

# Clinton events

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## First Selectmen's Corner

The summer gave us the opportunity to again enjoy our beautiful shoreline community. I hope that you were able to take part in the activities around town.

We welcomed the Clinton Sailing Club in its inaugural year. In July, the Park and Recreation Department's Clinton Family Day was another great success at the Town Beach, full of games and music and fun.

Also, the Family Theatre presented Guys and Dolls at the Town Hall auditorium. The Town Hall also hosted the 67th Annual Clinton Art Society Summer Exhibition and Opera Theatre of Connecticut's production of Carmen.

Once again, the Chamber of Commerce delighted us with a summer concert series at the Pierson Gazebo. The Chamber also presented the second annual Summerfest and Fireworks. It was a great event. We look forward to next year!

Fall begins with the opening of the New Morgan School. I would like to take this opportunity to again thank the Morgan Building Committee and School Administration for all their hard work to make the new Morgan a reality.

Please be supportive of our teachers and administrators as they guide our young people through the school year. Be sure

to encourage all of our school sports programs. Get out and cheer them on!

I want take this opportunity to recognize and express appreciation to all of our town staff, especially Parks and Recreation, Public Works, Police, and Fire & Emergency Medical.

We welcomed several new businesses to Clinton over the summer and expect that trend will continue throughout the fall. Please frequent them and show them the friendliness and warmth of our town.

I hope that you all enjoy the beautiful and colorful fall weather and I will update with you again after the holiday season.

All the best to you and your families!

Bruce Farmer  
First Selectman



First Selectman  
Bruce Farmer

An advertisement for Saybrook Country Barn. The background is a photograph of a bright, airy living room. A large, light-colored sofa with several patterned and floral pillows is the central focus. In front of it is a matching ottoman. To the right, there is a side table with a lamp and a small table with a vase of flowers. The text "The finest home furnishings you'll forever love" is written in a cursive font across the top. At the bottom, there is a logo for "The Shops at Saybrook Country Barn" and contact information.

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# events

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# Families Helping Families



Pictured above is Miner Vincent President of FHF and Clinton Police Department Chief Vincent DeMaio.

They issued a challenge for the public to raise \$3,000 for dispatcher Dave MacDonald's new handicapped accessible van and in less than one month the challenge was met. Families Helping Families matched the challenge with another \$3,000.

Thank-You Clinton, we did it!!! What is it you wonder?? Dave MacDonald who is a disabled part-time Clinton Police dispatcher needed a new handicapped van. His current van, which is over 20 years old, has been repaired to the point where it can no longer be repaired. The cost of a new one -- \$30,000.

Families Helping Families issued a challenge to the Clinton community. If they could raise \$3,000 towards the van in three months we would match that \$3,000 with \$3,000 from Families Helping Families. Well, in less than one month the people of Clinton responded and raised the \$3,000. Both combined donations put the fund drive over the top and a new van is in the process of being ordered.

Families Helping Families has two of our annual events coming up this fall. On Saturday September 24 we will be holding our Annual Fall Food Drive at Stop&Shop

from 10-2. Over 2,000 pounds of food are given out each week at the Clinton Food Pantry. After nearly four months without a town-wide food drive the shelves at our pantry are looking a bit empty. Join us to help the pantry fill those shelves.

Our Annual Apple Pie Festival will be held October 1 at The Clinton Town Hall from 6-8 pm. Come and enjoy some of the finest homemade apple pie on the shoreline and, of course, you can have more than one piece and some ice cream too. This free event will have some very special auction items as well as some new features this year. So, hope to see you there.

Any questions about FHF and our mission or our programs please give us a call at 860-669-5592.

