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Events

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Volume 12 • Quarter 1 • 2013



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TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

As Winter winds down my favorite season is approaching. At the time of writing this, it is only 14 days until pitchers and catchers report for Spring training, and a month until March Madness. Spring is in the air and the town comes alive again after a relatively quiet winter. The center of town is busy with construction activity as we rebuild our bulkheads, create our Community Center and begin phase 1 of our streetscape project. These projects will help breathe new life into our Town's center and enhance our local economy. Thanks to \$1.2 million in grants the majority of these project costs are covered by the State.

Budget season is here as well and we have put together budgets for the Town and Board of Education that are responsible to the operation and the residents. Clinton continues to provide the lowest taxes on the shoreline and we will continue that process. I hope residents come to the soon to be scheduled public hearings and listen to the budgets as they are presented. The referendum is set for May 8th from 6:00 a.m. until 8:00 p.m. at Town Hall.

Speaking of Town Hall, the renovation project is nearly completed and looks great. The auditorium hosted the 350th launch on February 2nd to a packed house. The room never

looked better or more functional. The committee put on a fantastic event. Big thanks to John and Sandy Allen and Sandy Luke for all of their hard work. Can't wait to see what the committee has planned for the rest of the year. Truly a memorable event.

I can almost hear the robins coming back and smell the fresh cut grass on the ball fields. Looking forward to a great spring, coaching and watching my boys and many of your children, as well as keeping Clinton the best place to live on the shoreline. Have a great spring, I hope to see you out and about, enjoying all we have to offer.



William Fritz
First Selectman

- Willie

ASK Marian



Marian Bairstow
Marketing Director, Chester Village West

Q: When is the best time to talk to your parents about the future?

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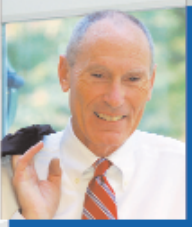
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Clinton Land Trust's Big News

A big goal for the Clinton Land Conservation Trust has now been realized.

Several years ago the CLCT began investigating the purchase of Dowd property on Cream Pot Road. This 16+ acre parcel abuts the CLCT's 98 acre Jessie Buell Forest. The Dowd property, with the Bass Brook running through it, is an important part of the wildlife corridor on the northern edge of Clinton. The financing of the purchase was researched, and negotiations began between the Dowd family and the CLCT Board. Eventually an agreement was made, and the CLCT Board hired a grant writer to write and submit an Open Space Grant to the State of Connecticut. In January of this year Governor

Malloy announced that the CLCT had been awarded a \$58,500.00 grant toward the purchase of the Dowd property.

CLCT President Michael Houde said "The Dowd property is a gorgeous piece of property and part of the Bass Brook runs through it. We're really pleased with the grant and we're looking forward to...getting some trails blazed on that property and opening it up to the public."

The Trust plans to conduct a year-long fund raising campaign to offset the cost of the loan on the balance of the purchase price.

For more information about the Clinton Land Conservation Trust, go to www.clintonlandtrust.org.

Medication Storage

What's the worst thing that can happen if you take a medication that is past its expiration date? The medicine will just be a little bit weak, right? Wrong. Although that's true in most cases, some outdated medications can become toxic and actually make you sick.

Knowing how to store medications, as well as when and where to dispose of them safely, is just as important as knowing how and when to take your medications. Follow these tips and you'll be on the right track.

When your pharmacist sends you home with a new medication, keep it in its original container, which has your name and dosing information on it. Be sure to re-lock bottles with child-resistant packaging. Many medications - especially those harmful to children - are put in foil packaging. If you find these difficult to open, talk with your pharmacist. For each medication, the law provides for one type of package without child-resistant features. If you don't have children in your home, these might work best for you (although consider whether young children ever visit your home). But whatever you do, don't transfer your medications into an empty bottle. Someone else may take them, not knowing they belong to you. It's been known to happen.

If you're unsure, ask your pharmacist about the best place to store your medications. To keep children and pets safe, store medications in a high, locked cabinet. If that's not possible, find a place that's difficult for children to see and reach. Remember: A young child has no idea that these colorful objects are not candy. And even over-the-counter medications and vitamins - particularly those containing iron - can be dangerous, especially if taken in large amounts by children.

To keep a medication safe and potent, keep it out of direct sunlight in a cool, dry place. Some medications are affected by humidity, so the bathroom medicine cabinet isn't always best. Other medications require refrigeration, but don't keep medications there unless instructed to do so by your doctor or pharmacist.

It may be wise to keep a reserve supply of medications, in the event of an emergency. For example, if you need medications for a chronic condition, such as diabetes, asthma, HIV, or a psychiatric condition, carry at least a three to five day supply with you in a purse or briefcase in labeled containers. Make sure these are in child-resistant containers and that your purse or briefcase is kept out of the reach of children.

As for medication disposal, make it a part of your spring (and fall) cleaning ritual. Check expiration dates, but even if the medication is not dated, think of it as expired at six months after purchase. Also, dispose of a medication if it has changed colors or developed an unusual odor - even if it's not past its expiration date. Don't put medications or vitamins into open trash containers or down the toilet. Instead, take all expired medications to your pharmacist for proper disposal. This is the best way to protect family pets, children, people who might scrounge through your trash - and the environment.

Medications are expensive, so it may be tempting to use them, even when they've expired. If this is your thinking, just remember the greater potential cost to you: your health and safety.

