

# Montville



# Events

[www.eventsmagazines.com](http://www.eventsmagazines.com)

Volume 2 • Quarter 2 • 2014



**Formerly the Montville  
Community Booklet**





262 Route 163  
Uncasville, CT 06382  
860.848.4900



**Buy one Breakfast  
Get one Breakfast  
1/2 OFF**

(of equal or lesser value)



**Buy one Lunch  
Get one Lunch  
1/2 OFF**

(of equal or lesser value)



*Events presents ...*



Over 2 million members choose Anytime Fitness. Why? Because it's convenient, affordable, and fun. And with 24/7 access to thousands of our clubs around the globe, you can workout on your terms. Fitness has never been so easy. We fit your busy schedule and on-the-go lifestyle. With your membership, you can workout when it's best for you - day or night! Our clubs are open 24 hours a day, 7 days a week, 365 days a year.

At Anytime Fitness you hold the key, literally. Access to our clubs is protected by our state-of-the-art security system and will only be granted with the proper key. Once inside, you have full use of cutting-edge strength training and cardio equipment.

At Anytime Fitness, you will find amazing amenities, and more! Our clubs are geared up with the essential elements of a great workout. Our fitness equipment vendors are the best in the industry, and I stay current with the latest technology! We offer a wide variety of cardio, strength, and free weight equipment to ensure that you get the best possible

workout. To help you get started, each new member receives a FREE personal fitness orientation, including an explanation and demonstration of basic exercise principles and a quick, safe, and effective exercise program.

The club is scrupulously clean and offers a friendly and supportive atmosphere that is second to none. Integrated access and security with remote monitoring of surveillance systems provides round-the-clock safety and security. Personal safety devices allow for one-touch access to emergency care. Private restrooms with showers offer convenience for those who wish to change at the club or freshen up before they leave.

Maximize your Anytime Fitness membership with 24/7 access to Anytime Health - your online resource for living well. Check out the great benefits available to you as an Anytime Fitness member by contacting me today.

Dawn Gilday, Owner to Inspire. 2020 Norwich New London Tpk, Uncasville, CT 06382  
uncasvillect@anytimefitness.com, www.anytimefitness.com 860-848-0383.

## Mayor's Corner

As we approach the second half of 2014, several of Montville's new businesses have opened their doors, and new businesses help us move toward a stronger economic stability. Economic development is the key to economic recovery, and Montville has really progressed in this area over the past year. Our work as a team, the ability to share ideas and goals, & develop concrete and feasible action plans are the keys to overall success. Montville is fortunate to have its share of well-educated and skillful employees on our team which helps immensely as the town strives for excellence, and I, for one, am proud to be part of this team! I look forward to continuing my work with town employees and the Town Council in our quest to grow and develop Montville. I hope you enjoy our Montville Events Magazine and find something interesting or fun within these pages for you, and/or your family, to be a part of. After the cold and snowy winter we have just endured,

I hope as spring arrives that you and your families enjoy safe and warmer days and lower fuel bills! To that end, Montville has been selected to participate in Solarize CT, a program where residents can get free information and consultation to see if their home is right for solar. The program offers deeply discounted incentives for Montville residents. Please check our Town Website in the coming weeks for a link to our program - [www.townofmontville.org](http://www.townofmontville.org)



*Best regards,  
Ronald K. McDaniel, Mayor, Town of Montville*

### On the Cover..

From left to right: Larry Antoniac and Tom Gingerella, Darrick Deveau, Jonny Domijan, Fernanda Reyes, Athena Missios, Grace Carlos, Louise Lamothe, Irene Taylor, and Trish Plaszczynski.

The photo was taken in front of the Monuments at the Old Town Hall by Kim Grant.

### Montville Animal Hospital



Personalized Service  
Preventative Medicine  
Dentistry • Surgery  
Radiology  
Reptiles & Small Mammals



follow us on facebook!



**Jo Michaelson D.V.M.**  
907 Route 32, Uncasville, CT  
(next to Montville Hardware)  
**860.848.1277**  
[www.montvillevet.com](http://www.montvillevet.com)

**\$20 OFF**  
First Visit when you mention this ad!

### POLITO & QUINN TRIAL LAWYERS

Serving Connecticut and Rhode Island

Connecticut "Super Lawyers"™ for 8 consecutive years

**We are proud of what our clients say about us:**

My experience with Polito & Quinn was very positive – especially under some difficult circumstances regarding our son's personal injury case. I would not hesitate to recommend their services to friends and family.

– 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. –

Tel: (860) 447-3300 | [www.politoandquinn.com](http://www.politoandquinn.com)

Wrongful Death • Medical Malpractice • Automobile Accidents  
Practicing In... Mohegan Tribal Courts • Mashantucket Tribal Courts

# NOW OPEN!



## Premium Frozen Yogurt

2020 Norwich New London Turnpike,  
Montville CT (Home Depot Plaza)

**860-899-8955**

**HOURS:** Sunday - Thursday 11 am to 9 pm  
Friday - Saturday 11 am to 10 pm



**\$1.00 OFF**  
your frozen  
yogurt purchase

**Buy One  
Get One Free!**  
Customer pays for the higher priced frozen yogurt

**New to Montville...  
But Not New to PIZZA!**



**Open 7 Days A Week  
10:30 a.m. - 10 p.m.**

**1031 Route 32  
Uncasville, CT**

**860-848-2020**

**Fresh NY Style Hand Tossed Pizza**

**Terrific Pasta Dishes**

**Unique Freshly Made Salads**

**Cozy Dining Room**

**15% OFF - Military Discount**

**Join us Every Saturday from 5-8  
for music and laughs with our strolling  
guitarist Tony Costa!**



**PIZZA**  
**\$3.00 OFF**  
any Large Pizza  
Cannot be combined with other coupons.

**Glass of  
House Wine  
FREE**  
With purchase of any Dinner  
Entree - Cannot be combined with other coupons.

**To Go Orders**  
**\$5.00 OFF**  
any order over \$30.00  
Cannot be combined with other coupons.

**To Go Orders**  
**\$10.00 OFF**  
any order over \$60.00  
Cannot be combined with other coupons.

## Senior and Social Services

Dear Montville Community Friends,

Spring is finally here! If you have been one of those seniors hibernating all winter long, come on out and join us at the Center for some great programs and services; we have so much to offer. Whether you are participating in an Art Class or Exercise Class or you are taking advantage of the Energy Programs, or assistance with Medicare and Supplemental Insurance, come and get all you can out of our Center, as the benefits are endless!

We have much to offer our Social Services clients as well. Our Food, Clothing, and emergency Hygiene Bank are just a few of the services we can help with. Many of our clients are unemployed, underemployed or find themselves facing an immediate hardship and need a little help; that is what we are here for. If you are having a difficult time, come and let us help you.

I am proud of all we have to offer the respective populations we serve. This Montville Events Magazine is a great way for our community to see what the town has to offer and take advantage of the many programs, activities, and services available.

*Sincerely,  
Kathleen Doherty-Peck,  
Director of Senior & Social Services  
Montville Senior Center*



### SOCIAL SERVICES OFFICE

Our Social Services Office and Programs are located in the Old Town Hall Building. (In front of New Town Hall). (Entrance is on the back-side – across from old Social Services Building). Our Social Services Building houses the Food Bank, Clothing Bank, and Office. Donations can be made directly at the Office or at the Senior Center. All of our assistance programs run entirely on donations, we thank you for your support!

### FOOD BANK

The Department of Senior & Social Services, @ 860-848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday - Friday from 8:30 - 3:00 p.m. or by appt by calling Kathie the Director at 860-848-0422. Canned goods, pasta, cereal, and rice along with frozen meats and breads (when available). We will also have FRESH veggies & herbs! You are welcome to come on a weekly basis to supplement your food needs. We also provide emergency services. Come to the food bank, it is here to help you.

### CLOTHING BANK

Do you need that power outfit for your job or a job interview? Or do you need clothes for every day wear? Come to the Montville Senior & Social Services Clothing Bank. We have a seasonally stocked clothing bank located in the Social Services Building. We have everything from men's, women's, and children's clothing to baby's clothes available. Walk-ins welcome Monday - Friday from 8:30 - 3:00 p.m.

### HYGIENE BANK

The Department of Senior & Social Services has a hygiene bank available to help those in need. Soap, shampoo, toothpaste, toilet tissue are just a few of the items we have regularly in stock to help our needy individuals and families in town. Our Hygiene Bank is located in the Social Services Building - walk-ins are welcome.

### SENIOR & SOCIAL SERVICES STAFF

Kathleen Doherty-Peck, Director  
Robin Washington, Asst. Social Services  
Ruth Massey-Abruzzo, Asst. Senior Center  
Larry Antoniac, Bus Driver  
Irene Taylor, Kitchen Server  
Kathy Turner, MedRIDE I Driver  
Tom Gingerella, MedRIDE I & II Driver  
David Norman, MedRIDE II Driver

### SOCIAL SERVICES

Monday – Friday 8:30 – 3:00 p.m. The Social Services Office is dedicated to supporting our individuals, families, and seniors in need. We have a compassionate staff that works hard to ensure we are doing all we can to help our Montville residents finding themselves facing hardships and providing immediate assistance and crisis intervention.

### VETERANS SPECIAL FUND

We are currently working on a Special Social Services Program, specifically for our Veterans, to help with the social services they might need. Fundraisers and donations will be used to supply the Veterans Fund, much like the fund the Director has for our residents in need. The program will run entirely on donations. The Veterans Fund is designed to help our Veterans with "life necessities" and crisis and difficulties that may arise. This is designed specifically for our Veterans in need. For details and/or to contribute, please call/see Kathie the Director at 860-848-0422.

*Continued on page 4*

*Senior & Social Services ... continued from page 3*

**APPLICATION ASSISTANCE**

There are many programs and services available to our residents. Some are local, some State, and some Federal. Many times the applications for these programs and/or services can be quite lengthy and challenging for our residents. If you need help in filling out these applications or you have questions on what service is available for you, please call Kathie at the Senior Center to make an appointment. Let's sit down and go over help, services & programs that might be available to you. 860-848-8820.