Miner T. Vincent  
President  
Families Helping Families



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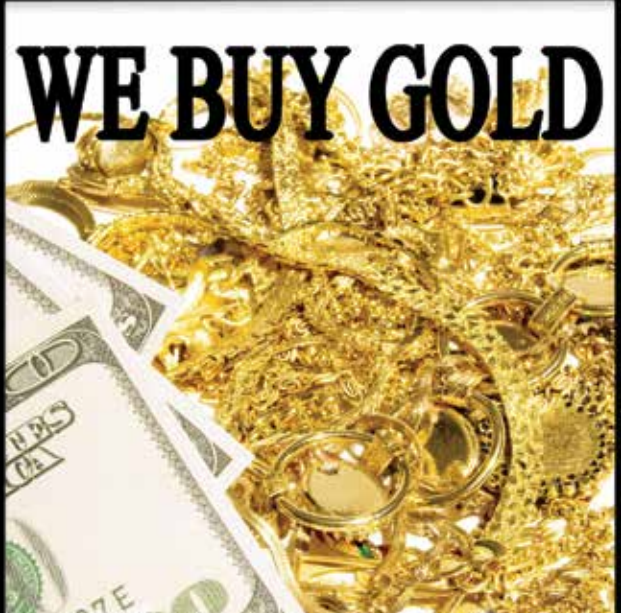
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# Hammonasset Festival 2016



**NEW LOCATION:  
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Saturday and Sunday October 1-2, 2016 /  
10 am to 5 pm

The 6th Hammonasset Festival will take place on Saturday and Sunday, October 1 and 2. Because of planned construction throughout Hammonasset Beach State Park, this year's festival will be held at the Guilford Fairgrounds, located at 111 Lovers Lane in Guilford. The Fairgrounds offer a larger event space with ample free parking and protection from the wind, in a comfortable outdoor setting. This popular event honors Native American culture and tradition and celebrates the Natural World. Returning for multiple performances each day will be "Celtic Indian" Arvel Bird, international award-winning recording artist, as well as the Native Nations Dance Troupe led by Erin Meeches. There will be an opening

blowing and smudging ceremony at 10:30 am on both days.

In addition, the Festival features authentic Native American art and crafts, music, dance and food; live wildlife shows; museum outreach programs and environmental exhibits; and the ever-popular New England Atlatl Championship.

Admission is \$5/person;  
children under 12 are admitted free.  
Pets are not permitted.

Participating vendors and exhibitors must be pre-approved and pre-registered.

Contact:  
HammonassetFestival@gmail.com  
for more information.  
The Hammonasset Festival is presented by Friends of Hammonasset, a 501(c)(3) non-profit organization.

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# Clinton Family Film Festival



The Town of Clinton will continue to host its Family Film Festival so long as attendance at the September movie was sufficient. That being assumed, the last two movies will be screened on October 8th and November 12th at 7:00 pm. Both will be shown on the large, rear projection screen in Clinton's Andrews Memorial Town Hall's auditorium at 54 East Main Street. Admission is FREE and all children under the age of 14 must be accompanied by a responsible adult. .

On October 8th the movie will be "The Prince and the Pauper," Mark Twain's story about Tom Canty, the son of a poor family living in London, who has been taught to read and write by a local priest. Hanging out one day near the palace gates, he sees the Prince of Wales – Prince Edward VI. Coming too close, Tom is nearly caught and beaten by the Royal Guards. Prince

Edward stops them and invites Tom into the palace. There, the two boys are fascinated by their uncanny resemblance to each other.

For fun, the boys decide to switch clothes. The Prince, forgetting that he is still dressed in Tom's rags, goes outside the palace to chastise the guard who was going to beat Tom. But dressed as he is, he is not recognized by the guards, who drive him from the palace grounds, where now in rags, is found by Tom's father and brought to his home, where he is subjected to brutality. Edward escapes and eventually meets Miles Hendon (Errol Flynn), a soldier and nobleman returning from war. Although Miles does not believe Edward's claim to royalty, he humors him and becomes his protector. Meanwhile, news reaches them that King Henry VIII, Edward's father, has died and that Prince Edward, who is now, in actuality, Tom Canty and still believed to be the prince, is about to be coronated King of England. Will Prince Edward remain a pauper? Or will he eventually assume his rightful place on the throne?

Set in 1547, the book was first published in 1881 in Canada, before its 1882 publication in the United States and was Twain's first attempt at historical fiction. Twain was already living in Hartford, Connecticut at the time of its publication –which

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was five years after his novel “The Adventures of Tom Sawyer” and four years before “The Adventures of Huckleberry Finn.”

