

Clinton events

VOLUME 16 • QUARTER 3 • 2017



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The First Selectman's Corner

Welcome to summer on the shoreline! The unofficial start of summer is usually an impressive Memorial Day Parade along Main Street. Unfortunately, a cool, rainy spring forced its cancellation on May 29th. Instead, the Town Hall hosted an indoor ceremony in the auditorium that was quite memorable. Every seat was occupied!

Thanks to our voters who turned out not once, but three times to participate in the budget approval process. With the passage of the bonding package on May 10th, the Town could begin to work on several construction projects which I will touch on briefly. The passage of the Board of Education budget came with the second referendum vote on May 24th. The budget season didn't close out until the vote on June 7th to approve the Town budget. While the system may seem like a burden to some, I appreciate the passion that many demonstrate for the process.

All of the capital projects that were approved in the first Budget Referendum are progressing. The permitting process with various state and federal agencies is a lengthy one but we hope to go out to bid on several of the projects this fall.

You may have heard that the plans for the old Morgan School have stalled or been canceled. That is simply not true. The process

for finalizing the sale has taken longer than we anticipated or would have liked. The developer is waiting for some approvals from the Department of Energy and Environmental Protection (DEEP), but rest assured the plans for the project are moving ahead. We are very excited to welcome the development of the property.



Bruce Farmer, First Selectman

With those business items out of the way, I'd like to remind you about all the opportunities that the summer provides us to enjoy in our beautiful shoreline community. I hope that you were able to take part in some of the activities around Town. The first class from the new Morgan School graduated on June 13th. The weather cooperated so that the ceremony could be held outside on the beautiful grounds of the school. The Clinton Sailing Club (CSC) provided sailing lessons to kids for a second year. They are proving that sailing is a safe, active and fun experience and they have plans to expand their programs in the future. I hope that you will support their efforts.

continued on page 2

An advertisement for Saybrook Country Barn. The background is a photograph of a poolside patio with white wicker chairs and a table set with blue cushions. In the background, there is a swimming pool, a boat dock, and a house. The text "Outdoor Furniture Built To Last" is overlaid in the upper right. The Saybrook Country Barn logo is in the bottom right, and contact information is in the bottom left. A tagline is at the bottom center.

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The Park and Recreation Department's Clinton Family Day was another great success at the Town Beach, full of games and music and fun. The Family Theatre presented You're a Good Man, Charlie Brown at the Town Hall auditorium. Their summer show is always a treat. The Town Hall also hosted the 68th Annual Clinton Art Society Summer Exhibition for several weeks. The Opera Theatre of Connecticut's production of Madama Butterfly was spectacular. Once again, the Clinton Chamber of Commerce delighted us with the summer concert series at the Pierson Gazebo. They are always a big hit!

With a new school year approaching, please be supportive of our teachers and administrators as they guide our young people into their futures. I hope you will encourage the student athletes who participate in all of our school sports programs. Get out and cheer them on! There are many other school groups and clubs that would welcome your enthusiasm as well. Don't forget about the budding scientists, musicians, artists, civic leaders and the like.

Please continue to support our local businesses. They provide a solid foundation for our community.

I want to take this opportunity to recognize and express appreciation to all of our town staff, especially Parks and Recreation, Town Marina, Public Works, Police and Fire & Emergency Medical. Summer is a busy time for all of them and we appreciate all that they do. Check out the Town website at www.clintonct.org for upcoming events and meetings.

Enjoy the rest of the summer and stay safe!

Bruce

"Events Magazines work! We were thrilled to receive a call for reservations at GrandView Campground, just two days after the magazine was delivered to recipients. We are looking forward to increasing our presence in neighboring areas, as Events spreads the word for us."

- Grandview Camp Resort, Moodus, CT

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Clinton Chamber of Commerce

Guilford Summer Concert Series

Summer is winding down and so is our Thursday concert series, sponsored by Guilford Savings Bank. Our last published concert is August 17 with Beatles Forever, a Beatles tribute band that is always a popular attraction. But that's not the end! The July 13 concert was rained out and the band, Night Flight, has agreed to come to play for our final concert of the season on August 24. That concert will begin at 6:00 pm and run until 7:30 pm. The Picnic Boxes for Two have been a great success and we plan to bring them back next year.