**COMPUTER SERVICES**

This program is up & running! We have a computer for clients to use located in the Social Services Building. If you need access to a computer for job search, unemployment benefits, apartment rentals, etc. or maybe you need to update and print your resume? Please come in and utilize this wonderful service.

**PROM PROGRAM**

For the third year, we are working on this fabulous program with staff from Montville High School. Collecting Prom Dresses and Monetary Donations for Tuxes to afford our Montville High School seniors the opportunity to attend Prom. This has gone over very well and is a great help to students. Please consider donating a (used in good condition) prom dress, brides maid, formal, jewelry, shoes, etc. or Tuxedo rental or donation towards Tuxedo rental for the boys! We are collecting now.

**SPORTS CLOSET PROGRAM**

We are working on a new program, our Sports Closet within our Social Services Office. Many of us have children that outgrow their uniforms, cleats, shin guards, team jackets, etc. or try a sport for the first time and decide that it's not for them. Or maybe you have an old (in good condition) Montville Jacket that no longer fits? If you have any, or know a family that does, would you consider donating these items to the Sports Closet Program for a bi-annual "SALE" to help support our Social Services Office? Items will be sold for a donated request (\$1.00, \$2.00, etc.) and help many families get these items for a considerably low price while helping to support the Social Services Programs. (Families not able to afford donation request will receive items for free.)



**RECOVERY SERVICES**

The Montville Senior & Social Services Department is partnering with SOUND COMMUNITY SERVICES to be able to offer recovery services and assistance to our residents in need in the mental health community. Services are FREE and confidential. Please call or sign up with Robin if you would like to attend this beneficial, free program. Call Robin @ 860-848-8820 or Kathie the Director @ 860-848-0422 for details.

**SENIOR SERVICES & CENTER PROGRAMS**

The Montville Senior Center was recognized as a Community Focal Point by Senior Resources, the Area Agency on Aging once again. This honor was given because "the Montville Senior Center is designed to provide critical information and services to older adults and serve as a community hub for local senior activity"2014-2017. The Montville Senior Center is where older persons come together for services and/or activities which enhance their dignity, reflect their experience and skills, support their independence, encourage their involvement in and with the Center & community, and respond to their diverse needs and interests. The primary role of the Center is to meet these needs by linking participants with resources offered by other agencies and offering services/activities within the Center. Senior Citizen Centers strive to fulfill the wide-ranging needs of the older community by providing a variety of services/activities to a wide spectrum of older people from young-old and healthy to the very old and at risk, addressing the needs of this population through general and specialized programs. The Center also serves as a resource for information on aging and support for family caregivers, training professionals and lay leaders and students, and for development of innovative approaches to aid pressing aging issues. We welcome all Montville Senior Citizens to the Center.

**PLEASE NOTE**

We offer our programs and services for our Montville seniors, age 60+ for FREE! This is possible largely in part to the efforts of writing and receiving grants, our donations and the many internal fund-raising activities we have. Thank you all for making our MONTVILLE SENIOR CENTER the very best. Our seniors should be proud!

**HEALTH PROGRAMS**

**HEALING TOUCH**

Healing Touch is available on Fridays, by appointment. Performed by Healing Touch Certified Practitioner Cecelia Sullivan. this program is a medically approved therapy, promoting healing. This therapy relieves pain and anxiety, and strengthens the immune system with a light, on-the-body or near-the-body touch.

**MedRIDES and MedRIDES II**

The Town of Montville Department of Senior & Social Services offers MedRIDE, a FREE transportation for any/all medical appointments for our senior residents. Doctor appointments, hospital tests & screenings, therapy, pharmacies, dentists, etc. Any medical related appointment. Call Ruthie @

860-848-0422 for details and to schedule appointments. This program is free for our Montville Seniors; a donation box is located on the van for contributions. This program is supported by the town of Montville and the Eastern Connecticut Area Agency on Aging with Title III funds made available under the Older Americans Act. MedRIDES II is the same type of medical transportation program though it is a joint effort between the Town of Montville and the City of Norwich. Funds are provided by the State of Connecticut. Driver is located out of the Montville Senior Center. Appointments need to be made by calling the Norwich Senior Center at 860-889-5960.



**HEALTH CLINIC**

We offer a Health Clinic at the Senior Center on Tuesdays from 9:00 - 11:00 a.m. We have a visiting nurse come to the Center to perform blood pressure, blood sugar, and anemia screenings every week. All services at the Clinic are FREE; donation box is available for contributions. Call Kathie @ 860-848-0422 for details.

**PODIATRIST**

We have a wonderful Podiatrist, Dr. Thomas Walter, who comes to our Center once a month on Wednesday to perform routine foot care. Not a service normally covered by Medicare unless you are a Diabetic, Dr. Walter will perform routine foot care for a cost less than a regular office visit. This Program is free to Montville seniors. Funding for the program is provided by Title III funds made available through the Area Agency on Aging and the Town of Montville. Call Kathie for details and date of next visit.

**EQUIPMENT PROGRAM**

The Department of Senior and Social Services has medical equipment (i.e. wheel chairs, walkers, shower seats, commodes, etc.) available for our Montville residents on a loan basis. The equipment can be borrowed for any length of time and returned whenever finished. FREE program, a release form must be signed. Call @ 860-848-0422 for details.

**MASSAGE THERAPY**

Massage Therapy offers many health benefits (relief from arthritis, circulation, aids in digestion, etc.) Appts are free to Montville seniors. Sign up is first come, first serve – one appt per month per senior as the schedule fills up and we have a waiting list each month. Don't miss out on this wonderful program. Sign up on the bulletin board. Call Kathie @ 860-848-0422 for details.

**ALZHEIMER'S SUPPORT GROUP**

We have an Alzheimer's support group here at the Senior Center on the first Friday of every month at 10:00 a.m. Come get the support you need, you do not have to handle issues alone! Confidential.

**HEARING CLINIC**

We have a free hearing clinic on the second Thursday of the month (by appointment). Free hearing screening, hearing aid

cleaning and screening and minimal ear wax removal. Call for details and/or to sign up!

**ENHANCED BENEFIT PROGRAM**

Offered every second and fourth Wednesday of the month at the Center, by appointment from 9:00 - 12:00 noon. The Enhanced Benefit Program is a program our social worker uses to see what/all of the state/federal programs you might qualify for. Information on your current income is needed. This is done with confidentiality and privacy for you. Our social worker is funded by grant funds made available by Senior Resources with Title III funds.

**EXERCISE PROGRAMS**

**ZUMBA GOLD EVENING CLASS**

Classes every Wednesday from 6:00 - 7:00 p.m. Must be 60+ to participate, please register in front office during regular office hours - wear comfortable clothing and sneakers and have some fun! Come and join us for this new exercise program, specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you healthy while having lots of fun.

**CARDIO EXERCISE**

Mondays from 9:00 - 10:00 a.m. Classes are on-going; you can join at any time. Come get or stay in shape and healthy! Cardio is a great form of exercise to help with heart health, weight control, and so much more. Classes are free, wear comfortable clothing and sneakers, and have some fun! .

**STRENGTH TRAINING**

Every Wednesday from 2:30 – 3:30 pm  
Strength training increases muscle mass and also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. No need to sign up; just wear comfortable clothing and sneakers and come on down and take charge of your health.

**HEALTHY STRETCH**

Every Thursday from 3:00 – 4:00 pm  
Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

*Continued on page 6*

# Events

## MAGAZINES



## Montville Events

### TM Ventures, LLC dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205  
Centerbrook, CT 06409  
860-767-9087 Fax 860-767-0259  
email: [print@essexprinting.com](mailto:print@essexprinting.com)  
[www.essexprinting.com](http://www.essexprinting.com)

#### Publisher

William E. McMinn

#### VP Marketing & Business Development

Fred Holloran

#### Director of Advertising/Operations

Suzanne Spires  
[suzanne@essexprinting.com](mailto:suzanne@essexprinting.com) 860-391-5534

#### Coordinator/Art Director

Kathy Alsop  
[kathy@eventsmagazines.com](mailto:kathy@eventsmagazines.com) 860-391-4372

#### Finance Manager

Donna Evarts

#### Cover Editor

AC Proctor 860-767-9087

#### Sales Representatives

Ward Feirer  
[wfeirer@gmail.com](mailto:wfeirer@gmail.com) 914-806-5500

Betty Martelle

[betty@eventsmagazines.com](mailto:betty@eventsmagazines.com) 860-333-7117

Erin Colwell

[erin@eventsmagazines.com](mailto:erin@eventsmagazines.com) 860-581-0577

#### Magazine Layout

Amy Bransfield & Patricia Stenbeck

#### Cover Photo by Linda Knott

Administrative Assistant for the Police Department

[www.eventsmagazines.com](http://www.eventsmagazines.com)

217,000 READERS  
14 TOWNS EVERY QUARTER

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

#### Senior & Social Services ... continued from page 5

Class is for anyone seeking to achieve the many benefits of stretching. Please wear comfortable clothing and sneakers to participate in class.

#### ZUMBA GOLD

Classes every Tuesday from 1:00 - 1:45 p.m. No need to sign up; just wear comfortable clothing and sneakers and have some fun! Come and join us for this new exercise program, specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you health while having lots of fun.

#### BALLROOM DANCING

We offer a Ballroom Dancing Class on Wednesdays from 1:15 - 2:15 p.m. Classes are FREE to our Montville Seniors, and run for 8-week sessions. If interested, call / sign up in the front office.

#### AEROBIC EXERCISE

This Aerobics class, is geared toward the senior population on Fridays at the senior center. Classes are free. Wear loose and comfortable clothing and sneakers. Class is at 9:00 a.m. Don't be afraid to join and take charge of your health! Go at your own pace.

