

# Clinton events

VOLUME 17 • QUARTER 1 • 2018



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# The First Selectman's Corner

As this issue of Clinton Events reaches you, I have been your First Selectman for approximately three months. Since Day One, I have focused on leading our town into a bright future, and am glad to report on our efforts.

Starting March 22nd, on the fourth Thursday of the month, I will host a monthly brown bag meeting where you can ask questions and share ideas. Check the Town calendar and Clinton, CT Facebook page to see whether the gathering is day or evening subsequent months. Please join me for our first get together at 11:30 am on March 22nd in the Rose Room at Town Hall.

As a Project Manager, my priority has been creating policies and procedures where clarity and uniformity are needed. My first step was to craft policies to address the sale of Town assets and to create a purchasing policy. A "For Sale" sign is up at the Old Morgan School, and I am actively engaged with both commercial developers and agents. My goal is to maximize the Town's short and long-term return on this valuable property.

In order to encourage development in areas of existing infrastructure, we are utilizing a \$55,000 State grant to design a wastewater system for the former Unilever plant. This will help to effectively market and sell the property to a developer and

facilitate downtown development.

To support our community and steward your tax dollars we devoted a great deal of time to building a budget for the year starting July 1st 2018. Clinton Town Hall is the headquarters of a nearly \$52 million municipal budget. We have tackled consolidation of information technology services, and are looking for regional partnerships between neighboring towns to save money and improve the ways we serve the public.

My instruction to all Town departments and employees as we shaped our Town budget was to recommend improvements and efficiencies. Meeting systematically with the leadership of Town departments, I am addressing how we meet the needs of residents without duplication.

Please consider joining our team of volunteers who serve on Town boards and commissions.

**continued on page 2**



Christine Goupil, First Selectman

An advertisement for Saybrook Country Barn. The main image shows a black metal bed with a white sheet and several pillows. The text on the left reads "Marvelous METAL BEDS" in a mix of script and bold sans-serif fonts. Below that, it says "Over 100 original designs available in over 30 finishes." The Saybrook Country Barn logo is in the bottom left corner. At the bottom of the ad, the address "2 Main St. Old Saybrook, CT", phone number "860.388.0891", and website "www.saybrookcountrybarn.com" are listed.

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This is a great way to get involved, meet new people, and make a difference. Many opportunities exist, please contact 860-669-9333 if you are interested. Together we are making Clinton the Jewel of the Shoreline!

Christine Goupil, First Selectman

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# From the Town Clerk's Office

## Important Dates To Remember

Absentee Ballots become available April 20, 2018

Annual Budget Meeting May 2, 2018

Budget Referendum May 9, 2018


**Permanent Absentee Ballots:** An elector can file an AB application together with a doctor's certificate (presumably on letterhead), stating that they have a permanent disability and are unable to appear in person at their polling place. This will allow an elector to be on our Permanent Absentee ballot list. absentee ballots will then be automatically mailed to the elector for the November 6th election.


## Fishing Opening Day is Saturday April 14th

Sports licenses are available in the Town Clerk's office as well as on the DEEP website.

If you should have any questions, please call the Town Clerk's office at 860-669-9101.

Sharon Uricchio, CCTC  
Clinton Town Clerk





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# From the Desk of the Tax Collector

## Tax Fairness

We have heard our state legislators speak about the municipal motor vehicle tax as a regressive tax. Is the motor vehicle tax truly a regressive tax? Is the real estate tax a regressive tax? The definition of a regressive, progressive or proportional (sometimes referred to as a flat tax) tax varies. Most articles and reports refer to "income" as the common factor in determining whether a tax is regressive, progressive or proportional.

(Let's look at a few of the different definitions of taxes. The information below has been provided from the Legal Dictionary on the internet.)

A regressive tax is a tax that takes a greater percentage of income from those who earn less, than from those with a higher income. To explore this concept, consider the following regressive tax definition.

### Definition of Regressive Tax

Noun

A tax that takes a higher percentage of income from low-income earners than from high-income earners.

### What is Regressive Tax

A regressive tax is one which taxes everyone at the same rate, regardless of their income level. While a regressive tax may seem fair at first glance, actually takes a higher percentage of lower-income earners' income, than it does from those who earn more. True regressive taxes are those levied upon products like food, tobacco, alcohol, and gasoline, as well as fees for driver's licenses, parking permits, museum and park admissions, and tolls for accessing roads, tunnels, and bridges.

### The IRS explains regressive tax in this way:

If someone earns \$10,000 per year and pays 20% of his income in taxes, then that tax cost him \$2,000. Yet, if a higher-income earner makes \$50,000 per year, he pays only 4% of his income to meet that \$2,000 tax. The more the individual makes, the less he will feel the imposed tax; so someone who makes \$100,000 per year will only have to fork over 2% of his income to pay the same \$2,000 tax.

### Different Methods of Taxation

Regressive tax, progressive tax, and proportional tax are all different methods of taxation, though each one targets a different group, and specifies how the tax is to be calculated.

### Progressive Tax

A progressive tax is the exact opposite of a regressive tax, in that the more an individual earns, the higher the tax rate becomes. This means that someone with a high income will be charged a larger percentage on his or her income. For instance, if someone earns \$10,000 per year, with a progressive tax rate of 10%, he would be responsible for paying \$1,000 a year. Meanwhile, his neighbor, who earns \$50,000 per year, may be taxed at 20%, which totals \$10,000 per year in taxes. In most cases, progressive tax rates are capped by law.

### Proportional Tax

A proportional tax, or a "flat rate tax," taxes everyone at the same rate. For instance, if an income tax was set at 20%, a person earning \$10,000 will be responsible to pay \$2,000 in taxes. Someone who earns \$50,000 will be responsible to pay \$10,000 in taxes. Other taxes are levied as proportional

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tax, charged at the same rate to everyone, regardless of their income level. These include such things as sales tax, and hotel room tax, each of which is calculated based on the amount being charged for the item. For instance, if a city's hotel room tax is 5%, and Jorge is booking two nights at a price of \$100 per night, he will pay the same amount in taxes, \$10, whether he earns only \$1,000 per month, or \$100,000 per year. Property tax is also a proportional tax, as it is based on a percentage of the property's value, regardless of who owns it. Proportional tax is considered to be a neutral tax.

