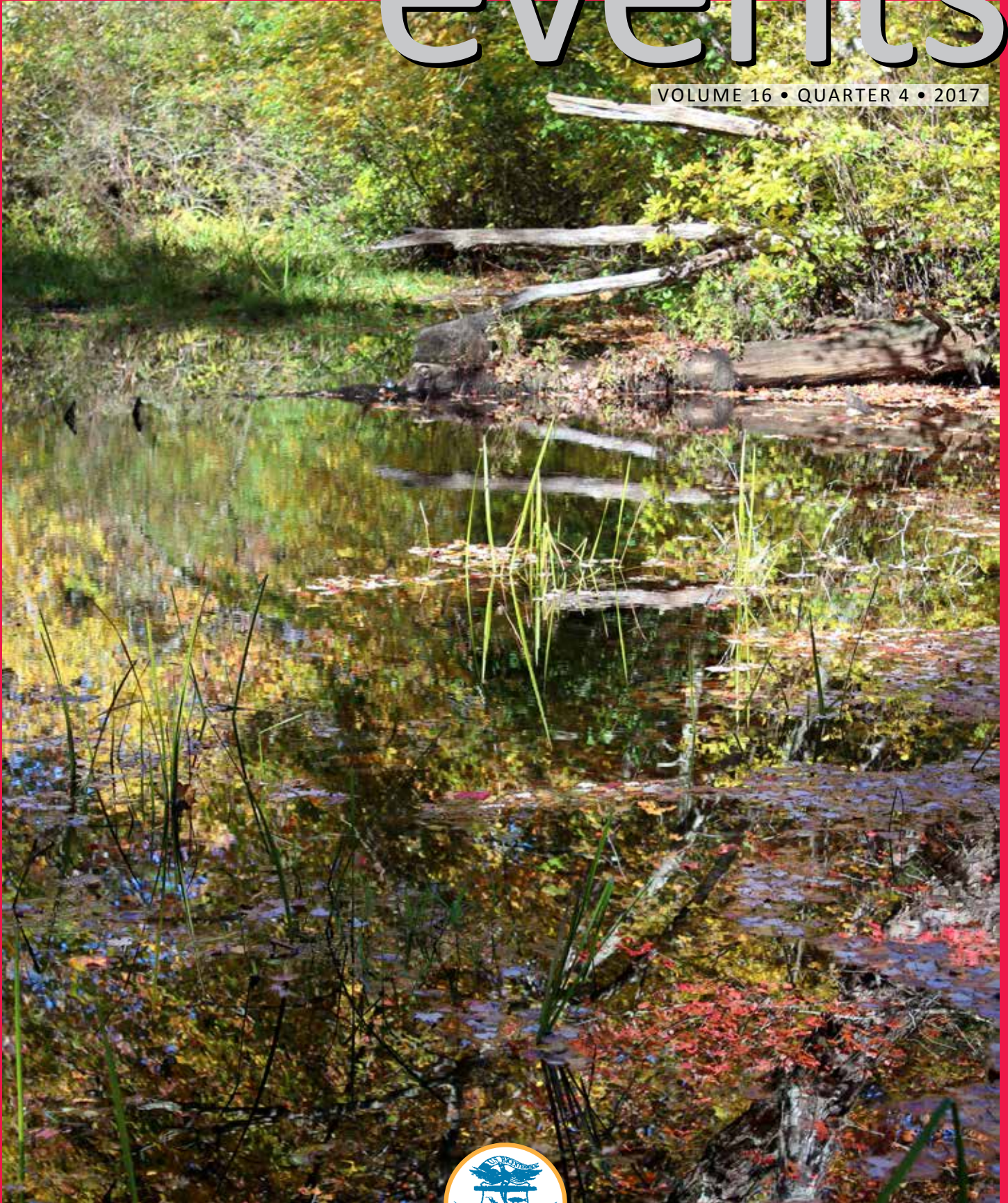


Clinton events

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The First Selectman's Corner

After another wonderful summer on the shoreline, we are enjoying a glorious fall. We've been blessed, so far, with spectacular weather. Let's hope that is an indication that winter will be kind to us this year. The school year began with the of the usual excitement of new experiences for the students, teachers and administrators.

