

Clinton



Events

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Volume 13 • Quarter 2 • 2014




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First Selectman's Corner

Well we've made it through Spring and we are all anticipating an exciting Summer in Clinton. An incredible Memorial Day weekend, beginning with the dedications of McCusker Landing and Dan Vece Jr. Way on Sunday and culminating on Monday with the best Memorial Day parade we have ever had. Of course Memorial Day marks the unofficial start of Summer and our residents are already taking advantage of the weather, packing our Town beach and marina and enjoying ice cream at the McCusker Landing.

You may notice a lot of activity in the center of Town. Its' all part of our overall downtown improvement plan. The CT Water Company has replaced the water main from Commerce Street east to Liberty Street and relined the main west to North High Street. At the same time the Town through a \$500,000 State grant is completing Phase III

of our Streetscape on Commerce Street, Main Street and Post Office Square. In July the State is going to repave Main Street from Madison to Westbrook. Great progress in Town!

The newly renovated Annex opened its doors on June 2nd. The Senior meal site now calls it home and soon Social Services will occupy the first floor and a tenant is in the works for the second floor.

Lots of things are happening, all for the good. Get out and enjoy Clinton this Summer, it's a great community with lots to offer.



William Fritz, Jr.
First Selectman

Willie

"Happy Summer" from all of us at Essex Printing & Events Magazines!



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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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Jared Eliot Symphonic Band - Trip to Hershey PA



Seventy-three Jared Eliot Symphonic Band 7th and 8th graders, along with fifteen chaperones recently participated (May 9-11) in a very successful field trip to 'Music in the Parks', Hershey, PA. The group performed two songs on Friday evening; *Somewhere/Maria* from "West Side Story" and *Adrenaline Engines*. The Symphonic Band was outstanding and they received an 'excellent' rating from the two judges at the awards ceremony at Hershey Park. Ross Tucker, Eliot band director, could not have been more proud of his students. The entire next day was spent in Hershey Park riding the rides. Tucker hopes to repeat this year's trip in 2016.

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The Clinton Family Golf Classic



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Three Clinton Art Society Members to Exhibit



Paintings from left to right:
Elizabeth Egan, Joanne McCarty, and
Patricia Ames.

Body Karma Studio of Clinton, will feature paintings from Clinton Art Society artists Joanne McCarty, co-chair of Clinton Art Society of Clinton; Elizabeth Egan of Clinton and Patricia Ames of Clinton. This show will run May 23rd - Aug 1st.

65th Clinton Art Society Summer Exhibit and Sale
Mon, July 28th - Sunday, August 17. Closing 5 pm,
Open Daily, Including weekends. 2-5 pm, 7-9 pm,
Free Admission. Green Room, Andrews Memorial,
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Josephine moved from Long Island to be closer to her son. She enjoys spending time with Ralph outdoors on the beautifully landscaped patios. Being with newly found friends adds joy to Jo's day as they share a variety of social and cultural activities together.

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Resident Josephine Herman with
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Also featuring Safe Harbor, a special care program for residents with Alzheimer's or dementia.

Families Helping Families

Saturday, April 12: Imagine walking into the Green Room at The Clinton Town Hall, where Families Helping Families first "Crazy for Cupcakes" event was being held, and seeing almost 1,300 cupcakes! Yes that's correct; we had 27 bakers bake four dozen cupcakes each. Over 200 people had a chance to taste as many of the 27 varieties as they wished. They even had a chance to take some home.

On June 7th we had our second annual "Strawberry Shortcake Festival". People were treated to plenty of shortcake, berries, and lots of whipped cream. Special thanks to Ms. Joanne Nunan of The Morgan School and Ms. Dawn Paradis of The Eliot School and their Family and Consumer Science students who provided strawberries and homemade biscuits for the event.

There are an increasing number of Clinton families who are experiencing very difficult times. Due to the continuing,

generous support of the entire Clinton community we continue our mission to help struggling Clinton families how and whenever we can. We have expanded our efforts to help Clinton families with our four community out-reach programs which strive to help make life better for Clinton families. These programs are: Energy Assistance Program, Fresh Produce Program, Clinton Kids Initiative, and Cans for Clinton. We thank the Clinton community for their unwavering support because they are the Families Helping Families. If you would like to donate to Families Helping Families our address is: FHF P.O. Box 166 Clinton, CT 06413. If you have any questions about our mission or our organization please feel free to call us at 860-669-5592.

*Miner T. Vincent, President
Families Helping Families*

Clinton Youth & Family Services

SUMMER PROGRAMS

Summer is here! Clinton Youth & Family Services will be offering several new programs this year. Youth can write and illustrate their own book, go fishing and hike the trails of Peter's Memorial Woods. Look for details on our website at www.clintonyouthandfamily.org. The Counselor Helper program is looking for youth age 13 and over to assist the program coordinator in several of the programs. We look forward to another fun summer! For more information contact Andrea Kaye, Program Coordinator at 860-669-1103 or akaye112@snet.net.

GET HOOKED ON FISHING

Clinton Youth and Family Services will be sponsoring two

blue fishing trips this summer aboard the Lucky Lady party boat. The Lucky Lady is new to Clinton harbor this year but Captain Tony has been fishing the Long Island Sound for decades and is a very experienced captain and fisherman. The dates for the trips are Wed., July 16 and Wed., August 6. The cost per trip for children 16 and under is \$28.00, and parents are \$55.00. Children under the age of 12 need to be accompanied by an adult. Meet at the Riverside Basin marina parking lot at 8:30 am. These day trips usually last an average of 5 hours. Rod and reel included. No experience necessary. Space is limited. Registration available on our website www.clintonyouthandfamily.org or contact us at 860-669-1103 or stop by the office to sign up between 9 - 3.

The Clinton Farmers Market is Back!

The Farmers Market is coming back to Clinton this summer on Thursday evenings from 4 pm to 7 pm. Starting Thursday, June 19th and running through August 28th, the Farmers Market will be in full swing on Main Street. Located right on Route 1, in front of the Academy Building, (61 East Main St.), next to the historic Stanton House museum and right across from Town Hall, the market will be an essential part of Thursdays in Clinton.

We are excited to have the following vendors at our market for the 2014 season:

DeFrancesco Vegetable Farm out of Northford, takes pride in their wide selection of quality produce and plants. Be sure to stop by all summer as products change with the season.

Stonington Beef sells meat that is USDA Inspected, certified and vacuum sealed. Their beef is growth hormone free! Their

cattle are raised on grain and rich green pastures located right nearby in Stonington, CT.

Sanremo Bakery owned and operated by the Motta family from Berlin since 1982 will be offering their quality baked breads, cookies, Italian pastries and stuffed breads. The Mottas pride themselves in making the very best bakery goods.

The Bee Happy Company will also be on hand selling locally harvested honey; bees wax based skincare and beehive products. Ned and Sharyn Farrell are providing awareness of the importance of honeybees in the world's ecological structure by creating products that enhance well-being and quality of life.

Beef, vegetables, baked goods and honey products... all the essentials! Visit the market on Thursday evenings this summer and enjoy fresh, local Connecticut products.