**Income Tax in the U.S.**

Income tax is the federal tax that all United States citizens pay on their wages, and it is a progressive tax. Higher-income people, for example, pay a higher percentage of income tax, though these taxes are often offset by credits and loopholes. Payroll taxes, such as Social Security and Medicare, are proportional taxes, for the most part. Taxpayers are required to pay into these programs at a flat (proportional) rate, until their income exceeds a certain level. It is the setting of this income threshold that makes Medicare a progressive tax as well.

**Regressive Tax Categories**

Regressive taxes, by their very nature, take a higher percentage of income from smaller paychecks than they do from larger paychecks; and there isn't one blanket regressive tax that covers everything. There are actually different examples of regressive tax, including sales tax, property tax, and user fees. A description of each of these categories is provided below:

**Sales Tax** - Sales taxes are applicable to everyone, in that they are charged on items that any consumer might buy. The amount of sales tax on an item is **continued on page 6**



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## Tax Collector... continued from page 5

based on its overall cost. Sales tax rates are uniform, regardless of the income level of the buyer. Those who have a lower income are more affected by sales tax than others with a higher income.

### For example:

Two people spend \$500 per month for groceries at the local mega-mart. The sales tax rate in their state is 8%, so both shoppers pay \$40 in sales tax on these purchases each month. Over a year's time, this adds up to a sales tax of \$480. This affects each of them differently. The shopper who earns only \$11,000 per year finds this to be a greater burden than the shopper who earns \$100,000 per year. While sales tax is a flat rate, or proportional, tax, it has greater consequences for low-income consumers.

### Property Tax

Property taxes are levied at a flat rate based on the value of the property, so if two people own homes of equal value in the same neighborhood, they pay the same amount in property tax, regardless of their income level. Property tax is considered to be regressive, because it is based on the

value of the property. What this means is that, because low-income families tend to live in less expensive homes, they have lower property tax rates, as opposed to those who live in pricier neighborhoods. For a tax to be truly regressive, it must remain the same, no matter the value of the property, who lives on it, or where it's located.

### User Fees

User fees are another regressive tax levied by the government. These are the fees that people pay to use government-funded museums, parks, and beaches, as well as the fees to obtain driver's licenses and ID cards, as well as tolls paid to access roads and bridges. An example of regressive tax at work here can be seen when the Smith and Jones families travel to a government-funded museum, which charges a fee of \$25 per person for admission. For the Smith family, whose income is about \$26,000 per year, the fee amounts to a larger portion of their income than the Jones family's, who earn about \$100,000 per year.

How do we tax more equitably? Is it even possible? You decide.

# Annual Clinton Education Foundation / Clinton Lions Club Family Golf Tournament

The recent spate of frigid weather and blizzard-like conditions may have made golf – even for the most avid golfers – the furthest thing from our minds. The Clinton Education Foundation and the Clinton Lions Club, however, have been anticipating the return of spring by getting ready for their combined golf tournament, the Clinton Education Foundation/Clinton Lions Club Family Golf Classic.

This annual tournament will be held this year on Monday, June 25 at the Clinton Country Club.

The tournament serves as means to raise money to support the work of these two community service organizations. The Clinton Education Foundation, a non-profit 501(c)3 organization launched in 2006, has as its mission “to enhance public school education” in the town of Clinton. The foundation accomplishes its mission by providing financial support for initiatives that create educational opportunities for the children of Clinton, opportunities that are not

funded by the town or other public-funding sources. We annually award grants and scholarships to public school students and teachers which enable them to pursue their dreams and passions. For students, the grant and scholarship money might help pay for enrichment activities such as sports camps, music lessons, study abroad, or national leadership conferences. For teachers, the grants have provided money for athletic equipment, I-Pads, and field trips.

The golf tournament is a big part of our fundraising effort, and the bulk of the money raised comes from raffle and auction items offered at the tournament. Players and dinner guests can bid on scores of items appealing to every taste and pocketbook. Previous auction items have included theater and game tickets, vacation packages, spa experiences, fishing and sailing excursions, and sporting equipment. Local merchants have donated goods and services such as televisions, barbecue grills, lawn equipment and gift cards. Our new Pop-the-cork raffle was very popular last year.

In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for raffle and auction at the tournament. These donations are a great way to support these two organizations and to get a sponsor's name out into the community.

There are a limited number of dinner tickets available for non-golfers. The raffle makes for great entertainment during the dinner and it is fun to see and bid on all the auction items. If you would like to make a donation of a raffle or auction item, please visit the organizations' websites at <https://sites.google.com/site/clintoncef> or [www.clintonlionsclub.org](http://www.clintonlionsclub.org), or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

Both organizations are looking forward to June 25, when summer returns to Clinton and the greens are free of snow and open once again.



# Henry Carter Hull Library



In 2018 Henry Carter Hull Library celebrates 20 years at 10 Killingworth Turnpike in Clinton, CT.

## *Celebrating 20 Years of Opportunity & Community at Clinton's Henry Carter Hull Library*

20 years ago the town of Clinton came together for a historic event. In 1998, a team of hardy volunteers helped move the Henry Carter Hull Library from its lovely yet overcrowded and cramped home on West Main Street to its current spacious and updated location at 10 Killingworth Turnpike. It was an amazing outpouring of support.

Since then, the Henry Carter Hull Library has been a leader in service, technology and culture for our community. Last year we offered close to 1,000 programs to over 17,000 area residents and we hosted 2,000 community events in our conference rooms. We recently started offering U.S. passport processing and have a notary on staff. The Henry Carter Hull Library currently has over 8,000 registered Clinton cardholders - do you have yours?

Don't have an HCH Library card? Come on down, we'd love to get you registered and have you take advantage of everything that goes along with being a resident cardholder. Our collection contains over 78,000 items, including 10,000 DVDs, 2 ukuleles, 4 Wifi hotspots and lendable eReaders, just to name a few.

Don't have time to come into the library? We offer many options to download or stream audiobooks, eBooks and movies, but you'll still need your HCH Library card.

Come for a visit and check in with us online at [hchlibrary.org](http://hchlibrary.org) as the year unfolds, thanks to your support, we have lots to celebrate!

- Maribeth Breen, Henry Carter Hull Library Director

**continued on page 8**



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A large crowd is captivated by Connecticut's Black Bears at a presentation by Rich Taylor, Master Wildlife Conservationist from CT DEEP's Wildlife Group.

