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Events

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Volume 13 • Quarter 1 • 2014



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First Selectman's Corner

I hope everyone fared well this winter, it certainly was one for the books. I want to thank Pete Neff and the Public Works Department for all of their efforts keeping our roads passable under some of the most extreme conditions we've seen in years. Compared to surrounding towns we were the best. Of course, as with all towns, our snow budget was depleted and our equipment took a beating.

Speaking of budgets we are in that season as well. Town department heads and Board of Education administrators have presented budgets to the respective boards for approval. Remembering previous year's rejections all were cognoscente of the fact that we need to be frugal yet provide the same services. I commend all of them for their efforts as a budget will go to the residents for referendum on May 14th that represents a modest increase. It is however an increase, there is no way to get around providing basic services and those services cost money. Consider this as you make your decision on referendum day. We are a gem of a community that in the last 8 years has focused on improving our assets, repairing our infrastructure and improving the learning environment for our students. Let's not stop the progress!

Speaking of progress, Phase two of our streetscape is out to bid and we hope to break ground in mid-April. The project

continues the work west to Route 81 as well as encompassing Post Office Square and Commerce Street to Library Lane. This phase should be completed in time for our Memorial Day celebrations, which this year will include, renaming Library Lane "Dan Vece Way" and Clinton Landing will be named "McCusker Landing". Stay tune for details on those events.

The Old PD, now called Annex is complete and we are moving in. It truly is a wonderful venue that the residents can and should enjoy. In May we will officially break ground for the new Morgan School. This is so exciting for our Town, people all around the area are raving at how progressive we have been and yes, a little envious too.

I hope you can get out and enjoy Spring in Clinton, we have so much to offer. If you're looking for me, there are two places I can be found, either in my office or at a baseball field supporting our young people. Hope to see to there.

Willie



*William Fritz, Jr.
First Selectman*

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– Paige D. –

I want to thank Polito & Quinn and staff for the amazing work. Thank you for being so understanding and caring. I am very happy with your service.
– Erika S. –

If you need a personal injury lawyer they are the ones to call. If I had a question about anything they would give me the truth and if they didn't have the answer they would get it within days. Everyone in this office cares about the injured as well as family. They were very knowledgeable about all aspects of the wellbeing of my family and they actually made my family feel like a part of theirs.
– Graham H. –

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There are so many reasons why May loves her home at The Saybrook at Haddam.

May enjoys her special chats with the professional, caring staff at The Saybrook at Haddam. Her family has peace of mind because Mom is getting the assistance she needs. Her beautifully decorated, brightly lit apartment makes her feel right at home, not to mention the fact she has so many friends in the community. There's always something to do – including social and cultural activities, exercise, wellness classes and more.

For independent residents, The Saybrook at Haddam offers gracious retirement living with so much included in the monthly fee.

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Resident May Gaudio with Allie Jiane, R.N.



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CEF and Clinton Lions Club Family Golf Tournament

It might be hard to believe that under all this snow there are verdant fairways waiting for the return of avid golfers. Nevertheless, throughout this cold and snowy winter, the Clinton Education Foundation and the Clinton Lions Club have been anticipating the return of spring by getting ready for their combined golf tournament, the Clinton Education Foundation/Clinton Lions Club Family Golf Classic.

This annual tournament will be held this year on Monday, June 23 at the Clinton Country Club. The tournament serves as a means to raise money to support the work of these two community service organizations. The golf itself is a big part of this effort, but the bulk of the money raised comes from raffle and auction items offered at the tournament. Players and dinner guests can bid on scores of items appealing to every taste and pocketbook. Previous auction items have included theater and game tickets, vacation packages, spa experiences, fishing and sailing excursions, and sporting equipment.

Local merchants have donated goods and services such as televisions, barbecue grills, lawn equipment and gift cards.

In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for the raffle and auction at the tournament. These donations are a great way to support these two organizations and to get a sponsor's name out into the community.

There are a limited number of dinner tickets available for non-golfers. The raffle makes for great entertainment during the dinner and it is fun to see and bid on all the auction items. If you would like to make a donation of a raffle or auction item, please visit the organizations' websites at <https://sites.google.com/site/clintoncef/> or www.clintonlionsclub.org, or contact the Clinton Education Foundation/Clinton Lions Club at 137-B Glenwood Road, Clinton, 06413.

Both organizations are looking forward to June 23. Join us!

Probate Court Update

The last 36 months have been very busy for the Probate Court. As most of you know, in 2011, the individual town courts were merged into a regional court, serving nine towns. This merger was part of a statewide effort that reduced the number of Probate Courts from 117 to 54. The Saybrook District Court serves the towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. As you can imagine, merging nine courts into one was not a simple matter, but with the help and cooperation of the former Judges and the significant effort of the clerks, we were successful in completing the task. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations have been a financial success in that it has saved the taxpayers \$8.5 million dollars, over the past two fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court has been able to keep its budget the same over the last three and a half years.

Most people understand that we handle all aspects of decedent's estates, however the Court also handles a variety of other matters including determining the necessity to appoint conservators, reviewing the conservator's accountings and restoring conserved persons. We also appoint guardians both for minors, if they are going to inherit, and for adults with intellectual disabilities. We oversee testamentary trusts and trust accountings, we determine custody matters including termination of parental rights and visitation. We also handle name changes and adoptions. We do not process passports, as they are handled at the Old Saybrook Post Office which is

just up the street from the Court.

