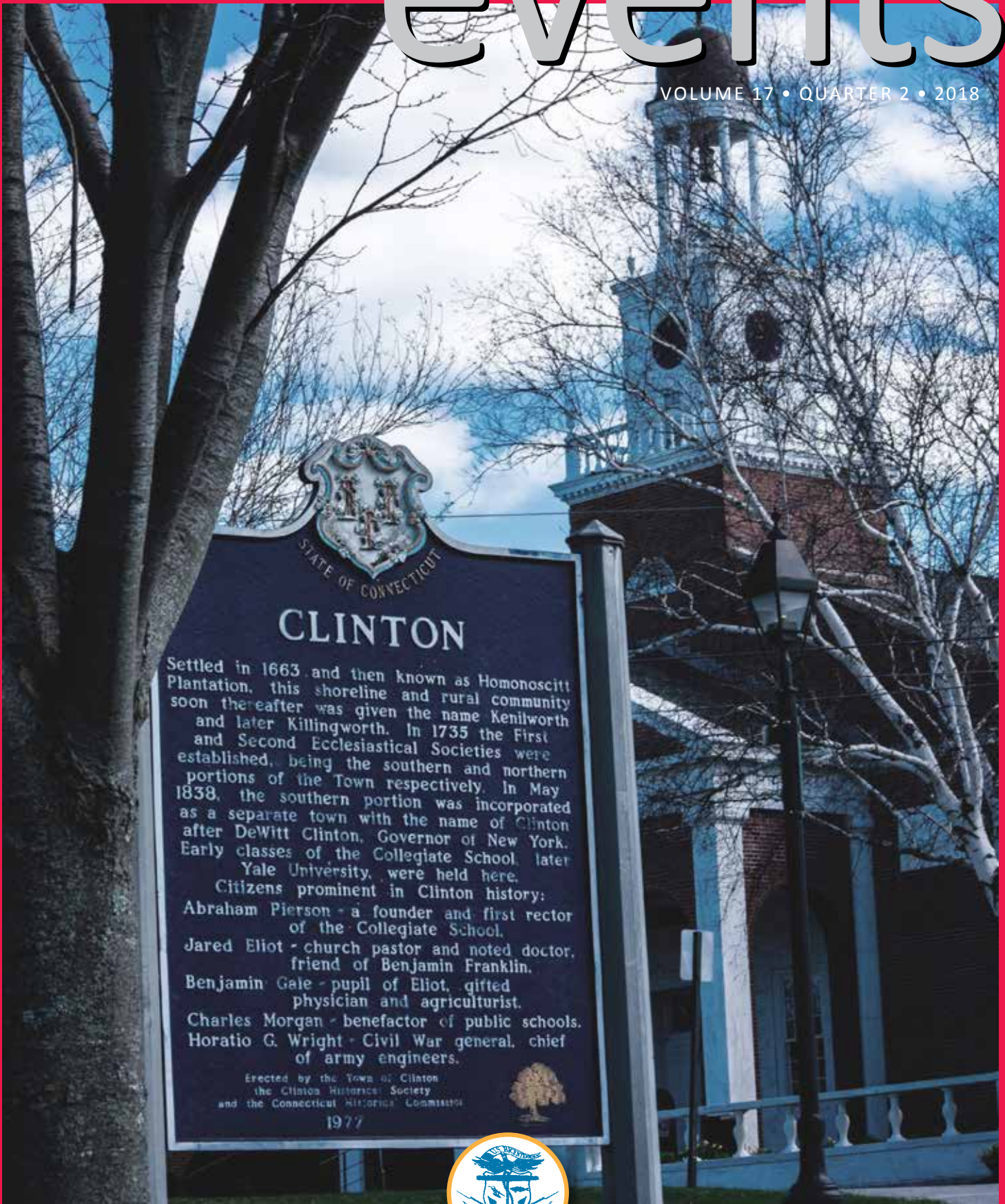


Clinton events

VOLUME 17 • QUARTER 2 • 2018



CLINTON

Settled in 1663 and then known as Homonoscott Plantation, this shoreline and rural community soon thereafter was given the name Kenilworth and later Killingworth. In 1735 the First and Second Ecclesiastical Societies were established, being the southern and northern portions of the Town respectively. In May 1838, the southern portion was incorporated as a separate town with the name of Clinton after DeWitt Clinton, Governor of New York. Early classes of the Collegiate School, later Yale University, were held here.

Citizens prominent in Clinton history:

- Abraham Pierson - a founder and first rector of the Collegiate School.
- Jared Eliot - church pastor and noted doctor, friend of Benjamin Franklin.
- Benjamin Gale - pupil of Eliot, gifted physician and agriculturist.
- Charles Morgan - benefactor of public schools.
- Horatio G. Wright - Civil War general, chief of army engineers.

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The First Selectman's Corner

Spring is here on the Shoreline... and I am happy to share some of the "new beginnings" right here in Clinton.

The Board of Selectmen recently approved our participation in the Sustainable CT certification program. This program is designed to boost local economic growth, help municipal operations become more efficient, reduce operating costs, and provide grants and additional support to achieve these initiatives. Our Town is among the first municipalities to join the program.

Sustainable CT awards points as we complete required actions in the following categories: thriving local economies; well-stewarded land and natural resources; vibrant and creative cultural ecosystems; dynamic and resilient planning; clean and diverse transportation systems and choices; efficient physical infrastructure and operations; strategic and inclusive public services; healthy, efficient and diverse housing; and inclusive and equitable community impacts. The tenth, optional action category is innovative action.

We are also looking at what the Town already has achieved in areas such as energy efficiency, resiliency, and health initiatives. For example, the Department of Public Works has reduced energy consumption through a Town-wide LED program. One requirement of the program is establishing a sustainability team that will take inventory of what the town has done and map that onto the

action categories. The Sustainability Committee meets the first Thursday of the month at 5 pm in Town Hall. Meetings are open to the public and we welcome new members.

I also would like to let Clinton seniors know about a valuable local service. We participate in the Estuary Council of Seniors, a community resource for residents over 50 years of age, providing nutrition, transportation, health support services, education opportunities, and socialization.

Those over 60 years old living in the estuary region can request Meals on Wheels. A family member, doctor, or visiting nurse also may make a request for them. A medical order is not required. Meals can be delivered for a short time, such as when recovering from surgery, or a long term period of time, when standing and cooking becomes more difficult. Meals are delivered Monday through Friday. You can choose to have meals delivered between 1-5 days a week.

continued on page 2



Christine Goupil, First Selectman

An advertisement for Saybrook Country Barn. The background is a photograph of a white outdoor dining table with four blue-cushioned chairs on a stone patio. The patio is next to a swimming pool, and in the background, there is a lake with a boat and a house. The text "Outdoor Furniture Built To Last" is overlaid on the top right of the image. The Saybrook Country Barn logo is in a dark blue box at the bottom right. The address "2 Main Street - Old Saybrook CT" is below the logo. The phone number "860-388-0891" and website "saybrookcountrybarn.com" are in the bottom left. The slogan "Home is better when you love where you live." is at the bottom center.

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Dedicated volunteers deliver the hot meals around noontime. Frozen meals are also available for dinners and weekends. A suggested donation of \$3.00 per meal is requested at the end of the month.

In addition we have a Lunch Cafe every Thursday at noon in the Clinton Town Hall Annex Building. Reservations must be made before 11:00 am the day before, 860-388-1611, extension 216. \$3.00 suggested donation per meal for ages 60+. For more information visit www.ecsenior.org.

I personally am proud to host the Brown bag Lunch/Dinner in Town Hall on the 3rd Thursday of the month. This is an opportunity for Clinton residents and businesses to ask questions and share ideas. We welcome your input. Please check the Town Hall Calendar at www.clintonct.org/calendar.aspx.

Christine Goupil, First Selectman

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 any time after June 1st 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 November 6th election.

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

Sharon Uricchio, CCTC
Clinton Town Clerk

News from the Land Conservation Trust

Every March the CLCT awards scholarships to Pierson School students to go to Bushy Hill Nature Camp. These scholarships are made possible through a generous donation from the estate of Eunice Symonds. Students must “earn” their week by submitting a persuasive essay to the Board.



From left to right: Ivelin Orellana, Ellie DePaul, Isabelle West, Aidan Champion, Timmy Hayes, Niklas Anderson accompanied by Pierson School Science Teacher and CLCT board member Dana Skidmore.

The Menunkatuck Audubon Society, led by Terry Shaw, has been instrumental in helping the Land Trust repair and replace all of our 12+ osprey platforms throughout town. In late March we got a call that a previously active platform off Beach Park Road had storm damage. Working quickly, Terry and his crew replaced the platform that weekend just in time for the return of the osprey. The CLCT would like to thank Tamara Sutfin and Kathy Wadlow for their donation to replace the osprey platform. Photo courtesy of Deanna Broderick.



