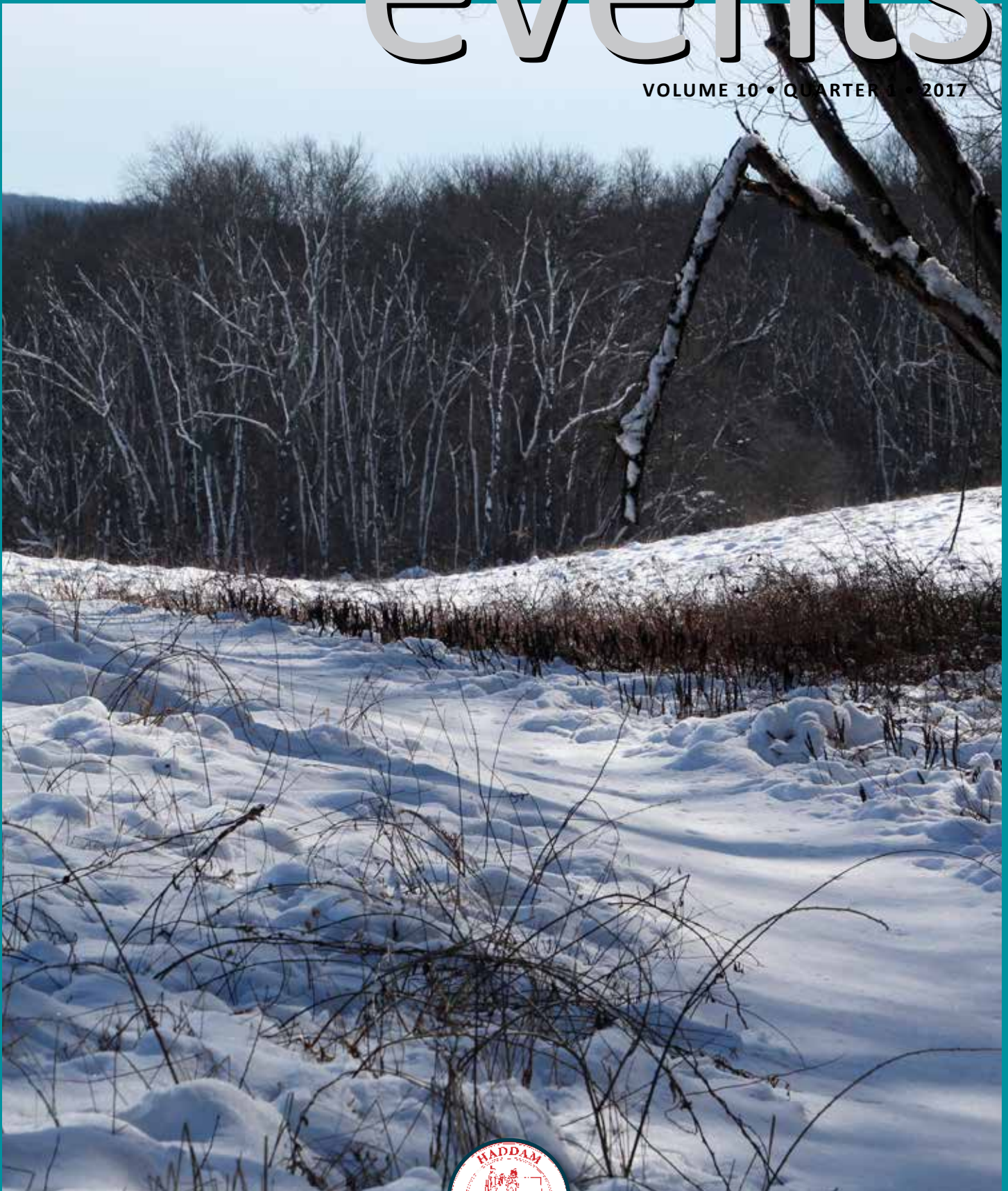


Haddam events

VOLUME 10 • QUARTER 1 • 2017



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To schedule an appointment:
middlesexhospital.org/breastsurgery
860-358-2780



First Selectwoman's Corner

Happy New Year Haddam!

The end of 2016 has been busy and productive. I want to share some of the following developments with you.

Cell Phone Service Tower Updates

On November 17th at a Town Meeting, two sites located on Haddam municipal property were approved for leasing with Homeland Towers. These sites are 439 Saybrook Road (Volunteer Firehouse) and a vacant lot at the intersection of Jail Hill Road and Quarry Hill Roads. Homeland Towers is working to sign on carrier(s), and initiate an application with the Connecticut Siting Council.

Tylerville Water

We have held numerous meetings with the Department of Energy & Environmental Protection (DEEP), the Department of Public Health (DPH), and Connecticut Water Service, Inc. over the past year. Final testing of the water for the "Alternatives Report" is expected in January by AECOM, a third-party hired by DEEP.

I have concerns about the state of Connecticut's budget and deficit. Most state funding for water projects has been omitted, however, because Haddam is on the Superfund list for Connecticut, funding for our water project is still in place.

