

# Clinton events

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## First Selectman's Corner

The Town of Clinton has rolled out a new website which is a lot more user friendly. It is vastly improved and you can sign up for all kinds of information. You can access the website at the same address [www.clintonct.org](http://www.clintonct.org). I applaud Peter Neff, Chuck Venter, Mary Schettino, Michael Nejdil and the Website Committee for all their hard work and dedication.

The fiscal year 2016/2017 budgeting is well underway and I thank all the department heads, Boards and Commissions for their efforts. The Board of Finance will be holding a budget public hearing on April 13th. The budget referendum for the Town and Board of Education budgets is scheduled for May 11th.

We recently completed our bonding process and all went well. In addition, Moody's Investor Services has assigned an Aa-2 financial rating which is excellent news for our town.

On the development side, we are moving forward with the Mill Pond Clinton, LLC project which will be located on the existing Morgan School site. This will include a hotel, restaurant, retail shopping and residential components which will be a great addition to Clinton.

The town was awarded a \$500,000 Small Town Economic Assistance Program Grant (STEAP) for facility upgrades and improvements to the Ethel Peters Complex. The funding will be used to upgrade the existing concession and lavatory building at Ethel Peters Complex.

Human Services Department has been awarded a \$500,000 grant from the CT Department of Mental Health and Addiction Services (DMHAS). This state agency, mentioned that our team is top-notch and sets the bar for other towns in Connecticut.

Recently, we applied for a grant which will include studying the placement of sidewalks to the east and west of downtown on Route 1 for safety and future growth. With regards to sidewalks, the town is studying the feasibility of connecting sidewalks along Route 81 from the existing Morgan School to the new Morgan School.

I'm also very proud of the coordinated efforts of our Public Works, Fire Department and Police Department Services for their efforts

Continued on page 2



First Selectman Bruce Farmer

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## Contents

<b>First Selectman's Corner</b>	<b>1</b>	<b>Michael Dental of Clinton Joins Michael Dental Care on the Shoreline</b>	<b>14</b>
<b>Clinton Town Energy Committee</b>	<b>3</b>	<b>Lower Connecticut River Valley Council of Governments</b>	<b>15</b>
<b>The Water Pollution Control Commission</b>	<b>4</b>	<b>Ecology Camp</b>	<b>15</b>
<b>Free Tax Help Available for Households Earning \$53k or Less; Free Online Filing Available for Households Earning up to \$62k</b>	<b>5</b>	<b>From the Town Clerk's Office</b>	<b>15</b>
<b>CT River Area Health District (CRAHD)</b>	<b>6</b>	<b>Glaucoma National Awareness Month</b>	<b>16</b>
<b>Clinton Aquaculture Program Oyster Farm Share Trial Phase to Begin</b>	<b>8</b>	<b>Annual Art Show</b>	<b>16</b>
<b>Easter Bunny Returns to Westfarms</b>	<b>8</b>	<b>Families Helping Families</b>	<b>17</b>
<b>Clinton Land Conservation Trust – Something for All Ages</b>	<b>9</b>	<b>Vista Starlight Benefit 2016</b>	<b>17</b>
<b>The Clinton Parks &amp; Recreation Department</b>	<b>10</b>	<b>Reduce the Risk of High Cholesterol Options for Cholesterol Control</b>	<b>18</b>
<b>Henry Carter Hull Library</b>	<b>14</b>	<b>"It Happens Every Spring," a Baseball Comedy, is Coming to Clinton</b>	<b>19</b>
<b>The Mask You Live In</b>	<b>14</b>	<b>SmartER Appointments Now Available at Shoreline Medical Center</b>	<b>20</b>
		<b>Morgan Building Committee</b>	<b>20</b>

SELECTMAN'S CORNER...continued from page 1

during the two recent winter storms and for all they do all year long.

In addition to their efforts on our new website, our Technology Department is working hard to improve all of our systems for all of our agencies and departments in town to enable our people to share needed information more efficiently.

We are also exploring various initiatives and housing for seniors.

The First Church of Christ Congregational Church is very pleased to be the owner of

the historic Academy Building. We are sure that the church will be great stewards of the property.

The new Morgan School is on track in all aspects thanks to the Morgan Building Committee.

I continue to welcome new businesses to Clinton and hope you will support them.

Here's to an early spring!

Bruce

# Clinton Town Energy Committee

Energy Saving Fact: A tell-tale sign that your roof is not fully insulated is when you start to develop ice stalactites on your gutters. If you have this problem either at your home or at your business then the Clinton Town Energy Committee can direct you to two energy saving programs which can help you mitigate this issue.

For your home, both owners and renters can apply to have a Home Energy Solution (HES) done. This is more than just an energy audit, a dedicated crew will spend several hours checking and sealing up all major air leaks, replace your shower heads with water saving ones and replace all your old incandescent bulbs. The cost for this is only \$99, \$25 of which goes directly to Clinton's Families Helping Families. If you are income eligible then this service is free and in fact you may qualify for additional free services such as free insulation and in some cases a new

refrigerator. You are already subsidizing this service on your electric bill each month so now is as good a time as any to take advantage of this program. To schedule an appointment simply call 1-877-WISE-USE (1-877-947-3873). Over 600 homes in Clinton have already completed this audit.

If you are a small business here in town you are entitled to a free energy audit of your building under a program called the Small Business Energy Advantage. After the audit you will be presented with an energy saving plan and a financial breakdown showing any potential monthly energy savings if the recommended upgrades are made. To schedule your free audit please call 1-877-WISE-USE (1-877-947-3873).

The Clinton Town Energy Committee is dedicated to helping all Clinton residents save energy and money.