#### TAI CHI

At the Senior Center on Mondays at 10:30 - 11:45 a.m. Tai Chi is a slow paced, low impact martial art exercise. Classes run for 10-week sessions. You can join within the first few weeks of a session. Classes are free.

#### YOGA

One of our most popular classes. These classes are every Tuesday from 9:15 -10:15 a.m. Classes are Free. Wear comfortable clothing, sneakers or socks are permitted. Classes are designed for seniors.

#### LINE & COUNTRY DANCING

Come to the Center and have some fun! Line & Country Dancing taught on Monday's from 3:00 - 4:00 p.m. and Thursday mornings from 9:30 - 11:00 a.m. Get some great exercise while having fun dancing.

#### OTHER PROGRAMS

#### MONTVILLE SENIOR CENTER COMMUNITY GARDEN

The Montville Senior Center has a Community Garden at the Senior Center. The Senior Center Garden Committee and Director oversee the program. Garden beds are available for those in our community who would like to purchase and maintain a garden. The garden space will allow you a chance to do gardening and supplement your household grocery budget with healthy food. It will also be a chance to allow you to give back to the community. Gardens are available to rent for \$10.00 per year and one-quarter of harvest is to be donated to the Montville Social Services Office. If you have a green thumb, or even if you don't but would like to have fun in a garden of your own, call Kathie @ 860-848-0422 at the Center



for details, rules and registration, and “purchase” your very own garden!

**BUCK-A-BOWL LUNCHEON**

Lunch program is very popular! Sponsored by the Montville Senior Center, we offer a luncheon special Monday - Friday. Soups, stews, pasta, salad, sandwiches, and more! \$1.00 donation request. No need to sign up. Lunch is 11:00- 12:15 or while supplies last. The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District.

**DINNER & A MOVIE**

Once a month on a Tuesday, we offer Dinner & A Movie at the Center. A great way to spend a Tuesday. 3:00 - 5:00 p.m. Socialize with friends, have a great meal and enjoy a movie. \$5.00 donation request. Free door prize. Call for details @ 860-848-0422.

**PAINTING CLASSES**

We offer three painting classes at the Senior Center. Mondays from 10:00 - 12:00 noon and Thursdays, two sessions: 10:00 - 12:00 noon and 12:30 - 2:30 p.m. Even if you have never picked up a paintbrush before - come and get your name on the list, classes fill up fast. Limited to eight people per class. You will love to learn, and learn to love painting.

**DRAWING CLASSES**

Drawing classes are offered at the Center on Wednesdays. Two sessions to choose from: 10:00 - 12:00 noon or 1:00 - 3:00 p.m. Learn techniques and develop your skills. Our Art classes are a great deal of fun. No experience necessary.

**COMPUTER CLASSES**

Computer classes are offered on Mondays: 9:00 - 10:00 and 11:00 - 12:00, Tuesdays: 1:00 - 2:00 p.m. Classes run for four-week sessions, though you are welcome to join at any time. Class topics change every four weeks. We have offered Beginners, Word, Excel, Internet, Photo, Free Forum, etc.

Please contact Kathie if there is a specific program you are interested in. The Computer room is open and available at all other times and days that our Center is open.

**CREATIVE WRITING CLASSES**

Creative Writing Classes run on 8 week sessions. They are once a week at the Center on Tuesdays at 10:30 - 11:30 a.m. You can join at the beginning of each session.

**CHORUS**

The Montville Senior Chorus practices every Wednesday from 9:30 - 11:00 a.m. at the Senior Center. No experience necessary. Have some fun and sing with us. You can join at any time.

**ARTS & CRAFTS**

We have Arts & Crafts at the Senior Center on Tuesdays from 12:30 - 2:00 p.m. Come and learn new arts and skills. Materials provided by the many donations we receive. We have a great bunch of seniors in our Arts & Crafts programs;



come and have some fun. Call Kathie @ 860-848-0422 for details.

**HAIR CUTS**

We have a licensed/insured professional hair stylist come to the Center every Thursday (by appointment) Very inexpensive and easy access to the Center. Our senior bus is available for the Thurs. appts. Call for details.

**SENIOR CENTER SPECIAL EVENTS**

**ANNUAL HEALTH FAIR**

Our Annual Health Fair will be held on Friday, April 25th from 1:00 – 3:00 p.m. FREE. Get some great information, free screenings, goody bags, raffles & more! Bring your questions.

*Continued on page 8*

*Why Settle  
for Less...*

THIBBS BARBER SHOP

(860) 848-1078

MILITARY & SENIOR DISCOUNT

**COME SEE US!**

Hours: Tues-Friday 8:30 - 6 pm  
Saturday 8:30 - 4:30 pm

1064 Norwich New London Turnpike  
Uncasville, CT 06382

*Senior & Social Services ... continued from page 7*

**ANNUAL ART SHOW**

Friday, May 9 from 6:00 - 8:00 p.m. FREE Live music, wonderful display of all of our pieces of work from our senior artists, hors d'oeuvres, raffles & more. Great evening with friends. See how talented our Senior Center Art Students are. Don't miss this enjoyable event!

**TRAVELING TOY SHOW**

Thursday, May 15 at 11:30 a.m. Back by popular demand, we are having the Traveling Toy Show back to our Center. See some great toys from the past and reminisce! Bring in an old toy from home and get a FREE appraisal. We had a wonderful time during their last visit, join us for the next! Enjoy our Buck-a-Bowl Lunch Program while enjoying the show!



**OUR 1ST BBQ IS A CARNIVAL THEME**

Wednesday, June 25 from 4:00 – 6:00 p.m.  
Come and join us for a Carnival of Fun! Hot Dogs, Burgers, Sausage & Peppers, Funnel Cakes & more. Join us for a great time with great friends. You can play the Carnival Games or just eat & be merry. Please sign up on bulletin board if you plan to attend.

**TRIPS**

**UPCOMING TRIPS** will be posted in our monthly newsletter. If you have ideas of trips/destinations for the group, please contact one of the Travel Committee members: Bob Bergdoll, Sandy Stauffer, or Director Kathie Peck.

**MONTVILLE COMMISSION ON AGING**

- Kathleen Doherty-Peck, Chairperson
- Monica MacNeil, Vice-Chairperson
- Margaret Skinner, Member
- Lou Ziegler, Member
- John Geary, Member
- Mari Jurczyk, Member
- Billy Caron, Town Council Liaison

**GAP PROGRAM**

The Montville Commission on Aging is proud to offer the Montville Guardian Angel Protection Program (GAP). The

program is FREE for Montville seniors and disabled residents. The GAP Program is a daily reassurance telephone “call” program which can call participants at their designated date/time to detect if the person is “okay.” Call for details and/or to sign up for this very beneficial program.

**CHICKEN SOUP PROGRAM**

The Montville Commission on Aging is proud to offer the Chicken Soup Program, which is a “feel good” program designed to make a home-bound senior feel good and know that someone cares. If you are temporarily or permanently home-bound, or you know a Montville Senior that is, you may sign up for this program. One of our registered volunteers will come for a visit and bring a little “gift” to help brighten your day. Please call for details.

**MONTVILLE SENIOR CLUB NEWS**

**Senior Citizen Club Officers**

- Sandy Stauffer, President
- Bob Bergdoll, Vice-President
- Barbara Meagher, Asst. Vice-President
- Helen Thomes, Secretary
- Kathy Bietchowski, Treasurer
- Ann Edwards, Asst. Treasurer
- Trustees: Geri Buffington, Bob Bergdoll, Therese Dunn

**CLUB MEETINGS**

The Montville Senior Citizens Club meets the first Friday of the month from 10:00 – 11:00 a.m. (unless holiday, meeting will be on following Friday) Goodies & coffee offered. Speakers / entertainment at most meetings. Club business to follow speakers.

**SENIOR CLUB ANNUAL SPRING FLING**

Wednesday, June 4th, 12:00 - 3:00 p.m. At the Montville Senior Center. COST: \$12 members, \$16 non-members.

**BUFFET DINNER, ENTERTAINMENT, RAFFLES, DOOR PRIZES & MORE**

Our annual Spring Fling! Great music, great food, great time. Don't miss this wonderful event for all of our members. Please get your tickets early, last day to purchase tickets is Monday, June 2nd.

**SPECIAL BINGO**

Sponsored by the Senior Club - First Friday of the Month from 12:30 – 2:30 p.m. (Special BINGO will start AFTER lunch program) Cost: \$5.00 donation. Snacks and beverages provided and lots of fun with some great people.

**EXTRA SPECIAL BINGO**

Club Sponsored / One Tuesday of the Month (check monthly newsletter) 3:00 - 5:00 p.m. \$5.00 Donation. Snacks & beverages. Great way to spend a Tuesday afternoon. NO need to sign up.

# *Parks and Recreation ~ Contact Information*

**Montville Parks & Recreation Department**  
**310 Norwich - New London Tpke., Uncasville, CT 06382**  
**(860) 848-3030 Fax: (860) 848-8703**

## **DEPARTMENT STAFF**

**Recreation Director – Peter Bushway Ext. 321**  
**Administrative Assistant - Carol Higham Ext. 322**

### **Parks & Recreation Commission Members**

- Scott LaVallie – Chair
- Kerri Lawton – Vice Chair
- Nancy delaCruz - Secretary
- Eileen Cicchese – Member
- Joseph Berardy – Member
- Karen Perkins - Member
- Gilbert Maffeo – Member
- Rick Geiler – Member
- Kristin Ventresca- Member
- Laura Tanner – Commission Liaison

**REGISTRATION INFORMATION** - Register for all Parks & Recreation programs at our office located at the above address. Office hours are 8:00 am – 4:30 pm. Payment is due upon registration. Checks can be made payable to Montville Parks & Recreation. Register in person, online or by mail; receipts will be mailed promptly. Program and registration information can be located on Town’s website at [www.townofmontville.org](http://www.townofmontville.org). Simply go to Departments & Services, “Parks & Recreation”, then WebTrac icon for all program information. Don’t forget you can register online.

