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Town Manager's Corner

Dear Residents,

Winter is finally behind us and we are well underway with what is shaping up to be a great summer. Parks and Recreation has been hard at work preparing Sears Park and sports fields for all of our outdoor activities. Plans that have been made over the winter are transforming into action as we continue our extension of the Airline Trail to the Portland line. We are also working hard to bring Seamster Playground back for our youngest residents to enjoy safely.

With Memorial Day approaching I would ask that everyone take a moment to remember those who have made the greatest sacrifice so that we can enjoy our freedom. In that spirit I would ask all residents to do a little spring clean-up, plant some flowers and show our veterans that we are proud of the community they have defended. My family and I look forward to seeing you all at the Memorial Day parade!

Best regards,
Michael Maniscalco



Michael Maniscalco
Town Manager

VISIT East Hampton! • www.easthamptonct.gov

East Hampton is located 22 miles south of the state capital of Hartford and is equidistant from Boston and New York City. Our Town is known for its rich history, environmental assets, and small town charm. We strive to preserve our rural-suburban character, our farmlands, watershed land, and historic structures by taking a long-term view. Enriching quality of life, respecting Town heritage, and building community are among our highest priorities.

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WHAT IS 2-1-1?

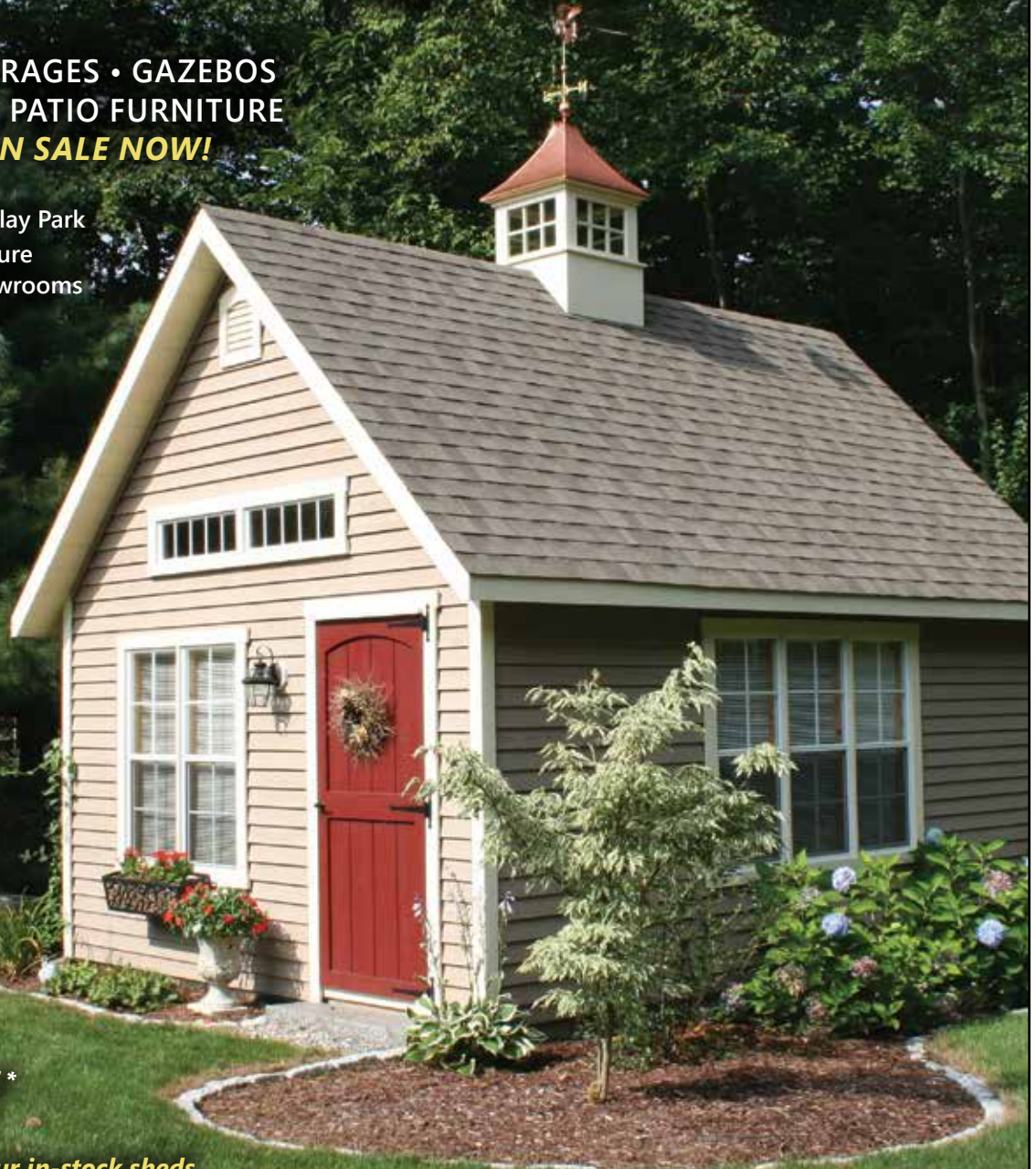
It is Connecticut’s free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

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Office of the Assessor

ELDERLY AND TOTALLY DISABLED RENTER'S REBATE PROGRAM

Residents 65 years of age or totally disabled may be eligible for a rent rebate under CT State law within the Municipality where they currently reside. Income guidelines apply and are adjusted each year. Applications will be available April 1, 2018 and must be filed on or before October 1, 2018 with the Assessor's Office.

Per the State of CT Office of Policy and Management for the

2017 calendar year, the maximum income for a single taxpayer was set at \$35,300. The maximum income for a married couple was set at \$43,000. Additionally, the applicant must have lived in CT for one year.

The Assessor's Office is open 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. We can be reached at: 860-267-2510 or assessor@easthamptonct.gov.

Office of the Collector of Revenue

DMV COMPLIANCE ISSUES

When the Department of Motor Vehicles receives a check for a registration renewal, they will cash the check but not renew the registration if you have not paid your property taxes or resolved any other compliance issues such as emissions testing and/or an issue with insurance. You can check the status of your registration on the

CT DMV portal. If you are late paying your motor vehicle taxes and need to obtain an immediate clearance you must pay with bank check, money order or cash in the office.

TAX BILLS

You will be receiving your tax bills for the grand list of 2017 on or before July 1, 2018. Taxes become due and payable

on July 1, 2018 and delinquent after August 1, 2018. All motor vehicle bills are paid in one installment, while real estate and personal property bills over \$100 are split into two equal installments.

When paying tax bills, prior year(s) must be paid first before paying the current year bills.

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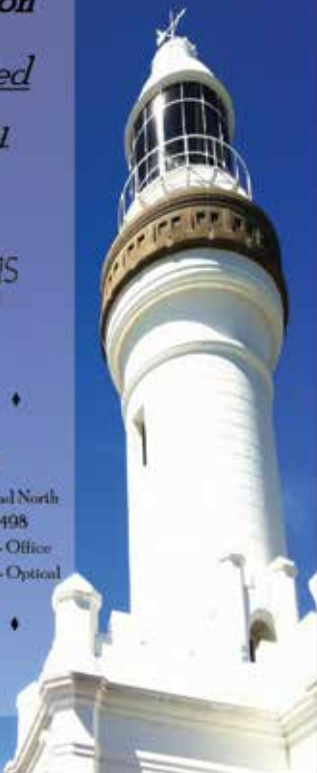
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Town Clerk - Dog Licensing



BE SURE TO RENEW YOUR DOG LICENSE EACH YEAR IN JUNE!

Now is the time to schedule an appointment with your veterinarian for your dog and be sure it is up-to-date with all of its vaccines. A current rabies certificate is required prior to

licensing your dog. The rabies certificate must be valid through July of 2018.

Did you know that you can renew your dog license online through the Town Clerk's online dog renewal program? You need to have a current rabies certificate and avoid the lines in June. Our program is under the Town Clerk's webpage under the online dog renewal program tab.

Would you like to receive your dog renewal card via email? If so, please send me your email address to swieleba@easthamptonct.gov. This will ensure delivery of the license renewal card and save the town on postage.

Planning & Zoning Department



ROUTE 66 CORRIDOR PLANNING STUDY

East Hampton is a member town of the Lower Connecticut River Valley Council of Governments (RiverCOG), a 17-town regional entity providing planning and shared services to the region which reaches from Cromwell and Portland south along the Connecticut River to the Long Island Sound. Last year, we informed you through this newsletter that the RiverCOG had received funds and will be conducting a full-scale Corridor Planning Study for Route 66 from the Arrigoni Bridge to the East Hampton/Marlborough town line. Tighe and Bond, and planning and engineering firm with an office in Middletown has been hired to carry out this study.

Traffic counts range from between 12,000 at the Marlborough town line to 16,000 vehicles per day at the Portland town line. The last study of the corridor conducted in 1997 resulted in several construction projects including but not limited to the reconfiguration of the intersection with Lakeview Street (Route 196) and the installation and turning lanes at Payne Blvd in Portland.

Throughout the upcoming summer and fall seasons representatives from the Town, RiverCOG, and Tighe and Bond will be "popping up" at various events throughout East Hampton and Portland to gather input and data from residents and commuters. We'll also be holding kick off meetings in each

town to explain the purpose of the meeting and begin the data gathering process. A traffic study will be conducted later this month by Tighe and Bond to collect accurate traffic count and speed data.

The study will consider development pressures based on the local market, potential development sites that may add to the traffic volume, the types of recreational resources attracting visitors to the corridor, opportunities and safety factors for bicyclists and pedestrians, opportunities to improve intersections and traffic operations to increase safety and improve functionality, and what changes may be necessary to the zoning regulations to support the type of development that is consistent with the community vision set forth in the 2016 Plan of Conservation and Development. The study will result in recommended changes along the corridor to improve safety and mobility for all users of the road.