- Killingworth Family Pharmacy

The next deadline for Clinton Events is May 17th

Events

MAGAZINES



Clinton Events

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Families Helping Families

First and foremost we thank the members of the Clinton community. Without their caring, and sharing with Clinton families, there would be no Families Helping Families. Because of their generosity we are able to commit \$25,000 to helping Clinton families experiencing difficult times.

The monies are directed to three programs: our "Energy Assistance Program" helps those Clinton families who have exhausted their state energy assistance. Our "Fresh Produce Program" delivers fresh fruits and vegetables to the Clinton Food Pantry on a weekly basis. We have partnered with a wholesale produce company which means we are able to purchase produce at 20%-25% less than retail prices. Our latest program "The Clinton Kids Initiative" tries to meet the most pressing needs of Clinton children on a quarterly basis.

Spring Events

Saturday April 20 - We will have our annual Spring Food Drive this will take place at Stop & Shop from 10:00 - 2:00. After a long winter this food drive is important to re-stock the Clinton Food Pantry. All food and cash donations stay within the Town of Clinton.

Saturday April 27 - We will be hosting The Yale Mobile Mammogram Unit. They will be stationed at the Clinton Town Hall from 8:30 - 2:00. They will be able to perform a limited amount of mammograms so people will have to register in advance. Please call 860-669-5592 for more info.

Saturday May 4 - We will once again be hosting our 2nd Annual Families Helping Families Ice Cream Social at The Clinton Town Hall from 6:30 - 8:30. Come and have ice cream and toppings and catch up with friends and neighbors. This is a free event people attending are asked to bring canned goods or make a cash donation.

Saturday June 8 - We once again will be at The Clinton Town Hall. from 6:30 - 8:30. This is going to be a first for us. We are going to celebrate summer with our first Strawberry Shortcake Festival. What could be better than strawberries and whipped cream? This is a free event but people attending are asked to bring canned goods or make a cash donation. Come and enjoy our newly remodeled "Green Room" or bring some chairs and enjoy a captivating Clinton sunset sitting out on Clinton Landing.

If you have any questions about Families Helping Families, our mission or our events, please call us at 860-669-5592.

*Miner T. Vincent, President
Families Helping Families*

Meigs Point Nature Center

Campfire Stories: March 9th at 7:00 pm; meet at the Meigs Point Nature Center. Gather round as Ranger Russ tells fables and Native American stories around a campfire on the beach. Bring blankets, chairs and marshmallow sticks. Marshmallows will be provided.

Docent Training: Meigs Point Nature Center offers an opportunity for you to get involved and help your community. If you enjoy the outdoors and nature, like to talk to the public, or to work with children, then this is the opportunity you have been waiting for. Docent duties include feeding animals, cleaning cages, public program presentations, exhibit design and greeting the public. Docents must be at least 18 years old. Thirteen- to 17-year-olds may volunteer by inquiring at the Nature Center.

If you have already been trained as a docent and would like a refresher, or if you are a newcomer to the Meigs Point Nature Center, please register by calling 203-245-8743. Additional training sessions will be scheduled at a later date.



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Flood Proofing Your Home Permanently



Before



House Lifted



After

If you live along the immediate shore south of Rte 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning

Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will be going through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

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Holiday Cheer for Shoreline Seniors

Subaru Share the Love and Meals on Wheels Holiday Campaign celebrated shoreline seniors with Christmas gifts.

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors, area students took their turn at bringing holiday cheer to shoreline seniors on December 19th.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.



Left to right: standing: Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy. Kneeling: Morgan Wilderman; Mablah Giveband; Sophia D'Ambrosi

*Estuary Council of Seniors, Inc. - Regional Senior Center
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Lyme, Old Lyme, Old Saybrook, Westbrook*

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Get A LIFE-Style!

Discover a healthier, happier & more balanced way to live. Clinton Youth & Family Services is proud to present a special interactive workshop for Shoreline Women, GET a LIFE-style! with Barb Scala, speaker, wellness coach, blogger and consultant. The event will be held Tuesday, March 5th from 7:00 - 8:30pm at Westbrook Lobster in Clinton and will include light refreshments.

Want to feel more empowered in 2013? Barb Scala will present ideas, tips and simple solutions to inspire women to create the life and life "style" they envision. Women will learn how to feel their best while having more time, more fun, and balance in their lives. The event is free but seating is limited. Register in advance by calling 860-669-1103. A donation of two non-perishable food items for our local Food Pantry would be appreciated. "We are very excited about having the opportunity bring such a quality speaker to our area," said Andrea Kaye, Program Coordinator at CYFSB.

"Participants can expect a lively presentation and will gain valuable tips for creating the life and lifestyle you have

envisioned," continued Kaye.

The Clinton Youth & Family Service Bureau works to improve the quality of life, health and safety of Clinton youth and families by providing a range of services including counseling, intervention and referral services. www.clintonyouthandfamily.org.

BARB SCALA - Author of "Sanity Savers: Tips for Women to Live a Balanced Life" featured on NBC's Today Show, Barb often appears in the media with her lifestyle tips and ideas to live a healthier and happier life. Barb is owner of Bloom Services LLC producing and marketing special events and wellness programs. She also offers wellness coaching and consulting services to groups and individuals who are re-designing, re-building and re-inventing their lives and careers.

A resident of Westbrook, Scala has been featured on local television including Better CT, News 12 and CT Style. www.bloomwithbarb.com.

This event is funded by a grant from the Middlesex United Way Women's Initiative.

Warm up Your Walking Shoes!

