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Town Manager's Corner

Congratulations to all of our newly elected officials! Over the next two years there is a lot of work to do to continue the Town of East Hampton on its path as a great place to live, work and retire. We must continue our work on maintaining and enhancing our infrastructure. From our roads to our water systems, we must maintain and enhance them in order to both enhance our quality of life and retain/recruit new businesses to our community. Additionally, our facilities have been neglected for far too long and we need to work together to not only develop a large project capital improvement plan but also hold ourselves accountable to executing that plan.

We also need to focus our work on promoting and preserving our natural resources. East Hampton is very fortunate to have one of the largest lakes in the State and we need to protect it and continue our work to make it healthy. We are also fortunate to have a 13-mile Airline Trail that offers our residents another opportunity to experience all that East Hampton has to offer. We need to see that trail completed so that it meets

up with Portland, creating a regional asset.

Lastly, we need to recognize and promote our past. From Middle Haddam to the Village Center, East Hampton is a quintessential showpiece of how our country got to where it is today. We need to work together to save, enhance and promote those assets for future generations. I look forward to working with all of you to make East Hampton the best place to live, work and retire in Connecticut.



Michael Maniscalco
Town Manager

Best regards,
Michael Maniscalco, MPA,
Town Manager

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COVER PHOTO
Airline Trail at Cranberry Bog
Courtesy of the Town of East Hampton

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Arts & Culture Commission

Please visit our website at:
www.artsforeasthamptonct.org



Planning & Zoning Department

PROTECTING OUR WATER RESOURCES

As the leaves start falling and the yard cleanup begins, there are a few things to keep in mind to protect not only Lake Pocotopaug, but all watercourses, ponds and wetlands throughout East Hampton from unwanted algae growth.

1. **Leaves** - Don't rake or blow your leaves into any waterbody, watercourse, or wetland. Although it seems like an easy way to get rid of the unwanted leaves from your lawn, these leaves add nutrients and undue stress on the ecosystem. Although some leaf debris is natural, the concentration from the yard is an

continued on page 4

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Planning & Zoning... continued from page 3

unnatural burden. Dispose of leaves at the transfer station or in a location where they can be kept from entering the water. In addition, don't put leaves in the street; they will run to the nearest catch basin and directly dropped into a nearby waterway.

- 2. Grass Clippings** - Just like leaves, grass clippings can make the journey downstream and provide unwanted nutrients to waterbodies.
- 3. Fertilizers** - If fertilizing your lawn before winter, be sure to minimize the amount used. Excess fertilizer not taken up by your grass washes downstream during rain events and contributes to nutrient loading.

- 4. Pets** - Pet waste gets washed away with rain over time and carries nutrients to any nearby watercourse. Cleaning up after your pet can help to reduce nutrient loading.
- 5. Car Washing** - If you live near any waterbody or wetland, think twice before washing your car in your driveway. Most soaps contain both nitrogen and phosphorous. These nutrients contribute to algae growth.
- 6. Natural Buffers** - A natural buffer of trees and shrubs between your lawn and the nearby water or wetland is an important part of filtering out sediments nutrients. Keeping these areas intact can help to protect that resource.

Office of the Assessor

In accordance with Connecticut General Statute 12-40, all persons who are liable to pay taxes on tangible personal property belonging to them on October 1, 2017 are hereby notified that they must file a declaration of their personal property on or before November 1, 2017, with the Assessor, or be subject to an estimated assessment and the statutory 25% penalty. Various exemptions are explained on the

declaration and available if filed on time.

NO DECLARATION IS REQUIRED FOR MOTOR VEHICLES REGISTERED IN EAST HAMPTON, CT

NO DECLARATION IS REQUIRED FOR REAL ESTATE


Personal property includes, but is not limited to, non-CT registered motor

vehicles, unregistered motor vehicles (including junk autos), campers, all business machinery, equipment, tools, commercial furniture and fixtures.

THE FILING DEADLINES FOR VARIOUS EXEMPTIONS AND CLASSIFICATIONS ARE AS FOLLOWS: Public Act 490


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or forestland must be received by October 31, 2017.

Veterans

Veterans claiming disability exemption must submit proof from the Veterans Administration. PA 85-573 allows veterans an additional exemption if their income is within the approved limits. This application must be filed by October 1 bi-annually.

Disability

Persons totally disabled receiving SSD benefits may be eligible for a \$1000 property exemption. Proof of award and application must be submitted by January 31, 2018.

Homeowners & Totally Disabled

Residents 65 years of age or totally disabled may be eligible for a tax credit on real estate; income guidelines apply and are adjusted each year. You must request an application in February 2018 and file it on or before May 15, 2018.

The Assessor's Office is open to receive the above lists and applications Monday, Wednesday, Thursday 8:00 am to 4:00 pm, Tuesday 8:00 am to 6:30 pm and Friday 8:00 am to 12:30 pm.



Public Works

Summer has come to an end with the Public Works Department closing out various projects. Many of the projects were scaled back due to the

release of State funding. Most notable were some Department paving projects. Even though funding was unsure, Public Works had a busy summer. Roadside mowing and vegetation control had two (2) rounds completed. This will give a clear and much needed snow shelf during winter.

The Town's 8.5 miles of unimproved roads have been cleaned and graded. Cemeteries have been mowed with leaves removed. Leaves were removed from Town facilities and areas that could create difficult drainage or snow removal. Drainage projects will be done on a weather-permitting basis. Center lines were painted on approximately forty-five (45) miles of roadway, with stops bars, crosswalks and parking lots being accomplished by the Department. We are hopeful that construction and completion of the Town's new fuel island will be done by mid-December. The removal of existing underground storage tanks (gasoline and diesel) will follow with completion by mid-June 2018. This project was driven by Federal and State mandates for underground storage tanks.

The official 2017-18 winter season will be from November 15, 2017 until April 15, 2018. Supplies and equipment are being readied to deal with the weather.

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East Hampton Economic Development Commission

Our mission is: “To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists.” We congratulate the following businesses, Abbeez Frozen Yogurt Bar and American Distilling Inc. on being named “Belltown Spotlight on Business” monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award.

Current EDC members are Chairman Jack Solomon, Ted Turner, Kate Adams, Erin Hall and Tim Csere.

Abbeez Frozen Yogurt Bar is located at 11 North Main Street, East Hampton, CT. Owner Jessica Stewart receives her award from Town Manager Michael Maniscalco and EDC Members Kate Adams and Erin Hall. Standing in the center is Logan Markward who named the Bubble Bear “Zeeba.” Please come and visit to taste their frozen yogurt and ice cream from self-serve machines, along with over



40 topping options at the scrumptious topping bar. Abbeez now offers 15 flavors in low fat, nonfat, no sugar added frozen yogurt as well as non-dairy sorbets and ice cream. We look forward to seeing you devour your “Abbeez” creation! Call 860-267-2899 or check out their website, www.abbeez.com.

American Distilling Inc. owners Ed Jackowitz and Bryan Jackowitz receive their award from Town Manager Michael Maniscalco and EDC Members Ted Turner and Tim Csere. American Distilling Inc.



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East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch)	860-873-5044	Human Resources	860-267-4468
Assessor	860-267-2510	Parks & Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency) ...	860-267-9544
Building/Planning/Zoning	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	860-267-6621
Collector of Revenue.....	860-267-2300	Public Works.....	860-267-4747
Emergency Management.....	860-267-0088	Senior Center	860-267-4426
Finance Department	860-267-7548	Town Clerk	860-267-2519
Fire Marshal	860-267-0088	Town Manager.....	860-267-4468
Food Bank	860-365-5978	Water Pollution Control Authority ...	860-267-2536
Housing Authority	860-267-8498	Youth & Family/Social Services.....	860-267-7300

East Hampton Gives a Warm Welcome to The Bevin House



Citizens of the Town of East Hampton and nearby communities showed up by the hundreds on October 7 for the Grand Opening of The Bevin House, the Town's first Bed & Breakfast. Owner Dean Brown purchased The Bevin House two years ago, and has been hard at work restoring the property to its former glory. The Grand Opening included tours of the house, live music, and refreshments. The remarkable turnout just goes to show how excited the local citizens are to have a venue of this kind here in East Hampton.

The Bevin House wants to give back to the community as much as possible, and already has several upcoming events planned. December 3rd The Bevin House will be hosting the first annual "Santa Experience," where families with young children can visit with Santa and give him their letter in person. A basic package is \$25 for 15 minutes with Santa and a

souvenir photo, and all proceeds will be donated to the East Hampton Food Bank and Epoch Arts.

The Bevin House is also hosting a fundraising event in February for Project Graduation, an organization here in East Hampton that raises money to provide a drug and alcohol free party after graduation to East Hampton High School graduates at no cost to the students. The event will be a Murder Mystery Adventure, featuring an original script by members of "The Sticks," a local improv group, and performances by members of YPCCA-Young People's Center for Creative Arts. Light refreshments and beverages will be served.

For more information on these and other events at The Bevin House, visit: www.THEBEVINHOUSE.com or send an email to: INFO@THEBEVINHOUSE.com.

East Hampton EDC Supports business in Village Center



Red Door Boutique recently had their 2017 Prom Model Search. The winner is Brooke Whitty (seen left) surrounded by the owner and staff of the Red Door Boutique. Left to right are employee Caitlin Emmett, owner Christina Kaiko, Manager Anne Maynard, Brook with her bouquet of flowers and tiara, and employee Alyssa Lacerte. Models are chosen based on their outgoing personality, overall appearance and photogenic qualities and must be a junior or senior attending a high school in Connecticut. This photo was taken by local photographer Walt Jedziniak.

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- In ceilings, walls and floors (over unheated spaces), be sure the insulation facing always faces the inside (conditioned or heated/cooled space) of your home.
- Never leave Kraft or foil faced insulation exposed.
- Always cover with drywall, paneling, wood or FSK paper with seams taped (permitted by code).
- Use an experienced, knowledgeable, licensed installer.