In commemoration of Veteran’s Day, the movie to be screened on November 12th is “Empire of the Sun” (1987). Steven Spielberg directed this action packed World War II film about Jamie “Jim” Graham (Christian Bale), a privileged only child of a wealthy, British family in Shanghai, who accidentally becomes separated from his parents during the evacuation of that city during the Japanese invasion – and subsequently become a prisoner of war in

a Japanese internment camp. In order to survive, he must make the transition from Jamie, spoiled rich kid, to scruffy survivor - redubbed Jim by an American mercenary (John Malkovich) he attaches himself to along the way. The movie is based upon J. G. Ballard’s semi-autobiographical novel of the same name.

Clinton Family Film Festival can be found on Face Book, where it is a page, a group and an event and at its website <http://www.clintonfff.com/>.

## From the Town Clerk’s Office



**ELECTION:**  
**TUESDAY,**  
**NOVEMBER 8, 2016**  
**HOURS:**  
6:00 am to 8:00 pm  
**GREEN ROOM –**

LOWER LEVEL – TOWN HALL

**November 8, 2016 Presidential Election**  
Absentee Ballot applications are available in the Town Clerk’s office and on the Town

Clerk’s website, click on Elections. AB ballots become available October 7, 2016.

**Permanent Absentee Ballots:**  
An elector can file an AB application together with a doctor’s certificate (presumably on letter head), 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. AB ballots will then be automatically mailed to the elector for the Presidential Election.

Election Day Registration will be available.

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

Sharon Uricchio, CCTC  
Clinton Town Clerk

## From the desk of the Tax Collector Melanie Yanus

Please check-out the online services provided by the Department of Motor Vehicles.

### DMV’S ONLINE SERVICES

Go to the DMV website [www.ct.gov/dmv](http://www.ct.gov/dmv).

Here are just a few of the services as listed on the DMV website:

- Check Driver’s License Status
- Sign up for official notifications (such as a registration renewal notice). You will need to provide an e-mail address.
- Cancel Registration and License Plates (be sure to print out a receipt)
- Check Property Tax, Insurance, Emissions and Other Compliance Issues
- Lookup Registration Status
- Pay Emissions Test Late Fee
- Renew Registration
- Reprint Registration Certificate
- Lookup Wait Time at a DMV Office
- Print Forms

Please take the time to check your license, vehicle registration(s) and emissions status.

If you owe municipal motor vehicle property taxes you cannot register or re-register a vehicle. You will need to resolve your tax issue(s) before attempting to register or re-register a vehicle.

If you owe taxes to the Town of Clinton, contact the Clinton Tax Office 860-669-9067.

If you receive a tax bill from another city/town that you did not reside in or garage your vehicle in as of October 1, 2015, contact the Assessor of that city/town to request a transfer to the correct city/town of residency as of October 1, 2015.

If you have not received a tax bill from Clinton and your vehicle was registered per the Department of Motor Vehicles on October 1, 2015 to the Town of Clinton, contact the Clinton Assessor’s office 860-669-9269.

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## The Henry Carter Hull Library

### GREAT THINGS ARE HAPPENING THIS FALL AT HCH!

We will celebrate October with a variety of amazing programs, from our third annual Harry Potter Trivia Night (Friday, October 21 at 6 pm), to Demonology in the Civil War (Monday, October 24 at 7 pm), to a Google Suite Workshop (Monday, October 17 at 7 pm). Get ready for National Novel Writing Month this November! HCH is an official Come Write In site, and the Large Conference Room is reserved from 10 am-4 pm every Saturday for novelists to come, write and commiserate while they write their masterpieces.

**In the Teen Room**, Peace Out Paint Day is Thursday, October 20th at 1:00. Artist Cindy Stevens will guide teens in painting a colorful 16 x 20 inch peace sign to take home. No prior painting experience is required. Please register for this class. Limited to 20 participants, grade 6-12. Early dismissal day for Clinton Schools. On Thursday, November 17 at 1:00 Award-winning writer Leslie Connor will lead a 3 hour Jump into Fiction Writing for those who seek to learn how to get started with writing or who want to take a writing project to the next level. Please register. Early dismissal day for Clinton Schools.