Planning is in high gear for the 2013 Clinton Rotary Cancer Relief Fund Walk-a-Thon, which will be on Saturday, June 1st from 2:00 pm to 9:00 pm, at the Ethel Peters Recreational Complex, Glenwood Road, in Clinton. The event's rain date is June 8th, from 4:00 pm to 8:00 pm.

For the fifteenth consecutive year, the Clinton Rotary Club has organized this community-based activity, which over its first fourteen years has raised more than \$250,000 to help shoreline cancer victims and their families who are determined eligible following the submission of an application to the Clinton Rotary Club's Cancer Relief Committee. Checks are then sent on their behalf, directly to billing entities (Utilities, mortgage payments, taxes, home/auto insurance, etc.) The fund does not pay hospital or other related medical bills. All proceeds are used for cancer related "in house expenses". And no proceeds are used to administer the fund.

Last year, as in the past, thousands of dollars was distributed to assist with expenses not covered by insurance. In addition, the Cancer Relief Fund once again donated \$5,000.00 to the library at the Middlesex Hospital Cancer Center.

Using the track, concession stand, athletic fields & parking at Clinton's Ethel Peter's Complex, teams and individuals will walk the track and while doing so, enjoy entertainment throughout the day. The Convertibles will be on hand part of the day, to swing and rock to, as you walk the track. A DJ and other entertainment will be there as well. We will have a children's area, which will be open until 6:00 pm.

Walk-a-thon sponsors are sought whose name and/or logo will be placed on T-shirts, for a donation of \$250 to \$1,000 or more. The T-shirts are given to each walking team member, or individual, who donates a registration fee of \$10.00. They are also for sale. Additional funds are also raised through the sale of luminaries, white paper bags bearing the names of cancer survivors and those who have lost their lives to this terrible disease. The luminaries are \$5 each and surround the track. In the evening, 1000 or more luminaries are lit and a ceremony is held, paying tribute to all cancer victims. The Luminary ceremony will begin at 8:00 pm.

The event will also include the usual Teacup Auction. And we will have a selection of "Bountiful Baskets", whose donors will have an opportunity to win "Best Basket" as their creations are auctioned off.

Luminary and team forms are available at: the Walk-a-thon's office, at 50 East Main Street, on Mondays, Wednesdays and Fridays, from 10:00am to Noon; Shore T.V and Appliances, 11 East Main St; and Shoreline Insurance Agency, 239 E. Main St. All are in Clinton. For information on the walk and/or the luminaries, call Jim Beardsley at 860-669-7239, Linda Beavers at 860-669-9323, or write to: Clinton Rotary Cancer Relief Fund, 50 East Main Street, Clinton, CT 06413; or www.clintonctrotary.com.

Peggy Adler

Publicist for the walk-a-thon

860-669-7706 home, or 860-304-1831 cell

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From the Clinton Chamber of Commerce

22nd CLINTON EXPO SET FOR MARCH 23

Saturday, March 23. 22nd Annual Clinton Chamber of Commerce Expo. 9:30 a.m. to 3 p.m. Andrews Memorial Town Hall, Route 1, Clinton. Free. Open to the public. Meig's Point Nature Center, sponsored by Shoreline Animal Hospital, will exhibit small mammals and reptiles. Magician Bob Hale, sponsored by Pumpkin Patch Child Care, will entertain. 50+ businesses, food court. Clinton Rotary Amber Alert, sponsored by Clinton Insurance Center.

BUSINESS AFTER HOURS AT CHAMARD VINEYARDS

The Clinton Chamber of Commerce will hold a Business After Hours on Wednesday, March 27 at Chamard Vineyards, 115 Cow Hill Road, Clinton. The event runs from 5:30 to 7:30 p.m. Business After Hours is a regularly scheduled chamber networking function open to all local businesspeople and their staff members, whether or not they are chamber members. The get-together is intended to assist local businesspeople in making new contacts and working relationships. Admission for Business After Hours is \$15. Pre-registration is required. Walk-ins can not be accommodated.

ADULT HYPNOTIST JIM SPINNATO

The Clinton Chamber of Commerce presents Jim Spinnato, New England's premier stage hypnotist and comedian, on Friday, April 19. The show will be held at The Andrews Memorial Town Hall Auditorium. The event is sponsored by Peregrine's Landing at the Shoreline. Since the mid-90's Spinnato has amazed audiences up and down the East Coast performing for corporate clients, colleges, and casinos.

Spinnato incorporates high energy, music, audience participation, comedy, and hypnosis. Spinnato's performance includes strong language and is for adults only. Admission is \$25 per person. Tickets must be purchased in advance. Doors open at 7:00 p.m. and the show begins at 7:30 p.m. Seating is general admission. Ticket holders are invited to a meet-and-greet reception following the show with Spinnato in the Green Room where wine, beer, and hors d'oeuvres will be served.

CLINTON CHAMBER PLANS SHREDDING OPPORTUNITY

The Clinton Chamber of Commerce has arranged for the public to shred unwanted documents. A truck from The Shredding Source of Guilford will be parked at the old police station on Route One next to the Clinton Chamber of Commerce office at 50 East Main Street on Saturday, April 20. The truck will be on site from 9 a.m. to 2 p.m. The Shredding Source personnel will destroy personal

and legal documents on site and issue a certificate of destruction if requested. Cost is \$6 per box. Staples and paperclips do not have to be removed. The public is invited to participate. It is not necessary to be a Clinton resident or chamber member to participate.

