

# Clinton events

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# First Selectman's Corner

"Houston we have a budget!" was the cry at 8:15 pm from Andrews Town Hall on Wednesday, May 27th, signaling the start of Summer in Clinton. Just like the robins giving us hope of springtime, the annual budget battle and its conclusion lets us begin to think positively again and look forward to another great Summer in our beautiful town. Our unofficial kick off was on Memorial Day when thousands of Clintonians lined Main Street to honor our veterans and remember those we've lost at the big parade. No one does it better than Clinton. With the openings of *Hazy Days* at the Beach and *Sal D's* at the Town Marina our season officially began. Both the beach and marina had overflow crowds that weekend, and a new arrival on Main Street, *Niko's Ice Cream Shop* added new flavor to the downtown.

As for our projects, the New Morgan, Mill Pond Clinton LLC and Clinton Station are still right on track... what an exciting time! We are the talk of the shoreline, people are raving as to how much good stuff we have going on in Clinton. With the passage of the infrastructure money at referendum, we will be able to continue with our much needed road, sidewalk and drainage improvements. Thanks to all who voted for this.

As we head into Summer, I would like to congratulate our Spring Sports teams. At Morgan; Baseball, Softball, Boys Tennis, Golf,

Boys and Girls Lacrosse and Track and Field all made the State Tournament. At Eliot; Boys Baseball was 11 and 0 when this was written and Girls Softball exceeded expectations. Thanks to the dedication of all our student athletes and their coaches, you make Clinton very proud.

Get out, see Clinton, and hit the Farmers Market on Thursdays before going to the concert. Come to a show during Clinton Family Theater week or during the Art Show and Opera. Bluefish returns in July as does Clinton Family Day, celebrating its 10th year. In August Peggy Adler has brought the annual Edgar Rice Burroughs Festival and Convention also known as "Dum-Dum", to Town, an event culminated by a huge Fireworks display organized by the Chamber of Commerce on August 22nd. So much to see and do, don't miss out on the fun. I won't!

Willie




William Fritz, Jr.  
First Selectman


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# Clinton Farmer's Market Now in Full Swing



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Summer is here and the Clinton Farmers' market, located at 61 East Main Street across from town hall, is up and running. Join us every Thursday from 4-7pm through September 10th for the best fresh, locally-produced edibles and goods on the shoreline. You'll find staples at the market like produce, eggs, baked goods and meats, but you'll also find a variety of alternative options for gluten-free, paleo, vegetarian & vegan diets. We'll also have plenty of prepared food options, making summer entertaining and meal-planning a snap - Don't forget to bring a cooler!

This year we're pleased to welcome back Four Root Farm (formerly Darling Farm), Bitta Blue Farm, Sanremo Bakery,

The Bee Happy Company, Shayna B's & The Pickle, Mallard Lane Lavender, and Spencer Hill Jewelry. Some exciting new additions to this year's market are Maple Breeze Farm, Frank Andrews Pizza Truck, Nourish, Connecticut Gourmet, Shannon's Jammin', Late Bloomer Farm, Cricket Hill Garden, Andie's Cookies, The Holistic Housewife, Deborah Staub Pottery, and Biscotti and Beyond. You won't want to miss our special guest vendors, so be sure to visit our Facebook page for more details and updates.

The market is volunteer run and funds collected from vendor-fees are donated to a local community organization. Last year we were able to donate \$500 to Clinton's Families Helping Families, and hope to increase that amount this year. To learn more about volunteer opportunities or becoming a vendor, please get in touch via email at [ClintonCTFarmersMarket@gmail.com](mailto:ClintonCTFarmersMarket@gmail.com).

Last year we had an incredibly successful season thanks to all of our wonderful vendors and shoppers. Let's make this another great year by choosing to shop locally each week! For more information about the market and important updates, visit our website at [www.clintonctfarmersmarket.weebly.com](http://www.clintonctfarmersmarket.weebly.com) and "Like" us on Facebook at [www.facebook.com/clintonctfarmers-market](http://www.facebook.com/clintonctfarmers-market).

Sarah Borgnis-Tobin  
Clinton CT Farmers Market

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**Publisher**  
William E. McMinn

**VP Marketing &  
Business Development**  
Fred Holloran

**Director of Advertising/Operations**  
Suzanne Spires 860-391-5534  
suzanne@essexprinting.com

**Coordinator/Art Director**  
Kathy Alsop 860-391-4372  
kathy@eventsmagazines.com

**Finance Manager**  
Donna Evarts

**Cover Editor**  
AC Proctor 860-767-9087

**Sales Representatives**  
Ward Feirer 914-806-5500  
wfeirer@gmail.com

Betty Martelle 860-333-7117  
betty@eventsmagazines.com

Brad Cunningham 860-581-0577  
brad@essexprinting.com

Tom Fortin 860-299-4568  
tom@eventsmagazines.com

**Magazine Layout**  
Amy Bransfield  
Liz Pester

**Cover Photo:**  
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## Hospital Opens New Urgent Care Center

Middlesex Hospital opened a new urgent care walk-in medical center on June 1 at 1687 Boston Post Road in Old Saybrook (at the intersection of Spencer Plains Road). The center provides patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown.

More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the providers at the urgent care center access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke. The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at [www.mhurgentcare.com](http://www.mhurgentcare.com).

