

# Clinton events

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# The First Selectman's Corner

Spring has finally sprung! It's starting to look really beautiful outside. The flowers, trees, grass, and waterfront are all looking wonderful and the ospreys are back. These are all reminders of the special shoreline community in which we live.

I would like to publicly thank the Board of Selectmen, the Board of Education, School Administration, the Board of Finance and all the other Boards, Commissions, town agencies and department heads for their hard work and dedication this year, especially through the budget season. It can be a grueling process.

The first year at the new Morgan School was spectacular. The students and teachers enjoyed all the new technology that they now have access to as well as a terrific new auditorium.

Spring is a great time to clean out your basement or garage. Check the Department of Public Works page on the Town's website for the schedule of Hazardous Waste collections and paper shredding events.

Families Helping Families hosted another successful fundraising event in April – Crazy for Cupcakes.

There are several car washes scheduled at the Town Hall throughout the spring and summer. These fundraisers are essential to supplement funding for various organizations. Please help them out and get a clean car in the process.

The spring sports season is well underway. Help encourage and support these student athletes by attending a game or a track event.

The Bike and Pedestrian Alliance Committee continues to make great strides to make Clinton friendly and accessible to walkers and cyclists. Currently, they are working on the Greenway project to connect with neighboring shoreline towns.

We look forward to our summer season here in Clinton. I hope you will get a chance to enjoy all that Clinton has to offer from the Town Beach, the Town dock, all of our wonderful restaurants, the **continued on page 2**



Bruce Farmer, First Selectman



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# events

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arts, and various outdoor activities. The Parks and Recreation Department is kicking off another great season. Beach passes will be available in June. The Clinton Sailing Club will be offering sailing lessons again. The Family Theatre is planning its summer show. It's always fun when our local youth entertains us. Put it on your calendar: July 13-15 at the Town Hall.

We will begin the summer with the Memorial Day Parade on May 29th. Come out and join in the tribute to all of the men and women who have died while serving this great country.

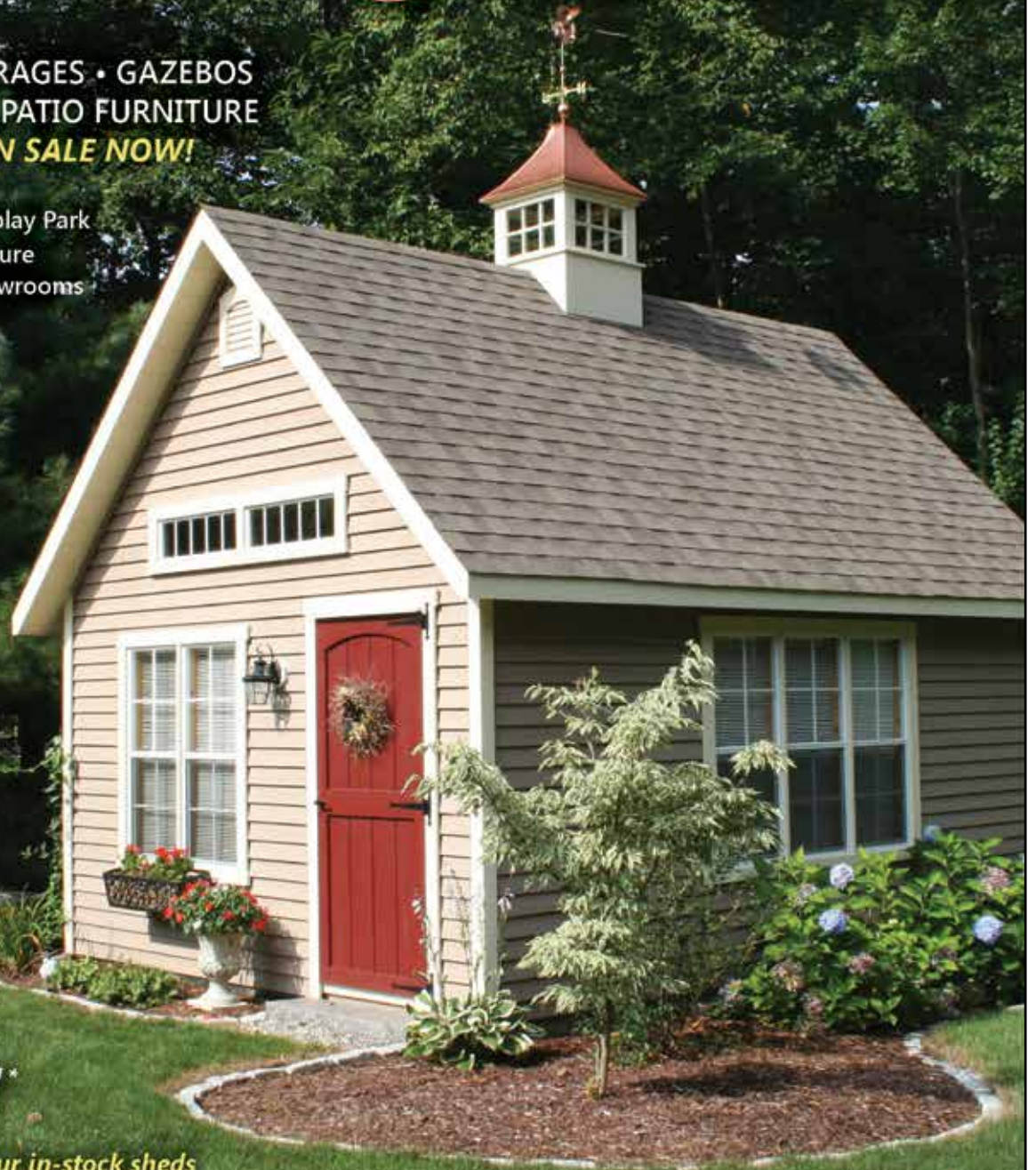
Please continue to welcome new businesses to Clinton as I do. Stay safe and I'll see you around town,

*Bruce*

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# Bare Necessities Family



Our Bare Necessities Family would like to thank the Shoreline Community of Clinton. Because of your generous hearts you are helping keep babies clean, dry and healthy. Bare Necessities Inc. is a 501(c)(3) that helps low income families with diapers and wipes.