Therefore, I am working diligently to get this alternatives report and study completed quickly so that we know what options we have to pursue for Tylerville before we lose our funding.

Road Projects

Road milling and paving was completed on a number of roads and this will continue in the spring when asphalt is available again. Dish Mill Bridge, Phase 1 of McTigh Road is complete along with the bridge in Higganum Center. The major reconstruction for Bartman, McTigh and Park Roads will be going out to bid in the next few months.

Bringing Business to Haddam

On November 1 from 6-7:30, the Economic Development Commission held a business forum and discussed a merchants association and support for our local businesses. The EDC is continuing its focus to improve communication and support economic growth.

continued on page 3



Lizz Milardo, First Selectwoman

An advertisement for Saybrook Country Barn. The background is a photograph of a living room with a white sofa, patterned pillows, and a yellow lamp. The text "The best sit. The sharpest style. American built." is overlaid on the image. At the bottom, there is a dark oval logo with the text "Saybrook Country Barn" and contact information.

The best sit. The sharpest style. American built.


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Events Presents ~ Eddie's Auto Body Specialists



Eddie and Carol Lupinek approach every aspect of their business, Eddie's Auto Body Specialists, the same way. They want their East Haddam repair shop to provide you with the highest standard and quality of service. For example, at Eddie's, only Original Equipment Manufactured (OEM) parts are used in the repair process.

Eddie and Carol are also customer friendly – from providing a comfortable customer service area to a drive-in estimating bay utilizing an in-ground lift allowing you to walk completely around the vehicle, thereby providing a visual of all areas of your car in need of repair. Eddie's takes all of this seriously. After all, under Connecticut law, every insurance claimant has the right to choose the repair shop where the damage to the motor vehicle will be repaired.

The shop has been in existence since 1956. This means many years of experience and a lifelong understanding of the most efficient ways to provide quality repairs.

Eddie's detailing area uses a powerful yet environmentally friendly steam cleaning machine, with the ability to use less than 1 gallon of water with

no chemicals, to detail an entire car. The traditional method can use upwards of 40 gallons of water per vehicle. In the shop area, many innovations are in play - like a customized bumper rack that rises into the ceiling allowing the technicians a roomier area in which to complete repairs. A state-of-the-art spray booth was custom designed by Eddie. It utilizes a clean room above the booth that triple filters air and warms it along the way. Then, with the use of infrared catalytic drying units, drying time can be reduced to as little as 6 minutes. This process uses a mere 5 gallons of propane each month, resulting in a cost of just 30 cents per curing cycle, saving thousands of dollars in monthly expense.

Carol focuses on providing a customer-friendly front office and making sure there is a great work environment for the staff. Always looking forward, the Lupinek's strive to educate their clients and focus on a transparent repair process each time out. Seems this could be the reason they are so successful!

Eddie's Auto Body Specialists
Since 1956

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860-873-9044 / www.eddiesautobodyct.com

Selectwoman's Corner... continued from page 1

I am in contact with an urgent care center, a manufacturing firm, and a restaurant to come to Haddam. However, the difficulty we face is the lack of infrastructure in town. In discussions with other town economic development commission members, it is becoming clear that in order to attract services and businesses to Haddam, we must invest in infrastructure. This is why the water, sewer and septic, and cell phone service issues are being addressed. Haddam and East Haddam Economic Development Commissions have met to talk about working together on tourism in order to help our area and we look forward to this continuing for a support for our local businesses.

Lizz Milardo, First Selectwoman

Town Clerk's Office

Scott R. Brookes, Town Clerk

Ann D. Riebold, Assistant Town Clerk

Office Hours: Monday through Wednesday 8:30 am to 4:00 pm;

Thursday 8:30 am to 6:30 pm; Friday 8:30 am to noon.

Phone (860)345-8531 Scott ext. 212, Ann ext. 211 Fax (860)345-3730

Email: Scott Brookes, townclerk@haddam.org

Ann Riebold, townclerkast@haddam.org

SPORTSMEN

2017 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/firearms safety courses are available online at <http://www.dep.state.ct.us>. DEEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October 1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEEP office or other participating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Conservation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEEP Licensing and Revenue at (860) 424-3105.

TRANSFER STATION

The Transfer Station is located on Route 154, just north of the Haddam Meadows State Park.

If you do not have a private trash collection service, trash and recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$50 fee from the Town Clerk at the Town Office building.

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events

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Town Clerk's Office ... continued from page 4

The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law.

Hours: Wednesday, 8:00 am - 3:45 pm, Saturday, 8:00 am - 3:45 pm, Sunday, 8:00 am- 11:45 am.

All Transfer Station permits expire July 1st. To insure that there is a clear understanding of the rules, please read below:

1. Permit must be clearly displayed and adhered to the driver's side window shield.
2. Registration must be written on the permit itself.
3. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station.
4. Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away.

