Clinton



Events

www.eventsmagazines.com

Volume 13 • Quarter 3 • 2014

Food for All Garden at Holy Advent Church

SMARTER CARE NOW HAS A NEW ADDRESS

Shoreline Medical Center Is Now Open in Westbrook

At twice the size of our previous facility in Essex, our new Shoreline Medical Center in Westbrook offers expanded 24/7 emergency care and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state-that's *The Smarter Choice for Care*.

> Learn more at middlesexhospital.org/shoreline or call (860) 358-3700

250 Flat Rock Place, Westbrook Just Before the Tanger Outlets The Smarter Choice for Care

REPRES

MIDDLESEX HOSPITAL SHORELINE MEDICAL CENTER

First Selectman's Corner

Well the hot, or not so hot summer is behind us and we move into Fall. Fall is such a season of anticipation, waiting for that first football game, the leaves to change color, Thanksgiving and that first snow flake. It will also bring the end to much anticipation as we break ground for the new Morgan School on September 22nd. Truly an exciting time for our town; just think, in July of 2016 our new high school will be ready for the arrival of staff and students. The beginning of a new school year and the beginning of a new future for our town. Coupled with the opening is the sale of the existing Morgan site to Mill Pond LLC., a private developer who is going to transform the property into a mix of retail, residential, restaurants and a hotel all in a village setting. This development along with the school will attract new residents and businesses to Clinton which will support our already established businesses and grow our grand list.

Fall is also the beginning of the sports season at Morgan and Eliot. Lots of excitement around the Morgan programs as our State Champion Girls Volleyball team begins their title defense and the Football team seeks a return to the State tournament with their sights set squarely on the championship trophy. The boys and girls soccer squads look to improve on last year's successful runs and the field hockey team is full of energy and looking to avenge some close losses last year. Our cross country teams are chock full of returning runners who look to contend for Shoreline and State Championships. I hope you can find the time to get out and support these young athletes and coaches who put in so much time and instill so much pride in our town.

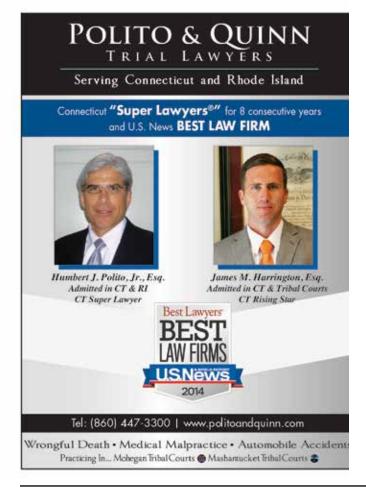
In closing, I hope you see and participate in all the positive things which have been happening in



William Fritz, Jr. First Selectman

town; The Farmers Market, Chamber Concerts, Art Stroll, The Opera, Art Society Show, Bluefish Festival & Race, and Family Day, just to name a few. And, all of the infrastructure and facility improvements which have occurred and more to come. Clinton is a town on the move and other towns and the State recognize it. We have been ranked in the "Top 10 Places to Live in and Visit" in just about every rating that's out there. Enjoy your town and be proud to say, "I live in Clinton".

Willie





6th ANNUAL

Westbrook Elks Lodge Register to ride 5, 25, 40 or 60 miles at: www.vistatourdeshore.com

Tour de Shore

Challenge yourself and raise funds for Vista!

Vista's Mission: Providing services and resources to assist individuals with disabilities achieve personal success Net proceeds from this fundraising event will benefit the Vista Endowment Fund.

For more information: www.vistavocational.org or call 860-399-8080 Vista



SUS

We Moved!



Clinton Human Services is now under one roof! Clinton Youth & Family Services and Clinton Social Services have moved to the newly renovated Town Office Annex at 48 E. Main Street.

Youth and Family Services (860-669-1103) is on the first floor and Social Services (860-669-7347) is upstairs.

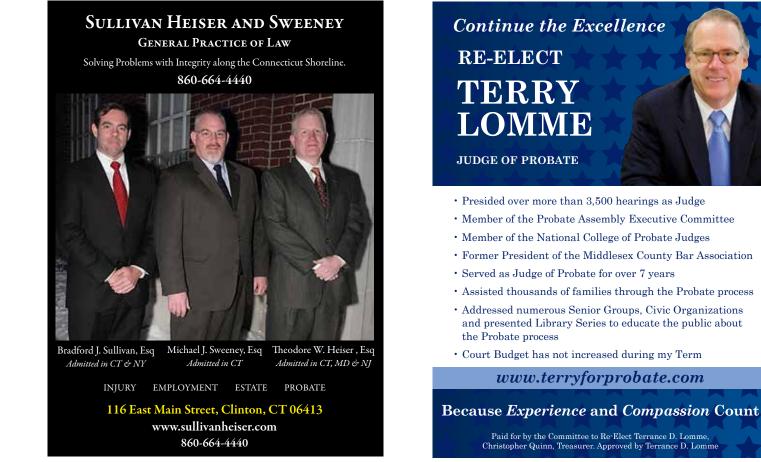
This location was the former police station adjacent to Town Hall.

Please check out our website: www.clintonyouthandfamily. org. And stop by, say hello and see our new offices!



CHRISTIE'S **Page** Taft INTERNATIONAL REAL ESTATE Real Living 2 (1) (1) (1) Clinton \$299,000 Killingworth \$392,000 Clinton \$295,000 Mint condition 4 BR Ranch with Charming 4 BR, 2 bath Cape. Spacious 4 bedroom Cape direct lake access. Newly Listed. with First Floor Master Suite. Close to town and schools. RIVER TO SHORE GROUP Gigi Giordano Taylor 203-671-2155 Email: ggiordano@pagetaft.com Mick Marsden 860-334-1379 Higganum \$175,000 \$379,000 Clinton \$210,000 Ivoryton Email: mmarsden@pagetaft.com Hidden Lake! Cozy lakefront Beautiful 3 BR Colonial, fully Fantastic updated Condo. cottage with spectacular views. updated, new Gourmet Kitchen. Private setting yet close to town. www.rivertoshore.com PageTaft.com 5 Essex Square, Essex, CT 06426 860.767.5390

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CALL TODAY FOR A PRIVATE TOUR: 860-345-3779

I found it Easy to Move to The Saybrook at Haddam... However, My Cat Francey

However, My Cat Francey Found the Move to be Traumatic.