The municipal election on November 7th gave all voters the opportunity to participate in the process. I hope you all got out to vote and will continue to work with and support all of the Boards and Commissions in town. Clinton is special and it is clear to me that many of you feel as passionately as I do about this town.

The Morgan School development project stalled late this summer. The news was extremely disappointing but we have to move on. We are actively pursuing other economic development options for this prime location.

The capital projects that were approved in the budget referendum in May are moving forward. A number of them have gone out to bid. There are several construction projects underway around town. The marina dredging project was awarded and the work began in early October.

The Apple Pie Festival was held October 7th. This annual fundraising event is hosted by Families Helping Families and continues to be a popular family event.

The Department of Transportation hosted a public informational meeting at Town Hall in October. They presented an overview of the expansion of the Clinton train station. Work will begin in April 2018 with a completion date of December of 2019.

The Clinton Volunteer Fire Department hosted an Open House on October 15th. It was well attended by local residents. The event was part of Fire Prevention Week.

Check out the Town website at www.clintonct.org for upcoming events and meetings.

Please continue to support our local businesses. They provide a solid foundation for our community.

I want to take this opportunity to recognize and express my appreciation to all of the town staff and agencies. It is an honor to work with them and to serve the residents and businesses of the Town of Clinton. All the best to you and your families. Enjoy the holidays.

Bruce



Bruce Farmer, First Selectman

A photograph of a bedroom. In the center is a light-colored wooden bed with a curved headboard and footboard. The bed is dressed in a light blue and white quilted coverlet and several pillows, including a white one with a blue floral pattern. On either side of the bed is a matching light-colored bedside table with a white lamp. The room has light-colored walls with framed artwork and a blue and white striped rug in the foreground.

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A logo for Saybrook Country Barn's 40th anniversary. It features a large '40' with 'TH' to its right, set against a sunburst background. Below the '40' is a banner that says 'ANNIVERSARY' with '1977' on the left and '2017' on the right. Underneath the banner is an oval containing the text 'Saybrook Country Barn' and '2 Main Street - Old Saybrook CT'. Below the logo, the text 'UNMATCHED QUALITY & STYLE' is written in a large, serif font. At the bottom, the address '2 MAIN STREET OLD SAYBROOK CT', phone number '860.388.0891', and website 'saybrookcountrybarn.com' are listed.

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Chamber of Commerce



The Board of Directors of Families Helping Families displays a check representing the amount donated by the Clinton community over the last 11 years toward helping those in need. Pictured from left to right: Jane Scully Welch, Vincent DeMaio, Nancy Stone, Sally O'Brien, Lynn Hidek, Jessica Demers, Mari Lee and Miner Vincent. Photo credit: David Rash

their opening, Town Pride has worked with many community organizations to improve the town of Clinton.

- The organization Families Helping Families was presented with the Growing the Community Award. They have shown how a community grows by caring for each other.
- Sal Chiamonte received the Recognition for a Decade of Service for his dedication and service to the Chamber of Commerce as both an active member and a member of the board of directors.
- Michael Cuoco was honored with the Lifetime Achievement Award. Mike has been an integral part of the Chamber of Commerce for over 25 years. He has served on the Board of Directors, as

Awards Dinner

The Chamber of Commerce held its 37th Annual Awards Dinner on Tuesday October 17. Recipients this year were:

- Tom Houpert of Edward Jones Investments, 7 West Main Street, was presented the Award of Distinction for Public Service. Tom was a past president and board member of the chamber and has served in other capacities in organizations in the town of Clinton.
- Town Pride, Christine Elder, 8 Post Office Square received the Business to Community Partnership Award. Since

continued on page 4



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Chamber of Commerce... continued from page 3

Chairman of the Board and has been a moving force behind some of the Chamber's biggest events.

The high point of the evening was Miner Vincent's acceptance of the award for Families Helping Families wherein he thanked the town for its support and enumerated the generosity with the amazing amount of money raised, families helped and support given. In that moment, the heart and soul of our beloved town was present and made evident.

Christmas in Clinton

Preparations are underway for an even better celebration of the season on Sunday, December 3, from 1:00-6:00 pm. There will be sights and activities from Post Office Square to Liberty Green. Families Helping Families will be having their Soup Contest again; there will be Letters to Santa, Elf on a Shelf scavenger

hunt, Santa's workshop, youth games in the "Gaga Pit" with Valley Shore YMCA, hayrides, a Living Nativity, a walk through Bethlehem, historical tours and, of course, the arrival of Santa Claus. There will be hot chocolate and a variety of food; bagpipes, fife and drums and a community sing; and a craft fair, bake sale and silent auction. All within the setting of luminaries lining East Main Street.

