

# East Hampton events

VOLUME 1 • QUARTER 4 • 2016



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# Town Manager's Corner

Welcome to the second edition of East Hampton Events Magazine!

The Economic Development Commission partnered with Events Magazines with the intent of providing local businesses the opportunity to advertise in every home. With the holidays upon us, shopping local is more important than ever. Many of the East Hampton businesses are owned and operated by families, friends and our neighbors. They are an integral part of our community fabric and truly help make East Hampton unique. In order to make sure those businesses thrive and stay in East Hampton we should all do our part and buy something local for the holidays.

Just as the seasons have changed, so have a lot of things in East Hampton. One of the most notable changes is the completion of the East Hampton natural gas expansion. This nine mile expansion brought natural

gas to every major commercial customer in Town as well as changed over every municipal heating system to natural gas. As a result of the hard work Town staff put into administering this project, it was completed \$36,000 under budget. Not to mention this project brings a new commercial taxpayer to Town, welcome Connecticut Natural Gas. In the years to come it will be exciting to see the future expansions and doors a new utility will open for our community.

With the winter freeze heading our way the Town departments are preparing to keep our roads clear and safe. Our Town departments work hard 365 days a year in order to provide you with the best services we can. From all of the East Hampton staff, we hope you get to enjoy the holiday season with family and loved ones.

Best regards, Michael Maniscalco



**Michael Maniscalco**  
Town Manager



Tamera "T.J." Jackson  
Owner & Team Member



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# events

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## “Stuff-A-Truck”



Members of the East Hampton Volunteer Fire Department conducted its annual “Stuff-A-Truck” event for the East Hampton Food Bank on Saturday, November 12, 2016. In the course of the day, firefighters collected generous donations of non-perishable food items, household and personal care needs and monetary contributions from area residents, patrons of the local Stop & Shop on East High Street.

The donations will be used by volunteers from the Food Bank to create holiday meal kits for those in need in our community. The firefighters were able to fully “stuff” its Rescue 2-12 vehicle with goods for transport to the Food Bank, and collected close to \$1,000.00 in cash contributions.

# East Hampton Eateries

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# Keeping Warm & Safe During the Winter Season



Here are a few things to keep in mind when using your existing heating appliance or if you are considering installing a new one:

- Requirements and locations for Smoke and Carbon Monoxide Detectors have changed. Make sure all devices are in working order.

- What is required for an installation of a new Wood Stove/ Insert, Pellet Stove and/or Gas Log Fireplace? The Building Department can assist you with the permitting process.
- What inspections are required for a safe installation and use? The Building Inspector verifies the equipment is installed to manufacturer's specifications and current Building Codes.

There are a number of maintenance requirements for heating appliances. Do you know your requirements?

There is a potential impact to your homeowner's insurance with the installation of a fuel burning appliance. Permits and inspections can minimize the impact to your policy.

For additional resources to help answer your questions and make this a safe heating season, please visit our Resource page on the Town of East Hampton Website. Click on Building Department, Resource link. [www.easthamptonct.gov](http://www.easthamptonct.gov)

## EVENTS PRESENTS

# *The Dublin Beef & Seafood Company*

The Dublin Beef & Seafood Company is going on its 6th year in East Hampton! A concept which grew from the original "Ireland's" in Portland, and "Tavern at the Inn" in Ivoryton; "The Dublin" has a mission statement to provide its customers with the highest grade products available, be it beef, poultry or fresh fish! They have been very successful in meeting this goal; since the beginning of 2016 they have partnered with "The Lucky Goat Butcher Shop" to bring in the finest qualities of meat in order to always provide the premium consistency their customers deserve. Every Friday "The Dublin" offers its Prime Rib Special; and every Friday it is a sell out!! In addition to the fine foods served in-house they can cater your events.

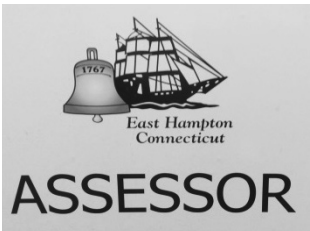
Bob and Dina have plans and so they have recently renovated and expanded "The Dublin" to provide a separate dining room from the bar. This lovely new space offers fine dining in a quiet intimate space. Additionally this new area can be booked for private parties or meetings.

With many forms of entertainment to enjoy such as Thirsty Thursday's Musical Trivia, live bands; with music for all ages and tastes, sports on TV's in the bar area, al fresco dining on patio during warm weather, and a Happy Hour every Monday - Friday, 4 pm - 6 pm. The dedicated wait staff and chefs work hard to make your experience at "The Dublin" enjoyable and hope you become one of their many regulars who return often to



enjoy the fine food and good times with friends, family and neighbors. We welcome you to come by The Dublin at 42 E. High St, RT 66, East Hampton to try our daily specials and award winning burgers. Hours are 7 days a week... noon to 1 am. We can be reached at 860-365-5238 or check out our website [www.the-dublin.com](http://www.the-dublin.com). Please, like us on Facebook!

**42 E. High Street, Rt. 66, East Hampton**  
**860.365.5238**



The office is well into developing the 2016 Grand List. The Grand List is the compilation of all taxable and tax exempt property; Real Property, Personal Property and Motor Vehicle. This process involves maintenance of:

- \* 920 personal property accounts
- \* 6,200 real estate accounts
- \* 14,000 regular motor vehicle accounts
- \* 2,500 Supplemental Motor Vehicle accounts

The Town of East Hampton completed a revaluation for the Grand List of October 1, 2015. Those values are to remain in effect until the next revaluation. The office has been working closely with other town departments to verify and improve our property records. To accomplish this task we have data collectors doing field work on all building permits and new certificates of occupancy.

We have set a goal for taxpayers to file Personal Property Declarations online within the next two years. In the prior article we mentioned that the Connecticut General Statutes require all persons liable to pay taxes on Personal Property. Most businesses do not have a significant change in the declared items from year to year therefore, by utilizing updates available in the software we currently use, we anticipate a significant benefit to taxpayers, as well as a cost savings in processing expenses to the office.

## The Office of the Collector of Revenue

This quarter has thus far entailed the billing of the 2016 sewer use year. We sent out approximately 2698 use bills. To date, 78.7% of the current sewer use year has been collected. The billing went smoothly, thankfully, and we were working with the new WPCA Administrative Assistant Linda Connors, who did an excellent job at her first use billing. Recently, we rebilled all accounts that had outstanding balances. Accounts with multiple years were sent with an insert advising that non-payment would result in their accounts being turned over to the Marshal.

In December, the Office will be working on the 2015 Motor Vehicle Supplemental billing which bills will go out the end of December with a due date of January 1, 2017. Supplemental bills are for motor vehicles that are registered after October 1, 2015.

As many of you know there were significant hurdles in the process of getting the information from the Department of Motor Vehicles state-wide. Most taxpayers received their motor vehicle bills in July however, some vehicles were missing. This occurred in all towns, but has been corrected.

Information on registered motor vehicles taxable to the town is provided twice a year directly from the Department of Motor Vehicles. This includes pertinent vehicle information extracted from active DMV records, after pricing in accordance with the CT Legislature selection of NADA clean retail. The assessment office only values a small fraction of the cars, and must use the same NADA values of clean retail. Registered and non-registered commercial type vehicles and equipment are annually reviewed.

### REMINDERS

- 2/1/17 - Elderly & Totally Disabled Tax Relief Program opens
- 2/1/17 - Additional Veterans Application
- 4/1/17 - Renter's Rebate Application period begins

### Income limits:

- Unmarried \$35,200
- Married \$42,900

Applications are available at [www.easthamptonct.gov](http://www.easthamptonct.gov) or at the East Hampton Town Hall, 20 East High Street, East Hampton, CT 06424.

For the most part, they are a pro-rated bill based on the number of months they owned the vehicle after October 1, 2015. This will be in addition to the collection process of the second installment of the Real Estate and Personal Property accounts. All escrowed account information will be prepared and reported to the appropriate banks.

The Collector, Nancy Hasselman, is retiring December 23, 2016. The office and the Town are committed to a smooth transition. Melanie and Lisa are both diligent and conscientious employees and are hard at work preparing for the new Collector.

We wish all readers a very Healthy and Happy Holiday.

*Want to Reach Every Home and Business in Town?  
Call Sue Smith at 860-885-9670*

# Board of Finance



## Charter Revision Changes the Way Residents Will Vote on the Annual Budget

On November 8th residents overwhelmingly approved a revision to the Town's charter

that provides for separate budget questions (bifurcation) for the Town and Education budgets. The following language was added to Section 4.1 of the charter;

“The Annual Budget Meeting shall be convened to referendum, by machine or ballot vote. The call of the Annual Town Budget Meeting shall present as separate resolutions, the Town Government Budget and the Board of Education Budget to be voted upon in referendum. The Board of Finance shall receive from the Town Manager and the Board of Education their respective proposed budgets (the annual budget) by April 15th. The ballot questions shall provide for separate approval/disapproval of the Town Government Budget and the Board of Education Budget.”

East Hampton is one of approximately 40 towns across the state with bifurcated budgets. According to research done by the Connecticut Office of Legislative Research (OLR),

“A municipality may enact a charter or home rule ordinance provision to hold separate votes on the town and board of education budgets. In 2004, the state Supreme Court upheld a provision in Naugatuck's charter that allowed separate referenda on the town operating budget and the board of education budget. In doing so, it reversed an Appellate Court decision that held the provision conflicted with the statutory budget approval process and upset the balance of power between the boards of education and finance.