United States Coast Guard Band

On Friday, October 6th at 7:00 pm, we will be hosting a concert by the United States



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Coast Guard Band. This will be the 28th year that the band has performed in Clinton, sponsored by Shore TV and Appliance. The performance will be in the new auditorium at the Morgan School, 71 Killingworth Turnpike, Clinton. Tickets are free and can be requested by sending a stamped, self-addressed envelope to the Chamber office at 50 East Main Street, Clinton CT 06413. Call the Chamber office at 860-669-3889 for more information.

Trunk or Treat

Once again, the Chamber of Commerce and Shoreline Community Women will be hosting Trunk or Treat at the Clinton Crossing Premium Outlets on Friday, October 27th, starting at 4:30 pm. This annual event has become a family favorite. Watch for flyers with more details coming soon. On right: One of the many decorated trunks taking part in Trunk or Treat!



2017 Vista Tour de Shore

SUNDAY, OCTOBER 15



Westbrook Elks Lodge

Choose from 5, 25, 40 and 60 mile routes.

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Net proceeds from this event will benefit the Vista Endowment Fund. Vista's mission is providing services and resources to assist individuals with disabilities achieve personal success

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Register at: vistatourdesore.com • For more information call 860-399-8080

Families Helping Families

Families Helping Families and the Henry Carter Hull Library and Clinton Social Services once again teamed up this summer to provide lunch for Clinton children every Friday during the school vacation.

Every Friday lunch featured a program to go along with lunch. We had such diverse programs as one from The Peabody Museum Road Show to The Clinton Fire Department showing the children their aerial truck. We hope to once again host this summer program in 2018.

The fall season is also one of our busiest. On Saturday Sept. 30 we will be hosting our annual Fall Food Drive at Stop & Shop from 10-2. This will be the 11th straight year we have held this food drive. It is important as we need to help re-stock the Clinton Food Pantry. After the summer the Clinton Food Pantry almost always



finds itself needing help to re-stock the shelves. So we hope you will join us in this effort to make sure there is adequate food for all Clinton families.

One of the mainstays of our calendar of events is our Apple Pie Festival which will take place on Saturday Oct. 7th at The

Clinton Town Hall from 6 pm-8 pm. This event features some of the best apple pie on the Shoreline. Everyone is invited to submit their favorite apple pie for judging.

First prize features cash and a crystal apple. There will be both a youth division and adult division.

If you have any questions about Families Helping Families or our mission in the Clinton community feel free to contact us at 860-669-5592.

Miner T. Vincent
President
Families Helping Families



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Tax Collector

From the desk of Melanie Yanus

If your vehicle was registered with the Connecticut Department of Motor Vehicles on October 1, 2016 and you did not receive a motor vehicle tax bill this past July 2017, please contact the Clinton tax office 860-669-9067 or the Clinton assessor's office 860-669-9269.

The second installment of town tax for real estate and personal property taxes will be due on January 1, 2018.

Supplemental motor vehicle taxes will be due January 1, 2018 by any person who owns a motor vehicle which was registered after the first day of October 2016 and registered before the first day of August 2017.

FROM THE CONNECTICUT DEPARTMENT OF MOTOR VEHICLES WEBSITE:

Current Connecticut Resident:

Connecticut law requires all Connecticut residents with a vehicle registration, driver's license, or non-driver identification card to notify the DMV within 48 hours of any change of **continued on page 8**



The advertisement for Salon A is a collage of four images. The top image shows the interior of a modern salon with several styling stations, each with a large mirror and a chair. The middle-left image is a close-up of a woman's long, wavy, light-colored hair. The middle-right image is a white box containing the salon's name 'Salon A' in a script font, the phone number '(860)-552-4590', the text 'professional stylists | full service salon', the address '36 KILLINGWORTH TURNPIKE CLINTON, CT 06413', and social media icons for Facebook and Instagram, along with the website 'www.salon-a-ct.com'. The bottom-left image shows a row of various hair care products in white and black packaging. The bottom-right image shows a collection of hair care products, including bottles and a spray can, next to a vase of white flowers.

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Tax Collector... continued from page 7

address. Changing your address on your license does not change the address on your registered vehicle(s) or vice versa. Be sure to correct the tax town code on the change of address form as well when moving from one town to another.

Moving into Connecticut from out of state:

Once you have established residency in Connecticut, you have 30 days to transfer your out-of-state license to Connecticut. You have 60 days to transfer your vehicle registration(s) to this state.