Events

MAGAZINES



Clinton Events

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Talking Health & Wellness

What is the problem with losing a lot of weight quickly?
 Losing weight at a steady pace of two to four pounds per week can be healthy if it is done the right way. However, there are people who want a quick fix and resort to restricted calorie diets or fad diets, which do not work. Creating solid habits with good food choices and exercise is key to weight loss. People who lose weight at a steady, gradual rate by making changes in their lifestyle tend to have better long term success keeping it off because they have changed their habits. It is not entirely about a decrease in weight; it's more important that people learn healthy habits and create lifestyle changes.

Is diet a four-letter word, or should everyone be on some sort of diet to avoid eating the wrong kinds of foods?

I don't like the word "diet" because what we are doing for "diet" in this country isn't working. More than 2/3 of Americans are overweight or obese. I prefer to think of healthy choices and habits, and lose the idea of being "on" or "off" a diet. It's better for your system to rely on food for health, not food for comfort, and focus on fruits and vegetables, nuts and beans, good fats, and lean protein and the phytochemicals and antioxidants in these foods that provide immunity.

Is there ever a reason to be hungry or eat a small portion and remain hungry?

It's best to eat three meals and two snacks per day because skipping meals will lead to overeating later. By eating several small meals throughout the day, you will not feel overly hungry at any particular meal. Learning that your brain does not know you have eaten until 20 minutes after you are finished can help slow you down. Focus on one plate of food eaten slowly, savored and enjoyed. Take your time to enjoy the flavor of your food and don't eat to the point where you are uncomfortable.

What are the top five foods everyone should eat for a fat-burning diet?

Fruits and vegetables, especially cruciferous vegetables, are high in fiber and excellent for burning calories. Five of the top food types include dark green leafy vegetables, foods rich in Omega 3's, like salmon and walnuts, berries low in sugar and full of antioxidants, like raspberries, blackberries, and blueberries. Nuts and avocados provide monounsaturated fat, which helps maintain a healthy weight.

Dr. Rebecca Cipriano
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Town Clerk's Office

REMINDER!

June is the month to license your dog(s). We will need the RABIES CERTIFICATE and doctor's notice of SPAYING/NEUTERING if applicable.

The fee during the month of June is \$8.00 if the dog is ALTERED and \$19.00 if not. Beginning July 1st a late fee of \$1.00 per dog per month will be charged.

Please call 860-669-9101 if you have any questions.

Also, elections are coming on November 4, 2014. If you plan to be away at that time, you can apply for an absentee ballot beginning in August at the Town Clerk's office or by downloading the application from the Secretary of the State website, www.sots.gov/sots. Click on Elections & Voting.

Send application to:

Town Clerk, 54 E. Main St., Clinton, CT 06413. If you have any questions call the Town Clerk's office or email townclerk@clintonct.org

*Sharon Uricchio
Clinton Town Clerk*

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Clinton Land Trust News

Pierson School's Marine Science Day

Recently, the entire 4th grade from Pierson School spent half of the day at the Town Beach. This is an annual outing and an end-of-the-year highlight for the 4th graders. During their time spent at the beach the approximately 160 students rotated through different stations. The stations integrated science, math, literacy, history and environmental conservation. Many people in the community volunteered their time to make this day such a success, and we are very grateful to all of them.

Kim Colegrove of the Clinton Shellfish Commission conducted a station that taught the students about the history and lifecycle of oysters in Clinton Harbor. President Mike Houde of the Clinton Land Trust was stationed on the edge of the marsh and educated the students all about ospreys and their success story over the past 40 years. Karen Kaestle, Chemistry Teacher at Morgan, brought along some of her Honors Chemistry students to expose the 4th graders to water quality testing (ph, dissolved oxygen & water flow) and the importance of clean water in relation to Long Island Sound marine life. The Reading Department at Pierson conducted a station whereby the students took part in a literacy scavenger hunt – using Long Island Sound Vocabulary. The Math Specialists at Pierson conducted a station using math measurement. Students were challenged to build a “2 gallon sandcastle” without using a gallon measurement – they were forced to think about what conversions they would need to make to build this sandcastle! In the last station, students participated in a live animal touch tank and learn about estuarine animal adaptations.

Bushy Hill Scholarship Winners 2014

Each year, thanks to the generosity of the Eunice Symonds scholarship fund, The Clinton Land Trust sponsors 4 Pierson Students to attend two weeks of Nature Camp at Bushy Hill in Ivoryton. The students are asked to submit a persuasive essay convincing the Board of the Land Trust that they are the best candidate to win the scholarship. As always, the essays were excellent and the winners were difficult to choose.

The 4 winners will enjoy two weeks (valued at over \$500.00 each) of hiking, swimming, canoeing and meeting new friends along the way.

We're proud to announce the winners of the 2014 Eunice Symonds Bushy Hill Scholarship:

Maddie Tuccitto
Camryn Smith
Sierra Innamorato
Jahayra Lopez

Crosby Scholarship awarded to Francesca Moran

Thanks to the generous donation from the Crosby Family to the Clinton Land Trust, each year a \$1,000.00 scholarship is awarded to a high school senior who plans on pursuing a degree in the environmental field. The winner of the 2014 Crosby Scholarship is Francesca Moran. Francesca will attend Bryant University in the fall. She will be a Global Studies Major with a fifth year Masters in International Environmental Studies. We wish Francesca the best of luck in her future studies!

Submitted by Dana Skidmore

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Clinton Rotary Walkathon

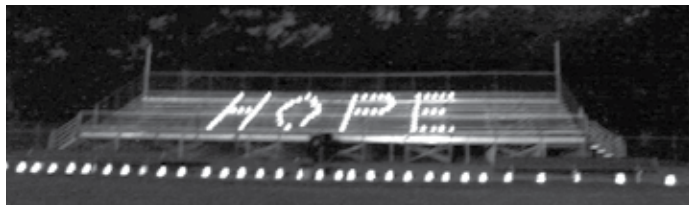
Warm up Your Walking Shoes for September 13!

Planning is in high gear for the 2014 Clinton Rotary Cancer Relief Fund Walk-a-Thon, on Saturday, September 13th from 1:00 pm to 9:00 pm, at the Ethel Peters Recreational Complex, Glenwood Road, in Clinton.

For the sixteenth consecutive year, the Clinton Rotary Club has organized this community-based activity, which over its first fifteen years has raised over \$250,000 to help shoreline cancer victims and their families, who are determined eligible following the submission of an application to the Clinton Rotary Club's Cancer Relief Committee. Checks are then sent on their behalf, directly to billing entities (Utilities, mortgage payments, taxes, home/auto insurance, etc.) The fund does not pay hospital or other related medical bills. All proceeds are used for cancer related "in house expenses". And no proceeds are used to administer the fund.

Last year, as in the past, thousands of dollars were distributed to assist with expenses not covered by insurance. In addition, the Cancer Relief Fund donated \$5,000.00 to the new Middlesex Hospital Clinic in Westbrook.

Using the town track & basketball court at Clinton's Ethel Peter's Complex, teams and individuals will walk the track and/or play 3-on-3 basketball and while doing so, enjoy entertainment throughout the day. We will have a children's area, which will be open until 6:00 pm.