BUSINESS AFTER HOURS AT AQUA RESTAURANT

The Clinton Chamber of Commerce will hold Business After Hours on Tuesday, April 23, at Aqua Restaurant, 34 Riverside Drive, Clinton. The event is sponsored by MacKinstry Financial & Investments, LLC, Bluefish Networking Group and Clinton Paint and Decorating. Light refreshments and hors d'oeuvres will be served. Cash bar. The event runs from 5:30 to 7:30 p.m.

WINE, BEER CIGAR TASTINGS

The Clinton Chamber of Commerce, in conjunction with Dan and Ann Marie Cewe, owners of Glenwood Wine and Spirits, will present a major wine and beer tasting event on Friday May 10. More than ten wine and beer distributors will provide a wide variety of their products. In addition, Stomp N Crush, located in Clinton, will host a cigar tasting outside and under the tent. There will be modest charges for that portion of the event. Catering is compliments of Clinton resident Frank Andrews, owner of Frank Andrew's Mobile Kitchen, LLC. In addition Christopher Damon, UBS Financial Services, will sponsor a dessert table to accompany the tastings. The event is being held at Andrews Memorial Town Hall, Route One, Clinton and runs from 6:30 to 8:30 p.m. Tickets are \$25 and must be purchased in advance from the Clinton Chamber of Commerce, 50 East Main Street in Clinton. Credit card payments are accepted.

BUSINESS AFTER HOURS AT GROVE GARDENS

The Clinton Chamber of Commerce will hold Business After Hours on Thursday, May 23 at Grove Gardens, 341 East Main Street, Clinton. The event is sponsored by Sal D's and The Bluefish Festival, and includes light refreshments and hors d'oeuvres. The event runs from 5:30 to 7:30 p.m.

Business After Hours is a regularly scheduled chamber networking function open to all local businesspeople and their staff members, whether or not they are chamber members. This is intended to assist local businesspeople in making new contacts and working relationships. Admission for Business After Hours is \$10 prepaid and \$12 at the door. Walk-ins are welcome. For more information or to purchase tickets please call the Clinton Chamber of Commerce at (860) 669-3889 or email chamber@clintonct.com.

Community Fun Drumming Circle



John Boiano

The Clinton Community is invited to our first Fun Drum Circle on Saturday afternoon on March 2nd from 4:00 to 6:30 p.m. in the Morgan Cafeteria, presented by John Boiano, motivational speaker and community activator (rescheduled from November 3rd). Families will experience a positive, uplifting and inclusive community-building experience. No prior experience necessary. Fun for all ages. (If you have a favorite drum you can bring it.) Please call 860-669-1103 to reserve a place for your family. No walk-ins. There is a \$5.00 fee per family, or bring 2 non-perishable, non-expired food items (peanut butter, canned tuna/chicken) for Clinton Social Services. Dinner catered by Subway is included. More info on drumming at www.fundrum.org. Sponsored by a grant from Middlesex United Way and Clinton Youth & Family Service Bureau.

IN THIS CASE ~ DON'T D.I.Y.

For most people, the purchase or sale of a home represents the largest single financial investment of a lifetime. Many folks know very little about the process. Hundreds of thousands of "hard earned" dollars are at stake and you need to protect and preserve your investment. Do not make this a "do it yourself" project. To avoid potential costly errors, consult a Realtor for professional knowledge and guidance. Even the most straight forward real estate transaction can be confusing and complex. Hiring a Realtor as a buyer's agent or seller's agent to protect your interests and



rights is critical. The investment is high and a professional must be watching out for you. As a homeowner or home buyer, you must make wise choices.

We hope you will talk with us before making the correct choice for representation. We can help you make this a D.I.T. (Do It Together) project that will accomplish you goals and protect your investment.

Brian Jermaine, ABR, ASR, CRS, ePRO, GRI, SRES, SRS
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Brian@TeamJermaine.com



Leslie Jermaine, ePRO
Realtor
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Clinton Parks & Recreation

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

CT COMPUTER EDUCATION: New High Flying with K'NEX and Lego (Grades K - 5) This class uses the Lego's and K'NEX to create various vehicles that fly. Use our thoughts sheets or create your own invention. This class is coed and requires building in a group setting. Please bring a snack. Tuesdays, 4 - 5:30 p.m., March 19, 26, April 2 & 9 at the P & R Building. \$85.00 (\$95 Non-residents).

Our Unique World: Limited to 8 children. CT Computers is now offering instruction to children ages three through six years of age. This exciting new program combines language of French and Spanish into a computer technology six week program. Each week your child will visit a different country by interacting with computer programs, creating crafts, and playing games. The children will bring home daily sheets of their lesson so that you can continue the learning at home. Fridays, 11:30 a.m. - 12:15 p.m., April 5, 12, 26, May 3, 10 & 17 at the P & R Building. \$55 (\$65 Non-residents)

NEW MOVIE MAKING 101 WITH HEROES: (Grades K - 5) Come join the fun creating our mini movie making featuring your favorite hero. Children will draw the sets, background, add special effects and organize thoughts to create a video of their choice. The class is coed and children will see their creation featured on YouTube and also receive a copy of their video at the end. Please bring a snack. Tuesday's, 4 - 5:30 p.m., April 30, May 7, 14, and 21. Fee: \$85.00 (\$95 Non-residents)

KIDS' KITCHEN: Students in Grades: 2-3, \$25 per Class, 3:15 - 4:45 p.m. Classes held at the Joel School. Instructor: Joanna Siciliano. At the end of each workshop the Young Chefs will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try. March 7th: We will make a meal for your families by measuring, mixing, kneading our own pizza dough to take home and enjoy. We will also enjoy eating some pizza during class. April 23rd: We will be having fun making crepes. Come and join us while we prepare and make the crepe batter and filling from scratch. May 14th: Let's celebrate Cinco De Mayo. We will be making homemade tortillas and salsa. June 12th: Summer is just around the corner. Since we will be home with our families we will learn how to make homemade baked chicken nuggets. Along with this we will make smoothies.