**It's September in the Children's Room**, and that means it's time to fall into great programs! We have some new, exciting programs along with old favorites. Our music and movement classes return the week of the 12th, so join Miss Margie on Tuesdays at 12:30 pm and Miss V. on Thursdays at 4 pm for Rainbow Music. We have two clubs starting up for school aged children: Lego Club and Pokemon Go Club on Tuesdays and Thursdays at 4 pm, respectively. Children may bring their own devices to Pokemon Go Club to hunt for Pokemon (our lure goes live at 4 pm).

## The Shoreline Soup Kitchens & Pantries

The Shoreline Soup Kitchens & Pantries provides food and fellowship for residents in need in the towns of Clinton, Old Saybrook, Westbrook, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Founded in 1989, SSKP supports 8 meal sites and 5 pantries - all located and hosted by communities of faith. Last year with a small staff and over 900 dedicated volunteers, SSKP served food for over 1 million meals to over 8,000 shoreline neighbors in need. Visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for a full listing of SSKP's shoreline meal sites and pantries.

### SSKP's CLINTON PANTRY

Every Wednesday from 5:45 pm -7:45 pm, at First Church of Christ, 55 Church Road in Clinton. The pantry provides fresh and non-perishable food for those who live in Clinton, Old Saybrook, Westbrook, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Residents in need receive enough food for three meals a day for three days for all those in their household. Guests are reminded to bring bags. All are welcome to attend one SSKP pantry per week.

### WEDNESDAY DINNER IN CLINTON

SSKP serves a family-style hot dinner prepared fresh by volunteers every Wednesday from 5:00 pm to 6:00 pm at United Methodist Church, 12 Commerce Street in Clinton. All are welcome for food and fellowship.

## HOW YOU CAN HELP

Call (860) 388-1988 or visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for more information on how to plan a food drive, or become a pantry or meal site volunteer.

Donations can be mailed to PO Box 804 Essex CT 06426.

Donate securely online at [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org).

Your help makes a place at the table for all those in need in Clinton and the shoreline.

## Raising Awareness on Breast Cancer Prevention

### CT RIVER AREA HEALTH DISTRICT: RAISING AWARENESS ON BREAST CANCER PREVENTION

As the month of October approaches, so does National Breast Cancer Awareness. During the month of October, many health professionals, breast cancer patients, survivors, and their families help raise awareness on breast cancer as they work hard to raise money for breast cancer prevention, diagnosis, treatment, and research. According to the National Cancer Institute, breast cancer is a disease in which malignant cancer cells form in the tissues of the breast. Although breast cancer can also be found in men, it is the second leading cause of death among women. In addition, one in eight women in the United States will be diagnosed with breast cancer in her lifetime.

Unfortunately, there is no way to prevent breast cancer, but women can reduce their risk by maintaining a well-balanced nutritious diet, exercising regularly, avoiding alcohol consumption, and getting annual screening tests like mammograms, clinical exams, ultrasounds, and doing breast self-exams monthly. A woman has an increased risk of developing breast cancer, if it runs in her family. In fact, hereditary breast cancer accounts for 5% to 10% of all breast cancer cases. In a situation like this, a doctor may refer the patient to a genetic counselor to further discuss her family health history and to learn more about her options for genetic testing.

Early detection is the best protection because as soon as a woman discovers any lumps or physical changes with her breasts, she is able to seek medical attention immediately. Furthermore, it is essential for women to create and follow an early detection plan that will help them detect breast cancer in the earliest stages. To show your support for breast cancer, wear pink during the month of October!

For more information on breast cancer prevention, please contact the Connecticut River Area Health District at (860) 661-3300 or visit [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

[www.TeamJermainne.com](http://www.TeamJermainne.com)



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# Clinton Parks & Recreation Department

## FALL – 2016/17 WINTER Programs

### CLINTON TOWN BEACH:

Officially closed on Tuesday, September 6, 2016. Restrooms and Concession Stand are closed for the season. NO LIFEGUARDS ON DUTY.

### TOWN BEACH BOAT RACKS:

**Reminder:** All boats must be removed by October 31, 2016. Any boat left on the Boat Racks after the season will be locked up and the owner will be charged a monthly fee of \$50 until the boat is removed.