Cover Photo: Michael Hromadka has lived in Clinton for 12 years with his wife Jill and children Ryan and Rachel. Director of Event Technology at the Hartford Hilton, he is also a Video Director for Live Nation Concerts. An amateur photographer for about 2 years, he likes working in sports photography (of his children!), and black and white and landscapes. Michael is also a drummer.

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There is an easy and delicious way to support cancer patients in our community this June. Dine at a participating restaurant on its designated date and the restaurant will donate a percentage of your tab directly to Middlesex Hospital Cancer Center. Appetite for Life is in its ninth year and brings together restaurants and other food retailers, including ice cream and gourmet food shops and pet food stores, to support cancer patients during the month of June. Choose from dozens of restaurants throughout Middlesex County – from Old Saybrook to Cromwell.

This year, The Essex in Centerbrook will host a special event on Wednesday, June 6 from 4 pm to 6 pm featuring samples from its seasonal menu. In addition, Tuscany Grill in Middletown will host a kickoff party on Wednesday, May 30 from 4:30 pm to 6:30 pm. Each party includes live music, beer, wine and spirit tastings and raffle prizes. Tickets are \$20 each, 100 percent of which directly supports patients at Middlesex

Hospital Cancer Center at its locations in Middletown and Westbrook.

“We are grateful to the dozens of restaurants participating in Appetite for Life, which benefits the Middlesex Hospital Cancer Center and our patients,” says Sarah Moore, director of development at Middlesex Hospital. “All proceeds support local cancer patient care and support services. Please join us, and eat out for a good cause!”

Since 2010, Appetite for Life has raised more than \$145,000 for cancer patient support services at Middlesex Hospital Cancer Center. These services include nurse navigation, social work, clinical trials, integrative medicine therapy and more.

To learn more about Appetite for Life, to purchase party tickets and to see a complete list of participating restaurants, visit wmiddlesexhospital.org/appetiteforlife or call 860-358-6200.





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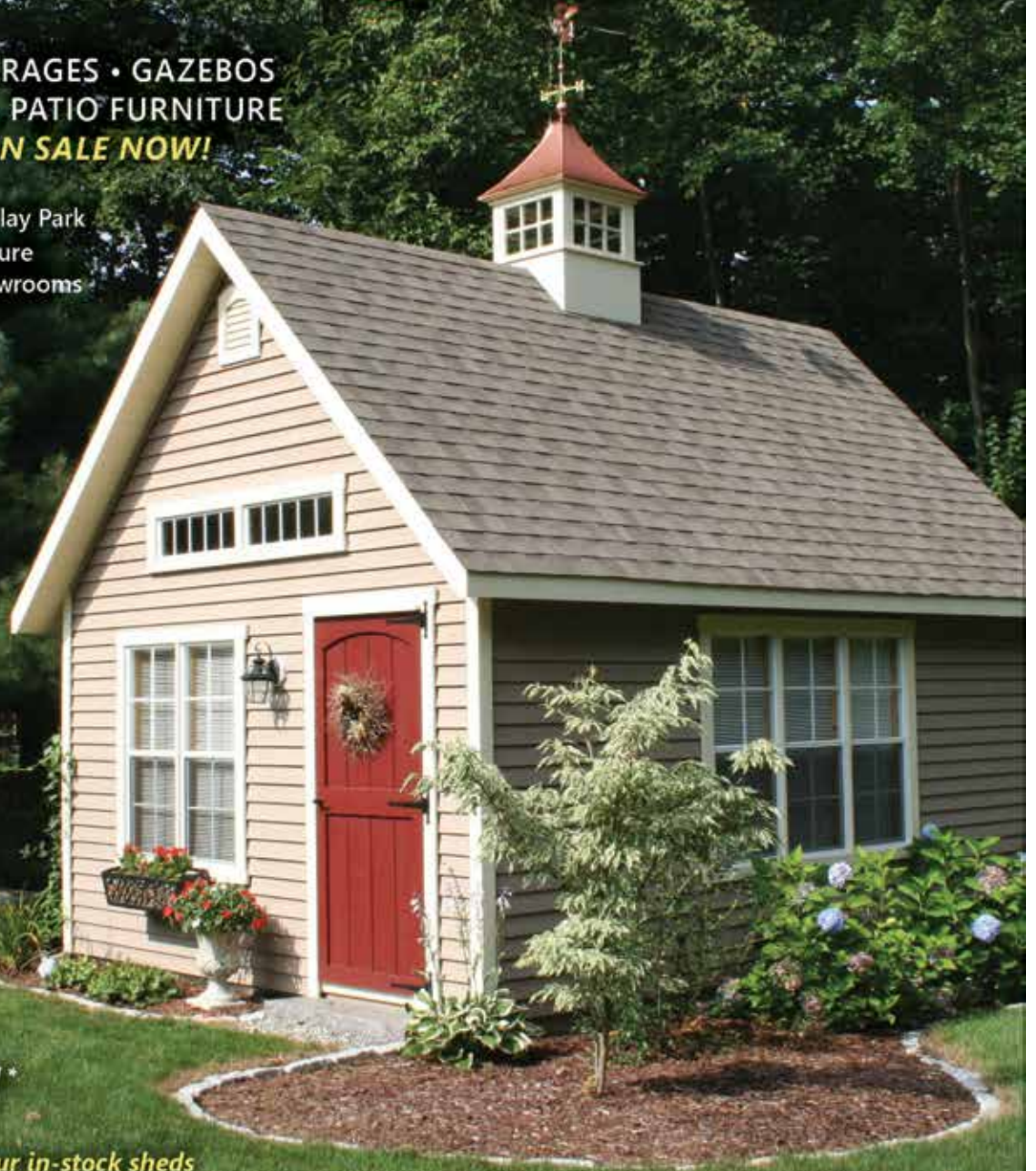
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Gardening with The Arbor Garden Club of Clinton

The Arbor Garden Club of Clinton was founded in 1960. Our members strive to promote the advancement of gardening; add beauty to home, town and state; to aid in the conservation of flowers, trees and wildlife. We are affiliated with the Federated Garden Clubs of Connecticut, New England Garden Clubs and National Garden Clubs. Our theme for 2017-2019 is 'Plant Connecticut: Be A Conservation Champion.' How? Conserve water, assist pollination, garden naturally!

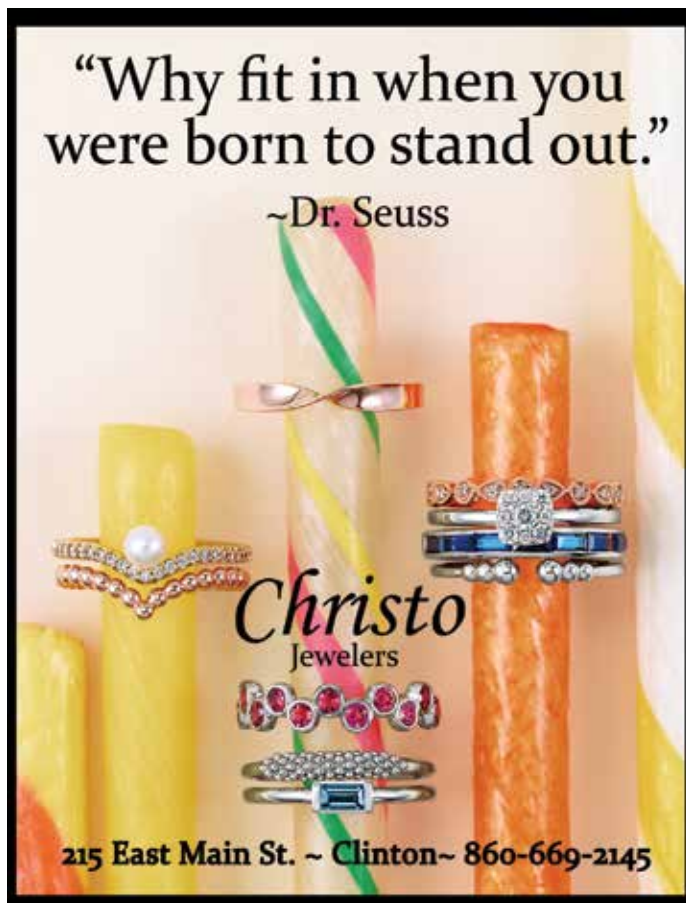
As part of this theme, we encourage residents to consider growing native plants. Native plants contribute to the health of the environment. Pollinators and other insects depend on native plants as do other life forms including humans. The use of native plants is important to keep an ecological balance and a healthy environment. To achieve this goal, in our own backyard, we are lucky to have the Stewart B. McKinney National Wildlife Preserve. It is opened year-round. They conduct educational tours and will give free information on how to achieve a garden of native plantings.