For additional information regarding insulation fire safety, please go to the Town of East Hampton website at: www.easthamptonct.gov and click on Building Department.

East Hampton Clean Energy Task Force

The East Hampton Clean Energy Task Force (EHCETF) is a volunteer committee, focused on helping the businesses and residents of our community learn more about and take advantage of renewable and sustainable energy sources as well as being more energy efficient. The goal of the Task Force is to promote environmentally friendly energy sources and energy use practices that will protect and enhance our town for generations to come.

The EHCETF was formed by a resolution of the Town Council in August of 2008 when East Hampton joined "20% by 2018", a campaign to increase overall renewable energy sales in Connecticut, in June of 2008.

East Hampton then joined the sister program, the “Clean Energy Communities” program in 2014. Clean Energy Communities™ (CEC) is a nationally recognized EnergizeCT program to help cities and towns save energy and increase the installation of renewable energy. To join the program, municipalities pledge to reduce their municipal building energy consumption by 20%, attain 20% of municipal energy needs from renewable sources and take actions to support the deployment of clean energy by 2018.

Energy experts from Eversource work with municipalities to develop a Municipal Action Plan to achieve these goals, which include benchmarking the energy usage of municipal buildings - this evaluation of each building’s energy usage is one of the first steps to identifying solutions to reach program goals. They provide municipalities with customized energy solutions and innovative financing options to complete energy efficiency work for the benefit of the entire community.

Public involvement is critical to helping a community reach its energy goals. Residents and businesses that take advantage of EnergizeCT energy efficiency solutions can help their community earn a grant, ranging from \$5,000 to \$15,000, which can be used toward a community selected energy saving project. These “Bright Idea Grants” can be used on a community selected energy saving project, such as the installation of an electric car charging station at town hall or new LED lighting for a school.

The EHCETF has run several campaigns over the past few years, including LED light bulb swaps, a residential SolarizeCT campaign and, most recently, an Electric Car Show. Currently, the EHCETF is working on re-evaluating the energy efficiency and benchmarking of the towns municipal buildings and providing input to the Town Hall Building Committee. Additional campaigns for the coming year are being planned, all with the goal of helping East Hampton achieve its energy savings goals.



This year’s latest campaign, the Electric Car Show ’17, brought residents, businesses and the town together and demonstrated how, when a community comes together on different levels, goals can be achieved. The town earned 10 credits in the CEC towards a new Bright Ideas Grant and the EHCETF is working to increase that even further to be able to promote an energy saving project in 2018. On behalf of the East Hampton Clean Energy Task Force, I’d like to thank everyone who helped make the Electric Car Show ’17 a tremendous success! Without the support of all the local businesses, car dealers, local groups and, of course, the residents of East Hampton and our neighbors in Portland and Marlborough, it could never have been as great a day as it was.

continued on page 10

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Clean Energy Task Force... continued from page 9

We'd like to thank The Dublin Restaurant, The Lucky Goat, Paul's and Sandy's Too, The Happiest Paddler, Noodles & Co., The Chatham Wine Thieve, Pizzeria DaVinci, Stop & Shop, Ace True Value, Fat Orange Cat and Abbeez for their generous donations to our raffle!

We'd like to thank Eversource Energy, New England Conservation Services, Warrior's Path Karate, MOMS Club of East Hampton, Boy and Cub Scouts Troop 8, Ross Solar Group and East Hampton Parks and Rec for hosting vendor booths and supporting us and giving the public a chance to get to know them better. A special thanks to The Dublin Restaurant and The Lucky Goat for providing and serving up all the delicious food for the day!

We can't forget to thank all the great car dealerships for bringing over so many great cars for everyone to look at and learn about, not to mention the enthusiastic car owners themselves for sharing their cars and their stories with us.

We'd also like to give a round of thanks to John Moore for the

wonderful music, to Rep. Melissa Ziobron for coming to visit us, for our friends at the Portland Clean Energy Task Force for being there to enjoy the day with us, Adam and Eliza LoPresti for their tireless efforts helping us, Jeremy Hall for letting us use Sears Park for the event and to our new friends at National Drive Electric Week for sharing in the event and bringing their vehicles to join in with us as well.

The EHCETF is always looking for new volunteer members. The EHCETF meets on the first Tuesday of each month at 6 pm in the Town Hall and all meetings are open to the public. If renewable energy and energy conservation is of importance to you, you are encouraged to speak at any of our meetings or, better yet, contact Chairman Pat Petrone to get more information on joining the Task Force. We are currently updating our page on the Easthamptonct.gov website to include updates and contact information, but you can always reach us by emailing us at: ehcETF@gmail.com or calling us at 860-365-1296. At present the EHCETF consists of Chairman Pat Petrone, Marty Podskoch, Jack Solomon, Pam Rinaldi, Kurt Reichenbach and Brian Gay, with Glen LeConche acting as town representative.

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Buffer Zones: Maximizing the Potential of Your Lakefront Property

A buffer zone is an area of shoreline with planted grasses, shrubs, or trees that serves to separate the lake water from a lakefront property. This area is also known as the riparian zone. While at first thought these zones might seem like an obstruction to your view, they provide many valuable services.

RIPARIAN ZONE

The riparian zone of a lake is the interface between land and water, and is where a buffer zone would be installed. Based on your property, a perfect buffer zone would extend as far as possible from the water's edge toward your building, but ideally would be about 30 feet in length from the shoreline to your building to maximize function. The riparian zone serves two major functions WHEN vegetation is present. These functions are the reduction of surface water runoff, which carries nutrients and pollutants, and the protection of

banks from erosion. A vegetated riparian zone acts to serve as a buffer towards the runoff water from big rain events or snowmelt, and to reduce the amount of nutrients and pollutants that would otherwise make it into the lake water. Once these compounds make it into the lake, a number of things can happen including water becoming more turbid, increased potential for nuisance plant and algae growth, and increased sediment loads. A vegetated buffer zone along a shoreline will also help prevent erosion by holding sediment in place and protecting the shoreline from wind and wave action. When shoreline banks are eroded, more sediment is added into the water, which can increase turbidity as well as create environmental conditions that allow certain nuisance plants to thrive.

ADDITIONAL BENEFITS OF BUFFER ZONES

The plants of a buffer zone have the ability

to consume some nutrients already in the lake, which is dependent on the plant species present. Certain species are more efficient at up-taking nutrients, like phosphorus and nitrogen, due to their root structure and other characteristics. In addition, the trees, shrubs, and grasses commonly found in buffer zones can attract a wide range of wildlife that can be pleasant to observe.

GROWING YOUR OWN BUFFER ZONE

It is critical that when you construct a buffer zone you only plant species of vegetation that are native to your region. When designing a buffer zone, it is important to realize the importance of having trees, shrubs, and grasses and not just one of these three types of plants. Trees have the ability to take up the most nutrients while also attracting a high amount of birds.

continued on page 12

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www.THEBEVINHOUSE.com

Buffer Zones... continued from page 11

Unmown grasses (not your typical lawn!) have the greatest ability to slow down the speed of surface runoff. Once the water settles in the grass, the grass can then use the runoff water and all of the nutrients the water carried, to grow. Shrubs also have the ability to reduce the impacts of surface runoff, but similar to trees, they are great at stabilizing the shoreline. Where wind and waves are an issue, trees and shrubs might be the most suitable plants as they help stabilize the topsoil along a shoreline.

Where runoff water high in nutrients and pollutants is an issue, a mix of grasses and shrubs is the most suitable approach. Additionally, it is important to remember that the simplest way to grow your own buffer strip is to stop mowing your lawn! By letting part of your yard grow naturally, you permit native species to colonize the area and reduce the cost of a buffer strip project.

Multiple studies have shown that buffer

strips have substantial positive impacts on waterbodies, and although they may seem insignificant, they can really make a difference on the state of your lake. Buffer zones maximize your lakefront property in a relatively cheap and easy manner, while benefiting overall lake water quality. If you have questions, please direct to Lake Commission members.

Luke J. Gervase,
The Pond and Lake Connection

Water Pollution Control Authority



WASTEWATER
The Town of East Hampton's WPCA, through the Colchester-East Hampton Joint Facilities, is directly responsible for over 34 miles

of collection system and over 27 lift stations in East Hampton. The East Hampton WPCA operating budget ending June 30, 2017 was \$1,188,973.00, which included payment of \$796,887.00, to the Colchester-East Hampton Joint Facilities for treatment and operation of the wastewater system. There are over 3,365 properties connected to the wastewater system in East Hampton.

State regulations that established the WPCA require that the Authority operate as an "Enterprise Fund" (i.e., all fees paid by the users of the system must be used for the operations and maintenance of the wastewater system). There is no Town tax revenue used for the operations or maintenance of the wastewater system. In East Hampton, the users pay \$355.00 per EDU for the annual use of the system. Those users with a Town maintained grinder

pump pay an additional \$125.00 per year. Based upon 2017 sewer rate information published by Tighe & Bond Engineers, East Hampton's use rate is one of the lowest of the 17 towns surveyed.

WATER

The Town owns and through the WPCA operates the Town Center Water System (TCWS) and the Royal Oaks Water System (ROWS). The WPCA, through contract services with State-certified water treatment and distribution operators, is responsible for the day-to-day operations of both of these systems. A Special Revenue Fund presently exists for the water budget for the operation and maintenance of these water systems. The operating budget for both systems totaled \$122,415.00, the monthly meter charge is \$40.00 and the commodity charge is \$9.25/ 1000 gallons used. 2015 was the first year that the water systems were self-sufficient.

Mark Barmasse, Chairman
Tim Smith, Public Utilities Administrator



East Hamptonopoly



The East Hampton Rotary Club, serving the communities of East Hampton and Marlborough, has created a limited-edition East Hamptonopoly Game modeled after the very famous Monopoly Game that was first published by Parker Brothers in 1935. It is presently owned and produced by the American Game and Toy Company, Hasbro. The colorful game board features businesses from East Hampton and Marlborough. The game box highlights eight vintage photographs of East Hampton, compliments of the Chatham Historical Society and honors the town's 250th

Anniversary and the East Hampton Rotary Club's 75th Anniversary.

