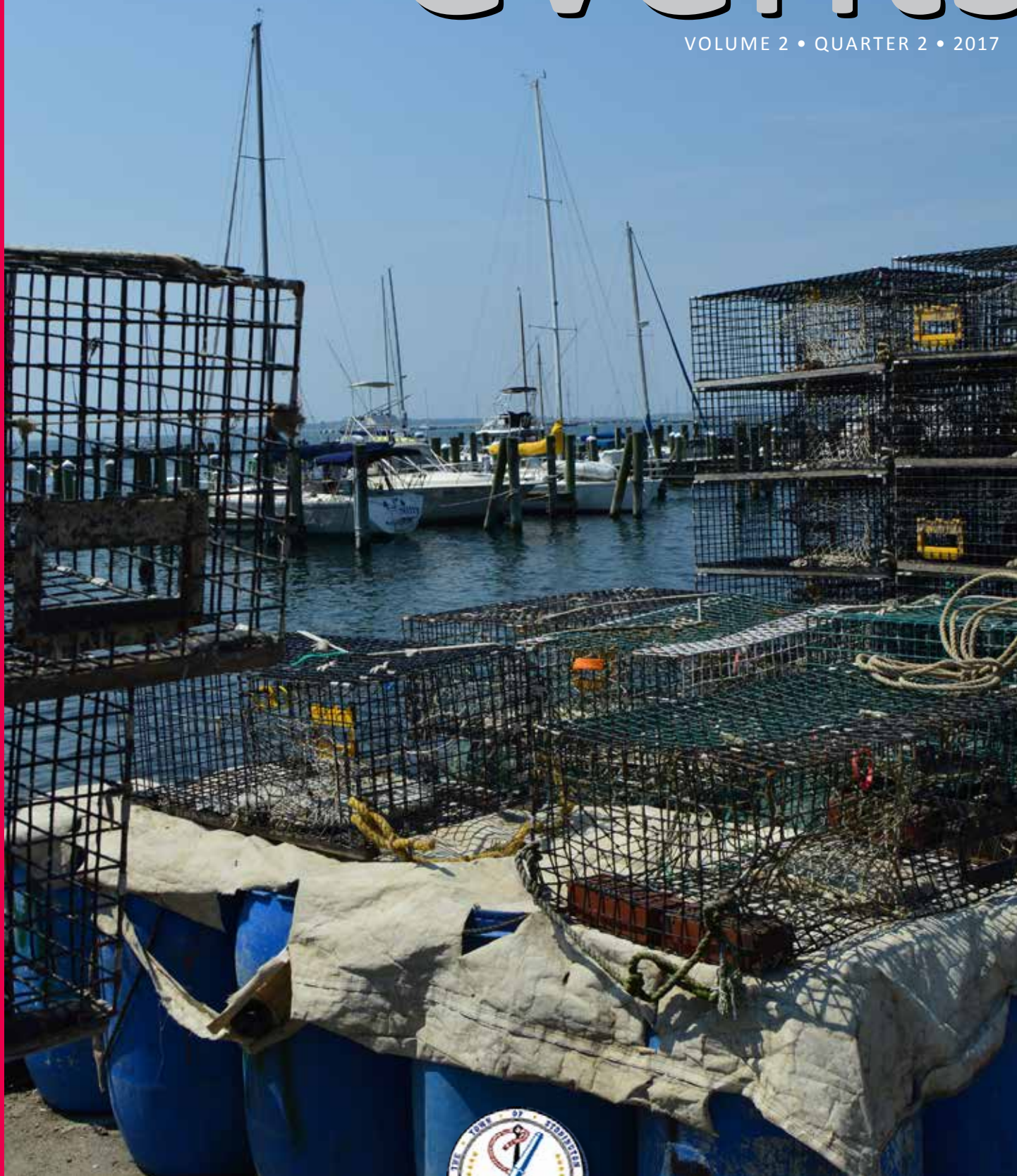


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Selectmen's Corner

STONINGTON SPRING HAS CHALLENGES AND OPPORTUNITIES

What a blessing it is to have spring arrive in Stonington. The flowers, grass, drenching rains, milder temperatures and crop seeds in the field are all reminders of what a joy it is to have four seasons. Each one complements the other. But this spring has had its challenges.

In an unprecedented move, the state cut \$250,000 from Stonington state aid in the current fiscal year (FY); and the Governor's budget proposal for the next fiscal year cut 89% of Stonington's state aid. Additionally, he shifted \$1.7 million of teacher's pension funding onto our already overburdened town. This is not good. And while the Connecticut General Assembly may recover some of these funds for the town, there is no chance we will see those changes before we are required to go to town meeting and referendum with our own FY 2017-2018 budget.

Thankfully, Stonington is blessed with a Board of Finance that has exercised fiscal restraint in years past. We have an Aa1 bond rating so we get a good rate on the sale of bonds for the West Vine Street and Deans Mill School renovation projects. We have also accumulated an unreserved surplus that we can shift to certain capital expenditures like police cars, highway trucks and much

needed road projects. In this way we avoid substantial increases in the operating budget for capital projects. And we maintain a stable mill rate which benefits our taxpayers.

So in these hard times there is actually some good news. And after going through seven versions of the budget this year, we have trimmed away substantial expense. When combined with grand list growth and a 99% tax collection rate, the increased tax rate of 0.67 mills is actually lower than the tax rate increase of 0.99 mills that voters approved last year.

But the best news is that the Boards of Finance, Education and Selectmen have worked together cooperatively with the various departments of the town – Police, Public Works, Water Pollution Control and so forth – so that we are unanimous in supporting the budget we have approved for Town Meeting and Referendum in May.

Does this mean we are happy with the cards we have been dealt by the State this year? No! We are not happy about that. And we had little warning about it. But we have tried to balance all of the competing needs of the town in a fair and balanced fashion. We need good schools. We need good roads. We need public safety. **continued on page 4**



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

PUBLISHER
William E. McMinn

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

COVER EDITOR
AC Proctor 860-767-9087

LAYOUT & AD DESIGN
Lynne Hardt

SALES REPRESENTATIVES

VERNON • TOLLAND
ELLINGTON • WILLINGTON
Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK
CLINTON • MADISON
Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME
Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM
Sue Smith 860-885-9670
sue@eventsmagazines.com

GUILFORD • STONINGTON
Essex Printing 860-767-9087
print@essexprinting.com

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Selectmen's Corner... continued from page 1

We want to meet the needs of the taxpayers. Nobody gets everything. Everybody gets something. We will not let the state budget 'sink the town' of Stonington. We will work together and get through this crisis.

And while the budget has been a challenge, we are fortunate to have budding opportunities for our grand list and the town. Spruce Meadows and Masonicare have both opened to rave reviews; the Perkins Farm project is currently being surveyed for construction; the Mystic Aquarium is adding additional office space on its property; and the Mystic Color Lab property is on the cusp of new development.

Stonington has avoided a crisis in sanitation by joining the Ledge Light Health District. The Pawcatuck Neighborhood Center has dedicated a new cooler and freezer, and the Denison Homestead just celebrated 300 years in Mystic. Saint Michael the Archangel Church is rising up from the foundations with beautiful trusses crafted from wooden timbers, and the Mystic River Boathouse Park is moving forward under the auspices of an Implementation Committee.

In keeping with the spring theme, the Board of Selectmen honored Craig Floyd, Farm Manager of Coogan Farm, in recognition of his years of service to the Giving Garden where



Selectman Mike Spellman, First Selectman Rob Simmons and Selectwoman Kate Rotella stand with Craig Floyd after presenting him with a Commendation for his work as Farm Manager of Coogan Farm in Mystic. Floyd, a Vietnam Veteran and retired US Postal Service employee, has worked in The Giving Garden at Coogan Farm to produce literally tons of food each year for the hungry at the Gemma Moran Food Pantry. He was also cited for being named the Stonington Grange Community Service Award Recipient earlier this year.

over 200 volunteers grow more than 12,000 pounds of food each year and donate it to the Gemma Moran Food Bank. Craig is just one example of the public spirited citizens who make Stonington a wonderful place to live and work. Working together we confront our challenges and create opportunities.

Robert R. "Rob" Simmons, First Selectman
Mike Spellman, Selectman
Kate Rotella, Selectwoman

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Assessor's Office



Department of Assessment
Marsha L. Standish, CCMail, CCMC
Director of Assessment

WHAT IS A REVALUATION?

A: Revaluation is the process of performing all of the necessary Market Analysis and Valuation steps to determine accurate and equitable market values for all properties within a municipality. The purpose of a Revaluation is not to raise taxes. It is to create an equitable distribution of the tax burden.

WHAT HAPPENS DURING A REVALUATION?

A: A physical inspection of both the interior and exterior of sold properties, building permits, and returned data mailers requiring an inspection to correct and update the data listing of these properties. Since data on all properties is maintained by the Department of Assessment, a physical inspection is not necessarily required for valuation or updates although inspections of sale properties or a certain percentage of houses may be conducted as a part of the project. While data collection is being conducted, appraisers and the Director of Assessment are studying the recent market sales in order to gain a full understanding of the real estate market in Town. This study of recent property sales allows the appraisers to establish valuation models used to

estimate the value of properties that have not sold using comparisons with recent sales. The valuation models are applied to all non-sale properties in order to approximate the market value of each property.

WILL A REVALUATION INCREASE TAXES?

A: A revaluation may result in an increase or decrease of individual taxes depending on how a property value increased or decreased relative to the average change in the Town's assessments. It does not mean that all property taxes will increase or decrease. Remember assessments are only the base that is used to determine the tax burden. The tax burden is the amount that the municipality must raise to operate the local government and support the many services each of us has come to expect, such as schools, police, etc. As an example, if the same amount of money is to be raised after the revaluation as the previous year and each assessment doubles, the mill rate would merely be cut in half.

WHAT IS THE "MARKET" AND WHO DETERMINES MY PROPERTY VALUE?


A: The value of your property is based on an analysis of the entire real estate market for a specified period of time before the completion of the revaluation project. The real estate market can generally be defined as, you, the person who sold the property
continued on page 6

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Assessor's Office... continued from page 5

to you, and the person willing to buy it from you. It is the appraiser/assessor's job to research and analyze the values in any particular area or neighborhood. In effect, they do what you would do to determine the expected selling price when putting your property up for sale. However, the appraiser/assessor has specific guidelines to follow during their research. Some factors that are examined for each property are: location, size, quality of construction, age of improvements, topography, utilities, zoning restrictions, if any, etc.

WILL ALL PROPERTY VALUES CHANGE?

A: Most likely, yes. However, not all property values will change at the same rate. Market value may have increased more for some neighborhoods and property types than for others. Some neighborhoods and property types may have decreased in value and others may have remained the same. One purpose of a revaluation is to make sure that the assessed values reflect the changes that have occurred in the real estate market.

WHAT IS MARKET VALUE?

A: Market value is defined as the amount a typical, well-informed purchaser would be willing to pay for a property. For a sale to be a market value (arms-length) sale, the seller and buyer must be unrelated, the buyer must be willing (but not under pressure) to buy, the property must be on the market for a reasonable length of time, the payment must be in cash or its equivalent, and the financing must be typical for that type of property.