MARTIAL ARTS: Martial Art Classes are available through Madison Academy located at 130 Fort Path Road, Unit 10, Madison, CT. Classes will meet twice a week for eight weeks. Various days and times are available. Classes available are Taekwondo (ages 3 to adult), Cardio-Kickboxing (ages 10 to adult). \$65 per session. (\$75 for Non-residents) Uniforms are required for all Taekwondo classes. Martial Arts Classes are held throughout the school year. Session V: March 4 - April 12, Session VI: April 15 - May 24.

SPRING BREAK SOCCER SKILLS CAMP: With Brad Jeeves (Ages 6 - 14) April 15 - 19, 4 - 7 p.m., Fee: \$105 (\$115 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Gloves, Shin Guards, Soccer Ball, Plenty of Water and a Small Snack. You will not be able to register online for this Camp.

SPRING BREAK GOALKEEPING CAMP: With Brad Jeeves (Ages 6 - 14). April 15 - 19, 6 - 7 p.m., Fee: \$50.00 (\$60 Non-residents). The Camp will take place at the Indian River Complex. You must bring the following to Camp: Gloves, Shin Guards, Soccer Ball, Plenty of Water and a Small Snack.

PEE WEE TENNIS: Saturdays: May 11 - June 8, Ages 3-5. This class will introduce Pee Wees to the forehand, backhand and volley in fun game situations. Class will be held at the Peters Complex. Minimum of 4 Pee Wees, maximum of 30. 9:15-10 a.m. or 10:15-11 a.m. \$79 (\$89 Non-residents) Make-up rain date June 15th.

CHILDREN'S TENNIS CLINIC: Saturdays, May 11 - June 8. This tennis clinic instructs players on all tennis strokes as well as footwork and etiquette. Ages 6-8 yrs: 11 a.m. to 12 p.m., Ages 9-12 yrs: 12 p.m. to 1 p.m. Min. of 4 children per age group, max. of 15 per age group. \$89 (\$99 Non-residents) Make-up rain date June 15.

TENNIS TEAM: Saturdays, May 11 - June 9, Ages 13-17. This tennis clinic will instruct players on all strokes, as well as point playing strategies and match play situations. Minimum of 3, Maximum of 15. 12:30-2 p.m. \$129 (\$134 Non-residents) Make-up rain date June 16.

ADULT TENNIS: Saturdays, May 12 - June 8. This tennis clinic will instruct players on all strokes, as well as point playing strategies and match play basics. Min. of 3, Max. of 8. Beginners: 2 -3 p.m. \$129 (\$139 Non-residents) Make-up rain date June 15.

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

MEN'S BASKETBALL: (Adults only) Open gym - stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm. Tuesdays: Ages 18 to 28 and Thursdays: Ages 29 and Older. March: Tuesday and Thursday evenings at Morgan, Gym A. April: Tuesday and Thursday evenings at Morgan, Gym A. May: Tuesday and Thursday evenings at Morgan, Gym A.

DEP SAFE BOATING CLASSES: Adults and children over 10. This is a 10 hour course that meets on Monday and Wednesday evenings from 7:00-9:30 pm for two weeks. The last class will give a final exam. A passing grade will enable you to apply for your Safe Boating certificate. The classes will be held at the Morgan School (room TBA), located at 27 Killingworth Turnpike (route 81) in Clinton.

Continued on next page

Recreation & Parks ... continued from previous page

The minimum class size is 20 and the maximum size is 30. There will be two sessions available: Session 1 TBA. \$10 per person. (\$15 Non-residents)

ONE DAY - CT SAFE BOATING & PERSONAL WATERCRAFT COURSE: This single session, 8-hour course, taught by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19' in length and longer. Upon successful completion of this course the student can mail or deliver the diploma to any State DEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the certificate of Personal Watercraft Operation. The certificate is a one-time, life-time certification. Students should bring a pen or pencil to class. You are also given an hour for lunch (please bring a light lunch with you). April 27, 8:30 a.m. to 4:30 p.m. P & R Building, 201 Killingworth Tpke in Clinton. \$50 (\$60 Non-residents).

GIRL'S SOFTBALL PROGRAM: For girls in Grades 1-3. Program held on Mondays and Wednesdays after school from 3 - 5 p.m. at the Peters Complex. Practice will begin April 8 (weather permitting), Games begin May 6 and the program ends June 12. \$35.00. Registration forms will be sent home after the February vacation.

SUMMER PREVIEW

We will not be taking Summer Registrations until May.

THE CLINTON TOWN BEACH: Officially opens on June 22. Beach passes can be purchased from the Gate Keeper between the hours of 9 am to 3 pm daily (weather permitting). Beach Pass Fees: Clinton Residents: \$20 per vehicle, Clinton Senior Citizens: \$10 per vehicle, Non-residents: \$25 per visit (no pass issued). Our Lifeguards will be on duty (weather permitting).

GIRLS HOOP CLINIC: Dates TBA.