Walk-a-thon sponsors are sought whose name and/or logo will be placed on T-shirts, for a donation of \$250 to \$1,000 or more. The T-shirts will be given to each walking team member (or individual walker) and 3-on-3 basketball player who participates after paying a registration fee of \$10.00. The T-shirts will also be for sale. This year there will be walking team and 3-on-3 basketball competition prizes. Additionally, donated prizes will be auctioned off at various intervals throughout the day.

Funds are also raised through the sale of luminaries; white paper bags bearing the names of cancer survivors and those who have lost their lives to this terrible disease. The luminaries are \$5 each and surround the track. In the evening, 1000 or more are lit and a ceremony is held, paying tribute to all cancer victims. The Luminary ceremony begins at 8:00 pm.

Continued on page 10

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2,100 -2,500 SF	5	7,600.00



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Clinton Recreation & Parks Departments

CLINTON TOWN BEACH: Officially opens on June 21st. Beach passes can be purchased from the Gate Keeper, at the Town Beach, between 9 am to 3 pm daily (weather permitting). Beach Pass Fees: Clinton & Killingworth Residents: \$20 per vehicle, Clinton & Killingworth Senior Citizens: \$10 per vehicle, all non-residents will pay a \$25, per day parking fee and are not eligible for a seasonal pass. Our Lifeguards will be on duty (weather permitting).

CLINTON FAMILY DAY: JULY 19 - 9 am - 2:30 pm at the Clinton Town Beach. Sand Sculpture registrations begin at 8:30 am. Come and enjoy a day of Games, Arts & Crafts, Races, Music, Face Painting, Snacks, Prizes & more, all provided Free for children between the ages of 4 -12 and their parents. We will be posting a time schedule for all events on our website. If you are interested in volunteering, please call our office at 860-669-6901.

GUITAR LESSONS: Please call our office if you are interested in taking lessons in a group setting (min. of 5 students). We have two instructors to teach your children. Must have your own guitar. Ages 9 and older.

ZUMBA FITNESS: Mon. Evenings: 6:15 - 7:15 p.m. Thursday mornings: 10 - 11 a.m., Saturday mornings: 9 - 10 a.m. All ages. This class will be a great abs, glutes and arm workout. One class for 6 weeks - \$42 or two classes for 6 weeks - \$75.00. Walk-ins: \$10 per class, Non-residents \$52 / \$85.

Aleen is a licensed Zumba and Zumba Gold instructor as well as a national adult hip-hop instructor.

GIRLS HOOP CLINIC: Dates: June 23 – 27 & June 30 – July 3, Time: 8:00 – 10:30 am, Fee: \$60.00 (Non-residents \$70.00) Girls in Grades 8 – 12 as of Sept. 2014. The clinic will consist of a daily program of instruction, lectures, individual and team play. Held at the Morgan School Gyms. Instructor: Joe Grippo

GIRLS VOLLEYBALL CLINIC: Dates: June 23-27 & June 30 – July 3. Time: 12 – 3 p.m., Fee: \$60.00 (Non-residents \$70.00) Girls in grades 8 – 12 as of Sept. 2014. Clinic will consist of daily program of instruction, lectures, individual and team play. Held at the Morgan School Gyms. Players must bring their own knee pads. Instructor: Joe Grippo

YOUTH BASKETBALL CAMP: Boys and Girls Entering Grades 1, 2, and 3 as of September 2014 will be held at the Joel School Gym. Camp will focus on basketball fundamentals. Starts: July 14-18, 9:00 a.m. – 11:30 a.m. Each camper receives a Tee- shirt. Enrollment limited to 35 campers. (Clinton Residents-Only!) Fee is \$75.00 per camper.

FUN CAMP: Come join us for fun, games, and crafts! Open to children who are 4 years old and entering Kindergarten as of September 2014 and older. This six-week program will run from July 7 to August 15th. The Fun Camp meets three days a

Rotary Walkathon ... continued from page 9

Luminary and track & basketball team forms are available at: the Walk-a-thon's office at 50 East Main Street on Mondays, Wednesdays and Fridays, from 10:00 am to noon, Shore T.V and Appliances, 11 East Main St; and Shoreline Insurance Agency, 239 E. Main St. All are in Clinton.

For information on the walk and/or the luminaries, call Jim Beardsley at 860-669-7239 or Linda Beavers at 860-669-9323, or by writing to: Clinton Rotary Cancer Relief Fund, 50 East Main Street, Clinton, CT 06413; or at www.clintonctrotary.com.



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week at the Peters Complex and the other two days at the Town Beach. Monday - Friday 9:00 a.m. -12:00 p.m. & Wednesdays at 9:00 a.m. - 2:00 p.m. The Wednesday extension allows for more activities and better field trips. \$65 per week or \$330 for the six weeks. (\$75 Per week for Non-residents)

AMERICAN GIRL CRAFTS: (Ages 7 and older) July 14 – 18, 9:30 a.m. to 11:30 p.m., Class held at the P & R Building. Instructor: Claudia Mathison. Join your friends for a fun week of American Girl theme crafts and sewing; Kaya's corn husk doll, Felicity's drawstring purse, Julie's woven scarf and so much more! AG stories, games and a traditional tea party too. American Girl books and accessories will be for sale at the last class. Fee: \$90.00 Non-residents add \$10.00.

LET'S GET SEWING: (Ages 7 – 9 yrs.) August 4 – 8, 2 - 4 p.m. Class held at the P & R Building. Instructor: Claudia Mathison. Join your friends for an afternoon of sewing pillows, scarves, purses and a stuffed animal. Learn basic machine and hand sewing techniques as well as embroidery designs. Great class for beginning sewers as well as students with some skills. Sewing machines and fabric will be provided. Class size is limited to 10. Fee: \$90.00 Non-residents add \$10.00.

SUMMER ARTS EXPLORATIONS: (Ages 7 and older) June 30 – July 3, 9 – 11:30 a.m., Class held at the P & R Building, Instructor: Claudia Mathison. Let's explore a variety

of art materials and techniques. Painting on large canvas, cartooning, clay sculptures, metal embossing and mixed media collage are a few of the projects the class will experience. \$90.00 Non-residents add \$10.00.

BEGINNERS FENCING CAMP: July 21 – 25, Boys & Girls currently in Grades 5 – 8, 9 am – 12 p.m., Fee: \$100 (Non-residents: \$125.00). Students learn classical foil fencing, the traditional beginning weapon of the sport. Fencers progress from basic foil technique to actual bouting with moderately fast and difficult hand and foot work. Teaching includes conditioning, hand/eye coordination, basic technique, and the rules and practices of the sport. On Friday there will be a competition and parents are encouraged to attend. Basic equipment is provided. Instructor: James Barnett with more than 30 years of elite competition and coaching experience. Please bring plenty of water.

TINY HAWK (Soccer & Basketball): July 7 – 10, at the Indian River Complex. Ages: 3-4 (Parents must stay on site) Time: 5:15-6:15 p.m. Fee: \$55 (\$60 Non-residents). Tiny-Hawk programs help children fine-tune their motor skills with athletics. Parents work with our coaching staff to teach these young children. Skyhawks staff is committed to creating a positive introduction to sports. Participant-to-coach ratio: 6:1. Gear to bring: Appropriate clothing, water bottle, running shoes and sunscreen.