The Supreme Court held that local budgetary policy is a matter of local, rather than statewide, concern and thus municipal charter provisions supersede statutory provisions on the same subject. It also found that Naugatuck's charter provision did not conflict with the various powers and duties of the boards of education and finance (Board of Education v. Naugatuck, 268 Conn. 295 (2004)).” [Abstract]

*Excerpt from: Pinho, R. (2014, January 31).*

*OLR BACKGROUNDER: BIFURCATING TOWN BUDGET REFERENDA. Retrieved November 9, 2016, from <https://www.cga.ct.gov/2014/rpt/pdf/2014-R-0019.pdf>*

# East Hampton Lions Club News

The East Hampton Lions have had a busy and rewarding fall season. Both our membership drive (8 new members) and fundraising efforts had remarkable success. Our main fundraiser is selling food at the Haddam Neck Fair on Labor Day weekend. This year the weather was great and fairgoers gobbled up our Lucky Goat hamburgers, hotdogs and French fries. Your healthy appetites allowed us to raise funds needed to support our primary mission of helping those with sight related issues. We support much needed programs such as CRIS Radio, Camp Rising Sun, Low Vision Center of Eastern Connecticut, Connecticut Lions Eye Research Center at Yale University and Lions International Foundation.

On a local level our second Scholarship Raffle was a huge success bringing in over \$9,000 that will be awarded to well deserving college-bound East Hampton seniors. Our club also received a generous donation from a local family earmarked to

further enhance our scholarship programs. Our Tent division donated tents to the Chatham Historical Society for their History Day, East Haddam Relay for Life benefit and Angelico's Restaurant for Officer Bergin's silent auction. Lions members sold food at events sponsored by the Project Graduation Committees of East Haddam and East Hampton and for our local Epoch Arts Artopia. All proceeds from these events went back to these organizations. The club donated a tent and served hot dogs and chili to the 350+ runners and spectators at the 16th annual Airline Trail Ghost Run hosted by our own Park and Recreation Department. All proceeds support Airline Trail improvements. We believe in warm feet as the weather becomes colder. The club is sponsoring our “Toasty Toes” program for the second year and just donated 800 pairs of socks to be distributed to deserving residents under the direction of our EH Food Bank, see photos. Lions Member Michelle Sexton is smiling as her delicious French fries are



ready at the fair and Lions President Allen Guiot is presenting EH Food Bank Director Sandy Fries with her socks.

Our Club also enjoyed our second annual Senior Citizen Christmas Party on December 8th and our own Club Holiday party on the 14th. We thank you for your support. We serve!







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 Board of Education .....860-365-4000  
 Building/Planning/Zoning .....860-267-9601  
 Chatham Health District .....860-365-0884  
 Collector of Revenue.....860-267-2300  
 Emergency Management.....860-267-0088  
 Finance Department .....860-267-7548  
 Fire Marshal .....860-267-0088  
 Food Bank .....860-365-5978  
 Housing Authority .....860-267-8498

Human Resources .....860-267-4468  
 Parks & Recreation .....860-267-7300  
 Police Department (non-emergency) ...860-267-9544  
 Probate Court .....860-295-6239  
 Public Library .....860-267-6621  
 Public Works .....860-267-4747  
 Senior Center .....860-267-4426  
 Town Clerk .....860-267-2519  
 Town Manager.....860-267-4468  
 Water Pollution Control Authority ....860-267-2536  
 Youth & Family/Social Services.....860-267-7300

# East Hampton Economic Development Commission

Our mission is: "To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists." We congratulate the following businesses, Lakeside Signs, Po's Rice and Spice and Airline Cycles on being named "Belltown Spotlight on Business" monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award. Current EDC members are Chairman Jack Solomon, Ted Turner, Kate Adams, Terry Sprankle, Erin Hall, Jim Monahan and Tim Csere.



Mimi Perrotti of Lakeside Signs/MIMI Design relocated her business to 84 East High Street, next to Belltown Motors in 2015. Mimi has expanded her business to include FedEx Shipping services. Now known as Lakeside Signs/MIMI Design FedEx Authorized Ship Center, Mimi provides residents shipping services worldwide as well as offering packing and shipping supplies. This is in addition to graphic design, signage, engraving, silk-screening, truck graphics and embroidery services which were always the mainstay of her business. Mimi will design it, print it, attach it or ship it, one stop shopping from a local business!

Brian Holdt of Airline Cycles LLC opened his cycle shop at 2 Barton Hill Road in early 2016. Brian runs a family-oriented bicycle shop offering new and used bicycles and skateboards. Brian handles both sales and service. Brian is located in our Village Center and is near the AirLine Trail with public parking close by for your convenience. Airline Cycles is open Tuesday-Saturday and by appointment. Visit Brian and take a ride.



1767 - A RICH  
HISTORY, A BRIGHT  
FUTURE - 2017  
BELLTOWN, USA



Po Fong opened her restaurant, Po's Rice and Spice, at 95 Main Street in December, 2014. This Village Center restaurant features a traditional Chinese and Thai menu with Po's family tradition of fresh, original recipes. Po's Rice and Spice is open Tuesday through Sunday and the entire menu is available for delivery. Check out her menu at [www.posriceandspice.com](http://www.posriceandspice.com). Stop in and see Po for her daily specials and save room for dessert!

# The Dublin Beef & Seafood Company

## SOUPS

Clam Chowder .....	\$5.25
Made fresh daily and full of clams.	
French Onion .....	\$5.95
Homemade with the sweetest vidalia onions finished with sherry, swiss and provolone	
Lobster Bisque .....	\$6.50
Rich and creamy,loaded with fresh lobster.	
Soup of The Day .....	\$6.25
Our chefs daily creation featuring the freshest of ingredients.	

## STARTERS

Shrimp Cocktail .....	\$8.95
4 crisp jumbo shrimp served with our own homemade cocktail sauce.	
House Salad .....	\$6.95
Mixed greens with tomato,onions,cucumber and homemade croutons and cheddar jack cheese. + choice of Italian, Ranch, Peppercorn, Balsamic, Blue Cheese. Add Chicken, Salmon, Mahi or Shrimp for \$7.00 per item.	
Caesar Salad .....	\$6.95
Crisp romaine lettuce, parmesan cheese, tossed in caesar dressing with homemade croutons. + Add Chicken, Salmon, Mahi, Shrimp for \$7.00 per item.	
Hog Wings .....	\$10.95
3 large pork tender shanks served with ranch dressing.	
Chicken Wings .....	\$9.95
8 jumbo wings served with the dressing of your choice, celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki.	
Boneless Wings.....	\$9.95
Hand cut chicken tenders served with blue cheese dressing celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki.	
Sliders .....	\$8.95
3 handmade burgers,steamed burgesr,pulled pork or blt	
Quesadilla's .....	\$9.95
Chicken or steak or pulled pork. Served on a grilled flour tortilla smothered with monterey jack cheese served with sour cream and salsa.	

## THE MAIN FARE

Can You Say Cheese.....	\$6.00
Grilled white bread with american cheese. Add tomato,bacon or ham add \$.50.	
Dublin Blt.....	\$6.50
Toasted white bread loaded with bacon fresh tomato and lettuce finished with mayo.	
The Club House .....	\$9.25
Choice of turkey,roast beef,ham pilled high and topped with tomato,lettuce, bacon and cheese served on your choice of white or rye.	
The Highlander .....	\$9.25
Grilled chicken breast served on a bulky roll topped with lettuce,tomato and american cheese	
The Irishman.....	\$9.95
Extra lean corned beef with sauerkraut, swiss cheese and thousand island dressing served on grilled rye.	
Mahi Ruben .....	\$12.95
Grilled mahi with swiss cheese, thousand island dressing served on grilled rye	

Long Dog.....	\$6.95
Jumbo beef hot dog served on a toasted bun roll topped with cheese and your choice of relish or mustard. Ad chilli for \$.50.	
Pulled Pork.....	\$9.25
Tender bbq pulled pork served with monterey jack cheese and coleslaw on a bulky roll.	
The Ultimate Burger .....	\$9.50
An 8 oz hand pressed patty served with fresh tomato, lettuce and topped with american cheese and bacon. Served on a bulky roll.	
City Steam Burger .....	\$9.95
An 8 oz hand pressed patty steamed to perfection and topped with cheddar cheese, lettuce, tomato and bacon. Served on a bulky roll.	
Grilled Kielbasa Grinder .....	\$9.00
Smoked kielbasa grille and served on a grinder roll topped with sauerkraut and mustard. + Add choice of cheese for \$.50	
**All sandwiches come with a choice of fries, slaw, potato salad. Add onion rings for \$1.00.	