In order to purchase a Transfer Station Permit, please come to the Town Clerk's Office and have the following available:

1. Proof of residency.
2. Automobile registration.
3. \$50.00 payment. Cash or Check no Credit or Debit Cards

Persons may purchase additional stickers for their household with the following information:

1. Proof of residency.
2. Automobile registration.
3. \$50.00 payment. Cash or Check no Credit or Debit Cards

CLEAN RECYCLABLES ARE IMPORTANT!

Dirty materials can't be recycled and can attract nuisance insects and animals. Please take care in what you recycle so as not to contaminate the load. **WHAT TO RECYCLE:** Newspapers, magazines & catalogs, cardboard, mixed office paper, food and drink containers, telephone books, leaves, brush, motor oil, antifreeze, tires, scrap metal, electronics and some bulky waste. **REMINDER**

If you have forgotten, please be sure to pay your **DOG LICENSE** fee so that you have the current tag. Our Animal Control Officer will be contacting you if you are delinquent. Fees: A neutered or spayed dog \$8.00, an unneutered or unspayed dog \$19.00. Kennel License is \$51.00. Beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at 30 Field Park Drive, Haddam, CT 06438, along with your fee. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call or email our office.

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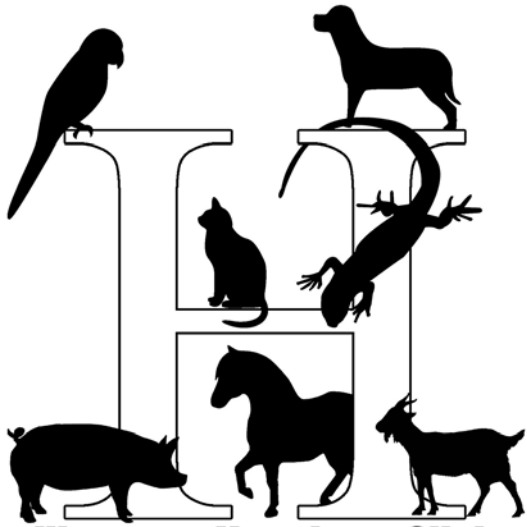
Greetings from the Tax Office

The January installment for Real Estate, Personal Property and Motor Vehicle Supplemental bills are due by February 1, 2017.

You may have noticed a few changes coming out of the tax office this year. Last July we started to include a return envelope with the bills. This is because we switched to a bank that offers us the option to use a lock box. This will help us process payments faster! The address on the envelope is Hartford; that is only where the PO Box is located. All payments are coming to Haddam. If you don't want to use the envelope, that's not a problem. Payments can still be sent to the Town of Haddam, 30 Field Park Drive, Haddam CT 06438. And as always, if you want to come in and see us, Tracy and I will be taking payments in the office. The lock box will be used from January 1, 2017 to February 5, 2017. After that, the fastest way to get a payment in would be to send it to the Town Office Building or stop in. We will still receive payments from the PO Box, they will just take a few extra days to get back to Haddam.

We now have a credit card machine in the office! Unfortunately at this time there is a service fee of 2.95% for payments made with a credit or debit card.

continued on page 6



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NY Psychoanalyst 00751

Tax Office ... continued from page 4

The fee applies to online and in the office transactions. An electronic funds transfer can be set up online from a checking account for a flat fee of \$1.50.

If you are paying online, you will receive an email confirmation that your payment was made. If you do not receive one, or you're not sure if your payment went through, please give us call before you try again. Online payments have to be manually processed in the office and will not reflect on our website for a few days.

If you need a DMV clearance and you pay online, please give us a call. Because our systems are not integrated, we have to manually do a DMV clearance.

We do not mail out bills for the second installment for Real Estate or Personal Property (business). If you need a copy of your bill go to Haddam.org and search under Pay Taxes Online. You can print a copy of your original bill, pay a bill or see when a payment was made. You can always call, email or stop in for a copy.

Any payments post marked after February 1, 2017 will start to accrue interest at a rate of 1.5% from the original due date of January 1, 2017. To help keep interest down, partial payments can be made at any time.

If you would like to have receipt mailed to you, please include a self-address stamped envelope.

The Tax Collector's office is open: Monday-Wednesday 8:30 am-4:00 pm, Thursday 8:30 am-6:30 pm, and Friday 8:30 am-12:00 pm.

Please let us know if you have any questions.

Kristin Battistoni - 860-345-8531 X 207 or via email at taxcollect@haddam.org.

Tracy Thompson - 860-345-8531 X 206 or via email at taxclerk@haddam.org.



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Wishing you a Happy New Year!

Assessor's Corner

Assessor's Corner

Jennifer L. Gauthier, Assessor

Tammy Anderson CCMAI, Assistant Assessor

Happy New Year!

We hope that everyone had an enjoyable holiday season!

In the Assessor's Office, we have been very busy finalizing the 2016 Grand List.

As a part of that process, we know that there are sometimes questions that arise.

If you ever have any questions, please do not hesitate to call us, or stop by.