Continued on page 12

The 40th Annual

Clinton Bluefish Festival

AND

ARTS & CRAFTS FAIR!

**JULY 18
& 19**
Behind
Clinton Town Hall
54 East Main St.

GREAT FOOD... Fishing Tournament, Chowder Cook-Off, Pie Eating Contest, Oldest "Bluefish Festival" T-Shirt Contest, Talent Contest, Children's Area, Pet Picture Contest, "Beautiful Baby" Contest, Little Miss Bluefish, Rubber Duck Race, Games, Car & Bike Show, Performance by Kidz Konnection and Strong Man Competition, and more!

*Bands Playing
Nightly*



Family Scavenger Hunt

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or visit www.clintonbluefishfest.com

COME OUT AND SUPPORT OUR TOWN'S CIVIC & NON-PROFIT GROUPS
All profits raised by the Bluefish Festival are given back to the community in scholarships and many other community projects.

Looking for SPIRIT OF CLINTON Award Nominations!
They can be mailed to: Clinton Bluefish Festival Committee, P.O. Box 675, Clinton, CT 06413

Recreation & Parks ... continued from page 11

MINI-HAWK: (Soccer, Baseball & Basketball): July 7-10, Mon. – Thurs., (Ages: 5-7), 5 - 7 p.m., \$65 (\$70 Non-residents) or July 14 – 18, (Ages: 4-7), 9 am – 12 p.m., \$105 (\$110 Non-residents) Held at the Indian River Complex. Our Mini-Hawk games and activities were designed to explore balance, movement, hand/eye coordination, and skill development. Participant-to-coach ratio: 8:1. Bring: appropriate clothing, water bottle, sneakers, and sunscreen. Also 2 snacks (for camps longer than 2 hours) & water bottle.

CAPTURE THE FLAG: (Ages 7-10) July 28 – Aug. 1, 9 a.m. – 12 p.m., \$105 (\$110.00 Non-residents) Held at the Indian River Complex. These programs combine technical development and fundamental techniques. Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, and distance running. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered. Participants will have a Skyhawks track meet at end of the week. This camp is for the beginning to intermediate runner. Bring two snacks & a water bottle. Please wear running shoes and sunscreen.

VOLLEYBALL CAMP: July 14 - 18, ages: 10-14, 9 a.m.-12 p.m., \$105 (\$110 Non-residents). Held at the Jared Eliot School. Drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our staff will assist each athlete in developing the fundamental skills of the game.

ENVIRONMENTAL ECOLOGY CAMP: July 7 – 11, 9 am – 12 noon, for children entering grades 2 - 6 as of Sept. 2014. Registration for Ecology Camp opened on May 15th to Clinton residents (Clinton residents will get "first dibs"). Non-residents register after May 29th. Monday - Wednesday - Friday: Clinton Town Beach, Tuesday: Entrance of Peter's Woods, Valley Road and Thursday: the Indian River Recreational Complex Beach Days: Join local teacher and Clinton Land Trust Board Member, Dana Skidmore, for 3 mornings of beach exploration. Children will be introduced to varying habitats: the salt marsh, the sandy beach and the mud flats. They'll use bucket and dip nets as well as beach seines to experience the local marine life in the sound. They will see barnacles feeding, periwinkles grazing on algae, green crabs, ospreys flying overhead and great egrets wading in the water. Peter's Woods & Indian River Complex. Spend two mornings with Mrs. Skidmore exploring local animal and plant species. Discover the mystery of a vernal pool and all of its inhabitants. Learn about trees, listen to the woodland bird songs and discover many life forms that live under logs in the forest. Gain an appreciation for our outdoor world and learn about ways in which you can protect it for future generations. \$125.00 (\$150.00 Non-residents)

HALF DAY ECOLOGY CAMP: July 14, 9 a.m. - 12 p.m., Grade: 2-6 as of Sept. 2014. Suggested Donation: \$30/per child Spend the morning at the Clinton Town Beach exploring and discovering many of the plants and animals of Long Island Sound. Observe osprey and witness the great egret spearing minnows in the eel grass. Feel a flounder and catch a crab! Dana Skidmore has chosen to give 100% of the proceeds from this camp, back to the Pierson School to enhance the Cultural Arts Program.

TOP NOTCH BASKETBALL: Boys and Girls entering grades 2-9 as of September 2014. Held at the Morgan School gym August 4 - 8. There will be a morning and afternoon session, Session I: 8:00-11:00 am and Session II: 12:00-3:00 pm. If you choose both sessions, please bring a lunch. Participants will receive a T-shirt. Don't forget a water bottle. \$85.00 per session, \$160.00 for both. A \$35.00 non-refundable deposit is due at the time of registration. (\$95 per session for Non-residents).

BRACELETS AND MORE BRACELETS: (Ages 6 and up). July 8 - 11, 3:30 - 5:30 p.m., \$90 (Non-residents \$100), P & R Building, Join us for the first ever bracelet making class designed for children ages 6 thru 10. We will provide looms such as CraZoom, Loom Bands and Rainbow Loom, bands of various colors and project books. This is a mixed age group and children will be grouped according to ability and preference of loom. All bands are latex free. Bring a snack daily. Program has two sessions.

CATAPULTS AND OTHER STRUCTURES: (Ages 5 and up) August 5 - 8, 3:30-5:30 pm, \$90 (\$100 Non-residents), P & R Building, Did you say catapult made of Lego's, K'NEX, or wood? What type of building product produces the best catapult? This class includes experiments with parachutes and rockets. Please bring a snack. No Lego's or K'NEX will be taken home.

WOODEN STRUCTURES: (Ages 5 – up) August 19 – 22, 12:30 - 2:30 p.m., \$90 (\$100 Non-residents), P & R Building. Come join the fun building airplanes, bridges and gliders from wood. Class includes step-by-step instructions/ or use your imagination for numerous creations. This class is co-ed and is a teamwork setting. Children will have time to create their own inventions. Please bring a snack.

ART CAMPS AT MURRAY POND: Ages 7 - 12 years, 1 - 4 p.m. July 14 – 17, July 18 – 31 or August 11 – 14 (Monday – Thursday, \$185 per week) In these art camps you will draw and paint with the medium of your choice. There will be instruction in observational drawing and painting, and you may work as representationally or as abstract as you prefer. There is a vast art library on site with works of artists throughout history. Instructor Joan Levy Hepburn will give group and individual instruction. Students are responsible for bringing their own supplies. Classes held at 59 Route 148, Killingworth, CT. For a list of materials, please call Joan at 860-663-1169. Website: www.joanlevyartist.com.

ART CAMPS AT MURRAY POND: Ages 13 – Adult, 1 – 4 p.m. July 21 – 24, August 4 – 7, or August 18 – 21, 2014 (Monday – Thursday, \$185 per week) Same as previous description.

CLINTON FAMILY THEATRE: *“Suessical the Musical”*
 Show Dates: July 10 - 13 at the Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT. Times: July 10-12th at 8:00 p.m. and July 13th at 2:30 p.m. Ticket Price for all shows: \$15.00.