Visit the Connecticut Department of Motor Vehicles website for additional information / www.ct.gov/dmv.

Here are just a few of the online services as listed on the DMV website.

Please take the time to check your license, vehicle registration(s) and emissions status. You can cancel your plates online (be sure to print a receipt of the cancellation) and you can re-register a vehicle (check out the timeframe).

If you owe municipal motor vehicle property taxes you cannot register or re-register any vehicle. You will need to resolve your tax issue(s) before attempting to register or re-register. If you owe taxes to the Town of Clinton, contact the Clinton Tax Office 860-669-9067.

Seasonal Allergies: Trying to Nip Them in the Bud

Itchy eyes, runny nose, sneezing, fatigue... these are just a few of the signs of seasonal allergies, also known as hay fever. And get ready: It looks like we may have a real doozy of an allergy season this year. Milder winter temperatures in places can cause plants to pollinate early.

And a rainier spring leads to quick plant growth, as well as an increase in mold.

Allergic reactions mostly occur when your body responds to a "false alarm." And, as you well know, there isn't a cure for seasonal allergies. But there's no

reason to let this time of year take all the spring out of your step! Arm yourself with information.

Monitor climate factors. When checking the weather and planning your day, keep these things in mind:

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- In spring and summer, tree and grass pollen levels tend to peak in the evening.
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- Windy and warm days often result in surging pollen counts.
- After a rainfall, pollen counts may go up, even though the rain temporarily washes pollen away.

Avoid your triggers. If allergies are making you miserable, you may want to see an allergist. Specializing in allergies, this person can help you figure out what triggers your symptoms. Then you can find ways to cut off those triggers at the pass.

During allergy season:

- Keep windows and doors shut in your car and home.
- After working or playing outdoors, take a shower, wash your hair, and change your clothes. When doing chores outside, wear a NIOSH-rated filter mask. Better yet? Delegate!
- Be on the lookout for mold, which can build up in moist months. A deep spring cleaning will help get rid of mold and other allergens. Cleanliness may not be close to godliness, but it sure may help you feel better.

Relieve your symptoms. Corticosteroid nasal sprays, decongestants, antihistamines. These are examples of over-the-counter drugs that can help relieve your symptoms. A pharmacist can help you make sure you are using them the right way. If side effects are a problem, a pharmacist can also work together with you to come up with a solution. For example, a few possible side effects of antihistamines are sleepiness, dry mouth, constipation, and light-headedness.

For some people, allergies can lead to or coexist with other health problems such as asthma or sinusitis. Asthma narrows or blocks the airways. Sinusitis is caused by inflammation or infection of cavities behind the nose. Just one more reason why working with your doctor and me is a good idea.

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

Visit Clinton's website at:
<http://www.clintonct.org/>

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

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CT River Area Health District: How to Prevent Mosquito Bites

Summer is finally here and unfortunately, so are mosquitoes. Not all mosquitoes are the same, and there are mosquitoes that spread different viruses and bite at different times of the day. This is why it is important to avoid getting bit by mosquitoes. The best way to protect yourself and your family from mosquito bites is by using an Environmental Protection Agency's (EPA)-registered insect repellent. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. In addition, the following precautions should also be taken:

IF YOU HAVE A CHILD

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.

CLOTHING AND GEAR

- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
- Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items, yourself, follow the product instructions, and do not use permethrin products directly on skin.

MOSQUITO-PROOF YOUR HOME BY

- Using screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.

For more information on how to prevent mosquito bites, please visit the CDC's website at www.cdc.gov or call our health educator at 860-661-3300.

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Water Pollution Control Commission

This year so far has been one of remarkable progress by Clinton's Water Pollution Control Commission (WPCC). Various projects are coming together to work towards resolving Clinton's ongoing wastewater and groundwater pollution issues. With the final Draft of the Wastewater Facilities Plan awaiting "conditional approval" from the Department of Energy and Environmental Protection (DEEP), we are closer to moving forward with resolving the Town's documented wastewater issues than we have been in the past 25 plus years.