Everyone at The Saybrook at Haddam has helped make Phyllis and her cat Francey's move from their home in Madison to their bright and spacious apartment – a wonderful experience!

Phyllis has settled in and is enjoying time in the gardens, meals in the elegant dining room, exercising and social activities. We are giving Francey a little more time to become comfortable with his new surroundings – but we know he will come around!

For independent residents like Phyllis, The Saybrook at Haddam offers gracious retirement living at an unmatched value.

For residents who need more assistance with daily living, the professional, experienced staff is ready to meet their needs.



Resident Phyllis Donohue in her apartment with her cat Francey.



An Assisted Living Retirement Community 1556 Saybrook Road, Haddam, CT 06438 www.thesaybrookathaddam.com

Also featuring Safe Harbor, a special care neighborhood for residents with Alzheimer's or dementia.

4

Food For All Garden

One evening in the summer of 2012, the leaders of the Episcopal Church of the Holy Advent were discussing possible uses for a wooded section of their property on East Main Street in Clinton. It was hard to visualize the potential because the "jungle" was virtually impenetrable. They decided to clear the land, and almost immediately, the vision was there: A garden to support the food pantry!

For years, Holy Advent has hosted the Clinton Food Pantry (one of 5 in the Shoreline Soup Kitchens and Pantries network). In the parish hall every Wednesday, assistance is provided to at least 110 households. A garden would be a major enhancement of this outreach. Could it be done? Over the fall and winter months, there were meetings to gather input from community leaders, and efforts to fill out grant applications, and research into deer fencing, irrigation and such.

By the spring of 2013, the "Field of Dreams" project had captured the imagination of enough people from Clinton's churches and civic groups, as well as neighbors and friends, so that volunteers rallied and work began. "Food for All" was the theme – no one should go hungry in our town. Throughout the summer, the Food for All Garden grew. By early November, when the frosts came, a total of 3,750 pounds of vegetables, herbs, fruits and flowers had been contributed to the pantry.

Now in its second year, the garden has expanded in size and scope. Dozens of volunteers work on Wednesdays and Saturdays to grow and harvest the food. Relationships with Pierson School on one side, and Peregrine's Landing on the other, have deepened. Those who work or visit say, "This is more than a garden!" It's a project, a happening, an experience, a gift -- a chance to make life a little easier for people who are going through a tough time right now.

If you would like to know more, or contribute, or join the fun, please contact Margaret Larom, coordinator, at margaretlarom@gmail.com or call 917-714-4215 (cell). Volunteers are needed! The Food for All Garden is a project of Our Community Cares, Inc., a 501c3 organization established to help address human needs in our comminity.

First Annual Great Grown-up Spelling Bee



The Clinton Education Foundation is sponsoring its first annual Great Grown Up Spelling Bee to be held on November 8 at 7:30 at the Andrews Town Hall in Clinton.

Adult spelling bees feature teams of three competing in "swarms" of ten contestants. A celebrity emcee reads a word, and each team has 30 seconds to write down their response on a white board. The winner of each swarm competes for the championship, earning a classy trophy and town-wide bragging rights.

Who comprises a team? Neighborhood friends, area business owners, realtors and members of our Friends groups, town committees, Boards and Commissions, or non-profit associations can form a team. Each team pays \$150.00 to participate. Sponsorships are encouraged. Prizes are awarded for most creative team names, best costumes and highest team spirit.

Refreshments will be available for purchase throughout the evening. Audience members can participate in their own spelling contest and a chance at a \$50.00 prize.

Applications can be downloaded from the CEF website, sites.google.com/site/clintoncef, and are due by October 17, 2014. For additional information, please call 203-533-9623.

This event is free but CEF will gladly accept donations. All monies raised support Clinton's teachers and students through special enrichment projects.

Literacy Volunteers Valley Shore

Illiteracy is a Crisis in CT

Literacy Volunteers Valley Shore, now in its 35th year, in collaboration with Pro Literacy who on September 8, 2014 marked the 47th annual International Literacy Day, is working hard to end adult illiteracy. LVVS is a non-profit organization teaching literacy through confidential, free, one-on-one tutoring services. Did you know that in Clinton 895 adults between ages 18-64 years have academic skills below basic levels and 14,000 in the valley shore function below secondary levels? Literacy skills aid adults in the care and teaching of their children, support productive employees, provides GED prep, citizenship and promotion of life and work skills to become acclimated and active in the community - YOUR community.

We work to recruit and train new tutors, and are proactive in community outreach through event participation and partnering with other agencies/organizations to stamp out illiteracy. With a lack of available funds, maintaining our mission of providing tutoring services to all those who request it is compromised. How can you help? Consider tutoring, serving on one of our many committees, or becoming a member.

Share our mission of improving lives through literacy by contacting LVVS at www.vsliteracy.org, email info@vsliteracy. org or call 860-399-0280.

"Once you learn to read, you will forever be free" - Frederick Douglass

Events

MAGAZINES



Clinton Events

TM Ventures, LLC dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205 Centerbrook, CT 06409 860-767-9087 Fax 860-767-0259 email: print@essexprinting.com www.essexprinting.com

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Cover Photo by AC Proctor See the "Food For All Garden" article on page 5

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Families Helping Families

Hard to believe the summer is over and the fall season is upon us already. Families Helping Families has a full schedule of events so mark your calendars and we hope you won't miss any. We start off on Friday September 26 at The Clinton Chamber of Commerce event at Morgan High. The Chamber will be having their annual Coast Guard Academy Band Concert. We will be collecting non-perishable food items for the Clinton Food Pantry and dollars for our Energy Assistance Program. Tickets for this event can be obtained from the Chamber.

The very next day, Saturday September 27, we will be hosting our Fall Food Drive at Stop&Shop from 10 - 2. We will be accepting donations of non-perishable food items to re-stock the Clinton Food Pantry and donations of dollars for our Energy Assistance Program. More and more Clinton families have come to depend on the Clinton Food Pantry which means the Pantry needs more and more food to meet this increased demand.