The Arbor Garden Club of Clinton sponsors educational programs on all facets of gardening as well as floral design techniques. These programs are open to the public.

Throughout the year, we enjoy designing, planting and maintaining the town barrels along Main Street, Town Hall and the Landing. Our Club assisted in the Clinton Town Beach Pavilion Beautification Project. Many members help maintain the historical gardens of the Clinton Historical Society. Please come by any Tuesday morning at 9:00 am to "dig in" with us and then enjoy coffee afterwards. Please stroll the gardens anytime at your leisure and enjoy!

At the holidays, in addition to decorating the Vece Gazebo, the club hosts a decorated wreath and tree sale in December held during Christmas in Clinton to support a \$1,000 scholarship to a Clinton student who plans to major in an Environmental Science.

Come and spark your inner creative spirit! We are seeking new members. If you are interested in becoming a member or have any questions you may contact 203-710-0133. You may also drop a note: Ginny Casanova and Mary Bovich, co-presidents, Arbor Garden Club of Clinton, P.O. Box 478, Clinton, CT 06413.



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~Dr. Seuss

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Clinton Chamber of Commerce Plans Plenty

We're starting on spring and summer even if the weather isn't. But first, a look at the past few months.

Our website has been up and running and gathering momentum. People are discovering it as a source of information about events in town and our members who make it happen. See for yourself at Clintonct.com.

The reboot of the business expo was a big success. Close to 40 local businesses, restaurants and civic organizations informed over 300 visitors about the resources and opportunities that are available right here in Clinton.

Business Networking

One of our main roles is to help businesses promote themselves. Each month we offer a Business After Hours, held from 5:30 to 7:30 pm, where business owners, staff and professionals can socialize and network. Our Women in Business Luncheon series is sponsored jointly with the Madison Chamber and occurs bi-monthly.

Another monthly event is **Business Before Hours**, held on the fourth Tuesday of every month from 7:45 to 9:00 am. Beginning in May, we are starting a new format for this meeting, including speakers and discussion with town leaders, resources from state and federal agencies, and independent experts. While this is primarily for the benefit of our members, not-yet members are also welcome.

Robert DiBona Scholarships

The Robert DiBona Scholarships are awarded each year at the Chamber's Annual Breakfast meeting, held this year on June 14. But first, we hold a big Business After Hours fundraiser to benefit the Scholarship Fund. This year's event will be at Scottish Dave's Pub on June 5 from 5:30 to 7:30 pm. We encourage the whole community to join us in raising funds for the scholarships to be awarded.

Summer Concert Series

This popular series of concerts will continue this year with a mixed array of musical offerings. We've brought back the most popular classic rock bands and added in some Island Music, Jazz, Country, Swing, Big Band, Motown and Soul. Thursday evenings from July 5 to August 16 at the Vece Gazebo, Pierson School, 75 East Main Street from 6:30 to 8:00 pm.

Bluefish 5K

The Steward's Hardware Bluefish 5K Road Race will take off through the shaded streets from the Jared Eliot School, 69 Fairy Dell Road. Now in its 21st year, this race draws runners from all over the state of Connecticut and beyond. Early registration fee is \$20 through June 30. Runners can register at Active.com.

continued on page 8



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Chamber of Commerce... continued from page 7

Summerfest and Fireworks

The Summerfest and Fireworks are back this year, with more activities and entertainment up until it's time to light up the sky. Scheduled for the last Saturday in August, it's a last hurrah for summer before going back to school and regular routines. Saturday, August 25, starting at 4:00 pm; Fireworks at 9:00 pm.

CALENDAR OF EVENTS

June	5	Business After Hours	5:30-7:30	Scottish Dave's Pub, 24 East Main St
	14	Annual Chamber Breakfast Mtg	8:00 am	TBD
July	5	Summer Concert Series Night Flight 60s/70s Classic Rock	6:30-8:30 pm	Vece Gazebo, Pierson School, 75 Main St
	10	Business After Hours	5:30-7:30	Indian River Marina & Kayaks. 58 Commerce St
	12	Summer Concert Series Rock Bottom Band Classic Rock, Blues, Funk	6:30-8:30 pm	Vece Gazebo
	19	Summer Concert Series Airborne Island Music, Jazz	6:30-8:30 pm	Vece Gazebo
	26	Summer Concert Series Three 57 Band Country & Classic Rock	6:30-8:30	Vece Gazebo
August	2	Summer Concert Series Hot Cat Jazz Band Swing, Big Band Jazz	6:30-8:30	Vece Gazebo
	7	Business After Hours	5:30-7:30 pm	Carefree Boat Club, 1 East Main Street
	9	Summer Concert Series Shaded Soul Band Motown, R&B, Soul, Swing, Top 40	6:30-8:30 pm	Vece Gazebo
	16	Summer Concert Series The Navels Rock & Roll, 60s to today	6:30-8:30 pm 6:30-8:30 pm	Vece Gazebo Vece Gazebo
	18	21st Annual Bluefish 5K	9:00 am	Jared Eliot School, 6 Fairy Dell Rd
	25	Summerfest & Fireworks	4:00-8:00 pm 9:00 pm	Town Hall to Pierson School Town Beach

Essex Printing Has Just Won Seven More Awards!



That's right! Essex Printing has just recently been awarded seven more awards by the Print Industry of New England (PINE). That makes 20 awards in the last 6 years. The awards not only underscore the consistent quality of the company's work but they also exemplify the diversity of its services.

For example, the 2018 awards are for the following: calendars, a product catalogue, a services catalogue, a program/playbill, holiday cards, and a soft cover book. More importantly, the awards represent Essex Printing's commitment to its customers. Together, we can make great things happen. Previous awards have included brochures, marketing materials, pocket folders, invitations and programs, art books, and catalogues.



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Henry Carter Hull Library Provides Fun for All

A note from Adult Programming Coordinator, Sarah Borgnis-Tobin:

Think libraries are just for kids? Think again - Now more than ever, your local library is the place to be! As your number one source for books, information, and public access to computers and the internet, Henry Carter Hull Library is pleased to also provide fun, educational, and free events for all ages.

Over the past few months, we've been thrilled to fill the room at events like the Oscar Nominated Short Film Screenings and The Kerry Boys Live in Concert sponsored by Clinton Insurance Center, and our CT Wildlife Series presented by Master Wildlife Conservationist Rich Taylor, featuring subjects such as the bobcat, black bear, white-tailed deer, fisher, and bald eagle. These events are made possible by community sponsors, volunteer presenters, our library staff, and the support and engagement of patrons like you - We're so glad to be a part of your community!

Did you know? If you're not receiving our events email, you're missing out on valuable library updates and announcements. Not to worry - Sign up is quick and easy! Call us at 860-669-2343 and ask to be added to our email events newsletter, or visit www.hchlibrary.org/subscribe to start receiving library news.

Have an idea for a program? Interested in sponsoring an event? Email sarah@hchlibrary.org or call 860-669-2342 to share your thoughts and discuss options. 100% of library events are funded by generous donations from citizens and community sponsors, and your input and support are appreciated.

Ongoing Weekly Adult Events

Mondays @ 6:30 pm - Itch to Stitch: Crochet or knit with fellow fiber arts enthusiasts.

Tuesdays @ 6:30 pm - Mindfulness & Meditation: Guided by Sarah Johnson, LMT.

Fridays @ 9:00 am - HCH Quilters: Bring your project and work with friends.

Ongoing Monthly Adult Events

1st Monday of the month @ 1:00 pm - New Movie Matinee: Screening of a newly released film with popcorn provided by Chips' Pub III.

1st Monday of the month @ 6:00 pm - Creative Writer's Group: A casual meeting to hear, read, and discuss all formats of original creative writing.

1st Thursday of the month @ 6:00 pm - Shoreline Investors: Discuss investing trends and options.

2nd Thursday of the month @ 5:30 pm - Caregiver Support Group: Confidential conversation with peer caregivers.



Museum and Park Passes

3rd Tuesday of the month @ 9:30 am - TEDxHCHLibrary: TED Talks & conversation led by Lynn Hidek.

4th Wednesday of the month @ 9:30 am - Atlantic Monthly: Reading circle & discussion.

Last Wednesday of the month @ 6:00 pm - Wellness Wednesday: Workshops and classes on a variety of health and wellness topics.

Special Events for Adults in May

Mon. 5/14 @ 5:30 pm - From Page to Screen: Forever My Girl (2018): A country-music star reconnects with an old flame while visiting his hometown. Based on the hit novel by Heidi McLaughlin. Rated PG. 104 minutes.

