

Clinton



Events

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Volume 11 • Quarter 3 • 2012



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TECHNOLOGY WITH A HUMAN TOUCH

First Selectman's Corner

I hope everyone enjoyed the summer. It certainly was hot enough and the rain seemed to stay away when we wanted it to. It was very busy in town! Clinton Family Day at the beach was a huge success again; Lois and her gang did another great job. The Town Beach has never looked better or been busier. We have the best Town Beach on the shoreline to go along with the best Marina. Bluefish Festival was another great time - Sandy and crew withstood a couple of bumps and pulled it off. It is so nice to see people out and about enjoying Clinton and everything it has to offer. Clinton Landing is packed on a daily basis with people eating, painting, crabbing and kayaking. It has gotten to the point that people are reserving time to use it; another success!

The restoration/renovation project at Town Hall has begun. This beautiful historic building is finally getting some much needed attention. It has taken many years and lots of meetings to pull it together but it's happening. Just as an aside, please be patient as the project progresses. There will be some inconveniences but we will do our best to accommodate everyone. Next in line are our downtown bulkheads and streetscape improvements on Main Street which will begin after Labor Day. All of this in an effort to continue to bring people to Clinton, particularly leading up to our 350th celebration beginning on New Year's Eve.

The 350th committee is working hard to have events throughout 2013 to celebrate the heritage of Clinton. Keep an eye out for

notices and ways you can help. This is truly an exciting time in Clinton, so take the time to enjoy it.

The Morgan committee is moving full speed ahead. They've hired an architect and a construction manager so design work has begun. All indications are that the school will be open for the class of 2016. Speaking of Morgan, I had some great experiences this summer with some Morgan athletes and their families. I had the privilege to coach a 16U Clinton Hounds baseball team with Keith Powers, a true gentleman. Everywhere we played we were complimented on our sportsmanship and competitiveness. The team was extremely successful on the field and set great examples off the field with their conduct. I also am lucky to have been part of the "Friends of Morgan Football" fundraiser at the Clinton Town Beach. A great group of football players, cheerleaders and their families came together for a day of fun and inspiration in preparation for the upcoming season. Coach Eagle is an asset to the Town and I hope we can find him a teaching job in town so we can hold on to him. We have great student athletes at Morgan; I hope you can get out and support all of teams.

I'm looking forward to great fall in Clinton, lots of events and happenings. Again, take the time to participate and enjoy. See you around town.


- Willie



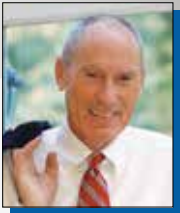
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For more information about Vista, visit www.vistavocational.org or call 860-399-8080

Chamber of Commerce Calendar

SEPTEMBER 2012

September 8 - Household Hazardous Waste Collection. Saturday 9 am to 1 pm. For household residents in Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook and Westbrook. Household Hazardous Waste facility, exit 4 off Rte. 9 North. No fee to participate. Visit CRERPA at www.Crerpa.org or email info@crerpa.org. Call 860-388-3497.

September 15 - Families Helping Families Fall Food Drive. Saturday 10 a.m. to 2 p.m. Stop and Shop, Route One, Clinton. Nonperishable food items and cash donations for fuel assistance welcome. Call 860-669-5592 for more information. Families Helping Families is a 501c3 organization.

September 20 - Business After Hours at Sweetwater Farm. The Clinton Chamber of Commerce will hold a Business After Hours at Sweetwater Farm, 78 Route 81, Clinton. 5:30 - 7:30 p.m. The event will be held in the gazebo at Sweetwater Farm and includes light refreshments and hors d'oeuvres. 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 \$10 prepaid and \$12 at the door. Walk-ins are welcome. For more information or directions call the Clinton Chamber of Commerce at (860) 669-3889 or email chamber@clintonct.com.

September 22 - Household Hazardous Waste Collection. Saturday 9 am to 1 pm. For description, see September 8 above.

September 23 - Lara St. John, Violinist presented by George Flynn Classical Concerts - Sunday 3:00 p.m. Morgan School Gagnon Auditorium, Killingworth Tpke (Rte.81) Clinton. Free concert, tickets required.

For ticket information call 860-669-1208 or visit www.georgeflynnclassicalconcerts.com.

OCTOBER 2012

October 6 - Apple Pie Festival to benefit Families Helping Families. The Morgan School, Route 81, Clinton. 6:30 to 8:30 pm. Pie, ice cream, coffee. Drop-off for entries due at 5 pm for judging. Donations of nonperishable food items and cash donations for fuel assistance welcome. For more information call 860-669-5592

October 12 - U.S. Coast Guard Band. The Clinton Chamber of Commerce presents the United States Coast Guard Band in The Morgan School's William Gagnon Auditorium, Route 81, Clinton. 7:30 pm. For free, required tickets, send a self-addressed stamped envelope to the Clinton Chamber of Commerce, 50 East Main Street, P.O. Box 334, Clinton, CT 06413. Funding has been provided by

Shore TV and Appliance. Only requests including self-addressed stamped envelopes will be honored. Maximum 4 tickets per request. Doors for non-ticket holders open at 7:20 p.m. Every effort will be made to seat those without tickets. Call the Clinton Chamber of Commerce at (860) 669-3889 or email chamber@clintonct.com. Families Helping Families, a Clinton nonprofit organization providing food and fuel assistance to area residents, will be conducting a food drive. Attendees are welcome to bring healthy non-perishable food items for the collection bin that will be located in the lobby that evening.

October 13 - Household Hazardous Waste Collection. For description, see September 8.

October 16 - Business After Hours at Florence Griswold Museum. Tuesday, 5:30 to 7:30 p.m. The Clinton and Lyme/Old Lyme Chamber of Commerce will hold a Joint Business After Hours at the Florence Griswold Museum, 96 Lyme Street, Old Lyme. This event is hosted and sponsored by the Florence Griswold Museum. Visit the Wee Faerie Village on the grounds of the museum. Enjoy light refreshments and hors d'oeuvres. 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 is \$8 pre-paid and \$10 at the door. Walk-ins are welcome. For more information or directions call the Clinton Chamber of Commerce at (860) 669-3889.

October 17 - Girl's Night Out with Gina Barreca. 7 p.m. Clinton Country Club, Route 145, Clinton. Gina Barreca is described as a "feminist humor maven" by Ms. Magazine. She has appeared on 20/20, 48 Hours, NPR, the BBC, The Today Show, CNN, Joy Behar, and Oprah to discuss gender, power, politics, and humor. Wine, desserts, and roaring laughter will be provided. Benefits Henry Carter Hull Library. Email madinolfo@chelledesigns.com. Tickets in advance only.