We open and process approximately one thousand new matters, of all types, per year. Some of these matters require hearings and some do not. As a result I hold, on average, 15 to 20 hearings per week.

Last year the legislature adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. The purpose of these new rules is to simplify the probate process and to make it more consistent with other court procedures. Additionally, new forms, consistent with these rules, are available online at www.ctprobate.gov. Most of these new forms are fillable for the convenience of the public. The Court has been busy learning and implementing these new rules and forms. I will write an article about these changes shortly.

In addition to the normal duties of a Probate Judge, I was fortunate to be the only new judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I also joined the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I also attend national seminars annually.

Thanks to the efforts of the chief clerk Valerie Shickel, and the other clerks and assistant clerks, Sharon Tiezzi, Marjorie Calltharp, Stella Beaudoin, Helene Yates, Peggy Schroeder, Jackie Craco and Heather Graves. I am pleased to say the Court continues to operate smoothly and efficiently.

Terrance D. Lomme, Judge, Saybrook Probate Court

The Eliot Preserve - History in the Making

On December 19, 2013, I witnessed history being made. Or rather, preserved. I stood and watched the event in the soft light of the kitchen in front of the large open fireplace. I was in a two story farm colonial built by George Eliot in 1783 and owned by his descendants for over two hundred years. The house I was in stands to the east of what is called the Eliot House which was built in 1710 and served as a post office when Benjamin Franklin was Postmaster General and a friend of the Rev. Jared Eliot, Pastor of the Congregational Church. On the other side of the house lies a mile marker set by Franklin to note the distance from New Haven. Across the street is the 1801 Academy Building referred to in Henry Wadsworth Longfellow's poem "The Birds of Killingworth". Needless to say I felt history all around me while I watched a lawyer help his client sign some important documents.

There was more than just colonial history nearby. The old house is situated along the beautiful Indian River that flows south along the property to converge with the Hammock and Hammonasset Rivers to form the mouth of Clinton Harbor. The area was first prized by Native Americans for its abundant oysters, fish and fertile land. When Uncas Sachem of the Mohegan sold the land in this area to the early settlers in 1663, he insisted that the papers he signed reserve six acres for his people that began along the beach and ran north. His son Wankas and grandson Jaswah later insisted in another deal with the settlers that an acre be reserved at the end of Waterside Lane to allow their people "free liberty to hunt, fish, camp, and to take rushes and flags for the making of mats."

Some three hundred and fifty years after these negotiations and transfers of land ownership and rights, I had the honor of witnessing Lucy Elliot sign a deed conveying approximately 18 acres behind the Andrews Memorial Town Hall to the Clinton Land Conservation Trust, Inc. With her signature on that document she acted to preserve this beautiful and historic place for all people and all time. The emotions and the thoughts I had about what Mrs. Elliot did that evening in her kitchen overlooking the field and marsh along the Indian River can be found in some portions of the Longfellow poem about our Clinton, the southern part of the larger town formerly known as Killingworth.

"Across the Sound the birds of passage sailed,
Speaking some unknown language strange and sweet
Of tropic isle remote, and passing hailed
The village with the cheers of all their fleet -
From the Academy, whose belfry crowned
The hill of Science with its vane of brass,
Came the Preceptor, gazing idly round -
Now at the clouds, and now at the green grass,

The thrush that carols at the dawn of day
From the green steeples of the piney wood;
The oriole in the elm; the noisy jay,
Jargoning like a foreigner at his food;



Michael Houde, President of CLCT, Lucy Elliot, her daughter, Becky Elliot Keating; her Lawyer: Peter Cooper.

The blue bird balanced on some topmost spray,
Flooding with melody the neighborhood;
Linnet and meadow-lark, and all the throng
That dwell in nests, and have the gift of song.

Think, every morning when the sun peeps through
The dim, leaf-latticed windows of the grove,
How jubilant the happy birds renew
Their old, melodious madrigals of love!
And when you think of this, remember too
'Tis always morning somewhere, and above
The waking continents, from shore to shore,
Somewhere the birds are singing evermore."

On behalf of the birds of Clinton and future generations of settlers in this town, we all thank Lucy Elliot and her family for this gift of song.

*Submitted by Ken McDonnell
Past President and Board Member
Clinton Land Conservation Trust, Inc.*

Town Clerk's Office

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Karen Lee Marsden, Town Clerk

Families Helping Families

This year marks the eighth year for Families Helping Families. We could not continue to help Clinton families facing difficult times without the over-whelming support of the Clinton community. Time after time Clinton residents have supported our food drives, social events, and appeal letters. We cannot put into words how appreciative we are of your continuing support.

After the winter we have experienced this year we all probably have had a good dose of cabin fever. We have two spring events which we hope will cure that cabin fever. Our first event is a new one for us and one which we are very excited about. Families Helping Families will be hosting "Crazy for Cupcakes" at The Clinton Town Hall on Saturday night April 12 from 6pm to 8 pm. There will be a contest to see who bakes the best cupcakes. The top three winners will receive a cash prize and a ribbon. People interested in entering the contest have to register at Malone's Coffee Shop at 10 West Main Street Clinton. This is a free event but people attending are asked to donate cans of food or make a cash

donation to help fund Families Helping Families community out-reach programs.

We follow-up "Crazy for Cupcakes" with an event which took place for the first time last year.