GIRLS VOLLEYBALL CLINIC: Dates TBA.

BOYS BASKETBALL CLINIC: Dates TBA.

ENVIRONMENTAL ECOLOGY CAMP: June 24 - 28, or July 8 - 12, 9 am - 12 noon, For children entering grades 2 - 6 as of Sept. 2013. Registration for Ecology Camp will open on May 15th to Clinton residents (Clinton residents will get "first dibs"). Non-residents may register after May 29th. Monday - Wednesday - Friday: Clinton Town Beach, Tuesday: Entrance of Peter's Woods, Valley Road and Thursday: 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 and 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 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)

TOP NOTCH BASKETBALL: Boys and Girls entering grades 2-9 as of September 2013. This will be held at the Morgan School gym during Dates: TBA.

SOCCER CAMP: Instructor: Coach Kate Healey. Dates TBD.

GOALIE TRAINING CAMP with Brad Jeeves. Dates: TBD.

Please visit our website at www.clintonparkrec.com.

Bookkeeper Wanted

Full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed.

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From the Town Clerk

FISHING DAY OPENS

SATURDAY, APRIL 20

All sport licenses are available in the Town Clerk's Office, Monday - Wednesday, 9 a.m. to 4 p.m.; Thursday, 9 a.m. to 7 p.m., and Friday, 9 a.m. to noon.

You can also obtain your licenses on the DEEP website, www.ct.gov/deep/fishing.

BUDGET REFERENDUM

Wednesday, May 8, from 6 a.m. to 8 p.m.
For more information regarding date(s) of the Public Hearing(s) and when Absentee Ballots will be available, please contact this office at 860 669 9101.

2013 DOG LICENSING BEGINS IN JUNE

Karen Lee Marsden, Town Clerk



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COMMUNITY LISTINGS

CLUBS AND ORGANIZATIONS

Clinton Lion's Club860-669-7547
 Clinton Rotary Club860-388-7013
 Clinton Youth and Family Services860-669-1103
 Families Helping Families860-669-5592
 Arbor Garden Club860-669-5121
 Choral Club860-669-2702

LIBRARY

Henry Carter Hull Library860-669-2342

POST OFFICE

Main Street860-669-4155

SCHOOLS

Superintendent of Schools860-664-6500
 Lewin B. Joel School.....860-664-6501
 Abraham Peirson School860-664-6502
 Jared Eliot Middle School860-664-6503
 The Morgan School.....860-664-6504

WORSHIP SERVICES

Church of the Open Door860-669-2155
 First Church of Christ Congregational.....860-669-5735
 St. Mary's Church of the Visitation860-669-8512
 Episcopal Church of the Holy Advent860-669-2232
 United Methodist Church.....860-669-8396
 St. Alexis Orthodox Mission860-664-9434
 Cornerstone Church860-664-0543

USEFUL NUMBERS

Police Department.....860-669-0451
 Democratic Town Committee860-669-5573
 Republican Town Committee860-669-5444
 Consumer Protection860-566-2294
 Volunteer Fire Department860-669-8131
 Estuary Council of Seniors860-388-1611
 Historical Society860-669-5318
 Economic Development Commission860-669-8500
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Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. has been serving seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

APRIL 27 - PAINTED CHAIR AUCTION: THE SECOND SEATING - Artists and sturdy, wooden chairs and small benches and tables wanted. The finished furniture will be auctioned at our event to benefit Meals on Wheels in 10 towns along the shoreline.

Call Rhonda at 860-876-7340 if you are interested in donating a small, sturdy furniture piece, or, if you have an interest in turning a wooden piece of furniture into a piece of art to be auctioned.

"BUY A WHEEL" \$1 MEALS ON WHEELS FUNDRAISER - During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors. Please buy a wheel to provide a meal for a senior citizen in your town.

MEALS ON WHEELS - hot meals for homebound seniors, delivered to your home. Call Peg at 388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

CLASSES AND ACTIVITIES - Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more. Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP - Open 10 a.m. - 3:45 pm., Monday - Friday; and from 9 a.m. - 12:45 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

DONATE Your Car or Boat to the Estuary Council! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES - Judy at 860-388-1611.

SPOTLIGHT

*Welcome to our newest
Clinton Events Advertisers*

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Tom Vicino Takes Oath of Office

Tom Vicino took the oath of office as State Representative during opening day ceremonies of the General Assembly in Hartford on January 9th. Vicino will represent the 35th Assembly District of Clinton, Westbrook and part of Killingworth for the 2013/2014 legislative session.

State Representative Vicino has been appointed by House Speaker Brendan Sharkey (D-Hamden) to serve on the Commerce, Environment and Planning & Development Committees.

"I am humbled and thankful to everyone for their support and guidance," said Rep. Tom Vicino. "I am very pleased to have been selected to serve and promise to do my best to represent the district as your voice at the State Capitol."

Representative Vicino invites constituents to contact his office to share their ideas and concerns. He can be reached his Capitol office by calling 1-800-842-8267 or by email at: tom.vicino@cga.ct.gov.

Tom Vicino represents the 35th Assembly District of Clinton, Killingworth and Westbrook, and serves on the Commerce, Environment and Planning & Development Committees.