The game, which is in limited supply, will sell for \$20.00 and the proceeds from the sale of the game will benefit the East Hampton Food Bank, the East Hampton Senior Lunch Program, Epoch Arts, V.F.W. Veteran's Relief Fund, and the Chatham Historical Society. The games are on display at the East Hampton Public Library, the East Hampton Board of Education office and are available for sale at the Town Hall, the East Hampton Senior Center, Paul's and Sandy's, Too, and Mimi Design/Lakeside Signs.

The Dublin Beef & Seafood Company

SOUPS

Clam Chowder	\$5.50
Made fresh daily and full of clams.	
French Onion	\$6.00
Homemade with the sweetest vidalia onions finished with sherry, swiss and provolone	
Loyster Bisque	\$6.50
Rich and creamy,loaded with fresh lobster.	
Soup of The Day.....	\$6.25
Our chefs daily creation featuring the freshest of ingredients.	

STARTERS

Shrimp Cocktail	\$9.25
4 crisp jumbo shrimp served with our own homemade cocktail sauce.	
House Salad.....	\$7.95
Mixed greens with tomato, onions, cucumber and homemade croutons and cheddar jack cheese. + choice of Italian, Ranch, Peppercorn, Balsamic, Blue Cheese or oil and vinegar.	
Add Chicken \$17.95, Mahi \$17.95 or Shrimp \$16.95.	
Caesar Salad	\$8.95
Crisp romaine lettuce, parmesan cheese, tossed in our caesar dressing with our homemade croutons.	
+ Add Chicken, Salmon, Mahi, Shrimp \$16.95.	
Hog Wings	\$10.95
3 large pork tender shanks served with ranch dressing.	
Chicken Wings.....	\$9.95
8 jumbo wings served with the dressing of your choice, celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki.	
Boneless Wings.....	\$9.95
Hand cut chicken tenders served with blue cheese dressing celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki and Honey Hot sweet and spicy.	
Sliders	\$9.25
3 handmade burgers,steamed burger,pulled pork or blt	
Quesadilla's.....	\$9.95
Chicken or steak or pulled pork. Served on a grilled flour tortilla smothered with monterey jack cheese served with sour cream and salsa.	

THE MAIN FARE

Can You Say Cheese.....	\$6.50
Grilled rye or white bread with american cheese. Add tomato, bacon or ham add \$.50.	
Dublin Blt.....	\$6.50
Toasted white bread loaded with bacon, lettuce and fresh tomato, finished with mayo.	
The Club House.....	\$9.25
Choice of turkey,roast beef,ham piled high and topped with lettuce, tomato, bacon and cheese served on your choice of white or rye.	
The Highlander	\$9.25
Grilled chicken breast served on a bulky roll topped with lettuce, tomato and american cheese	
The Irishman.....	\$9.95
Extra lean corned beef with sauerkraut, swiss cheese and thousand island dressing served on grilled rye.	

Mahi Ruben	\$12.95
Grilled mahi with swiss cheese, thousand island dressing. Served on grilled rye	
The Dublin Dog.....	\$6.95
Jumbo beef hot dog served on a toasted roll topped with cheese and your choice of relish or mustard. Add chilli or sauerkraut for \$.50.	
Pulled Pork.....	\$9.25
Tender bbq pulled pork served with monterey jack cheese and coleslaw on a bulky roll.	
The Ultimate Burger	\$9.50
An 8 oz hand pressed patty served with fresh tomato, lettuce and topped with american cheese and bacon. Served on a bulky roll.	
City Steam Burger	\$9.95
An 8 oz hand pressed patty steamed to perfection and topped with cheddar cheese, lettuce, tomato and bacon. Served on a bulky roll.	
Grilled Kielbasa Grinder	\$9.00
Smoked kielbasa grilled and served on a grinder roll topped with sauerkraut and mustard.	
Italian Sausage and Peppers	\$8.95
Grilled sausage with sweet onions and peppers. Served on a grinder roll.	
**All sandwiches come with a choice of fries, slaw, potato salad. Add onion rings for \$1.00.	

TRADITIONS

Fillet Mignon.....	\$18.95
An 8 oz cut blackened or teriyaki finish. Grilled to perfection.	
+ Choice of Mashed or Baked Potato, with your choice of Vegetable.	
Grilled Rib Eye.....	\$17.95
Hand cut 12 oz rib eye steak grilled to perfection, blackened or with a teriyaki finish.	
+ Choice of Mashed or Baked Potato, with your choice of Vegetable.	
Center Cut Pork Chops	\$18.95
Two center cut chops grilled traditional or blackened.	
+ Choice of Mashed or Baked Potato, with your choice of Vegetable.	
Shepards Pie	\$15.95
Seasoned and Braised beef with corn, topped with fresh mashed potato and baked to perfection.	
Mahi Mahi Steak	\$17.95
This grilled white fish can be blackened or grilled with a teriyaki glaze.	
+ Choice of Mashed or Baked Potato, with your choice of Vegetable.	
Chicken Picatta	\$16.95
Egg battered chicken breast in a white wine and caper sauce.	
+ Served with a side salad.	
Chicken Fettuccine Alfredo	\$16.95
Soute'd chicken breast in hand crafted alfredo sauce and fettuccine.	
+ Served with a side salad.	
Prime Rib Friday and Saturday.....	\$16.95
The very best of rib eye, roasted to perfection.	
+ Choice of Mashed or Baked Potato, with your choice of Vegetable.	

Thoroughly cooking meats, poultry, seafood, shellfish, eggs will reduce the risk of food borne illness.

**Book Your Holiday Parties (Lunches or Dinners)
in our Private Dining Room.**

**Gift
Certificates
Available**

**Open 7 days / noon to 1 am
Happy Hour 4 - 6 pm
WiFi Available**

**Prime Rib
Dinner Fri & Sat
\$16.95**

Proudly Serving Lucky Goat Butcher Shop Products

42 E. High Street, Rt. 66, East Hampton 860.365.5238

**Check for Daily Specials and Upcoming Events
visit us at www.the-dublin.com**

Prices Subject to Change

PARKS & RECREATION

MISSION STATEMENT

The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.

STAFF

Jeremy Hall, Director
Shawn Mullen, Program Coordinator
Sheri Yorker, Office Assistant
Joshua Seymour, Parks Maintainer II
Brian Miner, Parks Maintainer I

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson Tim Adams
Sheryl Dougherty Dick Edmonds
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-7800
Jeremy Hall: jhall@easthamptonct.gov
Shawn Mullen: smullen@easthamptonct.gov
Sheri Yorker: syorker@easthamptonct.gov

MAILING ADDRESS

Parks and Recreation
20 East High Street
East Hampton, CT 06424

DROP IN LOCATION

240 Middletown Avenue
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429

Sears Park Pavilion

860-267-7178

Youth & Family Services

860-267-7300

SEARS PARK

STICKERS: Residents/taxpayers of East Hampton can pick up their Sears Park stickers at the Parks and Recreation Department, the Public Library, and the Police Department during regular business hours. Vehicle stickers are also available online through the town website, online stickers will be mailed daily and a \$1 handling fee will be charged. You should receive them within 5 business days. The stickers will be available beginning on April 3, 2017. Bring your vehicle and boat registrations with you to get a sticker. Eligibility criteria is available at:

www.easthamptonct.gov. You are required to be a tax payer of East Hampton to launch a boat or get a pass to Sears Park. Park attendants will be on duty in mid-May; Sears Park will then be open at 7:00 am and close at 8:30 pm.

**FEES: VEHICLE STICKERS: FREE; BOAT STICKER: \$50*
DAY PASSES AVAILABLE AT THE GATE AT NO CHARGE
WITH PROOF OF RESIDENCY**

** There are no day passes for cars towing boats, or for boats.*

FACILITIES: All rental request forms are available online at www.easthamptonct.gov

PAVILION: Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER: Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

GOVERNOR WILLIAM A. O'NEILL PERFORMING

ARTS GAZEBO: The Gazebo can be used for small, family-oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlittleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January 2018
Practices for the season begin in late March
Opening day is in April
Fall season begins in September and is open for children ages 8 years and up

PARKS & RECREATION

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org

For boys and girls ages 7 - 14

Email: info@ehyouthfootball.org

EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE

www.easthamptonsoccerclub.org

For boys and girls pre K-8

Spring season is late March-June

Registration for spring takes place in January

Fall season is late August-October

Registration for fall takes place in June

TRAVEL SOCCER

www.easthamptonsoccerclub.org

For boys and girls ages 8 - 18

Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org Email: info@epocharts.org

Contact: Elizabeth Namen 860-365-0337

REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at www.easthamptonrec.com. Registration forms are available online at www.easthamptonct.gov, at the Parks and Recreation office or within this magazine. All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first served basis. We accept MasterCard and Visa. Please make checks payable to: East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by e-mail if subscribed to on your main account page at www.easthamptonrec.com. No other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

If you are unable to attend a program you have registered for, contact us before the program begins and we will issue a refund

to you. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

In the event of inclement weather, all programs are cancelled if school is closed or has an early dismissal. Cancellation information is posted on WFSB Channel 3 Early Warning Network. Households who have subscribed to the online registration site's e-mail notifications will receive an e-mail regarding the cancellation.

Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and online at www.easthamptonrec.com. Our guidelines follow the Public School's income guidelines for free or reduced-price lunches. All information is strictly confidential. Scholarships are available on a limited basis.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

SEAMSTER PARK PLAYGROUND

Help support a Playground for the future!