East Hampton Town Facilities Building Update

EAST HAMPTON TOWN HALL/POLICE DEPARTMENT/ BOARD OF EDUCATION FACILITY UPDATE

After receiving approval from the Town Council to go forward with the project, the Building Committee proceeded to enter the labyrinth of getting the necessary various Town committee approvals.

The Inland/Wetlands Watercourse Agency granted approval for construction of the new Municipal Town Hall/Police Department/Board of Education on February 21, 2018. The Conservation - Lake Commission recommended approval at the February 8, 2018 meeting.

The initial presentation to the Design Review Board was given on February 15, 2018. The Board recommended that the applicant review the Design Review Board guidelines and come back before the Board when project details and materials are more cemented.

The initial presentation for the Project to be granted a Special Permit and Site Plan approval was made to the Planning and Zoning Commission on February 7, 2018. After much discussion a motion was made to set a Public Hearing for the application. At the March 22, 2018 Special Meeting the Project was approved with the condition that the road from Route 66 to the loop road around the Town hall be widened from 20' to 24'.

While all of this work was going on, the architect, Amenta Emma was continuing its work on the design of the new facility. Bi-weekly meetings are currently being held between the Building Committee and Amenta Emma to determine final features of the new facility.



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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, Walt Jedziniak Photography and ECO Coffee House 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 Erin Hall, Ted Turner, Kate Adams, Tim Csere, Matt Joseff and Robyn Letourneau.

brew with nitrogen giving it a sweet and velvety feel a beautiful cascade and a powerful caffeine punch. Wow, how does that sound! Tastes better! Call Susan at: 860-853-8590 or check out her Facebook page for updates and specials or just stop and see her in the Village Center.



ECO COFFEE HOUSE
 ECO Coffee House is located at 82 Main Street, East Hampton, CT. In the photo, Owner Susan Jean Popielaski receives her award from EDC Members Kate Adams and Ted Turner. ECO Coffee House serves up locally roasted small batch organic espresso and coffee. Susan has a two-tap kegerator and offers a slow-steeped cold brew for that smooth, never bitter taste and cold brew on nitro. She also infuses cold



WALT JEDZINIAK PHOTOGRAPHY
 Walt Jedziniak receives his award from EDC Members Robyn Letourneau, Erin Hall, Ted Turner, Tim Csere and Town Manager Michael Maniscalco. Walt Jedziniak Photography is a full-service photography studio in East Hampton, CT. We pride ourselves on being able to customize a unique package for all of your photographic needs. You and your family will get personal

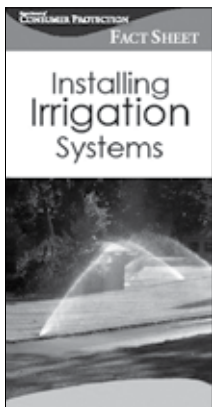
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Assessor	860-267-2510	Parks & Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency) ...	860-267-9544
Building/Planning/Zoning	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	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
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Housing Authority	860-267-8498	Youth & Family/Social Services.....	860-267-7300

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Don't Contaminate your Well or Water Supply



YES, a license and permit is required for lawn or garden irrigation work.

The Dept. of Consumer Protection is responsible for the licensing of all occupational trades persons who perform work in CT. Irrigation work falls under the State's legal definition of Plumbing and Piping Work, and therefore, irrigation installers need a plumbing and piping work license. (*under the CT General Statute Section 20-330.*)

The most important component of any sprinkler irrigation system is the source of water. The water source may be a pump and well or a main supply source. BACK-FLOW PREVENTERS are required for a main water source to allow flow in one direction only. This will prevent water from returning into the drinking water supply with potential contaminants.

Please visit our website for the Fact Sheet from the Department of Consumer Protection for installation of irrigation systems. It can be found at: www.easthamptonct.gov, click on Building, Planning & Zoning, click on Building.

Public Works Department



In April the winter season had not yet surrendered to spring. The Public Works Department was caught between two seasons, trying to get ready for spring but firmly still in the grasp of winter.

Winter has seen the Public Works Department respond no less than twenty-five (25) times for weather events. Some of these events have resulted in multi-day
continued on page 10



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Public Works... continued from page 9

presences for the Public Works staff. Several of these storms have resulted in the damage to our tree population. No area of Town appears to be exempt, so an on-going job of clean-up of Town trees and brush, damaged trees, and/or hanging limbs will be scheduled for removal by the Town's tree contractor.

Snow fighting and winter season equipment will be evaluated for damage, repairs made and stored for the next years' use.

Finally, moving on to spring, the Department is getting ready for Town-wide road sweeping. Road patching of potholes will also take place as asphalt plants open. Curbs that were damaged due to plowing will be picked up and repaired throughout the year.

Spring also bring us to a clean-up of Town facilities and cemeteries. Signs will be repaired or replaced. Winter is at last behind us.

Phased Approach to Building a Water System

It is very clear that not all of East Hampton is in need of water and many of the residents in the community have adequate water in both quantity and quality. That said, there is a portion of the community either lacking quantity or quality. More specifically, areas including the Village Center, Route 66 and some residential neighborhoods around the lake need water.

The ultimate goal for East Hampton should be to have a completely built out water system serving all residents, commercial or residential, that need it. Due to the growth of East Hampton the only way to continue in a financially responsible manner is to look at a phased approach. The intent of a phased approach is to grow a water system just above the need so that East Hampton never finds itself in a place where water is inhibiting growth.

With the reductions in State funding the Town of East Hampton must look to new ways to develop revenue other than residential taxes. As a result, robust smart economic development needs to become a priority. The two commercial zones in East Hampton have both been inhibited by their lack of quality and quantity of water.

Water is a vital part of any community and in East Hampton it has inhibited the ability to realize its commercial potential which in turn has impacted the quality of life for many residents. Water is an expensive and challenging proposition and as a result the Town Council and the community should consider a phased approach that will allow the need to be met in a cost-effective method for today while positioning the community for tomorrow.

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House Salad	\$7.95
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Add Chicken \$14.95, Mahi \$17.95, Salmon \$17.95, Shrimp \$16.95.	
Caesar Salad	\$8.95
Crisp romaine lettuce, parmesan cheese, tossed in our caesar dressing with our homemade croutons. + Add Chicken \$14.95, Mahi \$17.95, Salmon \$17.95, 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 burgesr,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.	

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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	\$13.95
Grilled mahi with swiss cheese, thousand island dressing served on grilled rye.	

The Dublin Dog	\$7.95
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	\$10.25
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	\$10.50
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 \$2.50.	

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Two seafood stuffed filet of sole baked in a white wine and lemon butter sauce. + Choice of Baked or Mashed Potato, with your choice of Vegetable.	
Salmon Steak	\$18.95
Choice of grilled, blackened or teriyaki. + Choice of Baked or Mashed Potato, with your choice of Vegetable.	
Center Cut Pork Chops	\$18.95
Two center cut chops grilled traditional or blackened. + Choice of Baked or Mashed 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 Baked or Mashed 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	\$17.95
The very best of rib eye, roasted to perfection. + Choice of Baked or Mashed Potato, with your choice of Vegetable.	

**Thoroughly cooking meats, poultry, seafood, shellfish, eggs will reduce the risk of food borne illness.
(All prices are subject to change.)*

**Book Your 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
\$17.95**

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
Chris Hanson Courtney HYTE
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-1027
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 2, 2018. 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 taxpayer 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. There are no day passes for boats. A season pass must be purchased for any use of the boat ramp. Boats that are car topped or carried in the back of a truck do not require a sticker. If it is on a trailer it requires a sticker.

FACILITIES: All rental request forms are available online at: www.easthamptonrec.com

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.

REQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlitttleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January
Practices for the season begin in late March
Opening day is in April

PARKS & RECREATION

Fall season begins in September and is open for children ages 8 years and up

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.easthamptonrec.com, 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.easthamptonct.gov. 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.easthamptonct.gov. Our guidelines follow the Public School's income guidelines for free or reduced-price lunches. All information is strictly confidential.

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 Sqft 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.

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.

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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.

“WELCOME TO KINDERGARTEN”

A CAMP FOR MEETING NEW FRIENDS AND HAVING FUN!

This camp is for children entering Kindergarten in fall of 2018. In this camp, your child will get to explore and see Memorial school. They will be able to craft, read, and play alongside of peers their age. Each day in kindergarten camp has a theme! The daily themes are: Letters, Clifford, Rainbow Fish, Elephant and Piggy, and Pete the Cat!

**Please send your child in with a lunch and water bottle daily. We will meet in the front lobby at Memorial school for drop off and pick up daily.*

Location: Memorial Elementary School
 Cost: \$100.00
 Dates: July 23 - July 27
 Time: 11:30 am - 2:30 pm

ALL SPORTS CAMP

Greg Ruel, College, and High School Athletes from East Hampton and surrounding towns

Participants choose from clinics or recreational activities. Times and activities are detailed on the registration form available at the Parks and Recreation Office or online at www.easthamptonrec.com. Campers must bring lunch and plenty of fluids. Space is limited. Participants should bring any equipment they have for their chosen activities (i.e. gloves, racquet, etc.) A special registration form is required to sign up for this program to choose activities for each session, please return the form to the Parks & Recreation Office within 7 days of signup.

For: Boys and girls in grades 1-8
 Location: East Hampton High School

Cost:
 1 Session: \$75
 2 Sessions: \$125
 3 Sessions: \$175
 4 Sessions: \$200
 Dates: July 23 - July 27

Time:
 Session I: 8:30 am - 10:30 am
 Session II: 10:30 pm - 12:30 pm
 Session III: 1:00 pm - 3:00 pm
 Session IV: 3:00 pm - 5:00 pm (Sears Park)

AMERICAN GIRL DOLL CRAFTING CAMP

At this camp, children will create many crafts for themselves and accessories for their dolls. Some things we will be creating are: fire pits, smores, bracelets, crowns and so much more! Each child will

be treated to a manicure as well! We will end the week by enjoying a fancy tea party with our dolls. You do not need an authentic American Girl Doll to join this camp!