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## Town Clerk's Office

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

### November 3, 2015 Elections

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](http://www.sots.gov). Click on Elections & Voting. Send application to Town Clerk, 54 E. Main St., Clinton, CT 06413. If you should have any questions call the Town Clerk's office or email [townclerk@clintonct.org](mailto:townclerk@clintonct.org). Absentee Ballots will become available October 2, 2015.

### Permanent Absentee Ballot For Disabled

Public Act #11-173: A disabled elector can file an Absentee Ballot Application together with a doctor's certificate stating that they have a permanent disability and are unable to appear in person at their polling place to obtain Permanent Absentee Ballot status. The law does not prescribe an official form to be used so a note from the elector's doctor, presumably on letter-head, indicating the disability would satisfy this requirement. Once the Application and doctor's certificate are received by the Town Clerk a copy will be provided to the Registrars of Voters to record on the Voter Registration Systems. Absentee Ballots will then be automatically mailed to the elector from the Town Clerk's office for eligible elections that allow for an Absentee Ballot to be mailed.

The Registrars of Voters will send an annual written notice in January of each year to determine if the elector continues to reside at the address on their Permanent Absentee Ballot Application. If there is no response from the elector, the elector will be removed from the status.

Additional information can be obtained by contacting the Town Clerk's office at 860-669-9101, Monday to Wednesday 9:00 am to 4:00 pm, Thursday 9:00 am to 7:00 pm and Friday 9:00 am to 12:00 noon or email: [townclerk@clintonct.org](mailto:townclerk@clintonct.org).

Sharon Uricchio, CCTC  
Clinton Town Clerk

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# Clinton Chamber of Commerce

## Concert Series To Return

The Clinton Chamber of Commerce, in conjunction with Guilford Savings Bank, will host a series of free concerts on Thursday evenings beginning July 9 and running through August 20. Concerts begin at 6:30 p.m. and are held at the Vece Gazebo in front of the Pierson School on East Main Street. A wide assortment of music will be featured, including the sounds of pop, rock and roll, and soul. Opening the season is Rock Bottom Band, followed on consecutive Thursday evenings by: The Auburn Mode, The Navels, The Convertibles, Gold Rush, The Engine Room, and Beatles Forever. In case of rain, the evening's concert will be cancelled.

For a detailed schedule and list of sponsors, call the Clinton Chamber of Commerce at (860) 669-3889 or visit the Chamber's website at [www.clintonct.com](http://www.clintonct.com). Updates are available on Clinton Chamber of Commerce Facebook page.

Lauren Sposato, Executive Director  
Clinton Chamber of Commerce

## Chamber Member Events

Clinton Art Society artists, Jay Babina and Vivian Zoe, will be exhibiting at the Clinton Annex, 48 East Main St., Clinton through July 14. The exhibit will be open during regular business hours. All artwork will be for sale.

# Geneology Through Family Bibles

This year's display at the Clinton Town Hall Museum Room is Geneology Through Family Bibles. Using a dozen of the donated Family Bibles of Clinton residents, we explore the past use of Family

Bibles and the important role they play today in telling us about the past. The Clinton Town Hall Museum Room is open Thursday evenings 5:00 - 7:00 pm from

June through September. Admission is free. We hope to see everyone there this year and please, bring a friend.



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## Dum Dum 2015

“Tarzan”, “John Carter” (Warlord of Mars) and members of Edgar Rice Burroughs’ (ERB) family, along with ERB comic strip writers & artists; authors of ERB related books; publishers; ERB, Inc.; and Burroughs Bibliophiles are coming to Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT to celebrate Burroughs’ genius, August 20-23, at “Dum Dum 2015”.

A “Tarzan” movie marathon; panel discussions; a “comic con” workshop for kids with artist Diana Leto (“My Little Pony”; “Sesame Workshop” & ERB’s “Cave Girl”); a Tarzan yell competition (judged by Linda, Llana Jane & Dejah Burroughs); a video tribute to Denny Miller “Tarzan” [1959]; “Wagon Train”, and [“The Gorton Fisherman” [1993-2006], et al, who died in September of ALS; an auction of ERB memorabilia; and a Huckster Room with a multitude of dealers including artists; authors; ERB, Inc.; and collectors, all of

who will be selling original ERB art; ERB books & comic books; and other ERB related memorabilia. And the public is invited FOR FREE. The public may also dine at the Convention’s banquet, at the Clinton Country Club, for the same fee as the Bibliophiles (\$35; or \$75 for a tote bag full of ERB mementos; go to [www.tarzan.com/meets](http://www.tarzan.com/meets) for details). There, the guest of honor and banquet speaker will be Tony Award winner, Bill Berloni [<http://theatricalanimals.com>; “Annie”; “Because of Winn-Dixie”; Legally Blond”; et al & star of a forthcoming Discovery Family Channel Reality Series] talking about training animals for performance.

The Burroughs Bibliophiles is a nonprofit 501c(3) literary society, devoted to the works, fictional characters and life of Edgar Rice Burroughs. Burroughs is best known for his creation of “Tarzan” and the heroic Mars adventurer, “John Carter”, although he produced works in other

genres as well. He has been openly acknowledged by Ray Bradbury, George Lucas and James Cameron as having greatly influenced their work.

Founded in 1960, ten years after Burroughs’ death, the Burroughs Bibliophiles sponsor an annual convention/“Dum Dum”, which this year is being organized and hosted by Peggy Adler along with fellow Clintonite Harry Swaun. Peggy can be reached by e-mail at [ERBDUMDUM2015@gmail.com](mailto:ERBDUMDUM2015@gmail.com) and by phone at: 860-669-7706.

