

# Clinton events

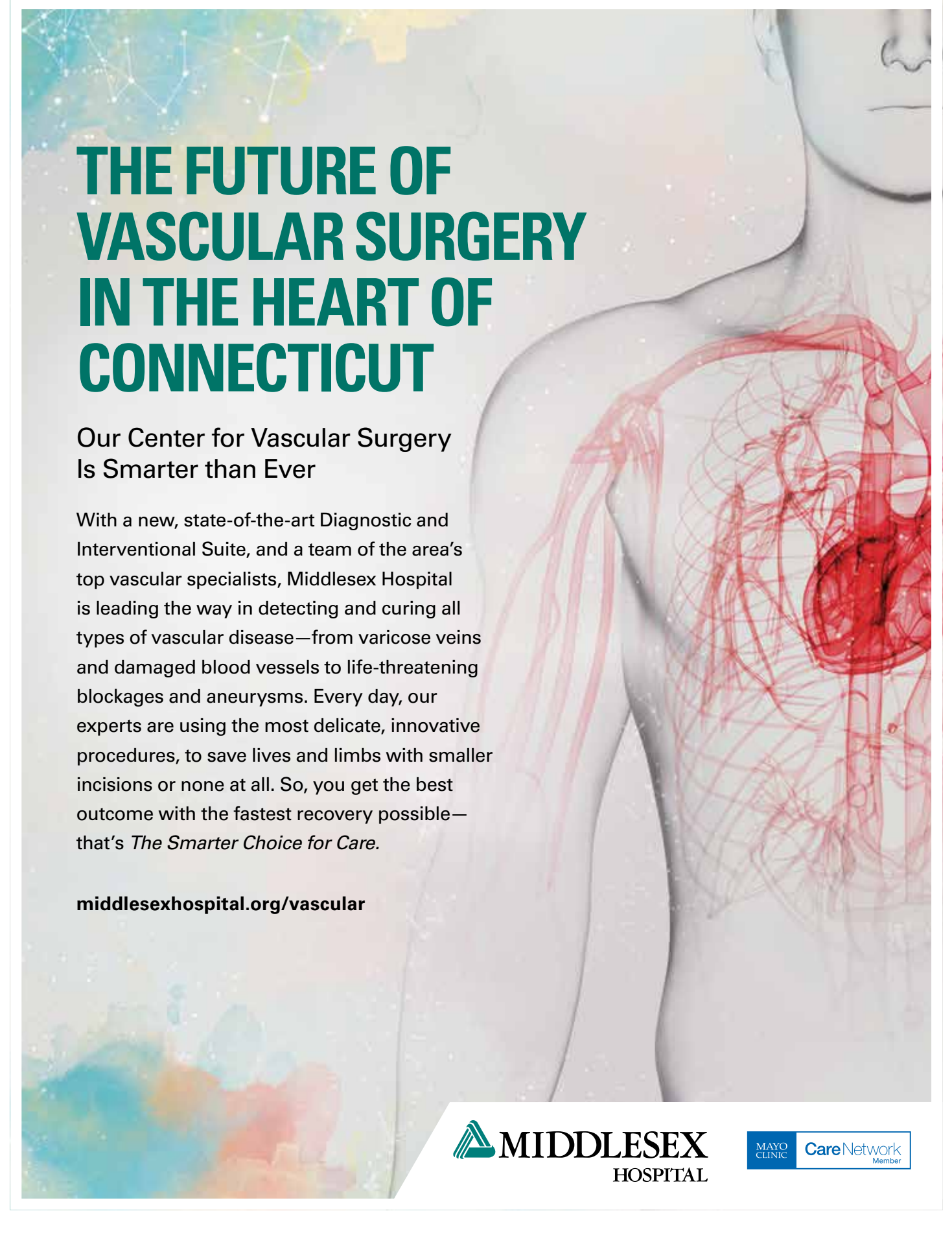
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## The First Selectman's Corner

Another holiday season has come and gone. I hope that you and your family enjoyed yourselves and each other. Christmas in Clinton was great fun for 'kids' of all ages on December 4th. I hope you were able to take part in the goings-on around town. There were so many groups that contributed that day – the Boy Scouts, the Rotary Club, the Masons, a variety of vendors, school organizations, just to name a few.

So far, the weather has been relatively mild. We've had a couple of snow events but thanks to the Department of Public Works and all of our Emergency personnel, we have gotten through them together. There's just a couple of months left of winter weather. Hopefully, we will welcome an early spring!

