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The First Selectman's Corner

Fall 2016 began with the opening of our magnificent New Morgan School. The ribbon cutting and open house at the end of August brought about 1000 people out to tour the school. Since opening, there have been many successful events in the auditorium and the gym. The school sports programs are a great way to partake in the school and town communities while cheering them on.

Families Helping Families hosted their 10th successful annual Apple Pie Festival in the Green Room at Town Hall on October 1st. Project Purple was well received and brought the opioid epidemic to light with the display of purple flags around town. Chris Herren, a recovering addict and former professional basketball player, spoke to a packed crowd about the dangers of substance abuse at the Morgan School in October. The auditorium at the Town Hall has again been the site for local talent to perform the arts for the community throughout the fall.

Election Day was a busy one here at the Town Hall. More than 75% of our registered voters participated. Thank you for coming out and casting your votes. It is a right and privilege for which we should all be grateful.

The Veterans Day ceremonies held at each of the schools were heartfelt and educational for all of our young people.

Christmas in Clinton will kick off the holiday season on December 4th. The winter will follow with its unpredictable New England weather. Remember to check on your elderly or disabled family members and neighbors throughout the winter. Lend them a hand if you can.



Bruce Farmer, First Selectman

I want take this opportunity to recognize and express appreciation to all of our town staff, especially the Town Dock Master, Youth and Family, Parks and Recreation, Public Works, Police and Fire & Emergency Medical. I also want to thank the countless volunteers who serve on the various Boards, Commissions and Committees and all the other volunteers who do so much for our Town in so many ways. Check out the Town website at www.clintonct.org for upcoming events and meetings.

We welcomed several new businesses to Clinton in 2016 and expect that trend will continue in the new year. Please frequent them and show them the friendliness and warmth of our Town. Merry Christmas and Happy Holidays to all!
Bruce

A photograph of a well-decorated living room. In the center is a light-colored sofa with a yellow throw pillow and floral patterned pillows. A white coffee table is in front of the sofa. To the left is a side table with a lamp and decorative items. To the right is another side table with a lamp and a vase of flowers. The room has large windows with patterned curtains. A dark oval logo for Saybrook Country Barn is overlaid on the coffee table.

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From the desk of Tax Collector

TAXES WILL BE DUE AGAIN JANUARY 1, 2017

- The second installment of town tax for real estate and personal property taxes will be due on January 1, 2017.
- Supplemental motor vehicle taxes will be due January 1, 2017 by any person who owns a motor vehicle which was registered after the first day of October 2015 and registered before the first day of August 2016.

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 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.

Melanie Yanus
Tax Collector



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The Town Clerk's Office

The holiday season is approaching. A great gift for your loved ones is their Fishing and Hunting license. 2017 licenses will be available beginning in December.

If you would like to submit your application for the Permanent Absentee Ballot

list, please send your completed application along with a doctor's certificate (presumably on letter head), stating that you are unable to appear in person at your polling place.

The Town Clerk's office is open Monday –

Wednesday 9 am to 4 pm, Thursdays 9 am to 7 pm, and Fridays 9 am to noon. Please call us with any questions at 860-669-9101.

Happy Holidays & Happy New Year!
Sharon Uricchio, CCTC
Clinton Town Clerk

Clinton's Water Pollution Control Commission

This has been a very exciting year for Clinton's Water Pollution Control Commission (WPCC). This year we have made significant strides towards arriving at a solution to the decades old problem of Wastewater Management in Clinton.

In March of this year the draft Wastewater Facilities Plan was completed by Clinton's WPCC and CDM Smith Engineering and was submitted to the Department of Energy & Environmental Protection (DEEP) for review. This plan marks the culmination of many years of research and discussion by the Commission in order to satisfy the requirement of the 1997 Consent Order that was agreed upon by the Town and the State to settle several outstanding Orders against the Town. The 1997 Order was designed

to describe the Town's obligations and the State's expectations for efforts required to address the existence of a documented, existing community pollution problem and pollution that "can reasonably be anticipated in the future" as stated in the Order.