Our **Strawberry Shortcake Festival** will be held on Saturday June 7 at The Clinton Town Hall from 6 pm to 8 pm. This event is also free but again people attending are asked to bring cans of food or make a cash donation to help fund Families Helping Families community out-reach programs.

We hope you will join us in welcoming in spring and summer to Clinton. These events are not only a way to help Clinton residents who are experiencing difficult times but a way to have an enjoyable evening out and re-connect with friends you might not have seen in a while. If you have any questions about Families Helping Families and our mission feel free to contact us at 860-669-5592.

*Miner T. Vincent, President
Families Helping Families*

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Partners in Community

Not Your Momma's Marijuana

Marijuana has been decriminalized, that means it must be legal, right? Wrong. Medical marijuana is legal, so it must be safe? Wrong again.

With medical marijuana set to go on sale this spring in Connecticut, it is more important than ever to be clear about the legal situation of marijuana in Connecticut.

In 2012 marijuana was decriminalized in the state so that offenders would pay a fine for a first offense of possession of one-half ounce of marijuana or less (equal to roughly 14 marijuana cigarettes) rather than a fine, a criminal record, and possible jail time. "Let me make it clear - we are not legalizing the use of marijuana," says Governor Malloy, rather possession has been decriminalized so that it is no longer a felony but now a misdemeanor. Even decriminalized, marijuana is still illegal.

As for medical marijuana, if you are over 18, suffer from one of 11 specific debilitating illnesses, and your doctor believes treatment with medical marijuana is appropriate, then you would be eligible to register for a medical marijuana certificate. In 2012 medical marijuana was legalized and recently four medical marijuana growing facilities have been licensed by state officials.

It is important to remember that even legal for medical purposes, marijuana is not a safe substance, especially for anyone under the age of 21. According to the National Institute of Drug Abuse (NIDA) all forms of marijuana are mind-altering and the main active chemical of marijuana, THC, changes how your brain works. Since the 1970's THC potency in marijuana has increased dramatically, proving that the marijuana smoked today is not the same as it used to be. In fact, a user smoking 5 joints of marijuana a day is comparable to smoking a full pack of cigarettes; you're taking in just as much cancer-causing chemicals.

For teens, smoking marijuana is especially dangerous because of the damage done to the still-developing brain. In fact, a recent study found that teens that used marijuana regularly and continued into adulthood showed a permanent drop in IQ by 8 points. For some this drop in IQ could mean a person of average intelligence now falling into the lowest intelligence range.

While the laws have changed, there is no denying the science that proves marijuana to be a dangerous substance. Research shows that marijuana use is significantly linked with addiction, heart and lung complications, mental illness, car crashes, poor school performance, poor quality of life, and poor job performance. Remember, just because it is decriminalized recreational marijuana use is still illegal.

For more information visit Clintonpic.org.

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State Rep. Tom Vicino



From left: State Rep. Tom Vicino and Grant Westerson, CT Marine Trades President

State Rep. Tom Vicino supports marine and shoreline businesses.

State Representative Tom Vicino (D-Clinton, Killingworth, Westbrook) recently led a round table discussion with the CT Marine Trades Association and local boating business leaders to discuss harbor dredging, cleaner marinas and shoreline job growth.

Recreational boating and tourism supports ancillary businesses, restaurants, and retail shops that are the leading industries of the shoreline economy.

Last year, Vicino co-sponsored a bill to extend the “sales and use” tax exemption for one month for vessels brought into this state for storage, maintenance or repair.

“This extension of the tax exemption on winter storage, maintenance, and repair on vessels is a clear indication of the importance of the marine industry to the Shoreline economy,” said Rep. Vicino. “It provides our boat service businesses with the opportunity to be competitive with our neighboring states. Over 40,000 jobs are associated with this key area of employment along the Connecticut coast. This legislation will help retain and attract the off season work that is the lifeblood of many of our local residents.”

“I have worked to extend the sales tax exemption for winter storage of noncommercial vessels and the use tax exemption for winter storage, maintenance, and repair of vessels brought into the state exclusively for those purposes.” Both tax exemptions now apply from October 1 to May 31.

Tom Vicino represents the 35th Assembly District of Clinton, Killingworth and Westbrook, and serves on the Commerce, Planning & Development and Environment Committees.

Essex Saving Bank Rated 5 Stars

Essex Savings Bank has once again earned the highest 5-Star rating for strength and stability from BauerFinancial, Inc. of Coral Gables, Florida, the nation’s leading independent bank rating and research firm. BauerFinancial has been reporting on and analyzing the performance of U.S. banks since 1983. No institution can pay BauerFinancial to rate it, nor can an institution choose to be excluded. Essex Savings Bank has proven its commitment to superiority by earning this top rating for 71 consecutive quarters. Fewer than 10% of the nation’s banks can claim this distinction. In order to do so, the Bank has excelled in areas of capital adequacy, delinquent loan levels and profitability to name just a few. Consistently earning BauerFinancial’s highest rating assures customers and the community that Essex Savings Bank is a strong financial institution that will be able to fulfill their banking needs for years to come.

Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook. Financial, estate, insurance and retirement planning are offered throughout the state by the Bank’s Trust Department and subsidiary, Essex Financial Services, Inc, Member FINRA, SIPC. Investments in stocks, bonds, mutual funds and annuities are not FDIC insured, may lose value and are not a deposit, have no Bank guarantee and are not insured by any Federal Government Agency.