More information about the notables who are coming and a banquet registration form are available at <http://www.tarzan.com/meets>; [www.pulpcomingattractions.com](http://www.pulpcomingattractions.com) (pulp shows) and on Facebook at Dum Dum 2015.

Children under the age of 14 must be accompanied by a responsible adult.

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# The Clinton Land Conservation Trust Needs Your Help!

The CLCT is a nonprofit organization committed to preserving our natural resources since 1967. The Trust, with the help of the Town of Clinton, the State of Ct and the Ct Water company is in the process of purchasing the Weiss-Loveday property in the northwest corner of Clinton. We need to raise the final \$135,000 to complete the purchase of this extraordinary 38 wooded acre parcel in the Hammonasset river watershed.

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- Help preserve the rural nature of the shoreline for future generations.
- Enhance the natural habitat for wildlife by linking areas of existing open space already owned and preserved by the Trust and the State of Connecticut.

## PLEASE GIVE GENEROUSLY; ALL DONATIONS WILL BE APPLIED TO THIS LAND PURCHASE

Please mail us your check or donate through our website at [www.clintonlandtrust.org](http://www.clintonlandtrust.org). Thank you for your support. For more information about this valuable property go to our website at [www.clintonlandtrust.org](http://www.clintonlandtrust.org)

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# Summer Fun at the Henry Carter Hull Library

## Summer Film Series

July 8 - *Jurassic Park* / 6 pm.  
 July 22 - *The Philadelphia Story* / 6 pm  
 August 5 - *Bull Durham* / 6 pm  
 August 19 - *North by Northwest* / 6 pm

All screenings will have free popcorn donated by Chip's Pub III.

*Operetta Takes the Stage* on Saturday, July 25 at 2:00 pm when the Opera Theater of Connecticut's Alan Mann brings us on an interactive musical journey.

Moms get a head start on the school year on Wednesday, August 12 at 7:00 when POP Weight Loss' nutritionists talk "Meal Planning for Busy Moms."

Super Summer for teens begins with our "Snooze-a-Palooza" sleepover on June 26 for girls entering grades 7 & 8.

"Kidscapades" will help us make bath products, teams will compete in a "shake off" to create the tastiest milkshake, and we'll have some afterhours library fun!

Do you want to build and program a robot? The Clinton Lions Club has generously provided the library with four "LEGO® Mindstorms" for teens. Come geek-out and build a robot every Tuesday & Thursday at 2:00.

Come train with your Superhero sidekick on "Superhero Training Day" on July 1. Teens are invited to be a hero again on August 12 at **Superheros & Sidekicks Spa Day**. Questions? Contact Cathleen@hchlibrary.org

This summer "Every Hero Has a Story" is in the Children's Room, and we'll be heroes in our own right by earning books

to donate to children in Connecticut through "Books for Kids" all summer long.

We also have many fun and exciting things planned including:

**Minion Madness** on July 9

**Dumbledore's Army** on July 23

**End of the Summer Party** on August 19

For more information about these and other library programs for all ages, please visit [www.hchlibrary.org](http://www.hchlibrary.org).

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# It's Some Enchanted Summer at the Ivoryton Playhouse

In July, come and enjoy an enchanted evening as we present Rodgers and Hammerstein's timeless classic play, *South Pacific*. Although well known for its extraordinary score - the songs include "Some Enchanted Evening", "Younger Than Springtime", "Bali Ha'i", "There Is Nothin' Like A Dame", and "A Wonderful Guy." *South Pacific* is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture in wartime is as relevant today as when it first thrilled audiences in 1949.

Winner of four Tony Awards, including Best Musical, *Memphis* exploded onto Broadway in 2010, and from August 5-30 this year, it is making the Ivoryton Playhouse Connecticut's hottest destination! Inspired by true events from the underground dance clubs of 1950s in Memphis, Tennessee. *Memphis* follows the fame and forbidden love of a radio DJ who wants to change the world and a club singer who is ready for her big break. Join them on their incredible journey to the ends of the airwaves - filled with laughter,

soul and rock 'n' roll! *Memphis* will leave you feeling exhilarated by its explosive blend of electrifying music, soaring emotion and roof-raising energy. What a way to spend a summer!

For tickets and information visit our website at [www.ivorytonplayhouse.org](http://www.ivorytonplayhouse.org) or call the box office at 860-767-7318.

## Clinton Art Society

66th Annual Art Exhibit and Sale

Receiving: Monday, July 20, 2 - 6 pm

Green Room Andrews Memorial, Rt. 1, Clinton / Open to the Public / Admission is free

Monday, July 27 - Sunday, August 16 / 2 - 5 pm, 7 - 9 pm, Daily and Weekends

Original Artwork and Sculpture, all for sale. Info: 860-399-3917 or 860-669-7758

## "Good People Doing Great Things."



*Student volunteers help tend to the Our Community Cares' Food for All Garden in Clinton, just one of the many projects supported by the Community Foundation of Middlesex County. Learn more online or by phone.*

At the Community Foundation of Middlesex County, we know that it's the little things that count, that can change a community and improve the quality of life for all. TOGETHER we feed the hungry, shelter families, teach young and old to read, preserve local history and land, help people of all ages explore the arts, teach children to swim, support anti-bullying programs in our schools, help those with disabilities experience independence, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals... all made possible by so many good people doing great things throughout Middlesex County. We invite you to join us.