To get the season started, the Chamber is sponsoring a Holiday Shopping Passport. Pick up a passport card at one of the participating members and get a letter stamped. Visit other members listed on the passport and collect more stamps. When you have stamped all the letters in C-L-I-N-T-O-N, fill in the information on the card a drop it off or mail it to the Chamber of Commerce, 50 East Main Street, Clinton. One grand prize winner of a \$500 gift card will be drawn during the Christmas in Clinton celebration.

Details and official rules can be found at christmasinclinton.com/hsp.

Business Networking

The Chamber has regular networking meetings open not only to members of the chamber but also to the business community at large.

The Business Before Hours meetings are on the fourth Tuesday of every month starting at 7:45 am until 9:00 am. The format of this meeting is to let everyone introduce themselves and their business to the whole group at once and an opportunity to go more in depth. In addition, there is time for some one-on-one interchange. Our November meeting will be on Tuesday, November 28.

The Business After Hours continues to be popular and usually meets the second or third week of the month on a Tuesday or Wednesday. Days vary because each session occurs at a member's business and

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it needs to be coordinated with working hours. Time is 5:30 to 7:30 pm and includes refreshments. In November, we will be meeting at Cindy Steven's Fine Art, 30 East Main Street.

Women in Business meets for lunch every other month in a joint session with the Madison Chamber of Commerce. After networking and some lunch, they enjoy a guest speaker. The November luncheon will be at Café Allegre in Madison on Wednesday, November 15.

Summerfest & Fireworks 2018

Save the day! Planning is underway for the Summerfest & Fireworks on August 25, 2018. A postcard was sent to all residents in Clinton to announce the date and seek donations and volunteers. There are regular meetings of the planning group on the fourth Tuesday of every month. Watch for the announcements on the Chamber Facebook page.

Estuary Council Regional Senior Center

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

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

ESTUARY HOLIDAY CRAFT FAIR – Saturday, November 18, from 8 am – 1 pm. Get your holiday shopping started with local artisans! Find that unique perfect gift for loved ones. All ages welcome! 220 Main St, Old Saybrook. Call 860-388-1611 for details.

ESTUARY GYM IS SILVER SNEAKERS APPROVED! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER – Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the Office for a tour and learn how to become a gym member.

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



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Six Seniors at the The Williams School Named Commended National Merit Scholars



Picture order left to right: Rachel Goldstein (East Lyme, CT), Carlie Poworozne (Uncasville, CT), Nick Moukawsher (Mystic, CT), Jacob Marchesi (Lyme, CT), Will Jarrett (Gales Ferry, CT), Olivia Fetter (Chester, CT)

Head of School, Mark Fader of The Williams School, announced that seniors Olivia Fetter (Chester, CT), Rachel Goldstein (East Lyme, CT), Will Jarrett (Gales Ferry, CT), Jacob Marchesi (Lyme, CT), Nick Moukawsher (Mystic, CT), and Carlie Poworozne (Uncasville, CT) have been named Commended

Students in the 2018 National Merit Scholarship Program. “It was an honor to present these Letters of Commendation from the National Merit Scholarship Program to our six seniors,” said Mark Fader, Head of School. “The Williams community is so proud of these seniors, as they are among an elite group of student scholars in the country.”

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2018 competition for National Merit Scholarship Awards, Commended Students placed among the top 50,000 scorers of more than 1.6 million students who entered the 2018 competition by taking the 2016 Preliminary SAT/National merit Scholarship Qualifying Test (PSAT/NMSQT).

“The young men and women being named Commended Students have demonstrated outstanding potential for academic success,” commented a spokesperson for NMSC. “These students present a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellent in

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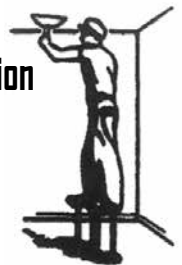
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our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue to their pursuit of academic success.”