We are looking forward to our eighth annual Apple Pie Festival which will be held on Saturday Oct. 4 at the Clinton Town Hall from 6 pm - 8 pm. This is a free event but we ask people to donate non-perishable food items or dollars for our community out-reach programs. This event will feature our "Best Apple Pie Contest". The winner will receive a cash prize and a special crystal apple. There will also be prizes for second and third place. There will be a youth division and the winner will receive a prize. So we hope you will spend some time on Oct. 4 with us and taste some of the best apple pie on the shoreline.

Sunday December 7 will feature one of the premier events held in the Town of Clinton - Christmas in Clinton. Main Street will be decorated and will feature many different venues. This is truly a family event with something for every family member. Families Helping Families will be holding their "Best Soup in Clinton" contest. People attending will buy a wrist band which will allow them to taste and vote for their favorite soup. So as you can see there are many different events that people can enjoy this fall. If you have any questions about one of our events or our mission in the Clinton community please feel free to contact us at 860-669-5592.

> Miner T. Vincent, President Families Helping Families

Want to Advertise?

Call Ward Feirer at (914) 806-5500

Henry Carter Hull Library News

HCH Library - Adults

Autumn is a busy time for HCH Library Adult programming. In addition to launching two new book clubs (the Love in the Stacks Romance Book Club and the Game of Thrones Book Club), we will host Midday Meditation every other Wednesday beginning September 10, from 12:15 - 12:45. Curious Minds will enjoy the Say Cheese... or Fromage cheese tasting with Fromage owner Christine Chesanek on Wednesday, October 22 at 7:00 pm (please register at www.hchlibrary.org/hchevents/fromage) and Connecticut Rivers: Their History, Conservation, and Restoration with Sally Harold on Sunday, October 26 at 3:00 pm. We will host another HCH Coffee House on October 16 at 6:30 pm and we'll be open late on Friday October 24 for the first HCH After Hours event: Harry Potter Trivia Date Night, which begins at 6:00 pm.

November is National Novel Writing Month, and we will host a variety of programs aimed at aspiring writers, as well as a Come Write In space every Saturday from 10:00 am - 4:00 pm throughout the month.

Got questions? Email elizabeth@hchlibrary.org. More info on all events can always be found at www.hchlibrary.org or by calling 860-669-2342.

HCH Library Teens

Get your Zumba on! Every Wednesday in October teens can enjoy a ZUMBA fitness class designed just for teens! Zumba is an easy to follow, calorie burning, Latin inspired fitness dance party! This is a great way for teens to get fit and have fun at the same time. Classes are taught by The Body Karma Studio in Clin-ton and are held in the library on Wednesday, October 1, 8, 15, 22, & 29 at 3:15. For teens in grades 6-12, please register at www.hchlibrary.org/hch-events/teenzumba.

Get Zombified for Halloween! On October 30th at 3:00 teens can turn themselves into zombies for Halloween using amazing special effects techniques taught by a professional make-up artist in this interactive hands-on workshop. Learn how to create realistic bullet holes, gross gashes, and an overall ghastly appearance that will disgust your parents and friends. This event has a limit of 15 participants. Please register at www.hchlibrary.org/hch-events/teenzombies for this special annual event.

Great opportunity for teen writers to learn from a pro! Leslie Connor, award-winning author of the best-selling YA book *The Things You Kiss Goodbye* (2014), will be at the Henry Carter Hull Library for a 6 week after-school writing workshop for teens on Mondays, from October 27th thru December 1st. Leslie will help teen writers discover their own creative writing spark. Students will discover how to write about things that matter to them as well as how to use imagination and observation to expand one-liners into poetry or song lyrics, craft a short story, or begin a novel.

Continued on page 8



HCH Library ... continued from page 7

This is a unique opportunity for teen writers to learn the ropes from the accomplished award-winning author of *Waiting for Normal* (2008), *Crunch* (2010), *Dead on Town Line* (2005), and *The Things You Kiss Good-bye* (2014). Please preregister at hchlibrary.org/hch-events/teenwriting. More info on all events can always be found at www.hchlibrary.org or by calling 860-669-2342.

HCH Library Children

It's back to school time for the children of Clinton, and it's back to business as usual in the Children's Room. After an exciting and fun filled Summer Reading program, the Children's Room is ready to greet fall with its usual array of classes plus a few new additions. ABC Amigos is a bilingual (English and Spanish) circle time that is held every Tuesday at 10:30 am. Toddler Time, a special story time designed just for energetic toddlers, will be held at 2:30 pm every Wednesday. Preschool Story is held on Thursdays at 10 am with Miss Sarah. Wear your jammies, bring your stuffies and listen to some great stories on the second Thursday of every month at 6:30 pm for Bedtime Storytime. Children in 3rd through 6th grades are invited to Zombie Survival Training on Wednesday, October 15th at 6 pm (Due to the nature of this event, please use discretion when deciding whether or not to attend. There will be zombies). All families who love Halloween but don't like to be scared are invited to Halloween Family Fun on Saturday, November 1st from 1 pm - 3 pm.

Board of Finance



I hope your summer has been peaceful and relaxing. The Town of Clinton will spend nearly \$49 Million dollars during fiscal year 2014/2015, which was approved at referendum this past June. Despite that staggering amount, less than 250 people participated in about a dozen public hearings on the budget. Only a fraction of that number attends special town meetings

where thousands of additional tax dollars are spent via special appropriation essentially with no debate. My usual request is that you participate in your community's governance and decision-making.

The groundbreaking for the new Morgan School is imminent. In light of this, the existing Morgan property is ripe for sale and development. A developer has been selected after a year long due diligence selection process. I urge you to get informed about the proposed development of this parcel in the months ahead and participate in the process.

The board of education and the town, after many years of a single individual taking care of the Business Manager's office and the Finance office, have reached a mutual decision to split

this role into two positions: a finance director and a business manager. The selection committees have been working diligently to fill these positions. Hopefully, by the time you are reading this update, these roles will be filled.

The new paving on Route 1 and the repairs arising from storm damage are proceeding pursuant to plan. Despite the inconvenience over the last few weeks, the improvements are indeed welcomed. Clinton was recently voted a top ten destination in Connecticut to visit. This is not a mistake. We live in a beautiful setting with wonderful, hard-working people. The current administration works tirelessly to ensure that infrastructure improvements continue; maintenance is budgeted and the work is completed responsibly, safely and timely. Our administrative team at the Board of Education continues to improve our school district with minimal budget increases despite unfunded mandates. Please be mindful of our school-aged kids and their parents going to and coming from school throughout the school year.