SOCCKER CAMPS

GOALIE TRAINING CAMP: with Brad Jeeves: Ages: 7 - 15
 Session I: July 14 – 18, Session II: August 18 – 22, 2014, Time: 5 – 8 p.m. One Session: \$140 (Non-residents \$150) Held at Indian River Complex.

Level: Beginner (New Goalkeepers), Intermediate (Travel Level), Advanced (Select/High School). Players will be divided by age and adjusted by ability level. Focus: Advancement of technical psychological development in relation to playing in goal. Reaction time, positioning, proper technique in receiving and distributing the ball are stressed. Camp dedicated to advancing the ability and confidence of goalkeepers. You must bring the following to camp: Gloves, Shin Guards, Soccer Ball, water and snack.

OPEN SOCCER CAMP: with Brad Jeeves: July 21 – 25, August 11 – 15, 5 – 8 p.m., Ages: 6 – 16, Fee: \$115.00 (\$125

Non-residents). Level: Beginner (Rec.), Intermediate (Travel Level), Players will be divided by age and adjusted by ability level. Focus: The development of technical and tactical ability in a variety of developmental drills and games. At B.E.S.T. our ultimate goal is to share our love for the game with the participants. Camp will take place at the Indian River Complex. You must bring Shin Guards, Soccer Ball, Water & a small snack.

PEE WEE SOCCER CAMP: with Brad Jeeves: July 21- 25, August 11 -15, 5 -6:30 p.m., Ages: 4 – 6, \$65 (\$75 Non-residents) Camp will take place at Indian River Complex

Level: Beginner: (Rec.), New to Soccer, New to Structured Activities. Focus: Instill a love and excitement for the game by implementing fun games and drills. Players are taught a variety of skills in fun, low pressure games and activities.

VICTORY SOCCER CAMP: August 4 - 8, Ages 6 - 15. Check www.clintonsoccer.net (Under Camps for more information.) To register go to: www.victory-soccer.com. Instructor: Elias Zurita.

SWIMMING LESSONS: (Ages 4+) Pre-Beginner (PB) - at least 4 years old and has no experience swimming (cannot swim without an aid). Beginner (B) - completed Pre-Beginner; can swim the dog paddle without an aid; and can float on back. Advanced Beginner (AB) - completed Beginner and can swim the Crawl & Back Strokes.

Continued on page 14

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CRAHD - Facts About Skin Cancer

Did you know that skin cancer is the most common cancer in the US? That's right! We often hear more about other cancers such as lung, colon, breast cancer in women, and prostate cancer in men, but skin cancer is by far most common at over 3.5 million new cases per year. Ironically, skin cancer may also be the most preventable and treatable cancer.

There are 3 basic types of skin cancer:

1. Basal cell
2. Squamous cell
3. Melanoma.

The first two types, basal and squamous cell, are caused by over-exposure to ultraviolet rays from the sun. They are non-melanoma type cancers and are normally not as invasive as melanoma. Subsequently, they are easier to treat than melanoma. These cancers usually develop in sun exposed areas of the body, such as the head, face, ears, lips, neck and back of hands. If treated late, these cancers may cause significant scarring and disfigurement, and even loss of function.

Melanomas are the more serious type of skin cancer. It develops in cells, called melanocytes, which contribute to our skin color. (Benign growths of melanocytes cause non-cancerous moles.) Melanomas can occur anywhere on the body, and may grow and expand aggressively. Unchecked, melanomas can cause serious conditions and may lead to death. Risk factors for melanomas include unprotected exposure to the sun's UV radiation, pale skin complexion, skin with a large number of moles, history of severe sunburn, and occupations which require excessive amounts of time in the sun. There are simple steps we could take to prevent skin cancers from occurring and prevent them from becoming a serious condition if they do occur.

Avoid long exposure to the sun. Have regular skin exams, both self- exams, and by your doctor, to discover problems

early. A key to any self exam is to detect any changes in your moles, blemishes, freckles, and other marks on your skin. Any change should be brought to the attention of your physician and examined.

Practice the ABCDE skin rule:

A

Asymmetry (one half of a mole or birthmark does not match the other)

B

Boarder (edges are irregular, ragged, notched, or blurred)

C

Color (the color is not the same all over)

D

Diameter (the spot is larger than 6 ml across-about 1/4 inch, the size of a pencil eraser)

E

Evolving (changes in the mole over variable time, weeks, months).

Also, E is for having suspicious spots
Evaluated by a Doctor!

Practice Sun Safety! Avoid sun when it is most intense, between 10 am and 4 pm. Avoid sun burns and cover up with protective clothing as much as possible, wear hats, sunglasses Use a BROAD SPECTRUM sunscreen (broad spectrum pro-TECTS all harmful UV radiation). Apply sunscreen with an SPF of 15 or higher daily, and at least 30 for extended outdoor times. Avoid other sources of UV light, such as tanning beds and lamps. Practice these methods even on cloudy or overcast days.

CRAHD(Connecticut River Area Health District) is your local health dept. in Deep River, Clinton, and Old Saybrook. CRAHD offers skin cancer education to groups. If interested, call Sherry at 860-661-3300.

Recreation & Parks ... continued from page 13

Intermediate (I) - completed Advanced Beginner and can swim the Crawl, Back, & Elementary Back Strokes. Swimmer (S) - completed Intermediate and can swim the Crawl, Back, Elementary Back, Breast, & Side Strokes. Please check our on-line flier at www.clintonparkrec.com Lessons are offered from June 30 through August 8.

TENNIS LESSONS: Ages: 3 – 14, June 23 – 26, July 14 – 17, July 28 – Aug. 31 & Aug. 11 – 14, 2014, Monday – Thursday (Friday is Rain day) 9 – 9:30 a.m. - Pee Wee Class (3-5 yrs.): \$49 per week, 9:30 – 12 p.m. Ages 6-9 & Ages 10-14 cost is \$139 per week, 4:30 – 5 p.m. Pee Wee Class cost is \$49 per week and 5 – 7 p.m. Ages 6-9 & 10 – 14. \$120 per week. If any of the 6-9 or 10 -14 age players sign up for all four

weeks, they will receive a discount (see our website: www.clintonparkrec.com).

GIRLS FIELD HOCKEY CAMP: August 11 – 15, 9 a.m. to 12 noon. Grades: 6, 7, & 8 as of Sept. 2014, \$80. Held at the Jared Eliot Fields. The emphasis of the camp will be stick skills in drills and games. Goalie instruction will be included. Players will be grouped according to ability and experience. Participants must bring their own water mouthguard, shinpads and plenty of water. The Instructor is Lauren Hile. Camp size is limited, please register early.

If you have any questions, please check our website or call our Office at 860-669-6901. Please visit our website at www.clintonparkrec.com for more details on any of these programs.

Clinton Education Foundation/Clinton Lions Club Family Golf Classic

The annual Family Golf Classic was held on Monday, June 23rd 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 mission of the CEF is stated simply: "To enhance public education in Clinton." We accomplish this mission by offering scholarships and grants to students that will allow them to pursue some opportunity that will help them grow and eventually to give back to their schools and/or community in some way. Usually this is for some extracurricular activity – sports, arts, academic – that is too expensive for the student's family to afford alone. The money we raise at events like the golf tournament funds the grants and scholarships.