Wed. 5/16, 11:30 pm - 4:30 pm - Red Cross Blood Drive: Give blood. Help save lives. Stop by to give blood to the Red Cross. Appointments can be made in advance at REDCROSSBLOOD.ORG or by calling 1-800-RED-CROSS. Walk-ins welcome.

Wed. 5/16 @ 6:00 pm - Cultivating Confidence: Celebrate CT's historic women and find confidence within yourself at this presentation for all ages by the CT Women's Hall of Fame.

Tues. 5/22 @ 5:30 pm - Evening Adventure Film: Black Panther (2018): A hero known as Black Panther defends Wakanda, a technologically advanced country in Africa that has hidden itself away from the rest of the world. Rated PG-13. 135 minutes.

Thurs. 5/24 @ 6:00 pm - Cryptozoology of New England: Do these creatures really exist? Examine documentation of crypto-creatures alleged to be found in Connecticut and New England.

Wed. 5/30 @ 6:00 pm - Wellness Wednesday: Failure to Launch: How can we help our young people develop resiliency and the confidence to navigate adulthood? This talk will provide strategies for support.

Thurs. 5/31 @ 6:00 pm - Edible Wild Plants of the Northeast: Master Conservationist and Landscaper John Root will discuss wild regional edible plants, including some available for purchase.

Special Events for Adults in June

Mon. 6/4 @ 1:00 pm - New Movie Matinee: Early Man (2018): From the creator of Wallace and Gromit comes a new hit stop-motion film about a prehistoric tribe clash. Rated PG. 89 minutes.

Tues. 6/12 @ 5:30 pm - Kindness Rocks: Paint stones with inspiring designs to make "Kindness Rocks." Pay-it-forward by leaving them in public spaces for others to find. Materials provided.

Wed. 6/20 @ 5:30 pm - Evening Film Screening: TBD: Check back to find out which newly released title we'll be showing.

Thurs. 6/21 @ 10:15 am - International Day of Yoga: Join yoga instructor Karen Wexell for a special outdoor gentle yoga class and more activities throughout the day.

Wed. 6/27 @ 6:00 pm - Wellness Wednesday: TBD: Check back for the topic of this month's wellness workshop.

Check soon back for more events & updates!



Miss Barb and Ella at the Imagination Station in April

A note from Head of Children's Services, Coralie Williams

Greetings from the Children's Room! Spring has finally sprung inside and out of our Children's Room. Our spring books are displayed, our craft table is stocked, our garden is blooming, and the birds and woodland creatures have returned. My favorite sign of spring is seeing families enjoying a picnic lunch in our garden. This has inspired one of our new summer programs, Picnic Lunch Storytime. Bring a blanket, lunch or a snack and listen to stories in the garden.

continued on page 12


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Boy Scout Troop #7

(details below) The Connecticut Audubon Society helped us plant flowers that will attract pollinators. I'm certain these creatures will star in many of the stories we read.

Save the date! These two programs for school-agers are not to be missed. We are kicking off our Libraries Rock! **Summer Reading Program** with Animal Embassy on Thursday, June 21st @3:30-4:30. This program will take school-aged children around the world with a unique group of rescued and adopted animals. We will also discover some musical instruments used by indigenous people from those regions.

Science Tellers will return to HCH on Wednesday, July 11th at 2:00 to delight us with their action packed, adventure story, Wild West; The Mystery of the Golden Piano. Grab your spurs and journey with us to the wild west while we explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more!

Kid's Cafe will also return this summer. Free lunch, special guests and activities will be provided on Fridays from 12:00-1:00 for children age 1-18. Thank you to Families Helping Families and Clinton Social Services for organizing this and to Chow Food



Coyotes of CT with Master Wildlife Conservationist Rich Taylor in March

& Beverage Co. for providing food. We have lots of other exciting programs happening this summer for Tweens, Teens, and children of all ages. Be sure to check out our 17 Museum Passes which offer discounts at a variety of art and science museums, zoos, The Mystic Seaport and Mystic Aquarium. Reserve yours today! Stop by and grab a brochure and check out our website for more details about our programs and museum passes. "Like" us on Facebook for additions and updates.

The Nutmeg Book Award nominees were officially announced on May 1st and all the elementary and intermediate books are ready and waiting for you.

Happy reading!

-Coralie Williams, Head of Children's Services.

SPRING CHILDREN'S EVENTS: April 1-June 15

MONDAY:

Baby and Me 4:00-4:30 (birth-24 months)

TUESDAY:

Crafty Kids 9:30-10:00 (older toddlers & preschoolers)

Read to Daffodil the Therapy Dog 4:00-5:00 (school aged)

WEDNESDAY:

ABC Amigos 9:30-10:00 (toddlers & preschoolers)

Kids in Motion 2:00 (family fun)

Lego Club 4:00-5:00 (all ages)

THURSDAY:

Yoga & Mindfulness 9:30-10:00 (family fun)

Rainbow Music 4:00-4:45 (older toddlers & preschoolers)

Young Authors 4:00-5:00 (1st-5th graders)

FRIDAY:

Stories & More 10:00-10:30 (toddlers & preschoolers)

SUMMER CHILDREN'S EVENTS: June 18-August 24th

MONDAY:

Baby & Me 4:00-4:30 (birth-24 months)

Imagination Station 5:30-7:30 (all ages) *check website for exact dates being offered

TUESDAY:

Crafty Kids 9:30-10:00 (older toddlers & preschoolers)

Kids in Motion 3:00-3:30 (family fun)

WEDNESDAY:

ABC Amigos 9:30-10:00 (toddlers & preschoolers)

STEM Challenge 2:30-3:30 (school aged) *6/27, 7/25, 8/1, 8/8,

Lego Club 4:00-5:00 (all ages)

THURSDAY:

Yoga & Mindfulness 9:30-10:00 (family fun) *no class 8/16, 8/23
Picnic Lunch Storytime 12:00-1:00 (all ages, rain or shine),
Matinee Movies 2:30 (family fun-check website for list of showings).

FRIDAY:

Stories & More 10:00-10:30 (toddlers & preschoolers)
Stay & Play 10:30-12:00, bubbles, chalk, sand/water play in the garden (weather permitting).
Kids Cafe: 12:00-1:00 (ages 1-18)

A note from Young Adult Librarian, Cathleen Cole

Libraries Rock! HCH Library is the 2018 summer fun destination for tweens and teens! There is something happening every day starting on June 20th with our Libraries Rock Kick-off concert and ice cream celebration with The School of Rock Band. Tweens will love our Cool-ology Programs which feature STEAM activities designed for tweens entering grades 4-7. Teens can also participate in our Passport to Diversity Reading Program which encourages reading books by diverse authors featuring stories celebrating human diversity, which can be picked-up at HCH Library in June.

Join us every Monday for Teen STEAM Café where teens can play with robots including Dot and Dash, Sphero BB8, WowWee MiP, and other cool gadgets. Tuesday evening will feature a Pasta & Popcorn Movie Night with screening of all the latest movies. Wednesday features our Makers Gonna Make DIY series. Thursdays is Geeks Got Game Day when we have fun playing the latest board games and when our Dungeons and Dragons Club meets. Please visit our website for specific days and times for all events.



Fascinator Making Workshop - April

Riding the Rails: Connecticut's Shore Line East

Connecticut commuters, as well as leisure travelers, have enjoyed the benefits of the Shore Line East (SLE) rail service over the years, but not everyone knows a lot of its history.

The line was built in the mid-nineteenth century by the New York, New Haven and Hartford Railroad as part of the New York to Boston main-line. This local service was operated on the line between New Haven and New London until 1969. The service was then reduced to one local train that operated until 1972. Amtrak ended the local service and substituted various types of more limited local services that ran until 1981 when all local service was ended.

The State revived the service in 1990 with the current name of Shore Line East as a temporary service to local stations between New Haven and Old Saybrook, to alleviate traffic congestion from construction work on I-95. Since then, service and ridership has expanded with new stations and more trains. Shore Line East also connects with MTA Metro-North in New Haven providing service to New York City.

Today, SLE serves over 500,000 commuters annually who travel along nine stations: New Haven Union, New Haven State Street, Branford, Guilford, Madison, Clinton, Westbrook, Old Saybrook and New London.

Most stations have free parking, and there are fun surprises as well - a classic pizza eatery in the Old Saybrook station and wonderful New England scenery as SLE runs right through Rocky Neck State Park.

SLE is much more than a commuter service. Many commuters use it to visit Mystic Aquarium or Mystic Seaport, attend performances at the Garde Arts Center in New London, or visit New Haven sites like the Yale Peabody Museum or The Shubert. And Mohegan Sun runs a special free shuttle from New London right to the casino.

For schedules and special attraction offers visit ShoreLineEast.com.

Understanding the Pain Medication and the Opioid Crisis

How can we Change the Script®?