TOGETHER WE MAKE A BIG DIFFERENCE

860.347.0025 or [www.middlesexcf.org](http://www.middlesexcf.org)



COMMUNITY  
FOUNDATION  
of Middlesex County

## Youth and Family Services

Summer Programs are around the corner and Clinton Youth & Family Services is gearing up for another fun one!

Clinton Youth & Family Service's will be offering two popular hiking programs at Peter's Woods; a cooking class; an advanced photography class with Amy Trahant and Lisa Bousquet of *Take Aim Photography*; and a Dolphin Communication program.

Two all day fishing trips are planned on July 15th and August 5th for youth 12 yrs. and older with Capt. Tony on the Lucky Lady party boat out of Clinton Harbor. The Counselor Helper program is looking for youth age 13 and over to assist the program coordinator in both programs.

Look for details, fees and registration information on our website: [www.clintonyouthandfamily.org](http://www.clintonyouthandfamily.org). For more information contact Andrea Kaye, Program Coordinator at 860-669-1103 or [akaye112@snet.net](mailto:akaye112@snet.net).

## Estuary Council Regional Senior Center

220 Main Street, Old Saybrook 860-388-1611

ECSI is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years!

The Thrift Shop is the home of the best bargains on the Shoreline and quite possibly the best kept secret (until now!) Stop by 220 Main Street on weekdays from 10 a.m. – 3:45 p.m. and Saturdays from 9 a.m. – 12:45 p.m. to check out the treasures. There is a new selection of items every day. Shoppers of all ages are welcome. All of our merchandise is from the generous donations of people in our local communities. We offer a full line of clothing for the whole family, household goods, craft items, games, puzzles as well as seasonal and home decorations and sometimes even gently used furniture. Donations\* are accepted daily, up to one hour before closing. (\*Please, no electrical items, upholstered items, books, sporting good or luggage without wheels.) For more information, visit us at <http://www.ecsenior.org>.

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# The Connecticut River Area Health District (CRAHD)

## Are Your Contractors EPA Lead Safe Certified?

This is a question you want to get answered when you hire a home improvement contractor to do work in your home. Why? In April of 2010, the US Environmental Protection Agency passed a law referred to as the RRP (Renovation, Repair and Painting) Rule that requires ALL contractors who you pay to work on any home, apartment, day care facility or school built before the year 1978 and who will be disturbing paint, must be certified in lead safe practices. This law became effective in April 2010! Many people and even contractors still do not know about this law.

The EPA rule is to protect residents and workers from lead poisoning. Homes and other structures built prior to 1978 are likely to have some painted surfaces with lead based paint. Contractors who don't follow lead safe practices may cause lead to be released into your home environment, leaving behind a serious problem for you and your family. This leaves you with a contamination issue, and exposes you and your loved ones to unnecessary lead dust and chips. It also exposes the renovation workers to preventable levels of lead dust.

### Under this rule:

Contractors must obtain an EPA certificate which is proof that the contractor has taken a course in lead safe renovation practices. Certificates must be renewed every 5 years. To obtain a certificate, a contractor must attend an 8 hour course, approved by the EPA.

Not all workers within the company have to be lead certified, but someone within the company in a position of responsibility must be certified and must ensure safe lead practices are being used. Your contractor must give you a pamphlet titled, "Renovate Right" lead safe guide, which describes the rule, lead and its health effects, and things to know before, during and after renovation.

ANY work, including remodeling, repair, maintenance, electrical and plumbing, carpentry, etc., that disturbs more than 6 square feet of interior space, or more than 20 square feet of exterior space falls under this rule.

Testing for lead paint is not necessary for this rule to apply, just the fact that the dwelling was built before 1978 puts this rule into effect.

Exclusions to this rule include: housing built after 1977; certified lead free housing; lead abatement projects; full demolitions; housing for the elderly or disabled, unless a child under 6 years old resides there; minor repair or maintenance; emergency renovations.

The CT Department of Public Health, in its pamphlet about this rule lists 5 reasons you should hire a lead safe contractor:

You'll protect your children's health

You'll protect your own health

You'll maintain the safety of your home

A contractor who made the effort to become certified, shows professional responsibility

It's the Law! Fines for non-compliance may reach \$37,500.00 for each offense!

Be a smart consumer of home renovation services and insist on ensuring your contractor is lead certified!

For more information, you may call the National Lead Information Center at 1-800-424-5323, or you may visit the EPA website at: [www.epa.gov/lead/rrp](http://www.epa.gov/lead/rrp).

CRAHD is your local health department.



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# Families Helping Families

It's hard to believe that Families Helping Families is in their ninth year.

When we started out we had one mission and that was to provide energy assistance to those Clinton families who were having problems keeping their homes warm. From that beginning our community out-reach has grown into five programs serving the families of Clinton.

We would never be able to help Clinton families without the unwavering and continuing support of the Clinton community. We wanted to let people know where their donated dollars go, so here is a brief description of our out-reach programs.

**"Energy Assistance Program"** provides emergency heating assistance to families

who need help when other sources are no longer available.

**"Fresh Produce Program"** provides the freshest fruits and vegetables to the Clinton Food Pantry. We purchase this produce from a wholesaler which saves a considerable amount of money.

**"Clinton Kids Initiative"** provides help to meet the most critical needs of children of Clinton. We have given backpacks, lunch packs, snacks, diapers, and back to school supplies, and try and meet the needs of these children however and whenever we can.