## TRADITIONS

Fillet Mignon .....	\$18.95
A 12 oz cut wrapped in bacon with your choice of grilled, blackened or teriyaki. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Grilled Rib Eye.....	\$16.95
Hand cut 12 ox rib eye steak grilled to perfection, choce or grilled, blackened or grilled teryaki + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Twin Pork Chops .....	\$18.95
Two center cut chops grilled traditional or blackened. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Shepards Pie .....	\$13.95
Braised and seasoned beef with corn, topped with fresh mashed potato and backed to perfection.	
Baked Stuffed Sole.....	\$14.95
Two seafood stuffed filet of sole baked in a white wine and lemon butter sauce + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Salmon Steak .....	\$14.95
Choice of grilled, blackened or teriyaki. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Mahi Mahi Steak .....	\$14.95
This grilled white fish can be blackened or grilled with a teriyaki glaze. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Chicken Fettuccine Alfredo .....	\$14.95
Soute'd chicken breast in hand crafted alfredo sauce and fettuccine.	
Chicken Picatta .....	\$14.95
Egg battered chicken breast in a white wine and caper sauce.	
Prime Rib Friday and Saturday.....	\$15.95
The very best of rib eye, roasted to perfection.	
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# Parks & Recreation

## MISSION STATEMENT

*The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.*

## STAFF

Jeremy Hall, Director  
Shawn Mullen, Program Coordinator  
Sheri Yorker, Office Assistant  
Joshua Seymour, Parks Maintainer II  
Brian Miner, Parks Maintainer I

## ADVISORY BOARD MEMBERS

Richard Norkun, Chairperson  
John Wright, Vice Chairperson  
Tim Adams  
Daniel Roy  
Deborah McKinney  
Dick Edmonds  
Dan Reilly

## CONTACT INFORMATION

### PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov  
Tel: 860-267-7300 Fax: 860-267-7800  
Jeremy Hall: jhall@easthamptonct.gov  
Shawn Mullen: smullen@easthamptonct.gov  
Sheri Yorker: syorker@easthamptonct.gov

### Mailing Address

Parks and Recreation  
20 East High Street  
East Hampton, CT 06424

### Drop-In Location

240 Middletown Avenue  
East Hampton, CT 06424

### Afternoon Adventures After-School Program

860-367-5429

### Sears Park Pavilion

860-267-7178

### Youth & Family Services

860-267-7300

## SEARS PARK

**STICKERS:** Residents/taxpayers of East Hampton can pick up their Sears Park stickers at the Parks and Recreation Department, the Public Library, and the Police Department during regular business hours. Vehicle stickers are also available online through the town website. Online stickers will be mailed daily and a \$1 handling fee will be charged. You should receive them within 5 business days. The stickers will be available beginning in April. Bring your vehicle and boat registrations with you to get a sticker. Eligibility criteria is available at [www.easthamptonct.gov](http://www.easthamptonct.gov). Park

attendants will be on duty in mid-May. Sears Park will then be open at 7:00 am and close at 8:30 pm.

**FEES: VEHICLE STICKERS: FREE, BOAT STICKER: \$50\***  
DAY PASSES AVAILABLE AT THE GATE AT NO CHARGE WITH PROOF OF RESIDENCY \* There are no day passes for CARS TOWING BOATS, OR FOR BOATS.

**FACILITIES:** All rental request forms are available online at [www.easthamptonct.gov](http://www.easthamptonct.gov).

**PAVILION:** Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

**LION'S PICNIC SHELTER:** Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

### GOVERNOR WILLIAM A. O'NEILL PERFORMING

**ARTS GAZEBO:** The Gazebo can be used for small family-oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and/or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

## FREQUENTLY REQUESTED INFORMATION

### EAST HAMPTON LITTLE LEAGUE

[www.easthamptonlittleleague.sportssignup.com](http://www.easthamptonlittleleague.sportssignup.com)  
For boys and girls ages 6 - 18 (by July 31 of the current year)  
Registration takes place in January 2017  
Practices for the season begin in late March  
Opening day is in April  
Fall season begins in September and is open for children ages 8 years and up.

### EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

### YOUTH FOOTBALL AND CHEERLEADING

[www.ehyouthfootball.org](http://www.ehyouthfootball.org)  
For boys and girls ages 7 - 14  
email: [info@ehyouthfootball.org](mailto:info@ehyouthfootball.org)

## EAST HAMPTON SOCCER CLUB

Town Recreational League  
www.easthamptonsoccerclub.org  
For boys and girls pre K-8  
Spring season is late March-June  
Registration for spring takes place in January  
Fall season is late August-October  
Registration for fall takes place in June

## TRAVEL SOCCER

www.easthamptonsoccerclub.org  
For boys and girls ages 8 – 18  
Email Soccer Club for tryout information

## JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

## EPOCH ARTS

www.epocharts.org email: info@epocharts.org  
Contact: Elizabeth Namen 860-365-0337

## REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at  
www.easthamptonrec.com. Registration forms are available  
online at www.easthamptonrec.com, at the Parks and  
Recreation office, or in this magazine.

All registration forms must include payment. Payment is  
required at the time of registration. All registrations are taken  
on a first-come, first-served basis.

We accept MasterCard and Visa. Please make checks payable  
to East Hampton Parks and Recreation. Cash payments should  
be made in the office only. Please do not try to register or pay  
program instructors unless indicated.

Registration confirmations are available by e-mail if subscribed  
to on your main account page at www.easthamptonct.gov. No  
other confirmations are provided; however, if you have regis-  
tered with us and paid, you will be on the final roster.

If you are unable to attend a program you have registered  
for, contact us before the program begins and we will issue  
a refund to you. Our ability to refund money for trip  
cancellations depends on our contractual agreement with  
the travel companies.

In the event of inclement weather, all programs are cancelled  
if school is closed or has an early dismissal. Cancellation  
information is posted on WFSB Channel 3 Early Warning  
Network. Households who have subscribed to the online  
registration site's e-mail notifications will receive an e-mail  
regarding the cancellation.

Program times are subject to change based on enrollment  
numbers. Programs will be cancelled if the minimum  
enrollment number is not reached.

Continued on page 12



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Web: middletownportlandsda.org Bible study 10 am  
Michael Pelletier, Pastor Worship service 11:30 am

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Moodus, CT 06469

**Tel: 860-873-1449**

**Fax: 860-873-1113**

E-mail:  
**[mail@jezeklaw.com](mailto:mail@jezeklaw.com)**

## Parks & Recreation ... continued from page 11

### SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and online at [www.easthamptonct.gov](http://www.easthamptonct.gov). Our guidelines follow the Public School's income guidelines for free or reduced-price lunches. All information is strictly confidential.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

### SEAMSTER PARK PLAYGROUND

#### Help support a Playground for the future!

The Town of East Hampton Parks and Recreation Department is asking for your help to join in and raise funds for a new 14,000 sq. ft. playground. This playground will provide the same square footage as the old playground and offer more play structures that are ADA compliant and meet today's CPSI standards. We have partnered with the company Play By Designs to bring you a state-of-the-art, customized playground. Play by Design is a playground design firm that specializes in working with communities to design and provide safe, affordable, and unique volunteer-built playgrounds for children of all abilities.

The playground design was created from the imaginations of the children of our community. The designers of PBD put those ideas together to create something completely unique. There is no other playground exactly like this anywhere in the world. The challenging part is how to incorporate as many of those ideas while keeping the playground safe, challenging as well as aesthetic. All members of the design-and-build team are Certified Playground Safety Inspectors (CPSIs). They design according to the current ASTM and CPSC standards for playground safety, as well as the current ADA and ADAAG guidelines for accessibility. PBD has partnered with cutting-edge manufacturing companies where we can include their equipment as well. Essentially, you get the best of both worlds; a good balance of custom design and manufactured components. The community built aspect of the process is priceless. It brings communities together for a common purpose - family. It leaves people with a sense of pride, accomplishment, and an incredibly aesthetic place to gather - a place that was designed by the children and built by the community.

Maintenance is another concern that is also important to discuss. You will find maintenance with any project, but our goal is to keep the maintenance down, starting at the beginning with the design (i.e., designing volunteer-friendly, detailed structures with high quality materials).

For more information on the process, to donate, or volunteer in the build please visit the Parks and Recreation website at [www.easthamptonrec.com](http://www.easthamptonrec.com) or call the office at 860-267-7300.

### SEARS PARK SKATING RINK GRAND OPENING & SEAMSTER PARK PLAYGROUND FUNDRAISER

Join Sonar from the Hartford Wolf Pack at Sears Park on January 29th from 2:00 pm-4:00 pm for the grand opening of our new skating rink! The Parks and Recreation Department also has tickets available for purchase to Parks and Recreation Night at the Wolf Pack game on February 4th. Proceeds from the event and ticket sales go toward the new Seamster Park Playground Project. Contact the Parks and Recreation Department or log onto [www.easthamptonrec.com](http://www.easthamptonrec.com) for more details.

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# SAFEGUARDING YOUR VISION

## MACULAR DEGENERATION

**MACULAR DEGENERATION** is the leading cause of legal blindness and severe functional vision loss in Americans over 55 years old. It is a major cause of blindness throughout the western world in all populations, particularly those of European descent. It runs in families or can occur independently. One in 10 individuals over 60-years old has the disease. By age 70, that number increases to one in four. If someone in your family has it, there is a higher chance that you will, too. There are over 5 million new cases diagnosed each year in North America and Europe alone. There presently is no cure. That's the bad news. The good news is that we can slow its progression if we catch the disease early.

### So What IS Breaking Down?

The retina is the light sensitive layer on the back of the eye that enables us to see. The macula is the microscopic, ultra high-resolution spot on the retina capable of allowing us to read, drive, watch TV, identify people and colors, focus on a single object, and to appreciate fine details such as in artwork. The macula represents less than 3% of the entire retina and is responsible only for central vision, but without it, most people are functionally blind. Everything else is peripheral vision.