Students granted Renfrew Scholarships have attended the National Student Leadership Conference in Forensic Science and a forum on leadership for social change at Brown University. The CEF also awards Calvert Grants. Previous recipients include a sixth grader who attended the Dance World event at Disney World, and a girl to a camp designed to educate diabetic children in a nurturing, fun environment. Another helped send a high school sophomore to the National Student Leadership Conference in Engineering. In addition, the foundation gives grants to teachers. These grants have financed the publication of books, the creation of a giving garden, and the purchase of exercise trikes.

The Clinton Lions Club is part of one of the largest service club organizations in the world with 1.35 million members worldwide. The Clinton Lions Club, however, is focused almost entirely on the betterment of our own community. Through your donations and the efforts of our local club members, the Lions have helped numerous people and organizations throughout our town. Be it scholarships, vision testing, construction projects, Christmas in Clinton luminaries, painting the library walls, helping sponsor the Morgan graduation night or raising money for other Clinton organizations such as our annual pancake breakfast which benefits Families helping Families, we are involved. We even have a Little League team! Our tournament would not be as successful without the involvement of the businesses that support our efforts.

Please contact Wendy Irmsher at 860-664-6501 with any questions.

*Together we can make a difference
in our own backyard.*

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Summer Fun for Teens at the Henry Carter Hull Library

Are you looking for interesting and free summer reading activities for your teen? The Henry Carter Hull Library is your summer destination for fun. We are getting ready to kick-off the 2014 Summer Reading "Spark a Reaction" theme which includes many science and technology related activities. All students can register on-line for summer reading starting June 18th, or by stopping in the library to register in person. Summer Reading participants will win raffle tickets for each hour they read. Raffle tickets will be entered into a drawing for the opportunity to win amazing prizes! All teen readers who check out summer reading books at the library this summer will have a chance to win a virtual golden ticket! Check-out one of the lucky books with a virtual golden ticket and you will win a delicious prize. The librarian will let you know if you have won a prize when you check out your books.

We are featuring two Summer Reading kick-off events this summer.

SNOOZE-A-PALOOZA

On June 27th at 7:00 pm we will host our first annual Snooze-A-Palooza sleepover for girls entering grades 7 & 8. All participants will have fun with spa activities, preparing healthy snacks, late night movies, and of course, choosing summer reading books.



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THE SUPER MARIO SMASH BRAWL Wii TOURNAMENT

June 30th at 4:00. pm - teens can have a blast at this tournament for a chance to win a \$25 gift card to GameStop.

WANT TO BUILD A ROBOT?

Teens can come to Robot Academy on July 7, 9, & 11 at 1:00 to build a solar powered robot and enjoy a pizza lunch. We have the potential to build 14 different solar powered robots in 3 sessions. At the end of the week five lucky participants will go home with a robot. This event is recommended for grades 6-9.

TEEN SUMMER BOOK BUZZ

Teens can come to the library on Monday, July 14th, 21st, & 28th from 4:00-6:00. Books are chosen from the 2014 Eliot Summer Reading List and 2015 Nutmeg selections. July 14th features *The Raft* by S.A. Bodeen, July 21st is *Ender's Game* by Orsen Scott Card, and on July 28th we will discuss *One for the Murphy's* by Lynda Hunt. Each book talk will feature a book-themed craft, dessert, or food creation. All books are available in the HCH Teen Room. On August 7th at 6:00 pm teens can watch the blockbuster movie *DIVERGENT* with faction friends on the awesome big screen at the library.

WHAT WOULD YOU DO?

On August 11th at 6:00 pm teens can learn smart and practical self-defense and "situational awareness" strategies to avoid and handle dangerous situations. This interactive seminar will be led by Master Paul Longo of Kempo Academy in Clinton. This is a great session for teens heading off to college and teens who want to be prepared for any situation. Recommended for ages 12 and up.

DO YOU WANT TO LEARN HOW TO CODE?

Come to our Lunch and Learn Code Academy on August 12 & 14 from 12:00-2:00 in the teen room for pizza and coding classes. Understanding the basics of code - the language that makes websites, games and apps run - is a new literacy. Code Academy is an easy, interactive platform that provides fun coding classes in many languages. Learning to create computer code is a valuable skill and Code Academy will make it fun.

THE END OF SUMMER READING PARTY

Friday, August 15th at 1:00 in the Teen Room. We will select the Summer Reading gift card winners and play the new PlayStation 4 Gaming Station in the teen room. All teens in grades 6-12 are invited to the Library this summer to play a few games on the new Playstation 4 Gaming System! Bring some friends, hang-out, and stay awhile. Please register for all teen events at hchlibrary.org/teens or call 860-669-2342. Stop by the library for a Summer Reading Program which provides more details and registration information about all our 2014 Teen Summer Reading Events. Go to hchlibrary.org to download a program brochure. Questions? Cathleen@hchlibrary.org.

Clinton Board of Finance

The proposed town budget for the upcoming fiscal year, which runs from July 1, 2014, through June 30, 2015, was sent to a referendum vote on May 7, 2014. Unfortunately, the Board of Education budget was rejected by 12 votes. The voters passed the town budget by less than three-dozen votes. As I write this article, the second referendum for the Board of Education budget is scheduled for May 28, 2014, and I am hopeful that by the time this article is published, the school district budget, which was reduced by \$110,000, was approved. Whatever the outcome, voters should recognize that the spending budgets are carefully reviewed and finalized over many arduous weeks by multiple stakeholders. Thank you to the voters who turned out to cast a ballot. This process demands participation.

It is very important to participate in the budgeting process. The Town of Clinton will spend nearly \$49 Million dollars during fiscal year 2014/2015. Despite that staggering number, less than 250 people participated in about a dozen public hearings on the budget. I have been whining about voter apathy for years, and you are probably sick of it by now. So, I will not bore you with my usual spiel.

I think it is incumbent upon all of us to start taking pride in our town again. Clinton was recently voted the fifth most affordable town in Connecticut to live. This is not a mistake. We live in a beautiful setting with wonderful people. Of course we do not all agree on how to solve problems. That is why

we have the system we have. Whether it is an anachronistic governing system is another subject for another day, but these failed budgets over the last few years are a symptom that needs to be addressed politically. Especially based upon the thin margins realized at the May 7, 2014, referendum.

As far as this year's budget process, it was a difficult one in light of estimated operating surplus for the Board of Education. Recently, our school district has realized larger than usual surpluses. The five-year average surplus is approximately \$330,000, which is roughly 1% of the school district's operating budget. Generally, a surplus is preferable to a deficit. The surplus realized by the Board of Education is utilized to defray next years capital expenses, replenish depleted cash reserves to ensure a stronger bond rating and appropriated as a revenue item to reduce the tax burden on residents.

In my opinion, we continue to construct reasonable and responsible budgets to ensure that we educate our school children. These budgets are a compromise between the "wishes" and the "needs" of our students and staff as well as the wishes and needs of every resident. The people who make these decisions on a bipartisan basis are your neighbors. They volunteer their time to better our community while balancing the realities of the economy in their decision-making. Please support these efforts.