For: Boys and Girls entering grades K-3
 Location: Memorial Elementary School
 Cost: \$120.00
 Dates: July 2 - July 6
 Time: 9:00 am - 12:00 pm

BAKING CAMP

Teachers: Meghan Ryczek and Lisa Forcellina
 Calling all food lovers! In baking camp, we will work together to follow yummy recipes for breakfast, lunch, and dinner, and of course, taste test them too! You will also have the chance to decorate your own apron and make a cookbook! Please bring a water bottle and snack to camp each day.

For: Boys and Girls entering grades K-3
 Location: Memorial Elementary School
 Cost: \$115.00
 Dates: August 20 - August 24
 Time: 9:00 am - 12:00 pm

BASKETBALL CAMP

Instructor: Patrick Sullivan & Jaime Sullivan
 In this camp, children will learn the fundamentals of basketball. They will also learn how to play a variety of basketball games. Each day the children will put their skills into action with a scrimmage. This camp will be a lot of fun and will help enhance your child's basketball skills!

For: Boys and Girls entering grades K-3
 Location: Memorial Elementary School Gymnasium
 2 Sessions:
 Date: July 2 - July 6
 Time: 12:00 pm - 2:30 pm
 Cost: \$90.00

Date: July 23 - July 27
 Time: 9:00 am - 12:00 pm
 Cost: \$100

BASKETBALL CAMP WITH SHAUN RUSSELL

Shooting Camp: The emphasis of this camp will be on shooting, working on footwork, form and mechanics. This camp will focus on working with players to develop and refine their shooting skills and fundamentals. We will work with each player to improve their shooting ability, range and consistency. Throughout the course of the week we will incorporate drill work with competitive shooting games and challenges that incorporate skill development. Players will also leave camp with a list of shooting drills that they can use

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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 #: _____ ALTERNATE CONTACTS: Name/Relationship*: _____ _____ Name/Relationship*: _____ _____ Family Physician: _____	Home Phone #: _____ E-mail Address: _____ Mother's Employer: _____ Father's Employer: _____ Address: _____ Day/Cell Phone #: _____ Address: _____ Day/Cell Phone #: _____ Office Phone #: _____
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*(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 #: _____



to continue to improve their overall shooting ability.

June 25-29: Shooting Camp - 8:30 am-12:30 pm - Limit: 24;
 Cost: \$135.00
 Age range: Boys and Girls in grades 3-9

Finishing Camp: The emphasis of this camp will be on scoring the basketball; working on incorporating ball handling, shooting and receiving the ball in different areas of the court and in different game situations. Players will work on scoring off the dribble on both the half-court as well as in transition. They will also work on scoring on the catch as well as learning to understand how to play without the ball and how to set and use screens in scoring situations. During the week players will work in individual and group drill settings as well as in live controlled play on the court. Regardless of the players position we will work with them to understand the ways in which they can be effective in the offensive half of the floor. This camp is best suited for players who have some experience playing basketball.

August 20-24: Finishing Camp - 8:30 am-12:30 pm - Limit: 24;
 Cost: \$135.00
 Age range: Boys and Girls in grades 5-9

All camps will be run by Shaun Russell, Girls Varsity Basketball Coach at East Hampton High School.

CREATION STATION

Primary Instructor: Ms. Daddazio
 Use your imagination to create and problem solve! Campers will work in teams to solve a daily STEM challenge. They will also explore creating different types of art using recycled materials. This cost includes all materials. Please send your child with a bag lunch, water bottle, sunscreen, and towel each day.
 For: Boys and Girls entering grades 1-3
 Location: Memorial Elementary School
 Cost: \$120.00
 Dates: June 25 - June 29
 Time: 8:30 am - 12:30 pm

DINOSAUR CAMP

Teachers: Molly Clark and Stephanie Hoffman
 This camp is for children ages 4-8 years who love to learn about dinosaurs! Each day the children will read stories, play games, make snacks, crafts and conduct science experiments that all center around dinosaurs. We will even learn to be paleontologists/ archeologists and excavate dinosaur bones and fossils!

**Please send your child to camp each day with a water bottle. Each day we will make a dinosaur snack together, please alert us of any allergies and send with a separate snack if needed. We will meet your child in the lobby each day for drop off and dismissal.*

For: Boys and Girls ages 4-8
 Location: Memorial Elementary School

Cost: \$110.00
 Dates: July 30 - August 3
 Time: 8:00 am - 11:00 am

DISNEY DAYS

Primary Instructor: Liz Pezzi, Kindergarten Teacher
 Celebrate the “Wonderful World of Disney” with a week of fun! Each day we will create crafts, listen to songs, have snacks and play games centered on a different Disney theme! This is a fun camp for any girl or boy who loves all things Disney! We will have a Toy Story Day, Finding Nemo Day, Moana Day, Frozen Day and Mickey and Minnie Day! Hope to see you there!

For: Boys and Girls entering grades K-2
 Location: Memorial Elementary School
 Cost: \$100.00
 Dates: August 6 - August 10
 Time: 9:00 am - 12:00 pm

E.Y.E.S. (EXCEPTIONAL YOUTH EDUCATION SERVICES) STEAM CAMPS

Build with Me Using LEGO®

Children are accompanied by an adult family member. This program encourages communication and collaboration between children and family/community with an introduction to using LEGO Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

For: Ages 4-5
 Location: Middle School
 Cost: \$120.00
 Dates: August 20 - August 24
 Time: 9:00 am - 11:00 am, Monday-Friday

Building Up S.T.E.A.M. Using LEGO®

Children are working independently and cooperatively as they begin to explore simple machines using LEGO Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

For: Ages 5-6
 Location: Middle School
 Cost: \$140.00
 Dates: August 20 - August 24
 Time: 12:00 pm - 3:00 pm, Monday-Friday

S.T.E.A.M. Works Using LEGO®

Children are working with standard LEGO materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home

Parks & Recreation

evidence-based lab sheets to share with family to continue the learning process outside of camp.

For: Ages 7-9
Location: Middle School
Cost: \$140.00
Dates: August 20 - August 24
Time: 8:00 am - 11:00 am, Monday-Friday

Full S.T.E.A.M. Ahead Using LEGO®

Children are learning and strengthening building techniques and problem solving while working with more complex LEGO mechanisms that reinforce skills learned in the younger age programs. Most challenges are open ended and individualized for your child's ability and interest. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

For: Ages 10-12
Location: Middle School
Cost: \$140.00
Dates: August 20 - August 24
Time: 12:00 pm - 3:00 pm, Monday-Friday

EAST HAMPTON CHEER CAMP

Instructor: Holly White

This interactive and exciting camp is for students entering Kindergarten through 8th Grade. Areas of development will include all aspects of cheerleading including tumbling, stunting, jumps, dance, team building activities as well as a big brother / big sister buddy system for all participants. Teams will be created by age and they will partake in coaching sessions with EHHS Cheerleaders and coach Holly White, a CT certified coach with 7 years of coaching experience at the competitive level. Athletes of all skill levels are welcome. Cheerleaders should dress in a T-shirt and spandex shorts and should bring water, snack and a lunch.

Location: East Hampton High School Gymnasium

Cheer Camp Grade 3-8

Cost: \$180.00 per session
Dates: June 25 - June 29; July 9 - July 13
Time: 9:00 am - 3:00 pm

Cheer Camp Grade K-2

Cost: \$90.00 per session
Dates: June 25 - June 29; July 9 - July 13
Time: 9:00 am - 12:30 pm

EXPLORING PRE-K!

A Camp for our Youngest Learners

In this camp your child will be able to explore and play in a pre-k classroom. The children will have a daily theme. Each day the children will be involved in an art project, sensory play, dramatic

play, and read alouds related to the theme! We will have snack together each day and play outside too! Come and have fun! Themes included will be: castles, space, farm, zoo, and camping! **Please send your child in with a snack and water bottle daily.*

We will meet in the front lobby for drop off and pick up daily

For: Boys and Girls age 3-4
Location: Memorial Elementary School
Cost: \$100.00
Dates: July 23 - July 27
Time: 8:00 am - 11:00 am

FIVE TOOL ALL STAR BASEBALL CAMP

Instructor: Scott Wosleger, Wesleyan University Baseball Coach

This clinic features age appropriate, comprehensive instruction from high school, college and professional coaches and players. Hitting, fielding, pitching, and mental training are all covered. Learn all the skills necessary to succeed at your current or next level of baseball. Additional bonus segment will include exposure to the bigger field basics like leading, stealing, pitching moves, etc. Video analysis and full evaluation/recommendation included. Age appropriate instruction. All sessions are Monday - Thursday with Friday as a rain date.

Location: East Hampton Middle School Baseball Field
Cost: \$95 per session
Dates: Session I: June 25 - June 28;
Session II: July 16 - July 19
Time: 9:00-am - 12:00-pm

GIRLS VOLLEYBALL CLINIC

Coach: Matt Warner

Participants will be instructed in the volleyball skills: passing, serving, attacking, and team defense. As athletes improve their skills, they will be taught more challenging volleyball skills and techniques.

Athletes will be placed into groups based on athleticism and ability so that each participant can grow appropriately in their current skill set. The end goal of the clinic is to teach the skill and technique of volleyball so that athletes can play in groups and team settings. Sportsmanship and teamwork are concepts that will be emphasized throughout the clinic. The clinic seeks to foster a love of the sport and encourage athletes to continue their volleyball training to build East Hampton into a competitive program in Connecticut.