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Stress and Heart Disease

If managing stress is a challenge for you, take heed: more and more research is pointing to stress as a contributor to heart attack and other forms of heart disease. From natural disasters to the death of a sibling to the daily grind of modern-day life, stress can have a big impact on your heart. In fact, some studies show it harms your heart as much as smoking at least five cigarettes a day.

Adding insult to injury? If you do have a heart attack, the prognosis may be poorer with chronic stress. And heart patients with high anxiety can double their risk of dying. Throw depression into the mix - and it's a triple whammy.

Why does stress have such a big impact? Stress produces lots of physiological changes affecting your heart. For example, you pump out more adrenaline, which can make your blood pressure rise and your heart race. If these changes keep up over time, they can damage your heart's arteries.

Of course there's also some good news. Although you can't control all the stressors in your life, you can take steps to better manage your responses to stress. Cultivating a positive, optimistic frame of mind has even been linked to better levels of cholesterol and other markers of heart health. Okay, so where do you start?

Practice positive self-talk at least once a day. This can work wonders at turning around a negative frame of mind. An example of negative self-talk is this: "I hate when this happens." An example of positive self-talk is this: "I can handle this. I've done it before."

Do something pleasurable JUST FOR YOU at least 15 minutes a day. Maybe it's taking a bubble bath, strolling in the park, or listening to your favorite music. You might be amazed at how much this can turn around a day that feels like it's gone all wrong.

Use emergency stress stoppers. These are great for those situations where you feel like you're going to burst! Try methods like these: Count to 10 before you speak. Take a few deep breaths. Go for a walk. Give someone a hug. Smile at a stranger. Give yourself extra time to get ready in the morning so you won't be running late.

Practice a daily relaxation method such as deep breathing. And when I say relaxation, I don't mean just sitting and watching TV. You need to actively calm the tension in your mind and body. Other great methods of relaxation are yoga, tai chi, and meditation. Try out a variety of methods, but give yourself time to practice and learn.

Cultivate healthy habits. Get enough sleep, don't forget to laugh, exercise, slow down, accept what you can't change. Taking steps like these will make a big difference in how well you manage stress.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professionals if you have questions or concerns about a medical condition.

*Keith Lyke, Rph
Killingworth Family Pharmacy*

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Water Pollution Control Commission

Water Pollution Control Commission

Update for 1st Quarter 2014 Clinton Events

The Town of Clinton continues to pollute the groundwater with every load of laundry or flush of a toilet. The resulting pollution concerns are not all the same. In some parts of town, the problem is that ecosystems are being impacted or threatened. In other places, the pollution is threatening and actually impacting drinking water wells. For the last 30 years, Clinton has been preparing to solve both pollution problems by removing the waste water from the pollution sources.

Over the last 6 months, the WPCC has questioned if both problems require the same solution. And we're glad we did. For one small part of town, drinking water pollution might be remedied by extending public water

instead of public sewers.

For example, properties in some developments along Route 81, could likely handle the 22,000 gallons per day of waste water they produce if their drinking water wells are removed from the equation. So the WPCC is now exploring the details. These include the proximity of septic systems to wells, the properties' ability to support code-compliant septic systems, the availability of grants to pay for the public water extension, the extent of the pollution in existing wells, and the Department of Energy and Environmental Protection's willingness to accept this as a solution.

For the latest information on this project, we invite you to read our minutes or attend our bi-monthly meetings.

Hope is Power

Exercise Group Bonds Cancer Survivors

Laughter. Joy. A lightness of spirit. Comaraderie. These are terms that are not often connected to the word "cancer," but if you spend any time with the Hope is Power class at the Valley Shore YMCA in Westbrook, that's exactly what you'll experience.

Hope is Power is offered in collaboration and with the financial support of Middlesex Hospital. It is a free, 12-week program for adult cancer survivors designed to empower them to overcome the effects of fatigue and deconditioning from cancer and its treatment. The overall goal of the group is to improve participants' functional capacity and quality of life through an organized fitness program in a small group setting. The program was established in 2010 and now has an advanced level class for those who want to continue in the program after taking the beginner class.

According to Pat O'Brien, survivorship coordinator at the Middlesex Hospital Cancer Center, "There is an increasing amount of research pointing toward the benefits patients can receive from exercise, in terms of reducing cancer recurrence and improving survival rates."

The program is taught in a safe, fun, relaxed environment for all ages and fitness levels. Cancer experts from Middlesex Hospital also present to the group on a variety of topics, such as nutrition and personal care.

For more information about the next Hope is Power class, call the Valley-Shore YMCA at (860) 399-9622, ext. 121.



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**COMMUNITY
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Leading the Way – Eric Thornburg Joins the Community Foundation’s Board of Directors

The Community Foundation of Middlesex County is honored to welcome Eric Thornburg to its Board of Directors. Mr. Thornburg and three other new directors bring passion and a broad range of skills to the Community Foundation’s leadership team.

Mr. Thornburg of Clinton is a leading executive in Middlesex County as the Chairman, President and Chief Executive Officer of Connecticut Water Services, Inc. Under his leadership, Connecticut Water has undergone significant growth and is currently ranked in the top tier among all publicly traded water utilities. Eric’s strong business and financial background will be of added benefit to both the Board of Directors and the Community Foundation’s Audit Committee on which he will serve.