**"Cans for Clinton Program"** provides basic foods for Clinton families through the Clinton Food Pantry. There are times

of the year when there are empty shelves at the Clinton Food Pantry and at those times our program will go out and buy food to re-stock those shelves.

**"Families to Families Program"** provides Clinton families experiencing unforeseen difficult circumstances. Food cards and gas cards are just two of the ways we have helped these families.

So we thank everyone in Clinton for the trust you have placed in our organization. If you have any questions about us or our mission please feel free to contact us at 860-669-5592.

Miner T. Vincent, President  
Families Helping Families

Town of Clinton website [www.clintonct.org](http://www.clintonct.org)

## LAWN CARE SERVICES

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# Understanding Asthma Inhalers

Did you know that only seven percent of people understand how to use asthma inhalers the right way? Combine that with a wide array of asthma medications, and asthma management can become more than a little confusing. Together, we can change that! Everybody is different. So your doctor decides which type of medication and inhaler is best for you. But here's a brief overview of what you need to know.

**Types of inhaled medications.** Inhaled medications help airways stay open without some of the side effects of those taken by mouth or injection. These medications work in different ways. For example, some reduce airway inflammation, while others relax small muscles around airways.

One class of inhaled asthma medication provides quick relief from symptoms such as tightness and gasping. Often used daily, even without symptoms, the other class is for long-term control. If you often use quick-relief "rescue" medications more than twice a week, you may need a change in your treatment.

**Types of asthma inhalers.** Asthma inhalers are hand-held devices that deliver medication directly into your lungs. People use inhalers either to prevent or stop an asthma attack.

A metered dose inhaler has a boot-shaped mouthpiece and a pressurized canister containing medication. Typically, you release the medicine by pushing the canister into the boot. Some of these

inhalers contain counters that tell you how many doses remain. If not, track the number of doses you've used.

Some metered dose inhalers contain a spacer. This temporarily holds medication until it's released, which makes it easier to receive a full dose with a slow breath. Some spacers are built in. Others attach separately to the inhaler. Infants or children may require a facemask to ensure the right dose reaches their lungs. Dry powder inhalers release medication when you breathe a deep, fast breath.

Using air or oxygen under pressure, nebulizers deliver a fine liquid mist of medication through a tube or mask.

**Misuse of inhalers.** Different inhalers require different techniques. For example, some require coordinating your breath with the medication release. Others require a fast, deep breath. Some require shaking and priming. Others require the dexterity to use a cocking device.

If you don't use inhalers or spacers the right way, you might get too little or too much medicine. A recent study showed that 63 percent of those who misused inhalers or spacers missed three or more steps. The most common mistake with metered dose inhalers? Not exhaling before depressing the canister to inhale the medication.

The study found that people's memories fade, so they forget what to do. What this means is you may need a "refresher course" from time to time.

Be sure to ask your doctor or me if you have any questions about inhaler techniques. As this study shows, most people are unclear on how to use inhalers, so don't feel embarrassed about asking questions. We are always here to help... even with that refresher course.

Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy

## The Epilepsy Foundation Of Connecticut

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Groton, Guilford & Hartford.

Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

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# The Clinton Parks & Recreation Department

## CLINTON TOWN BEACH

Officially opened on Saturday, June 20. Beach passes can be purchased from the Gate Keeper, at the Town Beach, between the hours of 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 25, 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 of the events on our website as the day approaches. Please mark your calendar! If you would like to volunteer to help on July 25th, please call the P & R Office at 860-669-6901. This is our 10th Anniversary!

## CLINTON FAMILY THEATRE

“Godspell” & “A Funny Thing Happened on The Way To The Forum” July 9 - 11, at the Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT.

“Godspell:” July 10 at 7:00 p.m. and July 11 at 2 p.m.

“A Funny Thing Happened on the Way to the Forum:” July 9 & 11 at 7 p.m. Ticket Price for all shows \$15.00.

## ENVIRONMENTAL ECOLOGY CAMP

June 29 – July 3, or July 13 – 17, 9 am – 12 noon, for children entering grades 2 – 6 as of Sept. 2015. Registration for Ecology Camp opened on May 15th to Clinton residents (Clinton residents will get “first dibs”). Non-residents may register now. Monday – Wednesday – Friday: at the Clinton Town Beach, Tuesday: at the Entrance of Peter’s Woods, Valley Road and Thursday: at 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 will use bucket and dip nets as well as beach seines to experience the local marine life in the sound. They will get a crab’s eye view of barnacles feeding, periwinkles grazing on algae, green crabs scurrying about, and ospreys flying overhead and great egrets majestically 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 the difference between a red oak and a white oak tree. Listen to the woodland bird songs and discover the many life forms that live under logs in the forest. \$125.00 (\$150.00 Non-residents)

## HALF (½) DAY ECOLOGY CAMP

(Pay-It-Forward): Children entering Grades 2-6 as of Sept. 2015. Dana Skidmore has chosen to give 100% of the proceeds back to the Pierson School to enhance the Cultural Arts Program. July 8, 9:00 a.m. – 12:00 p.m. Suggested Donation: \$30.00 per child (Clinton Residents Only!) Clinton Town Beach, Waterside Lane. Drop Off: at the far pavilion by the concession stand. Ecology Camp is your chance to spend time at the beach exploring and discover many of the plants and animals of Long Island Sound! Understand the importance of protecting our Earth, and its inhabitants! Supplies: Buckets and nets are provided. Explorers must wear shoes that can get wet or dirty (crocs, tevas, keens etc.) No Bare Feet Allowed! Children must bring a snack, water bottle and please apply sunscreen before the day begins. You may wear a bathing suit and pack a bag with a towel.