Currently, the WPCC is working in conjunction with Clinton's Department of Public Works (DPW) to design and construct a water main to service 122 homes in several neighborhoods on the west side of Killingworth Turnpike between Margo Lane and Rocky Ledge Drive. This area, known as the "Rocky Ledge Study Area," is an area of generally small building lots that are served by both on-site septic systems and private drinking water wells. The WPCC and the health district have identified the close proximity of septic systems and wells as contributing to documented poor quality drinking water at these homes. The new water mains will not only provide our neighbors in this area safe clean drinking water but, in the event of septic system failure, they will have an expanded area in which to properly repair their systems since the required 75' distance between their septic system and their well (or neighbors wells) will be eliminated. The installation of fire hydrants as part of this project will also greatly enhance the Fire Department's capabilities in this area and many properties within 2,000 feet of each new hydrant.

At this point in time, the WPCC has presented the plan to the Department of Public Health (DPH), the CT River Area Health District (CRAHD), DEEP, and the Clinton Boards of Selectmen and Finance. The plan has been met with general approval; therefore the Town is proceeding forward with the Project. There will be informational meetings in the near future that all interested parties are encouraged to attend and ask questions.

For further information and updates on the Project, please visit the Town of Clinton website at www.clintonct.org and click on the 'Government' tab. In the lower right hand corner of this

drop down menu, you will see the "ROCKY LEDGE..." link. With the final plans for the Rocky Ledge Water Main Project (RLWMP) in the works, and a "Conditional Approval" of the Wastewater Facilities Plan being drafted at the DEEP, the WPCC will continue focusing on the planning, design and necessary approvals for addressing wastewater issues the remaining Study Area(s) in Town. While the next specific area has yet to be determined, the Facilities Plan identifies the Long Hill Road study area, the Downtown study area, and certain Coastal neighborhoods near Shore Road and Beach Park Road to be the next candidates for addressing wastewater concerns.

In other news, the final plan for the closure of the former septic lagoons on Knollwood Drive is in place and awaiting final approval and sign off by the DEEP. The Commission is planning on having that work completed and the site formally closed by this fall.

As always, the public is welcomed and encouraged to attend WPCC meetings to stay informed of the progress of all these projects. We meet in the Rose Room of the Town Hall on the second and fourth Tuesday of every month at 7:00 pm.

St. Mary's Church of the Visitation 29th Annual Christmas Fair

November 18 / 9:00 am - 2:00 pm.

Crafts, more than 30 vendors, bake sale, silent auction, raffles, variety of food and more, handicapped accessible.

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Picture with Mr. & Mrs. Santa Claus!



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Middlesex Hospital Breast Surgeon Performs New Technique

Reconstruction During Lumpectomy Preserves Natural Look of Tissue

Patients who undergo breast surgery are naturally concerned about the cosmetic changes that come with it. Leah Bassin, M.D., a breast surgery specialist at the Middlesex Hospital Surgical Alliance, is now helping women who undergo lumpectomies feel more comfortable about it.

“Breast tissue does not grow back,” says Dr. Bassin. “When a tumor is removed during a lumpectomy procedure, it leaves an empty space in the breast, that can change the look of the breast.” Oncoplastics essentially involves filling any “gaps” in the breast left by the removal of the tumor by reshaping the surrounding tissue, preserving a natural look. “With the oncoplastic technique, my goal is to leave the breast looking like it did before surgery,” explains Dr. Bassin, “with as small a scar as possible.” Dr. Bassin performs both the lumpectomy and the oncoplasty at the same time, which can also be a big plus for the patient. The entire procedure usually takes only about an hour.

In addition to the oncoplasty procedure, Dr. Bassin provides patients with complete breast care, including:

- High-risk patients
- Atypia (presence of abnormal cells in breast tissue)
- Consultation for abnormal breast imaging
- Breast cancer
- Benign breast disease
- Breast pain
- Breast infections

Dr. Bassin also collaborates with Middlesex Hospital breast surgeon, Dr. Andrea Malon, as part of the Surgical Alliance; along with local plastic surgeons. “Providing patient-centered care is extremely important to me,” adds Dr. Bassin. “I am with my patients every step of the way.”

Summer Eye Health

Summer brings numerous eye problems such as burnt corneas, chemicals in eyes, and many more. There are studies that show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. Also, UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. Here are a few tips to ensure eye health during the summer months:

Wear sunglasses with UV protection: Most people already know to use sunscreen during the summer to protect their

skin against UV rays but our eyes need the same protection. The best way to protect against harmful AVA and UVB rays is to wear sunglasses with protection from both. It's also important to note that sunglasses need to worn even on cloudy days.