Joining Mr. Thornburg on the Community Foundation’s Board of Directors are John Boccalatte of Middletown, Greg Rainey of Ivoryton, and Frantz Williams, Jr. of Middletown. Three current Community Foundation Directors were re-elected to three year terms. David Director (Cromwell) will continue his work on the Council of Business Partners, Governance Committee, and Strategic Planning Committee. He will also chair the Personnel Committee and was elected

as the Treasurer of the Board of Directors for 2014. Nancy Fischbach (Deep River) was re-elected to Board of Directors Secretary and Chair of the Community Foundation’s Grants Committee. She also serves on CFMC Governance Committee. Gary Salva (Middlefield) was also re-elected to a three year term and serves on the Development Committee.



“We are very excited about the Board of Directors for 2014 and its leadership and commitment,” said John Biddiscombe, Chairman, CFMC Board of Directors. “John Boccalatte, Greg Rainey, Eric Thornburg, and Frantz Williams bring a broad range of expertise to our work, and the Middlesex County community will benefit from their business acumen and their deep commitment to furthering the investment of our neighbors and stakeholders. Middlesex County traditionally reaps the diverse benefits of a strong, dedicated and knowledgeable Board of Directors at the Community Foundation. These four individuals ensure that the oversight and governance work of the Community Foundation will continue to develop and impact the community.”

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chamber@clintonct.com
www.clintonct.com

Clinton Chamber of Commerce

23rd Annual Business Expo

Sat. April 5
Hosted by Clinton Chamber of Commerce
Andrews Memorial Town Hall, Route 1, Clinton.
9:30 a.m. to 3:00 p.m. Free Admission. Public welcome.
Fifty businesses/food court. Sponsored by Comcast Business.

Annual Shredding Event at The Clinton Chamber of Commerce Office

Sat. April 19
Hosted by The Clinton Chamber of Commerce
50 East Main Street, Clinton. 9:00 a.m. to 2:00 p.m. \$6 per
box. Public welcome.
For more information or to register contact:

Wine, Beer, and Cigar Tasting at The Andrews Memorial Town Hall

Fri. April 25
Presented by Clinton Chamber of Commerce. Andrews
Memorial Town Hall, Route 1, Clinton. Evening arranged
by Glenwood Wine & Spirits. Cigar Tasting Under the Tent
(Cigars addt'l) sponsored by Stomp 'N Crush. Catering
compliments of Frank Andrews Mobile Kitchen, LLC. Dessert
Table compliments Chris Damon, UBS Financial Services.
6:30 p.m. to 8:30 p.m. Advance tickets \$20. \$25 at the door.

Business After Hours at The Aqua

Tues. April 29
Hosted by Clinton Chamber of Commerce, 34 Riverside
Drive, Clinton. 5:30 p.m. to 7:30 p.m. \$10 prepaid/ \$12 at
the door. Walk-ins welcome. Sponsored by The UPS Store,
MacKinstry Financial & Investments, LLC and JAD Basement
Services, LLC

Business After Hours at Rambling River Antiques

Wed. May 14
Hosted by Clinton Chamber of Commerce
172 Boston Post Road, Westbrook. 5:30 p.m. to 7:30 p.m.
\$10 prepaid/ \$12 at the door. Walk-ins welcome.
Sponsored by Taylor Rental. Food catered by Edd's Place.

Business After Hours at Chips' Pub III

Tues. June 3
Hosted by Clinton Chamber of Commerce
24 West Main Street, Clinton. All proceeds benefit Robert
DiBona Scholarship. 5:30 p.m. to 7:30 p.m. \$12 prepaid/
\$15 at the door. Walk-ins welcome.

Annual Breakfast Meeting at The Andrews Memorial Town Hall

Thurs. June 19
Hosted by Clinton Chamber of Commerce
54 East Main Street, Clinton. 8 a.m. to 9 a.m.

Business After Hours at Walker Loden

Wed. July 23
Hosted by The Clinton and Madison Chambers of
Commerce. 788 Boston Post Road, Madison. 5:30 p.m. to
7:30 p.m. \$10 prepaid/ \$12 at the door. Walk-ins welcome.

Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. has been Serving Seniors
in the nine-town Estuary region for 40 years! Call us to receive
our Gazette Newsletter or go to www.ecsenior.org for our
online newsletter, events calendar, menu, and more!
220 Main Street, Old Saybrook (860) 388-1611.
Volunteer opportunities, call Judy at main number.

MEALS ON WHEELS – hot meals for homebound seniors,
delivered to your home. Call Peg at 860-388-1611. A donation
of \$3.00 is requested for those aged 60+. Meals are supported
by Senior Resources Agency on Aging with Title III funds available
under the Older Americans Act.

CAFÉ MEAL SITES – Clinton, Old Lyme, Old Saybrook,
Westbrook (Thursdays). Reservations required by calling 860-
388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION

For medical appointments to any medical location beyond
the nine-town estuary region. Call Judy at 860-388-1611.
Suggested donation of \$35 for a roundtrip Doctor appointment
up to 5 hours. Suggested donation of \$70 for appointments
over 5 hours.

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Hand and Foot, and more! Check the Gazette for all of our
programs.

ESTUARY THRIFT SHOP: Open 10 am – 3:45 pm, Monday –
Friday; 9 am – 12:45 pm on Saturdays. Clothes (men, women,
and children), kitchen items, crafts, and more. Donations are
accepted and volunteers always needed!