About The Williams School

Founded in 1891, The Williams School is an independent, co-educational, day school for grades 6 to 12. Located on the Connecticut College campus in New London, Williams serves students from more than 40 communities in CT, RI, NY, and China. Williams provides a college preparatory program

centered on a classical, liberal arts curriculum and small class sizes. At Williams, students take ownership of their intellectual growth and personal development and build a strong appreciation for lifelong learning and participation in an ever-changing society. Members of the Williams community collaborate to achieve an open atmosphere of mutual respect. This creates a supportive learning environment that encourages students to take meaningful, developmentally appropriate risks as they pursue their own goals.

CT River Area Health District: Recognizes National COPD Month

November is National COPD Awareness Month, an observance supported by the National Heart, Lung, and Blood Institute’s campaign, “COPD: Learn More, Breathe Better.” Learn more about this campaign at: <https://www.nhlbi.nih.gov/health/educational/copd/>.

Chronic obstructive pulmonary disease (COPD) is a respiratory condition that makes it difficult to breathe by limiting

airflow in and out of the lungs. This year the campaign will raise awareness about the signs and symptoms of COPD and encourage people with symptoms to speak to their physicians.

According to the U.S. Centers for Disease Control and Prevention (CDC), approximately 15.7 million U.S. adults have received a diagnosis of COPD, which includes chronic bronchitis and emphysema. Many

more adults with symptoms of COPD, including frequent coughing, shortness of breath, excess phlegm or sputum production, wheezing, or difficulty taking a deep breath, might not be aware that they have COPD, or they may not be receiving treatment for COPD because they have never received a diagnosis. Early diagnosis, treatment, and management of COPD

continued on page 8



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CT River Area Health District... continued from page 7

is dependent on adults communicating COPD symptoms to their primary care physician.

COPD often occurs in people age 40 and over with a history of smoking tobacco. However, approximately one in six people with COPD have no history of smoking. Long-term environmental exposure to lung irritants as well as certain genetic conditions can also play a role. To prevent COPD, avoid inhaling tobacco smoke, home and workplace air pollutants, and take action to ward off contracting respiratory infections. Early detection of COPD might change its course and progress. A simple test, called spirometry, can be used to measure pulmonary or lung function and aid in detecting COPD in anyone with breathing problems. Although COPD currently has no cure, it can be treated, making it possible for patients to improve their quality of life with this condition.

For more information on COPD please visit www.cdc.gov/copd or call our health educator at 860-661-3300.

Clinton Land Conservation Trust

The Clinton Land Conservation Trust (CLCT) has had an exciting year to date. Most notably, this non-profit organization celebrated its 50th anniversary in 2017! Thanks to the efforts of the Clinton Historical Society, the Clinton Land Trust was picked to be the featured organization on display at the Museum Room in the Clinton Town Hall this summer. Here, visitors were able to witness 50 years of grass roots efforts by volunteers helping to preserve beautiful properties in Clinton. Photographs depicted 50 years worth of maintaining hiking trails, records of acquired land (currently the Land Trust protects roughly 900 acres in Clinton) and programs aimed to educate the public on local flora and fauna in the area.

Over the years, the CLCT has been fortunate enough to receive monetary donations earmarked specifically towards educating the youth of Clinton. Exposure to nature at a young age has proven to be beneficial in developing a sense of wonder and a desire to protect land, consequently achieving the ultimate goal; children becoming stewards of the environment. For the past 10 years, CLCT has sponsored (in conjunction with the Clinton Park & Recreation Department) "Ecology Camp." This is a weeklong summer program geared towards children ages 7-11. Here, campers explore and discover animals and plants from both salt water habitats as well as fresh water and woodland habitats. They are scientists at the Town Beach – exploring the intertidal zone and the salt marsh, while witnessing osprey soar overhead. They hike Land Trust properties and gain an appreciation for the different life found in the woods. They overcome their fears, make friends and learn through hands-on discovery.

The CLCT would like to thank all of the families that have supported Ecology Camp for the past 10 years. As we are all aware, "children are our future" and we look forward to continuing to educate them on the importance of preserving and protecting our precious land in Clinton.

Families Helping Families Awarded The Growing The Community Award

At the recent Chamber of Commerce's Awards Dinner Families Helping Families was awarded The Growing The Community Award. We thought this would be the appropriate time to express our appreciation and gratitude to the people of Clinton. For the past eleven years people have embraced our mission to help families in the Clinton community.