We started out in August of 2015 when a young mother at the Clinton Food Pantry asked where she could get diapers for her baby girl. Research uncovered that a recognized diaper bank did not exist on the shoreline. Bare Necessities Inc. received its official nonprofit status in November of 2015. The first week of December 2015 we were able to help 5 families with diapers and wipes.

Bare Necessities is now able to help 85 babies at the Clinton Food Pantry and we also help families through Clinton Social Services, and other community organizations.

Did you know?

- 45% of all children in the US age 3 and under live in a low income home.
- Babies need 8-12 diapers a day at a cost of about \$100 a month.

To raise funds for our shoreline babies, Bare Necessities is sponsoring two events:

*2nd annual Ducky Dash for Diapers on July 23rd at 2 pm beside Town Hall. We will be selling ducks for 5 dollars. A purchase gives you a chance to win prizes. \$5 for a duck will allow Bare Necessities to purchase diapers for a baby for 3 days. Visit our website, [www.barenecessitiesct.org](http://www.barenecessitiesct.org), for updates on our family fun activities.*

*Dinner Dance for Diapers on September 29th from 6-10 pm at the Clinton Country Club. We will be hosting a vintage dinner dance with lively entertainment. We are looking forward to an evening full of laughter and surprises. Check our website for updates.*

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# From the Desk of 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

Did you know you can pay your bills online. Go to [www.clintonct.org](http://www.clintonct.org). There is a \$1.95 fee when you pay by electronic check and a 2.95% fee when paying by credit or debit card. You can also view and print your current and prior year tax payment history.

We accept Visa, Master Card and Discover online. We do not accept credit or debit cards in the office at this time.

Change in ownership of real property is recorded in the town clerk's office. The tax office records are updated periodically by the Assessor. New owners who will be paying their taxes directly to the tax office (not escrowing taxes through a mortgage agreement) need to contact the tax office 860-669-9067 to learn when the next tax payment will be due and the amount. Please do not assume a tax bill will be sent to you.

Do not attempt to register or re-register a vehicle(s) if you have unpaid municipal motor vehicle taxes. You must pay all your delinquent motor vehicle tax bills before you can register or re-register any vehicle(s). Pay online at [www.clintonct.org](http://www.clintonct.org) with a debit or credit card and you will be released at the Department of Motor Vehicles on the next business day. Pay by bank check, money order or cash in the office to receive immediate clearance. Paying by personal check delays the release for 10 business days. Clearance slips are no longer accepted at the DMV.

If you owe taxes to the Town of Clinton, contact the Clinton Tax Office 860-669-9067.

Visit the Connecticut Department of Motor Vehicles website at [www.ct.gov/dmv](http://www.ct.gov/dmv).

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



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The Morgan School Golf Team

**[clintonpublic.net/cef](http://clintonpublic.net/cef)    [clintonlionsclub.org](http://clintonlionsclub.org)**



## Serving the Community

The men and women of the Clinton Police Department are dedicated to providing professional and compassionate services to all who live, work and visit our wonderful community. Our focus is on community service, while keeping public safety paramount. We provide a full range of law enforcement services 24 hours a day, 7 days a week. Our Patrol Division responds to all emergencies including medical situations and routine calls for service. Officers are trained in basic life support (BLS) and are equipped with trauma kits, oxygen, Automatic External Defibrillators (AEDs) as well as NARCAN to counteract the effects of opioid overdoses. We work closely with our partners at the Clinton Volunteer Fire Company to provide the highest levels of emergency care possible. The Patrol Division also staffs a Marine Patrol, K9 Unit and Bicycle Patrol Unit.

The Department staffs a full-time Investigative Section. They are charged with

investigating complex and serious crimes as well as developing evidence for presentation in court. They assist the Patrol Division in the many different aspects of investigation and development of criminal cases, including the forensic analysis of mobile devices, computers and video surveillance. The Department is fortunate to have had one of our officers trained and certified by the National Computer Forensics Institute (NCFI) as a Mobile Device Examiner. The training was provided to the Department free of charge by the United States Secret Service. The Investigative Section handles a heavy workload, investigating well over 500 cases per year in addition to providing support to the Patrol Division. The Investigative Section also contains positions of Youth Officer and School Resource Officer (SRO). They must navigate the complex juvenile laws of the State and handle specific crimes against and committed by juveniles with concern and understanding. The Department works with Clinton Social Services,

Partners in the Community, REACT, Clinton Public Schools and the Court to seek alternatives to arrest for minor offenses. We are always looking for ways to have a positive, proactive connection with our community's youth.

The Clinton Police Department places a heavy emphasis on community relations. We have many programs designed to build strong connections with the public and proactively utilize programs to reduce crime and improve quality of issues. Some of the programs that we provide are:

- Social Media – The Department's MyPD app is free to download and acts as our clearing house for useful information and our Facebook and Twitter accounts are used regularly to alert and inform citizens of Department initiatives and public safety issues. Our Facebook account currently has over 1,500 followers.

continued on page 8

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## SERVING THE COMMUNITY... continued from page 7