### CT COMPUTER CLASSES:

#### TECHNO-VATORS

Wednesdays, Time 4:00-5:15 pm, September 21, 28

October 5, 12, 26 (No class 19th)

Location: Indian River Complex

Ages: 5-12 years old (Boys & Girls)

Fee: \$85.00 (Non-Residents \$95.00)

This class is for beginners to intermediate builders. Children will work with the Lego WeDo Robotics System to build a variety of robots using sensors and motors. Some models include a lion, a twirling top, birds and an alligator. Technology is provided to enhance the experience. Please bring a snack.

### FUNGINEERING

Wednesdays, Time 4:00-5:15 pm, November 2, 9, 16, 30 & December 7th

(No class November 23rd and December 1st)

Location: Indian River Complex

Ages: 5-12 years old (Boys & Girls)

Fee: \$85.00 (Non-Residents \$95.00)

Children will build in groups using the Lego building kits to learn about gears, levers axles and pulleys. Each child will group build and free build throughout the class to challenge their imaginations.

### FALL TENNIS

Wednesdays: September 21st – October 19th

(10/26/16 is a Rain, Make-Up Day)

A minimum of 3 children per time slot is required.

3:15 – 4:00 pm Ages 3 – 5 yrs. Fee: \$99

(Non-residents \$109)

4:00 – 5:00 pm Ages 6 - 8 yrs. Fee: \$109

(Non-residents \$119)

5:00 – 6:00 pm Ages 9 - 13 yrs. Fee: \$109

(Non-residents \$119)

Location: The Morgan School Courts at

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### TAI CHI—Yang Style (short form)

Five week Sessions: Session I: (Thursdays) October 6 – Nov. 3, 2016, Time: 6 – 7 pm. Fee: \$50.00 (Non-residents \$60.00), Drop-in Fee: \$15.00, Location: Clinton P & R Bldg.

A meditation in motion. In this class, we will work on learning the form, as well as learning other Tai Chi exercises, and benefits that Tai Chi can provide. Some of Tai Chi benefits include improved strength, balance and relaxation. Wear comfortable clothing. Instructor: Kim Langley

### KIDS' KITCHEN

For Students in Grades 1, 2 & 3

All classes are held at the Joel School from 3:15 – 4:45 pm.

Class Size: Min. 6 - Max. 12

Fee: \$ 26.00 per class

**Kids' Kitchen** – Wednesday, October 19th, Ghosts, Goblins, and Ghouls:

OK Young Chefs of Clinton let's gear up for ghosts, goblins and ghouls! We will be working with fondant this month and make some spooky holiday decorations to top cupcakes with as well yummy pumpkin muffins. 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** – Wednesday, November 9th, Thanksgiving Turkey Cookie Treats:

Ok Young Chefs of Clinton let's gear up for Thanksgiving this month and make turkey cookie treats. We will start the class by making a homemade apple crisp and while they bake we will create delicious edible turkeys. 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** – Wednesday, December 14th, Snowman Cupcakes and Baked Ziti:

Young Chefs of Clinton let's gear up for the holidays. We will learn how to make snowman cupcakes and a baked ziti for the family. This time of year is very busy so let's learn how to make an entree and dessert we can serve for a holiday meal. 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! This will be a great opportunity for your children in Grades 4 through 8 to display their artistic

**continued on page 12**

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## CLINTON PARKS & RECREATION ... continued from page 10

ability on Clinton's Main Street windows. Put together your best Halloween-themed design and it will be judged by Grade level. Tentatively scheduled for October 15th.

### 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, 2016 and end January 28th, with a makeup date of February 4th (if needed).

The location: Joel School gym.

The fee is \$20, which includes a T-shirt.

Payments due by December 1, 2016.

### SECOND & THIRD GRADE YOUTH BASKETBALL

For boys and girls in 2nd & 3rd grade. Saturdays only beginning, December 3, 2016. No clinic on 12/24/16.

The location is at Joel School gym.

The fee is \$40, which includes a T-shirt.

Payments due by November 7, 2016.

### FOURTH - EIGHTH GRADE YOUTH BASKETBALL

For boys and girls in 4th - 8th grade. They will have practice one night a week games are on Saturday. Registrations are due by November 1st. The fee is \$45, which includes a T-shirt.