Session 1: The most effective way to introduce volleyball to younger aged athletes is to introduce the fundamental skills and techniques specific to volleyball that players must master over-time. This session takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All **continued on page 18**

aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for all experience levels (beginner to advanced) and will incorporate essential life-lessons such as teamwork and sportsmanship. Athletes will develop and enhance fundamental skills of the game through game-based drills and scrimmages.

Session 2: Designed for the more experienced player, this session pushes participants to extend their learning and ability to compete at their highest level. Session 2 is open to high school students only and will focus on positional skill development and team offense/defense strategies that are utilized in high school programs. This session will emphasize specific positional skills development and incorporate learning into small, task-driven games and 6 on 6 scrimmages. Furthermore, participants will be expected to apply their learning into offensive and defensive schemes that emphasize volleyball concepts in teams and systems. Grade 9 students participating in Session 2 will be by invitation by camp Director only.

For: Girls entering grades 6-12.
Location: East Hampton High School Gymnasium

Girls Volleyball Clinic - Grade 9 - 12 Both sessions

Cost: \$150.00
Dates: August 13 - August 17
Time: 8:30 am - 3:00 pm

Girls Volleyball Clinic - Session I - Grade 6 - 12

Cost: \$100.00
Dates: August 13 - August 17
Time: 8:30 am - 11:30 am

Girls Volleyball Clinic - Session II - Grade 10 - 12

Cost: \$100.00
Dates: August 13 - August 17
Time: 12:00 pm - 3:00 pm

INVASIVE PLANT INVESTIGATION - CONSERVATION LAKE COMMISSION CLASS

Sponsored by State of Connecticut D.E.E.P.

Teens and adults are invited to attend training classes and be certified as a volunteer invasive plant investigator. Trainings will be offered on both May 12 and June 16 at Sears Park. Please pre-register for the classes with East Hampton Parks and Recreation.

Cost: Free
Dates: May 12 and June 16
Time: 10:00 am - 12:30 pm

JUST BEING ME

A camp for kids ages 10-14

In this camp your child will be able to do a variety of things! Come hang out with other kids your age and have a week of fun! Your child will be walking, baking, crafting, and making memories! We will meet daily in a classroom at Memorial School. Throughout the week, your child will:

- Walk the airline trail from the school
- Paint/make kindness rocks
- Craft daily including decoupage, canvas crafts, card making, and more!
- Walk to Abeez for yogurt
- Get a manicure at Creative Nails
- Baking fun
- Learn to play a variety of card and board games with each other

**Please drop off your child and pick them up daily in lobby at Memorial School. Please send your child in with a lunch, water bottle, and extra snack each day!*

Location: Memorial Elementary School
Cost: \$150.00
Dates: July 16 - July 20
Time: 9:00 am - 2:00 pm

LET'S GET MOVIN'!

Teachers: Meghan Ryczek and Lisa Forcellina
Get ready for a week of sports, yard games, and outdoor fun! No matter what it is, we'll be movin'! We'll even take a walking field trip to Abbeez Frozen Yogurt to wrap up our week! Please bring a water bottle and snack each day. We'll be spending a lot of time outside, so please apply sunscreen at home before camp

For: Boys and Girls entering grades 3-7
Location: Memorial Elementary School
Cost: \$115.00
Dates: August 6 - August 10
Time: 9:00 am - 12:00 pm

LITTLE PEOPLE'S CAMP

Instructor: Laurie Wosleger
Our Little People sure feel like big kids when they go to camp. They will do crafts, play indoors and outdoors, and enjoy a story and snack under a shady tree with their buddies. Participants should bring a snack and a drink daily. Don't forget to apply sunblock before coming.

For: Boys and Girls ages 3-6.
Location: Memorial School Cafeteria
Cost: \$65.00 per session
Dates: June 25 - June 26; July 16 - July 19; July 23 - July 26
Time: 9:00 am - 11:30 am

NINJA WARRIOR CAMP

Instructor: Jaime Sullivan
You will have loads of fun trying out different obstacle courses

Parks & Recreation

in this camp! Each day a different course will be set up for you to tackle! We will start each day by learning exercises and stretches to build your core strength. In addition to training to be a ninja warrior you will participate in a variety of interactive games throughout the week.

For: Boys and Girls entering grades K-3
Location: Memorial Elementary School
Cost: \$120.00
Dates: June 25 - June 29
Time: 9:00 am - 11:30 am

OLYMPIC CAMP

Teachers: Stacey Gibson and Bob Boscarino

This camp is for children ages 5-10 years who are looking to work together as a team to compete in FUN interactive games, sports, crafting, and baking fun! Each day is a silly theme and the children are members of a country competing for points and showing their pride and teamwork with others! We will make flags for our teams, cupcakes, t-shirts, medals, and more! Your child will do obstacles courses, relay races, and station games throughout the camp!

**Please send your child to camp each day with a snack and a water bottle. We will meet your child in the lobby each day for drop off and dismissal.*

For: Boys and Girls ages 5-10
Location: Memorial Elementary School
Cost: \$110.00
Dates: July 9 - July 13
Time: 8:00 am - 11:30 am

PIRATES AND PRINCESSES

Instructor: Jaime Sullivan

Ahoy, Matey! During our adventurous mornings, we will read stories about pirates & princesses, make many pirate/princess crafts, and play pirate/princess games! At the end of the week, students will go on a treasure hunt to find the buried treasure.

For: Boys and Girls entering grades 1-4
Location: Memorial Elementary School
Cost: \$120.00
Dates: June 25 - June 29
Time: 12:00 pm - 2:30 pm

PLAY WELL TEKNOLOGIES LEGO CAMPS

Mine, Craft, Build Adventure Game with LEGO Materials.

Bring Minecraft to life using LEGO® materials! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft.

Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

For: Ages 5-6
Location: East Hampton Middle School
Cost: \$150.00
Dates: July 16 - July 20
Time: 8:30 am - 11:30 am

Mine, Craft, Build Survival Game with LEGO Materials.

Bring Minecraft to life using LEGO® materials! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate Play-Well Minecraft experience using LEGO® materials is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

For: Ages 7-12
Location: East Hampton Middle School
Cost: \$150.00
Dates: July 16 - July 20
Time: 12:30 pm - 3:30 pm

RAY REID SOCCER SCHOOL

Young Stars Camp

Led by Coach Ray Reid's first-class coaching staff and in partnership with the East Hampton Soccer Club and East Hampton Parks and Recreation, the week-long East Hampton Young Stars Camp - open to boys & girls grades 1 - 8 seeks to develop and improve each player's technique, skills and creativity with the ball. Players will be exposed to dribbling, passing, receiving, shooting, and small-sided games emphasizing touches on the ball and possession. The training focus for younger players ages will be to improve their skills in a fun-filled environment and players will work on technical refinement and receive an introduction to the tactical side of the game. The East Hampton Young Stars Camp features a strong coach-to-player ratio and a certified trainer will be on duty throughout camp.

The Ray Reid Soccer School's Young Stars Camp will challenge players to keep improving their skills in a fun-filled environment while instilling a passion for the game. Players will receive a Ray Reid Soccer School camp t-shirt and a Young Stars Certificate; all players should BRING their own soccer ball to camp.

For: Boys and Girls entering grades 1-8
Location: East Hampton High School
Cost: \$160.00
Dates: July 16 - July 20
Time: 9:00 am - 12:00 pm

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SKYHAWKS TENNIS CAMPS

Skyhawks Red Ball (ages 6-9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. In addition to expanding tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development.

Skyhawks Orange Ball (ages 7-10)

Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 foot court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78 foot court.

Skyhawks Green Ball (ages 8-12)

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.

Camps Run: Monday - Thursday with Friday as a rain date.
 Location: East Hampton High School Tennis Courts
 Cost: \$125.00 per camp
 Dates: June 25 - June 28 - Red/Orange/Green Ball groups
 August 6 - August 9 - Red/Orange/Green Ball groups
 Time: All groups 9:00 am - 12:00 pm

SOCCER CAMP FOR GRADES K-3

Teachers: Meghan Ryczek and Lisa Forcellina
 Join us for 5 days of soccer fun! In this camp, we will work on basic skills for soccer, have relay races, make jerseys and trophies, and of course, play soccer! Please bring a water bottle and a snack to camp each day. We will be spending a lot of time outside so please apply sunscreen at home before camp.
 For: Boys and Girls entering grades K-3
 Location: Memorial Elementary School
 Cost: \$105.00
 Dates: June 25 - June 29
 Time: 9:00 am - 12:00 pm

STEM CAMP

Teachers: Meghan Ryczek and Lisa Forcellina
 Help build a boat for the gingerbread man to safely cross the river, or a new home for the three little pigs that the wolf can't blow down. In this STEM camp, there will be lots of hands on activities, teamwork, and fun! Please bring a water bottle and snack to camp each day.
 For: Boys and Girls entering grades K-3
 Location: Memorial Elementary School
 Cost: \$115.00
 Dates: August 13 - August 17
 Time: 9:00 am - 12:00 pm

SUMMER CAMP - SEARS PARK

Camp Director: Heather Holbrook
 Sears Park Camp is an eight-week day camp held at Sears Park. The campers have a blast! Each day offers activities such as crafts, sports, and games. The entire camp goes swimming and has sand castle contests most afternoons. Each week there will be a special theme and field trip. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/First Aid Certified. Participants can sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit, and towel. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.
 For: Boys and Girls entering grades K-6
 in the fall of 2018
 Camp Hours: Monday-Friday 9:00 am - 3:00 pm
 Weekly tuition: \$135 first child, \$115 per sibling
 Week of July 2 - July 6 (no camp July 4)
 \$120 first child, \$100 per sibling
 *Payment is due in full to enroll.
 Refund Policy: Refunds will only be issued if cancellation is made more than one week from the start date.