October 21 - Bus Trip to NYC. The Clinton Chamber of Commerce is planning a Noshing Bus Trip. Scheduled stops include Arthur Avenue in the Bronx, Zabar's Food Market, The Lexington Street Fair, Katz's Deli, Bleeker Street, The Pork Shop and Rocco's Bakery. Also included is a visit to "The Pickle Guy," Doughnut Planet, Canal Street (Chinatown), and Little Italy. Cost is \$60 per person, payable when seat is reserved. Riders can bring a cooler to store their purchases under the bus. The chartered bus will pick up prepaid guests and will depart from Exit 63 off I-95 at 8:00 a.m. The bus will leave NYC at 5:30 p.m. The trip is open to the public. Walk-ons cannot be accommodated.

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Events

MAGAZINES



Clinton Events

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Publisher

William E. McMinn

CFO / Manager

Suzanne Spires

Editor / Art Director

Kathy Alsop
 kathy.events@comcast.net
 860-391-4372

Cover Editor

AC Proctor
 860-767-9087

Advertising Sales

Ward Feirer
 wfeirer@gmail.com
 914-806-5500
 Betty Martelle
 betty@eventsmagazines.com
 860-333-7117

Magazine Layout

Amy Bransfield

Cover Photo

AC Proctor

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Chamber of Commerce Calendar ... continued from page 3

All reservations must be prepaid by cash, check or credit card. Arrangements can be made by calling the Clinton Chamber of Commerce at (860) 669-3889 or emailing chamber@clintonct.com.

October 23 - Clinton Chamber Annual Awards Dinner

The Clinton Chamber of Commerce will hold its annual awards dinner at the Clinton Country Club, Rte. 145, Clinton beginning at 5:30 pm. Being presented is the Award of Distinction for Public Service, the Community Partnership Award and The Best Foot Forward Award. Keeping with tradition, the Board of Education will be sharing the spotlight and will be honoring their Business Persons of the Year. Teacup auction. Members of the public and friends of the honorees are welcome to attend. The event begins at 5:30 p.m. with refreshments at cocktail hour and dinner at 6:30 p.m. Phone or email reservation. Cost is \$40 per person. Walk-ins cannot be accommodated. Payment can be made by credit card, check or cash. Call 860/669-3889 or email chamber@clintonct.com.

October 27 - Household Hazardous Waste Collection. For description, see September 8.

NOVEMBER 2012

November 11 - George Flynn Classical Concerts

Presents the Tokyo String Quartet with Mihae Lee, Pianist on Sunday at 3:00 p.m. Morgan School Gagnon Auditorium, Killingworth Tpke (Route 81) Clinton. Free concert, tickets required. For more information www.georgeflynnclassicalconcerts.com. or call 860-669-1208.

DECEMBER 2012

December 1 - 2012 Christmas Fair. The First Church of Christ Congregational, Route One, Clinton, CT 06413. 9 a.m. to 3 pm. Handcraft exhibitors and church booths will be featured throughout two floors of the church building: a light lunch 11:30 a.m. to 2:00 p.m. No admission charge, ample free parking. Call the church office for more information 860-669-5735 or firstchurchclinton.org. Fax (860) 669-9602.

December 2 - The Clinton Chamber of Commerce, in conjunction with several civic organizations and individuals will host the **17th Annual Christmas** in Clinton. Most activities run from 2 to 6 p.m. Music, visit from Santa, community sing, craft fair, food, gingerbread decorating contest. A detailed schedule of activities and programs will be available prior to the event. 860/669-3889.

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Morgan Building Committee

In April, in a town wide referendum, an appropriation of \$64,750,000 was approved for the construction of a new Morgan School. Since that time, the project has been moving forward and several steps have been taken to accomplish that goal.

The Morgan School Building Committee is comprised of Chairman Gerry Vece, David Townsend, Sally Heffernan, Jeff Stevens, Pete Nye, Dennis Donovan, John Giannotti, Peggy Velsor Sullivan, Peter Chow and Ethelene DiBona.

On April 27, the closing was held to purchase the Richards property on Route 81 where the new 135,000 square foot building will be situated. The location has many educational and logistical advantages, including the connection to the Ethel Peters Complex, which will afford the students the opportunity to walk to the sports complex for athletic events and mentoring and interacting with the elementary grade children. In addition, the new school will be moved away

from the Interstate and the Outlet stores, which will improve safety and security.

An architectural firm, Newman Associates, has been chosen and is in the early stages of design. Construction is scheduled to begin in the first quarter of 2014. Completion of the new school was originally targeted for the end of 2015. If all goes according to plan, an earlier occupancy could be realized.

The new architects will hold open meetings to receive input from the public, and subcommittees will be formed with participation from interested community members.

The grant application and updated budget sheet, along with educational specifications prepared by School Superintendent Jack Cross, were submitted to the state before the June 30, 2012 deadline.

The Committee is currently in the process of hiring a construction management company, owner's representative and commissioning agent.

The next deadline for Clinton Events is November 6

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Henry Carter Hull Library - Fall Events

Tuesday, September 4: Registration begins for all Fall programs in the Children's Room, beginning at 9:00 a.m. for Clinton residents only. Online: www.hchlibrary.org, in person, or by phone 860-669-2342. On September 6 non-residents may register for any available spaces.

MORNING STORYTIME - Wednesdays, September 19 - November 7 at 10:00 a.m. Join Children's Librarian Lynn Hidek for stories, finger plays, and a range of activities designed to promote early literacy. This 8-week program is especially prepared for those 2 and older. Walk-in - no registration is necessary. Thursdays, October 4 - December 13 from 9:30 - 11:00 a.m.

BEST BEGINNINGS - Free Preschool Classes for Clinton Children Ages 3 to 5. This 10 week session taught by Coralie Williams, Designated Head Teacher, State of Connecticut, will focus on literacy, art, music & movement, language and social skills. Parents able to commit to the 10 week session should register online at www.bestbeginnings.us or by calling 860-669-7246.

LEARN AND PLAYGROUP #1 - Tuesdays, September 11 - October 2 at 10:30 a.m. Children 12 months and older, and their parents or caregivers, are invited to 4 weeks of social, early literacy and educational activities in the library

playroom. Registration required.

LEARN AND PLAYGROUP #2 - Tuesdays, September 11 - October 2 at 3:00 p.m. Registration required.

LEARN AND PLAYGROUP #3 - Tuesdays, October 30 - November 20 at 10:30 a.m. Registration required.

LEARN AND PLAYGROUP #4 - Tuesdays, October 30 - November 20 at 3:00 p.m. Registration required.

MUSIC WITH MARGIE - Tuesdays, September 11 - Oct. 16 at 12:30 p.m. 6-week program offers music & movement activities for preschoolers 2 and older, their siblings and parents/caregivers. Class size limited; please register.

KID BOOGIE TIME, class #1 - Thursdays, September 20 - November 8 at 3:00 p.m. This 8-week program offers music, movement and rhythm activities for infants to five-year olds and their parents/caregivers. Registration required.