- DARE – In partnership with the Clinton Lions Club and Clinton Public Schools, the Department instructs both 5th and 7th grade students on the new DARE curriculum, which not only helps kid stay away from drugs, but also teaches them strategies on stress management, how to avoid bullying and dealing with many difficult social situations.
- Citizen's Police Academy – This long running program is given annually for Clinton residents. The academy meets once a week for ten weeks. Participants get a full and in-depth view of the Department and the many complexities of modern law enforcement.
- Police & Youth Program – This program is designed to foster a common understanding between police officers and the younger members of our community. The program runs the length of school year and allows officers and youths to spend time with each other in non-traditional law enforcement situations. Participants perform charity work together, work on community projects and spend time socializing at a ball game or skiing, etc. The program is presented in cooperation with Clinton Social Services and Partners in the Community (PIC).
- Medication Take-Back – The Department has a medication take-back box located in our front lobby. Anyone can safely dispose of unused or expired medications, 24 hours a day (no needles). The Department also works with the Drug Enforcement Agency (DEA) and PIC, hosting National Drug Take-Back events twice a year.
- NARCAN Program – All of the Department's sworn personnel are equipped with NARCAN, which is a drug to counteract the effects of opioid overdoses. CPD personnel respond to all medical emergencies.
- Child Safety Seat Installation – The Department has just implemented a child safety seat installation program and we are continuing to improve and expand it. We have two officers certified as Child Safety Seat Installation Technicians. They were trained by the National Highway Traffic Safety Institute. Currently, you can set up an appointment to have a new car seat installed or have the installation of your current seat checked by making an appointment. Over 90% of all child car seats currently on the road are installed incorrectly! In the future, we hope to expand the program to include safety clinics and the ability to provide proper safety seats to those who may not be able to afford them.

We are constantly looking at new and effective ways to implement programs that help us interface with our community

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*We invite you to learn more about how you can support your community. Visit us at [www.MiddlesexCountyCF.org](http://www.MiddlesexCountyCF.org) or call us at 860-347-0025.*



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and improve public safety and improve the quality of life in Clinton. Next, we are looking to expand our outreach to our senior community by providing programs that would help educate and protect them from fraud and other

scams. Other planned programs will help provide important information to first responders during emergencies.

We hope that you have found this information useful. We are proud to serve Clinton

and we strive to provide the most professional services possible. Come enjoy the many great things Clinton has to offer.

Chief Vincent E. DeMaio  
Clinton Police Department

## Morgan Peer Advocate Induction

Clinton Youth & Family Services and the Morgan School congratulate our 2016-2017 inductees. Seventeen students accomplished the rigorous requirements for Peer Advocate Induction. We are proud of Seniors: Hannah Gaudet & Autumn Johnson; Juniors: Brenna Andrews, Kate Daley, Mikaela Gaudet, Falyn McQuarrie & Abby Pitarra; Sophomores: Aadilah Bajwa & Brittany Rojas; and Freshmen: Lexie Arnoldi, Heidi Gaudet, Allison Morgan Goguen, Vicky Hu, Emma Lehn, Leah McComiskey, Jenna Scanlon, & James Siciliano. Peer Advocates is a program of Youth & Family Services and The Morgan School. Its purpose is to train qualified high school applicants to listen to and to be resources for their peers. Training takes place on select Thursday

evenings and includes critical teen issues such as depression, eating disorders, grief, dating violence, and substance abuse to name a few. Group members are selected from different grades and friendship groups in an effort to spread resource knowledge as widely as possible in the high school population. Once training is finished, Peer Advocates meet on a monthly basis and become involved in the further education, outreach and service work of Peer Advocates. We are currently accepting applications for the 2017-2018 academic year. Applications are available at Clinton Youth & Family Services, due August 25, 2017. For more information contact Marie Pinette at 860-664-1154 or [mpinette@clintonct.org](mailto:mpinette@clintonct.org).

Visit our website at:  
<http://www.clintonct.org/>

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



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# The Clinton Parks & Recreation Department

## Summer 2017

**CLINTON TOWN BEACH:** Officially opens on Saturday, June 17 Beach passes can be purchased from the Gate Keeper, at the Town Beach, between the hours of 9 am to 3 pm daily (weather permitting). Beach Pass Fees: Clinton & Killingworth Residents: \$20 per vehicle, Senior Citizens: \$10 per vehicle, Clinton & Killingworth Residents, Clinton Residents: \$5.00, one-day, single, no re-entry pass. All non-residents will pay a \$25 per day parking fee and are not eligible for a seasonal pass. Our lifeguards will be on duty (weather permitting).

**CLINTON FAMILY DAY:** July 22 from 9 am–2:30 pm at the Clinton Town Beach. Sand Sculpture registrations begin 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 22, please call the P & R Office at 860-669-6901. This is our 12th Annual Family Day.

**CLINTON FAMILY THEATRE:** “Little Mary Sunshine.” Show Dates: July 13–16, at the Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT. Check our website for more info.

**TENNIS LESSONS:** Ages 5–12+, June 19–30, July 3–14, & July 17–28, Monday–Thursday (Friday is rain day) Ages 5–7 yrs.; Time: 5–5:30, Fee: \$60. Ages 8–11 yrs.; Time: 5:30–6:15 pm; Fee: \$80. Ages 12 and Older; Time: 6:15–7:15 pm; Fee: \$120, (Non-residents–please add \$10 to your registration fee). A minimum of 6 students per class is required to hold the class.

**BASKETBALL SKILLS CAMP:** June 19–23. Grades 4–8: Boys & Girls, and Boys Grades 9–12, all as of Sept.

Fee: \$70.00 (\$80.00 Non-Residents)  
Times: Boys Grades 4-8: 8:30–10:30 am.  
Girls Grades 4-8: 11 am–1 pm.  
Boys Grades 9–12: 1:30–3:30 pm.  
This camp focuses on teaching fundamental basketball skills at a high intensity level. Games will be played the last 20-30 minutes each day of the camp. Instructors: George Braun and Trevor Brown  
Location: TBD

**ENVIRONMENTAL ECOLOGY CAMP:** June 26–30, or July 10–14, Time: 9 am–12 noon, for children entering Grades 2–6 as of Sept. Registration for Ecology Camp is open for Clinton residents (Clinton residents will get “first dibs”). Non-residents may register after May 29. Monday, Wednesday, 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, ospreys flying overhead and great egrets majestically wading in the water.