> *Best wishes, Bradford J. Sullivan, Esq. Board of Finance, Chair*

St. Mary's Church Of The Visitation St. Mary's Church Of The Visitation Ways & Means Committee Annual Heart of Christmas Fair Saturday, November 22nd at St. Mary's Church of the Visitation and Hall 54 Grove Street, Clinton, CT, 06413

54 Grove Street, Clinton, CT, 06413 860-669-85120 HANDICAP ACCESSIBLE.

Crafts, 30 Vendors, Bake Sale, Silent Auction, Raffles, Cookbooks, Advent Wreaths & Candles, Pictures with Santa & Mrs. Claus, Children's Shopping Room and much more for your holiday needs. The Marriage of Figaro

Produced by Salt Marsh Opera

OCTOBER 3 at 7:00 pm OCTOBER 5 at 3:00 pm

Katharine Hepburn Cultural Arts Center 300 Main Street, Old Saybrook, CT

(Fully Staged performance with live orchestra!)

To purchase tickets, call The Kate at 877.503.1286.

MORONNE BUY AREAD PROGRAM DULL SERVICE CULLETONS		
Number of gallons	Price Per Gallon if Paid	Price Per Gallon if Paid
*1000 or more (price break)	by Credit \$3.68	by check \$3.63
*\$3.61		
600min	\$2,208.00	\$2,178.00
700	\$2,576.00	\$2,541.00
800	\$2,944.00	\$2,904.00
900	\$3,312.00	\$3,267.00
*1000	\$3,680.00	\$3,630.00
*1200	\$4,416.00	\$4,354.00

Cap & Budget Programs Available (all office for further information)

Larger Discounts Available for Group Purchasers (10 or more close-by friends, neighbors, etc) and for deliveries more than 2000 gallons!



The state of Connecticut has passed new legislation: No Oil Dealer Can Sell Pre-Paid Oil from November Through March! Don't Put It Off... Reserve Your Oil Today! OUR DAILY FUEL OIL PRICE IS ON OUR WEBSITE: WWW.MORONIOIL.COM

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From the Office of Clinton Town Clerk

ELECTION: TUESDAY, NOVEMBER 4, 2014 HOURS: 6:00 am to 8:00 pm GREEN ROOM - LOWER LEVEL - TOWN HALL

APPLICATIONS FOR ABSENTEE BALLOT became available on August 18, 2014. If you are leaving for college or elsewhere and will not be in Clinton for the election, you may apply for an absentee ballot which will be mailed to you on Friday, October 3, 2014. The application for absentee ballot may be downloaded from the Secretary of the State website, www.sots.ct.gov and then mailed to the Town Clerk at 54 E. Main Street, Clinton, CT 06413.

ABSENTEE BALLOTS become available Friday, October 3, 2014.

LAST DAY TO REGISTER TO VOTE is TUESDAY, OCTOBER 28, 2014. Must register IN PERSON between 9:00 am and 8:00 pm. Session of Registrars of Voters to admit those seeking to vote in the election whose qualification as to age, citizenship or residence was attained since OCTOBER 28TH HOURS - 9:00 am - 5:00 pm.

PERMANENT ABSENTEE BALLOT FOR DISABLED - Public Act #11-173: A disabled elector can file an Absentee Ballot Application together with a doctor's certificate stating that they have a permanent disability and are unable to appear in person at their polling place to obtain a Permanent Absentee Ballot status. The law does not prescribe an official form to be used so a note from the elector's doctor, presumably on letterhead, indicating the disability would satisfy this requirement. Once the Application and doctor's certificate are received by the Town Clerk a copy will be provided to the Registrars of Voters to record on the Voter Registration Systems.

Absentee Ballots will then be automatically mailed to the elector from the Town Clerk's office for eligible elections that allow for an Absentee Ballot to be mailed – not for a Referendum.

The Registrars of Voters will send an annual written notice in January of each year to determine if the elector continues to reside at the address on their Permanent Absentee Ballot Application. If there is no response from the elector, the elector will be removed from the status.

Additional information can be obtained by contacting the Town Clerk's office at 860-669-9101, Monday to Wednesday 9:00am to 4:00pm, Thursday 9:00 am to 7:00 pm and Friday 9:00 am to 12:00 noon.

If you should have any questions, please contact the Town Clerk's Office @ 860 669 9101 or email: townclerk@clintonct. org

> Sharon Uricchio, CCTC Clinton Town Clerk



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> Dylan Walter 33 Main Street Old Saybrook, CT 06475 860-227-5277 @dwalterrealty Dylan.Walter@Raveis.com

GET IT DONE WITH DYLAN

Probate Court Update

It is hard to believe that it has been almost four years since the individual town courts were merged into a regional court, serving nine towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations continue to be a financial success in that it has saved the taxpayers almost \$12 million dollars, over the past three fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court

has been able to keep its budget the same over the last three and a half years.

We open and process approximately one thousand new matters, of all types, per year. As a result, I have presided over more than 3,000 hearings since the consolidation. In addition to Decedent's Estates, the two areas which create a substantial amount of hearings are Conservatorships and Children's matters. Because there is an aging population and there are several facilities in this area, the Court receives numerous applications for the appointment of a Conservator. These applications require a hearing at which information is presented including medical and financial reports. If the person proposed to be conserved cannot come to the Court, I will go to them and we will have the hearing there. Children's matters usually involve granting or removing custody from a parent. If the parents are removed, often the child is placed with a grandparent. There is usually an investigation by the Department of Children and Families. These can be difficult matters but the Court's focus is always on what is in the best interest of the child. We have also had the pleasure of approving adoptions which is always an uplifting event.

Last time I mentioned that the legislature had adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. Additionally, new forms, consistent with these rules, are available online at www. ctprobate.gov. Most of these new forms are fillable for the convenience of the public. The implementation of these new rules and forms has been going well. One of the major changes is that someone filing documents with the Court must certify that they have sent copies to all the other interested parties. Another significant change is that the prior, somewhat confusing, Final Account form has now been replaced with a simpler Financial Report.