Here we are, in the middle of the budget season, again. Town Department Heads and Board of Education administrators have presented their budgets for approval. Once the Boards of Selectmen and Finance complete their reviews, the proposed budget will go to our residents for referendum in May. Last year was the first time in many years that both budgets passed the first time. Hopefully that will be the case again this year. That will allow all of us to get back to the business of preserving and promoting our special community.

The Clinton Chamber of Commerce is hosting their 3rd Annual Dancing with the Stars on February 24th at the Town

Hall. The "stars" include some town employees and local business owners. The Clinton Education Foundation is holding their annual Grown up Spelling Bee on March 3rd at the Town Hall. You might want check them out!



Bruce Farmer, First Selectman

I will, again, take this opportunity to recognize and express appreciation to all of our town staff, as well as the countless volunteers who serve on the various Boards, Commissions and Committees and all the other volunteers who do so much for our town in so many ways.

Check out the Town website at [www.clintonct.org](http://www.clintonct.org) for upcoming events and meetings.

We welcomed several new businesses to Clinton in 2016 and expect that trend will continue. Please frequent them and show them the friendliness and warmth of our town.

I look forward to a happy and healthy 2017 for all of us!  
*Bruce*

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The Energy Committee would like to thank all those who helped install the new Electric Vehicle charging station located behind the Clinton Town Hall. In particular we would like to thank DPW, The First Selectman's Office and Chuck Bernier. The station was made possible through a grant from the CT DEEP.

Hopefully this will be the first of many chargers installed in our community in the coming years.

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## Mother Daughter Night Out

Pierson 5th grade girls and their moms are invited to an interactive discussion about puberty facilitated by Patty Cournoyer, school health professional. Two dates are available: Tuesday, February 28th and Wednesday, March 15th from 6:00 to 8:00 pm. \$25.00 plus a non-perishable food item, includes a pizza dinner, materials and "goodie bag." Contact Clinton Youth & Family Services at 860-669-1103 for more information and to register (no walk-ins).

## Strengths Quest Workshop

Clinton Youth & Family Services, Henry Carter Hull Library and Partners in Community are sponsoring the workshop Strengths Quest: *Unleash Your Potential by Doing More of What You Are Good At* on Thursday, March 16th (Morgan half-day) 11:30-1:30 pm. Presented by Dr. Carol Rizzolo, Gallup Certified Strengths-Based Coach, to students in grades 11 - 12 in the HCH Community Room. Discussion will center on how to make the most of what you are good at and put that talent to future use. The transition to college should be an exciting and energized time instead of stressful and worrisome. Students will take a survey that will identify their talents & strengths. Pizza/Salad lunch included. Workshop is free. Pre-registration recommended. Contact Andrea: akaye@clintonct.org or Cathleen: cathleen@hchlibrary.org.

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## From the Town Clerk's Office

### IMPORTANT DATES TO REMEMBER

April 21st Absentee Ballots become available

May 3rd Annual Budget Meeting

May 10th Budget Referendum

### PERMANENT ABSENTEE BALLOTS

An elector can file an AB application together with a doctor's certificate (presumably on letterhead), 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 8th

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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# From the desk of the Tax Collector

Tax Collector Melanie Yanus

## TOWN HALL HOURS

Monday, Tuesday, Wednesday 9:00 am – 4:00 pm

Thursday 9:00 am – 7:00 pm

Friday 9:00 am – 12:00 noon

Thursday and Friday ~ hours may vary

due to Holiday Closings

Pay by credit card, debit card or electronic check online. We do accept credit card, debit card and electronic check payments online. We cannot process credit or debit cards in the office at this time. Go to [www.clintonct.org](http://www.clintonct.org). Click on the Online Bill Pay Icon. There is a \$1.95 processing fee when paying by electronic check and a 2.95% processing fee for using a debit or credit card.

Income Tax Information is available online at [www.clintonct.org](http://www.clintonct.org)

Click on the Online Bill Pay Icon. Enter the search criteria by typing in the last name. Leave a space. Then type in the first initial of the first name. Next, click on the IRS Payment Records for Year 2016 icon. Click the search button. In the section outlined in turquoise, click on the box next to IRS [ X ]. Next click on the View IRS box above it. To print out a copy hold down the Control key then press the P key.

Reminder: Search under every possible name(s) to find all your tax bills.

When you have a question about a tax bill you have received, please call immediately for assistance. If a change in assessment is needed to correct the tax amount due, the Assessor by law is the one to make the change. Call the Assessor's office at 860-669-9269.

Please do not staple or paperclip your check to your tax bill.