Think of a bull's eye target. The tiny central area would be the macula. That's all that really matters. Damage to the macula is usually progressive and permanent. Macular degeneration, also known as AMD (for Age-related Macular Degeneration) is generally seen in older adults with women being diagnosed more often than men. Some major risk factors include smoking, hypertension, cardiovascular disease, diabetes, obesity, sun exposure, high cholesterol, light colored eyes and the most recent (and most importantly, treatable) factor, low concentrations of macular carotenoids.

### Nature's Protection Against Macular Degeneration

Carotenoids are the organic pigments found in plants that give plants their bright colors. They are the source of beta-carotene, a critical component in eye metabolism and are essential for humans as the pigments are absorbed by the body and used in the eye to filter dangerous wavelengths of light from reaching the retina. They are powerful antioxidants that protect the retina from the resulting damage of exposure to certain high energy wavelengths of light, particularly in the blue-violet part of the visible spectrum. Every bit of light that has ever entered your eye has been focused on the tiny macula, so you can imagine how much energy the macula has to safely absorb. As we get older, that protective layer in the retina made of carotenoids begins to break down allowing the full energy of the light to hit the macula unfiltered. That energy is one of the main component that drives the degeneration process. After cataracts have been removed, the eye's natural protection is reduced even further.

### Home Screening Test

Macular degeneration can take years to develop and is initially more noticeable in one eye compared to the other. A good home screening exercise is to cover one eye and compare the quality of vision with the other eye. The vision should be the same in both eyes. Then, with one eye covered, look at the "normal" grid in the picture. It should look like graph paper with all of the horizontal and vertical lines straight and intact. If not, there is a problem. The earliest symptoms of concern when comparing one eye to the other include having a stationary blurred spot in the center of your field of vision, needing more light

to read, colors not being as vibrant as before, noticing a distortion or waviness when looking at objects or print and an overall haziness to your vision. Once a person notices that their vision is decreasing in one eye, the disease has already progressed significantly and is difficult to slow down and virtually impossible to stop.

### Effective Treatments to Slow AMD Development

There are now some treatments that have proven to delay the course of the disease by repairing the natural carotenoid protection filter, but the best results come from early screening, detection and diagnosis. As it is now possible to identify subtle AMD changes in the macula years, sometimes decades, before any vision loss occurs, early carotenoid supplementation is crucial to slowing or stopping the degeneration and vision loss. Once the degenerative changes convert to leakage in the macula, the only effective treatment involves repeat, costly injections of an angiogenesis inhibitor drug directly into the eye. Even that may not prevent vision loss. While this may not sound so positive, we have to remember that just 15 years ago, there was no treatment at all other than a

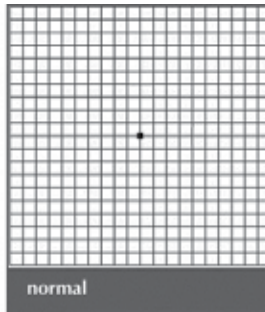
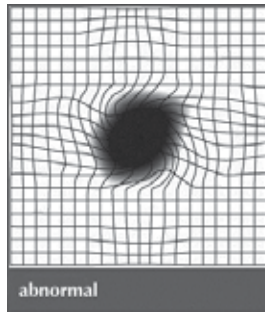
prayer. Ophthalmic medicine science has advanced tremendously since then. The over-the-counter eye vitamins advertised on TV as "AREDS" or "AREDS2" formulas were developed years ago to supplement the eye's carotenoids, but they may not be the best choice for everyone, especially smokers. In fact, recent research concludes that some supplements have so much zinc in them that they might actually make the condition worse. The same mechanism that allows AMD to occur is thought to also drive Alzheimer's disease. There is a genetic test that can identify individuals who are at higher risk for AMD development, who the OTC supplements should benefit and who they could make worse. If there is a family history of AMD, the genetic test should be taken before using supplements.

### Early Identification is the Key to Safeguarding Vision

The Palmer Eyecare Center has MRI-type instrumentation that magnifies the layers of cells in the retina many thousands of times. It takes cross sectional images of the macula, which is less than the thickness of 2 strands of hair! It is non-invasive, there is no radiation and it is as simple and quick as having a photo taken. The key to detection and diagnosis of AMD is high definition imaging at the cellular level. We can identify the earliest changes that might lead to macular degeneration and if changes are detected, choose to begin treatment to slow the progress of the disease. The great news is that with early detection, macular degeneration doesn't have to lead to the loss of functional vision and independence. But it has to be caught early. In addition to comprehensive eye care, the Palmer Eyecare Center offers macular degeneration screening appointments at our East Hampton and Middletown offices for anyone wishing to establish a baseline reading or interested in knowing the status of their macula. It takes about 15 minutes. The results will be available immediately and you will be able to discuss the results with one of our doctors. The cost is \$69.00 which is not covered by any insurance.

If you have a family history of macular degeneration or friends or relatives with it, please show them this article. This may prevent someone from losing their vision.

*Everyone should have an eye exam once a year. Did you?*



## PALMER EYECARE CENTER

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

### **AFTERNOON ADVENTURES – AFTER-SCHOOL PROGRAM**

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full-time or part-time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays).

We emphasize healthy snacks, activities, and habits. Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time.

Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge.

Location: Memorial Elementary School, Cafeteria

Cost: Monthly Registration – Cost depends on number of days attending.

Visit [www.easthamptonrec.com](http://www.easthamptonrec.com) for rates.

Dates: Monday-Friday of school days - First day of school - last day of school

Times: 7:00 am-8:30 am and 3:00 pm-6:00 pm

### **AMERICAN RED CROSS ADULT AND CHILD CPR, AED AND BASIC FIRST AID CERTIFICATION**

#### **Ambulance Association Instructors**

This class teaches the skills for adult and child CPR as well as the use of an automatic external defibrillator (A.E.D.) and basic first aid. Participants must attend and pass both classes in the session to receive certifications.

Location: East Hampton Ambulance Association Headquarters, 4 Middletown Avenue, East Hampton

Cost: \$50 per class – resident / \$60 per class – non-resident

Dates:

Session I:

Thursday and Friday

January 12 and 13

Session II:

Thursday and Friday

February 9 and 10

Times: 6:30 pm–9:00 pm

### **ART WORKSHOP**

Elizabeth Sennett

Step-by-step instruction on painting in all mediums will be provided for all skill levels. Bring a sketch pad and pencil to the first class.

Location: East Hampton Middle School Art Room

Dates: Tuesdays, January 24 – March 21

Times: 6:30 pm-9:00 pm

### **SHORIN-RYU KARATE**

Ryan I. Santos 3rd Degree Black Belt (Sandan)

Shorin-Ryu Karate was developed in Okinawa, the birthplace of karate, and is considered to be a traditional form of Martial Arts. East Hampton Parks and Recreation Department has been offering the opportunity to study this art to its residents since 1993. The program has been modified now and offers a beginners and intermediate class to children 7 years old and up, and is a year round program. Other than the monthly fee, there are NO additional charges for rank certification. Certification will be issued by Wil Santos, internationally licensed Master Instructor of Shorin-Ryu Karate and founder of the program.

Ryan I. Santos, son of Wil Santos, has been studying Shorin-Ryu Karate now for over two decades and holds the rank of Sandan (3rd degree Black Belt), and will guide participants in all aspects of this historic art of defense.

Registration is limited to 10 students per class.

Location: Center School Gym

Cost: \$40 per month

For: Boys and Girls ages 7 and up

Dates: Tuesdays, Starting September 6

Times:

Beginner Class: 5:00 pm – 6:00 pm

Intermediate Class: 6:30 pm – 7:30 pm

### **TAI CHI CLASS**

Tom Cushing

Join us for our new class in this ancient Martial Art. Tai Chi employs the practice of moving energy (qi) through the body. The internal practice of moving this energy is called Qigong. Qigong is the critical component said to make Tai Chi more effective than traditional exercise. Co-Sponsored by East Hampton Senior Center.

Tom Cushing teaches a unique and interactive style called Hun Yuan which incorporates the fluid movement of traditional forms with qigong for health. Tom offers a fun and relaxed approach with easy access to the health benefits through this series of 60 minute classes. No experience is necessary and all students are made to feel welcome.

Location: East Hampton Senior Center

Cost: \$80

For: Boys and Girls ages 11-15

Dates: Session I: Tuesdays, January 10 – February 28

Times: 6:00 pm-7:00 pm

### **ADULT RECREATIONAL BASKETBALL**

Gregg Johnson and Mark Piscatelli

This program offers non-competitive recreational basketball for adults. You must be an East Hampton resident to participate.

Cost: \$50 for the full season or \$3 at the door (19+ program only)

For: Adults age 19+

Dates: Monday and Thursday, October 17 – May 18

Times: 6:30 pm-9:00 pm

Location:

Adult age 19+: East Hampton Middle School

Adult age 35+: Center School Gym

### ADULT CO-ED PICKUP SOCCER

The Parks and Recreation Department is hosting a co-ed adult soccer program.

Games are on Mondays from 6 pm-7 pm at Sports on 66. Register for the 1st half of the program, second half of the program or both. Drop-in play is also welcome at \$10 per week.