The Town of East Hampton Parks and Recreation Department is asking for your help to join in and raise funds for a new 14,000 sq. ft. playground. This playground will provide the same square footage as the old playground and offer more play structures that are ADA compliant and meet today's CPSI standards. We have partnered with the company Play By Designs to bring you a state-of-the-art, customized playground. Play by Design is a playground design firm that specializes in working with communities to design and provide safe, affordable, and unique volunteer-built playgrounds for children of all abilities. The playground design was created from the imaginations of the children of our community. The designers of PBD put those ideas together to create something completely unique. There is no other playground exactly like this anywhere in the world. The challenging part is how to incorporate as many of those ideas while keeping the playground safe, challenging as well as aesthetic. All members of the design-and-build team are Certified Playground Safety Inspectors (CPSIs). They design according to the current ASTM

Continued on page 16

and CPSC standards for playground safety, as well as the current ADA and ADAAG guidelines for accessibility. PBD have partnered with cutting-edge manufacturing companies where we can include their equipment as well. Essentially, you get the best of both worlds; a good balance of custom design and manufactured components. The community built aspect of the process is priceless. It brings communities together for a common purpose: family. It leaves people with a sense of pride, accomplishment, and an incredibly aesthetic place to gather - a place that was designed by the children and built by the community.

Maintenance is another concern that is also important to discuss. You will find maintenance with any project, but our goal is to keep the maintenance down, starting at the beginning with the design (i.e., designing volunteer friendly detailed structures with high quality materials).

For more information on the process, to donate, or volunteer in the build please visit the Parks and Recreation website at www.easthamptonrec.com or call the office at 860-267-7300.

Seamster Park Fundraiser - Goods and Services Auction!

East Hampton Rotary Club and East Hampton Parks and Recreation

March 10 - 6:00 pm - 9:00 pm

Join us for a live auction at Angelico's Lake House to help raise funds for the improvements to the Seamster Park Playground. This will be a great time for a great cause with special guests and entertainment!

NEW YORK ON YOUR OWN TRIP

Join us and experience New York City decorated for the holidays. The tree will be up in Rockefeller Center, the air is crisp, and the mood is festive. Participants are dropped off in the Mid-Town area to enjoy shopping, dining, and sight-seeing. The luxury motor coach departs from East Hampton Town Hall at 7:30 am and departs New York City at 6:00 pm.

Cost: \$60 per person

Date: Saturday, December 2

EXPLORE EAST HAMPTON WALKS

The East Hampton Parks and Recreation Department will sponsor a monthly walk in East Hampton called "Explore East Hampton Walks." This monthly series of walks is designed to introduce people to the history and beautiful natural resources of East Hampton. Come for a walk back in time and learn about the proud and glorious history of our town. It will also foster friendships, promote a healthy lifestyle, and help develop an appreciation for what has happened in the past in our town. Most of the walks will be held on Sunday afternoon and many will end at the beautiful

Chatham Historical Museum at 6 Bevin Boulevard. The walks are open to both adults and children. No dogs please.

CABIN FEVER SERIES: "LAKE POCOTOPAUG HOTELS & RESORTS"

December 2: 1:00 pm

Presenter Debbie Day & Sandy Doran at East Hampton Library 105 Main Street, East Hampton, CT.

CROSSFIT STRENGTH AND CONDITIONING FOR SPORTS

Schedule II CrossFit

We are pleased to offer a 6-Week Strength and Conditioning Program for athletes in grades 9-12. We will run 4 sessions throughout the school year, starting in October, January, March, and April.

Our commitment is to provide the best possible Strength and Conditioning training and coaching available in the area! Our goal in this Strength and Conditioning Program is for students to become more prepared for sports, while increasing their overall athletic and functional ability. We will increase their strength, speed and agility to help them become faster, stronger, and better.

We will begin and end the 6-weeks with obtaining benchmark times and strength measures. Everything we do is measurable and recordable, allowing athletes to actually SEE improvements in speed, endurance, strength, agility, etc.

The expectations for all athletes are as follows: We expect all athletes to come to all training sessions and to be there on-time. We expect all athletes to give 100% of their focus and effort throughout all training sessions. We also expect all athletes to listen to and be respectful of the coaches, their peers and fellow athletes, and the facility and equipment. If an athlete is found to be in violation of any of these expectations, s/he will be asked to leave and not be invited to return for future training sessions; coaches and parents will also be notified.

What an athlete can expect in an average training day is to participate in a coach-led warm up that will be specific to the movements/skills that will be addressed that day. Workouts will consist of erg training, strength training (i.e. squatting, pressing, pulling, etc.), and speed training session (i.e. sprints, running drills, etc.).

Parents/Guardians can help by encouraging athletes to rest/recover when possible. There is NO need to spend money on extra training. Athletes should avoid training on their own

Continued on page 18

Parks & Recreation

jhall@easthamptonct.gov
 smullen@easthamptonct.gov
 syorker@easthamptonct.gov
 www.easthamptonct.gov



860-267-7300 (ofc); 860-267-7800 (fax)
MAILING ADDRESS:
 20 East High Street; East Hampton, CT 06424
DROP-IN LOCATION:
 240 Middletown Ave.; East Hampton, CT 06424

REGISTRATION FORM

(for most recreation programs)

NAME (& medical info*)	DATE OF BIRTH	GRADE	PROGRAM	SESSION #	DATE
1. _____					
2. _____					
3. _____					
4. _____					

*medical info. (list allergies, medicines, conditions, etc.)

CONTACT INFORMATION:

HOME ADDRESS: _____ _____ _____ MOTHER'S NAME: _____ Day/Cell Phone #: _____ FATHER'S NAME: _____ Day/Cell Phone #: _____	Home Phone #: _____ E-mail Address: _____ Mother's Employer: _____ Father's Employer: _____
ALTERNATE CONTACTS:	
Name/Relationship*: _____ _____ Name/Relationship*: _____ _____ Family Physician: _____	Address: _____ Day/Cell Phone #: _____ Address: _____ Day/Cell Phone #: _____ Office Phone #: _____

*(must be able to pick up participant if necessary)

Release:

I understand that participation in this (these) program(s) involves risks of personal and bodily injury, including but not limited to paralysis, heart attack and death, as well as loss or damage to property. I realize that activities such as this may be inherently dangerous activities and my decision to participate in all such activities is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of this application, I agree for myself, my heirs, successors, and assigns to hold harmless the Town of East Hampton, Connecticut, its affiliates, subsidiaries and any other entity associated with this (these) program(s), and each of their directors, officers, agents, representatives, employees, volunteers, successors and assigns from all liability on account of injury, loss claim, or damage to my body, health, wellbeing or property. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention. I understand that I am responsible for all financial liabilities arising from a situation involving medical treatment. I agree that the terms of this release is applicable to any and all of my dependents who take part in this (these) program(s).

Signature: _____

Date: _____



PHOTOGRAPHS:

...that are taken of participants in our programs may be used in our publicity (unless a participant, parent, or guardian indicates otherwise).

HOW TO REGISTER:

On-line registration, mail, fax, e-mail (as an attachment), or drop off.

PAYMENT:

Credit Card # _____ Expiration: _____
 3 digit security code on back of card: _____ Check #: _____



unsupervised to avoid overtraining. Nutrition (an extremely important part of any training cycle) is key! Different athletes have different needs; however, all of our athletes need to eat well-balanced diets and stay hydrated. Maintaining a proper diet will help ensure maximal athletic performance and will support recovery. Finally, sleep will be important for rebuilding muscles and to be able to maintain a rigorous training schedule!

If at any time a parent/guardian needs to contact us, please feel free to call Coach Ally at 774-994-0064 or Coach Bryan at 203-687-5024. Coach Ally will be the primary coach for this program. You may also contact Coach Ally at Aletheia.Stratos@gmail.com and Coach Bryan at Bryan8@comcast.net.

Things to Remember: Athletes should eat 1-1½ hours before training. Please remind students to bring water, a snack and bring a notebook (preferably only to be used specifically for training) to record/track their times, weights, workouts, etc. Lastly, wear comfortable workout clothing and sneakers!

Credentials: Ally has an M.Ed. in Elementary Education, currently holds the CrossFit Level-1, USA Weightlifting Level-1, and first aid/AED/CPR certifications.

2017 Strength and Conditioning Price and Training Schedule:

The cost is \$195/student for the entire 6-week session. Classes will meet Tuesday's and Thursdays. Males will attend the 2:30-3:30 pm session, females will attend from 3:30-4:30 pm. Training will begin Tuesday, October 10th and go through Thursday, November 16.

All athletes must return a signed waiver to Schedule II CrossFit before beginning our Training Program. Athletes may bring their signed waiver to their first day of training. Thank you! We look forward to working with you all!

Location: Schedule II CrossFit
 Cost: \$195
 For: Boys and Girls in grades 9-12
 Dates: Tuesdays and Thursdays,
 January 9 - February 15
 Times: Boys: 2:30 pm - 3:30 pm;
 Girls: 3:30pm - 4:30pm

SHORIN-RYU KARATE

Ryan I. Santos 3rd Degree Black Belt (Sandán)

Shorin-Ryu Karate was developed in Okinawa, the birthplace of karate, and is considered to be a traditional form of Martial Arts. East Hampton Parks and Recreation Department has been offering the opportunity to study this art to its residents since 1993. The program has been modified now and offers a

beginners and intermediate class to children 7 years old and up, and is a year-round program. Other than the monthly fee, there are NO additional charges for rank certification. Certification will be issued by Wil Santos, internationally licensed Master Instructor of Shorin-Ryu Karate and founder of the program.

Ryan I. Santos, son of Wil Santos, has been studying Shorin-Ryu Karate now for over two decades and holds the rank of Sandán (3rd degree Black Belt), and will guide participants in all aspects of this historic art of defense.

Registration is limited to 10 students per class.

Location: Center School Gym
 Cost: \$25 per month
 For: Boys and Girls ages 6 and up
 Dates: Tuesdays
 Times: 5:00 pm - 6:30 pm

POWDER RIDGE SKI AND SNOWBOARD BUS TRIPS

We will be running bus trips to Powder Ridge every Wednesday evening in February. The price includes the whole 4-week series including transportation to and from. Children 12 and under must be accompanied by an adult. The bus departs every Wednesday in February at 4:00 pm from East Hampton Middle School and leaves Powder Ridge at 8:00 pm. All costs include transportation to and from Powder Ridge.