Checks are to be made payable to the Town of Clinton. We do not hold checks. Do not mail in post-dated checks. On the (taxpayer) copy of a tax bill that you will retain, you should write the date and the check number when making payment. Be sure to keep your tax receipts. We do not rebill for tax bills that have a second installment due. You must remember to make the second payment.

When making a payment by mail, send in the payment stub(s) with the check(s). If you want a receipt, you must send in the entire bill and a self addressed stamped envelope in order for us to return the taxpayer stub to you for your records.

If you are bringing the payment in person, please write out the check before arriving in the office and bring in the tax bill(s). Please do not pull the bills apart. We will receipt your part of the bill and keep the office copy for our records. This allows for a more speedy transaction for you and others who may be waiting in line.

If you are using your personal online bill pay to pay tax bills, be sure to list each bill # (list #) in the space provided. The bill numbers change each year. The payment will be mailed to us from

your bank. If you do not have the bill numbers, then list all names that will appear on the tax bill(s) you are paying.

An incredible amount of mail is returned from the Post Office each time we bill. This is due to the fact the forwarding time has expired. When your mailing address changes and you continue to own real property and/or personal property in Clinton, you need to notify the Assessor's office at 860-669-9269. Personal property includes all other property not classified as real estate, such as, but not limited to, machinery, equipment, furniture, fixtures, non-registered motor vehicles and leased equipment. If you sell or close a business in Clinton, be sure to contact the Assessor's office immediately to review the tax obligation period for your business.

Change of address for motor vehicles is done through the Connecticut Department of Motor Vehicles. A change of address for your license and each registration is required within 48 hours of moving. Changing the address for your license does not change the address for your registration(s). You can log onto the Connecticut DMV website to do those changes at [www.ct.gov/dmv](http://www.ct.gov/dmv).

The timing of a change of address may still result in bills being sent to the old address. Failure to receive a tax bill does not relieve a taxpayer of the requirement to pay a bill(s). Consequently, if you do not receive a tax bill(s), the tax is still due with any interest, fees and charges due at the date of payment. Please call our office at 860-669-9067 if you have not received a bill(s).

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## Connecticut River Area Health District - CRAHD

### Connecticut River Area Health District Recognizes American Heart Month

February is American Heart Month. During this month, many communities, health professionals, and families work together to create opportunities for people to make heart healthier choices. In the United States, heart disease is the leading cause of death for men and women. That is why this month the American Heart Association is encouraging all Americans to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

According to the Connecticut Department of Public Health, heart disease and stroke are the first and fifth leading causes of death for all ages in Connecticut. Fortunately, heart disease can be prevented when people make healthy choices and manage their health conditions. To help prevent heart disease and increase awareness of its effects, CRAHD is proudly participating in American Heart Month. We will be offering information on:

- Maintaining a heart healthy diet
- Weight management

Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk, it is important to:

- Watch your weight
- Quit smoking and avoid secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink in moderation
- Get active and eat healthy

In addition, Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. Go Red For Women inspires women to make lifestyle changes, mobilize communities and shape policies to save lives. Heart disease and stroke cause 1 in 3 deaths among women each year. Fortunately, we can change that because heart disease and stroke can be prevented with education and action.

For more information, please visit the American Heart Association's website: [www.heart.org/](http://www.heart.org/) or you can contact our health educator Daisy at 860-661-3300.

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# Clinton's Water Pollution Control Commission

The last few months have seen the Water Pollution Control Commission (WPCC) working continuously and diligently towards the goals set forward by the Wastewater Facilities Plan (Draft). One of the stated goals of the Plan is to bring CT Water Co. water to the 122 houses in the Rocky Ledge Area of town. With the addition of this water main, the need for private wells will be eliminated, therefore freeing up the 75' of required spacing between septic systems and wells. Property owners should see immediate benefits beyond clean water. City water may increase property values due to the fact that yard space will be more available for improvements. Well and drinking water issues will be a thing of the past and there will be more areas available for code compliant systems in the event of septic failure.

Another facet of this plan is that it complies with the 1997 consent order between the town and the State Dept. of Energy and Environmental Protection (DEEP). DEEP approved the water main plan as an alternative to sewerage the Rocky Ledge area of concern with an eye towards solving the problems associated with that area and a substantial cost savings to the Town. With the cooperation and assistance of the Dept. of Public Works and the support of the Town, this is a project that is well under way and hopefully, the fully realized design plan will be available for public review this spring.