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# The Water Pollution Control Commission

The Water Pollution Control Commission has made considerable progress over the last few months regarding an extension of public water to the Rocky Ledge Study Area. A STEAP grant was submitted to the Office of Policy and Management in January. Also a preliminary engineering report was sent by CDM Smith to the Department of Public Health to receive a low interest loan and possibly a grant. The WPCC's consultant presented a scope of work to the commission at the February meeting and this will be presented to the Board of Selectman and the Board of Finance for approval before moving to a town meeting. The WPCC anticipates the water extension to the roads in the Rocky Ledge study area will become a town project and could move forward by next year. Bringing public water in to the area is only one piece of the solution. The Rocky Ledge study area will not be removed from the facilities plan, but will be included in the Decentralized Wastewater Management Program with on-site upgrades or monitoring. This is a positive step forward for solving one of the wastewater problems in one section of town with a potentially accelerated schedule.

On to another project, the Clinton Septage Lagoons have been sitting idle for approximately 13 years. The WPCC has been reviewing monitoring well reports for years and also paying a nominal permit fee, since they were never officially closed.

A closure plan was sent to the DEP in 2003 and for one reason or another it did not get reviewed. Hal Dolan past chairman and lagoon guru said enough is enough; we need to close these once and for all. But, obtaining the necessary funding to properly close them was not in the town's budget. A federal EPA lawsuit was brought against Unilever and settled in federal court in April of 2014. As part of the settlement the Town of Clinton received \$250,000 to fund various water quality or ecosystem restoration projects in the lower Hammonasset River watershed. When Hal Dolan heard of the settlement he approached First Selectman William Fritz and requested that some of the funds from the settlement be used to close the town's septage lagoons. An agreement was reached between the Town of Clinton and the Connecticut Department of Energy and Environmental Protection in July that the septage lagoon closure proposal met the objectives of the funding language. The WPCC's consultant CDM Smith is in the process of submitting a scope of work for town review. There is no liquid septage left in the lagoons and they are overgrown with vegetation. Composite soil samples will be done by the Department of Public Works, overseen by the consultant to keep the costs down. The WPCC hopes the lagoons can be filled in and over seeded.

And finally, it is anticipated that the Draft Facilities Plan will be submitted to the Department of Energy and Environmental Protection in March.

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# Free Tax Help Available for Households Earning \$53k or Less; Free Online Filing Available for Households Earning up to \$62k

Low-and moderate-income families can receive free tax preparation in Middlesex County. Households with income up to \$53,000 are eligible for free tax preparation assistance now through April 12 at local Volunteer Income Tax Assistance sites, and households with income of up to \$62,000 can prepare their taxes free online at [myfreetaxes.com](http://myfreetaxes.com).

The Volunteer Income Tax Assistance program is an official IRS program, and all tax preparers are trained and certified to ensure that low-to moderate-income families receive the refunds and credits that they have earned, including the federal and state Earned Income Tax Credits and the Child and Dependent Care Tax Credit.

Appointments are required and are being offered during the evenings and on Saturdays in downtown Middletown. To make an appointment, dial 2-1-1 from any phone or visit [211ct.org](http://211ct.org). 2-1-1 is available 24 hours a day, 7 days a week.

Individuals should bring a check or bank statement for direct deposit of their refund. Direct deposit is the quickest way to receive the refund, usually within 7 to 14 days. When attending their pre-scheduled appointment, individuals should bring: valid photo ID for yourself and your spouse; social security

cards or ITIN for everyone in the household; birth dates for everyone in the family; documentation for all income; interest and dividend statements; documentation for deductible education expenses and student loan payments; total amount paid for child care as well as day care provider's tax identification number and address; property taxes paid, including automobile taxes; evidence of health care coverage in 2015; a copy of last year's federal and state income tax returns, if available; and the current year's tax package if available.

Middletown VITA sites are coordinated by the Middlesex VITA Coalition, a partnership of Middlesex United Way and the North End Action Team. The Middlesex VITA Coalition receives support from the Connecticut Association of Human Services.

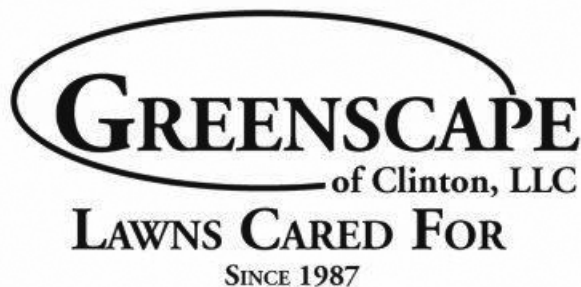
Households with income up to \$62,000 last year can prepare their state and federal taxes for free at [myfreetaxes.com](http://myfreetaxes.com). MyFreeTaxes tax filing software is provided by H&R Block, which uses the highest industry standards to safeguard taxpayer information. It is the first free online tax preparation and filing product available in all 50 states and Washington, D.C. MyFreeTaxes is sponsored by United Way, with a grant from the Walmart Foundation. Visit [www.myfreetaxes.com](http://www.myfreetaxes.com) to get started.

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# CT River Area Health District (CRAHD)

## Zika Virus Information

The Connecticut River Area Health District (CRAHD) will be monitoring the Zika virus with State Health Officials and is preparing to be part of a statewide response if needed. CRAHD offers the following information and CDC links regarding the virus:

**Areas with Zika:** The first confirmed cases of Zika virus were reported in Brazil in 2015. Local transmission of the virus has been reported as close as Puerto Rico and the Virgins Islands. Although there have been cases within the US, there haven't been any reports of locally transmitted cases in the continental USA. As of this writing, the only cases seen in the US are those returning from affected areas of the world. <http://www.cdc.gov/zika/geo/index.html>

**Transmission:** Zika virus is transmitted to people through the bite of an infected Aedes mosquito. (CT is home to Aedes species mosquitoes) Mosquitoes become infected when they bite a person infected with the virus, and then the mosquito could spread the virus to other people through bites. <http://www.cdc.gov/zika/transmission/index.html>