Clinton Public Schools: Forma and Function, A Balanced Approach

The NEW Morgan School

Since their selection in the summer, Newman Architects have been diligently working with district administrators, high school staff, and the Morgan Building Committee on a comprehensive program design that will meet the proposed educational specifications and community needs that were identified prior to the referendum. Key elements that continue to drive the design process include educational space suitable to meet the needs of 21st century teaching and learning, an auditorium that will seat the full student body, a gym that will be able to accommodate two functions simultaneously, a common area to both the gym and auditorium that is conducive for use during community events and accessible to the food service area, and a structure that will eliminate any concerns about roof leaks and minimize roof maintenance over time.

The current interior design layout, while still being refined, creates an opportunity for the district to realize fundamental recommendations from the High School of the Future Task Force's year long study (2008), the New England Association of Schools and Colleges (NEASC) accreditation report (2010), and the State of Connecticut's Secondary School Reform initiative. Critical recommendations focused on creating smaller learning communities within the school, increased collaboration among students in meaningful and authentic learning experiences, expanded opportunities for teachers to collaborate and integrate learning across curriculum areas, and, while not specifically related to the building, all the reports focused on raising the expectations for student learning.

It is important to remember that designing a building is a process that goes through many phases. In this first phase, the focus has been to ensure that all educational programmatic needs are met, as well as ensuring that fundamental community expectations could be incorporated within the budgetary parameters. The current layout is a result of many meetings, sketches and computer-generated prints. In addition to the educational needs, the building also has to "fit" on the property. A key goal was to set the building as far back from Rte. 81 as possible, to enhance traffic patterns and security, and to position the building to take advantage of the topography and views of the Indian River and athletic fields. The building committee and the architects are currently working on the exterior aesthetics. This is a fascinating design process, balancing pragmatic placement of the auditorium and gym with efforts to "fit" the design to the New England landscape.

School Security

Since the horrific tragedy in Newtown, the Clinton School Community has been completing a comprehensive review of school safety and security procedures and evaluating the physical entrances at each building. A team, including administrators, teachers, technology and maintenance staff, and the

Clinton Police Department attended a state-wide security symposium in January and have compiled a series of site-specific recommendations. In addition, the district is working with an outside school security consultant to complete a security audit of all four buildings. As part of the new Morgan School project, the superintendent, assistant superintendent, technology director, maintenance director and the Clinton Police Administrators met with the architects and their security and technology consultants to review both district security recommendations and plans for the new school. The goal is to insure that the implementation of any additional steps to improve security in our schools will be compatible with any security systems or measures that are part of the new facility.

At the end of the month, the superintendent will be reporting the results of the evaluations and audit and will be making a series of recommendations to the Board based on those results. Initial findings confirm that the district has been very proactive in their efforts to establish a balanced approach to safety and security for students and staff and has built successful partnerships with the town's first responders. Emergency procedures are in place, and entrances to all four buildings are being monitored. Working with the Clinton Police Department and consultants, we have identified a number of "next steps" that will be on the list of recommendations to the Board of Education. Our primary concern going forward is to continue to provide our students, staff and community with schools that are safe and support a learning environment conducive to our mission of preparing independent and collaborative learners empowered to embrace the future.

*Jack Cross
Superintendent Clinton Public Schools*

Three Cheers for Events Magazines!

Town specific, each *Events* does something good for the town it serves; it's local on a closer level. With every issue, we hear from our Selectman/woman, and read articles about town officials and town offices. Also, we read about those other organizations in town which are not always on the forefront; it's nice to see them in the spotlight. The colorful cover gets your attention, and the magazine is well-formatted and easy to read.

*Deb Umba,
Haddam Resident and Chairwoman,
Higganum Village Farmers' Market*

Hands-On Innovators

Eddie Lupinek is a skeptic. It's in his nature to question, analyze and think through everything. Especially when it comes to equipment for Eddie's Auto Body, his shop in the small town of East Haddam, Conn.

"I don't necessarily take everything as it's presented," says Lupinek, the second-generation owner of the family business, founded by his father in 1956. "I think about things a lot and I'm always jotting down ideas. I have all of these sketches everywhere." Lupinek and his wife, Carol Lupinek, who together run the 3,300-square-foot shop, are firm believers in the ability of ingenuity and old-fashioned hard work to drive success - it has at their facility, especially in the paint department. When they were unable to find a paint booth that met their needs, they built their own, one that is turning heads in their market, drastically reducing energy costs and helping the shop complete vehicles faster.

It's a reflection of the progressive thinking that has helped the little repair center breach \$1 million in annual sales without a single direct repair relationship.

Building a Better Booth

In recent years, Eddie's Auto Body had grown to the point where it could no longer handle the volume of traffic coming through its doors. About a year ago, the shop was repairing 50-60 vehicles a month, but it had the potential to repair closer to 70.

The shop's biggest bottleneck was its paint booth, Eddie Lupinek says.

"We had an old cross-flow booth, which 30 years ago was fine," Lupinek says. "But it was getting outdated."

He had known for years that the booth should be updated, but until Carol Lupinek joined the shop as office manager about five years ago, he hadn't been able to free up enough time to solve the problem. Knowing he wanted a downdraft booth, he researched his options, but none of them quite matched the vision he had spent years developing in his head.

"I looked at everything that has come out, and what I wanted, certain things that I was looking for - economical to use and creating a safe work environment and all of this kind of stuff - I was not seeing them come in the same package," Eddie Lupinek says. "So when I couldn't get what I wanted, I decided to make it."