KID BOOGIE TIME, class #2 - Thursdays, September 20 - November 8 at 4:00 p.m. This 10 week program offers music, movement and rhythm activities for infants to five-year olds and their parents/caregivers. Registration required.

EARLY DISMISSAL DAYS FILM FEST - Thursday September 30 and Thursday October 18 at 1:00. Come on over to the library, bring a friend or two and join us for some enjoyable family films!

Continued on page 8



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Town Clerk's Office

ABSENTEE BALLOT APPLICATIONS are now available in the Town Clerk's office or by going to the Secretary of the State's website: sots@ct.gov. The application may be faxed to the Town Clerk @ 860-669-0890, however, the original application MUST be sent to the Town Clerk in order for your ballot to be counted on Election Day, November 6, 2012.

The first day that ABSENTEE BALLOTS are available is Friday, October 6, 2012. ALL ballots must be received by 8 p.m. on November 6, 2012 in order to be counted. The ballots cannot be hand delivered on Election Day.

All registered voters will vote in the GREEN ROOM located on the lower level of Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT. Voting hours will be from 6:00 AM to 8:00 p.m. on Tuesday, November 6, 2012.

The Town Clerk's office is open Monday-Wednesday, 9 am - 4 pm; Thursday, 9 am - 7pm and Friday, 9 am - noon. If you should have any questions, please call the office at 860-669-9101.

*Karen Lee Marsden,
Clinton Town Clerk, CCMC/MMC*

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choose the right price for your home, you can sell it for more money in a shorter time with less carrying costs.



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HCH Library ... continued from page 6

Check www.hchlibrary.org for the titles.

FETCH! #1 Science Club - Wednesdays, October 9, 16 & 23 at 4:00 p.m. Based on the PBS series, *FETCH!* encourages 8 to 12 year olds to experiment and discover the wonders of science. Fast-paced, hands-on and competitive, *FETCH!* encourages youngsters to think like scientists. Please register.

FETCH! #2 Science Club - Wednesdays, November 27, December 4 & 11 at 4:00 p.m. Please register.

CELEBRATING THE FIRST 1,000 DAYS - A Fair for Families of Infants & Toddlers. Saturday, October 13 from 10:00 a.m. - noon. Research says the first 1,000 days in child's life are critical to his or her development. Ever wonder what services and opportunities living in Clinton offer your family? Do you want to meet people who have children the same age as yours? Eager to make connections in Clinton? Visit the fair, sponsored by Best Beginnings to discover information, family-centered activities and answers.

EVERY CHILD READY TO READ - Early Literacy Begins With YOU! Thursday, November 1. Morning session 9:30 - 11:00; evening session 6:30 - 8:00 You have been your child's teacher from the day he or she was born. You know more about your child than anyone else, so you are in the

best position to help your child become a successful reader and learner. Children's Librarian Lynn Hidek, has received a grant to train parents through the national program Every Child Ready To Read. This inspiring and joy-filled interactive workshop will show you the comfortable, natural and engaging ways that you can maximize your child's literacy. Co-sponsored by Best Beginnings. Child care will be available in the morning session. Please register.

C'EST LA VIE - Wednesdays, November 7 - November 21 at 3:45 p.m. A 3-week program on French language and culture presented by the Morgan School French Honor Society Students is especially for 1st-5th graders. Please register.

EVERY CHILD READY TO READ - A Parent AND Child Workshop. Thursday, November 29 at 4:00 p.m. Intrigued by the possibilities that our ECRR workshops, pamphlets and book guides have shown you? This is your chance to bring your child(ren) and participate together in a variety of exciting early literacy activities. We'll have you laughing and learning and appreciating the important role you play in your child's literacy development. Co-sponsored by Best Beginnings. Please register.

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Families Helping Families

We hope everyone had a wonderful summer. We are so fortunate to live in Clinton where in a space of a few miles we have some of the finest attractions on the Shoreline. You can enjoy a great beach at The Clinton Town Beach, drive down the road and enjoy the amazing view from Clinton Landing or relax at the Town Docks and watch the parade of boats pass by.

As we turn the page on summer and prepare for autumn, we at Families Helping Families have also turned a page and are starting down a new path. From our very beginning our emphasis has been providing food and energy assistance for Clinton families. We are not abandoning our primary mission; we are adding to it. Many people have approached us voicing concerns about other difficulties Clinton families are experiencing. We have decided to expand the range of programs the we will hopefully be able to provide these families.

Our first effort is working with Cheryl Church at Clinton Social Services to provide backpacks for Clinton students returning to school. We also look to expand our activities to address the medical issues that many Clinton families are experiencing.

Our fall schedule of events is nearly complete and we hope you will join us. On Saturday Sept. 15 we will hold our Annual Fall Food Drive at Stop & Shop from 10-2. This food drive is very important as during the summer the food levels at the Clinton Food Pantry tend to decrease so this is an opportunity to re-stock the pantry.

On Saturday October 6 we will be having our 6th Annual Pie Festival. This year it will be held at the Morgan High School Cafe from 6:30-8:30.

The Green Room at The Clinton Town Hall will be undergoing some re-modeling so the school officials graciously opened the doors of Morgan to us. This event will also feature our "Best Apple Pie Contest". People entering the contest will need to drop off their pies for judging by 5:00. The Apple Pie Festival is a free event. People are asked to bring non-perishable foods or make a monetary donation to help Families Helping Families community programs.

Less than a week from the Apple Pie Festival we will be back at Morgan High. The Clinton Chamber of Commerce's very popular Coast Guard Academy Band will perform starting at 7:00. Tickets for this free concert can be obtained from the Chamber. We will be collecting food and monies for energy assistance.

We also are planning on being part of Christmas in Clinton which will take place on Sunday Dec. 2. At press time plans are incomplete, so be looking for details in the coming months. Please mark that date (Dec. 2) on your calendar because the very popular Gingerbread House Decorating Contest will be held again this year. This event last year had fifty entries, so start planning now. There are multiple categories so check them out on line at www.clintongingerbreadhouse.com. Proceeds from this event go to help Families Helping Families "Energy Assistance Program."

Please contact us at 860-669-5592 if you have any questions about us or our mission in the Clinton community. We welcome your suggestions or ideas about areas where we might be of assistance.

Miner T. Vincent, President, Families Helping Families

Water Pollution Control Commission

This spring the Water Pollution Control Commission incurred several major changes in its membership composition. Hal Dolan was elected Chairman following the resignation of former Chairs, Lynn Pinder and Michael MacDonald. Also, due to resignations, the WPCC currently has two vacancies. Citizens interested in participating in the development of solving Clinton's pollution problems should contact the First Selectman's office or the Democratic Town Committee.