## MARTIAL ARTS

Tony Pinto’s Martial Arts Academy located at 130 Ft. Path Rd. in Madison. Telephone

203-530-4730. Taekwondo (ages 3-Adult) and Cardio-Kickboxing (ages 10 – Adult) classes are offered. Session 5: July 6 – August 14, Session 6: August 17 – Sept. 25. Sessions consist of 2 classes/week for 6 weeks for \$65.00 (non-residents \$75.00).

## GUITAR LESSONS

PLEASE call our Office if you are interested in taking Guitar lessons in a group setting (min. of 5 students). We have two awesome instructors to teach your children. You must have your own Guitar. Ages 9 and older.

## ZUMBA®

Exercise in disguise! It’s a Latin inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know how to dance. We create a non-competitive party atmosphere where participants can interpret the dance rhythms in their own way. Mondays from 6 – 7 p.m., Thursdays from 10 – 11 a.m. and Saturdays from 9 – 10 a.m. All classes held at the P & R Building located at 201 Killingworth Turnpike, Clinton. \$5.00 per class.

## GIRLS HOOP CLINIC

Dates: June 24 – 28 & June 29 – July 3, 8:00 – 10:30 am, \$60.00 (Non-residents \$70.00) Girls in Grades 8 – 12 as of Sept. 2015. Clinic consists of instruction, lectures, individual and team play. Instructor: Joe Grippo

## GIRLS VOLLEYBALL CLINIC

Dates: June 24-28 & June 29 – July 3, 12 – 3 p.m., \$60.00 (Non-residents \$70.00). Girls in grades 8 – 12 as of Sept. 2015. Clinic consists of instruction, lectures, individual and team play. Instructor: Joe Grippo

## PEE WEE SOCCER CAMP

(With Brad Jeeves) Ages: 4 – 6  
Dates: July 20 – 24 or August 10 – 14, 5 – 6:30 p.m., \$65 (Non-residents \$75).

Continued on page 16

## Parks & Rec ... continued from page 15

Indian River Recreational Complex.  
Level: Beginner (Rec) / New to Soccer /  
New to structured activities. Instills a love  
and excitement for the game with games  
and drills. Primary focus is FUN in a safe  
and structured environment.

### OPEN SOCCER CAMP

(With Brad Jeeves) Ages: 6 – 16  
Dates: July 20 – 24 or August 10 – 14,  
5 – 8 p.m. \$115 (Non-residents \$125).  
Indian River Recreational Complex.  
Level: Beginner (Rec), Intermediate  
(Travel Level). Players will be divided by  
age and adjusted by ability level. The  
development of technical and tactical  
ability while having fun in a variety of  
developmental drills and games. You  
must bring Shin Guards, Soccer Ball,  
Plenty of Water & a Small Snack.

### GOALIE CAMP

(With Brad Jeeves) Ages: 7 - 15  
Dates: July 13 – 17, 2015 or August 17 -  
21, 5 – 8 p.m. Fee: \$140 (Non-residents

\$150.00). Indian River Recreational Com-  
plex. Level: Beginner (New Goalkeepers),  
Intermediate (Travel Level), Advanced  
(Select/High School). Players will be  
divided by age and adjusted by ability  
level. Reaction time, positioning, proper  
technique in receiving and distribut-  
ing the ball are stressed. Specialty cam  
dedicated to advancing the ability and  
confidence of goalkeepers. You must  
bring Gloves, Shin Guards, Soccer Ball,  
Plenty of Water & a Small Snack.

### TENNIS LESSONS

Ages: 3 – 12+, June 29 – July 9, July  
13 - 23, & July 27 - August 6, Monday -  
Thursday (Friday is Rain day) Ages 5 - 7  
yrs.: 5 - 5:30, \$60. Ages 8 - 11 yrs., 5:30  
- 6:15 p.m., \$80, and Ages 12 and Older  
6:15 - 7:15 p.m., Fee: \$120 (Non-residents  
– please add \$10 to your registration fee).

### AMERICAN GIRL CRAFTS

(Ages K and older) Max. 12 – Min. 4,  
July 6 – 10, 9 – 11:30 am, Indian River  
Rec. Bldg. \$100.00 (Non-Residents \$110).  
Instructor: Claudia Mathison.  
Join us for a fantastic week of American  
Girl inspired crafts, games, stories and  
dress up! We'll have a special tea party  
on the last day of class.