You may have knowledge that there is a public health crisis in our country that took the lives of over 63,000 United States citizens in 2016. Death from accidental overdose of opioid medication or heroin is not only at epidemic rates in the US, it is also a major issue in Connecticut and even in Clinton. Connecticut's rate of mortality from opioid overdose (number of deaths per 100,000 residents) is higher than the rate in the United States. Connecticut lost 917 residents in 2016! While Clinton lost only 3 lives in 2015 and 2016 and at least 2 in 2017, our emergency responders have revived dozens more each year from overdose using the medication Narcan.

The people who are affected by this epidemic are every age and every nationality. In Connecticut the majority of the victims have been over age 40 and white. Being affluent in Connecticut has also been called a risk factor for use, as having expendable income can lead to greater access to pills. Teens, grandparents, employed and unemployed are all at risk. It is not an issue that discriminates or rests on one demographic.

Understanding this crisis is important in many ways. The more knowledge a family has about the effects of opioid pain medication the more likely they will be to avoid addiction. For decades physicians have been prescribing OxyContin, Percocet and Vicodin to manage pain, even to teenagers. Pain from a sports injury or oral surgery like wisdom teeth extraction can be effectively managed by taking narcotic pain medicine. However, these medications are extremely habit and addiction-forming, making them very difficult to stop taking. The result has been an epidemic of people who are addicted to the narcotic who either continue to seek and ingest the prescription medications or move on to more dangerous drugs like heroin and fentanyl, which have the same biological effect, but are much more fatal.

The best way to stop opioid misuse is to prevent it from starting. If you have a painful injury or surgery, ask for non-narcotic/ opioid approaches to pain relief, especially for teens. Being direct with your doctor is critical. It is better to endure a couple of days of discomfort than to enter into a cycle of addiction!

Remind your teens to NEVER take a prescription medication from someone else, and always keep prescriptions locked up and

stored safely. More than half of opioid misuse starts with left over pills being used by others who have access to them. You can also dispose of excess medication at the Medication Drop Box in the lobby of the Clinton Police Department, which is available 24/7 and is anonymous, safe and free.

Another important thing to know about opioid addiction is that you can access the life saving medication, Narcan, through your local pharmacy. If a person has ingested too much pain medication, their breathing can stop completely. The molecules in the opioid bind to receptors in the airways which results in the person being unable to breathe. The administration of Narcan immediately can save their life, as it instantly reverses the binding that blocks breathing. The longer an overdosing person goes without air, the greater likelihood of brain damage or even death. Having someone in the home who has been trained to use Narcan (this can be taught easily by your local pharmacist) can give your loved one another chance. Talk with your pharmacist about training as well as purchasing a Narcan kit if you have concerns about a loved one's use of opioids.

We do not need to lose anyone else. If you or a loved one is in need of help with managing pain medication or opioid use, there is help. Talk openly with your doctor if you feel you are unsure about your medications. There are treatments that are making a huge difference in the lives of people who have become addicted. There are medication assisted treatments and emotional support/ mental health treatments available, as well as groups in the community who are ready to provide support and encouragement.

The best way to locate these centers is to go to www.drugfreect.org. This website has information on treatment, prevention and support and is easy to navigate. Locally you can contact the Partners in Community office at 860-664-1142 if you want help finding resources.

Change the Script © is an educational campaign from the CT State Department of Mental Health and Addiction Services. Permission to use slogan and funding from the CT State Targeted Response to the Opioid Crisis grant from the CT State Department of Mental Health and Addiction Services and federal Substance Abuse and Mental Health Services Administration (1H79TI080253-01).

Bike Tips from Paul Egan the Bike Guy

Bicycle riding is fun, healthy, and a great way to be independent, but it is important to remember that a bicycle is a vehicle!

Be cool – follow some basic Safety Tips when you ride:

Wear a Properly Fitted Bicycle Helmet.

Adjust Your Bicycle to Fit. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be

level and the seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended.

Check Your Equipment. Before riding, inflate tires properly and check that your brakes work.

See and Be Seen. Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wear something that reflects light, such as reflective tape or markings, or have flashing lights.

Control Your Bicycle. Always ride with at

least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.

Watch for and Avoid Road Hazards. Avoid riding at night. Make sure you have reflectors on the front and rear of your bicycle in addition to reflectors on your tires, so others can see you.

When riding, always follow the Rules of the Road: Go with the traffic flow. Ride on the right in the same direction as other vehicles. Go with the flow – not against it.

Obey All Traffic Laws. Obey all traffic signs, signals, and lane markings.

Yield to Traffic When Appropriate. Be predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.

Stay Alert at All Times. Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.

Look Before Turning. When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.

Watch for Parked Cars. Ride far enough out from the curb to avoid the unexpected.

With the support of Clinton Families Helping Families, The Bike Guy refurbishes and gives away free bicycles to area children and adults in need. He also accepts donations of used bicycles in any condition. If you have a bike to give away or need a bike for yourself or your child, contact The Bike Guy at 860-669-4487.

When Drugs Deplete Nutrients

Medications can be life saving. But take heed - they can also rob your body of nutrients you need. Nutrient loss can happen in many ways. For example, a medication may:

- Depress your appetite, which means you may not eat enough to stay nourished.
- Increase your desire for less healthy foods, such as lots of sugar, bread, or pasta.
- Reduce absorption of certain nutrients in the "gut," especially in seniors.
- Block a nutrient's effects at the level of the cell.
- Increase loss of nutrients through your urinary system.

continued on page 16



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Depleted Nutrients... continued from page 15

Symptoms of nutrient loss may come on gradually and look a lot like symptoms of aging, disease, or changes in mood - so it's easy to get caught off guard. For example, pain, numbness, or tingling in legs may be a vitamin B12 deficiency. Or a magnesium deficiency may cause muscle pain and stiffness. Over time, this deficiency may even contribute to bone disease (osteoporosis).

Which drugs are the most common culprits? Here's a brief summary for you.

Acid blockers. If you have heartburn, reflux, or peptic ulcers, your doctor may prescribe an antacid, H2 blocker, or proton-pump inhibitor (PPI). Studies show these drugs may cause many nutrient deficiencies. They can interfere with the breakdown of food or absorption of nutrients. You may lack B12, calcium, vitamin D, folic acid, chromium, iron, zinc, and phosphorus.

Antibiotics. These drugs are big robbers of a wide range of nutrients. They also kill "good" bacteria in your digestive system. For these reasons, it may be a good idea to take a B vitamin complex or a multivitamin that contains B vitamins - as well as magnesium, calcium, and potassium. You might also consider probiotics and vitamin K - normally made by those "friendly" bacteria.

Anti-convulsants. Seizure medication can cause low levels of vitamin D.

Anti-hypertensives. Diuretics are great at helping to prevent heart attacks in high-risk people. But they may deplete magnesium, sodium, potassium, zinc, pyridoxine, thiamine, and ascorbic acid.

Beta blockers also are great at lowering blood pressure. However, they can deplete CoQ10. This can be very dangerous. The heart needs a rich supply of this nutrient

for the energy "factories" of its cells.

Cholesterol-lowering drugs. When it comes to high cholesterol, statins are practically a household name. That's because doctors widely prescribe them. But statins also deplete CoQ10 - which is serious.

Hypoglycemics (oral). Drugs like metformin help make insulin work better in people with diabetes. But they can reduce levels of B12 by half. They also can deplete folic acid and CoQ10.

Hormone replacement therapy (HRT). Used for menopausal symptoms, HRT may deplete vitamins B6 and B12, folic acid, and magnesium - critical for not only heart health but also mood. Still moody on HRT? A supplement might make more sense than an antidepressant.

Nearly 50 percent of Americans regularly take a prescription drug.

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And medication-related loss of nutrients is more common than many realize. Just to be safe, look over your list of medications and make sure you're not coming up short. Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your

physician or other medical professional if you have questions or concerns about a medical condition.

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

Get Fit with Clinton Parks & Recreation Department

Spring - Summer

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.

YOGA FOUNDATIONS - Instructor: Wendy Baier for all levels of experience including new to Yoga. Participants should bring a mat, a towel, water and if they have any props (blocks and/or

straps). This is a drop-in program with a \$10 fee per class. Time: 6 - 7 pm. Location: P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT.

WEDNESDAY MORNING PAINTING, Open Studio

Adults (18+). Ongoing/Come any time. Location: P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT. Join a supportive group of people with similar interests. Tables & chairs provided. Bring your own projects and supplies.

MEN'S BASKETBALL (Adults only) Its open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm at the Eliot School Gym.

May: Thursday evenings May 3rd through

June: Thursday evening June 14th

continued on page 18

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Parks and Recreation... continued from page 17

FALL SOCCER REGISTRATIONS - It is time to register your child for fall soccer.