The WPCC continues to work along two tracks with CDM Smith the commission's consulting engineering firm. The first is finding land suitable for recharging treated wastewater into the ground. To date over 200 properties have been researched, of which 22 have been walked; monitoring wells were installed on four, with legal action pending to gain access to two remaining properties. Two of the above monitored sites are capable of recharging approximately 100,000 gallons per day. The town's total estimated dispersal requirement is up to 600,000 gallons per day.

Clinton's wastewater difficulties are centered in six areas, and are caused by land consisting of bed rock, wetlands, high water table and/or poor soils, all of which prohibit adequate drainage.

The second track involves prioritizing which of the areas should be addressed first. All are under mandate by the Connecticut Department of Energy and Environmental Protection (DEEP) for correction. Within each area we are currently evaluating locations to determine on a street by street basis which septic systems comply with the Public Health Code, which need remediation, and those which require transporting the wastewater off site for treatment and dispersal into the groundwater.

The WPCC work is conducted with the advice and guidance of Connecticut River Area Health District (CRAHD), the Department of Energy and Environmental Protection (DEEP) and local knowledge.

*Hal Dolan, Chairman
Water Pollution Control Commission*

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“Give the Boys a Bath”

Clinton’s coming 350th anniversary provides an opportunity to reacquaint ourselves with Clinton’s heritage. Charles Morgan, Abraham Pierson, and those volunteers who served during the Civil War helped to make our town what it is today.

In each instance, these fine citizens and their families sacrificed time, talent and treasure for the good of the entire community. It is our charge as the current inhabitants of Clinton, to honor and tend to the memory of these historically important figures. For these reasons, I tasked my three children, who are Scouts, to perform a community service to honor the above. Their project is to organize and fundraise for a restoration and preservation of the three statues in town. The Scouts have aptly named their project “Give the Boys a Bath.” You will see banners in front of the Pierson School with this slogan.

A professional cleaning of the statues has not occurred since they were erected. The restoration and preservation cost is estimated to be approximately \$28,000. The work will be done by ConservArt, a professional company which specializes in these types of projects. The work entails cleaning, recoloring (to a uniform color) and coating the

Morgan and Pierson bronze statues. The entire Civil War monument will be cleaned. The work will also repair broken stone on the Civil War monument, as well as solve the issue of rusting pins in the statue.

Morgan, Pierson and the volunteers during the Civil War gave freely of themselves. In this spirit we intend to collect private money to fund this project. It is our goal to collect two dollars from each of the 14,000 citizens of Clinton. Corporate and private business donations are welcomed. Donations may be sent to “Give the Boys a Bath” care of Liberty Bank, 8 East Main Street, Clinton, CT 06413. Any donations not used will be forwarded to the Clinton Pretty Committee.

Our goal is to have the funds collected by March 1, 2013 and work to be completed by Memorial Day 2013. A fall-back completion date will be July 4, 2013, if weather does not cooperate.

So search your car, couch, or under your bed and send that two dollars to “Give the Boys a Bath”! Let our town’s historical figures know they are appreciated for another one hundred years.

Tom Riccio



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Local M.D. Named Full-Time Hospice Medical Director

When people think of hospice care, they often focus on death and dying. But according to Middlesex Hospital's new, full-time Hospice Medical Director (and Haddam resident) Bill Zeidler, M.D., the essence of hospice care isn't about dying.

"One of the big misconceptions out there is that a lot of people think that hospice is just about dying. It's truly not. It's truly about trying to live to the best of one's ability until the moment you die," said Dr. Zeidler.

And Dr. Zeidler should know. He has been certified in the specialty of hospice and palliative care since 1997. He is also a founding member of the American Academy of Hospice and Palliative Care Physicians.

Modern-day hospice care in the United States only started back in the mid- to late-1970s, explains Dr. Zeidler. He adds, "It's seen amazing growth since then. This means that a lot of people are coming to understand the worth of hospice and palliative care."

A recent Wall Street Journal article stated that, according to the National Hospice and Palliative Care Organization, an estimated 1.58 million patients received hospice care from more than 5,000 programs nationwide in 2010, more than double the number of patients served a decade earlier. More than 40 percent of all deaths in the United States that year were under the care of hospice, which provides medical care, pain management and emotional and spiritual support to patients with terminal illnesses.

The Middlesex Hospice and Palliative Care program began as an inpatient unit at the Hospital back in the mid-1980s. At that time, Dr. Zeidler became its first, part-time medical director. The original, six-bed inpatient unit has now expanded to a 12-bed hospice and palliative care unit and the program also provides hospice care in the home setting throughout Middlesex County and beyond.

Dr. Zeidler has a long history with Middlesex Hospital. He became a Family Practice Resident in 1975. In 1978, upon graduating from the program, he set up a private family medicine practice in Higganum. In 1997, he became a member of the Middlesex Hospital Primary Care network with offices on

Saybrook Road in Middletown. Dr. Zeidler left his primary care practice this year to become the Hospital's first, full-time Hospice Medical Director. As such, Dr. Zeidler will be caring for virtually all the Hospice patients on the inpatient unit, and some in the home and in area nursing homes as well.

But, according to Dr. Zeidler, "My function is part of a large, interdisciplinary care team that includes inpatient and homecare nurses, social workers, physical therapists and occupational therapists. We use the expertise of pharmacists, who are well trained in pain medications. We have wonderful volunteers who serve a whole host of functions, from playing music on the unit to creating legacy stories about patients' lives for their families to cherish. There are clergy members who are also a key part of what we do; along with the many home health aides and patient care technicians who are also part of the caregiver team."

Dr. Zeidler admits that managing a patient's pain is an important aspect of hospice care. But he adds that the ultimate goal is to control the pain, while still keeping the patient as alert and oriented. This not only benefits the patient, but the family as well.

"When we get the patient's pain under control, the patient often relaxes, which means the family can relax as well," Dr. Zeidler added.

Dr. Zeidler is looking forward to his new, expanded role in the Hospice and Palliative Care program, and for good reason.

"It's a wonderful program and it is truly amazing how much patients and families benefit from it. The message is that we're just trying to make things a little bit better for patients, and significantly better for the family. And the more support you give the patient, family and other loved ones, the better everyone does. Often, we are actually able to bring some joy into their lives during a very difficult situation."



Community Fun Drum Circle

It's Fun to Drum! The Clinton Community is invited to our first Fun Drum Circle on Saturday afternoon, November 3rd from 4:00 to 7 p.m. in the Morgan Cafeteria presented by John Boiano, motivational speaker and community activator. 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.

Clinton Chamber to Host U.S. Coast Guard Band

The Clinton Chamber of Commerce is sponsoring a performance by the United States Coast Guard Band. The band will perform a varied program of marches, showtunes and band classics in the Gagnon Auditorium at the Morgan School, Rt. 81, Clinton on Friday October 12 at 7:30 p.m.