Location: Bus Departs East Hampton Middle School
 Cost:
 90 Minute Lesson and Lift Ticket (Grades 1 and 2): \$335
 90 Minute Lesson and Lift Ticket (Grade 3+): \$300
 90 Minute Lesson, Lift Ticket and Rental (Grades 1 and 2): \$420
 90 Minute Lesson, Lift Ticket and Rental (Grades 3+): \$375
 Lift Ticket Only: \$210
 For: Kids (Grade 1+) and Adults
 Children 12 and under must be accompanied by an adult
 Dates: Wednesdays, February 7, 14, 21, 28
 Times: 4:00 pm – 9:00 pm

TAI CHI CLASS - EVIDENCE BASED TAI CHI

Tom Cushing
 3 Session Series - Designed for Adults of all Ages
 Tom Cushing - Certified T'ai Chi Instructor

Evidence Based for What ?

Functional Balance - Improved Balance and Fall Prevention
Functional strength and flexibility - Train for realistic & daily tasks
Anxiety & Sleep - Proven to improve sleep and reduce anxiety
Immune Function - Make your Flu Shot more effective - Stay healthy

Parks & Recreation

Complex Holistic Benefits combining the 5 dimensions of Experience: Physical, Emotional, Mental, Social and Spiritual.
As published in Scientific, Peer-Reviewed Literature

ABOUT THE PROGRAM

3 (8-class) sessions - each session stands alone but they all connect. Join for one session or all three. All Classes meet Tuesday nights at 6:00 pm

Location: East Hampton Senior Center
Cost: \$80
For: Adults 50 and over
Dates: Tuesdays, October 31 - December 19
and January 2 - February 20
Times: 6:00 pm-7:00 pm

HORSEBACK RIDING FUNDAMENTALS CAMP

Wildwood Farm - 124 White Birch Road
Introducing children to horseback riding and general horse care
* safe horses fun family environment * clean semi heated indoor riding facility. Please dress for weather and have children wear jeans, boots with grip n heel, and bring bicycle helmets.

Location: Wildwood Farm
Cost: \$45
For: Children age 5+
Dates: December 27 - December 29
Times: 2:30 pm - 4:30 pm

AFTERNOON ADVENTURES - BEFORE AND AFTER-SCHOOL PROGRAM

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full time or part time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation Office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays).

We emphasize healthy snacks, activities, and habits. Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time.

Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge.

Location: Memorial Elementary School Cafeteria

Cost: Monthly Registration - Cost depends on number of days attending.
Visit: www.easthamptonrec.com for rates
Dates: Monday-Friday of school days;
First day of school - last day of school
Times: 7:00 am-8:30 am and 3:00 pm-6:00 pm

ADULT RECREATIONAL BASKETBALL

Gregg Johnson and Mark Piscatelli
This program offers non-competitive recreational basketball for adults. You must be an East Hampton resident to participate.

Cost: \$50 for the full season or \$3 at the door (19+ program only)
For: Adults age 19+
Dates: Monday and Thursday, October 16 - May 17
Times: 6:30 pm - 9:00 pm (Over 35)
7:30 pm - 10:00 pm (Age 19+)
6:30 pm - 9:00 pm (Age 19+ starting November 6)
Location: Adult age 19+: East Hampton Middle School
Adult age 35+: Center School Gym

ZUMBA®

Becky Cummings
Zumba® class is for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Join Becky Cummings, a local instructor for over 8 years for this total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Notes: Wear sneakers or Zumba shoes, bring a water and towel

Class Prices: TBD

CARDS

All class cards have 10 classes.

\$70 for a card with a 2 month expiration date
\$80 for a card with a 4 month expiration date

DROP INS

\$10 drop in anytime

Register online and pay either Becky at class or in the Parks and Recreation office.

Continued on page 20

Location: Memorial School Cafeteria
 Dates: Mondays and Wednesdays
 Times: 6:30 pm - 7:20 pm

ART WORKSHOP

Elizabeth Sennett
 Step-by-step instruction on painting in all mediums will be

provided for all skill levels. Bring a sketch pad and pencil to the first class.

Location: East Hampton Middle School Art Room
 Dates: Tuesdays, January 23 - March 13
 Times: 6:30 pm-9:00 pm

East Hampton Senior Center

ATTENTION OLDER ADULTS ON MEDICARE

Medicare's Annual Enrollment period is October 15, 2017 through December 7, 2017. It is important for all Medicare recipients to check their plans to make sure that they will be enrolled in the plan that will work best for them. For most people this is the ONLY time during the year that you can change your plan.

The Senior Center will host two Open Enrollment Events, November 6th and December 4th by appointment. You will meet with a Choices Counselor who will review your plan with you. This is a FREE service to anyone in the community on Medicare. You do not have to be 65. The Choices Counselors are trained to provide you with a comprehensive understanding of the Medicare options, so you can make informed decisions regarding your healthcare. The State of Connecticut offers some additional help (Medicare Savings Program) for people with low incomes. Your eligibility may also be checked by making an appointment with a counselor. This can be done ANY time during the year, not only during Annual Enrollment. We ask you bring a list of your current



medications and proof of your annual gross income. Please call the Center to make an appointment at 860-267-4426.

NOVEMBER & DECEMBER SENIOR CENTER ACTIVITY HIGHLIGHTS:

Connecticare Presentations:

November 9 & 14, 10:00 am-12:00 pm.

Murder Mystery Play:

November 13th at 2:00 pm.

AARP Safe Driving Course:

November 15, 2017 9 am to 1 pm. \$15.00 AARP member; \$20.00 Non-AARP

member. Pre-registration required, payment due at time of registration; Checks payable to AARP.

Mystery Trip & Lunch:

December 6, 9:30 am to 2:30 pm.

CRT Holiday Luncheon:

December 13, 10:30 am.

December 21st Holiday luncheon at Cheney Tech:

\$15.00 for this gourmet meal. For more information, please call the East Hampton Senior Center at 860-267-4426.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>

SAFEGUARDING YOUR VISION

Many eye diseases have no early symptoms. They may be painless, and you may see no change in your vision until the disease has become quite advanced, at which time treatment may not be adequate or successful. Early diagnosis and treatment is critical to prevent vision loss from many of these diseases.

Everyone should have an eye exam once a year. Have you?

Age-Related Macular Degeneration - Age-related macular degeneration (AMD) is the physical disturbance of the center of the retina called the macula. It can lead to the loss of central vision in an eye.

Bulging Eyes - Bulging eyes, or proptosis, occurs when one or both eyes protrude from the eye sockets due to space occupying lesions such as swelling of the muscles, fat, and tissues behind the eye. It may also signal systemic disease that can cause significant illness.

Cataracts - Cataracts are a degenerative form of eye disease that affects every person as they age in which the lens of the eye gradually becomes opaque and vision gets foggy and blurred. It can be treated and vision restored with a 15 minute surgical procedure.

CMV Retinitis - CMV Retinitis is a serious infection of the retina that often affects people with immune disorders. Left untreated, vision can be severely compromised.

Color Blindness - Color blindness is not actually blindness in the true sense but rather is color vision confusion. Certain colors are difficult to differentiate. Some eyeglass lenses can help reduce the degree of color blindness. The sharpness of the vision is never compromised unless the color perception change is acquired, in which case a more serious disease may be present.

Crossed Eyes (Strabismus) - Crossed eyes (or strabismus) occur when a person's eyes are not able to align on the same point at the same time, and appear to be misaligned or pointed in different directions. Some cases can be treated with eyeglasses while some may require surgical intervention. Untreated, one eye usually becomes Amblyopic and unable to see clearly.

Diabetic Macular Edema - Diabetic Macular Edema is caused by fluid accumulation in the macula. Patients with DME experience blurred central vision which can be severe.

Eye Floaters and Eye Flashes - Floaters are small specks or cells that move across your field of vision, especially when you are looking at a bright, plain background, like a blank wall or a cloudless sky. New onset of flashes can signal the very earliest signs of a retinal detachment and should not be ignored.

Glaucoma - Glaucoma occurs when a build-up of fluid in the eye creates pressure, damaging the optic nerve. It is a painless disease that can lead to blindness if not treated.

Keratoconus - A disease where the cornea of the eye, which normally is round, becomes thinned and cone shaped. It is progressive and can lead to severe distortion of vision and the need for a corneal transplant.

Lazy Eye - Also known as amblyopia, is poor vision in an eye that does not receive adequate use and stimulation during the development periods of early childhood.

Ocular Hypertension - Ocular hypertension is an increase in pressure in the eye that is above the range considered normal. It may or may not progress to glaucoma and must be closely monitored.

Retinal Detachment - When the retina detaches, light sensitive membrane in the back of the eye becomes separated from the nerve tissue and blood supply underneath it. Unless surgically repaired immediately, permanent vision loss may occur.

Uveitis - Uveitis is the inflammation of the inside the eye. It can cause severe sensitivity to light and pain. It can be a sign of serious systemic disease.

Systemic diseases such as diabetes, hypertension and autoimmune disorders can also affect the eyes causing loss of vision. Early diagnosis and treatment is critical to safeguarding your vision.

An eye exam is not just about eyeglasses and contact lenses. It's about eye health.

If you want your eyes to last a lifetime and see clearly for a lifetime, make sure you have an eye exam once a year.

We'll make sure your vision is crystal clear.

PALMER EYECARE CENTER

Sanseer Mill Office Park
282 Main Street Ext.
Middletown, CT 06457
860-346-2020

"We Solve Vision Problems"
ADVANCED PRACTICE CLINICAL OPTOMETRY
www.palmereyecare.com

Chatham Corner Building
240 Middletown Ave.
East Hampton, CT 06424
860-267-2222

ADVERTISEMENT

East Hampton Public Schools

EAST HAMPTON HIGH SCHOOL CREW TEAM HOSTS REGATTA

Dawn on Lake Pocotopaug. The quiet mists hover over the water in a scene of peaceful tranquility. As the sun rises the mists lift, revealing not the quiet of an empty lake, but an armada of vessels racing silently at high speed around the islands at the center. As each sixty-two foot long boat approaches Sears Park, the exhortations of the frenzied coxswains, urging their crew of eight rowers to give every last measure of synchronized effort toward the finish line, echo across the flat water to the delight of over one thousand spectators at the Park.