**A note from Adult Programming Coordinator,  
Sarah Borgnis-Tobin:**

Over the past 20 years, the role of the library has adapted to meet the needs of its patrons and community. No longer a dusty place for "just books," modern libraries are now vibrant homes to a variety of exciting and essential resources including computer and internet access, movies and music, software and tools for education and entertainment, social and professional meeting spaces, and perhaps most recently, free events for all interests and ages.

Many local residents are pleasantly surprised to learn that each month brings a new calendar of library events that are funded entirely by generous donations from citizens and corporate sponsors. Whether you're seeking fitness classes, wellness workshops, financial advice, business resources, tech help, writing classes, craft meets, musical performances, movie screenings, or historical presentations, you'll find all that and more at Henry Carter Hull Library. Looking for something we don't offer? Call 860-669-2342 or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) to submit your suggestion.

For additional upcoming adult events be sure to visit [www.hchlibrary.org](http://www.hchlibrary.org) and click "Subscribe" to sign up for our Events Newsletter emails, and "Like" us on Facebook for event postings and important library updates. Registration is not required unless otherwise noted.

**Ongoing Weekly Adult Events:**

- Mondays @ 6:30 pm - Itch to Stitch: Crochet or knit with fellow fiber arts enthusiasts.
- Tuesdays @ 6:30 pm - Mindfulness & Meditation: Guided by Sarah Johnson, LMT.
- Wednesdays @ 9:30 am - Intermediate Tai Chi: Guided by instructor Kim Langley.
- Fridays @ 9:00 am - HCH Quilters: Bring your project and work with friends.
- Fridays @ 9:30 am - Beginner Tai Chi: Guided by instructor Kim Langley.

**Ongoing Monthly Adult Events:**

- 1st Monday of the month @ 1:00 pm - New Movie Monday: Screening of a newly released film.
- 1st Thursday of the month @ 6:00 pm - Shoreline Investors: Discuss investing trends and options.
- 3rd Tuesday of the month @ 9:30 am - TEDxHCHLibrary: TED talks & conversation led by Lynn Hidek.
- 4th Tuesday of the month @ 9:30 am - Tech Basics with the Pros: Tech help Q & A with Enterprise Computer, LLC.
- 4th Wednesday of the month @ 9:30 am - Atlantic Monthly: Reading circle & discussion.
- Last Wednesday of the month @ 6:00 pm - Wellness Wednesday: Workshops and classes on a variety of health and wellness topics.

**February Adult Events:**

- Sun. 2/11 @ 12:30 - Oscar Nominated Short Film Screening: View the 2018 Oscar nominees for short films in the documentary category. Special edition "Swag Bags" with donations from community partners will be given to the first 25 attendees.
- Wed. 2/14 @ 5:30 pm - Sweet Movie & Sweet Treats: Screening of *Home Again* (2017).
- Sun. 2/18 @ 12:30 - Oscar Nominated Short Film Screening:
- Wed. 2/21 @ 6:00 pm - White-tailed deer in CT: Presentation by Rich Taylor, Master Wildlife Conservationist from CT DEEP's Wildlife Group.
- Thurs. 2/22 @ 5:30 pm - From Page to Screen: Screening of *Agatha Christie's Crooked House* (2017).
- Sun. 2/25 @ 1:00 pm - 3:00 pm - Puzzles & Pies: Exercise your brain with jigsaw puzzles, brain teasers, and riddles. All ages welcome.
- Tues. 2/27 @ 6:00 pm - First Time Homebuyer Workshop.
- Wed. 2/28 @ 6:00 pm - 10 Steps to an Abundant Life: Presented by author Megan Smith Gill.

**March Adult Events:**

- Thursday 3/1 - 4/5 @ 5:30 pm - Powertools for Caregivers: Six week education program. Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information and to register.
- Sat. 3/3 @ 2:00 pm - The Kerry Boys in Concert: Live performance by Connecticut's favorite Irish Balladeers.
- Wed. 3/7 @ 6:00 pm - Coyotes in CT: Presentation by Rich Taylor, Master Wildlife Conservationist from CT DEEP's Wildlife Group.
- Tues. 3/13 - AARP TEK Workshops: A day of technology education programs specially geared toward the 50-plus audience presented by AARP. Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information and to register.
- Tues. 3/6 @ 10:00 am - 6:00 pm - Blood Drive: Donate blood to the American Red Cross.
- Sun. 3/18 @ 1:00 pm - 4:00 pm - Wellness Expo: Information on mental health, wellness, and substance abuse treatment will be available at this expo featuring local professionals. Refreshments served. Presented by Changing Minds Advocacy Group.

Sun. 3/24 @ 1:00 pm - 3:00 pm - Puzzles & Pies: Exercise your brain with jigsaw puzzles, brain teasers, and riddles. All ages welcome.

Tues. 3/27 @ 6:00 pm - Bridging the Gap: Informational elder care presentation.

Wed. 3/28 @ 6:00 pm - Reiki & Relaxation: Ancient healing arts presented by Deborah Huddy, RMT.

#### April Adult Events:

Tues. 4/3 & Wed. 4/4 @ 5:30 pm - DEEP Safe Boating Course: Two-night, 8 hour course on Safe Boating/Personal Watercraft presented by the DEEP. Space is limited and registration is required. There is a \$10 per person registration fee. Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information and to register.

Tues. 4/10 @ 6:00 pm - Explore Art from the Atheneum: Interactive tour and discussion of collection highlights presented by the Wadsworth Atheneum Museum of Art.

Wed. 4/11 @ 6:00 pm - Fisher Cats in CT: Presentation by Rich Taylor, Master Wildlife Conservationist from CT DEEP's Wildlife Group.

Thurs. 4/12 @ 6:00 pm - A Home Called New England: Presentation & book signing with author and architect Duo Dickinson.

Thurs. 4/17 @ 6:00 pm - Fascinating Fascinators: Make your own fascinator to wear in celebration of special occasions like the Kentucky Derby or Royal Wedding. Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information and to register.

Wed. 4/25 @ 6:00 pm - Wellness Wednesday: Topic TBD.

Thurs. 4/26 @ 6:00 pm - Water Safety: Life-Saving Tips for Boaters & Families: Presented by author Ben Rayner/WET, Inc.

Sat. 4/28 @ 10:00 am - 2:00 p.m. - Spring Craft Fair & Bake Sale: Shop handmade items from local artisans.