Use goggles at pools: The chlorine that is in most pools is designed to protect you from germs, but has the potential to be harmful for your eyes.

Wear eye protection doing home projects: It is important to remember to shield your eyes even during simple home improvement and maintenance, like mowing your lawn. Rocks and other debris commonly fly up and into your eyes.

Use eye drops: to soothe dry and tired eyes during the summer, it is best to use artificial tears. Despite best attempts sometimes your eyes are irritated or in discomfort

Give your eyes a rest: If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

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The Clinton Parks & Recreation Department

2017 Fall & Winter Programs

CLINTON TOWN BEACH

Officially closes on Tuesday, September 5, 2017. Restrooms and Concession stand are closed for the season. NO LIFEGUARDS ON DUTY.

TOWN BEACH BOAT RACKS

Reminder: All boats must be removed by October 31, 2017. Any boat left on the Boat Racks after the season will be locked up and the owner will be charged a monthly fee of \$50 until the boat is removed.

CT COMPUTER CLASSES

Will resume in the fall. Please check our website for more information.

FALL TENNIS

We hope to offer lessons in the fall. Please check our website for more information.

TAI CHI - Yang Style (short form)

Will be moving from the Beach back to the P & R Building this fall, please check our website for the starting date.
Time: 6 - 7 pm, Drop-in Fee: \$10.00

A meditation in motion. In this class, we will work on learning the form, as well as learning other Tai Chi exercises, and benefits that Tai Chi can provide. Some of Tai Chi benefits include improved strength, balance and relaxation. Wear comfortable clothing. Instructor: Kim Langley

KIDS' KITCHEN

For Students in Grades 1, 2 & 3

All classes are held at the Joel School from 3:15 - 4:45 p.m.

Class Size: Min. 6 - Max. 12

Fee: \$ 26.00 per class

Please check our website for a list of dates and classes.

HALLOWEEN WINDOW PAINTING

Keep a lookout for more info! This will be a great opportunity for your children in Grades 4 through 8 to display their artistic ability on Clinton's Main Street windows. Put together your best Halloween-themed design and it will be judged by Grade level. Tentatively scheduled for October 21st.

FIRST GRADE YOUTH BASKETBALL

For boys and girls in 1st grade. Children will learn the fundamentals of basketball. They will meet on Saturday afternoon beginning January 6, 2017 and end January 27th, with a makeup date of February 3rd (if needed).



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The location: Joel School gym. The fee is \$20, which includes a T-shirt. Payments due by November 27, 2017.

SECOND & THIRD GRADE YOUTH BASKETBALL

For boys and girls in 2nd & 3rd grade. Saturdays only beginning, December 2, 2017, No clinic on 12/23/17. The location at Joel School gym. The fee is \$40, which includes a T-shirt. Payments due by November 6, 2017.

FOURTH - EIGHTH GRADE YOUTH BASKETBALL

For boys and girls in 4th - 8th grade. They will have practice one night a week. Games are on Saturday. Registrations are due by November 1st. The fee is \$45, which includes a T-shirt.

YOGA CLASSES (New)

Drop-In Program: \$10.00. Held on Wednesday evenings, Location: Clinton P & R Building
Classes will be "yoga foundations" for all levels of experience including new to yoga. Participants should bring a mat, a towel, water and if they have any props (blocks and/or straps). Primary goals are to strengthen the body and calm the mind. Instructor: Wendy Baird.

ZUMBA (Adult)

Adults, \$5.00 per session. No contracts. Program offers a healthy workout at your own pace to fun music. All classes are held at the P & R Building.
Monday Evenings, 6:00 - 7:00 pm, Susie Kane, Instructor
Thursday Morning, 10:00 - 11:00 am, Mary-Lou Capobianco, Instructor.
Saturday Morning, 9:00 - 10:00 am, Mary-Lou Capobianco, Instructor

ADULT CO-ED VOLLEYBALL: (Adults Only)

Open gym - have some fun and join us for a friendly game of volleyball! The games will be played on Monday evenings from 7:30-9:30 pm at the following locations.