Location: Sports on 66

Cost:

1st half - \$60

2nd half - \$60

All weeks - \$110

Drop in - \$10 per week

Dates: December 5 – February 27

Times: 6:00 pm – 7:00 pm

### PICKUP HOCKEY GAMES

Join us for pickup hockey games on our new skating rink! Options are available for most age groups and the games are co-ed. Helmets, mouth guards, gloves, skates and stick are mandatory for all participants. Shin protection is also recommended.

Location: Sears Park Skating Rink

Cost: \$30

For: Ages 7+

Dates and Times:

January 2 – February 24

Ages 11-14 Monday nights 7:15 pm – 8:15 pm

Ages 7-10 Wednesday nights 7:15 pm – 8:15 pm

Adults Friday nights 7:15 pm – 8:15 pm

### LEARN TO SKATE

Skye Dougherty

Come on out and join us for group ice skating lessons. Students ages 5 and up will learn basic skills and the fundamentals of figure skating, as well as some fun tricks along the way. Agility, balance and coordination will be the main focus in lessons and will eventually allow skaters to develop a solid foundation to advance into other areas of skating such as ice hockey and figure skating. Groups will meet twice a week for a two week session. Skaters will be divided into groups by age and be given a one hour lesson followed by 30 minutes of free time to practice and have fun with friends.

Location: Sears Park Skating Rink

Cost: \$60 per session

For: Ages 5+

Dates: Monday and Wednesday

Times: 5:30 pm-6:30 pm (lesson); 6:30 pm-7:00 pm (free skate)

Session I: January 30 – February 8

Session II: February 14 – February 23

Times: 5:30 pm – 7:00 pm

Continued on page 16



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

### WINTER WONDERLAND WORKSHOP WITH LEGO PLAY-WELL TEKNOLOGIES STAFF

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sleds, and even holiday lighting.

Location: Memorial Elementary School Cafeteria

Cost: \$140

For:

Session I: Boys and Girls ages 5-7

Session II: Boys and Girls ages 8-11

Dates: Monday-Friday, December 28 – December 31

Times:

Session I: 9:00 am-12:00 pm

Session II: 1:00 pm-4:00 pm

## East Hampton Public Library

### MISSION STATEMENT

*The East Hampton Public Library's mission is to promote equal access to information and ideas, love of reading, and a wide range of community-based educational and cultural programs.*

### CONTACT INFORMATION

[www.easthamptonct.gov/library](http://www.easthamptonct.gov/library)

Telephone: 860-267-6621 or

860-267-6622

Fax: 860-267-4427

Michele Kaminski:

[mkaminski@easthamptonct.gov](mailto:mkaminski@easthamptonct.gov)

Marilou Overson:

[moverson@easthamptonct.gov](mailto:moverson@easthamptonct.gov)

### STAFF

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Nancy Selavka

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### PHYSICAL LOCATION AND MAILING ADDRESS

East Hampton Public Library

105 Main Street

Suite 1

East Hampton, CT 06424

### AUXILIARY SERVICES

Public Fax: Staff-assisted fax to or from the library for a fee of \$.50 per page.

Public Copy Machine: \$.15 per page; \$.90 per page for full color or 11"x17" copies.

Public Printing: \$.10 per page black & white or incidental color; \$.90 for full color.

Internet: Free access via 11 public access desktop computers; restrictions may apply.

Wi-Fi: Free access with a B or G wireless card.

Continued on page 18

jhall@easthamptonct.gov  
 smullen@easthamptonct.gov  
 syorker@easthamptonct.gov  
 www.easthamptonct.gov



860-267-7300 (ofc); 860-267-7800 (fax)

**MAILING ADDRESS:**  
 20 East High Street; East Hampton, CT 06424  
**DROP-IN LOCATION:**  
 240 Middletown Ave.; East Hampton, CT 06424

# REGISTRATION FORM

(for most recreation programs)

NAME ( & medical info* )	DATE OF BIRTH	GRADE	PROGRAM	SESSION #	DATE
1. _____					
2. _____					
3. _____					
4. _____					

\*medical info. (list allergies, medicines, conditions, etc.)

CONTACT INFORMATION:	
HOME ADDRESS: _____ _____	Home Phone #: _____ E-mail Address: _____
MOTHER'S NAME: _____ Day/Cell Phone #: _____	Mother's Employer: _____
FATHER'S NAME: _____ Day/Cell Phone #: _____	Father's Employer: _____
ALTERNATE CONTACTS:	
Name/Relationship*: _____ _____	Address: _____ Day/Cell Phone #: _____
Name/Relationship*: _____ _____	Address: _____ Day/Cell Phone #: _____
Family Physician: _____	Office Phone #: _____

\*(must be able to pick up participant if necessary)

## Release:

I understand that participation in this (these) program(s) involves risks of personal and bodily injury, including but not limited to paralysis, heart attack and death, as well as loss or damage to property. I realize that activities such as this may be inherently dangerous activities and my decision to participate in all such activities is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of this application, I agree for myself, my heirs, successors, and assigns to hold harmless the Town of East Hampton, Connecticut, its affiliates, subsidiaries and any other entity associated with this (these) program(s), and each of their directors, officers, agents, representatives, employees, volunteers, successors and assigns from all liability on account of injury, loss claim, or damage to my body, health, wellbeing or property. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention. I understand that I am responsible for all financial liabilities arising from a situation involving medical treatment. I agree that the terms of this release is applicable to any and all of my dependents who take part in this (these) program(s).

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



### PHOTOGRAPHS:

...that are taken of participants in our programs may be used in our publicity (unless a participant, parent, or guardian indicates otherwise).

### HOW TO REGISTER:

On-line registration, mail, fax, e-mail (as an attachment), or drop off.

### PAYMENT:

Credit Card # \_\_\_\_\_ Expiration: \_\_\_\_\_  
 3 digit security code on back of card: \_\_\_\_\_ Check #: \_\_\_\_\_



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860-267-7943**



## Public Library ... continued from page 16

### QUIET STUDY/WORK AREAS AND MEETING ROOM SPACE

The library's physical location features two small interior conference rooms available for public use during open library hours. The larger library Community Room is available for public use during open and off hours. To use the library Community Room, a meeting room application is essential and available in person or by download. Reservations may be accepted and confirmed subject to room availability. Phone the library at 860-267-6621 for more information on how to reserve a space.

### UPCOMING LIBRARY PROGRAMS:

#### PROGRAM REGISTRATION

Most library programs require registration. We welcome program registration in person or by phone but also offer a full-service online events calendar. Our online events calendar can be found at <http://tinyurl.com/n8fmhle>

#### REGULAR WEEKDAY PROGRAMS FOR THE VERY YOUNG

The library offers drop-in story hour/literacy/craft programs for young children Monday-Friday throughout the year. Starts times, age groups, and program focus varies. Phone Children's Services for details on best program match for your child.

#### SPECIAL EVENTS FOR CHILDREN AND FAMILIES

##### Holiday Party for Little People: Monday, December 19, 10:15 am.

Join us for our annual holiday party for the littlest people in our community. Enjoy festive songs and stories, plus a visit from a very gentle version of you-know-who! For children ages 1 to 4 years-old. Registration is required and to contribute snacks or refreshments to the party, please sign up at or phone the library's Children's Services desk.

##### New Years at Noon: Saturday, December 31, 11:00 am.

Who doesn't love, love, love the library's New Year celebration for little people? This year, leading into 2017, East Hampton's 250th Year, we'll be switching it up. Enjoy a fabulous magic and balloon twisting performance by Matt the Balloon Man, followed by our annual balloon drop! Registration is required to ensure that each child is able to take home a special balloon creation. To contribute snacks or refreshments for the party, please sign up at or phone the library's Children's Services desk.

##### Take Your Child to the Library Day: Saturday, February 4, 10:00 am to 3:00 pm.

Mark your calendars. Save and make a date to celebrate the library and all that it has to offer. Expect surprises as we celebrate East Hampton's 250th year!

#### AFTER SCHOOL PROGRAMS FOR GRADE SCHOOL STUDENTS

##### Footprints Programs for 2nd & 3rd Grade Children

##### Art Appreciation: Friday, January 13, 3:30 pm - 4:30 pm.

January is creativity month: explore different types of art mediums to create your own art masterpiece! Registration is required; limited to 15 children.

##### Chinese New Year: Friday, January 27, 3:30 pm - 4:30 pm.

Celebrate the Chinese New Year by learning about traditional games and the symbolism of dragons in Chinese culture; then create your own moveable dragon to take home! Registration is required; limited to 15 children.

##### Music Appreciation: Friday, February 10, 3:30 pm - 4:30 pm.

Learn about different types of music, how you can use everyday items to make musical instruments, then design and make your very own kalimba (also known as a thumb piano) to take home. Registration is required; limited to 15 children.



**Mardi Gras: Friday, February 24, 3:30 pm – 4:30 pm.**

Learn about the traditions of Mardi Gras and how this holiday is celebrated in different parts of the world. Then create and decorate your own Mardi Gras masks with pipe cleaners, feathers, and beads. Registration is required; limited to 15 children.

**FRIBRARY TIME! PROGRAMS FOR 4th AND 5th GRADE CHILDREN**

**Sun Catching: Friday, January 6, 3:30 pm – 4:30 pm.**

Brighten your winter by learning and creating transparent sun catchers inspired by medieval works of art! Registration is required; limited to 20 children.