#### May Adult Events

Tues. 5/1 & Wed. 5/2 @ 5:30 pm - DEEP Safe Boating Course: Two-night, 8 hour course on Safe Boating/Personal Watercraft presented by the DEEP. Space is limited and registration is required. There is a \$10 per person registration fee. Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information and to register.

Sat. 5/5 @ 5:00 pm - Hats & Horses Derby Party: Watch the Kentucky Derby LIVE on our big screen, win prizes, and enjoy a variety of food and drink tastings. Dapper attire encouraged. Wear your best hat and you could win a prize! Refreshments served. This is a ticketed event. Call 860-669-2342 or email [askus@hchlibrary.org](mailto:askus@hchlibrary.org) for more information.

Wed. 5/9 @ 6:00 pm - Bald Eagles in CT: Presentation by Rich Taylor, Master Wildlife Conservationist from CT DEEP's Wildlife Group.

Wed. 5/16 @ 11:30 am - 4:30 pm - Blood Drive: Donate blood to the American Red Cross.

Interested in participating in this year's Farmer's Market? Call 860-669-2342 and ask for Sarah or email [sarah@hchlibrary.org](mailto:sarah@hchlibrary.org) for more information.

#### Stop in and meet Miss Coralie in the Children's Room

Join Coralie Williams, our new Head of Children's Services, and friends in the Children's Room for our weekly programs.



All classes are Drop-In, no registration required. For descriptions of each program, upcoming events, and information about our museum passes, please visit our website at [www.hchlibrary.org](http://www.hchlibrary.org).

#### SUNDAY:

Arts & Crafts 12:00-4:00 (all ages)

#### MONDAY:

Baby & Me 4:00-4:30 (birth-24 months)

#### TUESDAY:

Crafty Kids 9:30-10:00

(older toddlers and preschoolers)

Bilingual Story Time w/ The Morgan School students 4:30-5:00 (grades K-3).

continued on page 10

## MARK REEVES - BUILDER -

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Read to Daffodil the therapy Dog / 4:00-5:00 (school aged)

**WEDNESDAY:**  
ABC Amigos w/ Miss Aimee!  
9:30-10:00  
(toddlers and preschoolers)  
Kids in Motion 4:00-4:30  
(family fun)  
Lego Club 4:00-5:00  
(all ages)

**THURSDAY:**  
Yoga & Mindfulness with  
Amy deLucia-Ferri  
9:30-10:00 (family fun)

Rainbow Music w/ Miss V.  
4:00-4:45 (older toddlers)  
Young Authors  
4:00-5:00  
(1st-5th grade)

**FRIDAY:**  
Stories & More 10:00-10:30  
(toddlers & preschoolers)

**EARLY DISMISSAL DAYS:**  
Games w/ Friends  
2:00-4:00  
(1st-5th graders)

## Clinton Art Society - Upcoming Exhibits

### CAS Satellite Gallery Locations

January 1 - March 30

#### Jane White

Water's Edge Resort

1525 Boston Post Road, Westbrook, CT 06413

January 1- February 28

#### Penny Chittenden

Stafford Professional Building (Liberty Bank)

8 East Main Street, Clinton, CT 06498

February 1 - April 30, 2018

#### Denette Dasinger & Jim Durkin

Clinton Annex (next to Town Hall)

48 East Main Street, Clinton, CT 06413

March 1 - 31, 2018

#### Sr. Joan Bernard

Acton Public Library

60 Boston Post Road, Old Saybrook CT 06475

March 1 - April 30

#### Jim Durkin

Stafford Professional Building (Liberty Bank)

8 East Main Street, Clinton, CT 06498

April 1 - May 30

#### Liz Egan

Water's Edge Resort

1525 Boston Post Road, Westbrook, CT 06413

May 1 - July 31, 2018

#### Barbara Zekala and Betsy Piner

Clinton Annex (next to Town Hall)

48 East Main Street,  
Clinton, CT 06413

May 1 - June 30

#### Layne

Stafford Professional

Building (Liberty Bank)

8 East Main Street,

Clinton, CT 06498



Jim Durkin  
Snowy Egret / Watercolor

### CAS 2018 Season

#### Annual Member's Exhibition

Green Room, Andrews Memorial Town Hall

54 East Main Street, Clinton, CT 06413

April 1- April 26, 2018

Receiving: Thursday, March 26      2 - 7 pm

Pick-Up: Thursday, April 26      2 - 7 pm

#### Annual Elected Member's Exhibition

Henry Carter Hull Library

10 Killingworth Turnpike, Clinton, CT 06413

May 1- May 26, 2018

Receiving: Tuesday, May 1      5 - 7 pm

Pick-Up: Saturday, May 26      1 - 4 pm

#### 69th Annual Summer Juried Exhibition

Green Room, Andrews Memorial Town Hall

54 East Main Street, Clinton, CT 06413

July 17 - August 12, 2018

Receiving: Monday, July 16      2 - 6 pm

Non-Selected Pick-Up: Thursday, July 19      4 - 7 pm

Reception: Sunday, July 22      2 - 5 pm

Pick-Up: Monday, August 13      2 - 7pm

# Water Pollution Control Commission

The Clinton Water Pollution Control Commission (WPCC) continues to work on gaining the approvals necessary for the eventual implementation of the Town's wastewater facility plan. Various aspects of this project are coming together to work towards resolving Clinton's ongoing wastewater and groundwater pollution issues. With the final draft of the Wastewater Facilities Plan having received Conceptual Approval from the Department of Energy and Environmental Protection (DEEP) on October 31, 2017, we are closer to moving forward with resolving the Town's documented wastewater issues than we have been in the past 25 plus years.

Currently, the WPCC is working in conjunction with Clinton's Department of Public Works (DPW) to design and construct a water main to service 122 homes in several neighborhoods on the west side of Killingworth Turnpike between Margo Lane and Rocky Ledge Drive. This area, known as the "Rocky Ledge Study Area," is an area of generally small building lots that are served by both on-site septic systems and private drinking water wells. The WPCC and the health district have identified the close proximity of septic systems and wells as contributing to documented poor quality drinking water at these homes. The new water mains will not only provide our neighbors in this area safe clean drinking water but also, in the event of septic system failure, property owners will have an expanded area in which to

properly repair their systems since the required 75' distance between their septic system and their well (or neighbors wells) will be eliminated.

The installation of fire hydrants as part of this project will also greatly enhance the Fire Department's capabilities in this area and nearby neighborhoods. Many properties will now fall within 2,000 feet of each new hydrant.