The U.S. Coast Guard Band was organized in March of 1925 with the assistance of some of the world's best military and civilian musicians. "American March King" John Philip Sousa is perhaps the most noteworthy. On September 17, 1965, President Lyndon B. Johnson signed congressional legislation that resulted in the Coast Guard Band being the permanent musical representative of the nation's oldest continuous seagoing service. This event also established the Coast Guard Band as one of the five premier service bands in America.

Since 1925 when it was founded to fulfill the musical requirements of the U.S. Coast Guard Academy, the Coast Guard Band has developed an international reputation as one of the finest professional concert bands in the world, offering music of great variety and appeal.



Transportation funding has been provided by Shore Television and Appliance. The concert is free and open to the general public. Tickets are required and may be obtained from the Clinton Chamber of Commerce office at 50 East Main Street, Clinton, or by sending a self-addressed stamped envelope (SASE) to the Clinton Chamber of Commerce, P.O. Box 334, Clinton, CT 06413 (maximum 4 tickets per envelope).

Only ticket requests including a SASE will be honored.

Doors open at 6:45 p.m. Non-ticket holders will be seated after 7:20 on an availability basis. The Gagnon Auditorium is handicap accessible.

Families Helping Families, a Clinton nonprofit organization providing food and fuel assistance to area residents, will be conducting a food drive. Attendees are welcome to bring healthy nonperishable food items for the collection bin that will be located in the lobby that evening.

For additional information call the Clinton Chamber of Commerce office at (860) 669-3889 or email to chamber@clintonct.com.

Vista Vocational

With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving over 160 adults. Vista students and members have an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities. Vista offers a community-based training program designed for individuals who would like to succeed at work and independent living, and who are seeking a non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 21, beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 28 taking place at Hammonasset State Park. The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by a beautiful 3-mile walk along the Connecticut Shoreline.

To learn more about the Vista Tour de Shore or to register to participate visit www.vistatourdeshore.com. For more information about our programs and services, and the WALK for Vista, please visit www.vistavocational.org.

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!

CAFÉ MEAL SITES - Clinton (currently under construction-reopening soon), Old Saybrook, Old Lyme, Chester, and Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

MEALS ON WHEELS - hot meals for homebound seniors, delivered to your home. Call Diane 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.

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.

ESTUARY THRIFT SHOP: Open 10 am - 4 pm, Monday - Friday; 9 am - 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

ESTUARY QUILT RAFFLE TICKETS AVAILABLE - A quilt top donated by Kathy Kundel was finished and quilted by three Old Saybrook residents: Mike Neville, Diana Marino and Joan Pollock. The quilt will be displayed in various places throughout the summer. Raffle tickets are available for \$1.00 each at our welcome desk, from members of our Board of Directors and



ROSES FOR AUTISM

Roses for Autism is dedicated to growing independence in the business world for individuals with autism and other disabilities. Jim Lyman's dream was to improve the quality of life for his son Eli, through meaningful work and continued opportunities to grow as an individual. Jim's search brought him together with Pinchbeck's Rose Farm, Connecticut Autism Spectrum Resource Center, and then to Ability Beyond moDisability. Collectively, they planted the seed that would bloom into Growing Possibilities. Our Mission is to grow independence in the business world. We are Pinchbeck's Rose Farm, located at 929 Boston Post Road in Guilford, CT 06437.

203.453.2186

www.rosesforautism.com or www.rosesforautism.com.

at local fairs. Drawing will be on September 16th. Winner need not be present to win.

THE 8TH ANNUAL AUTUMN ON THE DOCK - September 30, 5 - 8:00 p.m. Join us at the new Dock and Dine Restaurant for an evening of live and silent auctions, wine tasting and hors d'oeuvres to benefit Meals on Wheels. Tickets \$40. Call Sandy at 860-388-1611.

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.

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VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611. We are located at 220 Main Street, Old Saybrook.

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Shellfishing in Clinton - Setting the Record Straight

There is a lot of enthusiasm about the prospect of shellfishing in Clinton. For those spending time on or around Clinton Harbor, it is apparent that the oyster population is thriving and there are reports of increased clam populations.

The restoration of shellfish populations and reintroducing commercial and recreational shellfishing to Clinton has been the goal of the Clinton Shellfish Commission since receiving a \$29,500 grant in January 2007. The Commission has been actively working year round since then toward this goal. Though progress is visible, there are still many conditions that must be met before the State will approve recreational shellfishing within the Town's shellfish jurisdiction.

Currently, recreational shellfishing in Clinton is strictly prohibited by the State. Under no circumstances should any shellfish from Clinton waters be caught by the public and consumed, as there is potential to adversely affect the health of those who consume it.

To date, the State Department of Agriculture, Bureau of Aquaculture is unwilling to reclassify shellfish beds from "Prohibited" status until the Town and residents meet additional requirements. Tropical storm Irene negatively affected the shoreline and numerous cesspools that are impacted by tidal cycles, have been discovered in disrepair or against code. These systems need to be addressed by property owners. Not only will inaction continue to hinder

shellfish efforts, but also contributes to beach closures.

There are two main commercial activities going on. The Town has a lease with Indian River Shellfish Co. of 10 acres in the Hammock River for oyster farming. The second activity is a lease in the inner harbor to Indian River Shellfish Co. by the Town of Madison. Pole lot markers with red and yellow flags are required and should be noticeable in the harbor.

As we move ahead toward our goal of opening Clintons' shellfish beds to for recreational shellfishing, residents can contribute toward the Commission's efforts in several ways:

- Do not move, harvest or consume any shellfish from Clinton waters
- Do not transport or introduce any shellfish into Clinton waters. Transporting any shellfish from neighboring Towns and States has potential to introduce disease and negatively impact entire populations, not just Clinton Harbor but Long Island Sound as well.
- Property owners must resolve any cesspool and septic system issues, particularly along shoreline neighborhoods.

The Clinton Shellfish Commission is composed of 7 volunteers appointed by the Board of Selectman. There are currently openings on the Commission. If you are interested in serving on the commission or for general volunteer opportunities, please contact the First Selectman's office.

CONNECTICUT FAIRS

North Haven Fair
September 6, 7, 8 & 9

Durham Fair
September 27, 28, 29 & 30

Hebron Harvest Fair
September 6, 7, 8, & 9

Berlin Fair
October 5, 6 & 7

Bethlehem Fair
September 7, 8 & 9

Harwinton Fair
October 6 & 7

Guilford Agricultural Fair
September 21, 22 & 23

Portland Fair
October 12, 13 & 14

www.ctfairs.org

Clinton Public Schools

Where we have been and what to look for in 2012-13

As we look ahead to the 2012-2013 school year, it is amazing to reflect on what was accomplished in 2011-2012. Despite a stormy start with Tropical Storm Irene tearing through our community, it also served as a symbol of how our community works together to get things done and move forward. While weathering the storm, we came together as a community to forge ahead with a commitment to invest in the community both in terms of education and long-term economic development. The school community is extremely grateful and proud to have the opportunity to build a new, state-of-the-art high school facility that will serve as the symbol of progress and a spark for this great shoreline community.