**REFUNDS** - Full refunds will be given for any program canceled by the Recreation Department. Participants withdrawing from a program are entitled to a one hundred percent (100%) refund if canceled prior to the first meeting of each program. A refund of fifty percent (50%) of the program fee will be given after the first meeting of the program. The Parks & Recreation Director, at his discretion, may arrange for other refund options on a case-by-case basis.

**OVER/UNDER ENROLLMENT POLICY** - Programs have a minimum and maximum enrollment. If the class does not reach the minimum size required, the class will be canceled. A waiting list may be established for fully enrolled programs. One week prior to the start of a class

is when it is determined whether to cancel a class or not. Don’t wait until the last minute to register.

\*Disclaimer – All program dates and times are subject to change due to instructors and Parks & Recreation schedule.

Photo Policy: Any photograph taken of any participants of the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as brochures and flyers. Any participant not wishing to have a photograph of them used must submit in writing not to be photographed at the time of registration.

The Parks & Recreation Commission meets the 3rd Wednesday of each month at 6:30 p.m. in Council Chambers at the Montville Town Hall. Notification will be posted if there is a change in meeting location or time. All meetings are open to the public.

### **Other Program Opportunities:**

- Little League -.....[www.montvilleamerican.org](http://www.montvilleamerican.org)
  - Mont. Babe Ruth – M. McGrath - [gooster12@aol.com](mailto:gooster12@aol.com)
  - Youth Football ..... [montvillefootball.com](http://montvillefootball.com)
  - Cheerleading – Kathy Calash.....[montvillefootball.com](http://montvillefootball.com)
  - Montville Youth Soccer – [www.montvillesoccer.org](http://www.montvillesoccer.org)
  - Montville Youth Wrestling - on facebook @Tomahawk Youth Wrestling
  - Montville Youth Lacrosse.....[montvillelacrosse.org](http://montvillelacrosse.org)
  - Camp Oakdale Pavilions and Fair Oaks Rentals
- Have your next get together at one of our facilities. These are great places to hold your event. Contact our office for availability and fees.

### **Weather Cancellations**

In case of inclement weather, cancellations will be aired on Channel 8, Channel 3, several local radio stations, also on our Facebook page. You can also call the office at (860) 848-3030 Ext. 321 and 322 during office hours.

- Montville Police Dept. (Non-Emergency).....(860) 848-7510
- Raymond Hill Library.....(860) 848-9943
- Montville Public Works.....(860) 848-7473
- Montville Town Hall ([www.townofmontville.org](http://www.townofmontville.org))....(860) 848-3030
- Montville Animal Control.....(860) 848-3529
- Transfer Station .....(860) 848-0401

# Community Bulletin Board

## TUESDAY NIGHT SUMMER ENTERTAINMENT SERIES

Events begin at 6 pm weather permitting.

- July 8th – Borrowed Toys
- July 15th – Airborne Jugglers
- July 22nd – Straight Ahead
- July 29th – Run For Cover

Events are held at the Camp Oakdale Large Pavilion located at the Corner of Oxoboxo Dam Road and Route 163. Come and enjoy the free music. Bring a chair or blanket, friends, family and munchies. Picnic tables are available. Plenty of parking.

## TRAILS DAY LETTERBOXING EVENT

Sunday, June 8th at Camp Oakdale Ball Fields  
9 am to 2 pm - FREE FAMILY EVENT

Celebrate Trails Day at Camp Oakdale with a Family Letterbox Hike. Have you ever done letterboxing? Are you a pro? Several Letterboxes will be hiding for you to find at every skill level. Letterboxing is like a treasure hunt – you are given clues to where the “box” is hiding and you try to find it. Follow the signs and look for the Trails Day Booth. Come anytime and stay as long as you like. Find one or all of the boxes. Bring a picnic lunch and then let’s have some fun on the ball field after

your hike and enjoy the afternoon. This is a rain or shine event. Heavy rain cancels! Registration is not required to attend but would be appreciated. Please email Chris Lawton at trailblazed72@gmail.com or contact the Parks & Recreation Office at 860-848-3030 x 321 to register or for more information.

## ANNUAL EASTER EGG HUNT

For Ages 10 and under

Saturday, April 19th at 1pm

Rain Date will be Sunday, April 20th at 3 pm. Location: Camp Oakdale Ball Fields on Meetinghouse Lane. The Easter Bunny will be there, and so should you!

## FLASHLIGHT EASTER EGG HUNT

For ages 11 to 16 years old

Saturday, April 19th at 8 pm

Rain Date will be Sunday, April 20th at 8 pm

Location: Camp Oakdale Ball Fields on Meetinghouse Lane

Bring a flashlight and something to collect your eggs. Event limited to the first 75 registered. Registration begins April 1st, no fooling! Register by calling our office at 860-848-3030 x 322 or 321.

# Treat's

## DISCOUNT POOLS & SPAS

Pool Repair & Service Experts  
Insurance Estimates

# 860-848-1268



- Pumps & Motors
- Bench Work
- Bearings
- Leaks
- Liners
- Lines
- Heaters

Schedule Your  
**Pool Opening**  
Today!



Layaway • Financing Available  
OPEN 7 DAYS

Route 32, Avery Road, Uncasville, CT  
[www.treatspools.com](http://www.treatspools.com)

# WANT TO ADVERTISE?

Call  
**Natasha Lee**  
at  
**860-227-9190**

## *Parks and Recreation Youth & Adult Programs*

### **MOTHER'S DAY CRAFT FOR KIDS**

Free Program for Montville Residents

Come decorate a pot, add a flower and present it to mom on her special day. Be as creative as you want. Register online, in person or by mail. For more information, please contact the Recreation Office.

Fee: Free Event

Class: Saturday, May 10th

Location: Fair Oaks Community Center

Date: May 10th

Time: Noon – 2 pm

Program #214025A

### **CHILDREN'S YOGA**

For children ages 2.5 - 5 years old and their caregiver.

Spend quality time with the child in your life while stretching, singing and taking deep breaths! Children and adults will both benefit from this 45 minute class that includes yoga poses, meditation, breathing exercises and more. Learn new ways to interact with your child through partner poses and children's yoga songs & stories. Come join us and learn new healthy and relaxing activities that you and your little one can do together. For more information in the benefits of yoga for children, please visit [thehealingspacellc.net](http://thehealingspacellc.net)

Minimum of 5 participants/Maximum of 15

Instructor: Debra Carberry, LMT

Fee: \$45/Resident \$55/Non-Resident

Class: Tuesdays

Location: Fair Oaks Community Center

Dates: May 6th – June 10th

Time: 10:00 – 10:45 am

Program #113021A

### **EARLY CHILDHOOD MUSIC CLASS**

Children ages birth to 5 years old.

Early childhood music classes will provide a meaningful musical experiences for children and families. Babies, toddlers and pre-schoolers will participate in musical experiences that involve singing, expressive movement, games, creative play, vocal exploration, and instrumental play. A great variety of musical styles and genres will be the basis for the classes. Caregivers will be an integral part of each class and will learn how they can incorporate music into their daily routines with children. Early childhood music classes can develop and foster children's musical literacy and a life-long love for music. Musical learning also facilitates a child's development in the area of language, motor, cognitive and social skills.

Minimum of 5 children needed

Maximum of 12 children

Instructor: Nicole Clarke

Fee: \$30/Residents \$40/Non-Residents

Class: Tuesdays (5 weeks)

Location: Fair Oaks Community Center

Date: May 6th to June 3rd

Time: 9:00 am to 9:45 am

Program: #114041D

### **S.E.C.T. PARK R.A.C.E.**


Regional Adventure Challenge & Expedition

Discover Southeastern Connecticut's parks this summer with the 1st Annual Park RACE – Regional Adventure Challenge & Expedition! Program begins May 16th and ends August.

Get your friends and family members outdoors for an exciting summer of new adventures and activities in parks surrounding you in the 1st Annual Park Regional Adventure Challenge & Expedition (RACE). Register your team and receive a passport that grants you and your team members admission into a number of pre-selected parks in SECT throughout the summer. Each page of the RACE passport contains details on a park activity for your team to complete. Some activities require teams to complete a challenge on a specific date, and others allow teams to complete challenges at times of their choosing. Complete activities and gather stamps in your passport at each of the parks to earn chances for great outdoor gear prizes. A giant kick-off party and a big finale mark the start and end of the challenge. You won't want to miss out on this exciting adventure!

Rules: Teams can contain from 2-6 members (families, friends, or co-workers), at least one team member must be an adult.

Sign up for FREE and get your passport at the Kick Off Event or after that event from your local Parks and Recreation Dept.



**THE GAUTHIER LAW OFFICE**

ESTATE PLANNING  
NURSING HOME ASSET PROTECTION  
FAMILY LAW  
ELDER LAW

*Attorney Chris Gauthier*  
**860-373-7703**

1060 Norwich - New London Tpke  
Uncasville, CT 06382  
[thegauthierlawoffice.com](http://thegauthierlawoffice.com)  
[thegauthierlawoffice@gmail.com](mailto:thegauthierlawoffice@gmail.com)

*Free Consultation*

**KICK OFF EVENT – WATERFORD BEACH PARK**

Featuring Project Oceanology – 305 Great Neck Road, Waterford. Sat. May 17th 9-11 am

Teams earn one prize drawing entry for each activity completed. The more you do, the better your chances at winning a great prize! Teams that complete all challenges receive five (5) bonus entries. Winners must be present at the final event to claim prizes

**SCAVENGER HUNT**

Get a team together for some great fun. Form a team of family members or friends to find the items on the list. You will need to have a digital or phone camera for the event to take pictures of most of the items on the list. Teams consist of 4-7 people. Prizes will be awarded based upon order of finish and points awarded. Pre-register your team as we need a minimum of five teams to hold the event.