If you would like to pay by deposit, you will need to come into the Parks and Recreation Office or call: 860-267-7300. Deposit payments for the first week of camp, plus a \$25 per child per week non-refundable deposit is required to enroll. You will not be enrolled in camp until these deposits are received. Tuition is due by Wednesday for the following week, late payment will result in a loss of your spot.

All Field trip costs are included with tuition.

Sessions and Field Trips (Thursdays)
 June 25 - June 29 Bounce U
 July 2 - July 6 (No Camp July 4)
 Nomads Adventure Quest
 July 9 - July 14 JumpOff Trampoline Park
 July 16 - July 20 Camp Carnival

Parks & Recreation

July 23 - July 27 CT Science Center
July 30 - August 3 Central Rock Gym
August 6 - August 10 Harkness Park
August 13 - August 17 Camp Picnic

Extended Care:

Available in weekly one-hour blocks: 8:00 - 9:00 am, 3:00 - 4:00 pm and 4:00-5:00 pm. The cost is \$30 per block, per week (\$25 for the week of July 2 - July 6). Pre-registration is required for all extended care.

Payment for the first week your child will be attending camp, including extended care fees for the first week and the required deposits for subsequent weeks need to be submitted to the Parks and Recreation Department to be enrolled. Checks should be made payable to East Hampton Parks and Recreation if paying with a check. Online registration is available at www.easthamptonrec.com

New Lunch Option!

We will be working with Subway this year to provide a daily lunch. The cost is \$27.50 per week (\$22 week 2 and 8) and includes a 6-inch sub (turkey, ham, tuna or veggie), chips and a water or juice box. Enter your sandwich choices at checkout. All registrations for lunches must be completed by Wednesday of the previous week and cannot be changed or refunded.

SUMMER THEATRE CAMP

East Hampton Youth and Family Services is happy to announce this new program designed for boys and girls ages 5 to 11 years old. This camp is filled with music, dance, art, and theater and culminates in a performance for family and friends! Join us as we enter into the world of monsters, friendship, and diversity. We Are Monsters is a hilarious new musical that follows human kids into a monster cabaret filled with quirky monster characters. The adventurous humans uncover vegetarian vampires and rock n' roll werewolves, gradually realizing there may be more to these monsters than meets the eye! Most importantly these monsters and kids discover the importance of friendship and celebrating in the attributes that make each of us different and unique.

Location: East Hampton Middle School
Cost: \$100.00
Dates: July 2 - July 13
Time: 9:00 am - 12:00 pm

SUPER SECRET SPY CAMP

Teachers: Molly Clark and Stephanie Hoffman
Do you enjoy solving mysteries? Have you ever wanted to become a secret agent? Then this is the camp for you! If you are between the ages of 5 - 10 years old and want to undergo spy training to become a secret agent join us! Activities will include daily

missions, learning how to read and create your own secret messages, dusting for fingerprints, creating a spy name and disguises, obstacle courses, putting together a spy toolkit and of course having FUN!

**Please send your child to camp each day with a lunch, a snack and a water bottle. We will meet your child in the lobby each day for drop off and dismissal.*

For: Boys and Girls ages 5-10
Location: Memorial Elementary School
Cost: \$150.00
Dates: August 6 - August 10
Time: 8:30 am - 2:00 pm

TICKETS - AMUSEMENT PARK TICKETS

Discounted Six Flags and Lake Compounce are available at the Parks and Recreation Department during regular business hours beginning on June 1, 2018. Buy your tickets from us and avoid the long lines at the gate. Tickets are good any day during the 2018 season.

Gate Prices:

Six Flags - \$65.99 (Adult), \$45.99 (under 48 inches)
Lake Compounce - \$43.99 (Adult), \$33.99 (under 54 inches)

One Time Enrollment Fee: \$5.00
Lake Compounce: \$29.00
Six Flags: \$38.00

WET AND MESSY CAMP

Week 1

Teachers: Stacey Gibson and Bob Boscarino
This camp is for children ages 4-7 years who are ready to get wet and messy! Each day the children will painting, gluing, having water fun, making slime, playdoh, and having hands on FUN!
Dress your child for mess each day!
**Please send your child to camp each day with a lunch and a water bottle. We will meet your child in the lobby each day for drop off and dismissal. Bring a smock!*

Week 2 New Activities

Teachers: Stacey Gibson, Keri Evan, and Bob Boscarino
This camp is for children ages 4-7 years who are ready to get wet and messy! Each day the children will painting, gluing, having water fun, making slime, playdoh, and having hands on FUN!
Dress your child for mess each day!
**Please send your child to camp each day with a snack and a water bottle. We will meet your child in the lobby each day for drop off and dismissal. Bring a smock!*

For: Boys and Girls ages 4-7
Location: Memorial Elementary School

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Cost: \$110 per session
 Dates: Week 1 - July 9 - July 13
 Week 2 - August 6 - August 10
 Time: 11:45 am - 2:45 pm

YOUNG HACKS ACADEMY

Does your child have what it takes to lead in the 21st century?

Young Hacks Academy is a summer camp that uses technology to develop real-world leadership skills. Blending computer programming, problem-solving, and teamwork, YHA teaches kids to build cool video games about big challenges facing the world today, such as climate change, homelessness, and endangered wildlife. As serious as we are about exploring technology, YHA is also committed to having fun away from the screen, moving campers outside each day for unplugged games like treasure hunts and riddle relays. No programming experience is required. For more information, visit younghacks.com.

Beta Masters for Ages 12-15 (Beginner-Intermediate)

Imagine a small indie game studio that has 5 days to pitch, design and build a new video game. Following a real-world production cycle, YHA Beta Masters work in teams to develop an innovative game prototype from conception to completion. Campers will use the Stencyl game engine to take their computational learning to the next level, creating original graphics and bringing them to life with Haxe coding. The program culminates with a beta release party in which friends and family act as investors.

Location: East Hampton High School Computer Room
 Cost: \$330.00
 Dates: July 9 - July 13
 Time: 9:00 am - 4:00 pm

ZUMBA® WITH 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.

Dates: Monday and Wednesday
 Time: 6:30 pm - 7:20 pm
 Notes: Wear sneakers or Zumba shoes, bring a water and towel

Class Prices:

CARDS \$75 for 10 classes - No expiration date
 DROP INS \$10 drop in anytime

Register online and pay either Becky at class or in the Parks and Recreation office. This program meets in the Memorial School Cafeteria and will move to Sears Park at the end of the school year.

AMERICAN RED CROSS SWIMMING LESSONS

All swim lessons are taught at Sears Park by American Red Cross Certified Lifeguards. Levels and ages are approximate and there to guide you in determining the appropriate class for your child. The level guide is included on the next page. You can view your child’s past swim lesson levels by logging into your online account and viewing past activities. If you would like to know if your child passed their class last year, or need assistance in placing your child in a level, call us.

Lessons are canceled for heavy rain, lightning, or thunder. If the weather is not suitable for lessons to take place in the water, the class will meet for a safety day in the pavilion.

Parent and Child Aquatics

For: Boys and Girls ages 6 mo. - 3 years
 Location: Sears Park Beach
 Cost: \$70 for first child; \$40 for each additional child
 Dates:
 Session I: July 9 - July 19 (makeup date is July 20)
 Session II: July 23 - August 2 (makeup date is August 3)
 Times: 10:00am - 10:30 am; 10:30 am - 11:00 am;
 5:00 pm - 6:00 pm
 Limit: 8 participants per class

Learn To Swim Levels 1-6

For: Boys and Girls ages 4-10 and up
 Location: Sears Park Beach
 Cost: \$60 for first child, \$30 for each additional child
 Dates:
 Session I: July 9 - July 19 (makeup date is July 20)
 Session II: July 23 - August 2 (makeup date is August 3)
 Times: 10:00 am - 10:45 am; 11:00 am - 11:45 am;
 5:00 pm - 5:45 pm; 6:00 pm - 6:45 pm*
 *Session I only

SUMMER POLE VAULT CLINIC

Camp is open to boys and girls, ages 12 and older, interested in learning to pole vault as well as experienced vaulters interested in developing further. This camp teaches fundamentals of vaulting technique in a fun and safe environment. Pole vaulting can be enjoyed by anyone willing to consistently practice; no special skills or athletic abilities are required. The camp will run for eight sessions, one or two nights per week. The final class will provide campers an opportunity to compete in a track meet style competition.

Parks & Recreation

The camp is run by Patrick Rubega who maintains CIAC Connecticut coaching certification as well as certification from the National Pole Vault Safety Certification Board. Since 2004, under Coach Rubega, the East Hampton High School pole vaulters have achieved significant success including many Conference Championships and 42 different athletes have qualified to compete in State Championship track meets generating:

- 16 Class S State Championships generated by 10 different athletes (5 girls & 5 boys)
- 22 athletes (9 girls & 13 boys) placed 75 different times in Class S Championships
- 7 athletes (1 Girl & 6 Boys) Placed 11 different times in State Open Championships

Location: East Hampton High School Outdoor Track
Cost: \$200.00
Dates: June 20 - August 1
Time: 6:00 pm - 8:30 pm

DRONE CAMP

Teacher: Mr. Gowac

Do you love drones?

Come to drone camp this summer with Mr. Gowac. You will learn about drones, design drones, write drone stories, you will get your own drone lego kit to build and keep, you will get to fly Mr. Gowac's drone and get a video to take home of all the beautiful video footage you take with you in it!