WHAT SALES DID YOU COMPARE TO MY HOME TO ARRIVE AT MY VALUE?

A: This question highlights one of the clear differences between the revaluation appraisal process and the more well-known individual fee appraisal. Most homeowners have had a fee appraisal of their property before and are familiar with the process involved and the resulting report. Many assume that the revaluation company uses the same process. Although the appraisal concepts are the same and the results similar, the process is different.

In a revaluation, the value of your property is based on an analysis of the sales within your market area for a specified period of time, (Usually a one or two-year period). This study of recent property sales allows the appraisers to establish valuation parameters, (construction rates, land rates, market adjustments, etc.). Once these valuation parameters are applied to the properties that sold, the result is an appraised value that is very close to the sales price. The revaluation appraisers test the newly developed parameters then apply these same valuation parameters to all of the "non-sale" properties in the town. In doing so, they are approximating the market value of each property using the information derived from all of the sales.

Therefore, no particular sale or group of sales was used to determine the value of your property. This is because ALL of the recent sales were included in the analysis that set the parameters used in the revaluation of Stonington.

WHAT IF THERE HASN'T BEEN A RECENT ARMS-LENGTH SALE OF MY PROPERTY?

A: The next best evidence is the arms-length sales of reasonably comparable properties. These are properties similar to yours in location, age, style, condition, and other features that affect market value, such as the number of bedrooms and bathrooms and size of garage.

WHAT IF THERE ARE NO REASONABLY COMPARABLE SALES?

A: We will then consider all other factors that may affect the market value of your property. The cost to replace your building(s), less any depreciation, plus the value of the land could be used to estimate market value. For income producing properties, the income and expenses are considered.

I HAVE RECENTLY BUILT MY HOME. WILL THE ACTUAL CONSTRUCTION COSTS BE CONSIDERED?

A: Your construction cost is a historical figure that may or may not reflect the current market value of your property. It is only one element that will be considered.

WHAT WILL HAPPEN TO MY ASSESSMENT IF I IMPROVE MY PROPERTY?

A: Generally speaking, improvements that increase the market value of a property will increase the assessment. The following examples are typical items that may increase the assessed value of your property - adding living or rentable area - substantial modernization of kitchen or baths - extensive remodeling - adding features such as A/C, finished basement rooms, garages, pools, etc.

WILL MY ASSESSMENT GO UP IF I REPAIR MY PROPERTY?

A: Normal maintenance will help retain the market value of your property, but generally will not affect your assessment.

HOW CAN MY ASSESSMENT CHANGE WHEN I HAVEN'T DONE ANYTHING TO MY PROPERTY?

A: General economic conditions such as interest rates, inflation rates, and changes in the tax laws will influence the value of real estate. As property values change in the marketplace (sales), those changes will eventually be reflected on the assessment roll.

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Town of Stonington

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152 Elm Street, Stonington, CT 06378
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STONINGTON HUMAN SERVICES
166 South Broad Street – Pawcatuck, CT 06379
Monday-Friday - 9:00 am - 4:30 pm

STONINGTON POLICE DEPARTMENT
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TRANSFER STATION
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- Building Official.....(860) 535-5075
- Emergency Management.....(860) 535-5050
- Engineering.....(860) 535-5076
- Finance Department(860) 535-5070
- Highway.....(860) 535-5055
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- Public Works.....(860) 535-5055
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- Sanitarian.....(860) 535-5010
- Selectmen's Office(860) 535-5050
- Solid Waste & Recycling.....(860) 535-5099
- Tax Collector.....(860) 535-5080
- Town Clerk.....(860) 535-5060
- Transfer Station.....(860) 535-5088
- Water Pollution Control Authority(860) 535-5065

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Assessor's Office... continued from page 7

DO ALL ASSESSMENTS CHANGE AT THE SAME RATE?

A: There are differences between individual properties and between neighborhoods. In one area, the sales may indicate a substantial increase in value in a given year between revaluations. In another neighborhood, there may be a lesser change in property values. Different types of properties within the same neighborhood may also show different value changes. For example, one-story houses may be more in demand than two-story houses or vice versa. Older homes in the same area may be rising in value more slowly than newer homes. Among the numerous factors to be considered that will cause values to differ are location, condition, size, quality, number of baths, basement finish, garages, improvements not previously reported or known, and many others.

WILL THE PERSON WHO INSPECTS MY PROPERTY BE ABLE TO TELL ME MY NEW ASSESSMENT?

A: No. If an inspection is necessary on your property, we have to analyze all of the information we gathered before placing a value on your property. We will then further review this information to ensure that your assessment corresponds fairly to the assessments of other properties.

NOBODY INSPECTED THE INSIDE OF MY HOME, SO HOW COULD YOU REASSESS IT?

A: The Department of Assessment maintains a complete record for each property. Information is kept current through permit inspections, sales inspections, periodic re-inspections and exterior reviews. The records are available for your review. This information is used to develop the new assessments.

I'VE HEARD YOU DEVELOP VALUES BY COMPUTER. IS THIS CORRECT?

A: Just as in many other fields, computers are useful in the assessment process. Assessors are trained to look for relationships between property characteristics and market value. By coding these characteristics and studying sale prices, assessors can estimate value by developing formulas and models. Computers are much faster and are capable of advanced analysis in this area. Despite these capabilities, common sense and assessor judgment are always required to verify assessments. The Director of Assessment, most familiar with local neighborhoods and local properties, reviews all assessments.

IS MY ASSESSMENT CORRECT?

A: The following 4 questions can help you to decide if your assessment is correct.

1. Can I sell my property for that amount?

The first thing that you should do is ask yourself if you could sell the property for approximately that amount. (Please note that assessments in Connecticut reflect 70% of market value.)

2. Does the Department of Assessment have the correct information on my property?

Did you review the data mailer information that the Department

of Assessment has collected on your property to make sure the data is accurate? Stonington allows access to property information on the internet. It can be reviewed at the Stonington Department of Assessment. While reviewing your property, you should make sure that all measurements on the sketch are accurate. Please note that all measurements are taken from the exterior. You should also check the land size and interior data to ensure accuracy.

3. How much are similar properties in my neighborhood selling for?

Make sure that you choose recent sales that are similar to your own property. For instance, if you owned a 2,000-square foot colonial that is assessed for \$350,000 and has ½ acre of land, you would choose similar properties. You should search the sales to find properties that are located as close to your property as possible before you make any comparisons. If you know of any properties that sold in your area, you can access these properties on the Town's web site. If the sale has yet to be published on the web site or you may be able to find the information at the Department of Assessment or on local Real Estate websites.

4. How much have similar properties in my neighborhood been assessed for?

If you do not have any recent sales activity in your local area, you can look up the assessed value of similar parcels that are located near your property. Please be aware that what may appear to be a similar parcel may in fact be very different from your property. You can access parcels on your street by using the Street Listing option on the Town web site.

WHAT IS AN INFORMAL HEARING?

A: During the month of November, every property owner receives a notice of their proposed valuation. If they have a question or concern about the proposed valuation, they are asked to call the number on the notice to set a date and time for an informal hearing. This appointment is meant to allow a brief discussion about the valuation process, review the specifics of the property in question and to answer general questions the owner may have. Most hearings last about 10-15 minutes. Homeowners are asked to come prepared with their questions and have compared their property to other comparable ones in their neighborhood. You are also encouraged to provide the hearing officer with copies of any documentation you may have regarding specific issues with your proposed assessments. It is important to remember that an informal hearing is not a forum to discuss taxes or town politics nor is it an in-depth class on appraisal practices and theory. It is strictly meant to answer general questions on the proposed property assessments. The hearing officer takes notes during your meeting to document the information you have discussed. They will later determine if further review of your property assessment is necessary based on these notes. The proposed values are not final until all hearings and any data or value changes resulting from the hearings are completed. A second notice will follow with the results of the hearing.

Tax Collectors Office

by Linda M. Camelio, Tax Collector

SO MANY WAYS TO PAY...

Arthur Godfrey, a 1950s radio and television personality, once noted that he was proud to be paying taxes in the United States, but that he could be just as proud for half the money.

The tax office accepts cash, credit cards, debit cards and personal checks except if one's motor vehicle taxes are delinquent - then we only accept cash, credit/debit cards or bank checks. The taxpayer may also mail in a check. If the taxpayer has multiple bills, they may all be included in



one check. No matter how the payment comes in - by mail or in person, just be sure to enclose/bring in a copy of each tax bill. (No staples or paper clips please.) Your wait time at the window will be cut in half if you bring in your tax bill. And lastly, the taxpayer may pay online by going to www.stonington-ct.gov. In the top left corner, click on Pay My Bill. All of

one's tax bills may be viewed and payed on our website beginning on July 1st. It's easy, convenient and the taxpayer won't have to wait in any long lines in July! There are certain fees associated with credit, debit and e-check payments.

Thanks to the good taxpayers of Stonington, as well as the Boards of Selectmen, Finance and Education, Stonington has one of the lowest mill rates in the State of Connecticut. By paying taxes in a timely fashion, even though, like Arthur Godfrey, one may wish to only pay half the amount, taxpayers keep all the town services functioning at a high level.

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Engineering Department Stormwater Management Plan

The Engineering Department would like to take this opportunity to inform you about a new joint Stormwater Management Plan (SMP) created for the town and Borough of Stonington. The SMP will become effective July 1, 2017, and outlines goals and objectives for the Town over the next five years in order to meet water quality requirements set forth by CTDEEP. Citizens are encouraged to visit the town website or stop into Town Hall to view a copy of the new SMP. Feedback on this plan is welcomed, and guidance on where to send comments is also available on the town website.

Every citizen can help make a difference in cleaning up our community and protecting our water resources by Remembering these Helpful Tips:

1. Use lawn care supplies sparingly and always follow application instructions for fertilizers and pesticides.

2. NEVER dump ANYTHING down stormdrains or into streams and wetlands.
3. Wash vehicles on the grass or other pervious surfaces to eliminate soaps, detergents, and dirty water from entering the stormdrain system.
4. Pick up after your pet.
5. Incorporate Low Impact Development Strategies such as raingardens or roof runoff collection systems into your own property and/or next project.
6. Contact the Stonington Solid Waste Department at 860-535-5099 for a schedule of regional Household Hazardous Waste Collection dates.

For more information please contact the Town Engineer at 860-535-5076 or visit the Engineering Department's, Phase 2 Stormwater Permitting section of the town website at www.stonington-ct.gov.

Water Pollution Control Authority

152 Elm Street, Stonington, CT 06378
860-535-5065
Fax 860-535-1023



To all sewer users:

As you may or may not know, Stonington, unlike any other community in Connecticut and perhaps all of New England, has three separate treatment facilities. We also have 16 pumping stations. The cost to operate these facilities continues to escalate. The WPCA is working hard to keep costs down to avoid double digit increases to sewer rates which may be required in the future. One way you, our customers, can help is by not discharging material that can't be treated, which can clog and damage equipment both at these pumping stations as well as the processes at the treatment facilities.