At this point in time, the WPCC has presented the plan for the water main to the Department of Public Health (DPH), the CT River Area Health District (CRAHD), and DEEP. The plan has been met with general approval; therefore the Commission is proceeding with moving the project forward. The next step is to receive the consent and endorsement of Clinton's Boards of Selectmen and Finance in order to bring the project to the voter's for their approval.

Going forward, there will be informational meetings and all interested parties are encouraged to attend and ask questions.

For further information and updates on the Project, please visit the Town of Clinton website at [www.clintonct.org](http://www.clintonct.org) and click on the 'Government' tab. In the lower right hand corner of this drop down menu, you will see the "ROCKY LEDGE..." link.

## Clinton Chamber of Commerce

We're just getting started... The Chamber of Commerce is starting off the New Year with new plans for exciting events and a major change.

**Website** - The long-promised new and improved website will be launched by the time you read this. Along with listing events and information, it will have a much improved member directory with extra features for our members to help promote their business. We will be sending out information and holding seminars to help our members take full advantage of this great new site. [Clintonct.com](http://Clintonct.com). Along with our usual networking opportunities for our members to promote their business, Business After Hours, Women in Business and Business Before Hours, we are bringing back the business expo.

**EXPO 3.0** - At a new venue and with a solid format and expanded features, we are sure this reboot of the business expo will be a town favorite. EXPO 3.0 will be at the Jared Eliot School, 69 Fairy Dell Road on Saturday, March 24, from 9:00 am to 2:00 pm. Close to 50 local businesses, restaurants and civic organizations will be present. Exhibitors will display and promote their businesses. Visitors will discover resources and opportunities that are available right here in Clinton. There will be seminars on a range of topics from personal finance to home improve-  
**continued on page 12**



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## Chamber of Commerce... continued from page 11

ment. The food court will feature offerings from local restaurants. Guests who visit each booth and have their passport signed will be eligible for a prize at the end of the show.

**Headshot Day** - Most professionals need a good headshot of themselves to use on social media and in print promotions. On Thursday, February 15, Larry Kalb of In-A-Flash Studio will be in the chamber conference room shooting headshots. Each session is one-half hour. Bring along your own USB memory device to take home your headshots. The fee is \$59 and includes your choice of one photo retouched in addition to the photos you choose. For more information and to find the sign-up link to schedule your session, go to [inaflashstudio.com](http://inaflashstudio.com).

**The Shredding** - Our annual Shredding Day will be on Saturday, April 14, 2018. At 9:00 am, the truck from The Shredding Source will be next to the Chamber office at 50 East Main Street to destroy unwanted documents. Their personnel will destroy all legal and personal documents and will issue a certificate of destruction if requested. The cost is \$6 per box. Staples and paperclips do NOT have to be removed. Everyone is invited; it is not necessary

to be a Chamber member or even a resident of Clinton. The truck will continue on site until 2:00 pm.

**Comedy Night** - Save the date: Friday, April 27th. Contracts have been signed, but details are still in the works for a great night of comedy at the Westbrook Elks, sponsored by the Clinton Chamber of Commerce and featuring three comedians from \Comedy for a Cause.

**Business Networking** - One of our main roles is to help businesses promote themselves. Each month we offer a Business After Hours, held from 5:30 to 7:30 pm, where business owners, staff and professionals can socialize and network. On February 21, it will be held at Town Pride at 8 Post Office Square. In March, we will be at Ethan Allen store on Killingworth Turnpike. Another monthly networking event is Business Before Hours, held on the fourth Tuesday of every month from 7:45 to 9:00 am. And the Women in Business Luncheon series is sponsored jointly with the Madison Chamber and occurs bi-monthly, with the next event in March hosted by Madison.

## The Clinton Tree Committee



Painting by Tracy Standish entitled YaYa Tree.

The Clinton Tree Committee, also known as "Our Town Trees" first met informally in 1996, and was given official status when a Town Ordinance was passed in 1998. The Clinton Tree Ordinance is intended to protect our valuable urban forest resources. Since that original meeting, the committee has met regularly to promote the preservation of the many extraordinary specimen trees found on public property in Clinton, which create aesthetic beauty along town roads and in our parks. The mission of the Tree Committee is several-fold.

Of primary importance is the need to educate the public about the importance of trees, and to teach about their proper care and maintenance. Of equal importance is the need to initiate the planting of new trees on town-owned property.

Through the annual Arbor Day celebration, and participation in local school and business events, the committee has provided opportunities for the public to learn about the great variety of trees in town and their important roles in the community. Since 2001, the Committee has held an Arbor Day Celebration yearly. In recent years, students from the Abraham Pierson School have participated in the Arbor Day tree plantings on town properties near the school. In the spring, look around town for trees marked by our Arbor Day planting signs. There are plans to plant more trees throughout town this year. Arbor Day is April 27, 2018. Look for information about a celebration and tree planting on our Facebook page.

Last fall, the Committee sponsored the 11th annual Trees of Connecticut Art Show at the Henry Carter Hull Library. The show attracted artists from several

towns along the shoreline, exhibiting artwork in different mediums, including photography, oils, watercolors, pastels and paper mobiles. This year the award for Best in Show (voted on by the public) was presented to Tracy Standish. The art show will be held again this fall and artists of all ages are encouraged to participate!

Something new the Committee is sponsoring this year is the "Outstanding Trees of Clinton" series. If you know of an outstanding tree in town and would like to nominate it, please contact the committee through our Facebook page, Clinton Tree Committee. We will post a photo and information about your outstanding tree. The Town of Clinton has a valuable tree collection on both public and private lands. Our trees need to be cared for and enhanced for the future generations of Clinton. It is everyone's responsibility to keep Clinton "green and growing." Anyone interested in volunteering for the committee is encouraged to attend a meeting. Information about the monthly meetings may be found on the Clinton website- [Clintonct.org](http://Clintonct.org).



# Age-old Mystery Solved in Clinton...

## Why did the chicken cross the road?

The most likely reason, assuming said chicken resides in zip 06413, is because her owner didn't know free range chickens aren't permitted in Clinton.

Fortunately, families wanting a ready supply of fresh eggs can go to the Land Use Office in Town Hall, apply for a \$15 zoning permit and enjoy this small, non commercial hobby. "Up to 10 chickens can march around, right up to the property line, as long as there is an enclosure," said Eric Knapp, Clinton's Zoning Enforcement Officer (ZEO). While there is no definition of what the enclosure or coop must look like, it must be at least 10 feet from the property line, unless that line is fenced.