**Fun with Rhythms: Friday, January 20, 3:30 pm – 4:30 pm.**

Join us for an educational drum and music circle led by Edward Leonard! This program is designed to teach children the fundamentals of music while playing interactive rhythm games with drums and hand-held percussion instruments from around the world. Registration is limited to 20 children.

**Wind Spinners: Friday, February 3, February 17, 3:30 pm – 4:30 pm.**

Create a unique structure that spins in the wind! This is a multi-part, hands-on program in which children will work cooperatively as a team on a project using a variety of materials; conduct experiments, and record their findings using the Google Science App. Materials provided by Google and Make as part of a Making & Science Initiative. Registration is required; limited to 20 children.

**FULL S.T.E.A.M. AHEAD!**

**PROGRAMS FOR MIDDLE GRADES**

The East Hampton Rotary Club and the library collaborate to offer S.T.E.A.M. programs (science, technology, engineering, arts, and math) to kids in grades 5-7. All programs are free and offered on school holidays and during school vacation breaks. The Kids of Chatham Organization (KOCO) hosts the programs. Register your kiddo for any of these upcoming programs via the library's events calendar: <http://tinyurl.com/n8fmhle>.

**Virtual V8: Wednesday, December 28, 10:00 am – noon.**

Work in teams to construct working models of a V8 engine. Meet a member of the East Hampton Belltown Auto Club and learn what it takes to own and maintain a classic car. Registration is limited to 20 participants.

**Black Light Artistry: Thursday, December 29, 10:00 am – noon.**

Put the "Arts" in S.T.E.A.M.! Tinker with a recipe to create a black light painting. Lower the lights and see your artwork in an exciting new way! Registration is limited to 20 participants.

**Video Game Maker Experience: Friday, December 30, 10:00 am – noon.**

Discuss Sploder and MOD but spend most time coding with Scratch, a free programming language from the Massachusetts Institute of Technology (MIT). Get tips/tricks to develop a game or a music/dance animation and prepare to enter a contest! Registration is limited to 15 participants.

**Electronics Maker Space: Monday, January 16, 10:00 am – noon.**

Learn the basics of electronics, electronic pieces and parts, and Arduino programming in this authentic Maker Space workshop. Registration is limited to 8 participants.

**Geodesic Dome Engineering: Monday, February 20, 10:00 am – noon.**

Geodesic domes were popularized by an American inventor named Buckminster Fuller. Use your engineering skills -- and a whole lot of teamwork -- to build a distinctive Bucky-ball shaped dome for the record books. Registration is limited to 20 participants.

**Tinkering with Tinkercad: Tuesday, February 21, 10:00 am – noon.**

Learn about 3D modeling using a free, browser-based computer aided design (CAD) program called Tinkercad. Tinkercad can help you share visual ideas quickly and simply. Selected designs will be sent to a 3D printer. Registration is limited to 15 participants.

**TAKE A BREAK! TUESDAY AFTERNOON PROGRAMS FOR ADULTS**

Use that special window of afternoon time and take a break at the library! Register for these afternoon programs via the library's events calendar: <http://tinyurl.com/n8fmhle>.

**Babywearing Tips and Techniques: Tuesday, December 13, 1:00 pm.**

Learn about babywearing, its benefits, safety issues, and how to properly use different types of carriers. Maggie Perkins-Stovall of "Up, Please! East of the River Babywearers" presents. All are welcomed.

**Coloring, Cookies, and Cocoa: Tuesday, December 27, January 24, February 14 and March 14, 1:00 pm.**

Ride the coloring book wave in this monthly get together for adults. Meet new people; chat; listen to tunes, and find your coloring groove. Coloring pages and instruments provided or bring your own. All are welcomed; family edition program on December 27.

**Altered Books: Folded Book Pages: Tuesday, January 10, 1:00 pm.**

Altered books are popular with mixed media artists and you can add yourself to their ranks by attending this program! Learn creative ways to fold pages and turn an old book into a work of art. Library staff member Tessa Handy leads the program. Registration limited to 12 participants.

**Lifestyle Transformation: Overcoming Emotional Eating: Tuesday, February 28, 1:00 pm.**

We all can and do sometimes use food to feel better. However, if you struggle with binge or emotional eating this workshop may be for you.

**Continued on page 20**

## Public Library ... continued from page 19

Learn ways in which we use food to manage our emotions and discuss tools to manage these emotions in more positive and healthy ways. Licensed clinical psychologist Kimberly M. Daniels presents. All are welcomed.

### **Art Matters: Monet and the Impressionists: Tuesday, March 28, 1:00 pm.**

Carole Rothschild of French a la Carte presents an interactive workshop on famous French painters, including masters of Impressionism. Take part in an afternoon journey through the lives of French masters and expect a bit of exposure to French conversation.

### **CULTURAL, ENTERTAINMENT AND ENRICHMENT PROGRAMS**

All events are free but please do register to attend at <http://tinyurl.com/n8fmhle>.

### **Saturday Afternoon Concert: Shoreline Ringers: Saturday, December 3, 2:00 pm.**

Make Shoreline Ringers, a top level community handbell choir, a part of your holiday celebration this year with a program of holiday favorites, original handbell compositions, and classical transcriptions. The repertoire performed by this inspirational handbell choir is secular and popular in nature and includes varying techniques and rhythms that promise pleasure and fun for all. After all, we are Belltown! Free concert open to the public and made possible by memorial donations made in the name of Suzanne Brady.

### **Tuesday Afternoon Documentaries: Holiday Edition: Tuesday, December 6, 2:00 pm.**

Join us and enjoy four short documentary films about how people around the world approach or are affected by Christmas past, present, and future. From a Cornish village or from the forests of Norway to metropolitan London; from Northern California or from Flushing, Queens (NY), tap into joy, tough times, tradition, and remembrance in personal stories told in four short films. Films brought you by InstantFlix. Library staff member Peter Carpenter hosts the program.

### **Author! Author! CT Civilian Conservation Corp with Marty Podskoch: Saturday, December 10, 2:00 pm.**

Martin ("Marty") Podskoch, local author and retired teacher, will be talking about his book: "Connecticut Civilian Conservation Camps: Their History, Memories & Legacy." Podskoch will discuss the CCC experience for the men who passed through its cleansing days of hard work, Army discipline, and camaraderie to help support their families during the Great Depression. If you have your own story to tell, or a story passed down to you by a family member/CCC participant, here's your chance to share with an author (and an audience) what matters about our shared American history. Marty is currently working on a book about CCC camps in Rhode Island.

**Holiday Movie Night: The Ref: Tuesday, December 20, 6:30 pm.** If the holiday season is a stress test for you, it could be worse. Dennis Leary stars as "The Ref," an unfortunate cat burglar who becomes trapped in a fate worse than jail when he takes a bickering couple and annoying relatives hostage on the night of their big Christmas party. Rated R. Library staff member Peter Carpenter hosts the program.

### **Saturday Afternoon Concert: Jim Scianna Trio: Saturday, January 21, 2:00 pm.**

The Jim Scianna Trio will treat your ears (and hearts) to selections from the Great American Songbook including songs made popular by artists such as Frank Sinatra, Tony Bennett, Michael Bublé, Ella Fitzgerald, Diana Krall, the Beatles, and Stevie Wonder. Expect a high standard of musicianship and high quality jazz delivered by Jim Scianna on acoustic bass, Matt Dechamplain on piano, and vocalist Alta Dechamplain. Enjoy elegant ambiance that your family and friends will certainly appreciate and enjoy.

### **Author! Author! Cabin Fever Series with Craig Harris: Saturday, February 11, 2:00 pm.**

Master percussionist, educator, and the author of Heartbeat, Warble, and the Electric Powwow: American Indian Music (May 2016), Craig Harris leads an exciting multimedia and participatory celebration of the music of Indigenous North America. Defying stereotypes, this program combines archival video and audio, informative discussion, and collective music-making in a soundscape spanning from the "heartbeat" of powwow drums and the "warble" of wooden flutes to the electrifying sounds of Native infused rock, jazz, reggae, country music, blues, hip-hop, and electronic dance music. This event is co-sponsored by the Chatham Historical Society.

### **Romeo & Juliet through the Ages: Wednesday, Feb. 15, 6:30 pm.**

Award winning musician and instructor Jeffrey Engel will detail the eclipse and the rebirth of Shakespeare's reputation and present one of the best works based on "Romeo and Juliet," the superb ballet by Serge Prokofiev. The evening will include musical excerpts from the ballet, as well as scenes from a legendary performance by Rudolf Nureyev and Dame Margot Fonteyn.

### **Digital Photography 101 with Peter Glass: Wednesday, March 8th, 15th, and 29th, 6:00 pm.**

Back by popular request, professional photographer Peter Glass teaches the basics of using your digital camera. In this three-part series, Mr. Glass will present and discuss core photography concepts as well as camera-holding techniques and camera accessories. This series offers a great opportunity for beginners and emerging intermediates to receive or reinforce a sound understanding of digital photography. The workshops are free and are open to teens, adults, and seniors.

## East Hampton Youth & Family Services

East Hampton Youth and Family Services will be offering a "Multi-Family Support Group" beginning in February.

Join us to discuss pertinent family and parenting issues and receive support from others struggling with the same issues. Children are welcome.

This group will meet on Sundays from 1:30 pm-3:00 pm on the following dates: 2/5/17, 2/12/17, 2/19/17, 2/26/17, 3/12/17 & 3/19/17.