The common toilet is not meant to serve as a garbage disposal and although many things are indeed flushable, that doesn't mean they can be treated or that they won't cause damage once they enter the sewer system. A good rule of thumb is the 3P rule; pee, poop, and paper. Anything else shouldn't be going down the toilet but going in your household garbage.

Many of the pumps at the pumping stations, which transfer waste from low lying areas of town to the treatment facility, require constant attention because of clogging due to debris such as disposable/flushable wipes, diapers, rags, plastics and other debris. This can lead to sewer back-ups and unsanitary conditions, as well as damage to the pumping equipment which are both expensive to repair or replace. When the operators are forced to spend all their time unclogging pumps, other important maintenance tasks which need attention must be put on hold.

This is a nationwide problem so serious and costly that the WEF (Water Environment Federation), the largest environmental association in the world considers it to be one of the costliest issues facing modern day sewage collection systems.

I believe here in Stonington we all treasure our environment and once made aware of a problem that could negatively affect it, we will take whatever steps are necessary to protect it.

Help us to serve you better and enjoy the summer season.

Sincerely,
Douglas Nettleton, Director



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>



Human Services - Information

TRUST - CARING - COMMITMENT - EXCELLENCE

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

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



HUMAN SERVICES TEAM:

Human Services Director
Leanne Theodore

Social Services Administrator/
Municipal Agent for the Elderly
Carol Umphlett

Youth & Family Services Administrator
Kristen King

Recreation Administrator
Richard Ward

Administrative Assistant
Michelle Larese-Casanova

Receptionist
Amanda Johnson

Preschool
Jenni Llaguno
Leslie Weber

Counselors
Molly Kunka, LCSW – Clinical Supervisor
Miranda Krause-Cahill, LCSW
Linda Cunningham, MSW

LIKE US ON FACEBOOK!

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

VOLUNTEERS

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

PROGRAM SUGGESTIONS WANTED!

There may be an activity or program that you enjoy which is not presently offered by Human Services. You may also have

ideas for new programs or constructive comments on the improvement of existing programs and services. In either case, we encourage Stonington residents to express their particular ideas and concerns. Please help us offer to you the programs and services which you desire.

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

PROGRAM REGISTRATION

All classes register in person at the Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9 am-4:30 pm, by mail, or outdoor drop box after normal business hours. Online registration is available at: <https://stonington.recdesk.com/>.

COMMUNITY SAFETY, HEALTH & WELLNESS DAY

Date: Saturday, June 3rd
Time: 10:30 am-12:30 pm
Location: Stonington Human Services parking lot
(in the event of inclement weather, Stonington High School will be utilized)



We hope you'll join us as we partner with local first responders to offer this free, all-ages event featuring: Touch-A-Truck (police/fire/ambulance); Stonington K-9 demonstration;

LifeStar landing and tour; Pawcatuck Lions Club pediatric vision screening; car seat checks and MUCH more! Light snacks and beverages will be available for purchase. Vendors welcome! Call 860-535-5015 for more info!

FAMILY MOVIE NIGHTS

2017 Schedule

Friday, July 14 FINDING DORY
Friday, July 28 THE SECRET LIFE OF PETS
Friday, August 11 STORKS
Friday, Sept 29 PIRATES OF THE CARIBBEAN:

CURSE OF THE BLACK PEARL

Held on the green at Mystic River Park, Cottrell Street in Mystic. Special events and activities will be available leading up to the show, which will start at sundown (approximately 8:15 pm). Bring a picnic dinner, blankets and beach chairs to enjoy these FREE family nights out! Fall Movie Night, featuring



continued on page 12

Human Services Information... continued from page 11

PIRATES OF THE CARIBBEAN - CURSE OF THE BLACK PEARL, is held in conjunction with Mystic's Pirate Invasion. Interested in sponsoring an event, call 860-535-5015 for more information.

DAY TRIPS

Boston Red Sox vs. Tampa Bay Rays

Sponsored by the Youth & Family Services Division
Sunday, September 10th at Fenway Park
\$65 / person (all sales final)



Enjoy a day at historic Fenway Park! Full-size motor coach leaves Stonington Human Services parking lot at 10:00 am to get to Boston in time for the 1:35 pm game. Sign up today!

New England Patriots vs. New York Jets

Sponsored by the Recreation Division
Sunday, October 15th at MetLife Stadium
\$199/person (all sales final)

Join us as we travel to New York for the Pats / Jets game! Fees include round trip motor coach transportation, ticket to the game and a tailgate party catered at the bus upon arrival to the stadium. Sample menu: chicken fingers, buffalo wings, sausage & peppers, red roasted potatoes, penne pasta w/ vodka sauce, foot long heroes, cupcakes & cookies and soft drinks. Stonington Human Services is participating in a "Share Bus Program" allowing this opportunity for all of Stonington's residents. Pick up and drop off is TBD based on the number of registered participants. If we receive at least 25 participants it will be directly at Stonington Human Services parking lot at 166 South Broad Street, Pawcatuck. If less than 25 are received, pick up will be at a centrally located spot within the region. Advanced notice on the site and time will be given within a week of the trip. All seats to the game are guaranteed regardless of the number sold upon registration. The total number of seats is limited; to guarantee a spot, register today!

Christmas in the Big Apple

Sponsored by the Youth & Family Services Division
Friday, December 15th
\$50/person NYC Drop-Off at Rockefeller Center / Pick-up at St. Patrick's Cathedral
\$90/person NYC Drop-Off + Radio City Christmas Spectacular 2:00 pm Show (all sales final)

What better place to celebrate the magic of the season but New York City! Full-size motor coach will leave the Stonington Human Services lot at 8:00 am. Spend a day in the city and even take in a show at Radio City if you choose! The bus will depart NYC at 6:00 pm.



STONINGTON COMMUNITY GARDEN
Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce. The annual fee for a 4'x16' plot is \$25. Join our

network to learn how to grow your own vegetables, cut food costs and learn about four season square foot gardening.

SUMMER CAMP

Full and half day options! Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more! Held at Spellman Park and Stonington High School, our camp (a partnership of the Recreation and Youth & Family Services Divisions) takes full advantage of the sports fields, playground and school facilities for safe, fun-filled days of summer adventure! Breakfast and lunch served daily through the federally funded Summer Food Service Program. Please contact the Stonington Human Services for details and specifics. This popular program fills quickly; register early to avoid disappointment!

Dates: Monday-Friday - June 19-August 11

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

Summer 2017 Fees

| | |
|-----------------|---|
| Full Day | (8:00 am - 4:00 pm); \$625 Resident / \$775 Non-Resident |
| Playground Only | (8:00 am - 12:00 pm); \$300 Resident / \$375 Non-Resident |
| Enrichment Only | (12:00 pm - 4:00 pm); \$325 Resident / \$400 Non-Resident |

* Field trips are an added fee.

SUMMER FOOD SERVICE PROGRAM (SFSP)



Stonington Human Services is pleased to announce its 14th year of participation in the federally funded Summer Food

Service Program (SFSP). Under the program, nutritious meals will be provided to all children, 18 years and under, free of charge/ no paperwork required, Monday-Friday at the following site: Stonington High School - Monday-Friday - June 19-August 11.

Breakfast: 8:30 am - 9:00 am

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

Lunch: 11:30 am-noon, Served in SHS Café

Since 2004, 83,109 meals have been served!



2017 LIGHT IT UP BLUE - AUTISM AWARENESS MONTH HIGHLIGHTS

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

In honor of this historic day, our Highway Department assisted by installing donated signs and blue lights in many Town buildings including: Town Hall, Human Services, schools, police and

fire departments, as well as local ambulance corps, in an effort to band the community together for autism awareness. For the fifth year in a row, our Autism Parent Support Group (in conjunction with local resident Julie Holland) coordinated a Light It Up Blue fundraising event to support Autism Speaks, as well as local autism support activities and we invited the entire community to participate! This year's event held on Tuesday, April 4th at The Twisted Vine in Westerly, RI featured door prizes, raffle items and entertainment by the musical duo Andy & Bethany. We are so grateful for the MANY businesses and individuals who donated to the fundraiser and/or offered food and drink promotions with proceeds benefiting Autism Speaks:

A.K. Dasher; Anne Miller; Barnes Moving & Storage of New England; Barre Coast; Blue Butterfly Florist; Bogue's Alley; C.C. O'Brien's Café; Cindy Nadeau; Dog Watch Café; Eileen Fiore; Friendly's - Mystic; Herbwise Naturals; Home Depot - Westerly; Inward Expressions; Ivory Ella; Janice Lamb; Jealous Monk; Junk & Java; Karen Patterson; Kristen Anbari; Luxe Fitness; Mia's Prime Time Café; Midway Pizza; Mystic Market - East; NAPA - Westerly; Nigrelli's Jewelry; Ocean Community YMCA; Pamela Scheller; Parapher Nailia; Perks & Corks; Sandy Castaldi;

Shar Jais; Shelly Payer; Stonington Pizza Palace; The Beach House; The Eagle's Nest; The Fun Co.; The Twisted Vine; Toscano Men's Shop; Toy Soldier; UBS - Westerly; Westerly Jewelry.

On Saturday, April 22nd the following first responders opened their doors to welcome children with special needs and their families: Stonington Police Department; Pawcatuck Fire Department; Stonington Borough Fire Department/Stonington Ambulance; Old Mystic Fire Department. This free event provided an opportunity to walk through emergency vehicles, build relationships with personnel, and, most importantly, make a personal connection with first responders in a horn, light and siren-free environment. Thank you to all who participated!

In addition to the education, support and opportunities our community provided last month, over \$3,800 was raised for autism awareness - with donations still coming in! On behalf of the Human Services Department, the Autism Parent Support Group and the families we serve, THANK YOU! We will continue to work to increase autism awareness within our community, not just in April but throughout the entire year.

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

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Human Services - Parks & Recreation

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

SPELLMAN RECREATIONAL PARK

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

PLAYGROUNDS IN OUR COMMUNITY

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

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

PAVILION RENTALS

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

SAFE BOATING / PERSONAL WATERCRAFT CERTIFICATION COURSE

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut except a personal watercraft ("jet ski" type vessel) on Connecticut's waters. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel). Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Call 860-535-5015 with your name and cell phone number to reserve your spot. Payment in cash or check will be due at the first class. Register early - max of 25 participants.

- Ages: 12 +
- Date: Monday, June 5 and Wednesday, June 7
(must attend both classes)

- Time: 5:30 pm – 9:30 pm
- Location: Stonington High School
- Fee: \$15 /person



HIKE STONINGTON

We are gearing up and doing it again – adding a few extra hikes from just outside Stonington! Grab your friends and family members and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington!

Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park. Register early and get outside!

- 1st REGISTER FOR IT! <http://stonington.recdesk.com>
- 2nd HIKE IT! The best part!
- 3rd TELL US ABOUT IT (PICTURES WELCOMED)!
hikestonington@stonington-ct.gov
- 4th GET YOUR T-SHIRT FOR IT! Woo-hoo!

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

- Fee: FREE! Registration is required.