Requirements: Must be willing do the academic work as well as the fun activities.
For: Boys and Girls ages 8-10
Location: Memorial Elementary School
Cost: \$115.00 per session
Dates: June 25 - June 29
July 16 - July 20
Times: 8:30 am - 11:30 am
12:00 pm - 3:00 pm

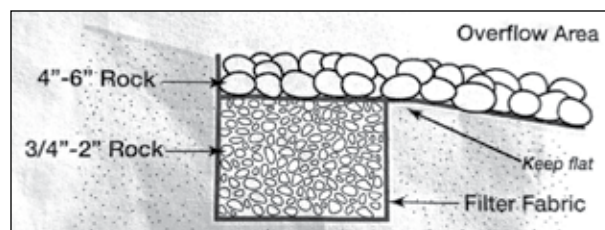
Science of Healthy Lakes

The science of Lake Management has advanced significantly over the last couple of decades. We better understand natural science, how lakes function and the importance of shorelines to lake health, as well as the social science on how people and their attitudes and behavior affect lakes.

Infiltration, a term you will hear often, is the prevention of run-off from getting into our lake. Infiltration helps move water to areas where it can be absorbed, to soak into the ground instead of running directly into the lake carrying nutrients with it. Depending on the property, the towns or yours, multiple routes may be needed to divert the water. Simple dry wells lined with rocks are an ideal way to capture run-off from driveways, roof and garage gutters and downspouts and allow the water to be absorbed into the soil or aquifer being filtered before reaching the lake. Natural garden buffers and rain gardens also assist in preventing and diverting the water. You will be hearing more about this and other practices to reduce infiltration to the lake in the weeks to come.

Another approach to helping keep Lake Pocotopaug clean, we will be sponsoring public training at Sears Park with two meetings conducted by Connecticut DEEP on invasive plants. The attendees will become certified Invasive Plant Investigators upon completion of the meeting. The meeting are May 12th and June 16th, both on Saturday morning at the Pavilion at Sears park. The intention is to offer training to Park staff to monitor that boats and watercraft are inspected prior to being given permission to launch into the lake. This is to insure we are addressing possible ways to reduce infestation, which is becoming more common in area bodies of water, primarily from vessels going from one lake to another. Many of the tributaries and streams are being studied as well to find where other nutrients are flowing from.

Once again, we will be seeking to submit a permit from the State of CT to apply a treatment of copper sulfate should our



Lake Management group deem it necessary. This has never been done to our lake and might help the scientists in determining how our lake works. Preliminary reports are indicating at this time that mid-July algae numbers should start to rise quickly. Solitude, one of the few licensed applicator companies in New England has the ability to pair copper sulfate with a new surfactant from the makers of Earthtec. This surfactant will allow the copper solution to kill the algae quickly, while maintaining control for up to 30 days. It should be noted that copper sulfate is used and has been used for many years in municipal water districts to treat your drinking waters. Please feel free to attend our Commission meetings the second Thursday of the month at Town Hall at 7:00 pm.



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

This year, The Essex in Centerbrook will host a special event on Wednesday, June 6 from 4 pm to 6 pm featuring samples from its seasonal menu. In addition, Tuscany Grill in Middletown will host a kickoff party on Wednesday, May 30 from 4:30 pm to 6:30 pm. Each party includes

live music, beer, wine, and spirit tastings and raffle prizes. Tickets are \$20 each, 100 percent of which directly supports patients at Middlesex Hospital Cancer Center at its locations in Middletown and Westbrook.

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

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

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

Thanks to you good things are happening.



**COMMUNITY
FOUNDATION**
of Middlesex County

PHILANTHROPY. LEADERSHIP. LEGACY.

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

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

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

We Have Sunglasses too!

SAFEGUARDING YOUR VISION

VERY SERIOUS PROBLEMS: Eyes can get sick, just like the rest of us. Sick eyes can lose vision.

Macular Degeneration, Diabetic Retinopathy, Hypertensive Retinopathy, Papilledema, Maculopathy

You may have no idea what these words, or dozens more like them, mean. Luckily, we do. They represent serious, potentially sight threatening disease processes that have no symptoms until the disease has progressed to the point of compromised vision. At that point, it may be too late to fix the problem. No one wants to lose their eyesight.

We use advanced confocal laser imaging systems to discover the earliest changes in the retina that may predict the development of many of these conditions.

Early diagnosis allows us to stop or delay the changes that may lead to loss of sharp vision. Some of these eye conditions are directly related to systemic conditions that affect your whole body, like diabetes and hypertension. If someone in your family has lost vision from a disease, you are at a higher risk.

Something as quick and easy as a 30-minute eye exam can safeguard your vision and protect your whole body from the possible future harm seen with many of these diseases.

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

ANNOYING PROBLEMS: As we age, our eyes and lids dry out. You don't have to suffer with it.

Dry Eyes, Scratchy Eyes, Itchy Eyes, Red Puffy Lids, Excess Tearing, Lashes Falling Out

Dry eyes are no laughing matter. In fact, eyes that are too dry fail to lubricate the cornea properly causing decreased sharpness in vision and many uncomfortable symptoms. We have had patients try all sorts of home remedies, but unless you get to the true cause, you may make it worse. In many cases, there is an underlying lid disease causing inflammation that causes the tear glands and ducts to shut down. It may feel like there is always

something in your eye; your lids may become so red and swollen that lashes fall out. This is a serious problem.

There are some medications and lid heat treatments to help control the disease. There are some excellent supplements that have proven to be beneficial for patients with certain types of dry eye conditions. To accurately diagnose the lid condition correctly, come in for an eye exam. You don't have to suffer with this problem.

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

VISION PROBLEMS: It's also about new eyeglasses and contact lenses and seeing better!



Blurred Vision, Double Vision, Hazy Vision, Loss of Near Vision, Computer Strain, Loss of Balance

Everyone loves crisp, clear vision. There is no reason that anyone should have to suffer with blurred or double vision. There is a direct relationship between clear vision and learning. There is a direct relationship between clear vision and wellbeing. We fix blurred, double, hazy vision every day. Eye problems cause headaches, squinting, excess blinking and eye rubbing. If you are over 42-years old, you are having difficulty seeing up close. Depending on your specific tasks, we can custom design an optical solution to optimize your vision at any distance.

Whether we correct the vision problem with eyeglasses or contact lenses, your vision problem will be solved. Eyeglasses come in hundreds of styles and colors. We have thousands to choose from. Contact lenses are now available for all wearers, even those with very dry eyes. There are multifocal lenses that help with near vision, too. Contact lens dropouts can get back into lenses for fun and sports. Daily wear contact lenses require no care. Wear them today and toss them out. No solutions, no problems!

We want your eyes to last a lifetime and see clearly for a lifetime. Call us today.

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.palmeryecare.com

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

ADVERTISEMENT

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

RESOLVE TO LEARN A NEW SKILL IN THE NEW YEAR

Did you know that the library has specialized online research and learning tools that you can access with your library card?

Lynda.com - Learn digital photography editing, how to build a website, skills to advance your career, brush up on Microsoft Excel or Word or build an app. You'd pay \$30 a month for this online based learning service on your own. With your library card, it's free. Login and try it out here: <http://bit.ly/EHPLYnda>.

Transparent Language - Learn over 100 different languages from Afrikaans to Zulu on your computer, tablet or phone. Listening, speaking, reading and writing learning activities for all skill levels. You'd pay \$30 a month for this language learning software on your own. With your library card, it's free! Login and try it out here: <http://bit.ly/EHPLLlanguage>.

ePrep - Going back to school? You may need to prep for a standardized test before you're accepted. Learn how to take the SATs, GREs, LSATs and more. Improve your scores and get into a better school! Classes like these go for thousands of dollars. With your library card, it's free. Login and try it out here: <http://bit.ly/EHPLPrep>.

E-Books - Try our new e-book service Overdrive. It's super easy and it has over 13,000 free ebook and eaudiobook titles. Download the app 'Libby' to get started. The app will find the East Hampton Public Library, you'll enter your library card number and you'll be downloading books in no time!

Weekly Children's Programs

BABY & ME

A class 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.

MOTHER GOOSE ON THE LOOSE - 2 Sessions

An early literacy class that combines nursery rhymes, stories, songs & music activities to promote lifelong learning. Wednesdays 10:00 am and 10:45 am. For ages 18 mo.- 4 yrs.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.

ART BOX

A creative art class that teaches active listening, inspires creativity, and develops fine motor skills with hands-on crafts. Tuesdays 6:30 pm. For ages 4-8 yrs old. Drop-in program. Year Round.

LITTLE LEARNERS

An early literacy class 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.

WIGGLES & GIGGLES

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

Summer Children's Programs

NAPPY'S PUPPETS

Saturday, June 16th at 10:30 am.

Join us in kicking-off Summer Reading with a unique shadow puppet show! Puppeteer Jim Napolitano will present Shadows Around the World, a performance that explores the history of shadow puppetry. This theatrical presentation focuses on world cultures, history and the development of shadow theater as an art form. For children ages 4 and older. Registration is required. <http://bit.ly/EHPLShadowPuppets>.

MAKER BOOK BUDDIES

Wednesdays, July 11th, July 18th, July 25th & August 1st at 1:00 pm.

A fun literacy program in collaboration with the Senior Center, in which children are paired with senior citizens to share books and hands-on activities. For children entering grades K-3rd grade. Registration is required. Limited to 10 children. <http://bit.ly/EHPLMakerBuddies>.

CHILDREN'S MATINEE

Thursdays, June 28th, July 12th, July 18th & July 25th.

Join us this summer for popcorn and a movie! Our first movie to start the summer season will be Pixar's Coco: aspiring musician Miguel, journeys into the Land of the Dead to seek forgiveness from his ancestors and lift a curse. Rated PG. No Registration Required.

MAGIC BY GEORGE!

Monday, August 6th at 10:30 am at Sears Park.