*Peter’s Woods & Indian River Complex:* Discover some of Clinton’s finest hiking 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: \$125.00 (\$150.00 Non-residents)

**GVSA SOCCER CAMP:** Ages: 4-6 (Half Day), Ages: 7-14 (Full Day). Dates: June 26–30, *Half Day*–Time: 9 am–12 pm, Fee: \$120 Clinton Residents, (Non-residents: \$130), *Full Day*–Time: 9 am–3 pm, Fee: \$170 Clinton Residents, (Non-residents: \$180)

The camp is open to all children, with or without soccer experience. Activities will include learning new skills and/or developing skills such as passing, draggling, shooting and juggling. Focus will be on having fun. Coach Goran Vasic is a United States Federation “A” Licensed Coach. Played professionally in Europe and USA. Coached teams in New Jersey and Connecticut. Each child will receive a GVSA T-shirt the first day of the camp. Children need to wear cleats, shin-guards, and bring water.

**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 teach your children. You must have your own guitar. Ages 9 and older.

**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, CT. Fee: \$5.00 per class.

**YOUTH BASKETBALL CAMP:** For boys and girls entering Grades 1, 2, and 3 as of September. Will be held at the Joel School Gym. The camp will focus on basketball fundamentals, enthusiasm, and having fun!

continued on page 12



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## PARKS AND RECREATION... continued from page 10

Starts: July 3 - 7. Time: 9:00 am–11:30 am.  
Each camper receives a tee shirt. Enrollment is limited to 35 campers. (Clinton Residents-Only!) Fee is \$75.00 per camper.  
Instructor: Boyd Johnson

**FUN CAMP:** Come join us for fun, games, and crafts! Open to children who are 5 years old and entering Kindergarten as of September 2015 and older. This six-week program will run from July 3 to August 11th. The Fun Camp will meet three days a week at the Peters Complex and the other two days at the Town Beach. The hours are Monday - Friday 9:00 am -12:00 pm & Wednesdays at 9:00 am - 2:00 pm. The Wednesday extension allows for more activities and better field trips to brighten up your child's summer. Fee: \$75 per week. (\$85 Per week for Non-residents). The July 3 - 7th week fee is \$60 (Non-residents: \$70)

**BASEBALL & SOFTBALL SKILLS CAMP:** Ages: 6-12; Dates: June 26–30 or July 3, 5, 6, & 7. Time: 9 am–12:00 pm.

Fee: June Session: \$115.00 (Non-residents: \$125.00) & July Session: \$90 (Non-residents: \$100.00). Camp Focus: proper throwing, catching, fielding and hitting mechanics. Each day will end with coach pitched games. Equipment needed: please bring a glove, bat & helmet. Also, be sure to bring a water bottle; shorts are recommended. Led by: Trevor Brown, Scouting Director of Prep Baseball Report and former Associate Head Coach, Fairfield University Baseball.

*Half (½) Day Ecology Camp (Pay-It-Forward):* Children entering Grades 2-6 as of Sept. 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 5; Time: 9:00 am–12:00 pm. Suggested Donation: \$30.00 per child (Clinton Residents Only!) Locations: Clinton Town Beach, Waterside Lane, CT

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.



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**TINY HAWK (Soccer & Basketball):**  
July 10–13, (M-Thurs.), at the Indian River Complex. Ages: 3-4 (A parent must stay on site). Time: 4:45–5:30 pm. Fee: \$49 (\$59 Non-residents).

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Skyhawk's staff is committed to creating a positive introduction to sports.

Gear to bring: Appropriate clothing, water bottle, running shoes and sunscreen.

You may register online at [www.skyhawks.com](http://www.skyhawks.com).

**MINI-HAWK (Soccer, baseball & basketball):** July 1- 13, (M-Thurs.), at the Indian River Complex. Ages: 4–7. Time: 5:45–7 pm. Fee: \$65 (\$75 Non-residents).

This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots

of encouragement and focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. You may register online at [www.skyhawks.com](http://www.skyhawks.com).

**PEE WEE SOCCER CAMP (With Brad Jeeves):** Ages: 4–6

Dates: July 17–21 or August 7–11

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 way to introduce your little ones 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 17–21 or August 7–11

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.

continued on page 14

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## PARKS AND RECREATION... continued from page 13

**GOALIE CAMP (With Brad Jeeves):**

Ages: 7–15

Dates: July 10–14 or August 14–18

Time: 5–8 pm.

Fee: \$140 (Non-residents \$150.00)

Location: Indian River Recreational Complex

Level: Beginner (New Goalkeepers), Intermediate (Travel Level), Advanced (Select/High School). Players will be divided by age and adjusted by ability level.

Focus: Advancement of technical and psychological development in relation to playing in goal. Reaction time, positioning, proper technique in receiving and distributing the ball are stressed.

Description: Specialty camp dedicated to advancing the ability and confidence of goalkeepers.

You must bring the following to camp:

Gloves, shin guards, soccer ball, plenty of water & a small snack.

**BEGINNERS FENCING CAMP:** July 17–21, Boys & Girls Grades 5–8, as of Sept. Time: 9 am–12 pm. Fee: \$100 (Non-residents: \$125.00)

Students will learn classical foil fencing, the traditional beginning weapon of the sport. Fencers will progress from basic foil technique to actual bouts with moderately fast and difficult hand and foot work. Teaching emphasis includes conditioning, hand/eye coordination, basic technique, and the rules and practices of the sport. On Friday there will be a camp competition and parents are encouraged to attend. Basic equipment is provided. Instructor: James Barnett who has more than 30 years of elite competition and coaching experience. Please bring plenty of water. This program is open to students from surrounding towns.

**VICTORY SOCCER SCHOOL CAMP:**

Ages: 6–15; Boys and Girls

Dates: July 31–August 4. Time: Half Day is 9:30 am - 12 pm. Fee: \$140 (Non-residents \$150). Full Day is 9:30 am–3 pm.

Fee: \$185 (Non-residents \$195).

Half Day recommended for ages 6–8 yrs.; Full Day recommended for ages 6–15 yrs.