In addition to the normal duties of a Probate Judge,

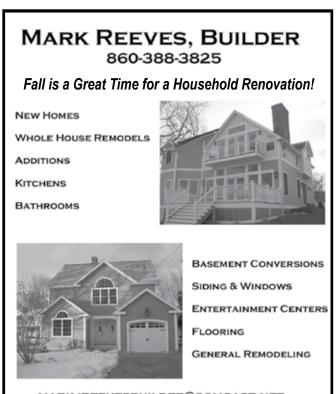


I was fortunate to be the only new Judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I am a member of the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I attend national seminars annually. I have also had the opportunity to address several of the local senior's groups as well as civic organizations, and have presented a 3 part series at the local library.

Thanks to the efforts of the chief clerk Valerie Shickel, and the other clerks and assistant clerks, Sharon Tiezzi, Marjorie

Calltharp, Stella Beaudoin, Helene Yates, Peggy Schroeder and Jackie Craco, I am pleased to say the Court continues to operate smoothly and efficiently.

> *Terrance D. Lomme Judge of Probate, 33rd District*



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The Clinton Parks & Recreation Department

FALL & WINTER PROGRAMS

CLINTON TOWN BEACH

Officially closed on Tuesday, September 2, 2014. Restrooms and concession stand are closed for the season.

TOWN BEACH BOAT RACKS

Reminder: All boats must be removed by October 31, 2014.

LEGO MOVIE 123 Go-NEW

Wednesday's, 4:00 - 5:30 pm. 5 Weeks: October 1, 8, 15, 22, 29. Ages: 5 - 12 (Girls & Boys) \$90 Per Child (Non-Residents \$100). Location: Indian River Recreation Complex.

Have you seen the Lego Movie[™]? Come create your own movie with your friends. By using Lego mini-figures and sets from the movie, you can create your own short movie flick. Your final movie will be uploaded to You Tube. Children are welcome to bring in their own Lego Movie Lego's to aid in their movie. Please bring a snack to every class.

LEGO Mindstorms Robotics - ALL NEW CREATIONS:

Wednesday's, 4:00 - 5:30 pm. 5 Weeks: November 5, 12, 19 December 3, 10. Ages: 5 - 12 (Boys & Girls). \$90 Per Child (Non-Residents \$100). Location: Indian River Recreation Complex.

Join the fun creating robots that move and turn around. This class uses technology to bring your creation to life. If you don't know the computer you can use a pre-programmed brick.



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10 Egypt Lane Clinton CT

Securities offered through Investors Capital Advisory Services Member FINRA/SIPC advisory services by ICAS of 6 Kimball Lane Lynnfield, MA 01940 (locally @ 10 Egypt Lane Clinton, CT 06413) (860)-664-0333 This class is for beginners to intermediate builders. Please bring a snack to every class.

COMPUTER 101 FOR ADULTS ONLY (21+)

Wednesday's, 6:00 - 7:30 pm. 4 Weeks, October 8, 15, 22, 29. \$50 Per Person (Non-Residents \$60). Location: Indian River Recreation Complex.

Learn how to use your LAPTOP or TABLET with ease in a class with all adults. Learn the basic setup, how to use email, shop and enjoy your computer. No Pressure - No Tests - Just information you can understand. Laptops/tablets are not supplied. Please be sure to bring your own and its power cord.

AMERICAN GIRL, HALLOWEEN

Saturday, October 25, 2:00 - 4:00 pm. \$20 Per Child (Non-Residents \$30). Location: Indian River Recreation Complex. Sew Molly's Felt Halloween Treat Bag - Join a fun, festive afternoon creating crafts, playing games and enjoying yummy refreshments. Program taught by Claudia Mathison, Arts Educator.

AMERICAN GIRL, AUTUMN

Saturday, November 22nd

\$20 Per Child (Non-Residents \$30)

Location: Indian River Recreation Complex

Decorate Kaya's Corn Husk Doll. Join a fun, festive afternoon creating crafts, playing games and enjoying yummy refreshments. Program taught by Claudia Mathison, Arts Educator.

AMERICAN GIRL, HOLIDAYS

Saturday, December 20th. \$20 Per Child

(Non-Residents \$30). Location: Indian River Complex. Samantha's Crafty Holiday Tea Party. Join a fun, festive afternoon creating crafts, playing games and enjoying yummy refreshments. Program taught by Claudia Mathison, Arts Educator.

KIDS' KITCHEN

For Students in Grades 2 & 3. All classes are held at the Joel School from 3:15 - 4:45 p.m. Class Size: Min. 6 - Max. 12.

Kids' Kitchen - October 7th, Halloween

Let's learn how to make a tasty appetizer and a yummy Halloween dessert for our families! We will be learning how to make baked stuffed potato skins and chocolate mice. At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

Kids' Kitchen - November 11th, Keeping Warm

Let's gear up for the cold weather coming up and learn how to make tomato soup with grilled cheese sandwiches. At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

Kids' Kitchen - December 9th, For the Holidays:

Let's gear up for the holidays. This time of year is very busy so let's make a meal we can bring home to our families.

Parks & Rec ... continued from previous page

We will make Stuffed Shells YUM! At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

HALLOWEEN WINDOW PAINTING

Keep a lookout for more info! Date: October 18th or 25th (TBD) This will be an opportunity for your children in grades 4 thru 8 to display their artistic ability on Clinton's Main Street windows. Put together your best Halloween-themed design and it will be judged by grade level.

FALL TENNIS

Location: Peters Complex Tennis Courts. 5 Week. Sessions: Thursdays, September 11 through October 9. Minimum 3 Children per time slot

Ages 3 - 5. 3:30 - 4:00 pm. Cost: \$79 (Non-Resident \$89). Ages 6 - 8. 4:00 - 5:00 pm. Cost: \$89 (Non-Resident \$99). Ages 9 - 13. 5:00 - 6:00 pm. Cost: \$89 (Non-Resident \$99).

Saturdays, September 13 through October 11. Minimum 3 Children Per Time Slot.

Ages 3 - 5. 9:15 - 10:00 am. Cost: \$79 (Non-Resident \$89). Ages 6 - 8. 10:00 - 11:00 am. Cost: \$89 (Non-Resident \$99). Ages 9 - 13. 11:00 - 12:00 pm. Cost: \$89 (Non-Resident \$99).