THE GYM AT THE ESTUARY: Hours expanding-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). Gym Membership Options: Three months -\$50.00, Six months-\$90, Full year-\$150. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611

The gym is available for use only after payment of membership fees and completion of the required fitness assessment and training sessions. Gym Hours are posted at the Estuary.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am – 4 pm, and Saturdays from 9 am – 1 pm. The art on exhibit changes monthly and highlights the talents of

local artists from along the shoreline. Join us on the second Friday of each month for the Artist Reception from 5 – 7 p.m. Refreshments are served, and a door prize is drawn. All ages are welcome. Call 860-388-1611 for information.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

SAVE THE DATE:

The M. Monica Eggert Senior Center turns 40 this year. Save the date and join us at The Kate to celebrate on September 20, 2014.

CT River Area Health District Looking for Well Water Test Participants

Recently, the CT Department of Public Health (DPH) recommended that Connecticut homeowners test their wells for arsenic and uranium. Testing in various parts of the state resulted in high enough levels of these two naturally occurring contaminants to prompt testing state-wide.

The Connecticut River Area Health District (CRAHD) in cooperation with the DPH is offering this testing free to private well owners. If you live in Old Saybrook, Clinton or Deep River and wish to have your well tested for arsenic and uranium, please contact CRAHD at 860-661-3300 or email ccollier@crahd.net

The aim is to sample wells spread throughout the District to provide a good representation of arsenic and uranium levels

within the three towns. The test sites will be selected with that goal in mind.

The health district will take the sample, and transport it to the DPH State Lab where the sample will be analyzed. The results will be shared with the homeowner.

Arsenic is a naturally occurring metal that has toxic effects on the body, and has been identified as a cancer causing agent. Uranium is a naturally occurring metal that is radioactive and may affect kidney function with prolonged excess ingestion. Both metals are odorless and tasteless.

More information about arsenic and uranium in drinking water can be found at the Health District Website: www.crahd.org.

Childhood Lead Poisoning is Preventable

Until lead based paint was banned back in 1978, they were widely used in homes and buildings in Connecticut. The durability and weather resistant qualities of lead based paint made it a desirable product for most homeowners. In addition, much of Connecticut's housing stock was built pre-1978. These three factors are responsible for the continued presence of lead from paint in our environment, and the continued exposure to lead and its effects for generations of children. Much has been accomplished in Connecticut to prevent childhood lead poisoning, but we still have a lot of unfinished work to remove lead from our childrens' environment.

It is not surprising that children are exposed to lead in substandard housing where painted surfaces are allowed to deteriorate because of neglect. However, children in more affluent communities with older neighborhoods may be exposed to lead paint especially when renovation occurs without regard to safe lead practices.

The biggest concern with lead paint is the creation of lead dust when lead paint is subject to deterioration from scraping, sanding, friction and weathering. All of these processes contribute to the creation of lead dust. Why is lead

dust the biggest concern? The reason is that it is breathable. A great contributor to lead dust are old windows that have deteriorating lead paint on them. The opening and closing of sashes creates friction which breaks down painted surfaces over time. This could result in a large amount of leaded chips and dust accumulating in window wells that gets easily blown into the interior of the house with wind.

Breathable lead dust is a major and most damaging way that children are exposed to lead. As with nearly any toxin, the most intensive and direct route of exposure to lead is through breathing it in, in the form of dust. There are three main reasons for this: First, children breath at a much more rapid rate than adults and are more susceptible to respiratory exposure. Second, small children are breathing at the same level that the dust gets created and accumulates, near windows and the surrounding floors.

Third, inhalation exposure is the most direct form, entering the bloodstream much more proficiently and at higher concentrations than any other method of exposure.

Continued on page 14

CT River Area Health District ... continued from page 13

It is also worth mentioning that exposure by ingestion in children is much more pronounced than in adults because of the pronounced hand to mouth habits of young children. Whatever lead gets picked up on children's hands gets transferred to his or her mouth. This activity in children is referred to as pica.

How do we prevent or at least minimize lead dust exposure in children?

The first thing to know is that childhood lead poisoning is entirely preventable. Even though lead may persist in our environment, eliminating children's exposure to the lead is the key. Following are some simple, inexpensive, and effective ways to reduce your family exposure to lead.

The first thing to know is if lead is present. There are simple lead test kits that may be purchased in home improvement or hardware stores that will let you know if lead is present on surfaces. You could test window wells and sills, floors, or any other surface where paint is deteriorated. These tests will not tell you how much lead and at what level the concentration is, but it will let you know that it is present and you could proceed with more caution. If you do not want to test for lead, and you live in a pre-1978 home, you may make an assumption that lead paint is present.

Clean surfaces using wet methods such as mopping and wet wiping with cleaning solution as opposed to vacuuming or sweeping. This type of cleaning removes the dust instead of moving it around. Unless your vacuum is equipped with a high efficiency particulate air (HEPA) filter, fine lead dust will pass through a vacuum and get re-circulated into the room. Most household vacuums are not equipped with HEPA filters. Although becoming more difficult to find, phosphate based cleaners will help dissolve lead in solution to allow deeper cleaning, but many phosphate based cleaning compounds have been taken off the market. A powdered dishwashing soap such as Cascade for the dishwasher works well. Remove larger loose chips with the sticky side of tape prior to wet cleaning.