A few items we want to highlight in this issue are the Supplemental Motor Vehicle List, Unregistered Motor Vehicles and upcoming application deadlines.

Supplemental Motor Vehicle List

Supplemental motor vehicle assessments are for vehicles that were registered after the October 1, 2015 Grand List date and prior to the following August 1.

These motor vehicle assessments are prorated from the month registered through September.

If you purchased a new car during these months and the registration (plate) on your prior vehicle was transferred to the new vehicle, the supplemental bill that you receive will note and apply all credits due between the "old" vehicle and the "new" vehicle.

If you got new plates, the Supplemental Bill will reflect the tax due for that vehicle only.

Unregistered Motor Vehicles

Any person with a registered motor vehicle must notify the DMV within 48 hours of any change of address in accordance with C.G.S. Sec. 14-17a.

Motor vehicles registered out-of-state must be registered within 60 days of residency in the State of Connecticut, according to C.G.S. 14-12a.

Residents who fail to register their vehicles are subject to an estimate of tax. If you are a resident of another state, your vehicle should not be garaged in the Town of Haddam with an out of state registration. If we are notified that an unregistered motor vehicle is being housed here in Haddam, the Assessor's Office will attempt to contact you via mail and will add the vehicle to the Grand List. If attempts to contact you in advance of adding the vehicle to the Grand List are unsuccessful, a value will be estimated based on the make and model of the vehicle and added as personal property to the Grand List. Once the vehicle is registered with the DMV, the vehicle will be moved to the motor vehicle Grand List.

If you have any questions, please contact the Assessor's Office.

Motor Vehicle Exemptions

Property tax exemptions are available to qualified individuals, such as honorably discharged veterans, spouses of deceased honorably discharged veterans, etc. Eligible parties must contact their assessor for applications to complete and file to meet statutory filing deadlines when applying for these benefits.

Active Duty Military

1. Out of state residents stationed in CT on military orders must file a Soldiers' and Sailors' Civil Relief Act form with the

Assessor's office to be exempt from paying property taxes.

2. Residents of CT must file an Active Duty form annually with the Assessor's office by December 31 of the year the bill is due. Only one car owned by the service member is eligible for full exemption.

Blind

CT law provides for a \$3,000 property tax exemption for persons who are legally blind. Proof of blindness by a qualified medical practitioner must be presented to the Assessor.

Totally Disabled

CT law provides for a \$1,000 assessment exemption for persons who are receiving benefits from the Social Security Administration for total and permanent disability.

Totally disabled persons receiving retirement or disability benefits maintaining requirements comparable to those of the Social Security Administration may also be eligible for this exemption. Proof of total disability must be presented to the Assessor. Check with our office for acceptable proof of disability.

Retrofitted Motor Vehicle Exemption

A local-option exemption is available with respect to a motor vehicle that has been modified to accommodate the owner's disability or for the disability of the owner's child.

Antique Vehicle

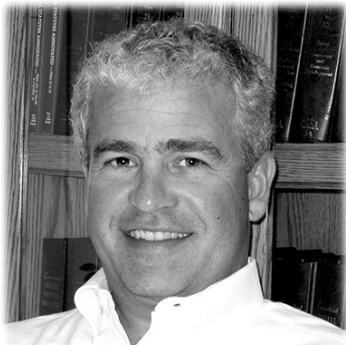
Vehicles that are 20 years or older that are defined as antique, rare or special interest motor vehicles, in accordance with the provisions of CGS Section 14-1, as amended by Public Act 08-150, Section 1, shall not be assessed more than \$500. An Antique Vehicle Affidavit Form is required to be filed with the Assessor's Office unless the vehicle is already registered with the DMV (Department of Motor Vehicles) as antique (class code 25).

Upcoming Application Deadlines

State of Connecticut Homeowner's (Circuit Breaker) and the Town of Haddam Senior Tax Relief and Deferral Programs

The application period for these programs begins February 1, 2017 and ends May 15, 2017.

continued on page 8



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Assessor's Corner ... continued from page 7

Persons who file must be 65 years of age or totally disabled. Please call our office and ask for Tammy – she will make an appointment with you to discuss your qualifications.

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2017. These levels are to be used for the 2016 Grand List Homeowner and Renter applications, Additional Veteran's applications and may be used for any local option programs.

State of Connecticut Homeowners

Income and Grant Information –2016 Benefit Year
Filing period February 1, 2017 - May 15, 2017

Income Over To	Tax Credit %		Tax Credit Maximum		Tax Credit Minimum	
	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0 - \$17,600	50%	40%	\$1,250	\$1,000	\$400	\$350
17,600 23,600	40	30	1,000	750	350	250
23,600 29,500	30	20	750	500	250	150
29,500 35,200	20	10	500	250	150	150
35,200 42,900	10	-0-	250	-0-	150	-0-

Town of Haddam Senior Tax Relief Program -

Income maximum is \$55,000 and must be a property taxpayer for 15 years. If qualified, a participant will receive \$500 for

single applicants and \$750 for married applicants.