**Prevention:** As with other advice with mosquito transmitted diseases such as west Nile virus, avoid mosquito bites by

protecting yourself. Aedes mosquitoes are very aggressive biters, and routinely bite during daylight hours, so protection from mosquito bites is required throughout the day. There currently is no vaccine or medicine to treat Zika virus. <http://www.cdc.gov/zika/prevention/index.html>

**For Pregnant Women:** Researchers are studying a possible link between Zika virus infection and birth defects, particularly microcephaly in newborns. Because of this, CDC recommends that pregnant women and women attempting to become pregnant take special precautions and follow travel restrictions to areas where Zika transmission is ongoing. It has been found that mother to fetus transmission could occur. If travel to Zika active areas cannot be avoided, strict adherence to mosquito bite prevention is warranted. It is also recommended that women in this category discuss risks with their physician prior to travel. <http://www.cdc.gov/zika/pregnancy/index.html>

**Symptoms, Diagnosis And Treatment:** About 1 in 5 people infected with Zika virus become ill, with most illnesses mild. Common symptoms are fever, rash, joint pain, conjunctivitis, muscle pain and headache. If you are sick enough to seek medical attention, and have traveled to an area where Zika virus is active, you should let your Doctor know. Zika virus can be identified

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## Clinton Aquaculture Program Oyster Farm Share Trial Phase to Begin

As part of the \$250,000 Unilever settlement awarded to the Town of Clinton, the Clinton Shellfish Commission has received a portion of those funds for shellfish restoration, educational efforts and to implement a shellfish farm share program for residents.

For over a decade, the Clinton Shellfish Commission has been actively working to restore the Town's oyster habitat. The presence of shellfish, particularly oysters, has many positive environmental benefits including improving water quality and increasing habitat for a variety of marine species.

This award is a huge step in increasing shellfish populations, improving water quality, as well as allowing for a safe means for Town residents to share in the Town's shellfish population through a Community Supported Aquaculture arrangement. As part of a multi-year plan, the Town is scheduled to add 2 million oyster seed to the Harbor in 2016 and another 1 million in 2017. A single oyster is capable of filtering up to 50 gallons of water each day. With the addition of millions of oysters in and around Clinton Harbor, the impact on water quality should be measurable.

Currently, there are no certified areas within Clinton Harbor for direct consumption of shellfish. Taking of and consuming any shellfish within Clinton waters is strictly prohibited. However,

the Clinton Shellfish Commission will be able to mirror the current commercial operation process of Indian River Shellfish. Indian River Shellfish, a locally owned and established oyster farmer, will be working with the Clinton Shellfish Commission to manage the Town's oyster population.

When oysters reach maturity at the nursery in Clinton Harbor, they will be moved to a certified depuration lot outside the harbor for a period of time. Once approved by the State Bureau of Aquaculture, only then can they be harvested direct to consumers or market.

During 2016, a limited number of oyster farm shares will be offered to Town of Clinton residents. The Oyster Farm Share Program is scheduled to fully start in 2017 with more shares being offered at that time. Though not finalized yet, the Commission also hopes to sell 'a la carte' oysters to Clinton residents at a discounted price at the Farmer's Market.

The Clinton Shellfish Commission is composed of 7 volunteer members appointed by the Board of Selectmen and currently has two openings on the Commission. If you are interested in learning more about the Farm Share program and membership, educational and volunteer opportunities, or becoming a member of the Commission, please go to [www.clintonshellfish.org](http://www.clintonshellfish.org) for more information.

## Easter Bunny Returns to Westfarms

With spring just around the corner, Westfarms is preparing for the anticipated arrival of the Easter Bunny. The Easter Bunny began greeting visitors in Bunnyville – a three-dimensional town for kids to explore on March 4th. Located on the lower level in Center Court, Bunnyville features many places to visit including Hoppin' Fresh Bakery, Hare Salon and 24 Carrot Bank. The last stop along the adventure is an opportunity

to visit with the Easter Bunny and have photos taken. Those who visit the Easter Bunny will receive a complimentary gift. This special family-friendly holiday experience is being offered exclusively at Westfarms from **March 4 through March 26** on Mondays through Saturdays 10 am to 8 pm and Sundays 11 am to 6 pm. For more information visit [www.shopwestfarms.com](http://www.shopwestfarms.com).

# Clinton Land Conservation Trust – Something for All Ages

As in past years, CLCT sponsors events that span all age groups with the goal of bringing awareness to the great outdoors here in Clinton. Check out what we have planned for 2016.

- March: CLCT will award four, two week Eunice Symonds Scholarships to Bushy Hill Nature Camp to students at Pierson School. These students “earn” their week by submitting a persuasive essay to the Board.
- April: Our annual and ever popular “Peeper Prowl” is free to everyone interested in learning about vernal pools and the life that springs from them. Come listen to and observe choruses of peepers, bullfrogs, tadpoles, water beetles and more. This will be held at the Indian River Sports Complex, date TBA.
- May: CLCT awards the Alice and David Crosby Environmental Scholarship for \$1,000.00 to a high school senior pursuing a college degree in the environmental field.
- June: Our National Trail Day Hike scheduled for June 4th, location TBA.
- July: Dana Skidmore, a local teacher and marine biologist, leads our Ecology Camp co sponsored by the Clinton Parks

& Rec. Here campers compare and contrast different habitats. They spend three days at the Town Beach exploring salt water habitats and two days learning about woodland, vernal pool and stream ecology.

- August: CLCT co sponsors a reading program with the Children’s Room at the Henry Carter Hull Library.
- September: This is “Save the Sound” month so we will be meeting at the Town Beach for breakfast and beach cleaning. All of our data is submitted to the International effort to reduce litter. Date TBA.
- October: CLCT schedules its annual meeting on Monday, October 17th with a guest speaker TBA.

All of these events are made possible by your donations. For more information about upcoming events and dates, please check our web site at [www.clintonlandtrust.org](http://www.clintonlandtrust.org). “Like” us on Facebook!