The Draft Facilities Plan presents a multi-faceted but cohesive plan to address groundwater pollution issues in particular regions of town that have been shown to have problems with septage effluent in areas of high groundwater, small building lots and/or adverse soils. Whether the issues present themselves as lots that are too small to contain both a household well and an on-site septic system, or soils with a high hydraulic conductivity that

continued on page 6

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Water Pollution Control Commission... continued from page 5

disseminate liquid from leaching systems into groundwater too rapidly, the Facilities Plan takes each area's individual needs and addresses them with specifically-tailored solutions.

One particular area of concern that the plan addresses is a group of neighborhoods known collectively as the Rocky Ledge area. This is an area of 126 homes built on small lots that contain both private wells and household septic systems. The Facilities Plan acknowledges the health concerns present and in April, DEEP approved the portion of the Plan known as Rocky Ledge Water Main Project. This plan calls for the installation of a new water main, anticipated to be carried over from water mains in Killingworth Turnpike associated with the New Morgan School site. As the installation of a water main eliminates the need for private wells, it also frees up space in the yards of homeowners for septic systems that meet current standards.

After DEEP's endorsement of this project, funding for the design phase of this project was approved at a Town Meeting in May. At this point the site work has been completed and the design is well under way and should be available for review in early 2017.

In June, the WPCC took part in a field training event at the

University of Rhode Island, Peckham Farm campus. There the Commission learned of alternative decentralized wastewater treatment technologies that are currently available in Rhode Island but not in CT. It was extremely informative and tied in well with the September conference of CT Environmental Health Associations presentation of new and upcoming technologies that may provide simple, clean, alternative methods of leaching systems for homeowners. The Commission is hopeful that these technologies will be ultimately approved for use in CT and will provide options for portions of the needs areas and other areas in town that are not slated for off-site treatment.

September brought with it the news that DEEP had completed its review of the draft Wastewater Facilities Plan and found it thorough and sound. DEEP representative, Carlos Esguerra, met with CDM Smith engineer, Kristie Wagner and discussed how the plan addresses the needs of the Town as well as the 1997 Consent Order. When the Plan has been revised to DEEP's satisfaction it will go on to the Department of Public Health (DPH) and the Connecticut River Area Health District (CRAHD) for their concurrence. The last phase of administrative approval will be when Clinton's Board of Selectmen approves the plan and presents it to the public for their approval via Referendum.

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In the meantime, Commission members are hard at work preparing presentations of the Plan for Town residents. Anticipated questions and responses are being collected and discussed in order to address any and all concerns residents may have. Public involvement is a critical piece of the wastewater solution. The more the public becomes aware of the issues involved and informed of the solutions offered, the more understanding

of the necessity of the Plan and its necessary approval will become evident.

The Water Pollution Control Commission welcomes all residents and taxpayers to join them at their bimonthly meetings the second and fourth Tuesday of each month in the Rose Room of the Town Hall at 7:00 pm.

Partners in Community Explore Student Stress

STRESS & CLINTON STUDENTS

This November, Partners in Community and the Clinton Public Schools surveyed the 7-12 grade students on their attitudes and behaviors around substance use and mental health. While the results of this survey will not be ready until approximately mid-January 2017, PiC is aware of some teenage trends and concerns that have been reported through student focus groups earlier in the fall.

One topic that was explored via a Morgan focus group and that weighs heavy on our

young people is STRESS. Students reported that the top sources of stress in their lives are: pressure from parents and self to get good grades and excel at activities, arguments that are occurring in the home, lack of sleep, and having no unscheduled "down time." As adults, we may compare a student's stress from papers and exams to the stress that we experience trying to balance work, home, relationship and family responsibilities and think "oh, wait until you're an adult and THEN you'll know stress!" We may not take a young person's stress seriously enough, while

they are feeling completely unable to handle what they are experiencing. Their youth and lack of life experiences gives them nothing to compare stressful situations to, putting them at a disadvantage and rendering them unable to cope. This type of stress and lack of skills to deal with their situations can lead to mental and physical illnesses, substance use, poor behavior, acting out and even suicidal ideation.

