactive

tracer to better detect breast cancer cells in women with dense breast tissue.

In addition, services like genetic counseling are available to Middlesex patients, and caring nurse navigators at Middlesex Hospital Cancer Center help patients throughout their experience.

The Cancer Center has locations in Middletown and Westbrook.

East Hampton Senior Center

The East Hampton Senior Center is open Monday thru Thursday 8:30 am-4:00 pm & Friday, 9:00 am - 4:00 pm. The regular programming at the Center runs as follows:

Mondays:	Quilting	9:30 am - 11:30 am
	Mexican Train	9:30 am - 12:00 pm
	CRT Lunch	12:00 pm - 1:00 pm
	Summertime Setback until end of August	1:00 pm - 3:00 pm
	Yoga with Kitch	1:30 pm - 2:30 pm
Tuesdays:	Sit and Stretch Exercise with Cindy	10:00 am - 11:00 am
	Silver Sneakers Stretch and Balance	10:45 am - 11:45 am
	CRT Lunch	12:00 pm - 1:00 pm
	BINGO	1:00 pm - 3:00 pm
	Bible Study	1:00 pm - 2:00 pm
Wednesdays:	Book Club	1:00 pm - 2:00 pm once a month
	Dance Syncopation/Cardio Dance with Sue C.	9:15 am - 9:45 am
	Conversations	10:00 am - 11:00 am
	Open Art Studio	10:00 am - 12:30 pm
	Sit and Stretch Exercise with Cindy	10:00 am - 11:00 am
Thursdays:	Silver Sneakers Stretch and Balance	10:45 am - 11:45 am
	CRT Lunch	12:00 pm - 1:00 pm
	Zumba Gold	1:00 pm - 1:45 pm
	Setback	1:00 pm - 3:00 pm
	Mahjongg Games	10:00 am - 12:00 pm
Fridays:	Bridge	12:30 pm - 3:00 pm
	Knit/Crochet Group	1:00 pm - 3:00 pm
	Summertime Bingo until end of August	1:00 pm - 3:00 pm

In addition to the regular programming, the Center offers a variety of workshops and seminars on a variety of topics. Chatham Health District offers a 6-week course on how to manage chronic pain and Diabetes. AARP offers tax assistance and Driver Safety courses. Blood Pressure Screening is offered twice a month in addition to an annual Flu Clinic. The Center has CHOICES counsellors to assist people through the Medicare process. We offer mystery trips and longer day trip excursions as well as other travel opportunities.

Health and Nutrition is a very important aspect of the center. The Community Renewal Team offers meals at the center's café Mon-

day through Friday. A \$2.50 donation is requested for the meal. Call 24 hours in advance to reserve your meal. Meals On Wheels is also offered to folks not able to get to the Center. If interested please call 860-560-5848 for more information.

Exercise programs are offered to meet many activity levels. Silver Sneakers Flex program, Sit and Stretch, Tap Dancing, Zumba Gold, T'ai Chi, Gentle Yoga, and Dance Syncopation, a cardio dance routine.

Stop in and check us out!



Above: Seniors participating in a parade and below: enjoying an outing.



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Macular Degeneration can lead to severe vision loss



Normal view of street



View of street with Macular Degeneration vision loss

A dilated eye exam can help diagnose potential vision problems like Macular Degeneration



Middletown:

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860.347.8300 - Optical Department

Westbrook:

860.669.5305 - Office
860.664.8089 - Optical Department

www.middlesexeye.com

Volunteer Fire Department: Water Rescue



Members of the East Hampton Volunteer Fire Department recently conducted their annual water rescue drill on Lake Pocotopaug. The exercise involved a simulated aquatic mishap in which four young “victims” remained in the water after a speeding boat had crashed into their overloaded jet ski. The boat had subsequently fled the scene, leaving the four young people stranded and suffering various serious injuries.

Fire Department personnel were broken down into small teams that included an on-shore Incident Commander, a licensed operator for the department’s rescue vessel (Marine 1-12), an on-board Operations Commander and three rescue swimmers, all of whom are licensed Emergency Medical Technicians or Emergency Medical Responders.