Consider replacing older painted windows with newer lead free windows. If this is something you could afford, it is the best way to eliminate a persistent source of lead in the home. If windows are in poor condition, avoid opening and closing them, as this creates and spreads more dust.

If you hire a contractor to perform renovation in your home built prior to 1978, insist that the contractor is trained and certified in lead safe techniques. Many homeowners overlook this important step. An untrained home improvement contractor who does not use lead safe methods, can leave behind a major lead contamination problem for you and your family to have to deal with. It would be wise to discuss this and get assurances that lead safe practices will be used before any

renovation work starts.

Place furniture as barriers to home components where paint is deteriorated and chipping to keep children away from these areas.

Get children to wash their hands frequently enough to remove lead dust and residue from their hands. Remember, hands are an important vehicle for lead ingestion. Frequently wash toys that children play with.

Many pre-1978 homes may have old plumbing also. Lead was frequently used in connections and linings of water supply piping. To avoid lead exposure through your drinking water, run the tap, especially first thing in the morning, to flush out water that has been sitting in the pipes for hours before using the water for drinking or cooking. A good rule of thumb is to not drink the tap water until it becomes noticeably colder coming out of the faucet.

If a parent or household adult works where there might be lead, avoid tracking dust into the home by insisting that the adult clean up before entering, and change clothing before coming into the home.

Avoid suspect cosmetics and home remedies. Many are not regulated and may contain lead in high concentrations.

Be on alert for lead recalls. The Consumer Product Safety Commission gives information on lead recalls. Log in at www.cpsc.gov or call 1-800-638-2772.

If lead is a concern on the inside of the home, it is likely a concern on the outside as well. If flaking or chipped paint is on the exterior of the home, homeowners can take the following precautions:

For at least several feet out from the foundation or exterior wall, prevent children from access to the soil by plantings, fencing, or other natural barriers.

Plant grass or other ground cover to eliminate bare soil areas.

Have children wash their hands upon coming inside after playing outdoors.

If you think your child has been exposed to lead, you should have your child tested by your child's doctor. Your child's doctor should include this blood test as part of a routine check up. Beginning January, 2009, the law required that the test be performed on children starting at nine months of age. After that, if your child's lead level is not elevated, your child's doctor should do an 8 question risk assessment as part of each well child visit to determine the need for additional testing.

We are available at the health district for any questions you may have about lead in the home, children's blood lead levels or state regulations concerning lead. You may call us if you have concerns about this at 860-661-3300. CT River Area Health District; Serving the towns of Deep River, Clinton and Old Saybrook.

Jim Monopoli, Director of Health

DUB4U

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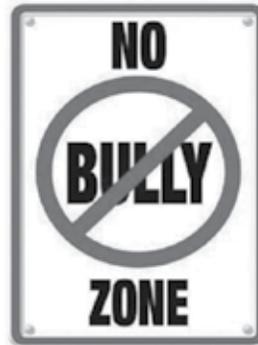
Philanthropy • Leadership • Legacy

No Bully Zone program, an initiative of CFMC's Council of Business Partners, can make a significant difference in our schools and communities by

- ✦ Empowering students
- ✦ Reducing incidents of bullying
- ✦ Improving school climate
- ✦ Increasing school staff awareness
- ✦ Increasing communication between students, teachers and parents

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Did you know on any given day **160,000** students in the U.S. stay home for fear of being bullied?



For more information, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or Cynthia@MiddlesexCountyCF.org.

We Can ALL Take a Stand!

Join **CFMC's Council of Business Partners** and stand up to bullying.

John J. Sullivan: A&A Office Systems, **Arlene Mazzotta and Laura Pedersen:** A.R. Mazzotta Employment Specialists, **Bill, Susan and Shawn McCann:** Best Cleaners, **Colin Burr:** Brown & Brown Insurance, **David Director:** Connecticut Lighting Centers, Inc., **David Gilbert:** Direct Energy, **Dan Zimmerman:** DLZ Associates, LLC, **Mauricio C. Salgar:** Gabrielle's, **James Mahoney,** Mahoney Sabol & Co., **Marc Levin:** Malloves Jewelers, Middletown, **Nancy Raczka:** Attorney, **Theodore Rossi:** The Rossi Companies, **David Shulman:** Suburban Stationers, Inc., **St. Mary's Church,** Portland and **Congregation Adath Israel,** Middletown, **Interfaith Golf Open Tournament.**

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The Power of Family Connections

One of our forefathers of Psychology, Alfred Adler, emphasized human nature's need to have a sense of belonging and to feel significant. According to Maslow, another great pioneer in the field, experiencing a sense of belonging is essential before a healthy sense of self-esteem can be developed.

In the hustle and bustle of today's world, we often underestimate the power we have in shaping our children's lives and influencing who they will choose to be. Ideally, each child's first experience with being an important part of something important is in his or her family. Let's first take a look at exactly what self-esteem is. In my career as a Family Therapist, this is my best working definition of Self Esteem:

I am good (and I know why)

I am an important part of something good; I belong

I can make good choices

So how do we help our children and teens develop a strong sense of self?

This year our theme at Clinton Youth and Family Services is: Strengthening Family Identity & Making Positive Family Connections.

Developing a Strong Family Identity

It maximizes your influence as a parent.

It sets the stage for the development of a strong self esteem.

It serves as the foundation/blueprint for your child's choice in values, their social skills, problem solving skills, and ability to manage feelings.