The Victory Soccer School summer program is directed by NSCAA Hall of Famer Bob Dikranian and David Dikranian. Coach Bob Dikranian holds 6 Division II National Championships at SCSU and he is Victory Soccer School's Co-Founder and Director. The Clinton summer program includes full and half day options with comprehensive coaching by elite training staff comprised of former collegiate coaches and players.

**TOP NOTCH BASKETBALL:** Boys and girls entering Grades 2–9 as of September. This will be held at the Morgan School gym during August 7–11. There will be a morning and afternoon session, Session I: 8:00–11:00 am and Session II: 12:00–3:00 pm. If you choose both sessions, please bring a lunch. Participants will receive a T-shirt. Don't forget a water bottle! Fee: \$90.00 per session, \$170.00 for both. A \$35.00 non-refundable deposit is due at the time of registration. (\$100 per session for Non-residents, \$190 for both sessions)

**CT COMPUTER CLASSES:**

*Lego® Battles 101:* (Ages 5–1) 4 Day Program

Dates: June 27–30, Time: 5–6:30 pm, Resident Fee: \$65 (Non-resident Fee: \$75). Ready, set, battle—a fun and creative way of combining Lego® brick building and a table. Use your imagination to create it your way. Your kingdom is YOURS, PROTECT and DEFEND IT! Build your own 2D tower, layer by layer with Lego® bricks, design and defend your Battle Tower against unpredictable invaders. We will provide the technology to see your creation come to life. Children will build in pairs or by groups. Please bring a snack. No Legos® will be taken home. Pictures will be emailed home.

*Crazy Concoctions!:* (Ages 5–10) 4 Day Program, Date: July 10–13, Time: 5–6:30 pm, Location: P & R Building, Resident Fee: \$65 (Non-Residents Fee \$75). This class is designed for that child who wants to investigate what happens when you mix everyday products. Children will be introduced to liquids, solids and gases in

different solutions. Some great concoctions that will be made are play dough, bubbles, flubber, gak and silly putty. Some solids are to include shrink dinks and bouncing balls. Please let us know when you register if your child is allergic to certain products. Class will be hands on and children conducting their experiments afterwards. Safety glasses are available and MUST be worn daily. Please bring a snack every day.

*Lego® Mindstorms Robotics:* (Ages 5–10) 4 Day Program

Date: August 1–4, Time: 5–6:30 pm, Resident Fee: \$65. (Non-Residents \$75.) This class will use Robotics to bring science, engineering, technology to life! Children will have two goals; one to build and the other to program. Each student will build his/her own robot and learn how to program it to adapt to light and touch sensors. Please bring a snack every day. No Legos® will be taken home.

**VOLLEYBALL CLINIC:** August 14–17, Monday–Friday, at the Morgan Gym. Time: 1–5 pm, Grades 6–12, as of Sept. Fee: \$85 (Non-residents \$95). All aspects of volleyball are taught through drills and exercise that focus on passing setting and serving. Instructor is Paige Trusty.

**SWIMMING LESSONS:** (Ages 3+) Pre-Beginner (PB) is at least 4 years old and has no experience swimming (cannot swim without an aid). Beginner (B) completed Pre-Beginner; can swim the dog paddle without an aid; and can float on back. Advanced Beginner (AB) completed Beginner and can swim the crawl & back strokes. Intermediate (I) completed Advanced Beginner and can swim the crawl, back, & elementary back strokes. Swimmer (S) completed Intermediate and can swim the crawl, back, elementary back, breast, & side strokes. Please check our online flier at <https://parkrec.clintonct.org>. Lessons are offered at the H-K High School Pool.

All registrations are handled through the P & R Office or you may register online at: <https://parkrec.clintonct.org>. If you



have any questions, please give us a call at 860-669-6901.

All Non-residents pay an extra \$10.00 registration fee for our programs, if we have room.

Downloadable registration forms are now available for your convenience on our website.

## 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.

The Estuary's Medical Lending Closet is downsizing and will only be offering smaller mobility equipment, such as walkers, canes, and transfer chairs. We will no longer be accepting larger medical items. Due to space limitations, call 860-388-1611 to arrange donations of smaller medical equipment.

**ESTUARY GYM IS SILVER SNEAKERS APPROVED!** 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** – Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the Office for a tour and learn how to become a gym member.

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

We are sad to announce that the Estuary Bingo on Thursday nights has been suspended until further notice.




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# Essex Printing Winner in New England Regional Printing Awards of Excellence Competition



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

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

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

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

## Henry Carter Hull Library

This summer, the Henry Carter Hull Library is your destination for fun all-ages events, helpful resources, and much-needed relaxation. Celebrate at HCH Summerfest on Saturday 6/24 from 10-2! Enjoy live music by The Engine Room, food from Hardcore Sweet Cupcake Truck & Chet's Italian Ice, outdoor games, a GIANT book sale, and more. Access resources with your library card like our NEW Mobile Hotspots for free Wi-Fi access, and borrow free & discounted museum & park passes. Take a break from the heat at one of our monthly movie screenings & enjoy weekly wellness programs like Meditation and Tai Chi.

Summer Learning & Fun kick-off for teens in grades 6-12 starts on June 12th & 13th with two free henna events after school. Teen girls entering grades 7 & 8 are invited to our 5th Annual Snooze-a-Palooza Library sleepover on June 16th featuring the creation of Vision Boards with life-style coach, Lisa Lelas. Exciting events are happening every day at HCH this summer for teens including: Maker Activities, Robotics, Movie and Pizza Nights, Sundae Funday Anime, Escape the Room interactive games, and more. Teens can register for Summer Reading & Learning at [hchlibrary.org/teens](http://hchlibrary.org/teens).

Help to Build a Better World this summer with HCH's Children's Room! Once again, we will work towards creating a paper chain that will reach around the entire library building. For every 20 minutes read, children will earn a link to add to our chain. Let's see if we can make the chain longer than last year's! We have many exciting events planned for this summer including a visit from the Sciencetellers, Curious Creatures, and Sparky's Puppets, several movie screenings, fort building, and our annual egg drop. Check out our website to learn more.