Join us for this family-friendly "one of a kind" magic show! Magic

by George continually travels across the country and around the world entertaining audiences large and small with his unique blend of award winning magic. He has appeared on the "CBS

Early Show," and performs regularly at Universal Studios' City Walk in Los Angeles, CA. For children ages 4 and older. Registration required. <http://bit.ly/EHPLMagic>

East Hampton Human Services

East Hampton Human Services would like to welcome our new caseworker, Christine Wiesner. Ms. Wiesner will work with residents of East Hampton to access basic needs programs for such things as heating assistance. We are very excited to have her join our team!

Just a reminder that Social Services is now administering the Operation Fuel and New Start programs which were formerly under the management of the East Hampton Food Bank. For more information, please call our caseworker, Christine Wiesner, at the office at: 860-267-7300 ext. 208. In addition, Energy Assistance can also be accessed through our department. Appointments are available on Tuesdays and Thursdays.

Please call our office at: 860-267-7300 ext. 208 to make your appointment.

YOUTH AND FAMILY SERVICES WILL BE OFFERING A...

Summer Theater Camp: East Hampton Youth and Family Services is happy to announce this new program designed for boys and girls ages 5 to 11 years old. This camp is filled with music, dance, art, and theater and culminates in a performance for family and friends! Join us as we enter into the world of monsters, friendship, and diversity. We Are Monsters is a hilarious new musical that follows human kids into a monster cabaret filled with quirky monster characters. The adventurous humans uncover vegetarian vampires and rock n' roll werewolves, gradually realizing there



may be more to these monsters than meets the eye! Most importantly these monsters and kids discover the importance of friendship and celebrating in the attributes that make each of us different and unique.

Dates: July 2nd - July 13th
(excluding July 4th & weekends)
Times: 9:00 am - 12:00 pm
Location: East Hampton Middle School

continued on page 28

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Human Services... continued from page 27

Performance Time & Date:

July 13th at 11:00 am

Cost: \$100 per child (*Please contact us for family discount/scholarship information*)

Register At: East Hampton Parks and Recreation



As a Local Prevention Council, the East Hampton Prevention Partnership is dedi-

cated to reducing substance abuse among young people. Our mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal-setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives.

The East Hampton Prevention Partnership meets on the 3rd Tuesday of each month to discuss local efforts aimed at reducing the rates of youth substance abuse in East Hampton. Please use contact information for meeting location or to join the EHPP mailing list. Meetings are open to all community members.

Contact: James Olsen, Prevention Coordinator

jolsen@easthamptonct.gov

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What you NEED to know about Cataracts

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

WHAT EXACTLY IS A CATARACT?

As we get older, the natural lens inside our eye becomes cloudy causing blurred vision, which cannot be corrected by glasses.

WHO IS AT RISK?

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

ARE CATARACTS PREVENTABLE?

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

HOW CAN I TREAT CATARACTS?

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

Middlesex Eye Physicians

East Hampton Senior Center

New Medicare cards have started to come this past April 2018. It is important to note the purpose of the new Medicare card is to better protect your identity. The new card will have a new Medicare Number that's unique to you, instead of your social security number. The new card will automatically come to you in the mail. You don't need to do anything as long as your address is up-to-date. If you need to update your address, visit your My Social Security account. Your new card is paper, which is easier for many medical providers to use. Once you get your new Medicare card, destroy your old Medicare card and start using the new one right away.

Your Medicare coverage and benefits will stay the same. If you're in a Medicare Advantage plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare. You should still keep and use it whenever you need care. However, you also may be asked to show your Medicare card, so you should carry this card too. Doctors, other healthcare providers and facilities will ask for your new Medicare card when you need care, so carry it with you.

Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

WATCH OUT FOR SCAMS

Medicare will never call you uninvited and ask you to give them personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

For more information go to: Medicare.gov.



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East Hampton Commission on Aging



The East Hampton Commission on Aging (COA) was established on September 9, 2008. It is a seven-person board which meets every month on the second Thursday at 4:00 pm at the Senior Center. The COA mission statement is to promote a livable, caring community for East Hampton's older adults.

The goals to support our mission statement are:

- To be a voice for the East Hampton community of older adults.
- To promote active participation by older adults in the life of the East Hampton community, as well as, to provide ongoing support for the programs and services of the Senior Center.
- To identify the most current trends and issues that drive the development of innovative services that can be applied to East Hampton's older adults and to continuously study and analyze ever-changing needs.
- To research and identify and secure funding sources for the town's older adults.

The COA welcomes and encourages all who are interested to attend COA meetings and activities. To carry out the mission your voice is needed!

ADVOCACY GROUP

Are you concerned about health care access and affordability, having safe, accessible housing, taxes or other issues facing older adults and want to make a difference? The Commission on Aging and the East Hampton Senior Center formed an Advocacy for

Seniors Group. The first meeting was held on March 28th. If you are interested in joining the group, please contact the Senior Center at: 860-267-4426.

TRANSPORTATION GROUP

The Commission on Aging has developed a brochure describing local transportation options for these who may need a ride to healthcare appointments. The brochure was designed with older adults in mind who may be without transportation as they grow older or for those with disabilities who cannot drive to their appointments. The brochures are available in doctor's office throughout the area, the Town Hall, the Senior Center, the entrance to the Library and the Senior Housing complexes.

SURVEY

The COA recently conducted a survey concerning senior needs. The anonymous survey was mailed out through the Rivereast asking seniors questions in the areas of housing, health, transportation and demographics. The commission has been studying the results and plan on continuing to provide information to our seniors.

RECENT COA ACTIVITIES INCLUDE

The commission worked with area businesses to develop a senior discount program and with the East Hampton Lions and the Senior Center to hold a fund raiser for the Senior Meals on Wheels program to help offset a funding short-fall for the Senior Nutrition Program. Due to the generosity of town businesses and individuals, over \$13,000 was raised. With assistance from the town fire marshal, the commission designed new, updated, Emergency Notification forms for signing up to receive emergency messages. The COA has also held several seminars concerning dementia, Alzheimer's, preparing a will, and identify theft. Plans are in the works for a future series on "What you need to know about Aging in Place".

COA information, along with the Senior Discount and Transportation brochures is available at town hall and by going to the town website at: http://easthamptonct.gov/Pages/EastHamptonCT_BComm/Aging.

The Vascular Experts Becomes Team of 7

The Vascular Experts, which practices at Middlesex Hospital's Center for Vascular Surgery, recently expanded and is now a team of seven vascular surgeons with offices in Middletown and Old Saybrook.

Led by Dr. Bart Muhs, The Vascular Experts team is comprised of capable, board certified surgeons who are solely dedicated to vascular care and who can

deal with simple or complicated cases. This team includes newcomer Dr. Megan Shue.

Utilizing Middlesex Hospital's state-of-the-art diagnostic and interventional suite, these vascular surgeons now have access to the latest technology, giving them the tools they need to better help their patients. The Hospital's suite, which opened in 2016, allows vascular surgeons to perform a

number of minimally invasive procedures, which require much smaller incisions than traditional surgeries. In turn, patients experience fewer risks when having surgery, and Hospital stays are dramatically reduced.

Vascular surgery patients also benefit from Middlesex Hospital's collaborative
continued on page 32

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Vascular Experts... continued from page 30

relationship with Mayo Clinic. Middlesex Hospital is a member of the Mayo Clinic Care Network, and the relationship allows physicians, including vascular surgeons, to collaborate when faced with complex cases.

Vascular surgeons at Middlesex Hospital work with physicians from other specialties

to ensure that patients are cared for appropriately. They treat several different vascular diseases, and common procedures include leg angioplasty and stenting, peripheral bypass surgery, carotid endarterectomy and abdominal aortic aneurysm repair.

If you experience pain or ulcers in the

legs, or if you have blocked arteries in the abdomen or the neck, you may need to see a vascular surgeon. If vascular diseases are left untreated, you may encounter risks, such as losing a limb. If left untreated, some conditions may also result in an aneurysm or stroke and can be fatal. For more information, call: 1-800-548-2394.

East Hampton Volunteer Fire Department Trains on Wildland Firefighting

Grass fires, brush fires, forest fires - these common terms for outdoor fire events are grouped together under a broader umbrella in the fire service known as "wildland" fires. Usually, the term used to describe a particular wildland fire is dependent upon the type of fuel feeding the fire, but it can also be used as an indicator of the fire's size, intensity and destructive potential. The most damaging of these fires occur at the "wildland/urban interface," where homes and other structures are located adjacent to, or within, wooded areas that contain an abundance of downed trees, limbs and other organic materials that serve as fuel to sustain a large wildland fire. Outside of major municipalities, most residents of our state live at or near this "wildland/urban

interface" and the residents of East Hampton are no exception.

Regardless of the term used to describe them, uncontrolled wildland fires present unique challenges not only to the lands and communities affected, but also to the firefighters called upon to suppress them. To learn more about these fire-related challenges and the latest techniques developed to overcome them, twenty-eight members of the East Hampton Volunteer Fire Department (EHVFD) recently attended an advanced wildland firefighting training course sponsored by the Haddam Volunteer Fire Department. Presented by the Forest Fire Control Office of the State of Connecticut's Department of Energy and



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safety zones for personnel and to continually maintain escape routes that remain viable as conditions change. Other safety factors emphasized were utilizing the proper protective equipment, safely navigating unfamiliar terrain, preventing inhalation of poison ivy, poison oak or sumac spores released by burning vegetation and also maintaining awareness of snakes, deer or other wildlife as they quickly migrate away from the fire danger.

Small wildland fires can be extinguished directly with water or other materials if the fire is accessible to equipment and manpower, but larger fires require an “indirect” methodology that involves the creation of fuel-free zones designed to stop the fire from advancing. EHVFD members were instructed on proper fireline construction (most of which is accomplished the old-fashioned way - with hand tools!) and the importance of securing that fireline to an anchor point (a lake, stream, road, etc.) to prevent the fire from outflanking the line.