Date: May 18th

Time: 10 am

Location: Town Hall Parking Lot

Fee: FREE

Minimum Teams/5 Maximum Teams/20

Program Code# 266051A

**BASKETBALL CAMP**

Grades 4th thru 9th

A skills-based camp built around improving individual and team skills. Participants will learn dribbling, passing, shooting, offensive moves, defensive skills and team play. Montville High School Varsity Girls Coach Derek Wainwright directs the camp. For players entering 4th to 9th grades.

Dates: Session 1 / June 23 to June 27

Session 2 / July 14 to July 18

Time: 9 am to 12 pm

Location: Montville High School Gym

Fee: \$100 per week – Residents

\$110 per week – Non Residents

Instructor: Derek Wainwright and staff

Program # 311111A week of June 23rd

# 311111B week of July 14th

**DANCE**

Instructor Lana Davison

Dance class for ages three and up. This program introduces instruction to students in their dance experience. Fundamentals and terminology of dance are learned leading to a future recital dance performance in June.

This session runs for Eight weeks and is open only to dancers currently in one of the classes.

All classes will be held at the Fair Oaks Community Center located at 836 Old Colchester Road, Oakdale.

Level 1 Classes are for children 5 and in Kindergarten and up. Dance level is beginner to 2 years of dance in that dance subject.

Level 2 Classes are for children 8 years and up with the minimum 2 years of dance in subject level. Classes are continuous learning from Level 1 and at a faster pace than Level 1 classes. Miss Lana reserves the right to move children to another level based upon skill and experience.

Clothing and shoes for classes are as follows:

3 year olds wear pink ballet slippers, any leotard of choice or flexible clothing. No dresses or jeans.

4 year olds wear black tap shoes and pink ballet slippers. Please have bag for dancer for children to change shoes during class. Leotard of choice, flexible clothing. No dresses or jeans.

Ballet classes will wear pink ballet slippers, leotards of choice and tights. Ballet skirts are permitted; no outside clothing.

Jazz/Hip Hop students wear black jazz shoes or black ballet slippers, leotard of choice or flexible clothing.

Level 1 Tap wears black tap shoes, leotard of choice, or any flexible clothing.

Level 2 Tap wears black tap shoes with soundboards. Must buy these from a dance supplier. Mary Jane or tie up may be worn. Leotard of choice or flexible clothing.

Tap shoes can be found at Allaboutdance.com or discount-dance.com. There are local stores in the area that sell shoes and leotards.

Session 1

**SATURDAY CLASSES**

Minimum of Six per Class

Maximum of Twelve per Class

Sessions will run from

Saturday, May 17th thru June 28th

Fee: Residents \$30.00

Non-Residents \$35.00

Registration opens Monday, April 21st

Program #112021M	3 yr old Intro to Ballet	9:30 AM – 10:15 AM
Program #112021N	4Yrs Old Combo Class Tap/Ballet	10:15 AM – 11:00 AM
Program #112021O	5 yr and up Level 1 Tap	11:00 AM – 11:45 AM
Program #112021P	5 yr and up Level 1 Jazz/Hip Hop	11:45 AM – 12:30 PM
Program #112021Q	5 yr and up Level 1 Ballet	12:30 PM – 1:15 PM
Program #112021R	8 yr and up Level 2 Tap	1:15 PM – 2:00 PM

**MONDAY CLASSES**

Minimum of Six per Class

Maximum of Twelve per Class

Sessions will run from

Mondays, May 12th thru June 23rd

Fee: Residents \$30.00

Non-Residents \$35.00

Registration opens Monday, April 21st

Program #112022E	Ages 7 & Up Level 1 & 2 Jazz/Hip Hop	5:00 PM – 5:45 PM
Program #112022F	5 yr and up Level 1 Ballet	5:45 PM – 6:30 PM
Program #112023C	Adult Tap Class Minimum of six	6:30 PM – 7:15 PM

**GOLF LESSONS**

Open to resident/non-resident Youth and Adults ages 8 to adult. Five one-hour lessons will include all facets of the game, including basic rules and etiquette. Covers grip stance, posture, backswing, follow thru, sand shots, downswing, chipping and putting. Lessons will also cover information regarding equipment. Clubs required are 3-Wood, 7-Iron, Pitching Wedge and Putter. Equipment will be made available if needed.

Lessons will be held Great Brook Golf Center, Route 184 Groton.

Instructor: Chris Hedden

Each person buys a small basket of golf balls for each lesson.

A small bucket costs \$7

Fees:

Residents \$100/ Non –Residents - \$110

Schedule as Follows:

Adult	April 14 to May 12	Monday 11AM – 12PM	Program #171023A
Adult	April 3 to May 1	Thursday 5PM –6PM	Program #171023B
Adult	April 14 to May 12	Monday 6PM – 7PM	Program #171023C
Adult	May 1 to May 29	Thursday 6PM – 7PM	Program #171023D
Adult	June 4 to July 2	Wednesday 6PM – 7PM	Program #171023S
Women Only	May 1 to May 29	Thursday 10AM – 11AM	Program #171023E
Women Only	May 6 to June 3	Tuesday 6PM – 7PM	Program #171023F
Youth	April 12 to May 10	Saturday 11AM – 12PM	Program #171023G
Youth	April 13 to May 11	Sunday 11AM – 12PM	Program #171023H
Youth	May 31 to June 28	Saturday 11AM – 12PM	Program #171023I
Youth	June 1 to June 29	Sunday 11AM – 12PM	Program #171023J
Youth	July 12 to August 9	Saturday 10AM – 11AM	Program #171023K
Youth	July 13 to August 10	Sunday 10AM – 11AM	Program #171023L

**TRADITIONAL SHOTOKAN KARATE-DO**

This class explores the fundamental principles of traditional Japanese Karate. Character development for all students will be stressed. Respect for self and other is at the heart of all

training. Control is a focal point for all decisions made, both physically and mentally.

Students will learn strong stances, good posture and correct form of basic techniques according to the Japan Karate Association. Students will develop balance, coordination, speed, focus and control through spirited training of blocks, punches, kicks and strikes.

Instructor: Andrew Bakoledis, 24 years training

4th degree black belt

Additional Instructors: John Listorti, 26 years training & Abby Barrera, 10 years training, both with 3rd degree black belts.

All classes held at JKA Montville, LLC located at 1242 Old Colchester Rd – Oakdale Pizza Plaza

Fee: Monday Class Only: Resident/\$35 Non-Resident/\$40

Tuesday and Thursday Class Only: Resident/\$60

Non-Resident/\$65

Eight- Week Session

Classes begin week of June 2nd

Thru July 24th

Deadline for registration is June 10th

Program #	MON	TUES	THURS	MIN/MAX
#111061S Beg Ages 4-5	5:00 5:30pm			4/8
#111061T Beg Ages 5-9		6:00 – 7:00pm	4:15 – 5:00pm	4/8
#111061U Beg 10 & Up		6:00 – 7:00pm	6:00 – 7:00pm	2/12
#111061V Inter. 6-12		5:00 – 6:00 pm	5:00 – 6:00 pm	2/12
#111061V Inter. 10 & Up	5:30– 6:30pm		6:00 – 7:00pm	2/8

\*Belt test and tournaments also\* through JKA Montville, LLC

Students will test for belt rank at end of each session.

Students may also elect to participate at special training seminars and/or compete at special periodic events during session for an additional cost.

Visit [www.jkamontville.com](http://www.jkamontville.com) for additional information.

**GYMNASTICS**

18 Months – 3 Yrs - Program specifically designed for parent/child interaction. Explore a wide range of special motor skills with a clear emphasis on movement, music and balance.\*

Ages Four – Six - Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, learn the basics, develop better coordination and socialization skills.\*

Beginners - Recreational beginner program for young gymnast with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Ages 5 years & up.\*

*Continued on page 14*

*Parks & Recreation ... continued from page 13*

Advanced/Intermediate - Program for intermediate gymnast with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Must be able to do a bridge kick over and pull over on bars. Progression from Beginners program. Ages 5 years & up.\*

\*All programs are run by ABC's Gymnastics Stars staff.

Staff members are all USA Gymnastic Certified.

Fee for Residents is \$55 and Non-Residents \$65

Minimum of five required for each class

Schedule as Follows:

Start/End Date Session & Time Program #

Thursday 4/24/14 -6/12/14

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102K
Ages Four – Six	4:20 – 5:00 PM	#112102L
Beginners	5:00 – 6:00 PM	#112102M
18 Months – 3 Yrs	6:00 – 6:30 PM	#112102N
Advanced/Interm	6:30 – 7:30 PM	#112102O

**NEW LONDON COUNTY JUDO**

For ages five through adult.

This program continues to be a favorite.

Sessions are five weeks long

Program Fee: \$15/Residents & \$20/Non-Residents

NOTE: Wed. class is 10 weeks FEE is \$30 Residents

\$35 Non-Residents

Schedule as Follows:

Monday 5/12/14 – 6/26/14 Beg Ages 9 and under

Two times to choose from:

4:30 – 5:30 pm Program #171051A

6 - 7 pm Program #171051B

No class 5/26.

Wednesday

5/21/14 – 7/22/14 Beg/Inter Ages 10 to Adult

6 – 7:30 PM Program #171051C

NOTE: Wed. class is 10 weeks FEE is \$30 Residents

\$35 Non-Residents

Friday

5/26/14 – 6/20/14 Inter Ages 9 and under

6 – 7 pm Program # 171051D

5/23/14 – 6/20/14 Advanced

9 to Adult

7-8:00 pm Program # 171051E

Adult only

7-8:30 pm Program #171051F

**NEW LONDON COUNTY JUDO CAMP**

For ages 5 to 12

July 22nd to 26th Program #375011A

August 5th to 9th Program #375011B

9 am to 3 pm (Please bring a lunch)

Held in the Montville Town Hall Gym

Residents/ \$100 Non-Residents/ \$110 per week

Minimum class size is 10 and maximum is 25

Instruction by: Ron Egnor 6th Degree black belt and Sharon

Hunt 4th Degree black belt.

Each have over 40 years of teaching experience and coaching young players. We also have highly qualified camp counselors assisting at each session.