Don't miss out! Find us on Facebook and visit our website, [www.hchlibrary.org](http://www.hchlibrary.org).

## MANGO Language Learning at Henry Carter Hull Library

### Ingles. Anglais. English

Sit back, relax, and learn a language. From Spanish & French to Azerbaijani & English, say hola to Henry Carter Hull Library's language-learning resource: MANGO. If you're looking to learn a new language - there are 71 and counting, and meet new cultures from near and far, look no further than the library - all for free with an Internet connection. Each lesson combines real life situations and audio from native speakers with simple, clear instructions. The courses are presented with an appreciation for cultural nuance and real-world application by focusing on the four key elements of language learning: vocabulary, pronunciation, grammar, and culture.

In addition to traditional language courses, Mango also offers the opportunity to learn through foreign film with Mango Premier™ and access to a variety of specialty mini courses, like Pirate, Medical Spanish and romance courses. Mango can be accessed at the library, remotely, or even on-the-go with apps for iPhone®, Android™, Kindle® and Nook®.

The HCH library staff will help you connect to this online program and show you how it's done! Open to non-Canton residents too. For more information stop by the Henry Carter Hull Library or call 860-669-2342.



# Connecticut River Area Health District (CRAHD)

## CRAHD Encourages Everyone to Protect Their Skin Every Day

The National Council on Skin Cancer Prevention (NCSCP) declares the Friday before Memorial Day, May 26, 2017 as “Don’t Fry Day” to promote sun safety awareness. To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the NCSCP regularly reminds everyone to protect their skin while enjoying the outdoors. The following tips, will protect you and your family from overexposure to UV radiation:

- Avoid a sun burn or tan, this can happen very quickly under the open sun!
- Seek shade out of the direct sun rays
- Wear sun-protective clothing
- Apply broad spectrum sunscreen generously

- Be cautious near water, snow, and sand as all three reflect the sun’s rays
- Get vitamin D safely by limiting time in the direct sun

Skin cancer is on the rise in the U.S., and the American Cancer Society estimates that one American dies every hour from skin cancer. Fortunately, skin cancer is highly curable if found early and can be prevented. Remember to Slip! Slop! Slap! and Wrap when you’re outdoors — slip on a shirt, slop on broad spectrum sunscreen of SPF 30 or higher, slap on a hat, and wrap on sunglasses. The best way to detect skin cancer early is to examine your skin regularly and look for any changes in moles and skin growths.

People with lighter-toned skin are more susceptible to UV damage,

although people of all races and ethnicities are at risk for skin cancer. Those who have a family history of skin cancer, moles/ freckles, or a history of severe sunburns are at a higher risk of skin cancer as well. To reduce the harmful effects of unprotected sun exposure, protection from UV radiation should be a life-long practice for everyone.

For more information on sun safety, please visit the NCSCP’s website at [www.skincancerprevention.org/](http://www.skincancerprevention.org/) or call our Health Educator Daisy Hernandez.

CT River Area Health District  
455 Boston Post Road, Suite 7  
Old Saybrook, CT 06475  
(Tel) 860-661-3300

# events online

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# BPAC's Message - Let's Get Healthy & Get Moving

In the bottle before you is a pill, a marvel of modern medicine that will regulate gene transcription throughout your body, helping prevent heart disease, stroke, diabetes, obesity and 12 kinds of cancer—plus gallstones and diverticulitis. Expect the pill to improve your strength and balance as well as your blood lipid profile. Your bones will become stronger. You'll grow new capillaries in your heart, your skeletal muscles, and your brain, improving blood flow and the delivery of oxygen and nutrients. Your attention span will increase. If you have arthritis, your symptoms will improve. The pill will help you regulate your appetite and you'll probably find you prefer healthier foods. You'll feel better, Younger even, and you will test younger according to a variety of physiologic measures. Your blood volume will increase, and you'll burn fats better. Even your immune system will be stimulated. There is just one catch.

**"There is no such pill. The prescription is exercise."**

Jonathan Shaw, Harvard Magazine, March - April 2004

The mission of the Bike & Pedestrian Alliance of Clinton (BPAC) is to integrate outdoor activities back into our lives by promoting safe, active transportation options, such as walking and bicycling, for short trips and commutes into town. The benefits of such a shift include improving our health and fitness, reducing traffic congestion and pollution in our town, and helping to conserve the earth's natural resources. We encourage all Clinton residents who would like to create a more active, healthy community to join our group. We meet on the 3rd Thursday of each month at 7:30 pm in the back room of the Eliot House (between Town Hall and the former Police Station). For more information on BPAC, please check out our facebook page at [www.facebook.com/Bike-AndPedestrianAllianceOfClintonCt/](http://www.facebook.com/Bike-AndPedestrianAllianceOfClintonCt/).

BPAC's Safe Streets Initiative. Because BPAC is a small group with limited resources, we are focusing on mostly inexpensive ways to improve our town's infrastructure to make it more accommodating to bicyclists and walkers. We have identified four major projects which we hope to implement within the next two years. Please check our facebook page ([www.facebook.com/Bike-AndPedestrianAllianceOfClintonCt/](http://www.facebook.com/Bike-AndPedestrianAllianceOfClintonCt/)) to keep up with the latest news. The initiatives are as follows:

- Designate bike/ped routes on local roads and mark them with 'Share the Road' signage. These routes would create north-south and east-west networks, providing bicyclists and pedestrians safe accommodations within their neighborhoods and connections to the town center, parks, and schools. Public Works has already acquired signage for a Kelseytown-Glenwood-Liberty-Main Street route east of Route 81, and a Cow Hill-Nod-North High-Main Street route west of Route 81. Signage for these routes should go up sometime in the summer of 2017.
- Construct a simple bike/ped footbridge over the Indian River, connecting to the Indian River Recreational Complex via Cream Pot Road. This bridge would allow bicyclists and walkers to safely access the IRRC without having to venture out onto Route 81. BPAC has secured the necessary permits for this project, and the necessary funds have been raised. The bridge should be completed by fall of 2017.
- Implement Phase I of an envisioned Clinton Blue-Greenway. The entire route will eventually run from the Madison to the Westbrook line, a total of six miles showcasing Clinton's scenic coastline and historic homes whenever possible along the way. Phase I will begin on Maple Avenue and end up following Waterside Lane down to the Town Beach.
- Advocate for a sidewalk to the new Morgan School. An existing sidewalk on Route 81 ends just one-half mile short of the new campus. BPAC has been a strong advocate for extending the sidewalk to the new school, which would provide safe pedestrian access to Clinton Crossings, HCH Library, and the new complex to be built on the old Morgan School site. The town recognizes the need for this extension and is seeking funding to move forward with that project.