Another ongoing project of the Commission is the permanent closure of

the Knollwood Drive septic lagoons. The lagoons have been closed for use for approximately 14 years but have been incurring costs associated with continuous monitoring of area groundwater and DPW maintenance. Utilizing funds derived from the \$250,000 Unilever settlement, the WPCC is reaching the end of the DEEP-mandated closure process and should have the project completed later this year. Many thanks to Commissioner Hal Dolan for seeing this project through a lengthy process.

The Commission continues to keep implementation of the Facilities Plan on the front burner. With the Rocky Ledge Water Main project well in hand, attention is turning to the remainder of the Facilities Plan. The next item on the WPCC agenda is to determine Benefit Assessments for the properties that are found within the areas of concern.

These properties will be examined individually in order to determine the extent to which they will be benefitted by the addition of an off-site waste water solution. The Commission is currently examining the best way of gathering that information.

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

Visit our website at:  
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# Clinton Education Foundation / Clinton Lions Club Family Golf Classic

The recent spate of warmer-than-normal weather may have some of you thinking about golf. If so, you're not alone. The Clinton Education Foundation and the Clinton Lions Club have been anticipating the return of spring by getting ready for their combined golf tournament, the Clinton Education Foundation/Clinton Lions Club Family Golf Classic.

This annual tournament will be held this year on Monday, June 26 at the Clinton Country Club. The tournament serves as means to raise money to support the work of these two community service organizations. The Clinton Education Foundation, a non-profit 501(c)3 organization launched in 2006, has as its mission "to enhance public school education" in the town of Clinton. The foundation accomplishes its mission by providing financial support for initiatives that create educational opportunities for the children of Clinton, opportunities that are not funded by the town or other public-funding sources. We annually award to public school students and teachers grants and scholarships which enable them to pursue their dreams and passions. For students, the grant and scholarship money might help pay for enrichment activities such as sports camps, music lessons, study abroad, or national leadership conferences. For teachers, the grants have provided money for athletic equipment, I-Pads, and field trips. The golf tournament is a big part of our fundraising effort, and

the bulk of the money raised comes from raffle and auction items offered at the tournament. Players and dinner guests can bid on scores of items appealing to every taste and pocketbook. Previous auction items have included theater and game tickets, vacation packages, spa experiences, fishing and sailing excursions, and sporting equipment. Local merchants have donated goods and services such as televisions, barbecue grills, lawn equipment and gift cards. Our new "Pop-the-Cork" raffle was very popular last year. In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for raffle and auction at the tournament. These donations are a great way to support these two organizations and to get a sponsor's name out into the community. There are a limited number of dinner tickets available for non-golfers. The raffle makes for great entertainment during the dinner and it is fun to see and bid on all the auction items. If you would like to make a donation of a raffle or auction item, please visit the organizations' websites at <https://sites.google.com/site/clintoncef> or [www.clintonlionsclub.org](http://www.clintonlionsclub.org), or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

Both organizations are looking forward to June 26, when summer returns to Clinton and the greens are open again.



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# New Technology At Middlesex Hospital Advances Cardiac And Vascular Care

Middlesex Hospital added a new Diagnostic and Interventional Suite into its existing cardiac catheterization laboratory in Middletown. The Suite is a “hybrid” mix of state-of-the-art equipment which performs delicate cardiac catheterizations, a variety of vascular imaging and interventional radiology procedures.

Diagnostic cardiac catheterization is the “gold standard” procedure for the diagnosis of coronary artery disease. Using new technology, the D&I Suite will diagnose and treat disease in various types of blood vessels, in a singular location.

The addition of the Suite’s Intravascular Ultrasound (IVUS) technology will be of particular note. Intravascular ultrasound uses sound waves to see inside blood vessels. By placing a tiny ultrasound wand on the top of a catheter, physicians can view inside blood vessels in real time to identify blockages and ruptures. IVUS images can reveal buildup of cholesterol or fat deposits (plaques) which are known to increase the risk of a heart attack or stroke.

IVUS has many clinical advantages, including reduced exposure to radiation; reduced use of contrast agents; superior placement of stents to keep blocked vessels open or to repair damaged vessels.

In September, during the ribbon-cutting ceremony for the new suite, Middlesex Hospital President and CEO, Vincent G. Capece, Jr. told those gathered, “I am proud to say that...the new Diagnostic and Interventional Suite is the direct result of the collaboration, hard work and guidance of many individuals here at the Hospital, who are dedicated to providing the safest, highest-quality health care, and best experience possible for our patients.” For more information about Middlesex Hospital, go to [www.middlesexhospital.org](http://www.middlesexhospital.org).

## Parkinson’s Exercise Program

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson’s clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

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The Student Service Committee helped a plethora of families in need.