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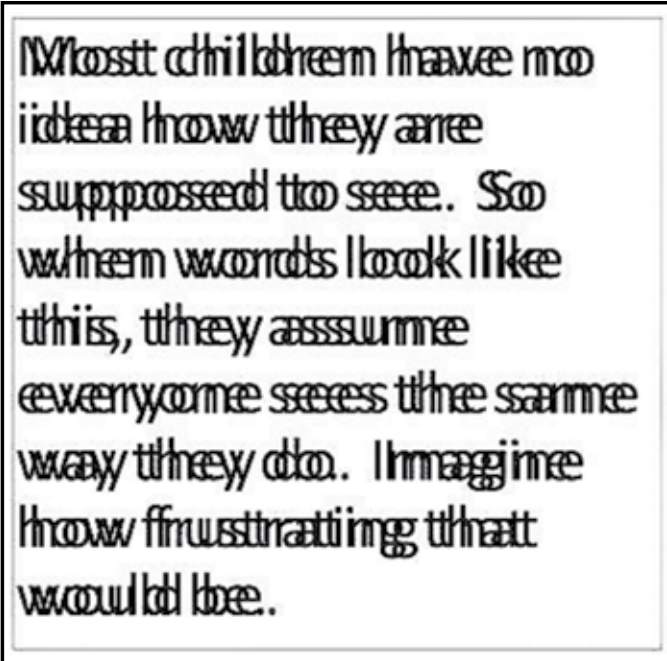
BACK TO SCHOOL ALERT FOR PARENTS:

Now is the time to have your children's eyes checked.

From Kindergarten through college, if your kids see the world like this, they have a serious but correctible vision problem. Vision problems can be big problems that affect every aspect of our lives throughout our lives, including behavior.

In order to succeed in school, college, sports and life, everyone needs clear, comfortable vision. Bad grades? Think eyes. The earlier that a child's vision is improved, the sooner their grades improve, the faster their confidence returns and their self-esteem improves.

It doesn't matter whether you take them to our one of our offices in East Hampton or Middletown, or Dr. Dempsey in Colchester, Dr. Wisniewski in Westchester or Dr. Rafalowski in Marlborough. What is important is to have every elementary, middle school and high school student's vision tested as the new school year begins. Eye exams are covered under virtually every insurance plan including Husky. There is no excuse not to protect your children's vision and future.



Here's a Simple At Home Eye Test For the Entire Family

You and your kids should look at something small across the room and then cover one eye; then cover the other eye. Compare what you see. Does each eye see the object exactly the same way? Is the object sharp and clear with each eye? Can everyone see it or do some family members see it better or worse than others? If there is a difference between eyes or individuals, someone has a vision problem and vision problems can be serious problems that affect everything that you do. The sooner it gets corrected, the sooner your vision and your life will begin to improve.

Everyone should have an eye exam once a year. Make sure that your kids get theirs now.

Do you have a vision or eye problem? Here are some of the most common eye problems that we treat.

VISION PROBLEMS:

- Blurry vision/have to squint to see clearer
- Vision goes double – sideways or up and down
- Can't see far away/can't see up close (arms too short)
- Hard to correctly identify colors/hazy vision
- Words run together/lose place while reading
- Can't see 3D at 3D movies/hate 3D movies
- Get car sick (yes, that can be an eye problem)
- Have to hold objects very close to see them
- Have to hold objects far away to see them
- Not very good in sports (yes, eyes cause that too)
- Bad grades/bad behavior/acts out
- Short temper/poor attention span/easily frustrated

MEDICAL EYE PROBLEMS:

- Headaches, especially behind eyes
- Foggy vision (like in a steam room)
- Vertigo/dizziness/loss of balance
- Scratchy eyes/eye allergies/itchiness
- Pink eye/red eye
- Lashes fall out/edge of lids red and irritated
- Dry or watery eyes
- Crusty eyes/eye infections
- Objects distorted or lines wavy in central vision
- Light sensitivity/eye aches
- Glare from headlights or bright lights
- Always feels like something is in your eye

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Water Rescue... continued from page 24

The objective of the drill was to evaluate team performance in several specific areas: scene size-up, identification and proper deployment of available resources, timing of requests for additional resources (the Marlborough Fire Department also participated in the drill as mutual aid responders with their rescue craft), triage and rescue of the victims in the order of injury severity, on-board treatment en route to shore and transfer of patient care to waiting ambulance personnel. In addition, Fire Department personnel deployed its new ladder truck and utilized the aerial's lifting features and attachments to practice removing an injured patient from harm's way.