STONINGTON CROSS-COUNTRY 5K & FUN RUN

The very popular Tom McCoy Family Fun Runs, held weekly throughout the summer in Misquamicut, have strong roots here in Stonington. Tom McCoy, who is the long standing Cross Country Coach at Stonington High School, started the Fun Runs at Spellman Park over 40 years ago. Currently, the Westerly Track & Athletic Club runs the program every Wednesday starting in late June and running through August. To this day, Coach McCoy can be heard by hundreds of runners, young and old, as he calls out the times near the finish line. NEW, this year, the weekly Wednesday night summer fun series will close out the season back in Stonington with a FREE cross country and Fun Run at Spellman Park. Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track to Coach McCoy's count! For additional information and to register in advance please click: http://www.westerlytrackclub.org/stonington_xc.html.

- Date: Wednesday, August 23
- Time: 5:30 pm Registration

6:00 pm Children's Fun Run (1/2 mile)
- Kids 10 & under Cross Country 5K, all ages start immediately after Fun Run
Awards Ceremony for Fun Run will follow

Location: Spellman Park, behind Stonington High School
Fee: FREE!

Youth Programs

MIDDLE SCHOOL REC CAMP

Back by popular demand! Full and half-day programs set up specifically for the middle school population (boys and girls entering 7th & 8th grade in Fall 2017) and held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun-filled days of summer adventure! Register early to avoid disappointment. Breakfast and lunch served daily through the federally funded Summer Food Service Program.

Dates: Monday-Friday - June 19-August 11

Times: Full-Day - 8:00 am to 4:00 pm

Half-Day - 8:00 am - 12:00 pm

OR 12:00 pm to 4:00 pm

Fees: Full-Day - \$125/Week

Half-Day - \$85/Week

UK INTERNATIONAL - CLASSIC SOCCER CAMP

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

Age: 6-14 years old

Day/Date: Monday-Friday; July 24-July 28

Time: Evening Session - 5:00 pm - 8:00 pm

Location: Spellman Recreation Complex - REC and/
or Piver Field

Fee: \$135

UK INTERNATIONAL - MINI SOCCER CAMP

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

Age: 4-6 years old

Day/Date: Monday-Friday; July 24-July 28

continued on page 16

Stonington Events • Quarter 2 • 2017

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Parks & Recreation... continued from page 15

Time: Evening Session - 5:00 pm - 6:30 pm
Location: Spellman Recreation Complex – REC and/
or Piver Field
Fee: \$85

MIDDLE SCHOOL BOYS SUMMER SOCCER CAMP

Instructed by Paul deCastro, Mike Hallisey and Mario Costa.
Weeklong camp with daily practices, round robin games and skill development with GREAT COACHES! During the course of the camp participants will work on: ball control; passing; dribbling; shooting; turning with the ball; running with the ball and defending. Max of 30 participants.
Age: Middle School Boys - Entering Grades 7, 8 and 9 in Fall 2017
Day/Date: Monday-Friday; July 31-August 4
Time: Evening Session - 5:00 pm -7:30 pm
Location: Spellman Recreation Complex – REC and/
or Piver Field
Fee: \$75/Residents; \$85/Non-Residents

HIGH SCHOOL GIRLS TWO WEEK PRE-SEASON SOCCER CAMP

Instructed by Mario Costa, and guest coaches. Advanced Team Program that provides a great opportunity to prepare for the upcoming season. The aim of the program is to create an environment conducive of both individual and team development.
Age: High School Girls - Entering Grades 9-12 in Fall 2017
Day/Date: Monday-Thursday; August 7-17
Time: 8:00 am – 10:00 am
(time subject to change with school calendar)
Location: Spellman Recreation Complex – Rec Field and/
or Piver Field
Fee: \$60/Resident; \$70/Non-Resident

HIGH SCHOOL BOYS WEEKLY CLINIC

Instructed by Marc Davis, UK International & Ben Bowne, Head Coach, Stonington Track & Field. Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. New this summer will be a fitness component lead by Ben Bowne where players will work on agility and conditioning two of the three days the program runs each week. All players will receive an individual evaluation highlighting specific strengths and areas for improvement. Paul deCastro, Boys Varsity Soccer Coach at Stonington states: "Anybody serious about the up-coming high school season should consider signing up for this program even if they miss a couple of sessions because of family vacation or summer job responsibilities." Each participant will receive their own shirt, included in the fees.
Age: High School Boys entering Grades 9-12
Day/Time: Tue 6:45 pm - 9:45 pm – Soccer & Conditioning
Wed 6:45 pm – 8:00 pm – Conditioning
Thurs 8:00 am -10:00 am – Soccer
Date: July 11-Aug 17 (6 weeks)
Location: Spellman Recreation Complex – Palmer Field and/

or Piver Field
Fee: \$100 Resident / \$110 Non-Resident

MIDDLE & HIGH SCHOOL GIRLS WEEKLY SUMMER SOCCER CLINIC

Instructed by Mario Costa, & Diane Macera. Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. One of the three program days will focus on soccer-specific agility and conditioning, the other two days out of the weekly program will concentrate on related skills and touches on the ball. Coach Costa will be the Head Coach at Fitch High School this fall and Coach Macera is a certified personal trainer by the National Academy of Sports Medicine and is also a certified Performance Enhancement Specialist and Weight Loss Specialist. Register early for this wonderful opportunity – "guaranteed results or your money back!"
Age: Middle and High School Girls - Entering Grades 7-12
Day/Time: Mondays, Wednesdays and Thursdays
Dates: June 26-August 3 (6 weeks)
Time: 6:00 pm - 7:30 pm
Location: Spellman Recreation Complex – Multi-Purpose and/
or Piver Field
Fee: \$85/Residents; \$95/Non-Residents

HIGH SCHOOL BOYS PRE-SEASON SOCCER CAMP

Advanced Team Program that provides a great opportunity to prepare for the coming season. The aim of the program is to create an environment conducive of both individual and team development. A quality camp experience that includes: sports and health topics including nutrition, flexibility, strength and fitness for soccer; camp t-shirt for all players; written individual player evaluations and a detailed team evaluation. Instructed by professional soccer coaches from UK International Soccer Camps – the best of the best!
Age: High School Boys entering Grades 9-12
Day/Date: Sunday-Wednesday Aug 20-23 (HS season starts 8/24)
Time: 5:00 pm - 7:30 pm
Location: Spellman Recreation Complex – Piver Field
Fee: \$85 Resident / \$95 Non-Resident

STONINGTON TRACK & FIELD YOUTH CLINIC

Specifically developed for children in Grades 1–8. GREAT coaches from SHS Track & Field staff; w/special guest speakers throughout! Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Children will work in groups based on age-level to master relevant skills as they relate to each event. The first five weeks will include clinics where children will learn the techniques of the events, and the sixth week will be an exhibition track and field meet so that the athletes can show off their hard work in front of a crowd. Jumping, Throwing, Running, Starts, Fun Runs, Shirts, Medals, Hurdling, Sprinting, Meets, and much more!
Ages: Grades 1-3; Grades 4-6; Grades 7-9

When: Tuesdays, 5:00-6:30 pm, July 11-August 15
Where: Stonington High School Track
Fee: \$120 (5 Clinics and 1 Meet); includes T-shirt

SHORELINE JUMP CLINIC

Take your jumping abilities to the next level! Athletes will experience college level coaching in the track and field jumping events learning drills and techniques in the High Jump, Long Jump, and Triple Jump. On top of a high level of coaching, this clinic will include short lectures on body mechanics, video analysis, fun track related activities, and some friendly competition. Hosted by Brendan Wilkins, Assistant Track & Field coach at The United States Coast Guard Academy and Stonington High School alumni, as well as Chris Wilber, Assistant Head Track & Field coach at the State University of New York at Oneonta. Cost includes lunch and t-shirt. For more information visit: facebook.com/Shorelinejumpclinic or email shorelinejumpclinic@gmail.com.

Age: High School Boys & Girls entering Grades 9-12
Day/Date: Session 1: Wed/Thur/Fri, June 28-30
Session 2: Wed/Thur/Fri, July 26-28
Time: 9:30 am - 3:00 pm
Location: Stonington High School Track
Fee: \$165 per session or \$250 for both sessions



SHS YOUTH FOOTBALL CAMP

Camp will be led by AJ Massengale and fellow coaches and players from Stonington High School. Kids will learn skills on both sides of the football including the core components of passing, catching and defense – all in a fun and positive environment.

The week will end with the Stonington High School Super Bowl! Each camper will receive a jersey.

Age: Grades 1-2; 3-5; 6-8 (divided into 3 age groups)
Dates: Monday-Friday - July 10-July 14
Time: 6:00 pm - 7:30 pm
Location: Palmer Field (turf at SHS)
Fee: \$75

GIRLS SUMMER LAX CLINIC

“The fastest sport on two feet”

Geared for LAX players of all ability levels, from the experienced to the beginner player. Fundamentals and skill development will be emphasized in this 4-week clinic for girls in Grades 2-6. Ground balls, shooting, fast breaks, defense, stick stills and draws will be discussed and worked on throughout the clinic. Players will learn from enthusiastic and experienced players in small group settings and in scrimmage and game situations. Led by Elizabeth Morrison, along with members of the Class S State Championship HS Girls Lacrosse Team and coaches from the SEALS Youth Lacrosse Program. Elizabeth is currently playing at TCNJ, one of the top division III programs in the country, claiming 13 national championships. In her first year she was named All-Conference and All-Region Defensive Player of the Year, along with being the only freshman selected to the All-American Team. This

past season, she was named IWLCA Defensive Player of the Year for division III. Elizabeth is trained as a US Lacrosse referee and is First Aid/CPR certified. A specially designed shirt will be available for purchase during the clinic. All proceeds, including the tee-shirt sales and registration fees above direct costs will be given as a scholarship to a graduating senior at Stonington High School.

Age: Girls entering Grades 2-6 in Fall 2017
Dates: Mondays, Wednesdays and Fridays - June 26-July 21 (no clinic on July 3)
Time: 6:00 pm - 8:00 pm
Location: Multi-Purpose Field, Spellman Park
Fee: \$40

BOYS YOUTH LACROSSE CAMP

Come out this summer and experience an all new approach to learning to play better, faster, more exciting lacrosse! RPM Coaches are committed to helping participants master the fundamentals of the game through competition and small-sided games. We believe in applying better movement mechanics and developing the overall athlete and person behind the stick. Drills are challenging and inclusive, and we have enough coaches engaging the players so no one ever feels left out. Cool prizes every day and guest coaches from Major League Lacrosse and Men's and Women's NCAA players - past and present! Directed by RPM founder Malcolm Chase (Boston Cannons, LXMPRO, New England Lacrosse Journal Writer)

continued on page 18

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Showcase talents on our **Stage!**

Climb on our **Playground!**

Splash around at **duBois Beach!**

Discover the Stonington area with fun **Field Trips!**



Learn more at thecomoo.org

Parks & Recreation... continued from page 17

Age: Boys, Ages 7-14 years old
Dates: Mon-Thurs July 17-20
Time: 5:00 pm - 8:00 pm
Location: Spellman Recreation Complex
Fee: \$90 per player

STONINGTON BEARS BOYS YOUTH BASKETBALL CAMP

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

Age: Entering Grades 4-5; 6-7; 8-9
(divided into 3 age groups)
Dates: TBD as of press time
Times: 9:00 am to 12:00 pm
Location: Stonington High School Gymnasium
Fees: \$100

YOUTH TENNIS LESSONS

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

Level: Beginners - 8:00 am - 9:00 am
Intermediate/Advanced - 9:00 am - 10:00 am
Days: Tuesday and Thursdays
Sessions: 1. June 27-July 18, 6 classes (no class July 4)
2. August 1-August 17, 6 classes
Location: Spellman Park, George Crouse Tennis Courts
Fees: \$45/person (discounts are given for those enrolled in our Summer Camp)

YOUTH TENNIS CAMP

Week long intense camp for beginners through advanced levels instructed by George Crouse with a particular focus on:

1. STROKES & TECHNIQUE to develop and improve all strokes within tennis;
2. DOUBLES PLAY to learn the fundamentals of doubles play while becoming a better partner;
3. MATCH PLAY to see how you stack up against the competition;
4. HAVE FUN: to join activities that will allow your child to enjoy just being a kid.