We wanted to take this time to let people know how much it means to us the they would continue to share their resources with us and in turn the Clinton community. In those eleven years we have grown from just providing energy assistance to helping all members of the Clinton community

through our five community outreach programs. From our very youngest to our seniors each one of these programs addresses most situations that someone might be going through.

Over the past eleven years people have graciously donated dollars and many pounds of food. With those dollars we were able to provide more food and help with people's unexpected and difficult circumstances that might arise. In fact the people in Clinton have donated \$300,000.00 to FHF and with some of those dollars along with donated food the total food donated to The Clinton Food Pantry stands at 105,000 pounds of food. We can't say thank-you enough to the entire

Clinton community. We pledge to continue to "serve Clinton families with passion and compassion" as we continue to help Clinton families however we can.

We hope you will join us as part of Christmas in Clinton as we will once again be holding our "Soup's On" contest at The Body Karma Studio on Main Street from 1-4. Stop in and buy a wristband and taste and judge some delicious soup.

Again Our Sincere Thanks For The Trust You Have Placed In Families Helping Families.

Miner T. Vincent



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Flu Season Is Here: Seniors (and Friends), Take Note

The flu can hit seniors like a Mack Truck! That's because their immune systems weaken with age. If you're over 65—or care for someone who is—keep the following in mind as we head into the flu season. As for the rest of you? We have a message or two for you, as well.

A better match. Last year, seniors really bore the brunt of the flu season. Sixty percent of flu-related hospitalizations and nearly 80 percent of deaths were among those 65 or older. One problem was that last year's main strain of flu (H3N2) wasn't included in the vaccine. So the vaccine was only 13 percent effective against it.

This year's flu vaccine should be a better match for circulating strains of flu, according to U.S. officials. There's also an adequate supply of vaccine.

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

The common good. The CDC recommends that everyone 6 months and older be vaccinated each year, but only about half of all Americans do.

Even if you're young and healthy, getting a flu shot is important. And it may be one of the nicest things you do for your neighbors—especially those older than 65 or younger than 2, pregnant women, or those with chronic health problems or weak immune systems. By protecting yourself, you also help protect others. A recent study showed that higher vaccination rates among young and middle-aged adults may lower the risk of flu among older people.

Choices. Vaccines come in many forms, including:

- A shot
- A nasal spray
- An ultra-thin needle (intradermal flu vaccine)
- Egg-free for those who are allergic to eggs
- High-dose flu shot, which prompts a stronger immune response in seniors

Talk to your doctor or pharmacist about your best option.

Seniors are at greater risk for pneumonia—a complication of the flu. So find out whether you also need the pneumococcal vaccine. Stop flu in its tracks. If you do get the flu, you can help prevent its spread:

- Wash your hands often.
- Cover your mouth when coughing or sneezing.
- Take antiviral drugs such as Tamiflu or Relenza, if prescribed. These drugs attack the flu virus and stop it from growing.

We are ready if you need us. If you do catch the flu this season stop in for your flu needs and talk with our pharmacist about your symptoms. We are here to help.

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Smoking and Eye Disease

Smoking tobacco (cigarettes, cigars, or pipes) can cause lung disease, heart disease, cancer, and many other serious health problems. But did you know that smoking can also harm your eyes?

- Cataracts - Smoking increases your risk for getting cataracts. Cataracts is the clouding of your eye's naturally clear lens that causes blurry vision and makes colors look dull, faded, or yellowish. Cataracts are removed in surgery.
- Age-related macular degeneration (AMD) - This disease happens when a part of the retina called the macula is damaged. You lose your central vision and cannot see fine details. Sometimes medicine or surgery can help certain people with AMD from getting worse, but there is no cure. Studies show that smokers and ex-smokers are more likely to get AMD than people who never smoked.
- Diabetic retinopathy - Smokers who also have diabetes risk getting diabetic retinopathy. Diabetic retinopathy is when blood vessels in the eye are damaged causing blurry or distorted vision and possibly blindness. Treatment includes medication or surgery.