The youth of today have far more packed **continued on page 8**

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Student Stress... continued from page 7

schedules than those of their parents when they were young. Demands of school, sports, clubs, music, work, volunteering, family and friends are all very high. Students report that they feel pressure to excel in every aspect of their lives if they want to be a competitive applicant for college. They feel great pressure from parents, teachers, coaches, guidance counselors and others to produce at very high levels with very little to no time for relaxing or recharging. This is a very unhealthy and toxic situation, but unfortunately, according to Morgan students, it is the norm.

One of the ways PiC and the Morgan School are responding to this stress

feedback is to provide skills and relaxation experiences to students during the weekly X-block period on Wednesdays. Once per month, PiC brings in Pet Partners, a certified therapy dog organization. Pet Partners provides 4-5 dogs per visit to interact with, and so far they are a huge hit with the students! Body Karma yoga studio is also offering yoga once per month to the students during X block. After the New Year, PiC will also provide stress reduction workshops in which students can learn new techniques to reduce and manage stress.

During the holidays, you are encouraged to remind your children of the importance of not using substances to “escape,” reduce

stress, or celebrate with friends.

Alcohol and marijuana can compound the problems of a stressful schedule, as they can both increase depression, cause additional fatigue and decrease immune system functioning. Decisions made under impaired judgement can also be tragically consequential, so keep conversing with your young people and give them skills that will lead to healthy adulthood! Allow for some down time for everyone in the family, as we are all likely to be taking on too much with too few hours in the day.

Have a safe and low stress holiday season, and look for the student survey results in mid - January from PiC!

Flu Season Is Here: Seniors and Friends, Take Note

The flu can hit seniors like a Mack Truck! That's because their immune systems weaken with age. If you're over 65—or care for someone who is—keep the following in mind as we head into the flu season. As for the rest of you? We have a message or two for you, as well.

A better match. Last year, seniors really bore the brunt of the flu season. Sixty percent of flu-related hospitalizations and nearly 80 percent of deaths were among those 65 or older. One problem was that last year's main strain of flu (H3N2) wasn't included in the vaccine. So the vaccine was only 13 percent effective against it. This year's flu vaccine should be a better match for circulating strains of flu, according to U.S. officials. There's also an adequate supply of vaccine.

Long-term protection. More good news? A recent study has found that flu vaccines offer moderate protection for about six months. That's the length of most flu seasons. The study's findings suggest that a flu shot in early fall may prevent the greatest number of cases.

The common good. The CDC recommends that everyone 6 months and older be vaccinated each year, but only about half of all Americans do. Even if you're young and healthy, getting a flu shot is important. And it may be one of the nicest things you do for your neighbors—especially those older than 65 or younger than 2, pregnant women, or those with chronic health problems or weak immune systems. By protecting yourself, you also help protect others. A recent study showed that higher vaccination

rates among young and middle-aged adults may lower the risk of flu among older people.

Choices. Vaccines come in many forms, including:

- A shot
- A nasal spray
- An ultra-thin needle (intradermal flu vaccine)
- Egg-free for those who are allergic to eggs
- High-dose flu shot, which prompts a stronger immune response in seniors.

Talk to your doctor or me about your best option.

Seniors are at greater risk for pneumonia—a complication of the flu. So find out whether you also need the pneumococcal vaccine.

Stop flu in its tracks. If you do get the flu, you can help prevent its spread:

- Wash your hands often.
- Cover your mouth when coughing or sneezing.
- Take antiviral drugs such as Tamiflu or Relenza, if prescribed. These drugs attack the flu virus and stop it from growing.