TOWN BEACH - Tentatively scheduled to open June 16th and visitors will be required to have a Beach Pass for their cars. Passes are sold at the gate keepers booth. Please check our website for a fee schedule.

CLINTON FAMILY DAY - Saturday, July 21 (Rain Date is Sunday, July 22) Time: 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 21st, please call the P & R Office at 860-669-6901 or send us an email.

CT COMPUTER EDUCATION SESSIONS - Custom Bots with Legos™: Ages: 5 to 10, June 18 – 21, 2018, Time: 4 – 5:30 pm. Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. Design and build your own custom Lego™ robots with your friends and other students. Add a touch and/or a light sensor and then some specialty pieces and then race against your friends. Pictures will be emailed home. Please bring a snack every day to class. No Legos™ will be taken home. Fee is \$55.00 (Non-residents \$65).

Lego™ Fidget Spinner, Vehicles and Robots: Ages: 5 – 10, July 10 – 13, 2018, Time: 4-5:15 pm, Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. This class has a different theme each day. Does your child love fidget spinners? Does your child love Legos™? This class combines the best of both worlds. This class will show children how to build fidget spinners. The class then switches the children to building cars and other moveable vehicles. Children will have an opportunity to program their robot using the Mindstorm Lego™ Robotics System. Pictures will be emailed home. Please bring a snack. No Legos™ will be taken home. Fee is \$55.00 (Non-residents \$65.00).

Let's Light Up the Circuits with Legos™: Ages: 5 to 10, August 14 – 17, Time: 4 – 5:30 pm. Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. Love Science and Building? This class will intrigue your child about the world of science while investigating how to create circuits and other fun electricity experiments. Children will learn how to create electricity with the use of a battery. The class then switches to talk about solar power and how it works. Some solar building will include a fan, robots, race cars, Ferris wheels and a solar power windmill. Pictures will be emailed home. No Legos™ will be taken home. Please bring a snack. Fee is \$55.00 (Non-residents \$65.00).

ENVIRONMENTAL ECOLOGY CAMP - June 25 – 29, 2018, Time: 9 am – 12 noon, for children entering grades 2 – 6 as of Sept. 2018. Registration for Ecology Camp will open on May

9th to Clinton residents (Clinton residents will get “first dibs”). Non-residents may register after May 23rd. Monday – Wednesday – Friday at the Clinton Town Beach. Tuesday at the Entrance of Peter's Woods, Valley Road and 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 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).

Half (½) Day Ecology Camp (Pay-It-Forward) - Children entering Grades 2-6 as of Sept. 2018. 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 science education. In particular, she would like to book more hands-on science programs. Date: August 1. 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 experience 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.

SUMMER COOKING CAMP - Ages: Entering Gr. 2 through 5 as of Sept. 2018. Dates: Session I: June 25 – 28, 2018, Time: 1:30 –

3:30 pm and/or Session II: July 9 – 12, 2018, Time: 9 – 11 am.
 Location: Morgan School Cafeteria. Fee for each Session: \$128.00
 Kids' Kitchen Summer Cooking Camp is a unique culinary experience, which offers cooking classes to children in a safe environment that will encourage discovery and creativity. Students sharpen their skills by employing the mantra "Mise en Place" which, in the cooking world, translates into "Everything in its place." Kids' Kitchen of Clinton offers kitchen safety, proper food handling, food preparation, cooking, baking techniques, presentation and so much more! As parents, we look for summer programming that will capture our children's imagination, entertain their senses and stretch their learning. As kids, we look for summer programs that are FUN! Our Camp is 2 hours a day for 4 consecutive days – enough time to challenge our chefs, yet short enough to keep them enthusiastic. Each day will feature 2 hours of hands-on cooking, skills practice and tasting. We promise to provide unbeatable, hands-on activities to entertain your kids.

SKYHAWKS YOUTH SPORTS - Teddy Tennis: Ages: 3 – 4 year olds. Dates: July 2 – 6. Days: M, Tu, Th, F. Time: 9 – 9:45 am. Location: The Morgan School Tennis Courts. Fee: \$50 (Non-residents: \$60).
 Ages: 5 – 6 year olds. Dates: July 2 – 6. Days: M, Tu, Th, F. Time: 10 – 11:30 am. Location: The Morgan School Tennis Courts. Fee: \$70 (Non-residents: \$80).
 Teddy Tennis is a fantastic educational program that inspires children to get active and learn to play tennis. It works by

combining music (specially composed and played by Teddy Tennis), pictures (specially created by Teddy Tennis) and teddy bear stories (specially written by Teddy Tennis) into a totally interactive adventure that children love.

Tiny-Hawk® Camp (Soccer & Basketball) - Ages: 3 – 4 year olds, Dates: August 13 – 17, Time: 9 am – 9:45 am, Location: Indian River Recreation Complex. Fee: \$60 (Non-residents: \$70). 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.

Mini-Hawk® Camp (Soccer, Baseball, & Basketball) - Ages: 4 – 7 year olds, Dates: August 13 – 17, Time: 9 am – 12 pm. Location: Indian River Recreation Complex, Fee: \$115 (Non-residents: \$125). 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 a 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.

BEGINNERS FENCING CAMP - Boys and girls in Grades: 5 – 8 as of Sept. 2018. Date: July 16 – 20, 2018. Time: 9 am – 12 pm. Location: Morgan School Gym, Fee: \$100 (Non-residents: **continued on page 20**)

Thanks to
 you good
 things are
 happening.



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It takes a community to improve the quality of life for all – neighbors and friends who generously give their time and resources to support a passion or area of interest. Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, the arts, human services, education, heritage enhancements, the environment, and so much more.

Together we are able to make a real difference in the lives of so many. Consider the support provided by the Chuck and Rachel Wiltsie Fund to provide free legal services for indigent veterans living in Middlesex County so they have access to stable housing, affordable healthcare, and suitable income. Or the Preston Family Fund and the Kalayjian Family Fund which provide food and other basic necessities to families in need through support to local shelters and social service agencies.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, *and tomorrow.* We invite you to learn more by calling us at **860-347-0025** or visiting online at **MiddlesexCountyCF.org.**

Parks and Recreation... continued from page 19

\$125.00). Students will learn classical foil fencing, the traditional beginning weapon of the sport. Fencers will progress from 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. The Camp will be run by Coach Jim Barnett with the help of current Morgan School Fencers. Coach Barnett brings more than 30 years of elite competition and coaching experience and is one of the most respected coaches in all of Connecticut. Coach Barnett spent years helping to elevate the Guilford High School program into one of the State's best and his fencers have gone on to compete for Penn State Univ., Yale, Rutgers, Haverford, University of North Carolina and Sacred Heart, among others. In 2012, Morgan Fencing's inaugural year, his Huskies squad ended the season with a third place finish in the State High School Team Championships. In each of the Huskies first two years the squad has qualified for the State Team Championships and had two first team All-State honors and one second team All-State honor. Students should wear sneakers, shorts, tee shirts and bring sweat pants. Please also bring plenty of fluids and snacks for mid-morning break.

PEE WEE SOCCER CAMP (With Brad Jeeves): Ages: 4 – 6. Dates: July 16 – 20, 2018. August 6 – 10, 2018, or August 13-17, 2018. 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 Pee 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: 7 – 15 Dates: July 16 – 20, August 6 – 10, 2018, or August 13-17, 2018, Time: 5 – 8 pm, Fee: \$115 (Non-residents \$125), 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 16 – 20, 2018. August 6 -10, 2018, or August 13-17, 2018. Time: 5 – 8 pm. Fee: \$140 (Non-residents \$150). 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.

VICTORY SOCCER SCHOOL - Boys and Girls, Ages 6 – 15 years' old. Date: July 30, 2018 to August 3, 2018. Times: Full Day Camp: 9:30 – 3 pm. Fee: \$185 (Non-residents \$195). Half Day Camp: 9:30 – 12 pm. Fee: \$140 (Non-residents \$150). Recommended for ages: 6, 7 & 8. Team Day Camp: 9:30 – 3 pm. Fee: \$125 (Clinton Soccer Teams). This year we are offering a special Team Camp Program. If 10 or more players, from the same team, or players. Combined with another team, sign up, they can train and play together at a special tuition rate of \$125 per player. Location: Indian River Recreation Complex. Fees include a T-shirt along with individual and Team Awards.

The Victory Soccer School summer program, at Clinton, is directed by NSCAA Hall of Famer Bob Dikranian and David Dikranian. Coach Bob Dikranian holds 6 Division II National Championships at SCSU. David Dikranian is a successful girls coach at Daniel Hand High School. This program includes Full Day and Half Day options with comprehensive coaching by elite training staff. Coach Dikranian will be accompanied by an outstanding Staff of former collegiate coaches and players.