Clinton regulation 27.1.43 permits chickens or other poultry, rabbits or similar small animals or any combination thereof, not to exceed 10, in all of the town's seven defined residential zones. Regulation 28.1.4.h provides a few more guidelines, including the legal lot requirement of the zone, proper handling of manure, and perhaps most importantly, constructing enclosures not less than 100 feet from any well or water body used for human

consumption. Permits also require the enclosures meet the legal setbacks from other properties.

Because many town properties were built before zoning regulations were adopted, there can be situations where the lot is just too small to support even one chicken. As the Zoning Board of Appeals only grants variances on the basis of hardship, Knapp can't imagine such an appeal would be granted.

Public health and safety, not negatively effecting neighbors and protecting chickens from predators such as foxes and raccoons make enclosures necessary.

By not filing for a permit in advance of setting up an amateur egg operation, the town resident may well be served a violation by Knapp. Such notices require the chickens be kept according to the regulations. "I've never had to bring enforcement action for chickens," Knapp says, "The situations are easily remedied."

*Bethany Knight, member of the Clinton Planning and Zoning Commission.*

# Middlesex Brings Cancer Services to Shoreline

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and has expanded its cancer services to better meet the needs of Connecticut shoreline residents.

In October, Middlesex Hospital Cancer Center opened a second location at the Shoreline Medical Center in Westbrook. This new, state-of-the-art facility offers the same services found at the Cancer Center's Middletown location, including medical oncology, radiation therapy, infusion, genetic counseling, survivorship services and integrative therapy. The difference: the new center means easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The Westbrook Cancer Center location will make their lives, and the lives of those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff. Highly skilled medical professionals treat patients like

people - not numbers. They focus on providing compassionate, personalized treatment experiences, and specially trained advance practice nurse navigators guide patients through the treatment and rehabilitation process. This is the high-quality care that patients now receive at both Middlesex Hospital Cancer Center locations.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. Middlesex collaborates with Mayo Clinic and is using its resources to tackle patients' most complicated medical cases in a variety of areas, such as cancer care, pulmonary medicine and urology, among others. Like the Cancer Center in Middletown, the Westbrook location also uses the latest technology to diagnose and treat patients and is accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers. For more information, visit [www.middlesexhospital.org/cancer-center](http://www.middlesexhospital.org/cancer-center), or call 860-358-2000.



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# The Clinton Parks & Recreation Department

**KIDS' KITCHEN** (Clinton Residents only) Grades 2 & 3: April, May & June, Location – Joel School, Café, and Time: 3:15 – 4:45 pm. Kids' Kitchen is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit to Kids' Kitchen is a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Children will learn the basics in kitchen safety; proper food handling, food preparation, cooking techniques, presentation and so much more! April 11th: Blueberry Muffins, May 9th: Homemade Pizza and June 7th: Homemade Granola Bars and Smoothies. Fee for each class is \$26.00 per student.

## **WHO'S BEEN IN MY BACKYARD?**

Free February Vacation Activity for Children in Grades 1-5: Saturday, Feb. 17th. Indian River Recreation Complex. Two time slots are available: 10 am to 11:30 am or 1 pm to 2:30 pm. First come, first serve! You must pre-register with a signed registration form. Please dress for the outdoors: boots, mittens and hat. This activity is co-sponsored by: The Clinton Land Conservation Trust and the Clinton Park and Recreation Dept.

## **CT COMPUTER EDUCATION SESSIONS**

Airplanes and Other Devices: Grades: K to 5th, Wednesdays: March 7, 14, 21, 29 & April 4th, Time: 4 – 5:30 pm, Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. Did you say airplanes made of paper, Legos® and wood? What type of paper produces the best airplane? Investigate which accelerates faster and further. This class includes experiments with parachutes, Lego®s and other flying devices. No Legos will be taken home. Please bring a snack every day to class. Pictures will be emailed home. Fee is \$65.00 (Non-residents \$75).

## **CHEMISTRY WITH FUN AND NO BLAME**

Grades: K to 5th, Fridays: April 27th, May 4, 11, 18, 25 & June 1st. Time: 4-5:15 pm. Location: P & R Building at 201 Killingworth Tpk, Clinton, CT. Experiment with bubbles, flubber and volcanos. Children will make a bubble sock, shrink dinks and slime in different variations and much more. This class will use magnets and will be creating different chemical reactions weekly. Please notify our instructor of any allergies in advance. A T-shirt (100% cotton) is needed by the 2nd class. Please bring a snack every day. Fee is \$65.00 (Non-residents \$75.00)

## **GUITAR LESSONS**

PLEASE call our office if you are interested in taking guitar lessons in a group setting (min. of 5 students). We have two, awesome, instructors to teach your children. You must have your own guitar. Ages 9 and older.

## **WEDNESDAY MORNING PAINTING - Open Studio**

Adults (18+) Ongoing/Come any time.

Location: P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT. Join a supportive group of people with similar interests. Tables & chairs provided. Bring your own projects and supplies.

## **ZUMBA**

Zumba is exercise in disguise! It's a Latin-inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know how to dance to take a Zumba class. We create a non-competitive party atmosphere where participants can interpret the dance rhythms in their own way. Classes are offered on the following days and times, pre-registration is not required.: Mondays from 6 – 7 pm., Thursdays from 10 – 11 am, and Saturdays from 9 – 10 am. All classes are held at the P & R Building located at 201 Killingworth Turnpike, Clinton, CT Fee: \$5.00 per class.

## **YOGA FOUNDATIONS**

Instructor: Wendy Baier. For all levels of experience including new to Yoga. Participants should bring a mat, a towel, water and if they have any props (blocks and/or straps). This is a Drop-in Program with a \$10 fee per class. Wednesday evenings, Time: 6 – 7 pm. Location: P & R Building, 201 Killingworth Turnpike, Route 81, Clinton, CT.

## **ADULT CO-ED VOLLEYBALL**

(Adults Only) Open gym! Have some fun and join us for a friendly game of volleyball! The games will be played on Monday evenings from 8-9:30 pm at the following locations.

February: Eliot Gym  
March: Morgan TBD  
April: Morgan TBD  
May: Eliot Gym

## **MEN'S BASKETBALL**

(Adults only) It's open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm.