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# The Clinton Parks & Recreation Department

**MARTIAL ARTS:** Tony Pinto's Martial Arts Academy located at 130 Ft. Path Road in Madison. Telephone 203-530-4730. Taekwondo (ages 3-Adult) and Cardio-Kickboxing (ages 10 - Adult) classes are offered. Session 3: March 28 - May 8, Session 4: May 9 - June 19, Session 5: June 20 - July 31, Sessions consist of 2 classes/week for 6 weeks for \$65 (non-residents \$75).

**KIDS' KITCHEN:** (Clinton Residents only) Grades 1, 2 & 3: April 13th, May 11th & June 8th. Location - Joel School, Café, and Time: 3:15 - 4:45 pm. Kids' Kitchen is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit to Kids' Kitchen is a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Children will learn the basics in kitchen safety, proper food handling, food preparation, cooking techniques, presentation and so much more! April 13th: Homemade Fudge, May 11th: Homemade Pizza Dough and Pizza, and June 8th: Homemade Granola Bars and Smoothies. We will be sending fliers home with a complete description of each class. Fee for each class is \$26 per student.

**SPRING BREAK SOCCER SKILLS CAMP:** With Brad Jeeves (Ages 6 - 14) April 18-22. Time: 9 - 3 pm. Fee: \$250 (\$260 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Gloves, Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will NOT be able to register online for this Camp.

**SPRING BREAK SOCCER SKILLS CAMP:** With Brad Jeeves (Ages 6 - 14) April 18-22. Time: 9-12 pm. Fee: \$130 (\$140 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will NOT be able to register online for this Camp.

**SPRING BREAK SOCCER SKILLS CAMP:** With Brad Jeeves (Ages 6 - 14) April 18-22. Time: 5-8 pm. Fee: \$130 (\$140 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will NOT be able to register online for this Camp.

**SPRING BREAK GOAL KEEPING CAMP:** With Brad Jeeves (Ages 6 - 14) April 18-22. Time: 5-8 pm. Fee: \$140 (\$150 Non-

Continued on page 11

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**PARKS & RECREATION...** continued from page 10

residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will NOT be able to register online for this Camp.

**CT COMPUTER EDUCATION SESSIONS:** LAEG Minecraft 3D In The Cave. Ages: 5 to 11 years, Wednesdays: March 23, 30, April 13. Time: 4 - 5:30 pm. P & R Building, 201 Killingworth Turnpike. This class combines Engineering and LEGO™ building in one class. Come join fun with Steve as he takes an adventure through the caves of Tikki Land exploring zombies and spiders. Have fun making a pickaxe and playing various games. Bring your tablet with Minecraft already installed or make a new friend and share their tablet. No Legos will be taken home. Please bring a snack every day to class. Pictures will be emailed home. Children will work individually and in groups. Fee is \$80 (Non-residents \$90).

**LEGO™101:** Wednesdays, May 4, 11, 18, 25, June 1. Time: 4 - 5:30 pm. Location: P & R Building at 201 Killingworth Turnpike, Clinton. Fee: \$85 (\$95 Non-residents). This class makes all the Lego™ bricks go haywire. Use our books to create androids, machines and cars to create your own invention. Children will work individually and in groups. No Legos will be taken home. Please bring a snack to class. Pictures will be emailed home. Fee is \$85 (Non-residents \$95).

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

**WEDNESDAY MORNING PAINTING,** Open Studio: Adults (18+) P & R Building, 201 Killingworth Turnpike, Route 81, Clinton. Time: 9 am - 12 noon. Join a supportive group of people with similar interests. Tables and chairs provided. Please bring your own projects and supplies.

**ZUMBA:** Zumba is exercise in disguise! It's a Latin inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know how to dance to take a Zumba class. We create a non-competitive party atmosphere where participants can interpret the dance rhythms in their own way. Classes are offered on the following days and times: Mondays from 6 - 7 pm, Thursdays from 10 - 11 am and Saturdays from 9 - 10 am. All classes are held at the P & R Building located at 201 Killingworth Turnpike, Clinton. Fee: \$5 per class.

**ADULT CO-ED VOLLEYBALL:** (Adults Only) Open gym. Have some fun and join us for a friendly game of volleyball. The games will be played on Monday evenings from 7:30-9:30 pm at the following locations. April: Morgan Gym A. May: Eliot Gym.

Continued on page 12

# PASSION

We are fortunate and grateful for the great work being done by our neighbors, those who are giving of their time, talent and resources to support a passion or area of interest that is special to them and benefits our communities. At the Community Foundation of Middlesex County, we connect these valued donors with worthy causes to address the important work of helping others.

We provide donors with a way of targeting their gifts, so they have the maximum benefit in the community, and we provide support services, programs, and grants to local nonprofit organizations. The result is improving the quality of life for all through the arts, education, the environment, heritage enhancement, human services, animal welfare, and much more. Learn how we can help you support your passion and your community. Learn how we can help you support your passion and your community. **Visit us at [middlesexcountycf.org](http://middlesexcountycf.org) or call us at 860-347-0025.**



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**PARKS & RECREATION...**...continued from page 11

**MEN'S BASKETBALL:** (Adults only) It's open gym. Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm. The following schedule shows all the details:

April: Tuesday and Thursday evenings at Morgan, Gym A.  
May: Tuesday and Thursday evenings at Morgan, Gym A.

**GIRL'S SOFTBALL PROGRAM:** For girls in Grades 1-3. Program is held on Mondays and Wednesdays after school from 3 - 5 pm at the Peters Complex. Practice will begin April 25 (weather permitting). Games will begin May 4th and the program ends June 8th. Fee is \$35. Registration forms will be sent home after the February vacation.