Age: 7 to 17 years old
Dates: Monday-Friday, July 24-July 28
Times: 8:30 am to 12:30 pm

Location: Spellman Park, George Crouse Tennis Courts
Fees: \$125/Resident; \$150/Non-Resident

OPEN SHOOT FOR GIRLS

Basketball Open Gym for shooting and possibly pickup games. Games are run and organized by the players themselves. Open to currently enrolled Stonington students only! School rules and expectations on behavior are extended during each session. Pre-registration required; students may join at any time.

Ages: Girls entering Grades 5-8 and Grades 9-12 in Fall 2017
Day/Date: Mon, Wed & Fri - July 3-August 18 (7 weeks)
Time: 8:00 am - 10:00 am
Location: Stonington High School Gymnasium
Fee: \$25/Stonington Students only

WOMEN'S OUTDOOR BASKETBALL LEAGUE

Players join as a team to participate in this league. Individual members must sign and register, and official rosters will be drawn from those who complete and register on this site: <https://stonington.recdesk.com/Community>. All league games are held at the outdoor courts in Spellman Recreational Complex (behind Stonington High School). Games are held on Wednesday evenings starting June 28 through August 6 (times TBD). Games are moved indoors due to weather if needed. Contact Denise Domnarski at ddomnarski09@gmail.com for additional information and registration forms. Program Notes: All players must register as an individual on this site: <http://stonington.recdesk.com/>. Please help your fellow teammates and pass this link to them. OFFICIAL ROSTERS WILL ONLY BE DRAWN FROM THOSE WHO REGISTER AND SIGN OFF ON THIS SITE!

Ages: 18+ year olds
Day/Date: Wednesdays - June 28-August 9 (6 weeks)
Time: Schedule TBD - 7 or 8 pm start times
Location: Spellman Recreation Complex

SUMMER BOYS BASKETBALL CLINIC

Improve your game & have serious fun! These clinics create an opportunity for players entering Grades 7 & 8 and in Grades 9-12 (two age groups). Participants will learn the concepts of basketball, as well as develop and improve their game for the season ahead. Focus will be on helping athletes improve their skills and develop their talent by participating in practice drills that emphasize the fundamentals of the game. Instructed by:

Tim Sartor, MMS Coach

Ages: 1. Boys entering grades 7 & 8
Tuesdays, July 11-August 8
2. Boys entering grades 9-12
Thursdays, July 13-August 10

Time: 8:00 am - 9:30 am
Location: Stonington High School Gymnasium
Fee: \$125/five week session

SUMMER CHEER, GYMNASTICS & DANCE CAMP

First-hand experience learning and perfecting the different

aspects of the competitive sport, cheerleading! Cheerleading is unique in that it incorporates a variety of sports into one: cheering, stunting, dancing, and gymnastics. Join the Stonington High School Varsity Cheerleaders and their coaches in a cheer camp where we will focus on motions, jumps, stunts, gymnastics, and dancing skills while learning about teamwork and making new friends! Head Coach, Natalie Lucy has over 20 years experience in coaching cheerleading, holding 11 level certifications. All coaches are First Aid & CPR trained. Camp is open to all students in grades K-12 and of varying levels of cheer, gymnastics and dance experience. Participants will receive a camp T-shirt. Lunch is provided.

Ages: Boys & Girls entering Grades K-12
 Day/Date: Mon-Fri, July 17-21
 Time: 9:00 am - 3:00 pm
 Location: Stonington High School Gymnasium
 Fee: \$125 / 3-day option (Mon, Wed, Fri)
 \$165 / 5-day option (Mon-Fri)



Looking Forward to the Fall... REC YOUTH FLAG FOOTBALL LEAGUE FALL PROGRAM

Registration starts June 1st! Program runs from September into November (schedule TBD) with practices and games held at

Spellman Park behind Stonington High School and Pawcatuck Middle School. Each team will practice once during the week, with games being played on Saturday mornings. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts! This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

Age: Boys & Girls - Two Divisions: Ages 8-10 & 11-14
 Dates: September - November (Schedule TBD)
 Where: Spellman Park Fields and/

or Pawcatuck Middle School
 Fees: \$55/Resident; \$75/Non-Resident

Adult Programs

FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Traditional Martial Arts Center at 829 Stonington Road (the old Porch & Patio building). Black Bear's space provides state-of-the-art flooring and plenty of space "to get our sweat on"! It also allows us to add to our offering of classes - if you have any suggestion on the type of fitness classes you would like to see, please contact Richard Ward at rward@stonington-ct.gov.

BABY BOOMERS

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

| Day | Date | Time | Age |
|---------------|---|---------------|-----|
| M, W & F | Join anytime! | 9:30-10:30 am | 50+ |
| Monthly Fees: | 1 day/week \$15; 2 days/week \$30; 3 days/week \$45. Non-Residents add \$15. | | |

ZUMBA

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

| Day | Date | Time | Age |
|---------|---|--------------|-----|
| Mon/Wed | Join anytime! | 5:30-6:30 pm | 18+ |
| Fees: | Punch card \$65 for 10 classes; \$100 for 20 classes - Drop-In \$10. | | |

Human Services - Youth & Family Services

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



STONINGTON COMMUNITY GARDEN

Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce, located in between the Human Services building and the

Pawcatuck VFW. The annual fee for a 4'x16' plot is \$25. Join our network to learn how to grow your own vegetables, cut food costs and learn about four season square foot gardening.

Individual & Family Counseling is available at no cost to all Stonington residents. Call 860-535-5015 for more information or to schedule an intake appointment.

SUPPORT GROUPS

Parents of Children with Autism

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

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

Interested in a specific group? Please let us know! Residents in need of Grief Support are encouraged to contact Hospice of Southeastern CT at 860-848-5699.

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Youth & Family Services... continued from page 19

JUVENILE REVIEW BOARD

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

FAMILY WITH SERVICE NEEDS REVIEW BOARD

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

STONINGTON PREVENTION COUNCIL



The Stonington Prevention Council received a Local Prevention Council (LPC) grant earlier this year in the amount of \$4,100 to increase public awareness of alcohol, tobacco and other drug abuse (ATOD) as well as develop and implement other activities focused on positive youth development and establishment of a safer community. With this award, a Mental Health Matters campaign has been launched to promote counseling services, which are offered

at no cost to Stonington residents, through Stonington Human Services. To date, the Council has posted a billboard public service announcement with this message (also advertising the National Suicide Prevention hotline) on Route One in

Stonington, as well as distributed business cards with the same message throughout the community.

PRESCRIPTION DRUG DROP BOX AT THE STONINGTON POLICE DEPARTMENT



Do you have unused, unwanted or expired medications? Sponsored by Stonington Prevention Council in 2015, the Stonington Police Department installed a permanent Prescription Drug Drop Box in their main lobby. Accepted items include: prescriptions (including patches, medications); over-the-counter medications; vitamins; samples; pet medication. The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers. The box is a free service and no paperwork is required to participate! Take a moment to clean out your medicine cabinet and stop by the PD anytime for safe disposal of your medications.



Thank you to Officer Hersh of the Stonington Police Department for partnering with us in April to pick up expired and unused prescription medication at local senior housing facilities with Youth & Family Services Administrator, Kristen King in honor of National Prescription Take-Back Day!



Teens to Tots Preschool

TEENS TO TOTS PRESCHOOL School Year Program

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to fully potty-trained children ages 3-5. Located within Stonington High School, 2, 3 and 5 day options are available. ****Students must be fully potty trained and 3 years of age by September 1st.****

2017-2018 Program Hours: 9:00 am-12:30 pm

Operating Days: Tue/Thu or Mon/Wed/Fri

Monthly Tuition: 2-Days: \$185; 3-Days: \$260; 5-Days \$410 (Non-Residents add \$25/month)

5 day option available for second year students. Quality Affordable Program • Certified Preschool Teachers • Encourages social, emotional, physical, and intellectual growth • Structured classroom setting with a well balanced schedule of activities • Weekly curriculum themes.

SUMMER FUN PROGRAM

Date: Tuesdays & Thursdays - June 27-July 27
 Time: 9:00 am – 11:45 am
 Fee: \$200/Resident; \$275/Non-Resident

Come have fun with us in the summer! Held at Stonington High School, little learners have an opportunity to continue their preschool experience through the summer or experience the classroom for the first time. Fully potty-trained children ages 3-5 will learn through a variety of hands on, summer-themed activities.

DRIVER EDUCATION PROVIDED BY AAA/ BRIARWOOD DRIVING ACADEMY

30+ hour classroom study and 8 additional hours of individual in-car lesson (four private lessons) in a specially equipped training vehicle.

Age: Must be 16 years old by the first class
 Day/Date: July 6th- August 8th

Fee: Classroom Only / \$250;
 Add Private In-Car Lessons / \$595
 Location: Stonington High School

STONINGTON HIGH SCHOOL SUMMER GARDENING VOLUNTEER OPPORTUNITY




Stonington High School students are required to volunteer 10 community service hours per school year as part of their graduation requirements. This summer, several enthusiastic students will have an opportunity to enrich their civic awareness by maintaining the, already established, SHS vegetable gardens. Kristen King, Youth and Family Services Administrator, will serve as Student Sponsor with Elisa Whitman, SHS Science Teacher, acting as Garden Manager. The students will not only cultivate, but also transport harvested vegetables to Stonington Human Services where the produce will be available to the community at-large. Students will also be encouraged to take healthy vegetables home to share with their families. The Agricultural Program at SHS is supported in part by the generosity of members of the Stonington Garden Club. If you are a Stonington High School student and interested in this program, please contact Elisa Whitman, via email at: ewhitman@stoningtonschools.org.

Human Services - Summer Camp



MORNING PLAYGROUND AND AFTERNOON ENRICHMENT CAMP

 Join half day or full day options for our ever popular summer playground. Among the activities are - Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more!

Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun-filled day of summer adventure! Please contact the Stonington Human Services for details and specifics. Don't be shut out - Register

early! SCHOLARSHIPS AVAILABLE (contact Human Services for details)

Dates: Monday-Friday, June 19-August 11
 Ages: Boys and Girls entering Grades 1-6 in the fall of 2017
 Full Day: 8 am to 4 pm
 Fees: \$625 Resident / \$775 Non-Resident
 AM Only: 8 am to noon
 Fees: \$300 Resident / \$375 Non-Resident
 PM Only: Noon to 4 pm
 Fees: \$325 Resident / \$400 Non-Resident

**All fees includes daily breakfast and lunch, provided through the USDA Summer Food Service Program Grant. Field trips are an added fee.*

MIDDLE SCHOOL REC CAMP

Full and Half day Programs set up specifically for middle school age group (boys and girls entering 7th & 8th grade). Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun-filled day of summer adventure! Please contact Stonington Human Services for details and specifics. Don't be shut out - Register early! Breakfast and lunch is included with the weekly fee.

Dates: Monday - Friday starting June 19 - August 11
 Times: Full day 8 am to 4 pm
 Half Day: 8 am to noon or noon to 4 pm
 Fees:
 Full Day: \$125 / week Resident or Non-Resident
 Half Day: \$85 / week Resident or Non-Resident

Human Services - Social Services

How can Stonington Human Services help you? Please call us for more information or to set up a time to come in. During your appointment, you'll be screened for a wide variety of federal, state and local supportive programs that may be able to assist your situation. Please do not hesitate to reach out! Our team of friendly, knowledgeable staff is happy to help you in any way they can. If we cannot meet your needs on a local level, we will advocate for you to find an agency/organization that can!

SANTA ANONYMOUS BOOT PROGRAM

In partnership with TVCCA/RSVP, Human Services is now accepting sign-ups for Stonington youth in need of a pair of new, warm winter boots. If you are in need, or if you'd like to sponsor a child, please call 860-535-5015.

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for the last sixteen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). Assistance amounts are based on established guidelines (set to be released in October) regarding family size and vulnerability. We will start taking applications on August 1, 2017, so residents can call Services in July for an appointment. Fuel deliveries do not start until the first part of November and will continue until March 15, 2018.

Operation Fuel and United Way also offer energy assistance programs in an effort to help keep folks warm during the cold winter months, avoid power shutoffs, and address other crisis situations when the TVCCA program been depleted or in other circumstances where a family may not have been eligible. Guidelines for these programs are also adjusted each year with changes in the economy. Contact Human Services for more information and an appointment.

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

HOME ENERGY SOLUTIONSSM

Stonington wants to save you money and cut your energy bills. To do so, we've teamed up with Eversource to bring you Home Energy SolutionsSM, an Energize ConnecticutSM program. A certified and insured contractor will visit your home to evaluate your energy use and make on-the-spot improvements that lower your energy bills. You'll also receive incentives to do even more. During the visit, the average household receives about \$1,000 of products and services:

- Long-lasting, energy-saving CFL and LED light bulbs
- Hot water-saving measures
- Air sealing to get rid of drafts and make your home more comfortable
- Safety tests on your heating equipment
- A report on your energy usage and ways you can save more
- Rebates, incentives, and financing options to make energy improvements more affordable

Call 877-947-3873 or visit EnergizeCT.com/HES to learn more and sign up. Thank you for making Stonington a cleaner community!

ARE YOU STRUGGLING TO MEET YOUR MONTHLY EXPENSES?

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Programs are designed on an individual basis given family dynamics as well as personal and financial needs. Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?" Call us for information on our new and innovative program that offers goal setting, skill building, and accountability tools to help you achieve all the success you desire.

UNITED WAY MOBILE FOOD PANTRY

Serving an average of 85 area families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot on the first Monday of every month from 5-6 pm. (And during the cold winter months, Stonington High School offers the warmth of their cafeteria.) The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID and grocery bags when visiting the pantry. Call 860-535-5015 for more information, or if you have an interest in volunteering.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program, is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed online at CT's DSS site and required documents can be uploaded directly to DSS at <http://connect.ct.gov>. Contact Human Services for more information or application assistance with the online process.

Residents are also referred to the Pawcatuck Neighborhood center's Food Pantry and WARM's congregate meal site (both supported with town funds), as well as the food pantry at Stonington Arms.

2-1-1 BENEFITS SURVEY

www.211navigator.org - This benefit survey will help you determine if you are eligible for food, health insurance, and child care assistance. No name or address is required, so it is completely confidential.

CT NETWORK FOR LEGAL AID

Do you have a legal question? Check out www.ctlawhelp.org for self-help guides, audio/video guides, court forms, and links. The CT Network for Legal Aid provides free legal services for people with very low income. Call toll-free 1-800-453-3320.

CT DENTAL HEALTH PARTNERSHIP

The CT Dental Health Partnership (CTDHP) is the state of CT's dental plan for HUSKY and Medicaid participants. The CTDHP provides comprehensive dental coverage and will help find a local dentist, explain dental benefits and set up an appointment. Call 1-866-420-2924 for assistance.

RENTER'S REBATE PROGRAM

The Renter's Rebate Program, administered through the State of Connecticut, Office of Policy and Management (OPM), is intended to help seniors (65+) and/or disabled (18+) meet the demands of today's housing costs, offering a one-time check each year to those who qualify. The program limits annual income to \$35,200 for an individual and \$42,900 for a married couple. There is no asset limit for this program. Each year the program runs from April 1st through September 30th.

SENIOR & DISABLED TRANSPORTATION FOR STONINGTON RESIDENTS

The Town funds the Pawcatuck Neighborhood Center to provide

senior transportation. Please contact them directly at 860-599-3285 for more information. The Eastern CT Transportation Consortium, Inc. (ECTC) also provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation (Dial-A-Ride), as well as reimburse caregivers for medical mileage expenses for those who have access to a driver. The Dial-A-Ride program will provide transportation for residents to medical trips within New London County and Westerly. Transportation will be available 24 hours a day, 7 days a week. Please contact Human Services for further information and to register.

EASTERN CT TRAVEL VOUCHER PROGRAM

This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual's needs. Enrolled participants purchase travel vouchers from ECTC. A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift. The bus is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one way trip is \$2.00 with reduced fares of \$1.00 for seniors and the disabled, and \$1.65 for youth. Stonington Human Services has bus schedules available and tickets for income eligible residents. SEAT can be contacted at 860-886-2631 or online at www.seatbus.com.

Human Services - Senior Services

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities.* Are you interested in making a difference in your community? Call 860-535-5015 for more information on joining the Commission on Aging. **Please be sure to check out Youth & Family Services and Recreation program offerings as well, for fitness programs and day trips, open to residents of all ages!*

SENIOR SERVICE PROVIDERS NETWORK

Agencies and organizations serving Stonington senior citizens are invited to join us, as we come together quarterly to share group updates and discuss regarding gaps and needs in service, client trends, as well as suggestions on how we can increase collaboration to address these issues and develop creative solutions for the benefit of our mutual clientele - Stonington residents. Call 860-535-5015 for more information.

FRIDAY LUNCHEON SERIES

From October to May each year, seniors are invited to join us for

lunch, one Friday per month, from 12-1:30 pm at various local venues. This very popular program includes a delicious meal, followed by a brief educational presentation or entertainment. Thank you to our 2016-2017 host locations: Mystic Aquarium & Institute for Exploration; Steak Loft; Latitude 41° Restaurant; Go Fish; StoneRidge; 84 Tavern on Canal; and St. Edmund's Enders Island at Mystic.

KNIT & GIVE

This "knitting for a cause" group is ongoing, meeting every **continued on page 24**

Senior Services... continued from page 23

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

COMPUTER LAB

Monday – Friday

9:30 am – 4:00 pm

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

AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. AARP's new format reduces classroom requirement to one day and only four hours. Call 860-535-5015 for a current class schedule.

YELLOW DOT PROGRAM

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

FILE OF LIFE

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

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

CT HOME CARE FOR ELDERLY

This CT Department of Social Services program assists the elderly by providing the support services needed so they may remain in the community, rather than in a long-term care facility. "To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with

critical needs such as bathing, dressing, eating, taking medications, toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home." (Source: <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305170>). Call Stonington Human Services for more information or if you'd like to apply for this program.

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

MEDICARE INSURANCE COUNSELING (CHOICES)

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

- Do you need help navigating through the various CHOICES in plans and services?
- Would you be interested in knowing if you are eligible to have your Part B premium paid through the Medicare Savings Program?
- Did you know that you may be able to get half of your spouse's Social Security and build value in yours while you continue to work past your full retirement age?

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

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you! Medicare Part B, the part of your Medicare that pays your doctor's visits, out-patient testing, etc. costs \$134/month. Medicare Part D premiums for your prescription drugs vary depending on the plan you choose. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other "credible" plan. The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors. So, where can you apply? Stonington Human Services has the application for this program, as well as trained staff to help; because it is a "self-declared" program, the application is the only paperwork needed. DSS will check all income through the appropriate state and federal agencies.

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

Saving for Retirement and Funding Long-term Care

The Saybrook at Haddam is hosting a free seminar on “Saving for Retirement and Funding Long-term Care” on Wednesday, May 31 at 5:30 pm. The event, which is sponsored by Elder Life Care Planning, was designed to help seniors and caregivers find peace of mind as they plan for their senior years. Light fare, beverages and desserts included. Please RSVP by email to David Downey at dtdowney@thesaybrookathaddam.com or by calling 860-345-3779.

Visiting Nurse Association of Southeastern CT

Mary Lenzini, President/CEO VNA of Southeastern CT

OUR IMPORTANT “OUTER COAT”



Our skin is a great big helpful part of our bodies. The size ranges from 16-21 square feet—the size of a small area rug!

Skin has multiple functions in the body. Important ones are to keep pathogens out and to keep water in. As we age it is important to know that the skin requires special care to stay healthy. Skin naturally thins with the changes of aging and extra protection from the sun, cold weather, or heat is important.

Tips:

- Avoid hot showers or baths
- Avoid direct sun and always use sun block creams or sunscreens
- A well balanced diet including yellow, green, and orange fruits and vegetables
- Adequate water intake to stay hydrated all year round

- Attention to damaged areas on the skin to make sure healing occurs
- Protect the skin from itself in areas where chafing is possible

Chronic illnesses such as diabetes can cause extra issues in skin care especially with the feet. Special foot examinations for diabetics are crucial to good health. Any nerve impairment to the skin adds risk for damage and precautions should be taken to inspect the skin regularly.

As changes in age occur the skin can become dry and flakey. Gentle soaps for bathing and the use of lotions that are alcohol free will help to keep the skin pliant.

Always seek advice from your health care provider when skin problems occur. And don't forget the skin is the largest organ in your body and needs your help to stay healthy.

The Rotary of the Stoningtons

SO, WHAT IS ROTARY?

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who come together to make positive, lasting change in communities at home and abroad. Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene

- Save mothers and children
- Support education
- Grow local economies

Taken from: (<https://www.rotary.org/about>)

The Rotary Club of the Stoningtons is an active group of concerned individuals getting together to have fun and make a difference in the local and global community. We meet at the Stonington Human Services Community Room every Friday morning at 7:00 am for fun, fellowship a GREAT breakfast! We are a small, but mighty group that works diligently to raise

funds every year that we then allocate to area community agencies and scholarships for high school seniors. Last year we raised over \$30,000 for this purpose, and work to meet or exceed the same goal each year.