The following schedule shows all the details:

February: Thursdays Eliot Gym  
March: Tuesdays and Thursday evenings TBD  
April: Tuesdays and Thursday evenings TBD  
May: Tuesday and Thursday evenings TBD

## **FALL SOCCER REGISTRATIONS**

May 2018, More info to follow!

## **CLINTON FAMILY DAY - JULY 21st**

Time: 9 am – 2:30 pm at the Clinton Town Beach, with a rain date of July 22, 2018. Come and enjoy a day of games, arts & crafts, races, music, face painting, snacks, prizes & more, all provided free for children between the ages of 4 -12 and their parents. We will be posting a time schedule for all of the events on our website as the day approaches. Please mark your calendar! If you would

like to volunteer to help on July 21st. (Rain Date July 22nd), please call the P & R Office at 860-669-6901. All registrations are handled through the P & R Office or you may register online at

<https://parkrec.clintonct.org>. If you need a flier, you may download one off of our website. If you have any questions, please give us a call at 860-669-6901. All non-residents pay an extra \$10.00

registration fee for our programs, if we have room.

*Lois A. Ruggiero,  
Assistant to P & R Director*

## The CT River Area Health District Recognizes February as National Children's Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month (NCDHM) to raise awareness about the importance of oral health. This month-long national health observance brings together thousands of dedicated dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. This year's NCDHM campaign slogan is, "Brush your teeth with fluoride toothpaste and clean in between your teeth for a brighter smile." Promoting good oral health habits at an early age and scheduling frequent dental visits helps children to get a good start on a lifetime of healthy teeth and gums. After all, oral health is tied to overall health.

Brushing children's teeth with fluoridated toothpaste is essential to good oral health. Caregivers should begin cleaning their child's teeth as soon as they begin to enter into the mouth, around 4 to 6 months of age. Brushing the teeth 2 to 3 times a day, after eating, would be ideal. Nighttime, before bed, is the most important time to brush. In addition, it is important for children to

remember not to eat or drink anything after brushing their teeth at night. Ideally, children should visit the dentist before their first birthday. The goal of this visit is to assess the risk for dental disease, initiate a preventive plan and decide on when to schedule the next visit. During these early visits, the dentist and dental hygienist can assess proper tooth development and check for other problems. By starting early, caregivers learn how to provide good oral hygiene for their children. In addition, young children will adapt essential oral health practices and incorporate them into their daily routine to ensure good oral health later in life. After all, oral health is linked to overall health.

For more information on NCDHM, please visit the American Dental Associations website at [www.ada.org](http://www.ada.org) or call our health educator at 860-661-3300. CRAHD / 455 Boston Post Road, Suite 7 / Old Saybrook, CT 06475 (Tel.) 860-661-3300.



The 8th annual goPINK project raised over \$29,000 to support women facing breast cancer at Middlesex Hospital Cancer Center. Since 2010, dozens of business, schools and teams have helped raise a grand total of \$184, 575 to provide free integrative medicine therapy to over 1,000 patients! Essex Printing and Events Magazines is a proud supporter of the goPINK project. For more information visit [gopinkproject.com](http://gopinkproject.com).

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# No Pressure ... But Let's Lower Your Blood Pressure

If you've been diagnosed with high blood pressure, your heart is working overtime. Also known as hypertension, high blood pressure not only raises the risk of heart disease but it also increases risks to your arteries, brain, kidneys, and eyes.

Blood pressure measurements give you two readings: the top number is the pressure in your arteries when your heart pumps blood. The bottom number is the pressure in arteries between beats. If you don't know what your blood pressure is, it's time to find out. Bottom line? High blood pressure can be a silent killer.

What increases blood pressure? As usual, certain risks are outside your control. That includes genetics, age, and a family history of hypertension. In some cases, certain medications can raise blood pressure. In most cases, though, doctors don't know the exact cause. What they do know is that making lifestyle changes can make a big difference.

*Here are some things you can do:*

**1.** Lose a few. Even 5 to 10 pounds can make a difference in blood pressure. Studies have also found that belly fat may be the kind that's most likely linked to high blood pressure.

**2.** Exercise. Try to exercise 30 to 60 minutes more days of the week than not. You may see a change in your numbers within just a few weeks.

**3.** Make a DASH for it. The Dietary Approaches to Stop Hypertension (DASH) diet is rich in whole grains, fruits, vegetables, and low-fat dairy products. Go easy with foods high in saturated fats and cholesterol.

**4.** Limit salt, alcohol, and caffeine. Read food labels, eat fewer processed foods, and don't add salt to your food. Track your habits so you can see exactly how much alcohol and caffeine you drink each week. Small amounts of alcohol can actually lower your blood pressure. But more than moderate amounts can do just the opposite. Likewise, caffeine can also boost blood pressure. Check your pressure 30 minutes after you drink a cup of coffee and see if it's more than 10 points higher than at other times of day.

**5.** Go smoke-free. Smoking can be a tough habit to kick. If that's true for you, get help to quit for good. And remember, even second-hand smoke isn't harmless.

**6.** Chill out. Easier said than done, I know. But stress can temporarily boost your

blood pressure. You know better than anyone what helps you relax. Try to build that into your daily (or weekly) routine.

If your doctor gives you medication for high blood pressure, take it exactly as prescribed. But be patient. It can take a while to get your numbers where they need to be. You may also need to try more than one medicine. There are many classes of high blood pressure drugs, and it can get confusing. As you know, I'm here as a resource.

You can't feel blood pressure, so there's only one way to know medicine or a lifestyle change is working: Consider buying a blood pressure cuff from our store so you can regularly check your blood pressure. Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

*Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy*

## Glaucoma - "The Sneak Thief of Sight"

Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "sneak thief of sight" since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the

drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is Yale educated specialist and trained in Trabectome glaucoma surgery. Offices in Middletown and Westbrook.

# From the Clinton Land Conservation Trust

In 2017 we celebrated our 50th anniversary as a community of individuals working together to preserve the natural beauty and resources of our Town for all to experience and enjoy. Danielle Capri, the curator of the Town Museum made Clinton Land Conservation Trust (CLCT) the featured display for the summer. There was a timeline of our history and accomplishments, updated maps of our properties, photographs of founding members and a variety of other material. The display was a wonderful reminder of all the good things accomplished by our dedicated members and sup-



porters over the last half century. As in past years, CLCT sponsors events that span all age groups with the goal of bringing awareness of the great outdoors here in Clinton. Check out what we have planned for 2018!