**SPRING TENNIS LESSONS:** More information to follow. Please check our website.

**FALL SOCCER REGISTRATIONS:** May. More info to follow.

**TOWN BEACH.** Tentatively scheduled to open June 18th and visitors will be required to have a Beach Pass for their cars. Passes are sold at the Gate Keepers booth. Fees are as follows: Resident Pass Fee: \$20 Per Car, Senior Resident Fee: \$10 Per Car. Non-Resident Daily Parking Fee: \$25.

**CLINTON FAMILY DAY: JULY 30.** Time: 9 am - 2:30 pm at the Clinton Town Beach. Sand Sculpture registrations begins

at 8:30 am. Come and enjoy a day of Games, Arts & Crafts, Races, Music, Face Painting, Snacks, Prizes & more, all provided Free for children between the ages of 4 -12 and their parents. We will be posting a time schedule for all of the events on our website as the day approaches. Please mark your calendar! If you would like to volunteer to help on July 30th, please call the P & R Office at 860-669-6901 or send me an email.

**ENVIRONMENTAL ECOLOGY CAMP:** June 27 – July 1 or July 11 – 15. Time: 9 am - 12 noon. For children entering grades 2 – 6 as of September 2015. Registration for Ecology Camp will open on May 15th to Clinton residents (Clinton residents will get “first dibs”). Non-residents may register after May 29th.

Monday, Wednesday, and Friday: at the Clinton Town Beach. Tuesday at the Entrance of Peter's Woods, Valley Road. Thursday at the Indian River Recreational Complex. Beach Days: Join local teacher and Clinton Land Trust Board Member, Dana Skidmore, for 3 mornings of beach exploration. Children will be introduced to varying habitats: the salt marsh, the sandy beach and the mud flats. They will use bucket and dip nets as well as beach seines to experience the local marine life in the sound. They will get a crab's eye view of barnacles feeding, periwinkles grazing on algae, green crabs scurrying about, and ospreys flying overhead and great egrets majestically wading in the water. Peter's Woods & Indian River Complex: Discover some of Clinton's finest hiking

**Continued on page 13**



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**PARKS & RECREATION...**continued from page 12

trails! Spend two mornings with Mrs. Skidmore exploring local animal and plant species. Discover the mystery of a vernal pool and all of its inhabitants. Learn the difference between a red oak and a white oak tree, feel the strong bark of a tulip tree and experience the smell of a black birch tree branch. Listen to the woodland bird songs, discover many life forms that live under logs in the forest, and catch a glimpse of a painted turtle sunning itself on a log. Gain an appreciation for our outdoor world and learn about ways in which you can protect it for future generations. Have fun while learning and make new friends! Fee: \$125 (\$150 Non-residents).

**Half Day Ecology Camp (Pay-It-Forward):** Children entering Grades 2-6 as of September 2015 Benefitting the Pierson School's Science Cultural Arts Program. Dana Skidmore has chosen to give 100% of the proceeds back to the Pierson School to enhance the Cultural Arts Program. In particular, she would like to book more hands-on science programs.

Date: July 6. Time: 9:00 am – 12:00 pm. Suggested Donation: \$30 per child (Clinton Residents Only!) Locations: Clinton Town Beach, Waterside Lane. Drop Off: at the far pavilion by the concession stand.

Whether you have experienced Ecology Camp or not, now is your chance to spend the morning at the Clinton Town Beach exploring and discovering many of the plants and animals of Long Island Sound. Observe osprey in flight and witness the majestic great egret spear minnows in the shallow eel grass. Feel a flounder, catch a crab, and understand the feeding behaviors of our local invertebrates. Don't be afraid to get dirty and wet. Move your body while playing eco-friendly games. Understand the importance of protecting our Earth, and all its inhabitants.

Supplies: Buckets and nets are provided. Explorers must wear shoes that can get wet or dirty (crocs, tevas, keens etc.) **NO BARE FEET ALLOWED!** Children must bring a snack, water bottle and please apply sunscreen before the day begins. You may wear a bathing suit and pack a bag with a towel.

**PEE WEE SOCCER CAMP** (with Brad Jeeves): Ages: 4 – 6. Dates: July 18 - 22 or August 8 - 12. Time: 5 – 6:30 pm. Fee: \$65 (Non-residents \$75). Location: Indian River Recreational Complex. Level: Beginner (Rec) / New to Soccer / New to structured activities. Focus: Instill a love and excitement for the game by implementing fun games and drills. Description: What better ways to introduce your little one to the World's Game than by having them participate in B.E.S.T's Pew Wee Camp? Players are taught a variety of skills in fun, low pressure games and activities. The primary focus is FUN in a safe and structured environment.

**OPEN SOCCER CAMP** (with Brad Jeeves): Ages: 6 – 16. Dates: July 18 - 22 or August 8 - 12. Time: 5 - 8 pm. Fee: \$120 (Non-residents \$130). Location: Indian River Recreational

Complex. Level: Beginner (Rec), Intermediate (Travel Level). Players will be divided by age and adjusted by ability level. Focus: The development of technical and tactical ability while having fun in a variety of developmental drills and games. Description: With increased skill comes increased success. With increased success comes a higher level of enjoyment. At B.E.S.T our ultimate goal is to share our love for the game with the participants of the program in the hopes that players will come to love the game as we do. You must bring the following to Camp: Shin Guards, Soccer Ball, Plenty of Water & a Small Snack.

**GOALIE CAMP** (with Brad Jeeves): Ages: 7 - 15. Dates: July 11 – 15 or August 15 - 19. Time: 5 – 8 pm. Fee: \$140 (Non-residents \$150). Location: Indian River Recreational Complex.

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## Henry Carter Hull Library

We're excited for spring at the Library! National Library Week takes place from April 10-16, and we have some great Adult Events in store. Thanks to an anonymous donor, A Place Called Hope Raptor Rescue will present its Birds of Prey program on Monday, April 11 at 7 pm. We'll also host the first annual HCH Author Festival, where local authors can come to display and discuss their works with the community. For more information on the Festival, contact [Elizabeth@hchlibrary.org](mailto:Elizabeth@hchlibrary.org). For more information about these and all HCH Library events, be sure to visit the NEW [www.hchlibrary.org](http://www.hchlibrary.org).