We are ready if you need us. If you do catch the flu this season stop in for your flu needs and talk with our pharmacist about your symptoms. We are here to help.

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook (860) 388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

BINGO AT THE ESTUARY! Our Thursday night Bingo is hibernating until spring! Watch for our announcements for its return in April!

ESTUARY GYM IS SILVER SNEAKERS APPROVED! The Estuary Gym is a Silver Sneakers wellbeing fitness location! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT

apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER The Estuary has a gym – and it's affordable! Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Includes: Mandatory fitness assessment, three training sessions on each piece of equipment, and a one-hour individualized program consultation with our certified fitness trainer. Stop by the office for a tour and learn how to become a gym member.

THE ESTUARY THRIFT SHOP offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays! Daily Specials!

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Connecticut River Area Health District: Holiday Food Safety

The holidays will be here before we know it, and this is when families get together for holiday dinners. Many people do not realize that food safety is the most important ingredient in preparing food for the holidays. The joy of the holidays can quickly vanish if the food makes you or your loved ones ill. Common symptoms of foodborne illness include vomiting, diarrhea, and flu-like symptoms. These symptoms may begin within hours to days after contaminated food are consumed. The following tips will help make sure that you prepare a delicious and safe meal for you and your family.

Tip 1 - Ensure that you are properly washing your hands at appropriate times. Examples: before starting food preparation, after handling raw food items, changing tasks and after using the bathroom.

Tip 2 - Properly clean all food-contact surfaces. This is particularly important to avoid cross-contamination of bacteria. Food contact surfaces should be washed, rinsed and sanitized after each food-prep step.

Tip 3 - Thoroughly rinse all fruits and vegetables.

Tip 4 - Food needs to be cooked to the proper internal temperature in order to kill harmful bacteria. A food thermometer should be used to make sure that meat, poultry, and fish are cooked to a safe internal temperature.

Tip 5 - Remember the danger zone. Bacteria can grow rapidly at room temperature. The danger zone for bacterial growth is between 45°F - 140°F. In order to keep food out of the danger zone, keep cold foods cold and hot foods hot. The maximum time that food should be on the danger zone is 2 hours.

Tip 6 - Refrigerate leftover food quickly to avoid bacterial growth. Place leftovers in shallow storage containers for proper cooling. Leftovers need to be heated to a minimum temperature of 165°F.

It is very important to practice safe steps in handling, cooking, and storing food. All of these components are essential to prevent foodborne illness. Family holiday dinners are a time to come together and celebrate. Help yourself make it safe and illness free. For more specific information, please visit the U.S. Food and Drug Administration's website at: <http://www.fda.gov/food/resourcesforyou/consumers/ucm188807.htm>. Happy Holidays and Remember to Be Food Safe!

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campaign for bully-free communities

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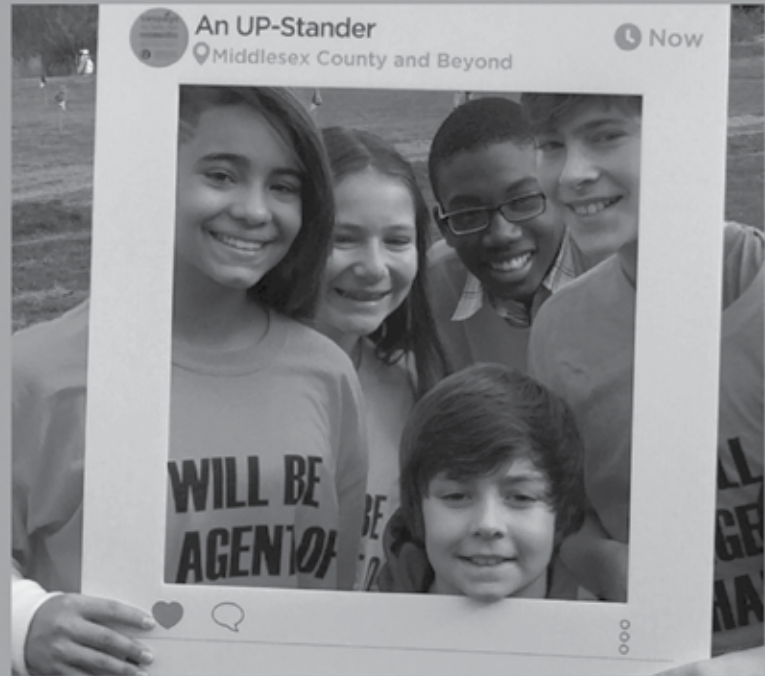
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Help make Middlesex County a bully-free community. Join us as we work together to make each and every community a positive place for change. For more information, call the Community Foundation of Middlesex County at 860-347-0025 or go to www.bullyfreemiddlesexcountycf.org.