“Turn your passion for change into action through Rotary.” (<https://www.rotary.org/en/get-involved>) You are invited to join us any Friday, 7 am at Stonington Human Services, 166 South Broad Street, Pawcatuck. Come and see what Rotary is all about!

Local United Network to Combat Hunger – “LUNCH”

DO YOU HAVE A SONG IN YOUR HEART?

If you have a song in your heart and would like to use the power of music to help those in need in our community, the LUNCH Ensemble provides programs for students, ages 11 and up, to participate in music and drama productions to benefit local social services. Kids get to work

with nationally known songwriters and recording artists and perform in concerts and stage plays, with proceeds benefitting our region's social service programs. Our recording studio has released hundreds of songs with kids from our area schools that are available worldwide. We mentor and coach students in songwriting, performance, music technology, audition

preparation, and much more. Our programs meet most schools' requirements for community service hours. LUNCH stands for “Local United Network to Combat Hunger.” The programs are free and open to all. Visit www.lunchensemble.com for details, and contact us at info@lunchensemble.com.

Upcoming Stonington Community Center Renovations

The upcoming Stonington Community Center renovations to improve the facility will not impede summer fun.

As spring swings into summer, think Stonington Community Center (COMO) for warm-weather fun! Youth and adult programs run all summer long and our Annual Village Fair is sure to delight all ages.

Summer camp begins June 19 for elementary and preschool age students. Choose a schedule that works for you. We offer half-day, full day and extended day camps. This year we are excited to debut our STEAM and athletics add-on camps, making your child's camp

experience tailored to their interests and unique to them!

Adults looking to savor summer as well are invited to try a pottery class or join the 6v6 summer soccer league! Unwind on the pottery wheel or kick it up a notch with a little friendly competition on our soccer fields.

The COMO campus is your oyster and upcoming COMO renovations can't stop our awesome summer plans. We will be coordinating summer activities and curriculum to complement the different phases of renovation. Once completed, the main facility will be ADA compliant and have implemented enhanced security

features. Thanks to community supporters, the COMO will simultaneously remodel its battered tennis courts with state-of-the-art DecoTurf, while constructing two brand new paddle courts!

August 5th, head to Wadawanuck Square in the Stonington Borough for the 65th Annual Stonington Village Fair! Stroll through Artisan Row, play games, win prizes, peruse the book sale, or enjoy fare from our concessions – no matter what you choose, you are sure to have a fantastic day at the Fair.

To learn more about our renovations, summer camp and activities, visit www.thecomo.org.

Pawcatuck Neighborhood Center

27 Chase Street, Pawcatuck, CT 06379

Phone: 860-599-3285

Hours: Monday – Friday 8:30 am to 4:00 pm



PNC Human Services – Coordinator,

Abby Laquerre, 860-599-3285 x 23

The Pawcatuck Neighborhood Center (PNC) was founded in 1985 as a grass-roots community organization and continues to rely on and serve the community as it fulfills its motto of “Neighbors Helping Neighbors.”

- Emergency Food Pantry
- Weekender Backpack Food Program for Children year-round
- SNAP Outreach by appointment
- Daily Living Supplies
- Keeping Babies Warm and Well: diapers, wipes, baby food & formula
- Pet Shoppe: Food, supplies, veterinarian services for cats & dogs
- Energy Assistance applications
- Clothing Closet – Free clothing
- Job Search Assistance- job lists, computer station, individual resume assistance
- Back to School Supplies – available in August
- Client Assessment and Referral

PNC Senior Services – Coordinator,

Barbara Currier, 860-599-3285 x 15

- Exercise, fitness, social and creative classes, including Stretch & Balance, Wii Bowling, Line Dancing, Zumba, Tai Chi and Yoga, Dominos, Life Stories Writing Group, and Painting Class
- Lunch: TVCCA Bistro & Café lunches Mon, Tue, Wed followed by Bingo
- Meals on Wheels host site; TVCCA Meals delivered to Stonington home-bound residents
- Senior Group trips for Lunch locally
- Senior Bus trips to Theater and other attractions

PNC Senior Transportation – Coordinator,

Barbara Currier, 860-599-3285 x 15

The Pawcatuck Neighborhood Center provides transportation for registered residents of Stonington, age 60 years and older. Transportation is provided by paid certified drivers on wheelchair-lift buses, 12 passenger van or by car for medical appointments. Trips can include banking, grocery shopping, pharmacy, PNC Senior meals, social events and other destinations. The program reaches locations and residents in Pawcatuck, Stonington, Old Mystic, Mystic (Stonington side), and North Stonington in CT, and Westerly, RI.

PNC NEIGHBORHOOD SERVICES

- PNC Vegetable Garden by Community Volunteers and PNC Staff
- Stonington Free Library at the PNC bi-weekly on Wednesday morning
- Free Community Breakfast - last Friday each month



The New England Science & Sailing Foundation

The New England Science & Sailing Foundation (NESS) is celebrating 15 years of serving the community this summer! The ocean adventure non-profit organization operates year-round and provides STEM-based on-the-water education programs for students from all walks of life. NESS uses sailing, marine science, powerboating, and adventure sports as teaching platforms for students ages 4 through adult. NESS engages everyone in experiential learning that builds confidence, teamwork, and leadership skills vital to their futures. The community is invited to NESS's fifth annual NESS Fest on Saturday, June 24th, from 11 am-3 pm, at 72 Water Street in Stonington. This free event features fun activities including sailing, kayaking, and stand up paddle boarding.

Stonington Emergency Management

EMERGENCY NOTIFICATIONS, FROM TOWN OFFICIALS TO YOU!

The Town of Stonington has a state-of-the-art community notification system to alert residents about emergencies and other important community news. The Stonington Alerts notification system provides immediate & accurate ALERTS that can be sent across multiple platforms, including voice

messages, texts, and emails. Receive notifications that may affect your home, business, workplace, school or any other locations within Stonington. Visit the Town of Stonington website at www.stonington-ct.gov and click on the "Stonington Alerts" icon to sign up. Create a simple account and tailor it to your notification preferences. Reach out to your family, friends and neighbors to

encourage them to sign up for Stonington Alerts – If we can't reach you, we can't ALERT you. You can't predict the emergency, but you can be prepared for it.

Captain Todd M. Olson,
tolson@stonington-ct.gov,
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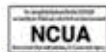
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Thames Valley Council for Community Action

Community Partner

EARLY HEAD START & HEAD START OVERVIEW

TVCCA Early Head Start and Head Start programs are federally funded comprehensive child development programs which serve children from birth to five, pregnant women, and their families. Services are offered through an accredited preschool childcare setting or an infant/toddler home visitation option. Currently we have a preschool classroom in the West Broad Street School in Pawcatuck, CT. We also offer a home-based option for prenatal to age three.

Overall goals are to increase school readiness of young children and family wellness for income eligible families by providing a

wide range of individual services in the areas of early childhood development and education; health; dental; behavioral health; nutrition; parent engagement and social services. In addition, it is the program's goal that the range of services be responsive and appropriate to each child's and family's development, ethnic, cultural, and linguistic heritage and experience.

We are aiming to identify families and children who would benefit from these programs through community partners such as yourself. Please call for more information on locations, hours, enrollment at TVCCA Early Head Start & Head Start: 860-425-6515 or 860-425-6581 for Spanish.

Safe Futures

Safe Futures, formerly the Women's Center of southeastern CT, saves lives, restores hope, and changes the futures for victims of domestic violence, sexual assault, stalking, and trafficking. Annually Safe Futures serves over 5,000 women, children, and men in Southeastern CT through programs such as the 24-hour hotline 860-701-6000, criminal and civil court advocates, counseling and advocacy, emergency shelter, transitional housing programs, and prevention education. The vision of Safe Futures is to eliminate violence in our community, so that southeastern CT is a place where violence is not tolerated; all victims and survivors

are able to get the support they need and where all children and teens feel safe. Visit www.SafeFuturesCT.org to learn more. If you or someone you know needs services please call the 24-hour hotlines at 860-701-6000 or 860-701-6001.

SAFE FUTURES UPCOMING EVENTS:

17th annual Twilight Trail Run to benefit Safe Futures, formerly the Women's Center of Southeastern CT. Friday June 2nd 2017 at Bluff Point and Haley Farm State Park Groton, CT. Contact twilighttrailrun@hotmail.com for more information.

Charity Golf Tournament to benefit Safe Futures, formerly the Women's Center of Southeastern CT. Monday July 17, 2017 at Great Neck Country Club, Waterford CT. Check in at 11:00 am and reception dinner at 6 pm. Contact Jim at 860-287-3417, Lisa at (860) 204-2448, or Barbara 860-449-3949 for more information.

Raising Voices Against Domestic Violence is having a Painting Night By Faith "You are Now a Butterfly" on Saturday July 29th at 6 pm at The Writer's Block 12 Masonic St New London, CT. Open to all ages and free to attend.

Stonington Free Library

Located in the center of beautiful Wadawanuck Square in the Borough of Stonington, the Stonington Free Library has been serving residents of the town of Stonington since 1888. A Stonington Free Library card allows access to any public library in Connecticut. Residents of other Connecticut towns may use their home town library card to borrow our materials.

OUR SERVICES INCLUDE:

Programs for all ages, reader's advisory, reference, requesting materials from other libraries, and access to computers, printers, scanners, photocopying, and fax service. We loan books, magazines, movies, e-Readers, audio books and Playaway Views. E-books and audio books may be borrowed through our website using a valid Stonington Library card. We are also partnering with the Pawcatuck Neighborhood Center to offer library services every other Wednesday morning at the Center from 10 to 11:30.