September: Eliot Gym
(Beginning Sept. 18th - approx. starting date)
October: Eliot Gym
November: Eliot Gym
December: Eliot Gym
January: Eliot Gym
February: Eliot Gym
March: Morgan Gym
April: Morgan Gym
May: Eliot Gym

MEN'S BASKETBALL: (Adults only)

Open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm.

continued on page 16



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Parks & Recreation... continued from page 15

November: Thursday evenings at the Eliot Gym
 (Beginning Nov. 2nd – approx.. starting date)
 December: Thursday evenings at the Eliot Gym
 January: Thursday evenings at the Eliot Gym
 February: Thursday evenings at the Eliot Gym
 March: Tuesday and Thursday evenings at Morgan, Gym A
 April: Tuesday and Thursday evenings at Morgan, Gym A

May: Tuesday and Thursday evenings at Morgan, Gym A

GUITAR LESSONS Ages 9 - 13

If you are interested in guitar lessons, please contact the P & R Office. We need at least 4-5 students. We have two very qualified instructors. Please call 860-669-6901.

Provided by: Lois A. Ruggiero, Assistant to P & R Director

Tick Bites

Prevention of Lyme disease and other tickborne diseases starts with reducing your exposure to tick bites. Tick-borne diseases generally occur during the summer months when ticks are most active. There are no vaccines available for Anaplasmosis, Lyme disease, or Rocky Mountain Spotted fever. To prevent these illnesses you must prevent tick bites. Use the following personal protection measures:

- Avoid tall grass and over-grown areas.

- When hiking stay in the middle of trails.
- Consider using tick repellent.
- Tuck pant leg into socks.
- Wear long-sleeved shirts and closed shoes.
- Wear light-colored clothing to see the ticks easier for removal.
- Examine yourself, your children, and pets for ticks when returning indoors.
- When returning home after an outing, shower using a washcloth or puff to remove unattached ticks .

- Talk to your veterinarian to find out how to protect your pets from tick bites, and the roll of vaccine for dogs.

TICK REMOVAL

To remove a tick, use tweezers and grasp the tick's mouthparts as close to the skin as possible. Pull the tick with steady pressure in an upward motion. Don't yank the tick out of your skin. Don't use petroleum jelly, hot matches, nail polish remover, or any other substance to remove a tick.



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Don't crush the tick's body because it may contain infectious fluids. When the tick has been removed, wash the area of the bite with soap and water, then apply an antiseptic. Write on the calendar the date you removed the tick and the part of the body from which it was removed. Should you experience any symptoms of any diseases mentioned in this brochure within the timeframe indicated, contact your physician to be evaluated.


LYME DISEASE

Lyme disease was first recognized in the United States in the "Lyme," Connecticut area when in 1975 a cluster of children and adults experienced uncommon arthritic symptoms. The disease became physician reportable in Connecticut in 1987. Since then, it has become the most commonly reported tick-borne disease. Although the disease is named after the small town of Lyme, CT, it was recently determined that the disease is thousands of years old. In 2012, researchers announced that the "Iceman" who was found melting out of an Alpine glacier in 1991, had Lyme disease. Lyme disease is caused by bacteria called *Borrelia burgdorferi*. These bacteria are transmitted through the bite of an infected tick, *Ixodes scapularis*, also known as the blacklegged or deer tick. There is a blood test for Lyme disease but it isn't always conclusive. Symptoms often begin with an expanding red rash around the area of the bite and flu-like symptoms that include muscle aches, fatigue, and fever. These symptoms generally appear 3-32 days after the bite. The early signs of the disease can be overlooked or misdiagnosed. In addition, some people bitten by an infected deer tick do not develop the early symptoms of Lyme disease. If it is not diagnosed and treated promptly, symptoms of Lyme disease may appear weeks to months later, causing serious complications of the joints, nervous system, and heart. Lyme disease is treated with antibiotics.

TREATMENT

Treatment of tick-borne diseases should begin as soon after infection as possible. Treatment is generally very effective. If you are bitten by a tick, remove the tick as soon as possible. Write on the calendar the date you removed the tick and the part of the body from which it was removed. If you experience any of the symptoms previously mentioned for any of the tick-borne diseases, contact your physician. It will be important for your physician to have a complete history of your exposure to ticks. If you experience an expanding red rash and cannot see your physician right away, take a picture of the rash and bring that picture with you at the time of your doctor appointment. Anaplasmosis, Lyme disease, and Rocky Mountain spotted fever are treated with some of the same antibiotics.