### YOGA CLASSES (New)

We are offering a six (6) week session. Fee: \$50.00,

Non-Residents: \$60.00 (Drop-Ins: \$10.00)

**Session I:** Date: Wed., October 5 - Nov. 9, 2016,

Location: Clinton P & R Bldg.

Classes will be "yoga foundations" 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). Primary goals are to strengthen the body and calm the mind.

Instructor: Patricia Ames.

### TONY PINTO'S MARTIAL ARTS ACADEMY

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(203)530-4730

#### Taekwondo,

Ages 3 - Adult

Session 7: Sept. 28th - Nov. 8th

Session 8: Nov. 9th - Dec. 12th

Fee: \$65.00

Non-Resident Fee: \$75.00

See registration form for more details.

#### Cardio-Kickboxing,

Ages 10 - Adult

Session 7: Sept. 28th - Nov. 8th

Session 8: Nov. 9th -

Dec. 13th

Fee: \$65.00

Non-Resident Fee: \$75.00

### ZUMBA (Adult)

Adults, \$5.00 per session. No Contracts. Program offers a healthy workout at your own pace to fun music.

Monday Evenings, 6:00 - 7:00 pm,

Susie Kane, Instructor

Thursday Morning, 10:00 - 11:00 am,

Mary-Lou Capobianco, Instructor.

Saturday Morning, 9:00 - 10:00 am,

Mary-Lou Capobianco, Instructor

### 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 (Beginning Sept. 19th)

October: Eliot Gym

November: Eliot Gym

December: Eliot Gym

January: Eliot Gym

February: Eliot Gym

March: Morgan Gym

April: Morgan Gym

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 evenings at the Eliot Gym  
(Beginning Nov. 3rd)

December: Thursday evenings at the Eliot Gym.

January: Thursday evenings at the Eliot Gym.

February: Thursday evenings at the Eliot Gym.

March: Tuesday and Thursday evenings  
at Morgan, Gym A.

April: Tuesday and Thursday evenings  
at Morgan, Gym A.

May: Tuesday and Thursday evenings  
at Morgan, Gym A.

### MEN'S 40+ BASKETBALL

Open gym! Stop in for a quick pick-up game of basketball.

The games will begin on October 6th at the Morgan Gym; 10/6, 10/20 & 10/27. Games will move to the Eliot Gym on Nov. 3rd and will stay at Eliot through March 9. Time: 6 - 7:30 pm.

### GUITAR LESSONS

Ages 9 - 13

If you are interested in guitar lessons, please contact the P & R Office. We need at least 4-5 students. We have two very qualified instructors. Please call 860-669-6901.

Provided by:

Lois A. Ruggiero,

Assistant to P & R Director.

# Estuary Council Regional Senior Center

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

The Estuary Council of Seniors, Inc. (ECSI) is a community center for the Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years.

Please visit us at [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

## SHORELINE CHEFS

Estuary Senior Center SHORELINE CHEFS Fundraiser to benefit Meals on Wheels along the shoreline. Sunday, September 25, from 3 to 6 pm at Water's Edge Resort and Spa, Westbrook. Join us for fun and fundraising! Features over 20 local restaurateurs & caterers providing the food and cooking talent for a small plate taste of their fabulous recipes. Tickets are \$40 per person in advance (\$45 at the door). Tickets are available at the Estuary Senior Center, Harbor Lights Realty, Harris Outdoors and Pak It of SECT, in Old Saybrook and Edd's Place in Westbrook, space is limited. The event will feature a beer tasting provided by 30 Mile Brewers, entertainment by The Vonzells, and a silent auction with gift baskets to bid on. Beer and wine are included. The Estuary is the shoreline's sole supplier of Meals on Wheels in the nine town region serving: Chester, Clinton, Deep River, Essex, Killingworth, Lyme, Old Lyme, Old Saybrook & Westbrook. The center also provides meals at 3 congregate meal sites and in total will provide over 70,000 meals this fiscal year. Join us for this 2nd annual event to raise money for local seniors in need. For details or tickets call the Estuary Center at (860) 388-1611 Ext 0.