Following the session, Fire Chief Greg Voelker remarked: “Wildland firefighting is not something we do every day and it is important to the community that our firefighters are knowledgeable in not only how to protect lives and property in a wildland fire situation in our town or area, but also how to protect themselves in the process. I am very pleased that so many of our members took the extra time to attend this enhanced training. It is one more tool we now have to help keep our residents safe.”

Environmental Protection (DEEP), the instruction focused on three main topics: wildland fire behavior, firefighter safety and fire suppression.

EHVFD firefighters learned about the significant effect that wind velocity and direction have on the intensity of a wildland fire and where it is headed, and how changes in both speed and direction can quickly require changes in suppression strategy and tactics. Also, firefighters were shown how topographical differences can affect fire spread, as the increased thermal gradient above a fire will cause it to intensify and race uphill, but will decrease in speed and intensity as it comes downhill.

By recognizing dangers presented by shifting winds, terrain and even different fuel loads, firefighters were trained in establishing

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Volunteer Fire Department Chief Pushes CPR Certification

Fire Chief Greg Voelker recently challenged every member of the East Hampton Volunteer Fire Department (EHVFD) to, within the next year, become trained, certified and proficient in the performance of cardiopulmonary resuscitation (CPR) and the accompanying use of an automated external defibrillator (AED). Of the forty-eight active members listed on the latest Fire Department roster, twenty-two members are already CPR / AED certified, as these members are also licensed by the State of Connecticut as medical practitioners, certified at either the Emergency Medical Responder level (EMR) or at the higher Emergency Medical Technician level (EMT). These Fire Department EMR's and EMT's provide pre-transport emergency medical services at motor vehicle accidents, incidents involving patients in cardiac arrest or are unconscious or unresponsive, or whenever EMS assistance is requested by East Hampton Ambulance Association personnel.

While being a certified EMR or EMT is not a membership requirement for EHVFD firefighters, Chief Voelker feels strongly that CPR / AED training and proficiency is a skill that everyone involved in emergency services should have. "We all have families, we all have friends, all of us interact with people every day - at home, at work, at school - wherever. It is not unreasonable to expect that someday a relative, a friend, a co-worker or even a complete stranger may experience a cardiac event and need



immediate help. I want every East Hampton firefighter to be trained and ready to provide that help." Chief Voelker also has another reason for his "all-in" CPR campaign - his concern for his own firefighters. "Cardiac arrest is the number one cause of firefighter line-of-duty deaths. This is hard work - it's hot, strenuous and stressful, and not just on the fireground. It happens during training drills, too, and doing work around the firehouse, like hauling around fifty-foot lengths of soaking wet hose. If somebody has a problem, I want anybody and everybody there to know immediately what to do and how to do it."

And Fire Department members have stepped up to the Chief's challenge - so far, seventeen additional firefighters recently achieved their CPR / AED certification, bringing the total number to 39. "That's over 80% already," said the Chief. "That will make East Hampton a REALLY Heart-Safe Community!"

Celebrate East Hampton Old Home Days



The 2018 East Hampton Old Home Days Glorious Celebration preparation has begun! The 40th annual celebration weekend will be held on July 12, 13, & 14, 2018. Come celebrate with us!

Old Home Days is a family event and is open and free to everyone. The festivities kick off on Thursday evening at 6 pm with a carnival, live entertainment, food booths, dancing, and more. The fun continues on Friday evening at 6 pm and will include the Glorious Gallop 5k Road Race which starts at 7:15 pm. The largest parade in Middlesex County begins at 11:00 am on Saturday morning and festivities on the fairgrounds start at 1 pm. In addition, every night we will be giving away twenty bicycles - this is a free raffle and tickets will be given to children 12 and under as they enter the grounds.

Tickets for the best raffle in town are on sale now! The ticket features 17 wonderful prizes from 65" smart TV to getaways and gift certificates for restaurants in town. Don't miss out - get your tickets now!

The Old Home Day Association is run by a small group of volunteers and fully funded by local sponsors. There are many ways to support our event. If you are a local business and are interested in sponsoring this year's 40th anniversary event or if you would like to volunteer during the event, we would love to hear from you! Please contact us at: ehohd.org or via facebook message at East Hampton Old Home Days.

Applications are now being accepted for vendor booths and parade entrants. For more information contact us at: ehohd.org or via facebook message at East Hampton Old Home Days.

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Smoke Detectors Really Do Save Lives

On February 2, 2018 Alison Richard was awaiting the arrival of her daughter, son-in-law, and her grandchildren. In anticipation of their arrival Alison decided to light the fire in the fireplace. That evening after enjoying time with her family and ensuring the fire had died down sufficiently they all went to bed. Around 3:15 am of February 3, 2018 Alison's daughter was awoken by the sound of the smoke alarms in the house. Below is the story of their harrowing experience. I thank them for their willingness to share with the residents of East Hampton the events that unfolded.

"My daughter Bessie woke me, shaking me and shouting "get up, get up, the smoke alarm's going off." I was sound asleep and too deaf to hear it. Smoke was swirling up the front stairs. Bessie and her husband Alex gathered up the children and we raced downstairs. Smoke was billowing into the kitchen, flames glowed in the doorway beyond. I groped for car keys on the mantelpiece, thinking (foolishly) that the children would freeze to death outside and we must have the car. Snatched the cell phone off the kitchen

counter to dial 911. Then helter-skelter down the stairs to the cellar, out the cellar door into the snow - and air. What if there had not been working smoke alarms... In future, I will have smoke alarms that flash as well as beep - an additional way of being awakened - and I will be forever grateful to the fire-fighters who did their best to save our home, and made sure the fire did not spread."

It is important to follow fireplace safety tips.

- Open the damper before lighting the fire and keep it open until the ashes are cool. This will prevent the build-up of poisonous gases, especially while the family is sleeping.
- Never use gasoline, charcoal lighter, or other fuel to light or relight a fire because the vapors can explode. Never keep flammable fuels near a fire. Vapors can travel the length of a room and explode.
- Always use a screen around the fireplace to keep sparks from flying out and to protect children and adults from accidental clothing ignition.
- Warn children about the danger of fire.



Do not let them play with fire.

- Keep flammable materials such as carpets, pillows, furniture or papers away from the fireplace area. Be sure the Christmas tree is not close enough to be ignited by a spark. Be especially careful of accidentally igniting holiday wrapping papers.
- Make sure that the fire is out completely before retiring for the night or when leaving the house.

The experience of Allison and her family demonstrates the importance of having working smoke detectors in the home. Ideally there should be a smoke detector on every floor and one in every bedroom. If you have any questions please do not hesitate to contact me, the East Hampton Fire Marshal, and I will gladly answer any questions you have.

Essex Printing Has Just Won Seven More Awards!



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

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

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Simple Fire Safety Tip

Everyone knows about the importance of smoke detectors and carbon monoxide alarms. But did you know that in addition to these excellent devices, there is a very low tech, zero cost fire prevention device you can use tonight to increase your chances of surviving in a fire?

The East Hampton Fire Marshal's Office during our numerous fire prevention presentations have always touted the importance of sleeping with your bedroom doors shut. The plain hollow core door that most bedrooms have will provide extra minutes of protection from fire. With the door shut this provides you an extra measure of safety, should a fire occur during the night. To the right is a picture that demonstrates how important this simple act is to

increase your chances of survival during a fire.

The argument I hear from most people is that they will not be able to hear their children during the night. With modern technology there are numerous monitors on the market that will allow you to hear children in their rooms, and speaking from experience, they allow you to hear more clearly than if you had the bedroom doors open. The Fire Marshal's office urges you to seriously consider this simple act of fire prevention to increase your family's chance of survival if a fire



should occur during the night. As always, our office is available to answer any of your fire prevention questions, so please feel free to contact us.

Rep. Ziobron Hosts Trails Weekend on the Airline Trail

As part of the 2018 Connecticut Trails Day Weekend, State Representative Melissa Ziobron will host educational walks and bike rides in East Hampton and Colchester for trails weekend Saturday

and Sunday, June 2nd and 3rd starting at 10:00 am each day. As a state park champion and a member of the Connecticut General Assembly's Environment Committee, Rep. Ziobron invites residents of all ages to join her for this exciting event along the scenic Airline Trail.



Haddam Shad Museum

The Haddam Shad Museum will be open on Sundays 10:00 am to 3:00 pm from April 9th to June 11th.

The museum, the only one of its kind in the United States, displays the history of shad on the CT. River since colonial days.

We will be glad to open it by appointment at other times for groups interested. The museum directors are familiar with both commercial and sport shad fishing.

The museum is located at 212 Saybrook Road behind the American Oil gas station in Higganum. Admission is free. For information call 860-267-0388.

On Saturday June 2nd 10:00 am - 2:00 pm Bull Hill Road Parking Lot, Colchester

The Colchester hike will take place on Saturday and start at Bull Hill Road Airline Trail parking lot and will continue towards As part of the 2018 Connecticut Trails Day Weekend, State Representative Melissa Ziobron will host educational walks and bike rides in East Hampton and Colchester for trails weekend Saturday and Sunday, June 2nd and 3rd starting at 10:00 am each day.

On Sunday, June 3rd 10:00 am - 12:00 pm 66 Main Street, East Hampton

The East Hampton bike ride co-hosted with Brian Holt of Airline Cycles will begin at the Airline Cycles lot at 66 Main Street, East Hampton. Please park in the lot off of Town Hall Road. Participants are welcome to bring their own bikes or rent from Airline Cycles. Helmets are required.

No rain dates are scheduled.

Connecticut Trails Day is sponsored by the Connecticut Forest and Park Association (CFPA), which has been a devoted advocate of Connecticut's state park system and natural resources for quite some time. Visit www.ctwoodlands.org/ct-trails-weekend for more information.

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