Such was the scene at the First Annual Bellringer Regatta hosted by Friends of East Hampton Rowing on Saturday, September 16th. Over 400 athletes in nearly 60 vessels from nine schools competed in the four-kilometer race-course that circumnavigated the breadth of the lake. Sweep rowing is the ultimate team sport. It requires not only strength and endurance, but perfect form and synchronization from every member of the crew in order to push a boat to its maximum potential.

While Lake Pocotopaug was transformed into a racing facility, with 250 buoys temporarily placed to mark the lanes, Sears Park looked like a scene out of a festival. A mini "avenue" ran through the park, lined with food tents and local vendors where



spectators could purchase local food, rowing-inspired jewelry and apparel, or even race on a rowing machine. The avenue of vendors gave way to the pavilion where the amplified voice of Red McKinney offered the play-by-play account of the race in progress.

The Bellringer Regatta was a true town-wide collaboration involving not only the parent volunteers of Friends of East Hampton Rowing, but many town government departments, local organizations, and local businesses. These include: the Board of Education and public schools, the Office of the Town Manager, Parks and Recreation, EH Police Department, EH Fire Department, the Ambulance Association, Public Works, the Rotary

Club, the Lions Club, and Friends of Lake Pocotopaug.

The final taste of East Hampton came at the awards ceremony. The first, second, and third place crews in each heat were awarded medals custom designed and manufactured by Bevin Bells exclusively for the regatta. The 200 medals were actually full-size cow bells; and they rang in unison on the beach in a raucous victory celebration at the close of the event. Friends of East Hampton Rowing was proud to be part of the town's 250th anniversary celebration, and the First Annual Bellringer Regatta promises to showcase the character and beauty of East Hampton in the years to come.



East Hampton High School

HIGH SCHOOL RENOVATION CELEBRATED

It was with great pride that the school community and the community at large celebrated the completion of the newly renovated East Hampton High School. On September 8th a heartwarming ceremony was held to ceremonially dedicate the new building. The event began with tours of the building led by East Hampton High School students. This was followed by a short ribbon cutting on the front steps of the beautiful high school. High School Building Committee Chairperson Sharon Smith and Former Board of Education Chairman Mark Laraia had the honor of cutting the blue ribbon draped across the front of the high school to commemorate this project that began five years ago.

East Hampton Public Schools

The dedication continued in the auditorium with words from several honored guests. Throughout the ceremony there were heart-felt thoughts and words honoring the late principal John Fidler. Mr. Fidler passed away unexpectedly on July 30th just as the project was reaching its completion. His spirit was evident and remembered in everyone's words. Mr. Fidler was instrumental in overseeing the successful completion of the school. Each day his caring actions provided support for all students and staff under his watch. His legacy of community and compassion were the foundation for this project's success. The project involved active construction for the last three years. During this time students continued their classes while construction was going on around them. Mr. Fidler skillfully managed the changing of class locations



and disruptions to daily activities. Both students and staff cooperated fully with the constant transitions. Mr. Fidler provided strength for everyone whenever it was needed. He would have been extremely proud of how the building project concluded.

The students and staff are the heart and soul of this beautiful new East Hampton High School. The town of East Hampton has sent a powerful message of support to its students. Their future is important and will be supported in this fantastic structure filled with excitement and wonder. All students will have the opportunity to maximize their potential and dreams. In this wonderful environment they will experience academics, athletics and the arts. It is a proud time to be a Bellringer in 'the house that John built'.

East Hampton Middle School

KINDNESS AND CARING TO RAISE FUNDS FOR A HOUSTON MIDDLE SCHOOL!



The 6th, 7th and 8th grade students recently competed to raise the most money for a great cause. The grade with the most money donated had the privilege of duct taping Mr. Lehmann, Principal and Mr. Kissinger, Assistant Principal to the wall of the gym. All donations support At-tuck Middle School in Houston. The fund-raising leading up to this worthy cause was a reminder to the staff and students that we are a kind and caring community ready



Mr. Lehmann and Mr. Kissinger duct taped to the wall!

to show our support for others who need help! EHMS Principal, Jason Lehmann and the Attuck Middle School Principal have been in touch since the devastating weather. Mr. Lehmann stated, "We wanted to show our support, but I felt the students would not be able to value their generosity as much if it was just given to an organization. This is why we chose to reach out directly to another middle school. It allowed our students to relate in some way and understand that, that could be us." As a result of a 50/50 raffle and the "Principal Punishment," the school raised over \$600 which was sent to Houston by the end of October.

REAL WORLD CONNECTIONS

EHMS is making sure that they expose students to various careers and areas of interest. The first career field trip was to Wepco Manufacturing where students were able to get an inside peek at the world of manufacturing. Our Principal, Applied Math and Sciences teacher Mr. Hickey, Social Studies teacher Mr. Storrs, and Guidance Counselor Mr. Mannes accompanied 29 students from EHMS. Students were able to tour and learn about how an idea becomes a design, is turned into models, then into a final prototype and eventually a model is designed for mass production. Mr. Parmelee the president, Charles Daniels, and Amanda Wiriya planned a great morning for the East Hampton students and capped it off with a great inquiry activity to help improve on an existing cell phone holder design! EHMS is looking forward to our next fun and educational adventure!



Here students learn from an advance technician how they use electrical energy to cut metal!

East Hampton Public Schools

Memorial Elementary School

MEMORIAL SCHOOL MAKING KINDNESS AND CARING COMMON

Memorial School students and staff are hard at work this school year striving to reach academic goals. We also committed to supporting student social and emotional growth. To that end we have been teaching students expected behaviors for all settings in our school and reinforcing desired behaviors that are “Spot On” that help students take care of themselves, others and things.

In effort to strengthen the communication between home and school as it pertains to positive behavior we have created a Cheetah Pride Tracker. When students receive Spot-On tickets for taking care of themselves, others or things, they bring home their portions of the tickets and have conversations with their families about how and why they were recognized. Families fill out trackers (16 tickets) and return them to the office where the students then meet with Mr. Gonzalez or Mrs. Gadoury to reflect on and celebrate their accomplishments.

We have also started a new practice branching off our community's rich tradition by celebrating Bell Ringing behaviors. When students go above and beyond with our hallway and common area expectations, they can proudly ring our East Hampton bell!

The start of each week is an exciting time

at Memorial because this is when our Memorial Models are announced.

Teacher-nominated student names are read during morning announcements and Memorial Models pose for grade level pictures to be hung in cafe and posted to our social media accounts.

Have you received a phone call from school administration this year? We hope you have! This year our students are receiving Positive Office Referrals. This provides students with special recognition for their positive behavior. The student carries the form to the office and meets with Mr. Gonzalez and/or Mrs. Gadoury who add a personal message to the form and contact home with an email or phone call.

Our last new initiative for the year is The Order of the Cheetah. This special recognition is for staff members who go above and beyond with taking care of others and/or things. We understand the importance of being role models who are kind and caring as we promote these types of behaviors with our students.

Kindness and caring are also the focus of classroom lessons throughout Memorial. The Order of the Cheetah was presented to Kyle Evans and his whole class in recognition of their inspiring “Taking Care of Ourselves & Others” poster messages

which appeared in all common areas of Memorial.

The read aloud books “*If You Plant a Seed*” by Kadir Nelson and “*Plant a Kiss*” by Amy Krouse have inspired Kindergarten Library classes to create kindness bookmarks which they hide in various books around the library shelves for others to find and keep. The kids have been so excited both to create and to find the bookmarks!

Have you ever tried to put toothpaste back into the tube? It's nearly impossible! Trying to put the paste back in helped Kindergarten students understand that our words are like the tooth paste. Once spoken, we can't take unfriendly words back so we must choose kindness when we speak.



The book “*Beatrice's Goat*” inspires donations to UNICEF. Students are bringing in lots of change to help those less fortunate...

every little penny counts! They are even bringing in pennies they find in the parking lot and asking for extra chores at home to earn extra change. It's inspiring to see how committed our young learners are to helping others!



MESSAGE OF COMPASSION

Compassion was the fall character trait theme for third graders. The message of compassion helped launch the efforts to collect money for hurricane relief. Through a coin challenge collection Memorial Elementary School was able to send over \$1,700.00 to Americares. Compassion for sure!

East Hampton Public Schools



KINDNESS ROCK GARDEN

Kindness Rocks are multiplying! The Foberg and Ballek classes have them on display and available to anyone in need of inspiration. The Haydu and Fearon classes wrote inspirational messages on beautifully painted rocks and spread kindness through East Hampton. You might find a carefully placed rock on the Airline Trail as well as outside Memorial School.



These whole school actions and lesson highlights are only a glimpse of the positive things happening at Memorial that show we truly are a kind and caring school community.

Center Elementary School



BOOK BUDDIES MENTOR PROGRAM

Mrs. Nichols' fourth grade class recently had some visitors that typically do not frequent the hallways of Center School. We often host parent and student volunteers from the high school and middle school level, but it was a pleasure for Center School students to serve as book buddies for close to twenty local pre-K students. The two groups connect multiple times throughout the year with an initial meeting in September and a second meeting date set for late fall.

As a school that fully implements Reader's Workshop, two essential components are teaching children how

to read and fostering a love of reading. It is very clear our fourth grade Center School students take extreme pride and ownership in working as a mentor and a book buddy to our young learners. Through this mentoring process, both age groups experience encouragement and opportunities for success. Book buddy partnerships are able to "shop" for high interest texts and engage in mutually beneficial educational experiences. The mentor students act as positive role models, both age groups are exposed to new information and experiences and you can see the self-esteem and confidence build over the course of the first meeting.