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Our Boys, Our Community

It's easy to see that we live in a culturally rich and beautiful community. It's not as easy to see that our communities are also home to boys and young men who are in at-risk situations.

That's why the At-Risk Boys Fund at the Community Foundation of Middlesex County is so important. Through the Community Foundation, the At-Risk Boys Fund has provided grants that have helped sixth-grade boys find their self-worth and success in school. The fund helped teenage boys and police build positive interaction instead of skills confrontation. The fund has even provided temporary shelter for boys and their families. These are just some examples of how the At-Risk Boys Fund and the people who support it have improved the lives of boys and young men throughout Middlesex County. You too can help at-risk boys when you attend the At-Risk Boys Fund's biggest fundraising event of the year - the third annual Cruise Blues & Brews Festival on Saturday, September 30th from 10 am to 4 pm at the Chester Fair Grounds (rain date October 1st). You and your family will enjoy a great fall festival and you will be helping the At-Risk Boys Fund do its incredible work assisting boys and young men to achieve a better life. How many boys we can help is up to you.

Festival Details: A fun-filled family event featuring antique and unique cars, the area's top blues bands, craft beer, up-scale food



trucks, marketplace of vendors, kids play area, games, prizes and surprises. For additional information and to purchase tickets at \$5 (kids under 12 free) go to www.atriskboysfund.org. All proceeds benefit the At-Risk Boys Fund at the Community Foundation of Middlesex County.

*By Bill Guerra, Volunteer Chair
At-Risk Boys Fundraising Committee*

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Essex Printing Winner In New England Regional Printing Awards



Essex Printing has again been honored for the quality of its work. On April 5th, the Print Industries of New England (PINE) announced Essex Printing as an Awards of Excellence winner in the Association's Awards of Excellence competition.

The announcement was made during PINE's Industry Awards Gala, held at the Mechanics Hall in Worcester, MA, with hundreds of industry professionals in attendance. The Awards of Excellence Competition attracted over 320 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories such as best annual report, direct mail campaign, labels & packaging, and more.

"We are honored that PINE has again selected Essex Printing for this prestigious distinction. Consistently winning Pinnacle Awards means that the company and its employees demonstrate a deep commitment to the company's customers and the quality of work produced on a day in and day out basis," said William McMinn, President of Essex Printing. "We look forward to continuing to meet our customers' needs and objectives with top quality print and customer service."

The competition marks the 5th year in a row that PINE has recognized Essex Printing with awards for the quality of the Company's work, for a total of 13 awards – including an International Benny Award in 2014.

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Fall Fun at Henry Carter Hull Library



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a giant paper chain! This chain is more than just a festive decoration - Each link represents 20 minutes of summer reading. That’s a lot of good books! Teens have been working all summer to spread kindness throughout town by decorating Kindness Rocks in the Teen Room. Keep an eye out for rocks with

very special messages to brighten your day. Unlock the power of your library card: Check out a Roku, Nook eReader, the latest TV series on DVD, audiobooks, a WiFi Hotspot, or even a ukelele!

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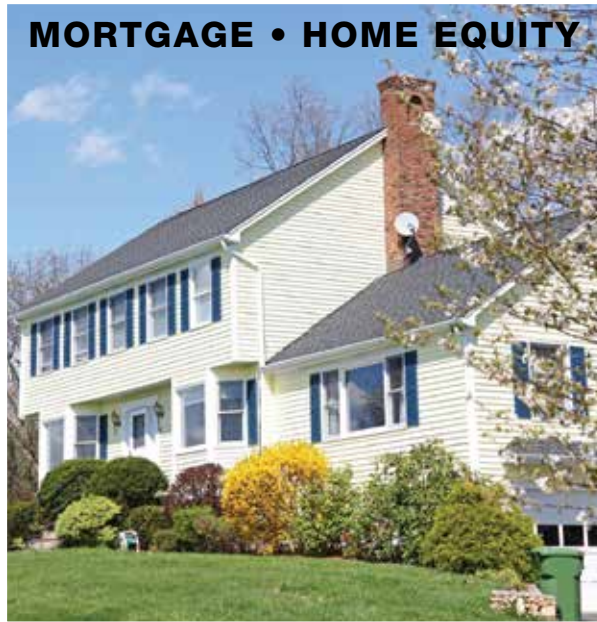
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