Judo Camp is divided into groups based on experience. Techniques are covered and rank testing is available. We also provide our competitors a chance to train for the Nutmeg State Games with individual coaching and attention. Our campers also enjoy judo games, a pizza party and awards day. This highly cooperative setting makes learning this Olympic sport fun.

**COMMUNITY TAG SALE EVENT**

Montville Parks & Recreation will hold a Community Tag Sale event on Saturday, May 31st (rain date, June 1st) from 9:00 am to 2:00pm in the Montville Town Hall parking lot. Set up will begin at 8:00 am. Rental fee is \$10.00 for each 20 x 20' space. Register for as many spaces as needed. Use the registration form in this magazine to sign up. Be sure to include total number of spaces required.

PRE-REGISTRATION IS REQUIRED. This event is intended for participants that would like to have their own tag sale; however, just do not have the space or good location. The tag sale will be advertised locally, so be ready for bargain hunters! For more information, please contact the Parks & Recreation Dept. at 860-848-3030 x 321 or email kerrilawton@gmail.com with any questions.

Date: May 31st

Time: 9 -2 pm set up at 8 am

Location: Town Hall Parking Lot

Fee: \$10 per 20 x 20 space

Minimum Number/10Maximum Number/35

Program Code# 366021C

**27th ANNUAL MASTERS RACE**

Ages 40 years and older

6.2 Miles Certified Course

Sunday, July 20th - 9:00 am.

\$15 Pre-Registration or \$20 Day of the Race. First 40 Receive free T-shirt.

The race is co-sponsored by the Montville Rotary Club. Awards ceremony held at the Polish Club in Montville after race. Use the registration form in this booklet to sign up.

Date: July 20th

Time: 9 am – Registration begins at 8 am

Location: Camp Oakdale Large Pavilion, 75 Oxoboxo Rd in Oakdale.

**BRAZILIAN STYLE SOCCER SCHOOL**

Ages 4-6 year olds

Brazil is known for producing the greatest soccer players in the world. Their amazing skills are developed by playing a game called "futbol de salao" (soccer in the room). The game increases a player's skill because he or she will increase the number of touches on the ball by about 600%. This program is about playing indoor soccer with a small number of players. Prior to playing the games each evening the children will learn a warm-up routine and work on foot skills. Players are



to wear shin guards each class.

Ages: 4 years old through 6 years old

Instructor: Scott Trepanier

Location: Oakdale School Gym

Dates/Times: Tuesdays, May 13 to June 17 6:30 pm

Fee: \$25 Residents/ \$35 Non-residents

Program Code #311101B

### SUMMER CAMP

Seven Weeks June 23rd – Aug 8th

Register for all the weeks you need!

Registration will open on Monday, May 5th for Summer Camp.

We will accept registrations weekdays from 8 am – 4 pm at the Montville Parks & Recreation office or you can mail, stop in or register online. A receipt will be mail to you promptly. Camp is offered to MONTVILLE RESIDENTS ONLY! Camp is offered to boys and girls ages 5 – 12. Children must be five years old by the start of camp. A birth certificate will be required as proof of age. Camp is held at Fair Oaks Community Center every Monday through Friday from 8 am - 4 pm. The fee is \$50 per week per child. Fees must be paid in full at time of registration. Come every day or only on the days you want, you still pay the same price. We accept cash, checks, debit/credit cards or money orders as form of payment. Camp will not be held on Friday, July 4th in observance of the Independence Day Holiday. Field trips are offered for additional fees. There is no before or after care. Children must bring their lunches to camp every day. Water and Gatorade are available for purchase each day for \$1.00 in the Camp Office.

Age groups fill up fast so don't delay in signing up your child.

Camp Bus Schedule – Schedules will be made available in

our office the first of June.

There is no fee for bus rides to summer camp. Pick up sites are at Mohegan/Palmer Schools for one route and Murphy/Oakdale Schools for the other route

Camp Bus Trips – Please check schedule for the optional field trips on the registration form when signing up your child for camp. There are some fun choices you may want to add to your camp weeks. Be sure to check the appropriate age group for your child's trips.

New trips this year are to the Providence Children's Museum, Launch Trampoline Park, Nomads Laser Tag and Mohegan Park.

### CAMP AT A GLANCE

Week 1	Get To Know You Week Trips: Bowling, Rollerskating
Week 2	Holiday Week Trips: Lake Compounce
Week 3	Fun In The Sun Week Trips: Mohegan Park, CoCo Key
Week 4	Extreme Week Trips: Bounce Fun Center, Launch Trampoline Park, Nomads Laser Tag
Week 5	Wild N Wacky Week Trips: Prov. Children's Museum, Ocean Beach
Week 6	Camp's Got Talent Week Trips: Lisbon Landing Movie Talent Show: August 1st
Week 7	Carnival Week Carnival Day: August 7th Family Day: August 8th

## *Epilepsy Foundation of Connecticut*

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably;

however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at [Allison@epilepsyct.com](mailto:Allison@epilepsyct.com).

For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

### GROTON MEETINGS

Meetings held 6:30 every 2nd Wed. of the month at Fairview, 235 Lestertown Rd. in Groton.

**Montville Parks & Recreation Department**  
**310 Norwich- New London Tpke.**  
**Uncasville, CT 06382**  
**Phone (860) 848-3030 Ext. 321,322**  
**Fax (860) 848-8703**

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Other \_\_\_\_\_

Program Name \_\_\_\_\_ Code # \_\_\_\_\_ Cost \$ \_\_\_\_\_

Time \_\_\_\_\_ Day (s) \_\_\_\_\_ \*T-shirt Size (If Applicable) \_\_\_\_\_

Comments \_\_\_\_\_

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, In consideration of participating in the Montville Parks & Recreation Activities.

I, \_\_\_\_\_ represent \_\_\_\_\_  
**(Parent/Legal Guardian, Please Print)** **(Participant Name)**

and understand the nature of the Activity and that I he/she am/is qualified, in good health and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe I will immediately discontinue participation in the Activity.

I fully understand that certain Activity involves risk of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the Activity.

I hereby release, discharge and covenant not to sue the Town of Montville and its respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability and assumption of risk I, or anyone on my behalf makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage or cost, which may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Montville Parks & Recreation

310 Norwich-New London Tpke.  
 Uncasville, CT 06382  
 Phone (860)848-3030 Exts. 321 or 322

## SUMMER CAMP PROGRAM

June 23rd through August 8th 2014

This program is open to children ages 5 through 12. Camp hour are 8am to 4pm. Camp will not be held on Friday, July 4<sup>th</sup> in observance of the Independence Day Holiday. Transportation will be provided from some town schools to Fair Oaks Community Center. The fee for Summer Camp is \$50 per week/per child. **Registrations are limited and will be filled on a first come first paid basis.**

**The Town of Montville or any other Town Agencies are not held responsible for personal injury or property loss.**

Name of Child – Please Print \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ M/F Circle One

Address (Street, City, State & Zip) \_\_\_\_\_

Home Telephone Number \_\_\_\_\_

Cell Phone Number (s) \_\_\_\_\_

1. \_\_\_\_\_ 2. \_\_\_\_\_

**Please List the Emergency Phone Numbers and Contact Names of AT LEAST TWO PEOPLE (can be parents) who may be reached during camp hours for pick up.**

Are there any health problems or conditions we should know about? \_\_\_\_\_

### LIABILITY RELEASE

In signing this release, I understand that I assume all responsibility for any injury incurred to my child while participating in the above-mentioned program. Release must be signed by parent or guardian. In the event of inclement weather, the Recreation Department reserves the right to cancel the program for the day.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

### Summer Camp Schedule

Please check off the correct week (s) and trip (s) that you child will be participating in the Summer Camp Program and enter the correct amount due in the Total Enclosed section.

#### WEEKS

#### TRIPS

Camp/Full Seven Weeks 6/23 – 8/8 Code #315018I (\$350) _____	Bowling #316011O ages 5-12 – June 25 \$11 _____
Camp/Week One 6/23 – 6/27 Code # 315018J (\$50) _____	Rollerskating #316011P ages 5-12 – June 27 \$8 _____
Camp/Week Two 6/30 – 7/3 Code #315018K (\$50) _____	Lake Compounce #316011Q ages 5-12 – July 3 \$25 _____
Camp/Week Three 7/7 – 7/11 Code #315018L (\$50) _____	Mohegan Park #316011R age 5-12 – July 8 \$5 _____
	CoCo Key #316011S ages 5-8 – July 10 \$18 _____
	CoCo Key #316011T ages 9-12 – July 11 \$18 _____
	Bounce Fun Center. #316011U ages 5-8–July 15 \$8 _____
Camp/Week Four 7/14 – 7/18 Code #315018M (\$50) _____	Launch Trampoline #316011V ages 9-12 – July 17 \$20 _____
	Nomads Laser Tag #316011W ages 9-12 – July 18 \$17 _____
Camp/Week Five 7/21 – 7/25 Code #315018N (\$50) _____	Prov. Child. Museum #316011X ages 5-8 – July 22 \$8 _____
	Ocean Beach #316011Y ages 5-12 – July 24 \$5 _____
Camp/Week Six 7/28 – 8/1 Code #315018 O (\$50) _____	Planes 2 Movie #316011Z ages 5-12 July 29 \$13 _____
Camp/Week Seven 8/4 – 8/8 Code #315018P (\$50) _____	

# Camp Dismissal Form

Childs Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

By signing this form, I agree to the dismissal policy set by the Montville Parks & Recreation Department.