For many youth, it can also play a critical role in reducing overall anxiety. To a certain degree it is developmentally appropriate for teens to shift toward an emphasis on friends and spend more time being social with their peers. However, it is important to find ways for your family to connect without being overbearing or interfering with this natural social emotional growth.

In order to foster a strong family identity, two elements are needed: (1) Time together and (2) Family rituals.

Time together: You can't develop a strong sense of family identity if you don't spend time together as a family. As we get busier and busier as a society, overscheduling ourselves and our children has become a trend. Team sports and structured after school activities can also offer a positive sense of belonging, however when these activities take the place of family identity, we give our power of influence away to whoever is the leader of that activity or program.

It is important for the family to remain a consistent anchor throughout the growing years. We live in a schedule oriented society, where we overcommit ourselves and have a growing list of things we keep meaning to do. In reality, if it's not scheduled in, it won't happen. For some families, regular family time might need to be an official part of the family's calendar, where every week at a specified time, we do something together as a family and no one can schedule anything over this time.

You may encounter resistance to this concept, especially if it's a new practice in your family. Give them permission to not like it, but do it anyway. You may not get appreciation for it,

but the rhythm of family values and the continued messages of positive belonging (even if it's boring to them) will play a critical role in who that young person chooses to be.

The message is that you are an essential part of this family; we can't do this without you. Family time should be positive, not a time where everyone unloads criticism. Turn off phones and other electronic devices.

Rituals - Engaging in rituals can be very comforting and has the power to reduce anxiety. Think about a night when there's no time for the typical bedtime ritual. How upset does a 6 year old become if story time doesn't happen? Beyond that child's understanding, the upset isn't just about the story. It's about the anxiety that comes when that rhythm is broken. Rituals communicate a deep connection with others, a common purpose, and reiterate that sense that "I am an important part of the family."

What does it mean to be a part of your family? What are the most important things you want to teach your children? Use cohesive language like "In this family (we include everyone)." "In this family (instead of hitting, we use our words)."

Dinner together, participation in a religious community, bedtime rituals (especially for younger kids), even chores (which symbolizes each person's importance to the family and its functioning) are all examples of common family rituals.

Don't be afraid to think outside the box. The element of fun is very powerful when it comes to strengthening bonds between participants. It reaches people in ways that words can't.

Is there a weekly TV show that the family watches together?

Have a regular Family Game Night.

Once every few months, have a slumber party in the living room.

On the 15th day of every month, make ice cream Sundaes

Does your family have a "happy dance?"

Another great way to spend time together is to engage in a community service project together. This is a great way to teach values and find out which causes are most important to your children. Keep an eye out for family oriented events that may be taking place in surrounding towns, whether it's Christmas in Clinton, Families Helping Families Pancake Breakfast, Family Bingo in Westbrook, or making gingerbread houses in East Lyme.

Programs offered/sponsored through Clinton Youth and Family Services include but are not limited to:

Mother Daughter night about puberty/positive body image, Mother Daughter Self Defense class, Parent/ Youth Yoga class, Parent/Teen Automotive Know-How, Parent/Teen Habitat Build, The Game for Eliot REACT, Family Olympics, Family Day sponsored by Clinton Park and Recreation.

For more information contact Marie or Andrea at 860-669-1103. Check our website at: www.clintonyouthandfamily.org and Like us on Facebook--<http://www.facebook.com/TheClintonYouthFamilyServiceBureau>.

By Marie Pinette, LMFT, Clinton Youth & Family Services

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The Importance of Inland Wetlands

What are inland wetlands and why is there so much value placed on these natural resources? In Connecticut, inland wetlands are strictly defined based on soil type, and include any of the soil types designated as poorly drained, very poorly drained, alluvial, and floodplain. Some common examples of inland wetlands in our area are swamps, brooks and vernal pools. There is a common misconception that all wetland areas are wet or damp, when in fact some areas can be rather dry yet still classified as wetland. Vernal pools are a great example of this because they only hold or contain water temporarily. They often hold lots of water in the spring and act as breeding grounds or sanctuaries for animals before drying up through the summer.

Inland wetlands are areas that have received very little attention until the last few decades. They were an overlooked piece of nature that is quite important. Currently, their growing recognition is due to their important ecological, biological and physical functions. Wetlands are so important that there is some type of inland wetlands regulatory commission in every town in Connecticut.

The Clinton Inland Wetland Commission is one that is dedicated to the protection of the town's inland wetlands areas. The purpose of the Commission is to safeguard these valuable natural resources and the vast ecological value they provide, while objectively balancing protection and development in a growing and developing world.

Inland wetlands are environmentally crucial for countless reasons. Initially, they act as a filter that helps clean and purify the water from toxins and harmful chemicals, which predominantly originate from runoff. Many ground water wells contain water that has passed through wetlands. Wetlands also provide hydrological stability: they help to control flooding and have a direct connection to the ground water sources. These areas can trap sediments and reduce erosion. Wetlands fill an important niche with the flora and fauna by acting as a sanctuary, breeding refuge, feeding ground or simply just a unique habitat for life to exist. Finally, the aesthetic beauty of this resource is immense due to its wide diversity of plants and animals. The preservation of these wetlands is not only important, but essential to maintaining a healthy ecosystem.

Inland wetlands provide a plethora of resources and serve many functions. Understanding the value of these natural resources and having procedures in place to protect them is important due to the bountiful benefits they provide.

Jeremy Calini, Inland Wetlands Commission

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