The Henry Carter Hull Library in conjunction with the Connecticut Department of Labor will host a Summer Jobs Workshop for Teens on Thursday, May 19, 2016 from 1:00-

3:00 pm (Early Dismissal Day for Clinton Students). A Career Development Specialist from the Connecticut Department of Labor will provide information about various laws and wages pertaining to working teens. The workshop will also include resume writing, preparing and presenting yourself for an interview, post-interview follow-up, strategies for organizing your job search, and many helpful tips for finding that perfect summer job.

All children in grades 4-7 are invited to join us for Tween Time each month this spring. We'll make some wands in March, a terrarium in April, and learn about the mysteries of the Ouija in May. Check out our website for details.

## The Mask You Live In

Is the American ideal of masculinity harming our boys, men, women and society at large? Find out and better understand our culture, and the associated pressures and limitations about how boys are generally raised in our society. Come to a free screening of "The Mask You Live In," a film by Jennifer Siebel Newsom on Sunday, May 15th from 3 to 5 pm at the Morgan Auditorium. This candid and powerful film follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.

This presentation is geared toward the following adult audiences: Parents, Relatives, Coaches, Teachers, Clergy,

and Community Members who interact with boys of all ages. Discussion to follow film on how we individually and as a community can positively impact the social-emotional development of boys of all ages on the Shoreline.

For more information contact Andrea Kaye, 860-669-1103 or [akaye@clintonct.org](mailto:akaye@clintonct.org). Pre-registration appreciated. Child care available upon request. Check out the trailer at: <http://therepresentationproject.org/>. Website: [www.themaskyoulivein.com](http://www.themaskyoulivein.com).

Sponsored by Clinton Youth & Family Services, Partners in Community, Clinton PTA and Clinton Public Schools.

## Michael Dental of Clinton Joins Michael Dental Care on the Shoreline

In 2006, Michael Dental Care opened its doors in Guilford, offering patients a unique dental office experience. In his modern facility with state-of-the-art equipment, Dr. Vincent J. Michael offers his patients high-quality dental care in a uniquely relaxing environment with spa-like amenities. Now, ten years later, another Michael Dental has come to the shoreline as Dr. Stacey C. Michael opens Michael Dental of Clinton at the former office of Drs. Kaufman and Shah. Drawing on the coastal charm and seaside elegance of its location among the Clinton marinas, Dr. Michael is looking forward to creating another relaxing dental environment that focuses on patient care and comfort. Both offices offer a full range of General and Cosmetic Dentistry for the

entire family. The procedures offered range from routine exams and cleanings to complex dental implant rehabilitations. The doctors are trained in Invisalign and Zoom tooth whitening, and make appliances for grinding, clenching and sleep apnea. Michael Dental Care and Michael Dental of Clinton are happily accepting new patients. Both offices are staffed with friendly and enthusiastic people who are always ready to accommodate patients and answer any questions. For more information about Michael Dental Care in Guilford, please call 203-453-0499 or visit [www.michaeldentalcare.net](http://www.michaeldentalcare.net). For more information about Michael Dental of Clinton, please call 860-669-5777 or visit [www.michaeldentalclinton.com](http://www.michaeldentalclinton.com).



# Lower Connecticut River Valley Council of Governments

More and more, people are becoming interested in where their food comes from and how to support their local farmers. And more and more, they seek to find the freshest food around for their families.

Did you know that there are almost 75 farms in Middlesex County alone!? Ever wonder if there was an easier way to find the farms, learn about what products they sell and find the best times to visit?

The Lower Connecticut River Valley Council of Governments Regional Agriculture Council – the first formed in the state – has taken a step that will make it easier to find where to buy such fresh food!

Using an “Ag Viability” grant provided by the Connecticut Department of

Agriculture, the Regional Ag Council has launched a website titled “Know Your Farmers” in an effort to introduce many of the farms and farmers from Middlesex County to the public. The public will be able to search for fresh food by town, by farm and by product. The website will also provide notices of events occurring at our local farms and will include a page sharing recipes. The Ag Council, whose members are all local farmers themselves, will include a “Farm of the Month” which will tell the story of a farm and the people who pour their blood, sweat and tears into the land.

The mobile-friendly website will allow you to search out just the right farm and products to support your efforts



to support your local farmers! Go to <http://www.ctrivervalleyfarmers.org> at your desktop, on your tablet or on your Smartphone and start exploring! To learn more about the RiverCOG Regional Ag Council, go to <http://www.rivercog.org/agriculturecouncil>.

## Ecology Camp

Clinton Land Trust and Clinton Parks & Recreation are sponsors. Join CLCT Board Member and local teacher, Dana Skidmore, for a week of outdoor exploration. During Ecology Camp, Mrs. Skidmore and her counselors will guide campers through many different habitats. Monday, Wednesday & Friday will be spent exploring the brackish, estuarine habitat of Long Island Sound. Here, campers will discover the sandy beach, salt marsh & rocky intertidal zone of the Clinton Town Beach. They will discover things like crabs scurrying about, snails sliming on seaweed, horseshoe crabs hunting for clams, and flounder flipping out of the beach seine! While exploring, campers will witness the majestic osprey flying overhead, diving cormorants, and snowy egrets feeding in shallow water. On Tuesday and Thursday, campers will compare and contrast

freshwater and woodland habitats. They will explore Peter's Woods, a CLCT property as well as the hiking trails at the Indian River Complex. While here, campers will be searching for snakes, turtles, salamanders, insects, toads and so much more. In addition to discovering new species, campers will take part in ecological games and skits while making new friends along the way.