Additional Veteran's Exemption – The application period for Additional Veteran's exemptions is February 1, 2017 to October 1, 2017. Please call the Assessor's office at 860-345-8531 to make an appointment or to discuss your qualifications.

The Additional Veterans' exemption for income qualifying applicants for the 2016 Grand List will be based on the following income maximums: the maximum for single applicants will be \$35,200; the maximum for married applicants will be \$42,900.

100% V. A. determined Disabled Veterans will continue to use \$18,000 for single applicants and \$21,000 for married applicants (adjusted gross income only; Social Security Income is not considered).

Exemption forms for the Totally Disabled and for the Blind are available in the Assessor's Office.

Proof of income is required when filing for the above programs. Income includes all taxable and non-taxable income as well as social security income.

If you should have any questions about these programs, or about your property in general, please do not hesitate to call us at 860-345-8531 or stop by our office.

Connecticut River Area Health District

Connecticut River Area Health District (CRAHD) Recognizes American Heart Month

February is American Heart Month.

During this month, many communities, health professionals, and families work together to create opportunities for people to make heart healthier choices. In the United States, heart disease is a leading cause of death for men and women. That is why this month, the American Heart Association is encouraging all Americans to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

According to the Connecticut Department of Public Health, heart disease and stroke are the first and fifth leading causes of death for all ages in Connecticut. Fortunately, heart disease can be prevented when people make healthy choices and manage their health conditions.

To help prevent heart disease and increase awareness of its effects, CRAHD is proudly participating in American Heart Month.

We will be offering information on:

- Maintaining a heart healthy diet
- Weight management

Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk, it is important to:

- Watch your weight
- Quit smoking and avoid secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink in moderation
- Get active and eat healthy

In addition, Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. Go Red For Women inspires

women to make lifestyle changes, mobilize communities and shape policies to save lives. Heart disease and stroke cause 1 in 3 deaths among women each year. Fortunately, we can change that because heart disease and stroke can be prevented with education and action.

Please join CRAHD in wearing RED for women's heart health on National Wear RED Day, which will take place on Friday, February 3, 2017.

For more information, please visit the American Heart Association's website: www.heart.org/ or you can contact our health educator Daisy Hernandez at 860-661-3300.

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Haddam-Killingworth Recreation Department

WINTER / SPRING PROGRAMS

The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this winter and early spring. The brochure is posted on www.hkrec.om. Online registration is available at <http://hkrec.recdesk.com/recdeskportal/>.

Upcoming pre-school programs will include:

Messy Mondays (Mondays, 10 am, beginning January 23rd or March 27th)

Tumble Tots (Tuesdays, 9:30 am, starting March 7th)

Pee Wee Soccer (Wednesdays, 3:45 pm, starting January 11th, March 8th or April 19th)

Nature Class (Wednesdays, 10:00 am, January 18 Adaptations; February 8 – Owls; March 15 – Butterflies)

Science Outreach (Wednesdays, 1:30 pm, February 1 (Building), March 22 (Germ Jungle), April 26 (Animals))

A variety of Youth programs will be offered:

Skyhawks Soccer & T-Ball (Tuesdays, 3:45 pm, starting May 9th)

Young Chefs of HK (1/11, 2/1, 3/8, 4/5, 5/3, 6/6 at 4:15 pm at the HK HS)

Engineering Workshops (Tuesdays at KES, Wednesdays at HES or Fridays at BES; 3:30 pm, Jan./Feb./March/May Session)

Creative Art (Mondays at KES; Tuesday at HES; Wednesdays at BES; 3:30 pm)(Jan./March/April sessions)

Kids Focus on Fitness (Thursdays, 3:30 pm, starting January 12th or March 16th)

Field Hockey Fundamentals (Thursdays, 5:30 pm, starting April 20th)

Corkum Baseball Clinic (Monday and Tuesday, April 10th and 11th from 9 – 12 pm)

Gymnastics (Tuesdays at BES; Fridays at KES 3:30 pm, beginning in March)

Skyhawks Basketball for gr. K-1 (Tuesdays at BES, (3:45 pm Gr.1), (5:00 pm K), starting Jan. 10th)

Science Outreach – Wednesdays at HES; 3:30 pm(February 1– Building / March 22 – Germs / April 26 – Animals); Thursdays at KES; 3:30 pm (February 2 – Building / March 23 – Germs / April 27 –Animals)

Horseback Riding (Tuesdays at Greyledge Farm; 5:30 pm or 6:45 pm; beginning February 28)

Swim Lessons (Tuesdays & Thursdays at 7:00 pm starting January 19th / 6:00 or 6:50 pm starting in February)

Brazilian Jiu Jitsu (Tuesdays and Thursdays at 5:15 pm starting January 3rd at HK MS)

Fencing (Tuesdays & Thursdays beginning week of January 17th; 6:00 pm, HK MS)

Karate Kid's (Mondays at HES; Wednesdays at KES; 3:30 pm, starting January 18th for 16 weeks)