Registration is recommended.

For more information please contact Meggan or Jaime at 860-267-7300.

## Calling All Businesses!

MARC Community Resources (MARC) has advocated for the rights of people with disabilities since 1955. Since that time MARC Community Resources has grown into a multi-service agency with nearly 100 paid staff and over 100 volunteers. Today we serve more than 200 people with disabilities throughout Middlesex County and the Greater Hartford area by providing choices for housing, employment, advocacy and social/recreational life.

MARC's largest program is its Group Supported Employment Program. Small Group Supported Employment crews provide a vast array of companies with eager and enthusiastic employees capable of a multitude of tasks.


We provide a low cost work force while improving productivity. "The Crew from MARC has been an integral part of our Connecticut operation since 1996, and has contributed to our company's growth here during this period. They are a pleasure to work with; they have become family. There is no Greenwald without MARC," said Helmut Henry, Traffic Supervisor, Greenwald Industries (Chester).

Hiring a work crew from MARC provides companies with many benefits including increased profitability, employees who happily accept repetitive tasks without complaint, lower insurance risks, and a richer work environment for their own employees. "The MARC crews are a valuable part of our stores, not only do they keep our stores clean and safe, they brighten the experience of our staff and guests. They bring inspiration, cheer and good work ethic everyday they are here," said Gino Pacitto, Facilities Maintenance Manager, Shop Rite East Hartford/Manchester.

No job is too big or too small for MARC's work crews. Work crews are available Monday through Friday from 10 am-1 pm. If you are interested in receiving more information on hiring a MARC work crew, contact Erin Gasparini, Vice President of Vocational & Leisure Services at (860) 635-5151.


To download previous issues of East Hampton Events visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!

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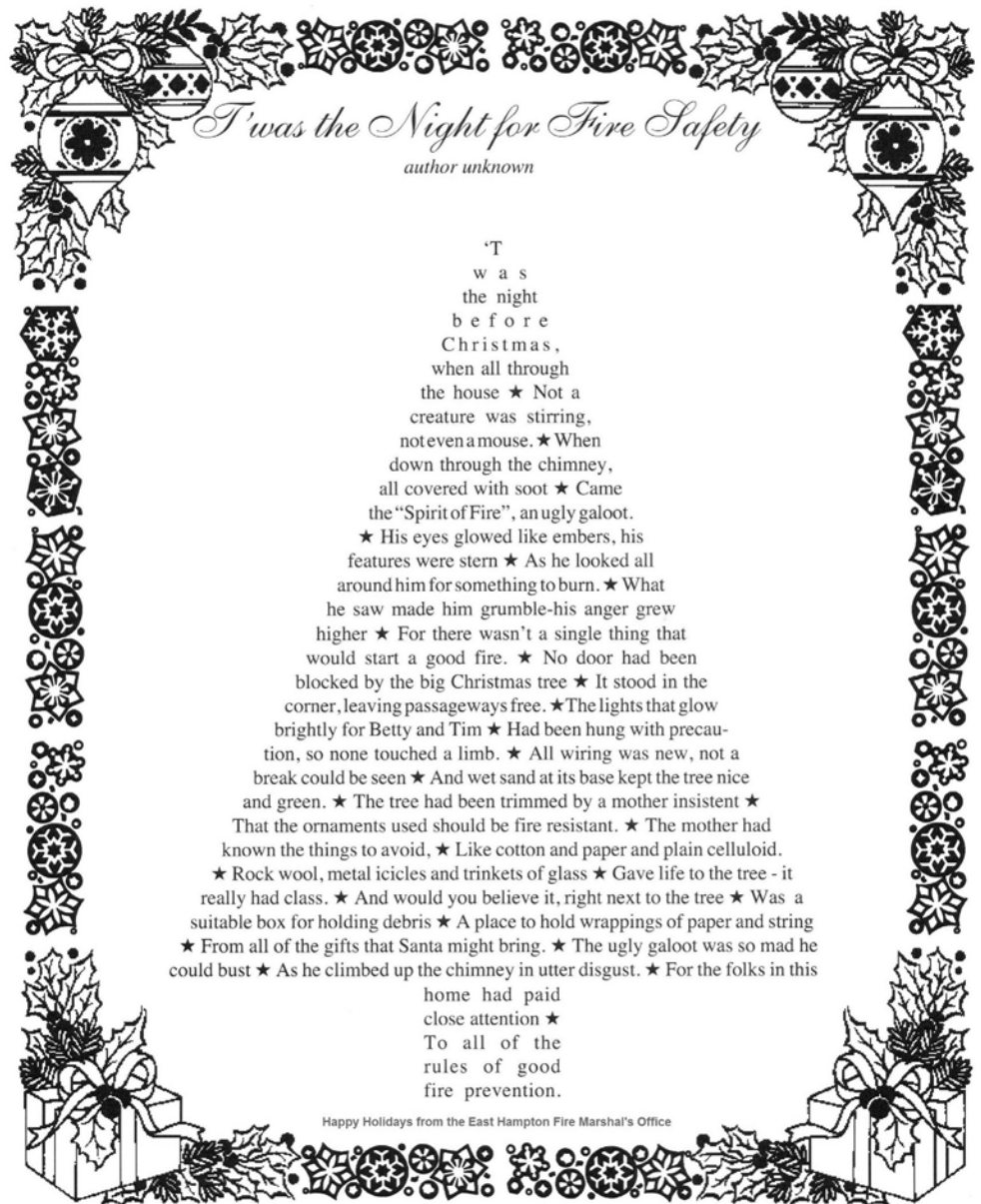
# East Hampton Fire Marshal

The East Hampton Fire Marshal's Office takes the topic of fire safety seriously. The members of our office have a combined 50 years in the fire service. We have always had an interest in the prevention of fires, and do not take this responsibility lightly. Our office participates in the annual CT Fire Prevention poster contest, and last year we had one of the county winners. We also support both the local and statewide Invention Conventions by judging for fire safety related inventions. Both the Fire Prevention Poster and the Invention Convention winners receive a ride to school on a fire truck.

The East Hampton Fire Marshal is mandated to enforce the Connecticut Fire Safety Code and the Connecticut Fire Prevention Code. These codes require us to inspect businesses, offices, manufacturing facilities, schools and homes, 3 family or above. We enforce these codes in a fair and equitable manner, to ensure that when you visit a business, you go to work, your child goes to school, or you are in your home it is as safe as it can be, so you will have a hazard free experience.

We are also required to investigate all fires or explosions within our town for cause and origin. What this means is that we basically piece together the events that led up to the fire or explosion. Think of it as trying to piece together a giant jigsaw puzzle. Sometimes we have all of the pieces and we can determine what started the fire and where (cause and origin). Other times we are missing pieces and might not be able to find out what started the fire but can determine where it started (origin).

The Fire Marshal's office is always available to answer any of your fire safety questions. Please feel free to contact Fire Marshal Rich Klotzbier or Deputy Fire Marshal Joe Guest. We can be reached at 860-267-0088. Please be aware that these are part time positions and we will respond back as soon as we are available.



East Hampton Fire Prevention Poster and Invention Convention 2016 Winners



# East Hampton Senior Center

**Are you newly retired? Are you looking for something to do? Not sure what, not sure how?**

The East Hampton Senior Center may be the place for you. The Center provides a variety of leisure, recreational activities and programs, Monday through Friday 8:30 am to 4:00 pm. The programs include exercise programs and an exercise equipment room. In addition, the Center sponsors local and not so local day trips on a regular basis. The Center provides a variety of volunteer opportunities from Meals on Wheels' drivers to Receptionists to creators of Teddy Bears for cancer survivors. In addition to the on-going programming offered at the Center, many social service programs, Medicare CHOICES, CT Energy Assistance Program, AARP Tax Assistance, etc. are offered as well.

## **What do you have to do to join the Center?**

The Center serves people age 60 and older. If your spouse is younger they are eligible to join. We ask you to register at the Center, (we give you a form to complete.) You are then registered and eligible to participate at the Senior Center. There is no fee to join the Center, although there may be individual costs for certain programs.

## **How do I learn about the programs?**

All programs are posted at the Senior Center, in the bi-monthly newsletter and in the local newspapers. To sign-up for programs with a cost you need to come to the Center and pay for the program at time of registration.

## **How do I get there?**

If you are no longer driving, the Dial-A-Ride service is available through the Middletown Area Transit (MAT). You need to



complete an application, paper apps available at the Senior Center, or you can complete online at [www.middletownareatransit.org](http://www.middletownareatransit.org). The cost is \$2.00 per ride, \$4.00 round trip. MAT Dial-A-Ride service is available Monday through Friday 9:00-4:00. MAT Dial-A-Ride service can only provide rides in the Middlesex County area.

## **Senior Community Café:**

Meals are served at the Senior Center Monday-Friday by CRT. Pre-registration is required to eat at the Senior Center. Once you complete a 'Form-5,' you can sign-up for lunches, on the computer. Staff will show you how. Twenty-four hour notice is required.

So there you have it. The inside scoop of how to become involved at the Senior Center. You are always welcome to stop by. If you have further questions please call the Senior Center at 860-267-4426 or email [jewing@easthamptonct.gov](mailto:jewing@easthamptonct.gov).