BASEBALL SKILLS CAMP - Ages: 6 – 12. Dates: July 2, 3, 5 & 6, 2018. Fee: \$90 (Non-residents: \$100.00). July 9 – 13, 2018. Fee: \$100 (Non-residents: \$115.00). Time: 9 am to 12 pm. Location: Peters Complex. Camp will focus on proper throwing, catching, fielding and hitting mechanics. Each day will end with coach pitch games. Equipment: Please bring a glove, bat & helmet. Also, please bring a water bottle and snack. Shorts are recommended. Coach Brown is Scouting Director of Prep Baseball Report and former Associate Head Coach, Fairfield Baseball. He has 23 years of camp experience and 18 years as a college coach.

TOP NOTCH BASKETBALL CAMP - Grades 2 – 9 as of Sept. 2018. Date: Beginning of August. Please check our website for more information.

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.

Please Note - If your child participates in any of our outdoor programs, please make sure you apply sunscreen prior to arriving.

All registrations are handled through the P & R Office or you may register online at <https://parkrec.clintonct.org>. If you need a flier, you may download one off of our website. If you have any questions, please give us a call at 860-669-6901.

All non-residents pay an extra \$10.00 registration fee (UNLESS a specific non-resident fee is listed) for our programs, if we have room.

Lois A. Ruggiero, Assistant to P & R Director

Lions Host Clinton Annual Golf Tournament

MONDAY, JUNE 25th

Imagine what it would mean to a high school freshman who lives and breathes baseball to be able to attend a clinic run by a former all-star. Imagine what it would mean to a young girl who spends nearly every day after school dancing her heart out to take that dance class she's dreamed about. Imagine what it would mean to a fifth-grader who's demonstrated great promise with the flute to be able to have one of her own to practice with at home.

Now imagine that that opportunity is just out of their reach, out of their reach for one reason only - cost. Camps, clinics, and enrichment classes - all of these wonderful programs that our children dream of being part of - are often prohibitively expensive. In order to allow our children to benefit from these kind of opportunities, the Clinton Education Foundation offers grants and scholarships to children in our public school system.

The CEF, a 501(c)3 organization, was established in 2006 precisely for this purpose: to support, enrich, and enhance public education in Clinton. The CEF annually awards 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 math programs, athletic equipment, iPads, and field trips, just to name a few. The monies awarded come from our fundraising efforts.

Our annual golf tournament, run in conjunction with the Clinton Lions Club, is a big part of that effort. The bulk of the money raised at the tournament comes from raffle and auction items. 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, or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

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 lessened fatigue. Some have lowered the dosage of their medications.

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Walk the Stunning Peters' Memorial Woods



Peters' Memorial Wood, like its benefactress, is quiet, beautiful and reclusive. When she died, Ethel Peters left the Clinton Land Trust the money it needed to make its first purchase of 90 acres off Valley Road. You will be lucky to find the place as it seems to be a well-kept secret. The trails at the entrance take you one of two ways. The Brook Trail (yellow) pulls you down the slope from your car and takes you into a dramatic ravine of glacial rock divided by a bridged brook. Step carefully as this trail is short but challenging and requires you to pay attention to your feet as you are tempted to admire everything around you. Or you could warm up on the Bougie Trail (red) which takes you along a wide old logging path and up into the heart of the trust. From that center path you can take a web of trails that pass vernal pools,

glacial outcrops, cabin ruins, quarry remains, steep paths of mountain laurel and stone steps to the crest. Seasonally Peters' Wood changes entirely. Now the wood frogs fill the vernal pools and croak music along the trails. Soon the peepers will take their place and enchant us with their size and song. Soon rare wildflowers will appear beside the paths. Near the entrance of the trust, a forest floor of trout lilies thrive. Beside the pools you'll see jack-in-the-pulpits, and in the pools the brilliant yellow of the Marsh Marigold. Lady's Slippers will surprise you - if you know what you are looking for. Peters' Memorial Woods is absolutely stunning, as was the kindness of Ethel Peters in giving them to us.

By Carrie Allen

Photos by Robert Gauggel

Carrie Allen has visited sixty countries, lived in eight, moved into houses in ten different states and finally found a home in Clinton. She loves to walk in Ethel Peters' Woods and ride on the future Clinton Greenway. Ethel Peters (1890-1978) was also a resident of Clinton. Clinton photographer Robert Gauggel began his "serious hobby" after retiring in 2012. As a Meigs Point Nature Center volunteer, he decided to create and donate his educational nature photos to this center, as well as to Denison in Mystic, Bushy Hill in Ivoryton, Kellogg in Derby, Chatfield Hollow in Killingworth, as well as Rocky Neck State Park in Niantic and the McKinny Wildlife Sanctuary in Westbrook.

Why Summer Camp is Important for Your Child

by Liz Egan



As parents and guardians think about whether they should enroll their child in summer day camp, let's take a look at why attending camp has a such huge impact on child development. Camps' impact on kids has 3 basic areas - Friendship, Accomplishments, and Belonging. Camp teaches kids how to choose and develop friendships. During the school year, kids are often grouped by homeroom or performance level. Camp programs are able to take kids from diverse backgrounds and have them interact on a different level, to see and experience what they have in common with peers, rather than what makes them different.

Camp teaches kids to develop skills and take pride in their accomplishments. Camp programming helps kids learn and

improve, to feel a sense of accomplishment, in areas they may be unfamiliar. It removes the "I can't" and "I'm not good at" by having kids experience and develop in activities and relationships that foster self-confidence and self-esteem. This quality, often called GRIT, the ability to persevere, is applicable in all areas of life.

Camp gives kids a sense of belonging. "I used to watch the television show, Cheers, and love the phrase 'where everybody knows your name', said Patrick Connelly, Senior Director at the Valley Shore YMCA who has been leading camps for 25 years. "Camp programs give kids comfort, familiarity, a sense of belonging. The special memories kids have at camp often become their "happy place. My 'happy place' happened at camp when I was 10-years old when my friend and I made a lean-to together. It was so awesome. It is one of my favorite memories and I think of it, even to this day." Kids camp experiences and the relationships they have with peers build memories that last a lifetime. One often unnoticed part of the camp experience is that kids see staff counselors they trust as

role models who give them hope that they will survive some of the pains of growing up. Camp is one of those tools that enhance a child's education. Educational philosopher William Heard Kilpatrick summarized the purpose of education as "the ability to solve practical problems in social situations." This quote embodies what camp is all about. Most important, CAMP IS FUN!

continued on page 24





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Summer Camp... continued from page 22



In addition to dates, and pricing, parents should look at the available programming options that best suit their child's needs. Most camps have a counselor to camper ratio of approximately 1-10. When choosing a day camp, proximity to a parent's home is also an important factor since there are likely to be kids the child already knows.



When looking for a camp, parents should also check whether the camp is state licensed. All camps, with the exception of Park & Rec camps are required to have this CT certification.

CAS News from Clinton Art Society: Attend an Exhibit

Clinton Art Society was established in 1949 by a small group of professional artists dedicated to the growth of the arts along the Connecticut Shoreline. Clinton Art Society has become a vibrant influence on the arts and its members represent towns across Connecticut and throughout New England.

The 69th Annual Summer Juried Exhibition will take place July

17 - August 12 in the Green Room at Andrews Memorial Auditorium. This year's juror is Becky Beaulieu, Ph.,D., director of the Florence Griswold Museum. The show is open to all artists 18 years of age and older. In conjunction with the exhibit, Clinton Art Society will host a Reception and Awards Ceremony on



Joanna Chapin, Himalayan Blue Poppy, watercolor

Sunday, July 22 from 2-4 pm; a Plein Air Event & Wet Paint Sale Saturday, August 11 from 9 am - 4 pm; and, an Art & Artisan's Fair Saturday, August 11 from 9 am - 4 pm. The exhibit is open during all Town hall hours. A CAS artist tour guide is available at the exhibit Sunday - Wednesday from 12 noon - 4 pm; and Thursdays from 12 noon - 7 pm. Extended hours are available Sunday, August 5 through Sunday, August 12 as part of the Opera Theatre of CT performances. Hours and special activities are posted on the CAS website. Entry forms are also available online. In addition, Clinton Art Society is proud to announce the following exhibits of its members:

May 1 - June 30, Layne - Liberty Bank, 8 East Main St., Clinton.

May 1 - July 31, Linda Beagle & Jo Rembish - Water's Edge Resort, 1525 Boston Post Road, Westbrook.

May 1 - July 31, Betsey Piner, Jane N. White, & Babara Zekala - Body Karma Studios, 5 East Main St., Clinton.

May 1, ongoing CAS Permanent Collection - Clinton Annex, 48 East Main St., Clinton.

July 1 - August 31, Tom Mayer - Liberty Bank, 8 East Main St., Clinton.