2nd Grade Basketball (Saturdays, 10:30 am, starting January 21st for 6 weeks)

UKI Indoor Soccer (Tuesdays at HES; Mondays or Fridays at KES; 3:30 pm starting January 10th)

Kid's Guitar Workshop (Mondays, 4:30 pm, starting February 6th at the HK HS)

Play-Well LEGO Intro to STEM (Mon. at BES beginning February 27th; 3:30 pm)

When I'm in Charge (Wednesday, January 18th, Tuesday February 28 or Wednesday April 19, at 5:45 pm at the HK HS Lower Media Center)

Wizard's School of Magic (Wednesday or Thursday, February 15th at HES; March 9th at BES; April 5th at KES 3:30 pm)

Babysitting Course (Mondays, beginning February 27th, 5:45 pm, HKHS or Thursday, April 13th, 8:30 – 1:30 pm)

Acting (Tuesday at KES; Thursdays at HES, starting February 14th for 7 weeks, 3:30 pm)

Crazy Contraptions (Thurs. at HES; Fridays at KES, beginning January 26th for 5 weeks, 3:30 pm)

Skyhawks Soccer & T-Ball (Tuesdays at HES, beginning May 9th, 3:45 pm (ages 4-6))

Chemistry and Beyond (Thurs. at HES; Fridays at KES, beginning March 9th for 5 weeks, 3:30 pm)

Make Your Own Indiana Jones Movie (Thurs. at HES; Fridays at KES, beginning April 27th for 5 weeks, 3:30 pm)

Parent/Tot Swim and Pre-School Swim (Tuesday & Thursdays starting in May)

Ice Fishing (Thursday, January 12th, 10 am at Killingworth Care Center)

Canvas & Cupcakes (Friday, March 10th, 6:00 pm at HK HS Cafeteria)

February and April Vacation camps will be held from 7:00 am to 6:00 pm at the HK HS. Specials include Snakes Alive, Tuesday, February 21, 1:00 pm at the HK HS Auditorium and Animal Embassy, Tuesday, April 11, 1 pm at the HK HS Auditorium.

Teens can take Lifeguard Training, and Crossroads Driving School.

Many Adult programs include Fitness Yoga, Zumba, Kickboxing, Get Fit, Dog Obedience, Indoor Pickleball, Hypertufa Workshop, Zentangle Workshop, Adult Horseback Riding, Aqua Aerobics, Semi-Private Swim Lessons, Basic Boat Course, Adult/Child/ Infant CPR, Sr. Exercise and Sr. Swim.

Excursions that will be offered include Broadway: Choose between "On Your Feet" or "Cirque Du Soleil" (4/12) Boston Tall Ships (6/20); Saratoga (8/3).

The HK Rec. Dept. also has discounted tickets to the CT Science Museum. For more information about any of our programs, please call the Haddam-Killingworth Recreation Dept. at 860-345-8334 or visit www.hkrec.com.

Middlesex Hospital - New Technique

MIDDLESEX HOSPITAL BREAST SURGEON PERFORMS NEW TECHNIQUE

Reconstruction During Lumpectomy Preserves Natural Look of Tissue

Patients who undergo breast surgery are naturally concerned about the cosmetic changes that come with it. Leah Bassin, M.D., a breast surgery specialist at the Middlesex Hospital Surgical Alliance, is now helping women who undergo lumpectomies feel more comfortable about it.

"Breast tissue does not grow back," says Dr. Bassin. "When a tumor is removed during a lumpectomy procedure, it leaves an empty space in the breast, that can change the look of the breast." Oncoplastics essentially involves filling any "gaps" in the breast left by the removal of the tumor by reshaping the surrounding tissue, preserving a natural look.

"With the oncoplastic technique, my goal is to leave the breast looking like it did before surgery," explains Dr. Bassin, "with as small a scar as possible."

Dr. Bassin performs both the lumpectomy and the oncoplasty at the same time, which can also be a big plus for the patient. The entire procedure usually takes only about an hour.

In addition to the oncoplasty procedure, Dr. Bassin provides patients with complete breast care, including:

- High-risk patients
- Atypia (presence of abnormal cells in breast tissue)
- Consultation for abnormal breast imaging
- Breast cancer
- Benign breast disease
- Breast pain
- Breast infections

Dr. Bassin also collaborates with Middlesex Hospital breast surgeon, Dr. Andrea Malon, as part of the Surgical Alliance; along with local plastic surgeons.

"Providing patient-centered care is extremely important to me, adds Dr. Bassin. "I am with my patients every step of the way."

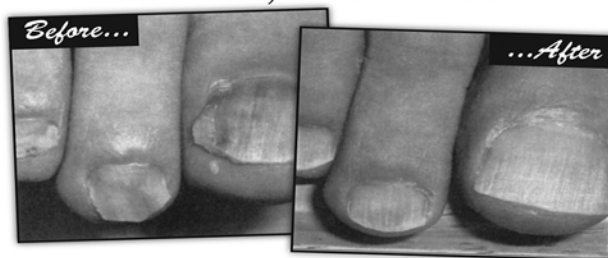
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Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States.