INSTRUCTIONAL YOUTH BASKETBALL

For boys and girls in Grades 2 & 3. Children will learn offense and defense skills, practice shooting and play mini

scrimmages. The children will meet on Saturdays beginning November 29th, at the Joel School gym. The fee is \$35, which includes a T-shirt. A \$10 late fee will be added if registration & payment is received after November 7.

FIRST GRADE YOUTH BASKETBALL

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

YOUTH BASKETBALL

For boys and girls grades 4 through 8. Games will be held on Saturdays at the Morgan School gyms. Practices are one night per week. The fee is \$45 (\$90 per family), which includes a T-shirt. Registration fliers will be sent home via the schools. Start Date: Saturday, December 6. Registrations are due by October 31. Fliers will be sent home via the schools.

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 7:30 - 9:30 pm at the following locations.

September:Eliot Gym (Began Sept. 22nd)October:Eliot GymNovember:Eliot GymDecember:Eliot GymJanuary:Eliot GymFebruary:Eliot GymMarch:Morgan Gym A

Continued on page 14



Parks & Rec ... continued from page 13

April: Morgan Gym A May: Eliot Gym

MEN'S BASKETBALL (Adults only)

Open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30 - 9:30 pm. The following schedule shows all the details:

November: Thursday at the Eliot Gym (Beginning Nov. 6th)		
December: Thursday at the Eliot Gym.		
	Thursday at the Eliot Gym.	
February:	Thursday at the Eliot Gym.	
March:	Tuesday and Thursday at Morgan, Gym A.	
April:	Tuesday and Thursday at Morgan, Gym A.	
May:	Tuesday and Thursday at Morgan, Gym A.	

DOG OBEDIENCE CLASSES

September 11 - October 16(Thursday evenings), Time: 6:30

- 7:30 p.m. Location: Indian River Recreation Complex, Fee: \$75.00 per Dog/Handler.

One Dog & Handler - Handlers must be at least 14 years of age. No aggressive dogs. No puppy under four months old. No female dogs in season. Dogs must be licensed & immunizations up to date. All dogs must be leashed. You may want to bring a chair. Maximum of 10 Dogs. First Class - NO Dogs - Just Handlers!

REGISTRATION

All registrations are handled through the P & R Office. If you have any questions, please give us a call at 860-669-6901 or check out our website at www.clintonparkrec.com.

All Non-residents pay an extra \$10.00 registration fee for our programs, if we have room.

A new downloadable registration form will be available for your convenience soon.

Lois A. Ruggiero Assistant to P & R Director

Groundbreaking is Just Weeks Away

THE NEW MORGAN SCHOOL

State Representative Tom Vicino, (D-Clinton, Killingworth & Westbrook) said he is very pleased to see the progress being made by the Town of Clinton and the Morgan Building Committee to prepare for the groundbreaking of the new high school. "The groundbreaking for the new Morgan School is just a few weeks away and will likely occur in



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WILLIAM RAVEIS —— REAL ESTATE • MORTGAGE • INSURANCE —— The Largest Family-Owned Real Estate Company in the Northeast late September or early October", said Gerry Vece, Morgan Building Committee Chairman. "Once the construction phase begins, it should take about twenty two months to complete the new school project."

"The new \$64 million Morgan School project is moving forward and I am very pleased to see the groundbreaking fast approaching," said State Rep. Tom Vicino. "I'd like to thank Willie Fritz, the building committee and all the town officials and parents who have worked so hard on this."

"The new energy efficient and technologically advanced school will also be more student friendly due to its compact building design and the expansion of playing fields with access from the campus to the Lewin G. Joel Elementary School," said Jack Cross, Superintendent Clinton Public Schools." The new location will provide a quieter campus and less traffic."

Clinton State Rep. Vicino pushed for the General Assembly's approval of grants for the construction of the new Clinton high school.

Vicino's efforts allowed an exemption for the town of Clinton from the state standard space specifications in the calculation of the grant for the new construction project of the Morgan School. It overwhelmingly passed the House of Representatives 142-2 with potential savings to Clinton taxpayers of several million dollars.

The new building will be situated further north on Route 81, on a quieter location away from I-95. The existing school's 39-acre property across from Clinton Crossing is ripe for commercial development. Its sale by the town would help offset the new school's construction costs.

Tom Vicino represents the 35th Assembly District of Clinton, Killingworth and Westbrook, and serves on the Com-merce, Environment and Planning & Development Committees.

Estuary Council Regional Senior Center

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

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 40 years! Call us to receive our Gazette Newsletter or go to www.ecsenior. org for online newsletter, events calendar, menu, and more!

MEALS ON WHEELS - Hot meals for homebound seniors, delivered. Donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act. Call Carol at 860-388-1611.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook. Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance. Lunch is served at Noon. Meals are served to those with reservations first; if meals remain those without a reservation are then served.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

CLASSES AND ACTIVITIES: Zumba Gold, Tai Chi, Board Games, Billiards, Ping Pong, Yoga, Stretch and Strength Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot. Instructional classes for Mah Jongg and Bridge. Check in the monthly Gazette for all of our programs. The Estuary Gazette is available online by following the link at www. ecsenior.org/news_gazette.php

ESTUARY THRIFT SHOP: Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations accepted and volunteers always needed!

THE GYM AT THE ESTUARY: Expanded Hours-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). Call for info.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and Saturdays from 9 am - 1 pm. Call for more information.

DONATE YOUR CAR OR BOAT! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the ninetown Estuary Region.

VOLUNTEER OPPORTUNITIES: Judy at 860-388-1611. HOLIDAY CRAFT FAIR - Saturday, November 22. We will also have a wonderful "Bake Shop" filled with homemade desserts and candy.

Library for the Blind & Physically Handicapped

A network library of the Library of Congress' National Library Service for the Blind and Physically Handicapped.

We lend books and magazines in recorded formats along with the necessary playback equipment, and materials in braille, for FREE, to any Connecticut adult or child who is unable to read regular print due to a visual or physical disability.