For more information: www.clintonartsociety.info.

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Families Helping Families

After what seemed like an never ending winter spring is finally here. One of the things we do every spring is to clean out the basement, attic, garage, or shed. How did we manage to accumulate so many things? How do you decide what to keep and what to either recycle or discard? At Families Helping Families we have a solution to part of this dilemma. If you have a bicycle that either your children have outgrown or you no longer use we have a home for them. We have a program which refurbished old bicycles into like new condition and then gives them away free of charge to children who can't afford a bike. Our "The Bike Guy" will even pick your old bike up if need be. Bikes which you might think is beyond repair can be used for parts so we will be happy to pick them up also. So if you have a bike and would consider donating it to Families Helping Families give "The Bike Guy" a call at 860-304-7346. To date this program has provided over 250 bikes to children who normally would not be able to have one.



Crazy for Cupcakes events winners



Once again this summer Families Helping Families will be offering a Summer Lunch Program for Clinton school children. Every Friday while school is closed for summer vacation FHF will be providing a meal at The Henry Carter Hull Library. Children will also be provided enough food for lunches during the week. In addition to lunch the library will present a program to go along with lunch. Also scheduled will be some visits from some very interesting guests to entertain the children. More details will published before the start of the summer lunch program. You can also call 860-669-5592 for more information.

Miner T. Vincent, President
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CT River Area Health District (CRAHD) Recognizes "Don't Fry Day 2018!"

The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.

To protect yourself and your family from overexposure to UV radiation, follow as many of the following tips as possible: Do Not Burn or Tan, seek shade, wear sun-protective clothing, generously apply sunscreen, use extra caution near water, snow, sand and get Vitamin D safely.

As warm weather approaches and many Americans prepare to enjoy the great outdoors, the risk for UV damage of the skin increases. Skin cancer is on the rise in the United States, and the American Cancer Society estimates that there will be more than 73,870 new cases of basal cell and squamous cell skin cancer in the U.S. this year. Most skin cancers are caused by overexposure to UV radiation.

People that have fair skin are at a higher risk to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, have moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer as well. Skin cancer is curable if detected at an early stage and it can be prevented.

What you NEED to know about Cataracts

There are different types of cataracts, but the most common cataract is age related. Some patients will see halos around lights, suffer from glare at night or in bright sun, or other visual disturbances. This is natural progressing eye condition, in fact, cataract surgery is the most common surgical procedure performed world-wide! The internet makes it very easy to find information about cataracts; however it is difficult to differentiate the fiction from the facts.

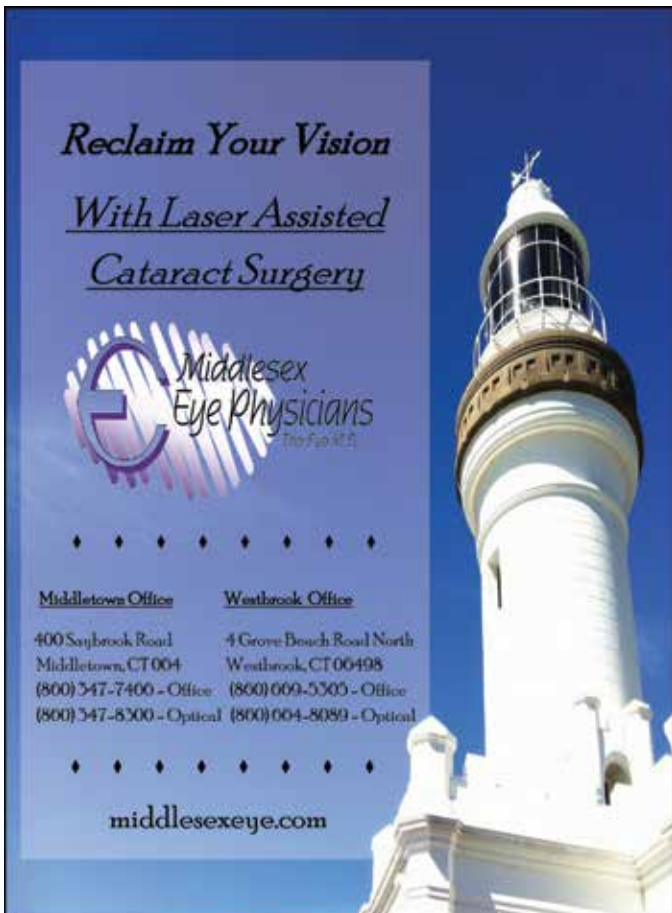
What exactly is a cataract? As we get older, the natural lens inside our eye becomes cloudy causing blurred vision, which cannot be corrected by glasses.

Who is at risk? Risk factors include: age, family history of cataracts, diabetes, eye injury, smoking, radiation treatments, and exposure to UV rays.


Are cataracts preventable? Some ways to slow progression of cataracts are to eat healthy, get a complete eye exam yearly, and wear sunglasses with 100% UVA & UVB protection.

How can I treat cataracts? There are a few ways to treat cataracts, including the latest advancements in eye care technology to our region and the implantation of premium lenses during cataract surgery. Using the LensX laser, surgeons have the ability to customize the procedure to achieve the best visual outcomes.

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To reduce the harmful effects of excessive and unprotected sun exposure, protection from UV radiation should be a life-long practice for everyone.

In addition, our health educator, Daisy Hernandez offers a free skin cancer prevention program all year round. If you are interested in learning more, you can call her at 860-661-3300 or email her at dhernandez@crahd.net.

CRAHD
455 Boston Post Road, Suite 7, Old Saybrook, CT 06475

St. Mary's Annual Tag Sale

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Poetry Corner - Cherishing the Monarchs

Looking across the lawn for butterflies, orange and black
 Search my purple trees to see if they're back
 And it's first in summer when Monarchs come
 Flock to my butterfly bush in the summer sun

They attach to a flower their wings closed tight
 And suck each blossom before taking flight

They flit back and forth over the grass
 Half a dozen on my bushes equals a mass

Because not many came as did before
 I cherished those that did but hoped for more



PHOTOS BY ROBERT GAUGGEL

Once as I sat out to read in a book
 A Monarch flew close perhaps for a look

Over my head their shadows cast on the ground
 You have to see them first as they make no sound

Reassured by those Monarchs who land on my tree
 They are quite unaware of their pleasure to me

Where do they go when not on my tree
 Where do they go - I cannot see

They are playful and seemingly in no great haste
 As they attach to each flower for energy and taste

Later they fly to a smaller bush but of blossoms it's bare
 So back to the larger one they all now must share

The ones I see and love this day
 Will never again be the ones that come back this way

Then one day none come by for ever so long
 I cut back the tree that seemed to them to belong

What magic energy was within each flower there
 And then manage a flight I wouldn't dare

So when they to my bush no longer come
 I know the warm seasons are finally done

I miss them now not seeing them fly by
 I'm sad their long journey home is only to die

Lynn Davis

Writer and poet Lynn Davis grew up in Hartford and has written a childhood memoir of her Frog Hollow neighborhood. Retired and involved in a poetry group, she has lived in Clinton the past 35 years, where she also serves as an appointed member of the Town Tree Committee.



Thanks from Bare Necessities

Bare Necessities is so grateful to our Clinton Community for helping over 200 families with diapers and wipes this year. Providing diapers and wipes opens a world of possibilities for children and their families. Daycare is not available if a family cannot provide diapers. A family in need of diapers and wipes misses on average 4 days a month of work. Which makes it almost impossible to maintain a job or attend school. Your generosity has helped keep babies healthy. When diapers are available children have one third less trips to the doctor or ER. Diapers open educational opportunities and social interaction for children. When babies are clean and dry they feel less stress, which allows children to achieve developmental milestones. It is amazing to think that something as small as a clean diaper can make such an impact.

Please join Bare Necessities for our upcoming events to raise awareness and funds for the families we serve: 3rd Annual Ducky Dash for Diapers on July 14th at 2 pm. Adopting a duck for \$5 provides 3 days of diapers for one of our adorable babies. Bring the whole family to cheer on the ducks as they race the tide down the Indian River and check out all the fun activities we have for all ages. (rain or shine).



Crafts by Amy Stevens, live music, science fun, face painting and yummy treats. Takes place beside Clinton Town Hall. Our Annual Dinner Dance for Diapers on October 19th, 6:30-10 pm. Our vintage Country Club Dance with music by Blues on the Rocks. Join us for an evening of fun and surprises at the Clinton Country Club.

We would like to say a special thank you to the Law Enforcement Community and the Community Foundation of Middlesex County for all of their support in helping us keep babies clean, dry and healthy in our Shoreline Community. For more information about Bare Necessities please check our website: www.donationsfordiapers.org. We would love it if you liked and shared our Facebook page.

Morgan Stanley

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