Bradford J. Sullivan, Esq., Board of Finance, Chair

The Shoreline Soup Kitchens & Pantries

WEDNESDAY DINNER

A family-style hot dinner is prepared fresh by volunteers every Wednesday from 5 - 6:00 pm at the United Methodist Church, 12 Commerce Street in Clinton. All are welcome for food and fellowship.

CLINTON PANTRY

Every Wednesday from 5:45 -7:45 pm, at the Episcopal Church of the Holy Advent, 81 East Main Street in Clinton.

The pantry provides fresh and non-perishable food for those who live in Clinton, Madison, Westbrook, Chester, Killingworth, Old Saybrook, Essex, Deep River, East Lyme, Old Lyme, and Lyme. Residents in need receive enough food for three meals a day, for three days, for all those in their household. Guests are reminded to bring bags. All are welcome to attend one SSKP pantry per week.

Visit www.shorelinesoupkitchens.org for a full listing of SSKP's shoreline meal sites and pantries.

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The Clinton Chamber of Commerce

For more information or to register contact:
Clinton Chamber of Commerce, P.O. Box 334, Clinton, CT 06413
(860) 669-3889 chamber@clintonct.com www.clintonct.com

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.

17TH ANNUAL LIBERTY BANK BLUEFISH 5K ROAD RACE

Sat. August 16, Hosted by The Clinton Chamber of Commerce and Shoreline Community Women. Jared Eliot School, 69 Fairy Dell Road in Clinton. 9 am. Timing by A Rat Race. Pre-registration \$18. Day of race \$20. A moderate, scenic course with water stations. Race route closed to vehicular traffic. Registration forms: at www.clintonct.com/roadrace.

BUS TRIP TO BRIMFIELD, MA FOR A DAY OF ANTIQUING

Sat. Sept. 6, Pre-registration required. \$45 p/p does not include gate fee or lunch. Chartered bus leaves Clinton 7:30 a.m. and departs Brimfield 4 p.m. Bus parks at Heart of the Mart. There are 21 fields of collectibles and antiques. Credit cards accepted.

BUSINESS AFTER HOURS AT THE VALLEY SHORE YMCA

Wed. Sept. 17, Hosted by The Clinton and Old Saybrook Chambers of Commerce. Spencer Plain Road, Westbrook. 5:30 p.m. to 7:30 p.m. \$10 prepaid/ \$12 at the door. Walk-ins welcome.

UNITED STATES COAST GUARD BAND

Fri. September 26, Hosted by The Clinton Chamber of Commerce. William Gagnon Auditorium, The Morgan School,

Rt. 81, Clinton. Sponsored by Shore TV & Appliance. For free, required tickets, send a self-addressed stamped envelope to the Clinton Chamber, address at top of page.

MEDIUM MATT FRASER

Sun. September 28, Andrews Memorial Town Hall, Green Room, 4 p.m. Matt's personal mission is to reconnect families, friends and loved ones across the ultimate divide both through his shows and his new eBook, *The Secrets to Unlocking Your Psychic Ability*. Learn more at www.MeetMattFraser.com. OM Times Magazine called Matt "A Psychic Superstar" and NBC Morning News called him a "Talented Psychic with a Sense of Humor." \$50 pre-register or \$55 at the door. Credit cards accepted.

NOSHING BUS TRIP TO NYC

Sun. October 19, Several stops for eating, shopping and a street fair. \$65 per person. Pre-registered guests only. Bus leaves Clinton at 7:45 am and departs NYC 5:30 to 6 pm. Guests welcome to bring cooler to store under the bus. Credit cards accepted.

34th ANNUAL AWARDS DINNER

Tues. October 21, Hosted by The Clinton Chamber of Commerce. The Clinton Country Club, Rt. 145, Clinton. 5:30 p.m. \$40 per person. Walk-ins can not be accommodated.

19TH ANNUAL CHRISTMAS IN CLINTON

Sun. December 7, Many family activities all along Main Street. Bazaar, tree lighting, community sing at Town Hall.

Clinton Police Department Celebrates 75th Anniversary

In 1939, Carl C. Swan, a member of the Connecticut General Assembly, introduced legislation to create a police department in Clinton. As a result of this act, a Board of Police Commissioners was formed and the first police chief was selected, Horace Andrews (1939-1942) with Robert York, Sr., Sidney Melanson and James Martin, Jr., as his officers.

Fast forward to 2014, after 75 years of dedicated service to the town and 6 past chiefs (Horace Andrews (1939-1942), Robert York (1942-1946), Carl Weisse (1946-1967), Hamlin Bell (1967-1978), Frank Breiling (1978-1991), Joseph Faughnan (1991-2010), and under the leadership of present Chief of Police Todd Lawrie, the Clinton Police Department will be celebrating this milestone on Saturday, September 6th with a Policeman's Ball.

The evening will commence at 6:00 p.m. with the annual award ceremony, at which time commendations and meritorious service awards will be presented to the officers who

went above and beyond the call of duty. The celebration will continue making the town hall auditorium come alive with a DJ spinning hit after hit, dancing, food (appetizers provided by Jon Sciliano) and great company.

Everyone in town is invited, welcomed and encouraged to attend. This will be a perfect opportunity to get to know and interact with the officers of this great town in a social, casual environment.

The tickets for this 75th anniversary celebration are being sold for \$25 each and are available at the Clinton Police Department, 170 East Main Street. For more information regarding this event you can email the department at clintonpolicedepartment@gmail.com or check us out on facebook at clintonpolicedepartment.

All proceeds raised from this evening will go to the Police Memorial Foundation.

Safely Speeding Up Recovery from Surgery

A sudden fall. A serious diagnosis. Surgery isn't always something you can plan for. But you can take steps to make recovery at home a little faster and safer. With the benefit of advance planning, do what you can before the day of surgery.

Simplify; what felt easy before surgery may suddenly feel a little like mountain climbing, so take a few simple steps now to eliminate steps later.

Stock up on food and other supplies. Buy ready-made meals or prepare and freeze single meals. Put items you use often within easy reach - between waist and shoulder level. Stay on the same floor as a nearby bathroom, or buy a portable commode to put by the bed. Put a portable or cell phone within easy reach. Keep handy the numbers you will need to call, like the doctors office, neighbor, relative and pharmacy. Use a fanny pack to carry items with you around the house. Place the phone inside in case you fall and need to call for help. Ask for help; when someone says, "What can I do?" be specific. Will you need help with basic things like bathing and transportation, but don't have anyone at home who can help? Ask the doctor, nurse, or social worker how to find trained caregivers.

Safe-proof the bathroom. Consider buying an elevated toilet seat and a shower or bath chair. Install grab bars vertically or horizontally. Don't ever use towel racks as grab bars. Add non-slip suction mats in the tub and a non-skid mat outside the tub. Place soap and shampoo where you won't need

to reach for it. Prevent falls. Do what you can to remove tripping hazards. Remove loose wires, cords, and throw rugs in walkways. Add extra lighting, for example; nightlights to hallways and bathrooms.

Practice using crutches, a walker, or wheelchair. Also, have someone show you the safe way to go up and down stairs and get in and out of the shower.