The driving force for Clinton Public Schools over the past several years has been to focus on unifying efforts to ensure continuity of learning experiences and expectations for students. The framework for this effort is rooted in our K-12 curriculum renewal process, a process that engages teachers and administrators from every grade level in the research, development and implementation of the student learning expectations in all subjects. In addition to the work in curriculum, other major initiatives targeted containing costs, advancing technology to enhance instruction, and implementing a new teacher evaluation and professional learning program. Finally, 2011–2012 proved to be a year of remarkable recognitions for the district, beginning the year with the Joel Elementary Principal, Claudia Norman, being awarded the University of Connecticut Neag School of Education's Outstanding School Administrator of the Year and the Jared Eliot Middle School being awarded the New England League of Middle School's (NELMS) Spotlight Award. In 2012, Jared Eliot Middle School was one of three middle schools throughout New England recognized for meeting the NELMS criteria for providing outstanding middle school education programs.

Curriculum Renewal - In the last four years the curriculum renewal process, led by Assistant Superintendent, Maryann O'Donnell, has researched, rewritten, and implemented eight of thirteen core subjects with Art, Music, and Family and Consumer Science on tap for 2012-2013. This work has been critical to bringing continuity and consistency to the teaching and learning experiences in Clinton. It has paid big dividends for teachers and students. For teachers, it has served as a framework for ongoing professional development in instructional practices and the infusion of technology as a critical tool for teaching and learning. For students, it has elevated expectations for learning and created an assurance of common learning experiences. While not our sole measure of progress, this work on curriculum has reaped improved student performance on the state assessments, Connecticut Mastery Tests (CMT) and Connecticut Academic Performance Test (CAPT). The main focus has been to set

clear expectations for what students need to learn and be able to use or demonstrate. As a result of curriculum renewal, the district developed a set of Foundation Skills and Competencies that will serve as a criterion for all students to be able to demonstrate proficiency.

Budget - In the past several years, the Board of Education and the district administrative team have worked diligently to contain budgets and minimize the impact on academic programming. Through contract negotiations with bargaining groups as well as negotiations with the transportation company, insurance broker, photocopying and printer service providers, utility providers and nursing services, we have been able to keep the Board of Education's operating budget to under a 1% increase in each of the last two years. We have done this while continuing to advance the curriculum implementation described above and to enhance student performance.

Technology - The use of technology as a teaching and learning tool has become critical to the educational environment. The district has been able to stay on course with its three-year technology plan with the support of the Capital Expenditure Committee.

Continued on page 18

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Public Schools ... continued from page 17

As a result, we have established a four-year replacement and upgrade plan and have expanded the integration of SmartBoards and other interactive technology tools at all levels. In addition, the technology department has outfitted all four schools with wireless capability in preparation for the installation of fiber to all schools. These enhancements support curriculum implementation and the resources that come with new program materials.

Teacher Evaluation and Professional Learning - As mentioned above, the district implemented a new teacher evaluation plan in 2011-2012. The plan is modeled after the state teacher competencies and is designed to increase teacher participation in both self-evaluation and providing evidence of performance in each of the six domains of teaching. The model increases the frequency for building administrators to observe classroom instruction and establishes descriptive criteria for levels of performance. The primary goal of all evaluation plans is to improve student performance. Other teacher evaluation plans fall short in the ability for teachers to honestly reflect and assess areas of strengths and areas for growth without fear of consequences. The new district plan actively engages teachers in this form of reflection and analysis so that action steps can be taken to improve performance. One of the most exciting benefits of this new plan has been the increased buzz about "best practices" for instruction and assessment methods, and a renewed vigor around strategies for engaging students in being more responsible for their own learning. Review of first year data would suggest that we have effectively implemented the new plan.

Awards and Accomplishments - Although space is too limited here to list all of the district accomplishments, it is important to share a few. In addition to the awards mentioned above, Clinton was selected to host Connecticut's Council of Language Teachers' (COLT) annual Rhyme Celebration. This celebration focuses on advancing the study of world languages in public schools, especially at the elementary grades.

Joel Elementary School hosted its first annual Awesome Arts Night, featuring painting, collage, sculpture and music, reinstated the annual Family Math Night, affording families an evening of experiences with a variety of interactive math activities and games, and piloted Volunteer Reading with students. The school's literacy specialists presented at the Connecticut Reading Association Conference and have been invited back to present in 2012-2013.

The Pierson School sent a student to the national spelling bee competition in Washington D.C., four students reached the state level Invention Convention, and Pierson's CANstruction entry received honorable mention and was displayed at the Durham Fair. In addition, staff facilitated a number of events including the musical *The Music Man*, Marine Science Day, Clinton History Hike, and the Nutmeg Reading Challenge.

In addition to the Spotlight Award, Eliot Middle School was one of only 266 schools nationally to achieve the Gold Level Status in the 2012 MATHCOUNTS Club program; six band and choral students were selected for the Connecticut Music Educators Association's (CMEA) regional middle school music festival; and an Eliot Middle School student won the Lady Liberty Essay Scholarship Contest. Her essay was one of two selected from over 1,400 middle school and high school submissions to win the \$5,000 scholarship.

Morgan students and faculty were also very busy and accomplished in 2011-2012. Groups of students served as ambassadors in their travels to Canada and Washington D. C. and served as researchers at the Mystic Seaport. Students ran the third annual Poetry Out Loud Contest, sending a finalist to the state competition. Physics students earned prizes at the annual Lake Compounce Physics Day competition. More students participated in Advance Placement courses earning college credit including 9 of 11 AP Spanish students who scored high enough to earn college credit. In addition, seven Morgan students earned All-State recognition in varsity sports and the girls' volleyball team was Shoreline Champions for the 20th year. Several Morgan teachers were also recognized for their leadership in the integration of technology in the classroom winning the CT Educators Computer Association Award and being selected to participate in the Microsoft Partners in Learning Forum. In addition, a Morgan science teacher was selected by the National Science Teachers Association (NSTA) to represent Connecticut in a yearlong Science Teacher Academy, and a world language teacher was selected by the United States Department of State to receive a fellowship to study Mandarin in China for seven weeks this summer.

District-wide we are also very pleased with continued improvement in student performance on state and national assessments. We continue to see progress on the Connecticut Mastery Test (CMT) administered annually to students in grades 3 through 8, as well as on the Connecticut Academic Performance Tests (CAPT) administered to all tenth grade students.

Looking ahead to 2012 – 2013 there are a number of exciting initiatives in store for the district.