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Parkinson's Exercise Program

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Town of Clinton Trains over 100 in Youth Mental Health First Aid

As part of a community wide initiative, Clinton Youth and Family Services (CYFS) has joined forces with other key organizations in town to bring this critical training to as many members of the Clinton community working with youth ages 12-18 as possible.

Youth Mental Health First Aid is an 8 hour education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders and substance use disorder.

In January of 2015, staff at CYFS set out to identify who in Clinton has the most contact with teens in town. The goal was to seek these people out, invite them to be a part of this initiative, and provide them with the skills to intervene as early as possible to connect youth in crisis with appropriate resources.

Since that time, 5 trainings have been offered, training a total of 103 people integrally involved in the Clinton community. We've had representation from an incredible cross section of the Clinton community including clergy, youth group leaders, Boy Scout/Girl Scout leaders, teachers, nurses, librarians, first responders (fire and police), parents, coaches, Social Services and representatives from the Hispanic community. Among the recipients of certificates earned were 19 high school students.

This project has been a community wide effort with financial support from so many community partners,--St. Mary's Church; Living Rock Church; Partners in Community (PiC); Clinton Public Schools (CPS); the Connecticut Strategic Prevention Framework Coalitions from the DMHAS (Department of Mental Health and Addiction Services), and Drug Free Communities from SAMHSA (Substance Abuse and Mental Health Services Administration) and Middlesex United Way all helped fund trainings.

One of the special things about Clinton is that this community rallies around an important cause. The true Clinton spirit has been shining through in this project as so many members of the community have pulled together to make a real difference.

For more information, contact Youth & Family Services at 860-669-1103.

Marie Pinette
Andrea Kaye

Chronic Dry Eyes

Dry eye is a disease that affects millions of people. Normally, blinking helps replenish our tear film which provides the moisture eyes need to stay comfortable. A healthy cornea facilitates clear vision and a healthy tear film supplies nutrients that are necessary for corneal health. The tear film protects our eyes by fighting off infection and removes environmental debris that can cause ocular allergies.

The high usage of electronic devices has resulted in a decrease in our blink rate causing red, itchy, gritty, burning, and tired eyes. Contrary to what people may think, excessive tearing is a sign of dry eye disease. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

A poor tear film on your ocular surface can lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune diseases (e.g., Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g., Rosacea, eczema, etc.), and thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. It is important to customize and tailor these treatment options to each individual and what is best for their eyes. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision.

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Middlesex Hospital Offers New Sleep Apnea Therapy

Middlesex Hospital is one of only two hospitals in Connecticut to offer an innovative treatment, Inspire® therapy, for people suffering from Obstructive Sleep Apnea (OSA). Inspire therapy utilizes first-of-its-kind technology — a small, fully implanted system that has been clinically proven to significantly reduce sleep apnea events and significantly improve quality of life measures.

OSA affects an estimated 18 million Americans and occurs when the tongue and other soft tissues relax during sleep and obstruct the airway. This causes recurrent awakening and leads to daytime sleepiness or fatigue and increased risk of heart attack, stroke, weight gain, and high blood pressure.