If you are interested in joining BPAC or supporting any of our projects, please contact [lundgren10@comcast.net](mailto:lundgren10@comcast.net). We look forward to working with you!

Debbie Lundgren, Chairperson  
Bike & Pedestrian Alliance of Clinton

## EVENTS MAGAZINES

### ***Advertising Sales Representatives Wanted***

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# The Annual Clinton Education Foundation/ Clinton Lions Club Family Golf Classic

The annual Clinton Education Foundation/ Clinton Lions Club Family Golf Classic will be held this year on Monday, June 26 at the Clinton Country Club. The tournament serves as a means to raise money to support the work of these two community service organizations.

The mission of the CEF is stated simply: "To enhance public education in Clinton." We accomplish this mission by offering scholarships and grants to students that will allow them to pursue some opportunity that will help them grow and eventually to give back to their schools and/or community in some way. Usually this is for some extracurricular activity – sports, arts, academic – that is too expensive for the student's family to afford alone.

The money we raise at events like the golf tournament funds the grants and scholarships.

Students granted Renfrew Scholarships have attended the National Student Leadership Conference in Forensic Science and a forum on leadership for social change at Brown University. The CEF also awards Calvert Grants. Previous recipients include a sixth grader who attended the Dance World event at Disney World and a girl who attended a camp designed to educate diabetic children in a nurturing, fun environment. Another helped send a high school sophomore to the National Student Leadership Conference in Engineering. In addition, the foundation gives grants to teachers. These grants have financed the publication

of books, the creation of a giving garden, and the purchase of exercise trikes.

The Clinton Lions Club will also share in the proceeds from the event, proceeds which will help to finance their good works in the community.

Our tournament would not be as successful without the involvement of the businesses that support our efforts. Together we can make a difference in our own backyard. You can help by becoming a sponsor or by getting a foursome together. Golfers should contact Wendy Irmshcer at 860-664-6501 with any questions. Information about the tournament and registration forms for golfers are available online at <http://sites.google.com/site/clintoncef>.




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# From the Town Clerk's Office

## DOG LICENSING BEGINS JUNE 1st

June is the month to license your dog(s). Dogs licensed on or after July 1st will be charged a late fee of \$1.00 per month, per dog. Please stop in our office anytime to register or mail to the Town Clerk's office. Don't forget to include your rabies and spay/neuter certificate if applicable.

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 Presidential Election.

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

Sharon Uricchio, CCTC  
Clinton Town Clerk

## Your Emotions and Heart Disease

In the past 40 years, cases of heart disease in the U.S. have dropped by 20 percent. Now, that's news worth celebrating! Efforts at prevention, detection, and treatment appear to be paying off. For example, Americans' cholesterol levels keep falling. Researchers think that ditching trans fats from our diets may be one reason why.

Still, heart disease here remains the number one cause of death in both men and women. We can do so much more to support our faithful tickers. You might be surprised to learn how much your emotional health influences your heart. Check out a few recent studies:

**Pessimism.** A study lasting 11 years looked at the risks linked to pessimism among 3,000 men and women. And guess what? That "glass-half-empty" attitude seemed to have a pretty big impact. Those who were most pessimistic were twice as likely to die of heart disease as the least pessimistic. The researchers can't prove that negativity caused the rise in heart-related deaths. But this emotion can lead

to an increase in hormones related to stress and inflammation. And, that might help explain the link.

**Worry.** An even larger study of 7,000 Norwegians also found a link between worrying about a heart attack and actually having one. The "worried well" were twice as likely to have a heart attack as those who weren't anxious about their health. Again, the link can't be proven, but physical changes from anxiety are the likely culprit.

**Depression.** Over 10 years, researchers tracked 1,100 women and found that those with a history of depression had a much higher risk of heart disease. In fact, in women younger than 65 with no history of heart problems, depression was the only significant risk factor linked with developing heart disease. Depression can produce stress hormones. But it may also lead to unhealthy behaviors that can increase the risks.

**Anger.** Either intense anger or physical exertion doubles the odds of having a first heart attack. Even worse? Combining the

two triples that risk, according to a study of 12,000 people. Chances are, anger and intense activity simply trigger an attack in people who already have artery-clogging plaques, say the researchers. Intense emotions or activity may cause a domino effect: A rise in blood pressure and heart rate constricts blood vessels. That, in turn, causes plaques to rupture and cut off blood flow to the heart.

Spotting any trends, anyone?

With medical help or even self-care such as meditation or relaxation exercises, you can learn how to shift some of these moods. If these emotions are a challenge for you, I'll also do what I can to help. For one thing, I can point you to reliable sources of health information. Together we can work on managing blood pressure including discussing a few changes to your diet and lifestyle. Review the signs of a heart attack and make an appointment with your doctor today to know your overall health.

Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy

## Free Seminars on Insurance; Legal and Financial Planning for Senior Living

Two free seminars in the series "Your Choices for Senior Living: How to Make the Right Selections" will take place at The Saybrook at Haddam at 1556 Saybrook Road in Haddam, Conn. The first discusses creative insurance options for seniors, and will be held Wednesday, May 31 at 5:30 pm.