**Ecology camp dates:** each week is 9-12 noon. Week 1: June 27- July 1st, Week 2: July 11 - 15th. Contact Lois Ruggiero at Clinton Park & Rec at 860-669-6901. \$130 per child.

**Annual Pay-it-forward “Ecology Day” is July 6th.** A one day “ecology camp experience,” 9 -12 at the Clinton town beach. 100% of the proceeds made will benefit Pierson school's science programs. (\$30 suggested donation)

## From the Town Clerk's Office

### Important Dates To Remember

April 5th Absentee Ballots become available  
April 26th Presidential Primary  
May 4th Annual Budget Meeting  
May 11th Budget Referendum

**Permanent Absentee Ballots:** An elector can file an AB application together with a doctor's certificate (presumably on letter head), stating that they have a permanent disability and are unable to appear in person at their polling place. This will allow an elector to be on our Permanent Absentee ballot

list. AB ballots will then be automatically mailed to the elector for the Primary and Presidential Election.

### Fishing Opening Day is Saturday April 9th

Sports licenses are available in the Town Clerk's office as well as on the DEEP website.

### Dog Licensing Begins June 1st

If you should have any questions, please call the Town Clerk's Office at 860-669-9101.

**Sharon Uricchio, CCTC, Clinton Town Clerk**

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## Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the “thief of sight” since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is Yale educated specialist and trained in Trabectome glaucoma surgery.

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## Annual Art Show

The Annual Clinton Art Society Members Art Show and Sale will open to the public on April 20 - May 31, during Town Hall hours. Free Admission. Green Room, Andrews Memorial, Route 1, Clinton. Information: 860-399-6917.

## Families Helping Families

Ten years ago we started out with one mission and that was to provide energy assistance to Clinton families. Since that time we have grown into an organization that has five community outreach programs serving the Clinton community. We try and met the needs of the people of Clinton from the youngest to our senior citizens. From energy assistance to back to school supplies to warm clothing we have been able to lend a helping hand.

We could not accomplish anything in the Clinton community if it were not for the overwhelming support of the people of Clinton. Your support has allowed us to expand the services that we can provide. You truly are the Families Helping Families. From our modest beginnings your willingness to share your resources has allowed us to continue to expand our mission. Because of you this year we will be able to commit the largest amount of dollars ever to our mission to provide aid to Clinton families. This year we will commit \$42,000 to fund our various outreach programs. This is a testimony to the entire Clinton community. Without your willingness to support us there would be no Families Helping Families.

We hope you will join us for a very special event on Saturday April 2. We will be hosting along with The Shoreline Community Women a Crazy for Cupcakes Event. This event



Families Helping Families Board of Directors announces their 2016 commitment to the families of Clinton in the amount of \$42,000. This amount will go towards funding FHF five community outreach programs. From left to right : Jerry Vece, Jessica Demers, Lynn Hidek, Mari Lee, Dave Lee, Jane Scully Welch, Miner Vincent. Missing from the picture is Dawn Hittle.

will be at the Clinton Town Hall from 6 pm-8 pm. This is a free donations event and will be accepted for SCW Boxes for Soldiers Program and FHF Kids Programs. Come and enjoy the many different cupcakes that will be entered and support two very worthy causes.

Miner T. Vincent, President  
Families Helping Families

## Vista Starlight Benefit 2016

**Saturday, April 16th**

Enjoy live and silent auctions, dinner and entertainment on April 16 at the Water's Edge Resort & Spa in Westbrook to benefit Vista Vocational & Life Skills Center. Event carries a "Welcome Ashore" theme – come dressed as a shipwrecked castaway from the 1960s! Tickets start at \$100. Visit [www.vistavocational.org](http://www.vistavocational.org) to purchase tickets or for more information.



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# Reduce the Risk of High Cholesterol Options for Cholesterol Control

There's more than one way to tackle the risk of high cholesterol. That's a type of fat that can clog up your arteries and block blood flow.

Check it out. Without being tested, though, you can't be certain about your risk. Yes, you might be in good company being in the dark: For example, nearly half of Hispanics in the U.S. who have high blood pressure are unaware of it. But, no, ignorance is not bliss.

If you haven't had a recent cholesterol test, why not schedule one now? You can do it in honor of National Cholesterol Education Month. In the meantime, check out a few new findings about cholesterol control.

Fitness pays off. You probably already know that eating too much saturated fat, trans fat, and cholesterol can raise your cholesterol. Likewise, being overweight can lower your levels of "good" (HDL) cholesterol. But did you know that being inactive could literally be the "kiss of death?"

Exercise can lower risks of high blood pressure, diabetes, obesity, and stress. Now, a long-term fitness study shows that fitness may delay normal age-related increases in cholesterol levels by up to 15 years! The study ran from 1970 to 2006 and included just over 11,400 men, aged 20 to 90. Although the study included only men, the researchers believe results would be similar for women.

Drugs tough on LDL. There's another new kid on the cholesterol-control block. The U.S. Food and Drug Administration (FDA) just

approved alirocumab (Praluent) – the first in a new class of injected cholesterol-lowering drugs.

The FDA approved Praluent for patients with heart disease and a history of heart attack or stroke and patients who have inherited a family condition causing high levels of "bad" (LDL) cholesterol. By the time you read this, the FDA may have approved another in this class – evolocumab (Repatha).

These drugs work by blocking a protein in the liver that helps regulate LDL. They can cut levels of LDL by nearly 50 percent. Early short-term research shows they may also cut the risk of heart attack or death from heart disease in half. Longer clinical studies are needed to confirm the results of these early studies.

Another big wild card? Cost. This class of drugs is expensive to make. It could cost each patient as much as \$12,000 a year. Still, it's encouraging to have options for people who don't get the results they need with statins.

If you already take cholesterol-lowering medications, be sure to take them exactly as your doctor directs. As you well know, I can be your go-to person for any questions you may have.