Inspire therapy senses breathing patterns and delivers mild stimulation to key airway muscles, which keeps the airway open during sleep. Inspire therapy is a promising new treatment option for people that are not receiving consistent benefits from continuous positive airway

pressure (CPAP). “We believe that this therapy represents a major advance in sleep apnea treatment, especially for vulnerable patients who cannot achieve benefit from CPAP,” said Dr. Mark D’Agostino, the Middlesex Hospital otolaryngologist who is now performing the surgical implantation of the Inspire therapy at Middlesex Hospital.

“Untreated moderate-to-severe OSA places patients at increased risk for cardiovascular disease, accidents, and death. Inspire therapy provides us with an effective new treatment to use in a select group of our CPAP intolerant patient population,” added Dr. D’Agostino.

Learn more about Inspire therapy at the website www.InspireSleep.com. Dr. D’Agostino can be contacted at 860-344-0055.

For more information about additional treatments for sleep apnea at Middlesex Hospital, go to our site at middlesexhospital.org/sleep.

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Families Helping Families

Families Helping Families has nine members on its Board of Directors. One might think they are the most important members of the organization but they certainly are not. Then who are you ask? The members of the entire Clinton community are. Without the continuous generous support there would be no Families Helping Families. As we begin our eleventh year we couldn't continue to be the life-line to Clinton families without the donations we have received from the Clinton community.

Because of your support we were able to provide not only the usual back to school items but also new shoes and sneakers for children who needed them. During the cold winter warm winter coats were there for every child who needed one. At Christmas time a group of Clinton children called "twens" normally forgotten about were remembered. These are just a few examples of where your donated dollars go. Our "Fresh Produce Program" provides fruits and vegetables to the Clinton Food Pantry. Our "Energy Assistance Program" provides needed dollars for heat.

We also need to thank the many community groups who have helped us raise funds during the year. The Clinton Lions Club holds held its annual Pancake Breakfast for us on the last



The Clinton Police Department.

Sunday in January. The Clinton Education Foundation has graciously donated funds from their "Great Grown Up Spelling Bee" held on the first Saturday in March to us. The Shoreline Community Women have partnered with us to host "Crazy For Cupcakes" always held in April. This past year, in November, the Clinton Police Dept. grew beards to support men's health month in an effort called Movember and donated funds to us.

We pledge to continue our mission to help Clinton families however and whenever we can. Please feel free to contact us at 860-669-5592 and follow us on our Facebook page.

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Annual Great Grown-up Spelling Bee



The winning team from 2016 with the winning word. Clinton PTA's Erica Gelven, Kim Buckley and Catherine Staunton (a.k.a. The Bee's Knees).

The 3rd Annual Great Grown-up Spelling Bee will be held on Saturday, March 4, 2017 at 7:00 pm at Andrews Memorial Town Hall.

This great event is organized by the Clinton Education Foundation (CEF) to raise money for grants awarded to teachers and students. The grants help students attend summer camps for music, art, theater, athletics, computer programming, cooking and other activities. Some of the students attend leadership programs

described as “life-changing.” Many teachers apply for these grants to assist with supplies or activities that are not included in the budget.

A portion of the proceeds will go to Families Helping Families which will assist this local organization to offer help to more families in need.

Teams of three compete and collaborate on the correct spelling of each word. Creative team names and costumes are part of the fun. Prizes are not only awarded to the winning team but also for the most creative team name and creative costume.

The audience also has a chance to win by participating in a spelling bee of their own. The winning audience member wins a cash prize!

Join the fun and form a team! We are looking for book clubs, neighbors, friends, co-workers, teachers, and local politicians to form teams. Additionally, local business leaders wishing to sponsor teams are needed.

For more information, visit <https://sites.google.com/site/clinton-cef/>, call the BEE hotline at 203-533-9623 or check out Clinton Education Foundation's Facebook page.



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