### AMERICAN GIRL WORKSHOP

Ages K and older) Max 12 – Min. 4  
Dates: Aug. 3-5, 9:30 – 12 p.m., Indian  
River Rec. Bldg., \$75.00 (Non-Residents  
\$85.00). Instructor: Claudia Mathison

### SUMMER ART EXPLORATION

(Grades 2 and Older)  
Dates: July 6 – 10, 1 – 3 p.m., Location:  
Indian River Rec. Building, \$95.00  
(Non-resident \$105.00). Instructor:  
Claudia Mathison. Explore a variety of art  
mediums to create wonderful works of  
art! Painting, wire sculptures, mold clay  
pottery and design wooden buildings.  
FUN CAMP: Come join us for fun,  
games, and crafts! Open to children who  
are 5 years old and entering Kindergarten  
as of September 2015 and older. This  
six-week program will run from July 6 to  
August 14th. The Fun Camp will meet

three days a week at the Peters Com-  
plex and the other two days at the Town  
Beach. The hours are 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 to brighten up your  
child's Summer. Fee: \$65 per week or  
\$330 for the six weeks. (\$75 Per week for  
Non-residents)

### TINY HAWK

(Soccer & Basketball): July 6 – 9, (M-T-  
W-THR) at the Indian River Complex.  
Ages 3-4 (Parents must stay on site).  
5:15-6:15 p.m., \$45 (\$55 Non-residents).  
And/or July 13 – 17 (M-F) at Indian  
River Complex, 12:15 – 1 p.m., \$49 (\$59  
Non-residents). Tiny-Hawk programs  
help children fine-tune their motor skills  
with athletics. These programs teach the  
basic skills of the sport. Parents work  
with our coaching staff. Skyhawk's staff  
is committed to creating a positive  
introduction to sports. Bring: appropriate  
clothing, water bottle, running shoes and  
sunscreen

### CT COMPUTER CLASSES

#### LEGO® Town Creation

New! Ages 5 - 12 / 4 Day Program: July  
7, 8, 9, 19, 3:30 – 5:15 pm, Residents \$70.  
(Non-Residents \$80). Join the fun and  
creative way of combining Lego® brick  
building and a tablet. Rule your town and  
create it the way you want by building  
with real Lego® bricks that come alive in  
this virtual world! Create restaurants,  
shops, fire station and more with Lego®  
Fusion. Children will work in groups.  
No bricks will be taken home. Pictures  
will be emailed home. Please bring a  
snack to each class.

#### LEGO® Battle 101

New! Ages 5 – 12 / 4 Day Program:  
July 14, 15, 16 17, 6:00 – 7:30 pm,  
Residents: \$70. (Non-Residents \$80).  
Ready set battle- a fun and creative way  
of combining Lego® brick building and a  
tablet. Your Kingdom is yours to protect  
and defend. Build your own 2-D tower.  
Children will build in pairs or by groups.



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Please bring a snack to every class. No Legos® to be taken home. Pictures will be emailed home.

#### **LEGO Minecraft® On The Farm**

New! (Ages 5 – 10) 4 Day Program:  
Date: July 21, 22, 23, 24, 6:00 – 7:30 pm, Residents: \$75. (Non Residents \$85). This class combines Engineering, Paper-crafts and Legos® in one class. You'll need food to survive, so fence in the livestock and channel the flowing to nurture the crops. Children will work in groups to design their own creation. The class includes Micro-Figs, torches, mob figures, custom blocks and terrains, No Legos® will be taken home. Please bring a lunch and snack to every class. Pictures will be e-mailed home.

#### **LEGO® 3-D Building At Its Best**

New! Ages 5 – 10 / 4 Day Program:  
July 28, 29, 30, 31, 6:00 – 7:30 pm,  
Residents: \$70. (Non-Residents \$80).

No amount of "huffing and puffing" will blow our building down! Learn principles of construction and use math skills as you experiment with the scale and size, staggering vs. stacking. We'll build houses with removable roofs, castles with turrets and towers of strength! Children will work in groups. No bricks will be taken home. Please bring a snack to every class.

#### **BACKYARD BUGS & THEN SOME**

Ages 4 – 7, 4 Week Program.  
Saturdays - July 11th, 18th, 25th August 1, 11:00 – 1:00 pm, Fee: \$45. (Non-Residents \$55). Build wild and crazy bugs with KNEX building blocks. Technology will be provided and students not needed to understand the class. Children will build by themselves and groups. No equipment will be taken home. Individual pictures and surprises will be taken home. Bring a snack to class every day. Parents do not need to stay with child.

**ERECTOR CONSTRUCTION 101**  
New! Ages 6 – 12, August 4 – 7, 3:30 – 5:30 p.m., Indian River Rec. Bldg., \$75.00 (Non-Residents \$85.00).

#### **CHEMICAL REACTIONS**

**AND THEN SOME** New! Ages 5 – 12 / August 11 – 14, 5:30 – 7:30 p.m., Indian River Rec. Bldg., \$75.00 (Non-Residents \$85.00).

#### **MOVIEMAKING, ACTING AND THEN SOME**

Ages 5-10 / August 10, 17, 24, 9 – 10:30 a.m., Indian River Rec. Bldg., \$35.00 (Non-Residents \$45.00).

#### **AMERICAN GIRL JR. PARTY SESSION**

New! Ages 4-6 / August 10, 17, 24, 11 - 12: 15 p.m., Indian River Rec. Bldg., \$30.00 (Non-Residents \$40.00).

Continued on page 18

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## Parks & Rec ... continued from page 17

### AMERICAN GIRL PARTY SESSION

New! Ages 7 – 10 / August 10, 17, 24,  
1 – 3 p.m., Indian River Rec. Bldg.,  
\$35.00 (Non-Residents \$45.00)

### LEGO® GIRLS

#### AND THE BEACH PARTY

New! Ages 5 – 10 / August 18 – 21, 11 –  
1:30 p.m., Indian River Rec. Bldg., \$80.00  
(Non-Residents \$90.00).