> Hours: Mon-Fri: 9 am-3 pm In-state: 1-800-842-4516 www.ct.gov



Vista Arts Center - Celebrating the Artist Within

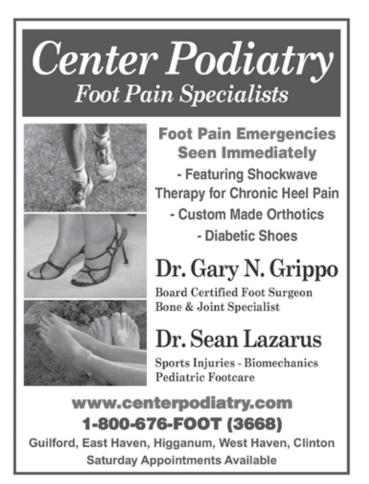
The Vista Arts Center is a unique community arts program for adult artists of all abilities. Located in Madison, Connecticut, the Vista Arts Center has been offering classes in literary, performing, and visual arts since September 2012 and is now opening its classes to all adults in the shoreline community! The Vista Arts Center is unique in that they believe that the ability lies inside everyone, and they are waiting to "celebrate the artist within" you! The Vista Arts Center's mission is to provide quality arts programming to a diverse, adult population that promotes self-expression and learning in a nurturing, noncompetitive environment. Their programming and instructional methods encourage the inclusion of all talent and skill levels while providing a platform for the development of artistic and interpersonal skill development, self-esteem and confidence. All courses are led by arts professionals with many years of experience in their field of

specialty and in individualizing instruction for a variety of students. In almost two years of operation, the Vista Arts Center has grown exponentially in its diverse offerings, instructors and community involvement. They have participated in over 7 art showings, put on a full scale, all abilities, community theater production of "Joseph and the Amazing Technicolor Dreamcoat" in partnership with the Ivoryton Playhouse and seen their class offering grow from 4 classes to 30 classes. Registration for the Fall-Winter semester opened August 15th with new and exciting offerings for everyone!

For more information about how you can start celebrating your artist within at the Vista Arts Center, please contact Jeanean Cox, Arts Program Manager at 860-399-8080 or jcox@vistavocational.org. Visit Vista online at http://www. vistavocational.org.

Calcium!

Taking calcium - either through diet or supplements - is a little like making deposits into a bone bank account. If you keep a healthy balance of this mineral, your body is able to build and maintain bone, which is a living, ever-changing tissue. Not only does calcium keep bones and teeth healthy, it also helps with clotting blood, sending signals between nerves, and regulating heart rhythms.



But if you fail to make calcium "deposits," your body starts to pull calcium out of your bones and "overdraws your account." This calcium imbalance can cause porous, weakened bones. This condition is called osteoporosis. In the U.S., it affects 8 million women and 2 million men. How much calcium do you need? The National Academy of Sciences recommends: 1,300 mg/day for children ages 9-18, 1,000 mg/day for men and women ages 19-50, and 1,200 mg/day for men and women ages 50 or older.

If you take calcium supplements, it's best to divide the dose. Take half in the morning and half at night. Let me know if you have questions about different types of calcium. I can also discuss any medications that might interfere with calcium absorption. And I can give you tips on how to handle any calcium side effects, such as constipation or indigestion. To limit side effects, be sure to take no more than 2,000 mg daily.

Foods rich in calcium include dairy products, dark leafy greens, dried beans, nuts, and calcium-fortified foods, which may include orange juice, cereal, and bread. Recent studies suggest that food sources of calcium may be better than supplements. Last year, a study reported on in the American Journal of Clinical Nutrition showed that participants who got most of their calcium from diet had better bone density than those who got most of it from supplements. It's too soon to know why, but it might have to do with better absorption or other food compounds that enhance bone health.

What else can you do to prevent bone loss? Try weightbearing exercise, and get enough vitamin D. This vitamin helps your body absorb calcium. To get enough of it, you can spend at least 15 minutes in the sun several times a week. You can also take supplements or get food sources of vitamin D in salmon, tuna, or fortified milk, margarine or cereal. Try to get 800 International Units (IU) daily, but no more than 2,000 IU, which can be toxic.

> Keith Lyke, Registered Pharmacist Killingworth Family Pharmacy

WPCC - Fall Update

The Clinton Water Pollution Control Commission (WPCC) is an appointed, bipartisan group of Clinton citizens that includes individuals with environmental science, construction, planning and local government experience and is directly responsible for the planning, design and oversight of all water pollution control facilities in the Town of Clinton. This includes measures to protect public health and the welfare of the Town through the identification and prevention of public health nuisances and hazards and environmental degradation.

The purpose of these public updates is to begin to engage our fellow citizens in a collaborative process of recognizing and addressing issues that have been identified by expert groups and regulatory authorities as posing a serious threat to the quality of the Town's surface and subsurface water supplies as well as our wetlands, rivers, streams, and beaches and in turn the quality of life we enjoy in this beautiful shoreline community.

The Natural Resources Defense Council has recently reported that the Clinton Beach had the highest percent exceedance of the BAV (Beach Action Value for bacteria) in the State of Connecticut for 2013. In 2013, 27% of the beach water samples exceeded the BAV, which is a threshold for allowable bacteria levels. (NRDC 2014 Testing The Waters Report)

The Connecticut Department of Agriculture, Bureau of Aquaculture told Clinton that there can be NO recreational shell fishing until the water quality improves and a plan is in place to eliminate sub-standard sewage disposal systems along Clinton's shoreline. (DA/BA to Shellfish Commission)

The Connecticut Department of Energy and Environmental Protection (DEEP), Department of Health (DPH) and local health district have identified areas in many parts of our town that are currently polluting our properties, drinking water, the places where our families and pets play, and surface water that flow into Long Island Sound.

Yikes. This is not an isolated problem, but a widespread problem that affects property values as well as our local economy, health, and quality of life.

The primary neighborhoods identified by DEEP produce nearly 600,000 gallons of wastewater per day. So for the last 5 years, the WPCC and its engineering consultants have been researching solutions, including subsurface disposal sites to handle this volume of treated wastewater.

The WPCC is pleased to announce that the search is complete. After a fair and comprehensive evaluation, inspection and testing of properties in town, four properties have been identified that together can handle between 375,000 and 570,000 gallons per day.

While this might appear to be a shortfall, the WPCC separately has been refining and inspecting the neighborhoods identified by DEEP to identify unique and cost effective solutions to these pollution problems. The result of this work is still in progress, but following are some solutions being considered:

Some neighborhoods will require off-site solutions. While the exact list is not ready, the WPCC is confident that off-site solutions will be required for the Long Hill neighborhood and most of the Coastal communities east of the Town Beach.