- Optic nerve problems - People who smoke risk having optic nerve problems. The optic nerve connects the eye to the brain. Damage to this nerve can lead to blindness.
- Dry eye - This is when your eyes don't produce enough tears. Smoking with dry eye will make your eyes more likely to feel scratchy, sting, burn, or be red.
- Uveitis - Smoking can lead to a disease that affects part of the eye called the uvea. This is the middle layer of the eye wall. Uveitis is when this layer becomes inflamed (red and swollen). This disease causes a red eye, pain and vision problems.
- Graves' disease - This is a disease of the body's thyroid gland. One of the symptoms of Graves' disease is bulging eyes. Smokers who have Graves' disease risk having their eye condition get worse. They can also lose vision.

The good news is that after people quit smoking, their risks for these eye diseases lowers.

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News from Clinton Art Society



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

Clinton Art Society will be celebrating the art and artists of Clinton with its First Annual Tribute Exhibition November 2, 2017 through January 31, 2018 in the Green Room at Andrews Memorial Town Hall in Clinton.



“As part of our Annual Summer Exhibition, Clinton Art Society includes a section entitled ‘In Memorium’, featuring the works of Clinton Art Society members who died in the previous year. As our organization continues to grow – we will be celebrating 70 years in 2019 – many of our founding members who established Clinton Art Society are passing on. We decided to create a special annual exhibition that celebrates the rich history of the arts in Clinton, and features the works of these magnificent and locally renowned artists,” said Liz Egan, President of Clinton Art Society.

continued on page 14

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Egan is working with the families of longtime CAS member and collector Carolyn Graniss Kirmss, and noted watercolorist Cora Howard, who passed earlier this year. "It is fascinating to hear the stories of the lives of these members and the tremendous impact they had on the lives of fellow artists and the Shoreline arts community at large," Egan said. Egan was contacted by the family of Carolyn Graniss Kirmss, a Clinton resident and longtime member and friend of Clinton Art Society who passed in June 2017. Her daughter, Cindy Kuester, currently a Durham resident, made her aware of a large col-

lection of paintings her mother had acquired over the last 50 years. Cindy had carefully placed them in temperature-controlled storage in Clinton and Egan went to see and document the paintings in July. Soon after, Egan met with Arthur Howard, son of the noted Clinton watercolorist, 96-year old Cora Howard who passed in late spring 2017, regarding his mother's extensive collection of watercolors.

These paintings represent a broad and encompassing history of Clinton art and artists. "Artists like Victor Mays, Lucille Grimm,

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Cora Howard, Robert Champion, and Bruce Lighty and so many more are some of the artists that will be featured in this exhibit," she said. "As I thought about this exhibit, I realized what an amazing opportunity this exhibit represents to educate our [Clinton] community about the history of its art and artists and celebrate the richness of our Shoreline culture."

Currently, Clinton Art Society has scheduled two receptions. The first on Thursday, December 7 from 5-7 pm will introduce the exhibition and provide educational opportunities about the arts in Clinton. The second reception is scheduled for Thursday, January 25 from 5-7 pm will be both celebratory as well as educational. Both receptions are meant to provide area citizens and collectors ample opportunity to see the works and




meet the artists and families represented in the exhibition. The stories behind the art will also be shared reflecting the rich history of the arts in Clinton. This Tribute Show will be just that, a tribute to the arts and history of the arts in Clinton.

Clinton Art Society is proud to announce the following exhibits of its members:


- Oct. 3 – Nov. 30 Jay Babina
Water's Edge, 1525 Boston Post Road, Westbrook
- Oct. 12 – Dec. 13 Stewart Byron & Pat Seekamp
Clinton Annex, 48 East Main St., Clinton
- Oct. 1 – Nov. 30 Beverly Schirmeier
Liberty Bank, 8 East Main St., Clinton
- Oct. 21 – Jan. 5 Marge Casey, Phyllis Bevington, Kristine McMahon
Body Karma Studios, 5 East Main St., Clinton
Artist's Reception: Friday, Nov. 3, 6-8 pm

For more information go to their website www.clintonartsociety.info.





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Apple Pie Festival

Hosted by Clinton Families Helping Families, Thursday, October 19, 2017 at 11:45 am.



This little girl was excited to receive a new bike from Paul "The Bike Guy" Egan at Clinton Families Helping Families Apple Pie Festival event at Andrews Memorial Town Hall. With the support of Clinton Families Helping Families, The Bike Guy has provided over 250 free refurbished bikes to kids and adults in shoreline communities. Contact FHF for more info.



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Visit Clinton's website at: <http://www.clintonct.org/>

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



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