### MINI-HAWK

Soccer, Baseball & Basketball: July 6-9,  
M-Thurs, Ages: 4-7, 5 - 7 p.m., \$65 (\$75  
Non-residents). Or July 13 – 17, (M-F),  
Ages: 4-7, 9 am – 12 p.m., \$105 (\$115  
Non-residents). Indian River Complex.  
This multi-sport program gives chil-  
dren a positive first step into athletics.  
Baseball, basketball and soccer are  
taught in a safe, structured environment  
with a big focus on fun. Our games and  
activities were designed to allow campers  
to explore balance, movement, hand/eye  
coordination, and skill development at  
their own pace. Skyhawk's staff is trained  
to handle specific needs. Bring: appropri-  
ate clothing, water bottle, sneakers, and  
sunscreen. Food to bring: 2 snacks (for  
camps longer than 2 hours) and a  
water bottle

### BEGINNERS FENCING CAMP

July 20 – 24, 2015, Boys & Girls: Cur-  
rently in Grades 5 – 8, Time: 9am – 12  
p.m., Fee: \$100 (Non-residents: \$125.00)  
Students will learn classical foil fencing,  
the traditional beginning weapon of the  
sport. Fencers will progress from basic

foil technique to actual bouts with  
moderately fast and difficult hand and  
foot work. Teaching emphasis includes  
conditioning, hand/eye coordination,  
basic technique, and the rules and prac-  
tices of the sport. On Friday there will  
be a camp competition and parents are  
encouraged to attend. Basic equipment  
is provided. Instructor: James Barnett  
who has more than 30 years of elite  
competition and coaching experience.  
Please bring plenty of water. This  
program is open to students from  
surrounding towns.

### YOUTH BASKETBALL CAMP

Boys and Girls Entering Grades 1, 2, and  
3 as of September 2015 will be held at the  
Joel School Gym. The Camp will focus  
on basketball fundamentals, enthusiasm,  
and having fun! Starts: July 27 – 31, 9:00  
a.m. – 11:30 a.m. Each camper receives  
a Tee- shirt. Enrollment limited to 35  
campers. (Clinton Residents-Only!)  
\$75.00 per camper.

### TOP NOTCH BASKETBALL

Boys and Girls entering grades 2-9 as  
of September 2015. This will be held at  
the Morgan School gym during Dates in  
August TBA, 2015. 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).

### SWIMMING LESSONS

Ages 4+ / Pre-Beginner (PB) - is 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 Begin-  
ner (AB) - completed Beginner and can  
swim the Crawl & Back Strokes.  
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](http://www.clintonparkrec.com) Lessons are  
offered from June 29 through August 7  
at the H-K High School Pool.

All registrations are handled through the  
P & R Office. If you have any questions,  
please give us a call at 860-669-6901  
or check out our website at  
[www.clintonparkrec.com](http://www.clintonparkrec.com).

All Non-residents pay an extra \$10.00  
registration fee for our programs, if we  
have room.

A downloadable registration form is now  
available for your convenience.

Lois A. Ruggiero  
Assistant to P & R Director.

## CT Agricultural Fairs

North Stonington Agricultural / Fair July 9-12  
Lebanon Country Fair / August 7-9  
Bridgewater Country Fair / August 21-23  
Wolcott Country Fair / August 21-23  
Brooklyn Fair / August 27-29  
Chester Fair / August 28-30  
Terryville Lions County Fair / August 28-30

Haddam Neck Fair / September 4-7  
Hebron Harvest Fair / September 10-13  
North Haven Fair / September 10-13  
Orange Country Fair / September 19-20  
Durham Fair / September 24-27  
Berlin Fair / October 2-4



# The Clinton Family Golf Classic



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Lisa Reneson from Two Sisters Design, and Bill McMinn from Essex Printing, are shown with Lisa's book "Simple Pleasures." It was recognized by PINE for its outstanding print quality and awarded the 2015 Award of Excellence.

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Prokera is made by clipping amniotic membrane tissue placed between a ring that is placed over a patient's cornea either in the office or in the operating room depending on the severity of your corneal issues. Only your eye physician can determine the need for Prokera.

Dr. Peter Shriver, Ophthalmologist  
Middlesex Eye Physicians

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*Diane Daudt with her mom, resident Marie Daudt, looking at all the places they've flown to as flight attendants.*

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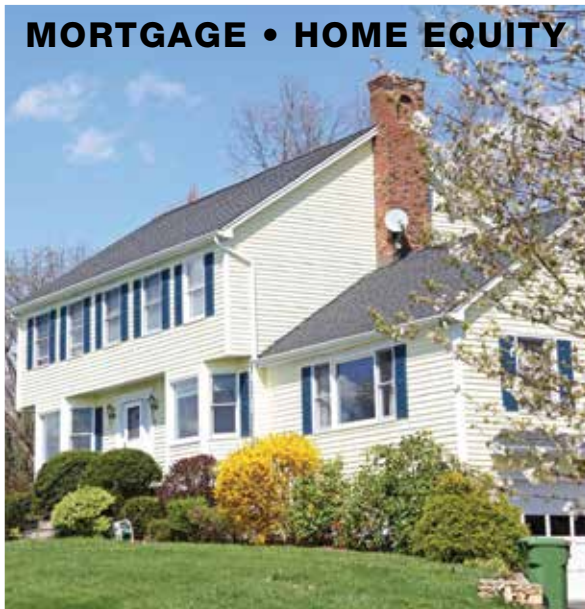
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