One neighborhood may solve its pollution problem by installing public water. Water mains and hook-ups are significantly cheaper than sewer lines. The WPCC is exploring this solution for the neighborhoods to the west of Route 81 from Happy Acres to Rocky Ledge.

Some of the neighborhoods identified by DEEP are not the responsibility of the Town of Clinton. This applies to manufactured home communities that discharge over 5,000 gallons per day. The WPCC is working to get these owners to be permitted.

Some properties on specific streets and within certain neighborhoods may be able to safely discharge on their property with existing or upgraded systems. The WPCC is currently reviewing each of the areas of town suspected of polluting to make recommendations. Ultimately, these recommendations will need to be approved by DEEP. Note that these will not involve "advanced treatment" technology.

The public can expect a draft plan of action in early 2015. For further information, please visit the website www. clintonct.org or come to our meetings.



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Pastel Demonstration



Saturday, September 27th, 1-3 p.m. Pastel Demonstration by noted artist Alain Picard Clinton Park and Recreation Building, Rt 81, Clinton Sponsored by Clinton Art Society Open to the public, Free Admission.

Alain Picard earned a BA in Illustration from Western CT State University and went on to study at the Art Student's League in New York City. Picard cites Sargent, Degas, and Sorolla among his artistic influences. A love of light and beauty are immediately apparent in his pastel and oil paintings. Alain's work has been featured in such publications as The Artist's Magazine and The Pastel Journal. He's garnered top awards throughout the Northeast in esteemed exhibitions including the Portrait Society of America, the Hudson Valley Art Association, the Connecticut Society of Portrait Artists, the Connecticut Pastel Society and the Pastel Society of America. Alain is a Signature Member of the Pastel Society of America as well as the Connecticut Pastel Society where he currently serves as President. In 2004, The Artist's Magazine highlighted Alain as one of 20 contemporary artists "On the Rise". He later won the Best Portfolio Award at the 2009 Portrait Society of America Conference in Washington, DC. A frequent workshop instructor and demonstrator for art associations, schools, galleries and museums, he recently demonstrated at The Metropolitan Museum of Art and the National Arts Club in New York City. In an effort to share his passion for art with others, Alain's first book, Pastel Basics, was published in 2013, followed by a series of instructional DVD's in portraiture later that year. He lives with his wife and two sons in Southbury, Connecticut.

She doesn't need

50 Shades of Grey...



Meet our Glaucoma Specialist Kristy G. Mascarenhas, M.D.

Dr. Mascarenhas completed her glaucoma fellowship at Yale University. She is among the first surgeons in CT to be trained on the Trabectome; the newest device in glaucoma surgery. Along with her work as a glaucoma specialist, Dr. Mascarenhas performs Laser Cataract Surgery, diabetic and routine eye examinations. Offices in Middletown and Westbrook, with evening hours available.

> **MIDDLETOWN** 400 Saybrook Road, (860) 347-7466 Optical (860) 347-8300

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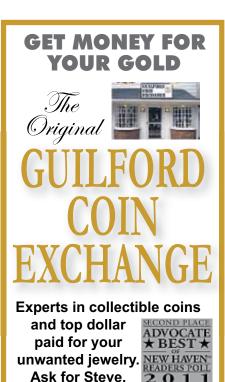


Antonella Vertucci 203-641-8566 Antonella.Vertucci@Raveis.com

I am a resident of Clinton with a background in Marketing and Interior Design. Contact me. I can help you buy, sell or remodel your home.

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Webster Bank Holds Shoreline "Stuff-A-Truck" Food Drive



Webster bankers team up with SSKP to help families.

Hunger never takes a vacation, and during the summer months, as many are taking time off, local food pantries often see a sharp decrease in food drives.

Fortunately, staff members at 16 local Webster Bank branches stepped up to fill the pantry shelves, with a "Stuff-A-Truck" food drive for The Shoreline Soup Kitchens & Pantries (SSKP). The August drive, held by Webster bankers from East Haven to East Lyme, was a big success, collecting 618 pounds of much needed household staples, such as soups, peanut butter, tuna, rice and beans.

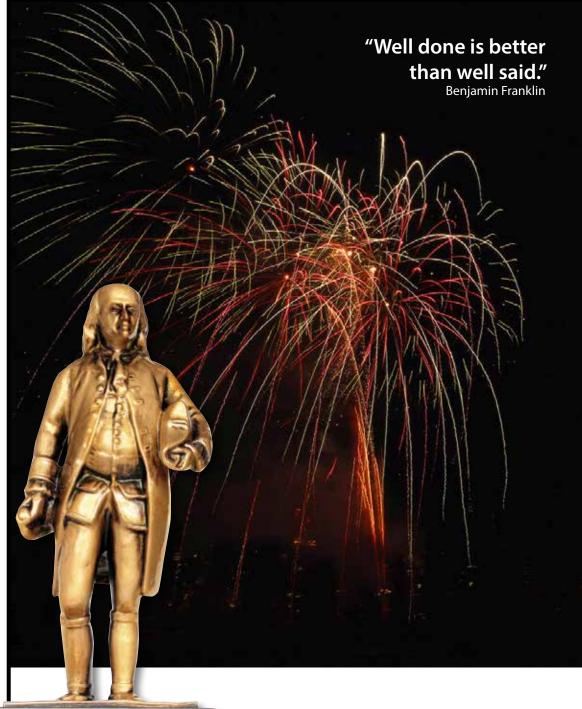
"We are so grateful that our friends at Webster Bank were able to organize this summertime food drive. The food SSKP received will help assure that those in our community who are facing financial difficulties will have a place to turn for food and fellowship. On behalf of all those we serve, who experience a community that cares each time they come to one of our pantries, I sincerely thank Webster Bank," said Patty Dowling, executive director of SSKP.

"Living up to our communities is what matters most at Webster," said Catherine Velez, vice president, market manager, New Haven region at Webster. "Through the leadership of David Verzillo, banking center manager in Old Saybrook, we were able to assist families in need and make a positive difference in the community."

The Shoreline Soup Kitchens & Pantries; providing food and fellowship to people in need and educating the community about hunger and poverty. Serving the Connecticut shoreline towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River.

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