Curriculum, Instruction and Assessment - Connecticut has adopted the national Common Core State Standards for language arts and math. We will continue our work in aligning our curriculum efforts to the state's model. We will be introducing a new language arts anthology in kindergarten through grade 5. The new program, called *Journeys*, supports our continued effort to assure continuity of learning experiences for all students. The Curriculum Renewal Teams will be preparing the art, music, and family and consumer sciences curricula for Board of Education adoption; implementing the technology education and physical education/health curricula at all levels; and developing the information technology and science curricula using the most recent national standards.

Continued on page 20

CLINTON NEWCOMERS' GUIDE

Welcome to Clinton!

On behalf of *Events Magazines*, welcome to Clinton. Whether you are new to Connecticut or just new to Clinton you will find wonderful people and places to visit in town. From the Bluefish Festival, fun shopping, fine dining and water activities, Clinton has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Use this guide and "Buy Local" - we do!

USEFUL NUMBERS

Democratic Town Committee860-669-5573
Republican Town Committee860-669-5444

CLUBS AND ORGANIZATIONS

Clinton Lion's Club860-669-7547
Clinton Rotary Club.....860-388-7013
Clinton Youth and Family Services
.....860-669-1103
Families Helping Families860-669-5592
Arbor Garden Club860-669-5121
Choral Club860-669-2702

LIBRARIES

Henry Carter Hull Library860-669-2342

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Main Street860-669-4155

SCHOOLS

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

WORSHIP SERVICES

Church of the Open Door860-669-2155
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St. Mary's Church of the Visitation
.....860-669-8512
Episcopal Church of the Holy Advent
.....860-669-2232
United Methodist Church860-669-8396
St. Alexis Orthodox Mission860-664-9434
Cornerstone Church860-664-0543

OTHER NUMBERS

Consumer Protection860-566-2294
Volunteer Fire Department860-669-8131
Estuary Council of Seniors860-388-1611
Historical Society.....860-669-5318
Economic Development Commission
.....860-669-8500
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**WANT TO BE LISTED ON THE NEWCOMERS' PAGE?
Call Ward Feirer at 914-806-5500**

Public Schools ... continued from page 18

Professional Learning and Technology - The district will continue its efforts in integrating the use of technology as a learning resource and instructional tool. By the end of September, all four schools will have fiber-optic access enabling students and staff to fully utilize the wireless capacity in each school. Speed and access will have a tremendous impact on the ways we are able to more readily apply technology resources in the classroom. Work on developing common assessments at each grade level, aligned with the District's Foundation Skills and Competencies, will be a major focus at each school. The purpose for this work is to assure that all students have multiple opportunities to demonstrate proficiency in all of the skills and competencies. We will also be implementing components of the District's Safe School Climate Plan in our efforts to maintain a positive school environment in all schools. Finally, teachers and administrators will continue the implementation of the new Teacher Evaluation Plan.

Opportunities for Community Involvement - This continues to be an area that we are committed to enhancing and improving. Those who have visited our district website in the past several months will recognize a new look and the efforts made to make the district website a useful source. The homepage hosts the district calendar of events, district and community announcements, as well as updates from the superintendent and pictures and video of our students in action in the Clinton Celebrates section. We now have the ability for anyone to subscribe to receive email updates on

any changes to the website. In addition to improving our capacity to share information, we will also be looking to engage the community in the New Morgan Building project. Once we are underway in the fall, please be looking for a schedule of times when the Morgan Building Committee and the architect design team will be holding forums for community input. Lastly, as an outgrowth of the Community Conversation held last spring, and as part of our ongoing efforts to improve the quality of education in Clinton, I will be establishing a council to review and evaluate the district's mission and vision. Although much has been done in the last four years to refocus teaching and learning on preparing students for the world beyond high school, we recognize the importance of establishing links with the community and garnering a commitment for continued improvement of the educational opportunities Clinton affords for students.

We are about to embark on a new school year; the school facilities have been cleaned and prepped. Teachers, administrators and all the supporting staff are excited and anxious for a new school year. On behalf of the school community, I extend an open invitation to visit our schools, to come watch our successful athletic teams, to enjoy our music and theater programs, and to participate in the many evening activities throughout the school year. If you haven't visited our website recently, please do; you will find it a wealth of information about the many exciting events in the district and the exciting accomplishments of our staff and students.

*Jack Cross, Superintendent
Clinton Public Schools*

Essex Printing Prints Award Winning Piece

High Hopes SYMPHONY Invitations Achieve Gala & Design Success

LYME, Connecticut (July 9, 2012) - Julia Balfour, LLC & High Hopes Therapeutic Riding, Inc. are pleased to announce that the invitations designed for the High Hopes 2012 Symphony Fundraiser have been honored with a Connecticut Art Directors Club Award. The invitations were designed by Julia Balfour, LLC, a full service creative agency. Both organizations are proud of the work that was created, and are thrilled that it was acknowledged by the professional design community.

The Julia Balfour, LLC team created the work through their pro-bono partnership with High Hopes Therapeutic Riding. Hand drawn illustrations and watercolors were utilized to create an invitation that spoke to the elegance of this biennial event. 2,500 invitations were wrapped and packaged by hand, speaking to the dedication of volunteers from both organizations.

Essex Printing in Centerbrook, CT also generously donated their expertise and services in printing the invitations.

This year's Symphony fundraiser took place on June 9th, at the High Hopes Center in Old Lyme, CT. The event, which

included a silent auction and a performance by the New England Orchestra, was a huge success. Ticket sales were up 10% from previous years. The evening raised over \$200,000 in donations. The funds will all be used to support the operations of the High Hopes programs, as well as their scholarship program.

The Connecticut Art Directors Club hosts an annual award show to honor exemplary design work from around the state. The High Hopes Symphony Invitations were showcased on June 15th, 2012, along with the other award recipients. The Julia Balfour, LLC team netted 16 total awards that evening.

Julia Balfour, LLC is located in Lyme, CT. As fellow horse lovers, they have been overjoyed to work with High Hopes; citing their incredible work with those who have cognitive, physical, and emotional disabilities as a constant source of inspiration.

To learn more about the High Hopes Therapeutic Riding Program, visit them online at: <http://www.highhopestr.org/>

Find more information about Julia Balfour, LLC online at: www.juliabalfour.com. www.facebook.com/juliabalfourllc.

Essex Printing: <http://www.essexprinting.com>.

Clinton Parks & Recreation Department

2012 - 2013 Fall & Winter Programs

TOWN BEACH: Officially closes on Labor Day, Sept. 3. The restrooms will no longer be open on a daily basis. If you choose to swim, it will be at your own risk.

MARTIAL ARTS: More information to follow. Please check our website.