Beyond the interest in reading and



development of academic skills, Center School students learn what it means to be a leader and a mentor. Mrs. Nichols defines the role of a good reading mentor, with one of the most essential being an effective communicator. Fourth grade students quickly learn that communicating with a three or four year old requires the ability to read body language and non-verbal cues. Skills needed for a successful partnership with book buddies are also important when working with grade level peers or adults.

Center School looks forward to a successful partnership with learners of all ages and we are excited our next book buddy visit is coming up soon!

East Hampton Public Schools

Center Elementary School

CHROMEBOOK CLUB 2.0

Curiosity drives our students on a daily basis and Center School works to capture this energy in the form of various club offerings. Our goal is to tap into student interest and build an opportunity for students to explore their passion while also contributing to the Center School community. One club that has developed out of this philosophy is the Center School Chromebook Club, now appropriately titled Chromebook Club 2.0.

With an increase in Chromebook integration at Center School, the management of devices in our building can pose a challenge. The Center School Chromebook Club takes on this challenge and places students at the center of the solution. Each Friday, fourth and fifth grade student leaders work on roughly 50-75 Chromebooks to physically inspect hardware, test charging capabilities and document conditions through a Google Doc. This effort enables our school to seamlessly integrate technology and all of our powerful digital learning tools in the classroom without disruption.

As technology evolves so must the club! The Chromebook Club is expanding our support network to match the needs of the building. Each month, select members of the Chromebook Club use their expertise to support our building technology goals. The



team works to assist classmates with Google Drive related issues and support our work with Google Apps for Education. What has been exciting this year is the ability to not only provide support, but also experiment and grow. Members review digital tools and apps that can be used in the classroom while also experimenting with new technology. A recent highlight was working with our new Bloxels build kits that teach coding, digital storytelling and digital citizenship. The Chromebook Club looks forward to supporting both students and teachers at Center School.

Cafeteria News

KIDS, EAT YOUR VEGGIES!

Every parent has said it a thousand times - "Kids, eat your veggies!" A 2014 study by the CDC showed that 60% of children do not meet the recommendations for daily fruit consumption, and 93% do not eat enough vegetables. Helping children develop healthy eating habits can lead to improved health and wellness throughout their entire lifespan. As a Dietitian and a Food Service Director for East Hampton and East Haddam Public Schools, it is part of my job to help children develop a taste for healthy foods such as fruits and vegetables. This year our district developed a three-step plan targeted at our elementary schools to increase the appeal of produce to our youngest students. The plan is simple; introduce kids to new ways of eating fruits and vegetables, make lots of produce choices readily available to them, and make fruits and vegetables sound, look and taste exciting!

We started the new school year by introducing our families to our "Harvest of the Month" program. Every month we focus on a new fruit or vegetable, highlighting it on our menu and throughout the school, and we offer the students various opportunities to taste this item prepared in different ways. We also incorporate our new Farm to School program by sourcing the item locally whenever we can. For the month of September our Harvest of the month item was blueberries and we offered dishes such as "Back to School Blues Parfait", pancakes with warm blueberry sauce, and blueberry slushies, all made with blueberries from a local farm. A big bulletin board outside the cafeteria was decorated with Minions holding blueberries and read "A Minion Reasons to Eat Healthy". For October we are focusing on apples with items like homemade apple crisp, apple chips, and autumn apple and spinach salad,

all made with apples grown right here in CT! In November our focus will be on cranberries, and December is winter squash month with pumpkins and butternut squash as our focus. We also include information and ideas about our Harvest of the Month on our menus and eventually hope to send home coloring pages, activity sheets and recipes to involve the whole family.

In order to increase excitement about fruits and vegetables, this year we are highlighting them on our menu with fun names. No boring broccoli for us, we have Power Punch Parmesan Broccoli! Our students are also treated to Zippy Zucchini, Rockin' Roasted Carrots, Tummy Tempting Tomato Salad, and Blazin' Baked Beans. Besides giving veggies fun names, we are presenting them in appealing new ways. Instead of just serving steamed vegetables, we are

East Hampton Public Schools

roasting them, adding new sodium-free spice blends to give them Asian, Tex-Mex, or Italian flavors, or offering them mixed together in different flavor combinations. Some of our offerings include Asian Carrot Fries (Roasted carrot sticks with Asian spices), tomato and corn salad, roasted chickpeas, and kale chips.

Finally, we are encouraging our students to try fruits and vegetables by having a wide variety of choices out on the serving line for them to grab. Besides the featured vegetable each day, students are offered a side salad, cut fresh vegetables such as red peppers, cucumbers, or carrots, cut and sliced fresh fruits, whole fruits, and one or two selections of canned fruit. We discovered that our youngest children were having a difficult time deciding what they wanted to eat when presented with so



many options, so we developed a picture menu board outside the kitchen. Now, when students enter the cafeteria, they can look at the pictures of the day's offerings to help them make their decision before they get in line.

We are only two months into the new school year but we are already seeing a change in our students. Kids are much more willing to take a fruit or vegetable each day and they are often excited to tell us what their favorite produce item is that day. We are also noticing some students taking more than the required one serving of a fruit or vegetable - which is a very encouraging sign. Children with healthy eating habits are more likely to grow into adults with healthy eating habits; hopefully we are starting them on that path!

East Hampton Public Library

105 Main Street, East Hampton CT 06424

860.267.6621

<http://www.easthamptonct.gov/Library/>

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm

Thursday, Friday 10:00 am - 5:00 pm

Saturdays (September - June) 10:00 am - 5:00 pm

LIBRARY TO REJOIN LION CONSORTIUM

The East Hampton Public Library announced that they are re-joining the Libraries Online (LION) Consortium. East Hampton was previously a member of LION from 1983 to 2005. At their July 28, 2017 meeting, the East Hampton Town Council passed a resolution approving the move. The library expects to complete their migration to LION by mid-December.

“LION is a partnership of 29 libraries in central and southern CT” said Library Advisory Board Chair Amy Ordonez. “This means that East Hampton residents are going to have easy access to far more library materials than ever before.” LION has a collection of 2.6 million books, DVDs and audiobooks. Comparatively, the East Hampton Public Library collection is about 88,000 items. With membership in LION, East Hampton patrons will also have

access to over 13,000 digital titles on Overdrive, the most popular library ebook lending service in the country. Joining LION will also allow East Hampton patrons to receive requested items more quickly and easily. “Before, it took a lot of effort for a staff member to request an item from another library for a patron. The process was cumbersome and it wasn’t quick. With LION, library patrons can place requests on their own without intervention by a library staff member.” Ordonez said. “We anticipate that a lot more people will use the service now that it’s substantially easier and faster.”

LION also provides technical and technology support for their member libraries. “The staff at the library is also very excited for the change” said Library Director Ellen Paul. “When we were a standalone library, any time a piece of technology broke or we had a problem with our database, the staff was the ones who had to fix it. Now, with LION we have a support system. This will free up our staff to spend more time with the public and on things that matter to our patrons.”

Paul says that joining LION does not add any additional yearly expense to the library. “The cost to be a member of LION versus being a standalone is nearly identical. We’re very happy to be **Continued on page 28**

Public Library... continued from page 27

able to deliver more services to the people of East Hampton at no additional cost.”

Library patrons who are interested in learning more about the migration are encouraged to visit the bit.ly/EHPLLion or call the library at 860-267-6621.

Libraries Online, Inc. (LION) is a not-for-profit 501(c)(3) organization formed by its members in 1982. Our 28 libraries share an Integrated Library System and other services from the Middletown office. Public and academic member libraries in south-central Connecticut use the system to service their 234,000 patrons with 830,000 shared unique titles linked to over two and one half million items in their local collections. LION is governed by a Board of Directors comprised of a designated representative from each member library.

Weekly Children's Programs

BABY & ME

A program just for babies and their parent or caregiver that encourages baby growth and development through social interactions, songs, and activities. Mondays 10:15 am. For babies up to 12 months who have not started walking. Drop-in program. Year round.

WIGGLES & GIGGLES

An early literacy lap sit program that introduces books, nursery rhymes and songs. Fridays 10:00 am. For ages 12-24 months. Drop-In program. Year round.

TUESDAYS WITH TESSA

A story and craft program that encourages active listening, inspires creativity, and develops fine motor skills with hands-on crafts. Tuesdays 6:30 pm. For ages 4-8 years old. Drop-in program. Year round.

MOTHER GOOSE ON THE LOOSE

An early literacy program that combines nursery rhymes, stories, songs & music activities to promote lifelong learning. Wednesdays 10:00 am. For ages 18 mo.- 4 years old. Drop-in program. Year round.

STORIES WITH MISS FRAN

Introduces children to lengthier classic picture books and fun stories, and promotes group discussion while encouraging independence. Wednesdays 10:00 am. For ages 4 & up. Drop-in program. Year round.

LITTLE LEARNERS

A story time program that engages children in active listening, promotes motor skills & literacy development

with shared books, felt board activities and songs. Thursdays 10:00 am. For ages 2-3 yrs. old. Drop-in program. Year round.

After School Programs

FOOTPRINTS: Gingerbread Houses!

Friday, December 1st 3:30 pm - 4:30 pm. For children in 2nd and 3rd grades. Where did the idea of gingerbread houses come from? Learn the origins of gingerbread houses than create your own tasty creation to take home. Registration is required. For more information or to register online: <http://bit.ly/EHPLGingerbread>.

FRIBRARY:

Origami - Friday, December 8th 3:30 pm - 4:30 pm. For children in 4th and 5th grades. Origami is the Japanese art form of folding paper into decorative shapes and figures. Learn about this Japanese art form, create a paper water balloon, and try your hand at making origami animals. Registration is required. For more information or to register online: <http://bit.ly/EHPLOrigami>.