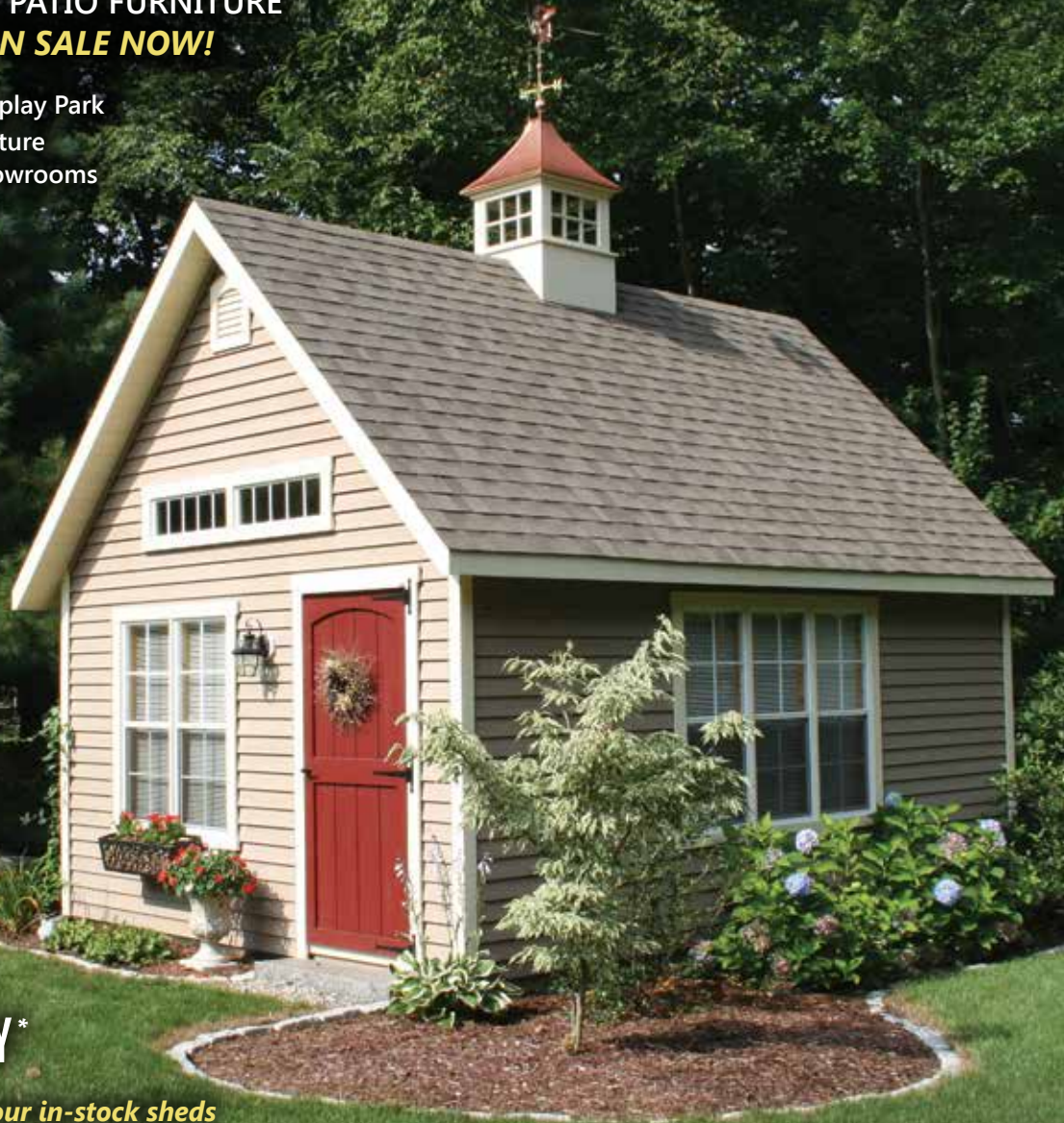
This summer we have a variety of programs for children including our very popular Summer Reading program, Lego Days, Minecraft Junior Makerspaces, Story Times and our Annual Children's Opera. Our Wii U in the Teen Room is available on Friday and Saturday afternoons for ages 9 - 18. Adult programs this summer include a Poetry Picnic, ongoing one-on-one tech help, and an Adult Summer Reading Program where participants can enter to win weekly drawings, as well as a Kindle grand prize. Our book group meets on the 2nd Thursday of the month at 2 pm.

SFL is located at 20 High St. in Stonington Borough. Our hours of operation are Mondays, Tuesdays, Thursdays and Fridays 10 am to 5 pm, Wednesdays 10 am to 8 pm, and Saturdays 10 am to 3 pm. Please call 860-535-0658 or email stonlib@stoningtonfreelibrary.org with any questions. Visit our website: www.stoningtonfreelibrary.org, like us on Facebook, and sign up for email notifications to keep up with our news and activities.

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Stonington High School Call for Mentors

Kate Milde, Career Center Coordinator

Stonington High School would like to formally call upon our neighbors and fellow community members to volunteer as mentors for our Internship Program, our Senior Project Program, or simply to place volunteers. We understand the value of making connections in the community and hope to further develop these partnerships.

Our Internship Program has 50 participants for fall 2017, and each of these students is required to complete

an extensive application process, followed by 60 working hours in the spring of 2018. If your organization is in need of interns, please contact the SHS Career Center.

Our Senior Project Program also allows for seniors to think beyond the conventional academic experience. Over at least 15 hours with a mentor, students may explore an academic interest, social service, a possible career, or a creative project, and must develop independent research and critical communication skills as they transition to the worlds of college and work. If you would like to be a mentor,

please contact the SHS Career Center.

Stonington High is committed to fostering a lifelong pursuit of learning where each student acquires the skills, knowledge and attitudes necessary to become a responsible citizen and lead a productive and rewarding life. This commitment includes a mandatory 10 hours of community service for over 500 students a year, so we are always looking for opportunities!

Please contact Katherine.milde@stoningtonschools.org in the Career Center if you would like to join in the educational fun!

Stonington Soccer

The collaboration between Stonington REC, Stonington Soccer Club (SSC) and the Stonington Community Center (the COMO), has already provided some fantastic opportunities over the years. More new and exciting programs are on the horizon from each organization to provide the best possible soccer experience, on a year-round basis, for kids and adults of all ages. Contact the individual organization for details on the following:

WINTER SOCCER INDOORS

Stonington REC: Indoor instructional clinics and small sided games held at Mystic Indoor Sports for Boys and Girls in grades 3-12. Programs run in Jan/Feb/Mar

The COMO: Futsal with Friends: This instructional clinic is for ages U4 to U8. Two six week sessions run January through April. Playtime Adventure: A unique 6 week UK International Soccer Program that combines motor skills with reading.

SPRING SOCCER

Stonington REC: Spring Vacation Camp for boys and girls in grades K-6. Adult Coed Leagues for 18+ runs mid April-June.

The COMO: Junior Sharks Instructional Soccer: Focus on developing the techniques of young soccer players ages U4-U8. 8 weeks with weekday and Saturday options March through May. Playtime Adventure: A unique 6 week UK International Soccer Program that combines motor skills with reading April-May.

Ston Soccer Club: Classic and Rec Leagues for boys and girls ages U10s through U14s. Runs April through mid June.

SUMMER SOCCER

Stonington REC: Several different Summer Camps & Clinics held throughout the summer for both boys and girls ages 4 years old through high school age (see details on pages 15 - 16)

The COMO: Adult and High School 6v6 Soccer League: June through August. Divisions include Adult Men's and Co-ed and High School boys and girls. COMO Instructional Soccer Camp: focus on developing the techniques of our community's young soccer players ages 3 to 7 years old, July 31st-August 4th. Playtime Adventure: A unique 6 week UK International Soccer Program that combines motor skills with reading.

FALL SOCCER

Stonington REC: Adult Coed Leagues for 18+ runs mid September through October.

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The COMO: Junior Sharks Instructional Soccer: Focus on developing the techniques of young soccer players ages U4-U8. 8 weeks with weekday and Saturday options Sept through Nov. Playtime Adventure: A unique 6 week UK International Soccer Program that combines motor skills with reading.

Ston Soccer Club: Classic and Rec Leagues for boys and girls ages U10s through U14s. Runs August through mid November.

CONTACT INFORMATION

Stonington REC: 166 South Broad St, Pawcatuck; 860-535-5015; <https://stonington.recdesk.com/>

The COMO: 28 Cutler St, Stonington; 860-535-2476; www.thecomoo.org

Ston Soccer Club: Taugwonk Rd, Stonington; www.stoningtonsoccerclub.com.

The James Merrill House



The Pulitzer Prize winning writer and poet, James Merrill came to live in Stonington in 1954. Village life and the third-floor apartment at 107 Water Street, where he lived with his partner David Jackson, inspired

some of his most important work, including *The Changing Light at Sandover*. After Merrill's death in 1995, the Stonington Village Improvement Association (SVIA) became the unexpected beneficiary of the entire building. The SVIA chose not to sell the building, therefore ensuring that Doug's Barbershop, The Hungry Palette and the two second floor rental apartments could survive. The colorful topmost two floors were left the way they looked when Merrill lived there and the space has become the home of the internationally known James Merrill Writer-In-Residence Program and Museum, run by the James Merrill House Committee. To learn more about James Merrill, his house, the writers program, readings, open houses and events, please visit jamesmerrillhouse.org.

JMH CALENDAR OF SUMMER EVENTS

Saturday, May 27

- Open House Merrill Apartment 3-5 pm

Sunday, June 4

- Open House Merrill Apartment 1-3 pm
- James Merrill House Ceremony to recognize its designation as a National Historic Landmark, Union and Water Streets, 3 pm
- Louise Glück, Pulitzer Prize Winner and Invited Merrill Fellow, reads from her work. La Grua Center, 5 pm

Saturday, June 17

- Poetry on the Porch: Yale Younger Poets Prize Winner Dee Mathews reads from her work. Location to come, 5 pm

Saturday, August 5

- Annual Deck Party. Merrill Apartment, 5-7 pm



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Denison Pequotsepos / Coogan Farm Nature & Heritage Center

Warm weather provides the perfect opportunity for all ages to get outside and connect with nature. Take a moment to unplug, unwind, and discover nature at DPNC. Gather your family or take a moment for yourself to hike the trails, enjoy a picnic, take part in summer camp and learn what birds can be found in our area. Since 1946, DPNC has provided visitors and community the opportunity to experience nature first hand whether on more than 10 miles of trails, in the natural history museum, our nature stores, or as part of one of our many programs. Our

mission is to inspire an understanding of the natural world and ourselves as a part of it – past, present and future. The Nature Center lives this mission offering programs, field trips, and workshops for all ages - from infants through college, adults and seniors.

The Natural History Museum at the Nature Center on Pequotsepos Road introduces visitors to unique habitats and wildlife of southeastern Connecticut. The museum features live exhibits with native species of frogs, turtles, fish, snakes and birds of prey. Your

admission and membership help the Nature Center further its mission, maintain our trails and help care for injured wildlife, including migratory birds.

The addition of Coogan Farm created a greenway from Pequotsepos Road to Route 27 that protects critical watershed and habitats, and includes a hiking trail that connects to the Nature Center. Coogan Farm features a visitor center and nature store, a teaching kitchen for cooking classes, meeting rooms and space for programs, activities and exhibits.

Terra Firma Farm Camp is in a “NEW NEST”

WE HAVE MOVED to 564 Norwich Westerly Road, a BIGGER and BETTER Farm Camp site! Back for the 12th year, we here at Terra Firma Farm's Farm Camp look forward to continuing our tradition of inviting curious young minds into the daily operations of our working farm. We realize that while most children are not going to grow up to be farmers, they will be the next generation of stewards of the land. From June to August, Terra Firma Farm is home to over 400 campers. Wearing their Farm Tees, they are frolicking around the fields, pastures, and barn learning how to grow food and be good farmers. Campers become a part of daily life on the farm. They help collect eggs, milk cows and move the pigs, as well as participate in hands-on and creative activ-

ities that connect them to food and farming. Farm Camp runs five days a week for ten weeks from June 19-23, June 26-30, July 3-7 (no camp July 4), July 10-14, July 17-21, July 24-28, July 31- Aug,4, August 7-11, August 14-18, and August 21-25. Join our family farm for the week and make memories that last a lifetime! We have a strong passion for youth and strive to provide an unforgettable, rewarding, and refreshing hands-on farm experience for each child. The Farm's pastures, barns and animals provide countless opportunities for campers to learn about teamwork, environmental stewardship, math, science, the arts, carpentry and more. The possibilities are endless! For more information and to register visit www.terrafirmafarm.org.

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