YOUNG CHEFS OF CLINTON: Grades 4 & 5 (Clinton Residents only) Thursdays, Sept. 20, Oct. 18, Nov. 1, & Dec. 6, Time: 3:30 - 5:00 p.m., Location: TBD, Fee is \$28.00. Young Chefs of Clinton is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit to Young Chiefs of Clinton is a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Young Chefs of Clinton will learn the basics in kitchen safety, proper food handling, food preparation, cooking techniques, presentation and so much more!

Sept. 20: Pizza Roll-ups, fruit parfaits and chocolate crunchies, Oct. 18: Working fondant - making spooky holiday decoration to top cupcakes,

Nov. 1: turkey cookie treats, homemade apple crisp and pita pizzas, Dec. 6: edible Snowmen, homemade Broccoli Cheddar Soup. We will be offering a six more classes after the first of the year. Mark your calendar. We will be sending home fliers with a complete description and cost of each class.

PEE WEE TENNIS: Ages: 3 - 5 yrs. 9:15 to 10 a.m., Fee: \$79.00

CHILDREN'S TENNIS: Ages: 6 - 8 yrs. 10 - 11 a.m., Fee: \$89.00.

Ages: 9-12 yrs. 11 a.m. - 12 p.m., Fee: \$89.00.

TENNIS TEAM: Ages: 13 - 17 yrs. 12 - 1 p.m., Fee: \$89.00. (Non-Residents most add \$10.00 to registration fee.)

Lessons are held on Saturdays beginning on September 15 and ending on October 20. (Rain Date for make - up class in Sat., Oct. 27.) Tennis racquets are available for sale through the instructor. Contact information: Oliver Collins at 203-859-8327. Registrations are through the P&R Office.

CONNECTICUT COMPUTER EDUCATION - NEW JR. ROBOTICS TO THE EXTREME: This class is scaled down from the regular Robotics program to give children a sense of building using the amazing LEGO™ system and imagination. Focuses on building simple and complex machines using Legos. This class includes using powerful RCX programmable brick, various sensors, teamwork setting and computer technology in this class. Please bring a snack.

Grades: K - 5. Wednesdays: October 3, 10, 17, 24, Time: 4 - 5:30 p.m. Location: P & R Building, Fee: \$90.00 (Non-Residents \$100.00.) Minimum of 4 Children & a

Maximum of 12 Children. All registrations are through our Office.

NEW CHEMICAL REACTION: Join in on the fun in this class as we experiment with reactions to various products we use every day. Come join this fun filled class of experiments. Please advise us if child/children are allergic to different products such as milk, baking powder, vinegar, salt, sugar or cleaning products. Safety glasses will be provided and worn during this class at all times. Please bring a snack. Grades: K-5. Wednesdays: Nov. 7, 14, 28 and December 5, Time: 4 - 5:30 p.m. Location: P & R Building, Fee: \$90.00 (Non-Residents \$100.00.) Minimum of 4 Children & a Maximum of 12 Children. All registrations are through our office.

HALLOWEEN WINDOW PAINTING: Keep a lookout for more info! This will be an opportunity for your children in Grades 4 thru 8 to display their artistic ability on Clinton's Main Street windows. Put together your best Halloween themed design and it will be judged by Grade level. Tentative date is October 27th.

TEEN ZUMBA FITNESS: 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 students can interpret the dance rhythms in their own way. Evening classes in October and November. Please call the P & R Office for more information regarding a starting date.

YOUTH BASKETBALL: For boys and girls grades 4 through 8. Games will be held on Saturdays at the Morgan School gyms. Practices are one night per week. The fee is \$45 (\$90 per family), which includes a T-shirt. Registrations fliers will be sent home via the schools. A \$10 late fee will be added if registration is received after November 2, 2012.

INSTRUCTIONAL YOUTH BASKETBALL: For boys and girls in Grades 2 & 3. Children will learn offense and defense skills, practice shooting and play mini scrimmages. The children will meet on Saturdays beginning December 1, 2012 at the Joel School gym. The fee is \$35, which includes a T-shirt. A \$10 late fee will be added if registration & payment is received after November 2, 2012.

FIRST GRADE YOUTH BASKETBALL: For boys and girls in 1st grade. Children will learn the fundamentals of basketball. They will meet on Saturday afternoon beginning January 5, 2012 at Joel School gym. The fee is \$25, which includes a T-shirt. Payments due by December 7, 2012.

ADULT CO-ED VOLLEYBALL: (Adults Only) Open gym. Have some fun and join us for a friendly game of volleyball!

Continued on page 22

Parks & Recreation ... continued from page 21

The games will be played on Monday evenings from 7:30 - 9:30 pm at the following locations. November, December, January & February: Eliot Gym. March & April: Morgan Gym A. May: 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 p.m.

November, December, January & February: Thursday evenings at the Eliot Gym.

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

CT SAFE BOATING & PERSONAL WATERCRAFT COURSE - ONE-DAY 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, lifetime certification. Students should bring a pen or pencil to class. You are also given an hour off for lunch (please bring a light lunch with you).

Dates: Please check our Website for more info. Location: P & R Building, 201 Killingworth Tpke, Clinton, CT. Fee: \$60 (\$70 Non-residents).

All registrations are handled through the P & R Office. If you have any questions, please give us a call at 860-669-6901 or check out our website at www.clintonparkrec.com. All Non-residents pay an extra \$10.00 registration fee for our programs, if we have room.

A new downloadable registration form is now available for your convenience.

Lois A. Ruggiero, Assistant to P & R Director

Joys and Benefits - Staying Active in Your Senior Years

We humans are social creatures, with a natural desire to interact and be with other people. Some senior citizens, however, find themselves living alone with limited interaction or engagement with friends or family.

This is unfortunate since social involvement is a major component of the overall well-being and good health of any senior. Research by the Harvard School of Public Health and others illustrates that an active social life helps seniors enjoy a higher quality of life during their retirement years. Social activity also greatly reduces or even eliminates loneliness or depression, which often affect secluded people.

Everyone can create "social opportunities" by:

- Getting involved in activities at local senior centers, church groups or other organizations
- Signing up for art, music, or fitness classes
- Volunteering or mentoring at a local school, library, or museum
- Joining a local club (such as gardening, writing, reading, or chess)
- Taking part in "senior" travel programs
- Attending lectures and cultural events

Senior citizens also are encouraged to attend community meals, or invite friends and family to dinner. Additionally, seniors should try to accept invitations to join others at mealtime as often as possible.

Some seniors may consider moving into a retirement community, assisted living residence or a continuous care retirement community (CCRC), all of which typically have suitable social and cultural programs available daily, under one roof. These communities often include transportation services – which helps those who no longer drive maintain a level of independence. These communities also have scheduled mealtimes, so gathering with friends and family for lunch or dinner is easy.

If there is a senior in your life - or if you are planning for your own retirement - be sure to include as much social, physical and cultural activity as you can manage. You will be impressed by the benefits, and will enjoy a higher quality of senior living!

Kathy Ryan, Executive Director

[Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.]



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