**Feb:** Our annual “Who’s Been in My Backyard,” a free event led

by Erik Becker, who will help children identify animal tracks and other signs of wildlife. It will be Saturday February 17th at the Indian River Complex in Clinton. Please call Clinton Park and Rec. to register at 860.669.6901.

**March:** CLCT will award the Eunice Symonds Scholarships to the Bushy Hill Nature Camp to Pierson School students. These students have to “earn” their week by submitting a persuasive essay to the Board.

**April:** Our annual and ever popular “Peeper Prowl” is free to everyone interested in learning about vernal pools and the life that springs from them. It will be April 21st at the Indian River Complex in Clinton at dusk.

**May:** CLCT awards the \$1,000.00 Alice and David Crosby Environmental Scholarship to a high school senior pursuing a college degree in the environmental field.

**June:** National Trail Day hike scheduled for June 2nd, location TBA. Dana Skidmore, a local teacher and marine biologist, leads our Ecology Camp co-sponsored by the Clinton Park & Recreation. Here campers compare and contrast different habitats. They spend three days at the Town Beach exploring salt water habitats and two days learning about woodland, vernal pool and stream ecology.

**August:** CLCT helps sponsor a reading program with the Children’s Room at the Henry Carter Hull Library.

**Sept:** This is “Save the Sound” month so we will be meeting at the Town Beach for breakfast and beach cleaning. All of our data is submitted to the international effort to reduce litter. Date TBA.

**Oct:** CLCT schedules its annual meeting with a guest speaker, date and speaker TBA.

**Nov:** Membership renewal month.

All of these events are made possible by your donations. We are not an agency of the Town and we are not supported by tax dollars. For more information, and to join CLCT please check our website at [www.clintonlandtrust.org](http://www.clintonlandtrust.org).




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## Food For All Garden



The Food for All Garden is excited about starting its 6th season of growing vegetable for our neighbors in need along the Connecticut Shoreline. After growing successfully under the leadership of Margaret Larom, we look forward to working with our new coordinator, a longtime garden volunteer, Holly Richards. This winter, groups of volunteers met to discuss new ways to control weeds, different types of groundcovers to use, which organic pest controls work best, and which companion plants will be best to grow. These dedicated people have been busy pouring over seed catalogs, deciding which new varieties of vegetables to grow this year.

Over five years, much hard work has produced 33,500 pounds of organically grown vegetables, herbs, fruits and flowers. Yes! 33,500 pounds! All of this produce has been donated to local services such as the Clinton Food Pantry. Days spent working together in the garden have fostered new friendships among the groups of volunteers, young and old. New skills have been learned; you don't have to be a gardener to volunteer. There is always an opportunity to learn from an experienced volunteer. People say, "This is more than a garden." Wouldn't you like to be part of it? Come visit any time. Volunteers are in the garden April through November, on Wednesdays and Saturdays. Community service projects can be arranged to suit your group's schedule. If you would like to support this all-volunteer effort with financial or in-kind donations, please contact us through the Food for All Garden Facebook page, by email, [foodforallgarden@gmail.com](mailto:foodforallgarden@gmail.com), or our website, [www.foodforallgarden.org](http://www.foodforallgarden.org). Help is always needed, and very much appreciated. Keep the Garden Growing!

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# Our Town's Beach

*I gave thanks that sunny day in November  
When I sat at the edge of the water  
The sand under my bare feet and sun chair  
And wished it was the start and not end of warm weather  
Twenty-four sea gulls shared the beach with me  
Most sat on the hardened tan sand  
The breeze ruffling their gray wing feathers  
The gulls, too, lulling in the gift of a late summer-like day  
That 11th of November when we had a warming sun  
And not snow as others already had, I gave thanks  
One tan and two white swans dipped their heads into the cold Sound  
for a bite to eat  
The three almost completing the perfect sea scene there at the beach  
A father took his child out in a small boat to capture the last of a great day  
And his tiny craft made its way past bigger boats and two yachts sitting  
in the harbor  
Children played on swings and slides making the noises of the young  
Despite the sun, sand, and sea  
The chill that rode the breeze around me  
Reminded me it wasn't to last, couldn't stay like this  
I let the sun warm my face, the breeze blow my hair  
And take me back to remembrance of a spectacular summer*

Lynn Davis

Photographer Kevin Brinkman is a Clinton resident of 14 years. He spends his spare time enjoying the beauty of Clinton's natural resources. Writer and poet Lynn Davis grew up in Hartford and has written a childhood memoir of her Frog Hollow neighborhood. Retired and involved in a poetry group, she has lived in Clinton the past 35 years.



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## Vista Supports USVI Family Impacted by Hurricanes

Members and staff of Vista Life Innovations, a community-based organization that supports the personal success of individuals with disabilities, recently mailed care packages to a family in the U.S. Virgin Islands struggling due to the impacts of Hurricanes Irma and Maria.

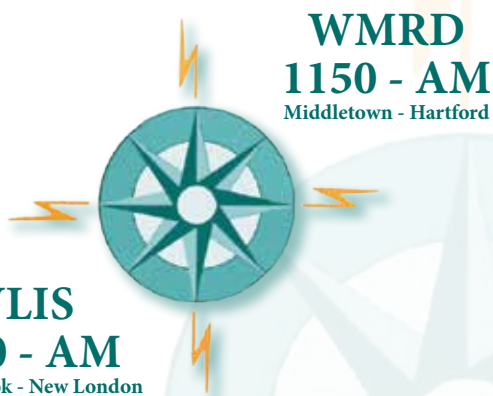
After hearing about the devastation wrought by these two powerful storms, members of Vista's Connect day program researched ways in which they could aid hurricane victims. Through social media, they were turned on to Adopt a Family USVI, a grassroots initiative that pairs families in the U.S. Virgin Islands affected by the hurricanes with supporters.

Once the Connect program was matched to a family in need, members

and staff spearheaded a collection drive - which yielded enough supplies to fill eight care packages. Items included canned goods, personal hygiene products, diapers, batteries, snack foods and more.

Giving back is a key component of Vista's philosophy. From hosting American Red Cross blood drives to volunteering with programs like Meals on Wheels, Vista students, members and staff actively seek opportunities to support their communities throughout the year.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 28 years.



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