**Please select only one means of dismissal for your child. This needs to remain consistent for the entire duration of the summer camp program. It cannot change daily.**

Parent Pick-up \_\_\_\_\_ (Please check here)

Bus Transportation \_\_\_\_\_ (Please circle below which bus child will use)

## **Mohegan/Palmer Bus or Murphy/Oakdale Bus**

Picks up at Mohegan at 7:30 am then to Palmer. Returns to Palmer at 4pm – Mohegan at 4:15 pm

Picks up at Murphy at 7:55 am then to Oakdale. Returns to Murphy at 4:35 – Oakdale at 4:40 pm

Times are approximate

Please list the names of all individuals that have permission to pick-up your child. Please list a home or cell phone also. ID is required for all names on the list. No child will be released to anyone other than the names on the list.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

**YOU MUST MAIL THIS FORM TO OUR OFFICE AT 310 NORWICH-NEW LONDON TNPK,  
UNCASVILLE, CT 06382 OR EMAIL TO [pbushway@montville-ct.org](mailto:pbushway@montville-ct.org)**

# Montville Youth Service Bureau

289 Route 32, Uncasville, CT 06382  
 Phone: (860) 848-7724 / Fax: (860)848-4058  
[www.montvilleyouth.org](http://www.montvilleyouth.org)

## Greetings from MYSB

Happy Spring Montville! I for one, am so happy to see winter exit the stage! I am a New Englander at heart but even I was like, seriously, is winter ever going to end? But despite the weather we spent our days inside planning for the spring and summer! As you will see as you flip through the magazine Peter, Kathie, and I already have packed spring and summer schedules, and this means more things to do for Montville residents of all ages.

Be sure to keep up with "MYSB Happenings" on our website [www.montvilleyouth.org](http://www.montvilleyouth.org) or "Like Us" on Facebook... access to special events, pictures, and more can be found both places, so check it out. This year MYSB celebrated our 25th Anniversary, and we had and still have a lot to celebrate in terms of our successes. We love visitors, so feel free to pop in anytime and check out the Youth Center, but if you visit after school be prepared for an environment buzzing with kids from 9 to 17 yrs.; nothing like a library!

From myself and the entire staff at MYSB we wish you & yours a safe and prosperous (and warm!) spring season!

*Barbara A. Lockhart, M.S., Director of Youth Services  
 President, Connecticut Youth Services Association*

"The Montville Youth Service Bureau is committed to addressing and meeting a variety of needs for the youth and families in the Montville Community. Our goal is to enrich the social, recreational, cultural, and educational experiences of youth,

while providing opportunities for positive, social, educational, and emotional skills development. We will achieve this through positive program development, the implementation of support networks, regular needs assessments, appropriate prevention and intervention services, and coordinated planning and advocacy. Our philosophy is to make a world of difference by actively committing to make a difference in the world of the youth and families we serve."

## STAFF

Barbara Lockhart, M.S., Director  
 Kimberly Grant B.A., Program Developer  
 Dianne Peltier, Admin. Assistant  
 Darin D'Ammadio, LCSW  
 Katie Bonanno & Alicia Dahmer, Program Assistants  
 Jon Hudon, Center Assistant

## MONTVILLE YOUTH ADVISORY BOARD

Daniel Dunn, Chairman  
 Leonard Bunnell  
 Robert Mitchell  
 Susan Rickards, Secretary  
 Allyson Schmeizl  
 Timothy Shanahan  
 Marilyn Williams  
 Grace Carlos  
 Kathy Pollard, Town Council Liaison

# Youth Service Bureau Programs

## AFTER SCHOOL PROGRAM

Grades: 4th -12th  
 Monday – Friday  
 After School until 6 pm  
 Open to Montville Residents  
 Registration Required.  
 NO NEW REGISTRATIONS will be accepted from June 1st- June 25th.

\*Due to the increased interest in our After School Program, we have a waiting list in place. The ASP is a fee based program.

There will be a \$115 registration fee assessed each year your child is in the program. A \$25 non-refundable deposit is due at the time of registration in the program. The remainder of the balance is due 90 days from the original registration date. Parents with more than one child in the ASP will adhere to a tiered payment plan: 1st child- \$115, 2nd child- \$85, 3rd child-\$55, 4th child- \$25. (Parents who have a child/children placed on the waiting list will not be required to pay the ASP fee until a spot opens in the After School Program.)

Montville ASP operates as a latch key prevention program for Montville students in grades 4 – 12. Students who attend the After School Program can choose between a wide variety of recreational and educational activities. Such Activities include: supervised homework help, computer access, outdoor recreational activities, pool, air hockey, video game systems and much more. The After School Program offers students occasional trips and special activities throughout the year. Completed registration forms must be dropped off in person. All forms are available on our website [www.montvilleyouth.org](http://www.montvilleyouth.org). Faxed copies of the forms will not be accepted.



*Continued on page 20*

*Youth Service Programs ... continued from page 19*

If you would like more information you can stop down between the hours of 9:00 am and 2:30 pm. Please contact us for more information. To inquire about placement on the waiting list, please dial ext. 112.

Current ASP Participant Parents/Guardians may contact the Center for Re-Registration Dates, and will receive a card in the mail.

\*New ASP Registration will begin on Thursday, June 26th.\*



**SUMMER CENTER**

Monday-Wednesday-Friday

8:30 am to 5 pm

Registration will be held Monday, May 5th at 9am, no exceptions!

Summer Center is open to all Montville Youth entering grade 7 and higher. There are 30 spots available on a first come, first serve basis. Total cost- \$350 per child; a \$175 non-refundable deposit is required at time of registration, includes 1 trip per week (with lunch). **PAYMENTS ARE DUE IN FULL BY MONDAY, JUNE 13th** Scholarship spots are available; you **MUST** contact the office **PRIOR** to registration to discuss eligibility requirements. Summer Center Program Dates and trips will be available on our website page.



**MONTVILLE YOUTH ACTION COUNCIL – MYAC**

Montville YAC’s mission is to provide opportunities for Montville Youths, in grades 6 through 8 to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation in the formation, coordination, and delivery of community service projects, as well as social and recreational activities. Joined by high school mentors and MYSB staff this program offers students an opportunity to “give back”. Montville YAC’s past projects include a Police/Youth Memorial Bench Building Project, our Annual Penny Drive, which has raised money for Montville Social Services, Habitat for Humanity, Hurricane Katrina and so much more! New applications for the 2014-2015 YAC will be accepted beginning May 5th. Contact Kimberly for more information at Ext.112

**COUNSELING AND REFERRAL**

Confidential, short-term counseling is available to Montville youth and families, on a family income adjusted fee scale. Our counselors focus on personal needs and concerns, and the dynamics of relationships between parents and children, siblings, and peers. In addition we offer information and support to parents, children, and all family members. We also offer referrals for families and individuals who may require other services we cannot provide. Contact Barbara or Darin for more information. Ext 116 or Ext. 111.

**HIRE-A-TEEN**

This job placement program matches youth with residents who need assistance with such tasks as yard work, housework, babysitting, mother’s helper, elderly help, snow shoveling and pet sitting. Participating communities include: Bozrah, Chesterfield, Montville, New London, Norwich, Salem, Quaker Hill, and Waterford.

Applications need to be filled out and returned in person by anyone interested in utilizing the services and any youth who is interested in being part of our Hire-A-Teen Program. For more information contact Dianne between the hours of 9 am and 2:30 pm.

860-848-7724 Ext 113

**PARENT-TODDLER PLAY GROUP**

Birth to Five Years

Tuesdays and Fridays

Fair Oaks School

10 am to 11:30 am

MYSB sponsors a Parent Toddler Play Group which takes place at The Fair Oaks Community Center in Oakdale. The program meets from September through June. Registration for the program is not required, just drop in and play! Please contact Youth Services for further program information.

**MYSB EVENTS**

Pick Your Pasta Dinner

Sunday, April 27th

Mohegan Fire House

4 pm – 7pm

Tickets are \$7.00 for Adults; \$5.00 for Seniors and Kids under 12.

Tickets May be purchased in advance and are also available at the door.

**Six Flags New England Tickets**

Available at MYSB Monday- Friday

9 am to 5 pm

Tickets for Six Flags New England are available at MYSB for a discounted price of \$40. (\$54.99 at the gate & \$44.99 online!) Cash or check only. The tickets are good for ANY ONE day during the 2014 season. We also have Season Passes available. Save yourself a little money and support a good cause,

MYSB Programs.

**MYSB UPDATES & INFO**

[www.montvilleyouth.org](http://www.montvilleyouth.org)

Throughout the year, our website & Facebook page have information about all of our programs and activities, as well as up-to-date information about everything we do! Visit our web site to download registration forms, flyers, and our monthly newsletter, The Youth Scoop. You can also view pictures from our activities, as well as contact the staff. MYSB regularly posts helpful information & resources for parents and youth.

## *Playing it Safe in the Sun*

The sun sends us heat and light and is beneficial to our health. Ninety percent of our Vitamin D comes from sunlight hitting our skin but too much sun can cause skin cancer. It is important to balance the benefits and risks of exposure to sunshine and use sunscreen correctly.

**4 Steps to Playing it Safe in the Sun**

1. **Avoid Too Much Sun:** Wear protective clothing (shirt, hat, pants, sunglasses) when in the sun for more than 15 minutes; seek shade as much as possible; avoid mid-day sun.

2. **Apply Sunscreen to Exposed Skin:** Apply 15 minutes before sun exposure; apply a generous coat and reapply every 2 hours or more often if getting wet or sweating heavily.

3. **Choose Sunscreen Wisely:** Look at the label. Choose a sunscreen that:

- Offers broad spectrum (UV-A & UV-B) protection
- Is rated as SPF 15 or 30
- Contains zinc oxide as the active ingredient or as a blend with titanium dioxide. These mineral blockers are preferable to chemical absorbers
- Is water resistant

4. **Do Get Some Sun Every Day:** Your body needs a daily dose of Vitamin D from the sun. For most people 15 minutes of sunshine without sunscreen will not damage the skin and will give you enough Vitamin D

**Why Does Sunshine Cause Skin Cancer?**


The sun's rays are composed of ultraviolet radiation called UV-A and UV-B. Both UV-A and UV-B radiation can harm the skin. UV-B rays stop at the skin's surface and cause a tan, but can burn the skin if you stay in the sun too long. UV-A rays penetrate more deeply and can damage the elasticity of the skin, leading to wrinkles and premature aging. Both UV-A and UV-B can contribute to cancer by harming the skin's DNA. Further, sunburn damages the skin and is an added risk factor for skin cancer. A sunscreen must filter out both UV-A and UV-B to prevent skin cancer.