All students conquered a distinctive array of end-of-term assessment models.

Read about these students and  
more at [williamsschool.org](http://williamsschool.org)

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# Flu Vaccine News

It's really tough to stay on top of all the health news these days. We're here to help. Since the flu season is right around the corner, here's a snapshot of recent news stories about the flu vaccine.

## Flu shots help people with diabetes.

The seasonal flu vaccine is now recommended for everyone 6 months and older. But for some people it can be a matter of life and death. During a seven-year study, British researchers looked at a group of nearly 125,000 people with type 2 diabetes - people who have a higher risk of cardiovascular problems. In those with type 2 diabetes, the flu vaccine was linked with reductions in flu-season hospital admissions, including a:

- 30 percent reduction in admission for stroke
- 22 percent reduction in admissions for heart failure
- 19 percent reduction in admissions for heart attack
- 15 percent reduction in admissions for pneumonia or influenza

Among those who received a flu shot, the death rate was 24 percent lower than in those who had not been vaccinated. The study didn't prove a cause-and-effect connection between the two. But the results are pretty compelling.

## Limits of the flu vaccine "twofer."

How do infants benefit when their moms have a flu shot during pregnancy? Previous studies showed a benefit, for sure. Now we know how long it likely lasts. Researchers in South Africa assessed more than 1,000 infants whose moms received a flu shot while

pregnant. During the first eight weeks after birth the vaccines were 85.6 percent effective. After that, effectiveness ranged from about:

- 25 percent at eight to 16 weeks
- 30 percent at 16 to 24 weeks

It's helpful to know this because current vaccines don't work well in infants younger than six months, and infants have high rates of the flu. Talk to me about other ways you can protect your baby. That includes washing your hands often, keeping your baby away from sick people, and making sure everyone else in your family is vaccinated.

## Get your flu shot.

If you're like many people, getting a flu vaccination can easily slip your mind. But a flu shot is too important to get bumped to the bottom of your priority list. Every flu season is different, and every person responds to the flu in a different way. The flu can lead to hospitalizations and even death. The flu season often begins in October, so there's no better time than the present.

## Long-term protection.

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

Want to get a jump-start on that flu shot instead? Call your doctor or us for your flu shot options. We are ready if you need us. If you do catch the flu this season stop in for your flu needs and talk with our pharmacist about your symptoms. We are here to help.

Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy



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# Families Helping Families

Everyone at Families Helping Families (FHF) wants to extend our heartfelt thanks to everyone in the entire Clinton community for your unwavering support during 2016. Because of you, clients at The Clinton Food Pantry had fresh fruits and vegetables on a regular basis. When the shelves became empty we had the resources to fill them. When Clinton children needed new shoes and sneakers for school we had the resources for them. Every Clinton child had warm winter clothing because of your generosity. Your dollars allowed us, for the third year in a row, to raise \$40,000 to help fund our five community out-reach programs. So, as you can see you are the real members of Families Helping Families. We thank you for the trust you have placed in our organization.

2017 begins with three different events, one of which will have already taken place by the time you receive your Clinton Events; The Clinton Lions Club annual Pancake Breakfast to benefit Families Helping Families. We are so indebted to the Clinton Lions Club as they have been hosting this breakfast for 11 years.

On Saturday March 25 we will be teaming up with The Clinton Police to host our spring **"Stuff the Cruiser" Food Drive**.



We will be asking your help to re-stock the Clinton Food Pantry on that date. It's a long time between the holiday food drives and spring so this drive will be of much help to the Clinton Food Pantry.

On Saturday April 22 we will be hosting with The Shoreline Community Women (SCW) our **"Crazy For Cupcakes"** event at The Clinton Town Hall from 6-8 pm. This is a free event. Cash donations will be accepted for FHF community outreach programs and SCW boxes for soldier's project. You will be able to choose from hundreds of cupcakes.

Miner T. Vincent  
President, Families Helping Families

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# Estuary Council Regional Senior Center

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

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

**BINGO at the Estuary** - Our Thursday night Bingo is hibernating until spring! Watch for our announcements for its return in April!

## ESTUARY GYM IS SILVER SNEAKERS APPROVED!

The Estuary Gym is a Silver Sneakers wellbeing fitness location. If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness


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


## THE MARSHVIEW FITNESS CENTER

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

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find, and every day is different.

All ages are welcome to come in and shop.  
Open Saturdays. Daily Specials!



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# STAND UP TO MEAN-SPIRITED BEHAVIOR.

*Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack?* Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

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

# TAKE THE PLEDGE.

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