The next will focus on effective legal and financial planning for seniors and will be held on Thursday, June 22 at 5:30 pm. These events are sponsored by Elder LifeCare Planning, and are presented by Apple Rehab Saybrook, Essex Meadows and The Saybrook at Haddam. Light fare, beverages and desserts will be served. Reservations are required for each event and can be made by calling 860-345-3779.

# Vista Promotes Autism Awareness, Unity Through Art



Members of Vista Life Innovations teamed up with more than a dozen students at Westbrook High School for an interactive art experience in celebration of World Autism Awareness Day on April 2 and Autism Awareness Month throughout April.

Under the direction of Vista Arts Specialist Samantha Listorti, participants painted their own version of a blue lightbulb on individual canvases to illustrate Autism Speaks' international

Light It Up Blue autism awareness campaign. The integrated activity included students in grades 10 through 12, fostering a sense of unity among Vista members and Westbrook students.

"It warms my heart to see the continued collaboration between Vista and Westbrook High School," said Lyn Connery, student assistance counselor at Westbrook High School. "When people come together and learn about each other, all the barriers come down."

With campuses in Madison, Westbrook and Guilford, Vista is a nationally accredited post-secondary program that has been supporting the personal success of individuals with disabilities for over 27 years.

Vista believes in community integration through the arts and is proud to count Westbrook High School as a supportive community partner.

Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org).

## Do you have diabetes?

It might be time to schedule your annual eye exam!



Middlesex Eye Physicians is reminding you of the importance in scheduling an annual diabetic eye exam to monitor any changes in your eye health.

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*Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.*

## Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam. **Safe Harbor offers:**

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# Holy Advent Music Series Presents "Keyboards!"



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Justin Bischof, Artistic Director, Conductor, and organist extraordinaire, will be joined by Rafael Ubal, an exciting classical pianist, at the Holy Advent Church in Clinton on May 7 at 4 pm. The concert will showcase our church keyboards and celebrate the new enhancement to our John Waggoner organ.

Justin is the Director of Music at The Church of St. James the Less, Artistic Director of The Canadian Chamber Orchestra of New York City CCO/NYC and of the NYC-based Modus Opera Company. In addition to his growing presence in and around New York City with these ensembles, past seasons have

seen him work with orchestras in the US, Canada, Europe, Haiti, Russia, Australia and Oman. His accolades are too numerous to mention here, but he has been lauded as 'a master improviser of the highest order.'

Rafael is a professor at Northeastern University in Boston. He is a classically trained pianist born in Madrid and completed his music studies at the Jose Iturbi Conservatory in Valencia. He has performed in a number of concerts and venues including the Ateneo Theatre in Madrid in 2008 as part of a multi-arts recital. Rafael continues piano as a hobby, studying his favorite composers: F. Chopin, F. Liszt, and S. Rachmaninoff.

KEYBOARDS!! will be a lovely way to spend a Sunday evening with beautiful music!

A free will offering will be taken.



Rafael Ubal



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# Cancer Care: Keeping the Patient's Best Interest in Mind

Fighting cancer isn't easy, but it helps to know that you are getting the best, most personalized care from a highly skilled team of medical professionals who treat you like a person—not a number.

Accredited by several leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers, the Middlesex Hospital Cancer Center uses the latest technology to diagnose and treat patients with all types of cancer, including breast cancer, colon cancer, gynecological cancer, lung cancer, prostate cancer, bladder cancer, head and neck cancer and skin cancer. The center's Nurse Navigator Program provides specially trained advance practice nurses to guide patients through the treatment and rehabilitation process.

Every day, the Cancer Center strives to provide individualized, comprehensive services to every patient, family and caregiver. These services include survivorship care,

integrative therapies, support groups, educational resources, community events and outreach programs and transportation assistance.

In addition, Middlesex Hospital is a member of the Mayo Clinic Care Network, allowing Middlesex physicians and their patients' access to the world-renowned cancer experts at Mayo Clinic.

Recognizing the importance of keeping cancer patients close to their homes and loved ones, the Hospital will expand its Cancer Center services this fall when it opens a satellite cancer center at the Shoreline Medical Center.

At the Middlesex Hospital Cancer Center, you will never doubt that you are the top priority.

For more information about the Middlesex Hospital Cancer Center, visit [www.middlesexhospital.org](http://www.middlesexhospital.org), or call 860-358-2000.

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## Age-Related Vision Loss

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration. If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians  
860-347-7466

## CLINTON ART SOCIETY



*Cora Preibis, Peach Roses, watercolor*

*2017 annual*

## SUMMER EXHIBITION & SALE

in the Green Room at  
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**July 19 – August 13**

[www.clintonartsociety.info](http://www.clintonartsociety.info)  
for daily exhibition hours and more details

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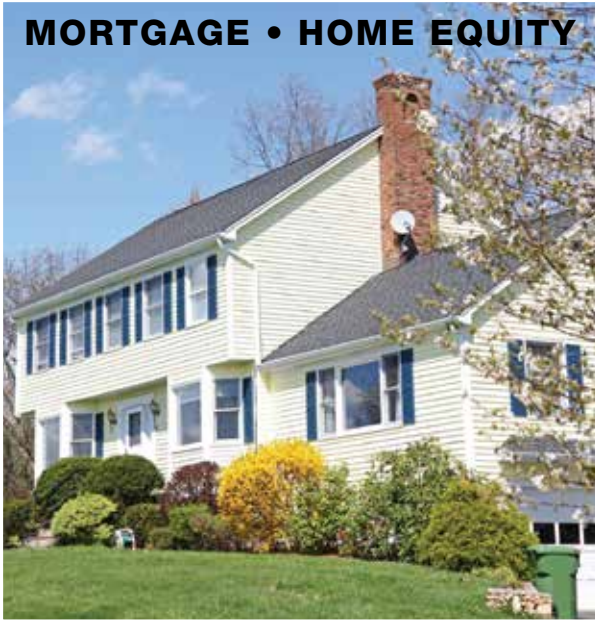




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