Glaucoma is often called the “thief of sight” since often there are no symptoms and glaucoma-related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma.

Glaucoma affects people of all ages, even infants. There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma.

Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals.

Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

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

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

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The Williams School Fall Athletic Wrap-up

The 2016 fall season has come to a close and all who can proclaim, "I am a member of the Williams School community" should be proud, as this season's participating student athletes were really quite exceptional.

Varsity Cross Country

Our Cross Country team, under the tutelage of Mr. Bowerman, Ms. Barth, Ms. Sakorski, and led by captain Will Jarrett '18, showed great dedication from the start of the season, and only got better with each meet! The family-like atmosphere created by the team and coaching staff translated into a wonderful support system that pushed each other during training sessions. Come race day, the Blues were always prepared—mentally and physically—and dominated a great many of the races they took part in.

Top runners this season included:

- Will Jarrett '18 finished the season with ten top 10 finishes and two 1st place finishes. Will finished 8th out of 198 runners in the 2016 NEPSTA Division IV Cross Country Championship race.
- Catherine Shannon '21 finished the season with three 1st place finishes and four 2nd place finishes. Catherine finished 2nd out of 114 varsity girl runners at the NEPSTA Division IV Championship race.
- Mary Madaus '21 placed 4th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.
- Grace Cassineri '22 finished 20th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.

Williams hosted the SENE Cross Country Championship race this year, and what a beautiful day it was. The sun was shining brightly on that early November day, with a crisp breeze and an air of anticipation, as 200 plus runners took to our home course. Proudly, the Blues performed as they had all season—with strength and confidence; third-place team finishes for both boys and girls was the result! Earning SENE honors: Will Jarrett '18, Catherine Shannon '21, Mary Madaus '21, and Grace Cassineri '22.

Earning All New England Honors for the Blues: Mary Madaus '21, Catherine Shannon '21, Grace Cassineri '22, and Will Jarrett '18. All four student athletes qualified to compete in the New England Preparatory Schools Track Association All Star Cross Country Meet at St. Marks School in Southborough, MA.

Boys Varsity Soccer

The boys varsity soccer team, coached by Joe Langton, showed marked improvement from start to finish and earned them a spot in the SENE Tournament. The team came ready to practice hard as Coach Joe put them through their paces—well organized drills that forced skills to improve and team unity to strengthen—each and every day! This attitude and grit transferred to game time and led to many positive outcomes and losses by very small margins.

Keeper, Alexander Bowdler '18, did a wonderful job in goal all season in conjunction with his teammates holding down the defensive positions. On the offensive end, the Blues were led by Nicholas Chirillo '18 and Oliver Falla '17. Also, earning a spot in the scorer's column: Fehme Braish '18, Kevin Masson '19, Harrison Anselmi '20, George Sun '18 and Jacob Marchesi '18.

Post-season honors included:

- Fehme Braish '18 - Boys SENE All League Team
- Andrew Little '18 - WNEPSSA Class C/D Select Team
- Nicholas Chirillo '18 - honorable mention for the WNEPSSA Class C/D Select Team

Girls Varsity Soccer

The girls varsity soccer team, coached by Andrew Capewell, complimented the boys varsity team effort, as far as hard work, dedication, well organized practices that enhanced all skills and enthusiasm for team and success. The end result was the team earning a spot in the SENE Tournament.

In the keeper position, several key players deserve the spotlight: Deriyana Carter '17, Victoria Hersant '17 and with the JV call up, Olivia Guinan '22. Each girl in front of their keeper worked hard on the defensive side of the ball. No matter the opponent, the Blues made a consistent effort to challenge every attempt and to make the opposition truly earn their goals.

On the offensive end, the team was led strongly by Camryn Werbinski '18 and Audrey Matson '20. Both Camryn and Audrey scored more than 10 goals each over the course of the season. The Blues leading scorers were not alone in their effort: Katerina Bourganos '18, Mia Taylor '18, Morgan Pill '20, Kayla Capano '19 and Grace Powell '19, also found the back of the net.

Post-season honors included:

- Katia Bourganos '18 - Girls SENE All League Team
- Mia Taylor '18 - Girls SENE All League Team
- Audrey Matson '20 - Girls SENE All League Team
- Isabella Nucci - honorable mention for her defensive play this year in the SENE

The dedication and discipline displayed by the Williams School fall season student-athletes was a wonderful extension of their leadership and excellence in the classroom. The Williams School prides itself on being a small school that makes a big difference, and these all-around student-athletes exemplified Williams' hopes, accomplishments, and mission statement beautifully!

Thank you to all coaches and athletes - we are so very proud of each and every one of you! Go Blues!

Calling all Businesses!

MARC Community Resources (MARC) has advocated for the rights of people with disabilities since 1955. Since that time MARC Community Resources has grown into a multi-service agency with nearly 100 paid staff and over 100 volunteers. Today we serve more than 200 people with disabilities throughout Middlesex County and the Greater Hartford area by providing choices for housing, employment, advocacy and social/recreational life.