# East Hampton Public Works

It has been a busy time at East Hampton Public Works. Since our last article, the completion of many projects has occurred. Lake Drive from White Birch Road to Route 66 was reclaimed and repaved, along with Depot Hill Road. Targeted areas, smaller in size and scope, were paved by Department staff. Stop bars, crosswalks and parking lots were striped by the Department while centerline painting was completed by a contractor. All our unimproved roads were groomed as necessary, including adding gravel and rolling. Runoffs were cleared of leaves and other debris, creating effective road drainage. Catch basins outside the Lake Pocotopaug watershed area were cleaned by both the Department and a contractor. Sidewalks on Hills Avenue and North

Maple Street were replaced with repairs being made to others on North Main Street. Tree work is ongoing and will continue as budget and weather allows. Tree canopies on many streets have been lifted, providing better site lines and promoting tree health. Roadside mowing is also continuing and we are on a second pass in many areas, providing a snow shelf for any amount of snow that may come. The Transfer Station is prepared to accept leaves and brush throughout the fall, along with the regular bulky waste items. Aid to other departments has taken many forms; for example, line painting for the Board of Education, Rails to Trails for Park and Recreation, signs for the Police Department, and assistance with



improvements at the Fire Department's facilities. Crack sealing is planned for a group of roads, extending their surface life.

The expected arrival of two new vehicles will aid the Department in many areas, especially winter work. With winter coming, preparation is ongoing. Leaf removal on Town properties will continue until completion, or weather prevents.



# East Hampton Police Department



**YOU'VE BEEN WARNED!** This Holiday Season the East Hampton Police Department will ramp up patrolling and be on the lookout for seat belt violations. Failing to buckle up is dangerous and against the law, so you should always wear your seat belt.

Pictured is our new unmarked traffic enforcement vehicle. The vehicle was funded from this year's capital budget. The main purpose of this vehicle is to target distracted motorists, aggressive drivers and speeders. It is equipped with hidden emergency lighting, a mobile infraction printer, and the first vehicle in our fleet with an IN CAR CAMERA SYSTEM! This grant-funded camera

system will help to preserve evidence of the violations the officers observe such as, but not limited to: erratic driving, field sobriety tests and narcotic interdiction stops. Officers using the cameras will have a working microphone as well. Only uniformed Officers will operate the vehicle.

## ***Remember: Click It or Ticket.***

The holiday season is one of the busiest travel times of the year, and more vehicles on the roadways means potential for more crashes and more fatalities.

The United States Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming up with state and local law enforcement and highway safety advocates across the country for a high-visibility mobilization during the busy holiday travel period to make sure everyone is wearing their seat belts. The East Hampton Police Department has secured grant funding to increase our enforcement efforts.

The Click It or Ticket campaign combines increased awareness with increased patrolling to reach as many Americans as possible with one key message: Wearing a seat belt is the single most effective way to save your life and the lives of your loved ones while on the road.

*Not Buckling Up Can Be Deadly*

## Planning & Zoning Department

Everyone seems to be talking about Lake Pocotopaug these days. Whether they're talking about the scenic beauty, proximity to the commercial areas in town, or what an amazing gift from nature it is, it's on everyone's minds. Here in the Planning and Zoning Department, it's on our minds too. Unfortunately, the blue green algae that has been plaguing the lake seems to be at the heart of a lot of these conversations. As we know, there are a lot of factors at play in the condition of the lake and the list of needed improvements is long. The Planning and Zoning Department is actively engaged in conversations with other Town Departments, Boards, and Commissions concerning our role in the effort to better protect the lake. We are in the process of researching best practices in other towns and cities across the country regarding lake regulations and protection measures. In addition to better



protecting the lake through the regulatory process, we're devising ways to work with residents to limit the impacts to the water quality at the individual property level. Groundwater recharge, proper treatment of storm water, pervious pavement, rain barrels, and natural buffers at the lakes edge are all ways every homeowner around the lake can have less of an impact on the water quality.

We hope that by the spring season we have a new public information campaign and can begin to explore some changes

to our regulations to better protect this beautiful resource for generations to come. On another note, we'd like to take the time to thank the many men and women who show up month after month to volunteer their time on our land use commissions. These dedicated folks give their time thanklessly to ensure a good quality of life for all East Hampton residents and work to protect our environment and the character of the town.

*Thank you and enjoy the holiday season!*



# Middlesex Hospital Low-Dose CT Lung Cancer Screening Program

Although lung cancer is a very serious type of cancer, if it's detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

Studies have shown that low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it's more likely to be cured. Since early lung cancer generally has no symptoms, lung cancer screening is very important. Middlesex Hospital offers low-dose CT scans that can detect lung cancer in its early stages (Stage 1 or 2). They're recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there's no preparation needed beforehand. A physician order is required for the scan and it's covered by private insurance, Medicare and Medicaid.

Middlesex Hospital's multidisciplinary teams of oncologists, radiologists, nurses, social workers and other health professionals have years of experience diagnosing and treating lung cancer patients, using all of the latest treatments and technologies at their disposal. Our comprehensive approach to treatment means that we don't just focus on the cancer, we focus on the whole person - body, mind and spirit — from the time of diagnosis through survivorship.

For more information about the low-dose CT scan for lung cancer, call Renée Frost, Lung Cancer Nurse Navigator, Middlesex Hospital Cancer Center, at (860) 358-2066.

# PUMPS

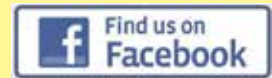


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# Volunteer Fire Department All-Terrain Vehicle

The East Hampton Volunteer Fire Department recently placed into service its newest piece of apparatus, a Polaris Ranger 6 X 6 All-Terrain Vehicle.

Designated as “Ranger 1-12,” this versatile and agile utility vehicle is housed at Company 1 on Barton Hill Road and enables our town firefighters to quickly and effectively respond to emergency incidents in off-road areas that previously had been inaccessible with the department’s current equipment.

With room for a crew of three firefighters and the capability to carry up to 1250

pounds of gear and equipment, Ranger 1-12 is outfitted with on-board fire suppression equipment to combat brush and forest fires and a full complement of rescue tools and emergency medical supplies to facilitate the timely treatment, extrication and safe evacuation of individuals who may have become injured, ill or lost while traversing challenging terrain.

In a community surrounded by heavily wooded state forest land, the EHVFDD has been dependent upon the availability of similar types of vehicles furnished and operated by mutual aid partners to



provide deep off-road emergency assistance. The arrival of Ranger 1-12 provides the Volunteer Fire Department with in-house capability that will significantly reduce response time and greatly enhance the Department’s ability to provide timely, effective and high-quality emergency services.

## WPCA

### IMPORTANT NOTICE TO THE USERS OF THE SEWER SYSTEM

Something has reared its ugly head and your WPCA wants to make sure you are aware of it. Like many cities and towns throughout our country there has been an increase in

popularity for those convenient personal and household cleaning products - wipes. These products are marketed and labeled as “flushable.” Truth be told they are flushable, as they do disappear when you flush it down the toilet. Unfortunately, they do not dissolve like toilet paper, but rather these products tend to stay intact.

Now you might find this surprising, but flushables are not the only thing being disposed of in our wastewater system. Non-flushables, i.e., female/male personal hygiene items and grease in the form of fats and oils are being poured down the drain. Grease might be a liquid at the sink, but in the cool confines of the underground sewer, grease congeals usually around... yup you guessed it.... a flushable/non-flushable. It’s a fatal attraction as the grease hardens it attracts more flushable/non-flushable items which in turn attracts more fat and the beat goes on... soon you have a nasty clog.

Therein lies the problem. Your WPCA, homeowners on the sewer system and especially homeowners with grinder pumps are facing costly repairs and replacements of pumps as this lethal combination clogs not only pumps but also sewer laterals. This problem received worldwide attention last year when London, England officials reported removing a 15 ton “bus-sized lump” of wrongly flushed grease and flushables/non-flushables - nicknamed the “fatberg.”

So before we have anything that large accumulating here in East Hampton, your WPCA asks that you flush responsibly: It’s fine to use wipes but never consider them a “flushable” product and dispose of them down the toilet; consider them a non-flushable. Be environmentally conscious and simply place them in the trash.

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# Be a Friend of the Library!

The Friends of the East Hampton Public Library (FOL) is a very small but mighty organization. Though the Friends Book Store previously located in Senior Center/Community Center space closed in early 2015, smaller-scale book and media material sales have continued without interruption.

Proceeds from these sales, off the library's lobby book rack or during pop-up sale events, have sustained the FOL and what FOL funding does for you. The FOL:

- Annually funds the majority of all costs associated with the library's Museum Pass Program. The program offers free or discounted admission to many of our area's premier destinations. The Friends take pride in knowing that the passes save East Hampton residents \$12K-\$15K per year based on usage.
- Has helped defray the costs of summer reading programs and supplies; Forwards and supports special library programs within limits but on request; Funded the start-up collection of e-books, now a growing element of library lending.
- Funds rebuilding and ongoing replacement of legal advisory books for the layperson, funded in the name of the late Larry Cheeseman, past FOL President.
- Offers a scholarship to an EHHS graduating senior, awarded annually.

You can help the FOL continue and expand its efforts to support the East Hampton Public Library by becoming a member.

CLIP ON THE DOTTED LINE

AND MAIL IN TO JOIN THE FRIENDS!

Checks Payable to Friends of the East Hampton Library  
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**Yes, I support the FOL! My membership contribution is enclosed.**  
**Friends of the East Hampton Library**  
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