Celebrating its 95th year, The East Hampton Volunteer Fire Department remains an all-volunteer organization, responding to a wide variety of incidents where emergency services are required. For more information about the fire service, please leave a phone message at the Department's headquarters at: 860-267-2198.

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Joey Logano – Inspiring others to do for others

by Sigrid Kun

Professional NASCAR driver Joey Logano started his racing career right here in Connecticut racing quarter midget cars and quickly made a name for himself. Starting at the age of six, the Middletown, CT native started winning championship after championship – to the point that, by the time he was 15, he was already on the radar with NASCAR racing legends. Now, he's always to be reckoned with on the NASCAR racing scene, competing full-time in the Monster Energy NASCAR series and part-time in the NASCAR Xfinity series.

THE STATS ARE IMPRESSIVE.

- Youngest driver to win a NASCAR Xfinity Series race - winning at Kentucky Speedway in 2008 when he was just 18 years, 21 days old and in only his third Xfinity Series start.
- 2009 Monster Energy NASCAR Cup Series Rookie of the Year
- Won the Daytona 500 in 2015 - Second youngest driver to win this race.
- 49 combined wins in NASCAR's top-three series

There is, of course, the glitz and the glamor that pervades NASCAR as a whole. And there's the occasional race-action controversy. And there are the ups and downs. After early successes (leading to the nickname, "Sliced Bread") and nearly winning a championship in 2016, Joey failed to make the playoffs in 2017. This year could mark a turnaround. Joey notched a win at Talladega Superspeedway in April, which ended a nearly year-long winless streak and, as of press time, he is sixth in the NASCAR Championship Point Standings.

But there's more to the 28-year-old than that. Joey and his wife Brittany, whom he married in 2014, welcomed their first child into the world this past January. Joey and Brittany have also been very committed to giving back. In a previous conversation, Joey mentioned, "If we can touch a few people's lives and help them become contributing members of our community and the world, it's really going to make a difference and it starts one person at a time." That's the crux of the Joey Logano Foundation that invests in organizations offering second chances to children and young adults during times of crisis and works to inspire others to live a life of generosity.

WHY SECOND CHANCES?

First, there was a life-changing visit to Joplin, Missouri in 2011 where Joey helped to rebuild a home for a local family following the tornado that devastated the area. That family needed a second chance. Little did Joey know that he would soon need his own second chance. He had been driving the No. 20 Toyota Camry for Joe Gibbs Racing since the 2009 season, but that ended in 2012. He received his second chance when he was picked up by Penske Racing in 2012. The following year, the Joey Logano Foundation was established.



Upper right: Joey Logano. Middle photo: Number 22 on the track. Bottom left: Joey and his wife Brittany at a Meet and Greet. Photos courtesy of the Joey Logano Foundation.

Since 2013, the foundation has invested almost \$2.7 million in various organizations across the country. Programs include inviting children who are facing tough situations (whether physically and/or emotionally) annually to a NASCAR race to be part of the crew for the day, supporting non-profit organizations during the 10-week NASCAR playoffs in each playoff race market, assembling and donating comfort care backpacks to foster and/or terminally ill children, and an annual fundraiser in Connecticut, called Driving Hope Home. A portion of the Driving Hope Home proceeds are donated to The Ronald McDonald House of Connecticut with the remaining proceeds donated to reputable charities the foundation supports to offer children in need a first or second chance. "It's our responsibility. You have to do it. If we're not going to do it, who else is going to be an advocate for these kids," says Brittany, who notes that first chances are important too. "They need a first opportunity in life. If we can shed light to this and inspire others to do the same, we can have a bigger impact than the two of us. That's our goal."

There is no doubt that Joey is a fierce competitor and a pure NASCAR racing talent. But don't overlook the other side. "When you are able to make a difference like that, you can see it in that person's face, how much it affects their lives - there's no better feeling than that," he observes. "I can talk about race wins as much as I want and how great that is but there's nothing better than that win - when you're able to affect something. That's a bigger win than any racetrack can get you."

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