MARC's largest program is its Group Supported Employment Program. Small Group Supported Employment crews provide a vast array of companies with eager and enthusiastic employees capable of a multitude of tasks.

No job is too big or too small for MARC's work crews. Work crews are available Monday through Friday from 10 am - 1 pm. If you are interested in receiving more information on hiring a MARC work crew, contact Erin Gasparini, Vice President of Vocational & Leisure Services at (860) 635-5151.

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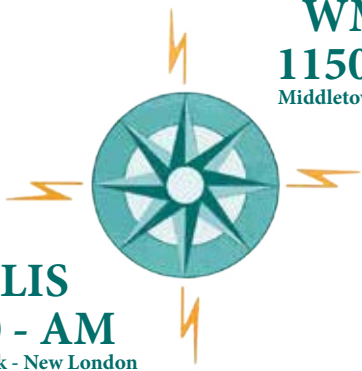
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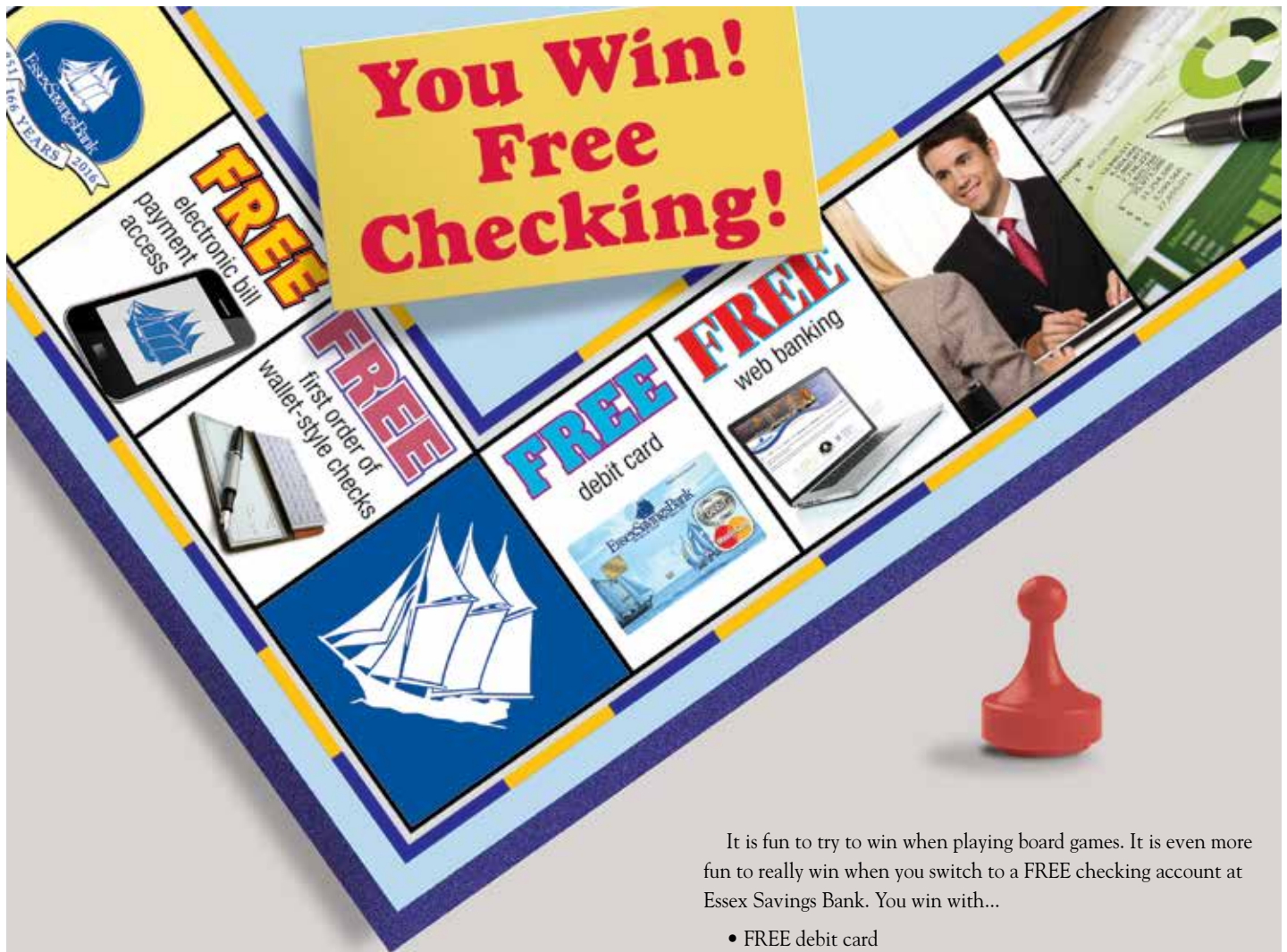
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