But before the booth was built, Eddie Lupinek discovered what he called the "missing ingredient." At a trade show last year, he came across a Canadian-built infrared catalytic drying unit from a company called Sun-Spot. Though he was highly skeptical as always, he decided to purchase a couple of units and test them in the shop. What he found was that the product, similar to those used to reduce dry times in the U.K., was able to dry primer in a few minutes, waterborne paint in as little as 6 minutes - and it could cure clearcoats in 10 minutes. The new booth would be built around this technology, he decided.

The Lupineks close their shop for a two-week period every year for a "vacation," that for the last three years has been spent making improvements to the shop. Their vacation last year was dedicated to building the new paint booth.

"From my perspective, we always want to make things better," Carol Lupinek says of the couple's drive to constantly improve. "How can we make things better or more efficient? How can we do things that are more efficient and save money? And we feed off of each other in that we both are not afraid to pick up a shovel."

For two weeks in late June and early July, the Lupineks and a few other employees worked around the clock replacing their cross-flow booth with a custom-made downdraft booth that would incorporate the Sun-Spot units. The result is a booth that has allowed them to repair an additional three cars per week, bringing monthly sales from around \$70,000 to upwards of \$90,000. The booth uses a mere five gallons of propane each month running five cycles a day, resulting in a cost of just 30 cents a cycle. That produces a monthly expense that is thousands of dollars less than conventional downdraft booths.

Some of the booth's most notable features:

- Two adjustable HT-200 Sun-Spot infrared drying units that each have a drying footprint of 4 feet by 8 feet.
- Three portable Sun-Spot infrared units with a drying footprint of 22 inches.
- A clean room above the booth filters room-temperature shop air three times. First, air passes through a 20-foot-wide by 8-foot-high row of household furnace filters positioned at a 30-degree angle to prevent dust accumulation. Then the air moves through two sets of booth filters. Eddie Lupinek says the air toward the ceiling is several degrees warmer than the air at ground level (he figures a degree of temperature is gained for each foot of elevation), so the booth is naturally being fed a steady flow of warm air. Fresh air is still fed to the shop floor through mechanical dampers in a compressor room, so the booth is creating negative pressure, acting as a big filter of shop air. The Lupineks believe it's a health benefit for employees.
- The booth has no burners. An air makeup unit is unnecessary because the Sun-Spot units, which dry paint from the inside out, do the curing.

"We do spot repair. We're often not painting an entire car," Carol Lupinek says. "So to heat the whole booth to 160 [degrees] and exhaust out 160 [degrees] doesn't make sense to us."

Vision to Reality: Eddie designed this booth after thinking about it for years. The Sun-Spot infrared dryers, top left, allow the booth to remain at room temperature. A giant clean room, bottom right, filters shop air. The Lupineks invested \$70,000 in the new booth, including the Sun-Spot units, and expect to recoup the cost in less than two years. They were so enthusiastic about the differences the booth and the Sun-Spot technology made that they hosted an open house last year to share it with other shop owners.

The Lupineks say their techs no longer have to work on several cars at once because down time is all but eliminated. When drying primer, for instance, a car will be done by the time a technician gets his sandpaper.

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Complete Care for Lung Cancer Patients

According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated approach to providing everything patients with lung cancer need - including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance - When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer "navigate" the steps from diagnosis, through treatment and on to potential recovery. Since that time, Brown and a number of physicians in various Hospital departments have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening - The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured. Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there is no preparation needed beforehand. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS)

machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options - In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Hospital surgeons to treat lung cancer, using minimally invasive techniques. As mentioned before, the Total Lung Care Center is a coordinated and comprehensive one. It includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. She explains that although "not all the doctors are involved at every stage, everyone is at the ready to do their part. In fact, different doctors may consult on a patient, but the patient may never see them. But even if the patient does not see every member of the team, he or she can feel confident that the entire team is working for their benefit at all times." The cost for the low-dose CT scan is \$125 and is not covered by insurance. A physician order is also required for the scan.

If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066. Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003.



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Middlesex United Way

William "Jay" Mills, financial advisor for The Oakley Wing Group at Morgan Stanley in Essex, was elected to the Middlesex United Way Board of Directors at the organization's annual meeting Jan. 29.

After graduating from Hobart College in 2008 with a double major in economics and environmental studies, Mills began his career as a financial advisor in at Merrill Lynch in New York City, with a focus on helping everyday people understand complex economic, market, and financial planning issues in a language that makes sense. In 2010 he

moved his practice to Essex to join a wealth management team that shared his values, and to be a part of a small, tight-knit community to which he could contribute. Mills also serves as treasurer of the Old Saybrook Chamber of Commerce. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook. To learn more, visit middlesexunitedway.org or facebook.com/middlesexunitedway.

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"It's increased our turnover time considerably," says the shop's painter, Rob Cromeenes. "The jobs are cleaner and the fumes in the booth are sucked out twice as fast as they used to be."

Aiming to Improve

Eddie Lupinek is always looking forward. Other recent innovations include a bumper rack attached to a garage door lift that hoists bumper covers to the ceiling to clear valuable shop space, and a bright, portable light that utilizes paint booth bulbs to improve technician views of vehicle damage.

Next up for the Lupineks is a shop expansion, planned for their next summer vacation. It will include an expanded customer waiting area, a wash bay, an estimating bay with a lift and a parts room. The goal, the Lupineks say, is not to get bigger, but to work smarter and be better at what they do.

"I love the industry and I love what I do," Eddie Lupinek says. "If I can do everything I can to build an environment that is safe for the employees and it's something I can grow old doing, that'd be the goal."

*Eddie's Auto Body, East Haddam
by Jake Weyer, January issue of FenderBender*



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