Keith Lyke, Registered Pharmacist  
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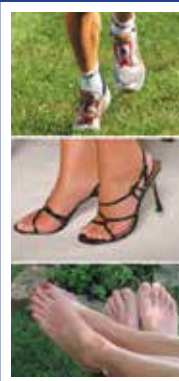
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# “It Happens Every Spring,” a Baseball Comedy, is Coming to Clinton

About 50 or so folks came to see the Clinton Family Film Festival’s first movie presentation, “Robin Hood.” There were multiple families with young kids...including a bunch from Deep River and at least one family from Madison. Additionally, there were “middle age” and “senior citizen” couples and individuals. And there was thunderous applause when the movie was over. Even more attendees were expected at the film fest’s second movie, which screened in late February. It’s fabulous to see these oldies on a BIG screen. And there is an addition to Andrews Memorial Town Hall’s already awesome new sound system – a subwoofer.



At 5:00 pm on Saturday, April 9th, the Clinton Family Film Festival will present its 3rd movie to be screened in 2016, “It Happens Every Spring.” In this 1949 baseball comedy,

Ray Milland plays a college chemistry professor who is hoping to earn enough money from a long-term experiment/invention he’s been working on to be able to afford to buy an engagement ring and then marry his girl friend (Jean Peters).

One day while working on the project in his campus lab, a baseball comes through the window and destroys all of his experiment’s flasks and test tubes – spilling every drop of liquid they contain. The spilled fluids combine to form “methylethylpropylbuty,” a chemical with amazing faculties. It is repelled by wood. When the professor sees that the baseball that came through the window of his lab, which is now saturated with the spilled experimental fluids, is repelled by a baseball bat, he realizes the possibilities, both professionally and monetarily. And so he takes a leave of absence from the college where he teaches and goes to St. Louis to pitch in the big leagues – where he becomes a star and propels his team to the World Series.

Abner Doubleday, a career United States Army officer and Union general in the American Civil War, has been historically credited with inventing baseball – although this now appears to be untrue. It would seem that an early form of baseball, which evolved from older bat-and-ball games, was being played in England by the mid-18th century. This game was brought by immigrants to North America, where the modern version developed.

The screening will be at Andrews Memorial Town Hall, 54 East Main Street in Clinton. This hilariously funny movie will delight adults and kids\* alike. And now, for the first time, you can see this classic on a large, rear projection screen just like in the movie theaters. But here, admission is FREE. The trailer will be posted on Facebook, where Clinton Family Film Festival is a page, group and event. \*Kids under fourteen must be accompanied by a responsible adult.



*“We are Making a Difference at The Saybrook at Haddam?”*

*The Safe Harbor Memory Care team includes (left to right): Shannon Bergston, LPN; Brooke Conley, LCSW, staff social worker; Mary Goldsmith, RN, director of wellness; Ann Bertini, director of recreation for Safe Harbor; Meredith Inkel, personal care assistant.*

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## SmartER Appointments Now Available at Shoreline Medical Center

Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department — letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, “With people’s often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the Emergency Department, and allow

patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive.”

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to [www.middlesexhospital.org/smartER](http://www.middlesexhospital.org/smartER).

The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

## Morgan Building Committee


Progress on the new Morgan School is moving right along. As you drive by the building you probably notice that the roof system is nearing completion. Paving the north parking lot was completed in the fall. On the East side of the Indian River substantial work by the site contractor was completed. All of the fields were seeded in late August to allow for two full growing seasons. A full sized baseball field with fences and dugouts, a practice football field, all-purpose soccer, lacrosse, and field hockey fields, and a softball field with fences and dugouts will all be ready for play in the fall. The bell tower rising above the front entrance is complete and a replica bell will be installed in the spring.

Inside the building, the dry wall is being completed; ceilings, woodwork in the classrooms, and flooring throughout are being installed. The elevator installation is nearing completion, and the heating


system is being commissioned. Manpower on the job site remains constant at between 90-100 people. The committee has worked closely with the construction manager, FIP; Newman Architects; and Joe Crouse, our program manager, to keep the project on budget and on time.

Substantial completion is on schedule for June 15. The project remains on budget. A grand opening ribbon cutting ceremony open to the public is scheduled for August 28th at 2:00 pm. We look forward to celebrating the completion of this project with all of the townspeople of Clinton, past and present. Save the Date!

– Gerry Vece, Dennis Donovan, Sally Heffernan, Peter Nye, Ethelene DiBona, Willie Fritz, Peter Chow, Jeff Stevens, Peggy Sullivan, John Giannotti, and Kim Simoncini.



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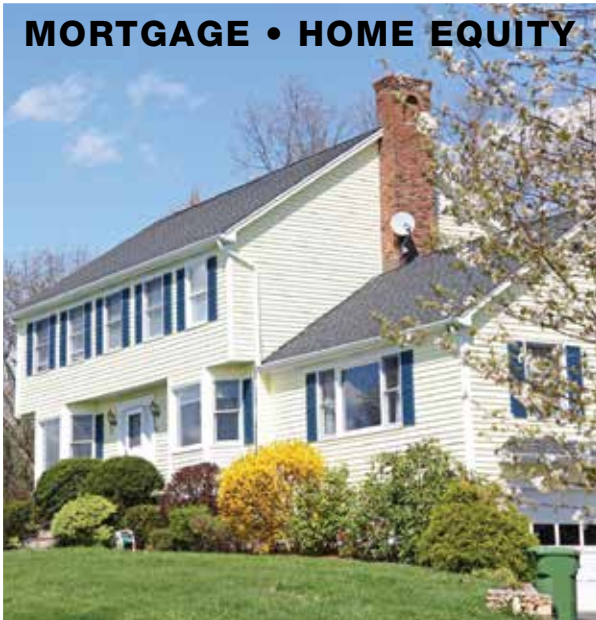
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