After surgery, you'll likely go home with special instructions on incision care. To prevent infections, make sure you understand how to care for your incision. For example, call the doctor if you see pus or the incision becomes really painful.

Also, take medications exactly as prescribed. If you have questions about any of this, remember that I'm here to guide you in the proper use of your medications. Remember that pain control can help you get moving, which can speed your healing and help prevent complications. Let your doctor and me know if pain medication isn't working or is causing side effects.

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 professional if you have questions or concerns about a medical condition.

*Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy*

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Changes to Flood Insurance Impact Property Owners

State Representative Tom Vicino, (D-Clinton, Killingworth, Westbrook) joined Connecticut state agency personnel at a public forum to educate shoreline property owners on changes to the flood insurance program in response to storm damage claims.

Area residents gathered in the Clinton Town Hall auditorium to hear presentations by representatives of the state Department of Environmental Protection, Department of Insurance and Office of Policy & Management.

Rep. Tom Vicino opened the discussion by welcoming homeowners and business people to the event.

"Recent changes in flood insurance and large increases in premium rates prompted many calls to my office for an explanation," said Rep. Vicino. "This discussion on the federal program and their response to local storm damage claims brought the right people together so property owners could get their questions answered. There are many stakeholders working together to improve the property protections and coverage for future storms."

"The time to plan for an emergency such as flooding is now, not during and after the emergency," said Department of Energy and Environmental Protection Commissioner Robert Klee. "Over the last few years, Connecticut residents have seen firsthand the effects of larger and more frequent storms. We must make sure we are prepared for the inevitable."

"Standard homeowners insurance doesn't cover flooding," Rep. Vicino noted. "It is important to have protection from floodwaters associated with hurricanes, tropical storms, heavy rains and other conditions that impact this state. Connecticut is 6th among all Atlantic coast states for property exposure and 2nd after Florida for total flood damage claims."

In 1968, Congress created the National Flood Insurance Program (NFIP) to help provide a means for property owners to financially protect themselves. The NFIP offers flood insurance to homeowners, renters and business owners.

Additional information about the changes to National Flood Insurance Program can be found at www.floodsmart.gov.

"As we head into another tropical storm season, preparedness is essential. Effective mitigation before a disaster strikes and understanding what insurance coverage is best for a particular homeowner will help protect a family's greatest investment," said Insurance Department Commissioner Thomas Leonardi. "The department has many resources that consumers can draw upon to learn more about disaster preparation, recovery and resiliency and I encourage homeowners to visit our web site at <http://www.ct.gov/cid> or contact the department with any questions or issues."

"With the Shoreline Resiliency Fund, Governor Malloy has proposed a creative state solution to a federal problem. Recent changes to the National Flood Insurance

Program could lead to large increases in premiums for shoreline property owners who do not invest in mitigation measures against future flooding," said Department of Housing Commissioner Evonne Klein. "The department is creating the Shoreline Resiliency Fund to provide low-interest loans to elevate homes and flood-proof businesses, enabling Connecticut residents to fortify their properties against future storm damage and avoid unaffordable insurance premiums."

"The impact of storms like Sandy has left homeowners with more questions than answers when it comes to the issue of flood insurance. Over the course of the past 6 months homeowners have seen tremendous flood mapping changes and a huge rate increase as a result of the Federal Biggert-Waters Flood Insurance Reform Act of 2012. Since that time, the CT Realtors have worked aggressively with the National Association of Realtors to modify a number of the provisions of the original act," said Debra J. Chamberlain, CT Association of Realtors President. "In addition, we have increased our efforts to offer information and educate homeowners impacted by this issue by participating in public forums such as the one held in Clinton."

Vicino continued, "Over the past year Connecticut home-owners and realtors have struggled to understand the many changes to the NFIP program. Some have endured skyrocketing insurance rates or sales that have fallen apart at the closing table due to flood insurance issues.

Homes that were built prior to the FEMA flood maps are the most costly to insure. FEMA has advised these homeowners to secure flood elevation certificates from engineering firms who do survey work in their area," said Vicino. "The elevation certificates will offer crucial guidance to FEMA in assessing accurate rates for those older properties. Homeowners should be advised that if they have a flood policy in place through the NFIP program it is important that they do not cancel. If they cancel, they may lose the most favorable rates for themselves or future owners of the property." Information regarding the NFIP coverage, future rate increases, and mapping is readily available on the FEMA Website.

"Realtors should seek to educate themselves by reviewing the information available on Realtor.org. CT Realtors, working in tandem with the National Association of Realtors will continue to be a source of guidance for the public and will work closely with FEMA to be sure the legislated changes are implemented in a timely fashion," Chamberlain said.

An online video of the Clinton event can be found on the Valley Shore Community Television website at: <http://www.useducationtv.com/videos.aspx?sid=41248&vid=68705>. Representative Vicino invites constituents to contact him to share any issues or concerns. He can be reached at his capitol office by calling 1-800-842-8267 or by email at: tom.vicino@cga.ct.gov.

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As a small business, we understand the necessity of resolving disputes as quickly as possible with only minimal impact on your business or personal life. While we regularly bring cases to trial, we also understand that litigation is extremely difficult to confront and that difficulty must be taken into consideration in assessing the proper resolution of a matter.

Our Philosophy

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Our Office

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STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medi-cal location beyond the nine-town estuary region, call Judy at 860-388-1611.

ESTUARY THRIFT SHOP: 10 am – 3:45 pm, Monday through Friday; and from 9 am – 12:45 pm on Saturdays.

GYM AT THE ESTUARY: Seven 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). Call for info. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611. Gym hours posted at the Estuary.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and Saturdays from 9 am - 1 pm. Exhibits change monthly and highlight local artists. Artist Reception is second Thursday of each month.

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. Volunteer opportunities: Call main number.

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.

Educating Children About Invasive Crabs in Long Island Sound

The Asian shore crab (*Hemigrapsus sanguineus*) has become a commonly known invasive species along the coast of Connecticut. An “invasive species” is any organism that colonizes an area that is not in its native range.

It is speculated that the Asian shore crab first came to the U.S. in the ballast water of cargo ships docking in New Jersey in 1988. In just over 25 years, the distribution now ranges from Maine to North Carolina. The shore crab has no natural predators, which allows for the population to grow and spread exponentially. This growth causes it to compete with other important species to us, such as: the blue crab, green crab, and lobster. While these other crustaceans have natural predators, the Asian shore crab does not. Thus, it has the potential to overwhelm and decrease the other crustacean populations, which we rely heavily upon. It is incredibly important to understand the negative impacts of invasive species such as the Asian shore crab and even more important to teach our youth.

Cedar Island Marina has instituted a summer camp for children between the ages of 9 – 15. These children will have the opportunity to work side-by-side with real marine biologists doing fieldwork. One major focus of this camp will be to educate children about the fragility of our local marine environment and to show them how invasive species can be so damaging.

They will quickly realize that other crab species that were once common, such as: the green crab, Atlantic marsh fiddler crab, and purple marsh crab, have decreased in abundance. It is incredibly important to educate younger generations on invasive species and their effect on various habitats because they will soon be the “stewards” of our local environment.

Beth Patrizzi and Kris Shapiro, Cedar Island Marina Research Laboratory

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