Upcoming Family Programs

HOLIDAY CONCERT AND PERFORMANCE

Saturday, December 2nd, 2:00 pm
Celebrate the holiday season with this special performance! Madame Thalia is a collection of artists from several different performing arts disciplines; classically trained instrumentalists and vocalists, circus performers, magicians, thespians, and dancers. The troupe has a deep-rooted love of theatrical history, embracing the ways performers of different periods approached their arts and audiences.

NEW YEAR'S AT NOON

Friday, December 29th 11:00 am
Join us for our annual New Year's at Noon family-friendly celebration with a special performance followed by our popular balloon drop at noon, food and music!

TAKE YOUR CHILD TO THE LIBRARY DAY

Saturday, February 10th, 10:00 am – 3:00 pm
Celebrate the library and all that it has to offer with a fun-filled day of family-friendly activities!

Adult Programs

COMING SOON! Simple Steps to Start Your Business.

Tuesday Evenings, February 2018
Calling all prospective small businesses! Watch for our upcoming workshops on starting your own small business. Held in conjunction with the Service Corps of Retired Entrepreneurs (SCORE). Workshops will be held every Tuesday in February. Watch our website for more details!

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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When combined, these brand new technologies deliver the earliest possible detection and the best possible outcomes—with the least amount of stress and discomfort for the patient. To learn more, visit middlesexhospital.org/breastcare.

EVENTS PRESENTS ~ FOX LEDGE FARM



If you want quality horse care and top notch riding instruction, then you've got to meet Ann Guptill and her Fox Ledge Farm.

Fox Ledge (located in East Haddam, CT) offers board, lessons and training for riders of all levels with an interest in dressage and combined training. The indoor and outdoor arenas boast groomed footing with sand and recycled rubber. There are fields available to ride in. The spacious indoor arena is heated in the winter providing year round comfortable training. There are also a few lesson horses and ponies if you don't have your own horse.

Fox Ledge opened in January of 1990 as a family project. That was after Ann rode on the United States Equestrian Team (USET) 1987 Pan American Dressage Team. She finished 5th individually, helping the team earn an individual silver medal. She was on the USET developing rider and long lists from 1986 through 1992. While growing up in East Haddam, she was a member of the CT Valley Pony Club and graduated in 1983 with the "A" certification rating. She is now one of the leaders of the CT Valley Pony Club.

Ann knows that "riders of all ages need eyes on the ground." A United States Dressage Federation (USDF) Certified Instructor and Examiner, she has helped many adult amateur and professional riders earn USDF rider medals and many youth earn certification in the United States Pony Club (USPC). She has prepared riders for the USDF and USPC National Championships and Young Riders in the USEF FEI Jr/Young Rider Championships.

"One of the most rewarding things about teaching riders is sharing their progress," says Ann. "I have been fortunate to be able to teach riders for many years and mentor young riders through their junior years and into adulthood."

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Buddy Benches for a Bully Free Community!



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Just look at the great things the Council of

Business Partners and all of our partners are doing! We recently delivered the first Buddy Bench that the Council of Business Partners co-funded with the At Risk Boys Fund. The young men from Rushford Academy who built the bench were there to receive a round of applause from the Spencer School (Middletown) first graders! (The young men from Rushford Academy are not allowed to be photographed, but do know that they were pleased and excited by the reception the Buddy Bench generated.)



A round of applause for all of you for being so far ahead of the curve on this issue. Thank YOU for all the positive things that you do for our young people!

Cynthia H. Clegg, President & CEO
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East Hampton Volunteer Fire Department Live Fire Training

Members of the East Hampton Volunteer Fire Department engaged in live fire training over two evenings recently at the Training Facility managed and maintained by the Colchester Fire Department. Live fire exercises are a mandatory requirement for active firefighters that all departments nationwide must conduct on an annual basis.



Generally, these training scenarios focus on three basic firefighting elements: fire attack and suppression, search and rescue, and building ventilation. The training group is normally divided into teams consisting of three firefighters and each team goes through each of the three scenarios (attack/search/ventilate) from start to finish. Each scenario is referred to as an “evolution” and, when completed, the entire evening’s exercise is the equivalent of putting out three successive structure fires in a single session.

In support of each segment of each evolution, secondary firefighting skills are also practiced and executed. These would include forcible entry, hose advancement, ladder placement, air-pack management,

search patterns, communications and personal navigation through a zero-visibility environment. In addition, proper tool and equipment operation both inside and outside of the burning structure is reinforced, including practice with hand tools and thermal imaging cameras for search and rescue, various hose nozzle patterns used for fire suppression, chain saws and other power tools for roof ventilation and, outside the building, apparatus pump operations, water supply and incident command.

Live fire training provides learning opportunities for both experienced firefighters and for those who are relatively new to the fire service. As fire service techniques and technologies are constantly evolving,

seasoned firefighters take advantage of these exercises to practice new methodologies and familiarize themselves with new equipment in smoke-filled, superheated surroundings. Within those same surroundings and conditions, fire training scenarios for newer firefighters are focused on gaining experience with thinking clearly, following orders and performing tasks effectively in a potentially dangerous environment while wearing a cumbersome air-pack and tight-fitting breathing mask. Becoming disoriented and somewhat claustrophobic is a genuine concern for some, and less-experienced firefighters are paired with seasoned veterans to assist in their development.

Live fire exercises are but one facet of the overall training in which EHVFD firefighters participate to develop and improve their skills. Other areas are as varied as hazardous materials, vehicle extrication, water rescue and emergency medical services, to name a few. For more information about opportunities within the East Hampton Volunteer Fire Department, please visit the Department’s Facebook page, or call Fire Headquarters at 860-267-2198.

East Hampton Volunteer Fire Department Supports Sandy Peszynski Breast Cancer Foundation



Members of the East Hampton Volunteer Fire Department marked October, National Breast Cancer Awareness Month, by presenting a \$700.00 check to the Peszynski Family in support of the Sandy Peszynski Breast Cancer Foundation. The funds provided to the Foundation by the Fire Department were raised through member donations and the sale of distinctive EHVFD pink shirts that inspire breast cancer patients, survivors and supporters to summon the “Courage to Fight Like a Girl.”

Firefighters will be wearing their pink shirts in an effort to remind residents to support the Sandy Peszynski Breast Cancer

Foundation, a local organization established by the Peszynski family in 2009 in memory of Paul’s wife Sandra who, along with her husband, were the founders of Paul’s & Sandy’s, Too. Sandy Peszynski passed away in 2007, following a 25 year battle with breast cancer. Sandy was the inspiration behind the creation of Pumpkintown USA, a whimsical town of various buildings and pumpkin-themed characters that has delighted children and their parents every autumn for decades. Pumpkintown USA serves as the capitol city for the SPBC Foundation and proceeds from Pumpkintown have enabled the Foundation to donate hundreds of thousands of dollars to both Middlesex and Hartford Hospitals to support research and treatment at their respective cancer centers. The Foundation has no administrative costs and 100% of the funds generated go directly to those two organizations.

The members of the East Hampton Volunteer Fire Department are proud to support the Peszynski family, the SPBC Foundation and the staff at Paul’s & Sandy’s, Too for their contributions to the local community and their dedication to supporting breast cancer research and treatment.

Santa is Coming



Santa Claus is coming to East Hampton High School, 15 North Maple Street, on Saturday, December 2nd from 7:30 am - 11:30 am.

The East Hampton Rotary Club serving the communities of East Hampton and Marlborough has invited Santa to return to meet and greet young and old. This is the 27th year the Rotary Club of East Hampton has invited Santa. A free breakfast prepared by Rotarians will be available to all that attend. For a nominal fee, each child that meets with Santa can receive a photograph with our North Pole visitor. At this annual event we encourage those attending to bring a canned good or make a monetary donation to support the East Hampton Food Bank and the Marlborough Food Bank. This year the Rotarians will also have available the



Santa and Rotarian Bob Drewry

limited-edition East Hamptonopoly game, modeled after the very famous Monopoly game. The game which is in limited supply will sell for \$20.00 and the proceeds from the sale of the games will benefit five local groups.

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Youth and Family Services



Elizabeth Shelto, an East Hampton home-school student, recently donated 20 homemade no-sew fleece blankets to the East Hampton Youth and Family Services Department. The idea started during the church's Year of Mercy (2016) when a group at the church was trying to

figure out what they could do to help others in the community. "I pitched the idea to the group and they let me get parishioners involved," Ms. Shelto stated. The blanket project was completed with the help of parishioners at St. Patrick Church in East Hampton. Parishioners donated the money and helped Elizabeth tie them. The goal of the "Blanket Project" is to get warm blankets to as many children who need them as possible. After reaching out to East Hampton Youth and Family, Elizabeth decided to donate them there. The blankets will be used for those children who have experienced some sort of trauma ranging from house fires to the loss of a loved one. It is Elizabeth's hope to encourage other local churches to come up with other projects that would benefit children in need. If you or someone you know is interested in getting involved, please feel free to contact East Hampton's Youth and Family Services Department at 860-267-7300. East Hampton Youth and Family offers free counseling to children and families, prevention programming, and group activities focused on fostering resilience.

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Winter is Coming

East Hampton Social Services conducts energy assistance intakes and assist clients in submitting their energy assistance applications for East Hampton residents 62 years of age and under. Intakes are scheduled on Tuesdays and Thursdays by appointment only. Personal liquid assets cannot exceed \$11,000 for renters or \$14,000 for homeowners. You will need to bring the following documentation to your scheduled appointment: Proof of the last 4 weeks of income for all household members, the name of your fuel vendor (for deliverable fuel customers, only), your current utility bill, copy of your lease, mortgage, or rent payment, and latest bank statement for all open bank accounts.

Other utility assistance programs may be available for clients on a case by case basis. Residents who are 63 years and older can apply for energy assistance through the Senior Center. Any self-employed residents will need to schedule an energy assistance intake appointment with CRT in Middletown (860-347-4465). The East Hampton Social Services office is located in the Town Hall Annex at 240 Middletown Avenue. To schedule an appointment please call 860-267-7300 ext. 209.

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