**How Does Sunscreen Protect You From Skin Cancer?**

There are two basic types of protection afforded by sunscreens: mineral blockers and chemical absorbers. Mineral

blockers form a temporary shield or barrier from sunlight, reflecting harmful rays away from the skin. The main blockers used in sunscreen are zinc oxide and titanium dioxide. They are both good at blocking UV-B and thus preventing sunburn. Zinc oxide can also block the UV-A rays and has the broadest spectrum of protection of any single sunscreen ingredient. Titanium dioxide only blocks some of the UV-A rays and so needs to be complemented by the chemical absorbers or zinc oxide. Chemical absorbers actually transfer the sun's UV energy into their chemical structure, preventing damage to the skin below.

*Continued on page 22*



**Eastern Connecticut  
Symphony Youth  
Orchestra**

**Providing A Unique Musical Opportunity  
For Talented Young Musicians**

**Youth Orchestra available for grades 7-12  
Strings Ensemble available for grades 3-8**

**Our 2014-2015 season begins mid-September.**

**For more information visit**

**[www.ectsymphony.com](http://www.ectsymphony.com)**

*Playing it Safe ... continued from page 21*

Common absorbers in sunscreen are para-aminobenzoic acid (PABA), avobenzone, oxybenzone, cinnamates, and salicylates. Any individual absorber offers only partial protection and has to be combined with other chemical absorbers or mineral blockers to obtain broad spectrum coverage.

**Should I Apply Sunscreen To My Infant Or Young child?**

For babies under six months of age, it is best to shelter them from the sun with hats, clothing and shade. If there is sun exposure, use sunscreen sparingly over small areas of exposed skin. Beyond 6 months of age you can use sunscreen normally but avoid the area around the eyes because children may wipe it into their eyes and cause irritation.

- [www.ct.gov](http://www.ct.gov)

***The Largest “Tag Sale”  
in Southeastern CT***

Child & Family Agency’s Annual Sale

For 60 years Child & Family Agency of Southeastern CT has held the largest tag sale in its region --its “Annual Sale.” Proceeds from this fundraiser support the many services and programs offered by Child & Family Agency to children and families.

This year the Annual Sale will be at the New London Armory, 249 Bayonet Street, New London on Thursday, May 1st from 9-5, Friday, May 2nd from 9-5, and Saturday, May 3rd from 9-3. First sale day will be “Premium Day” - cost plus 25% and last sale day everything will be half price.

Furniture, household items, books, toys, clothing, jewelry and such can be dropped off at designated locations on “Intake Day”. These items will be received by Child & Family Auxiliary Volunteers and transported to the New London Armory.

“Intake Day” for Montville residents will be on Thursday,



April 24, 10 am to 6 pm at City of Groton Municipal Building, 295 Meridian St, Groton, and Saturday, April 26, 9 am to 1 pm at the New London Armory. Tax donation letters will be available when items are dropped off.

Last year 17,000 children and their families, from 79 towns, were helped by Child & Family Agency’s staff of 175 dedicated professionals through their many services and programs. To learn more about Child & Family Agency of Southeastern CT visit: [www.childandfamilyagency.org](http://www.childandfamilyagency.org).

***Town of Montville Transfer Station & Recycling***

669 Route 163 - At intersection with Chesterfield Road  
860-848-0401 / 860-848-9411

Hours: Wednesday and Thursday 8:00 a.m. - 4:00 p.m.  
Friday, Saturday and Sunday 8:00 a.m. -3:00 p.m.  
Monday and Tuesday - Closed

**CLOSED ON THE FOLLOWING HOLIDAYS**

**New Year’s Day, Independence Day, Sunday before Labor Day, Easter Sunday, Day before Thanksgiving  
Sunday before Memorial Day, Thanksgiving Day, Christmas Day**

**Prices for Transfer Station stickers are:**

\$45.00 for 60 and over  
\$55.00 for 59 and under  
\$3.00 for residential pass per visit for household garbage only (Montville residents only)

**Curbside Recycling holidays:** If your recycling day falls on one of the holidays it will be a day later. New Year’s Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving, and Christmas. For example Monday will be picked up on Tuesday and Friday will be picked up on Saturday.

**The following items are recyclable:** Cardboard, newspaper/inserts, magazines/brochures, white paper, color paper, junk mail, phone books/catalogs, hard and soft cover books, paperboard boxes, cereal boxes, envelopes, file folders, school papers, multi 3 ply paper, tin cans, aluminum cans, aluminum foil, plastic milk jugs, juice and milk cartons, water bottles, plastic soda bottles, detergent bottles, #1 thru #7 plastics, small metals, empty aerosol cans, plastic buckets, plastic crates, pots and pans, and glass.



**Order Your Gift Today!**



**VERY LOVELY PARTY**

**\$5 OFF**  
ANY ARRANGEMENT  
OR DIPPED FRUIT BOX  
CODE: Bran1414

**Celebrate Your Occasion with Edible Arrangements®. Order Now and Save!**

1347 Boston Post Road | Madison, CT 203-245-3535  
316 Boston Post Road | Waterford, CT 860-447-8401  
240 Post Road | Westerly, RI 401-322-8800





**Edible**  
ARRANGEMENTS  
EdibleArrangements.com

Offer valid at participating locations shown below. Valid on arrangements and dipped fruit boxes only. Offer expires 06/01/14. Offer code must be used when placing order. Arrangements available in a variety of sizes. Containers may vary. Delivery not available in all areas. Cannot be combined with any other offer, promotion, coupon or coupon code. Excludes tax and delivery. Not valid on previously purchased items. Acceptance and use of coupon is subject to all applicable laws. Void where prohibited. See store for details. EDIBLE ARRANGEMENTS® & Design and all other marks used are trademarks of Edible Arrangements, LLC. ©2014 Edible Arrangements, LLC. All rights reserved.

**Happy Spring!**

*from all of us at*  
**Essex Printing**  
*and*  
**Events Magazines**

**Got better things to do  
than work out?**

**\$0**  
**ENROLLMENT**  
FOR A LIMITED TIME  
ONLY!

---

2020 Norwich New London Turnpike  
Uncasville, CT 06382  
860-848-0383

Open Anytime - [anytimefitness.com](http://anytimefitness.com)

---



**ANYTIME  
FITNESS.**  
The club for busy people.™



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

**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



**COMMUNITY  
FOUNDATION**  
of Middlesex County

Philanthropy • Leadership • Legacy

We Can **ALL** Take a Stand!

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

CFMC's Council of Business Partners include: **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.**

For more information about the "No Bully Zone" program and how to bring it to your community, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or [Cynthia@MiddlesexCountyCF.org](mailto:Cynthia@MiddlesexCountyCF.org).

The Community Foundation of Middlesex County Council of Business Partners  
"No Bully Zone" program is implemented in partnership with

**Rushford**  
A Hartford HealthCare Partner

# Essex Printing Proud Winner 2014 Pinnacle Awards



## 2014 PINNACLE AWARDS

Essex Printing is the proud recipient of *TWO* Pinnacle Awards from the Print Industry of New England for 2014. Printing Industries of New England's panel of national printing experts recognized Essex Printing for its outstanding work. The award winning entries will now be entered in the 2014 Premier Print Awards competition, the largest international competitive print awards program.

### **PINE**

2014 2 "Pinnacle" Awards

2013 "Award of Excellence"



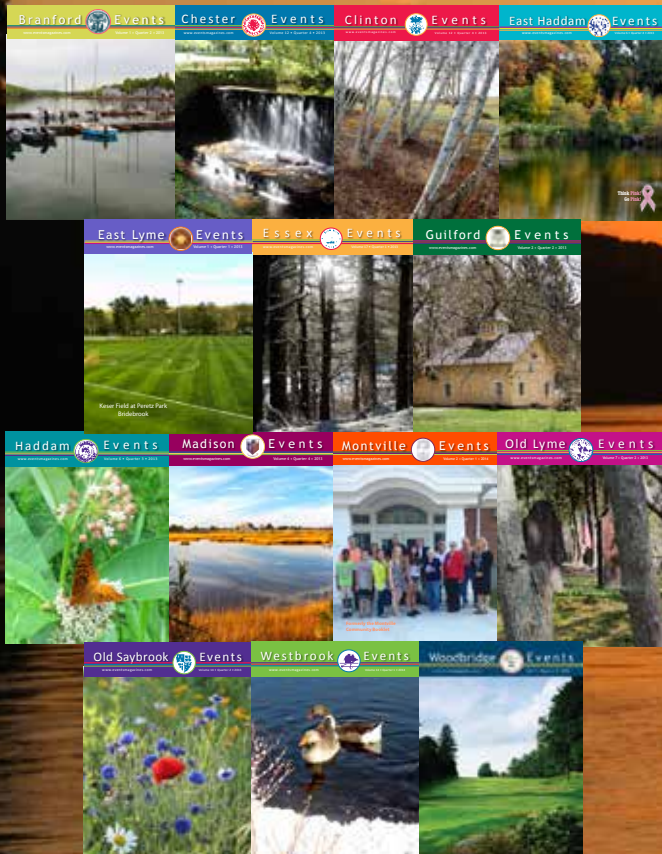


**Montville Events**  
310 Norwich-New London Tpke  
Uncasville, CT 06382

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

## RESIDENTIAL CUSTOMER

# 7 good reasons to advertise in Events Magazines:



1. The Town Magazine with news, events and must-read information
2. Reaches 14 towns and 217,000 potential customers
3. Guaranteed circulation delivered free quarterly to every home and PO box in town
4. Retained for continuous reading ... additional ad views
5. 100% Market Penetration: Builds brand awareness
7. Delivers your advertising message in an upscale must-read magazine

**Call 860-767-9087 today!**