## BINGO AT THE ESTUARY!

Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000. (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

## ESTUARY THRIFT SHOP

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



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# Back to School: A Handy Health & Safety Checklist

It's that time again! Time to switch from swimsuits to school clothes and from beach bags to backpacks. That's the easy part. What about preparing your child to have the healthiest and safest school year possible? Here's a handy checklist to help.

**1. Schedule medical, eye, and dental checkups.** Before school starts, check with the pediatrician to see if your child needs any immunizations. Vision and hearing tests are also a good idea, although schools perform hearing tests during certain grades.<sup>1</sup> If your child is playing sports, ask the pediatrician whether a special checkup is needed. With certain sports, concussions can be a serious problem. Talk to the doctor about ways to protect your child.

**2. Organize your child's medical history records.** Provide copies to your child's school or daycare providers. I can help you pull some of this together, but the list should include your child's:

- Prescription medications
- Medical problems, such as asthma or allergies
- Previous surgeries
- Emergency contacts

**3. Communicate about transportation.** Some kids get dropped

up and picked up by parents. Others carpool. Still others walk, bike, or take the bus. And, of course, teens may have their own wheels. Regardless, it's important that your kids be—and feel—safe getting to and from school.

- If you or another adult picks up your child, agree on a time and place for pickups. Explain what to do if the driver is running late.
- If your child walks or bikes, do a dry run and explain any potential traffic hazards.
- If your child or teen takes the bus, find a safe route and agree on a visible pick-up and drop-off spot. Ideally, this is a place where other kids are around and adults can clearly see them.
- If your teen drives to school, be crystal clear about safe driving—including ditching that teen temptation - texting while driving.

**Create an emergency plan** in case anything goes awry.

In fact, make sure your child knows what to do in an emergency—whether at home or at school or anywhere in between.

- Remember that there's more to school than hitting the books. For example, good nutrition and exercise are essential for brain health. Here are a few other reminders:

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- Be consistent about bedtime and wake-up times. Growing kids need at least 8 hours of sleep—and teens need even more.
- Make homework a habit by having clear routines. But don't overlook free time and friend time.
- Explain ways to prevent infection such as by regularly washing hands and by not sharing hats or other clothing. That's one way lice get around!
- Keep lines of communication open. Listen for signs of bullying or other concerns. Many parents find that car rides are a great

time to have nonthreatening conversations with their kids. Contact the school if a problem like bullying does arise.

Now about those school supplies.... Come by the store to stock up. And while you're here, we can talk over your health and safety plans for the school year.

Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy

## Environmental Scholarship Recipient



Michael Houde, Emily Popp and her parents Nancy and Jeff Popp

Emily Popp, a recent Morgan graduate, won the Alice and David Crosby Environmental Scholarship.

This annual scholarship is given to a Clinton graduate who plans to study science in college.

The \$1000.00 scholarship was presented to her by Michael Houde, president of the Clinton Land Conservation Trust.

Emily plans on studying biology at Skidmore College.

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# Vista Graduates Celebrate New Beginning



Smiles, laughter and tears of joy were a common sight at the Westbrook High School auditorium on July 15 as 15 students from Vista Life Innovations - a nationally accredited education program for individuals with disabilities - celebrated the start of a new life chapter during a graduation ceremony.

Graduation is a significant milestone in the lives of Vista students. It acknowledges the independence and success they worked hard to achieve in the Discover Program, Vista's transitional program.

More than 175 people attended this year's ceremony, including family, friends, community members and elected officials.

"I'm extremely confident in what you're going to accomplish going forward as you move into this new phase of life," state Rep. Devin Carney (23rd District) told the graduates. "There's really no end to your possibilities, so go forth into the world and do wonderful things." Joining Carney at the ceremony were state Rep. Noreen Kokoruda (101st District) and state Rep. Sean Scanlon (98th District), who was there in his capacity as Director of Community Affairs for U.S. Senator Chris Murphy.

This year's commencement speech was delivered by Keynote Speaker Joseph Comerford, executive director of the Estuary Transit District. Comerford, who began his career with the ETD in 2009, became a friend and supporter of Vista after getting to know the many students and members who utilize the 9 Town Transit buses daily. "I have the pleasure of working with Vista

**continued on page 22**

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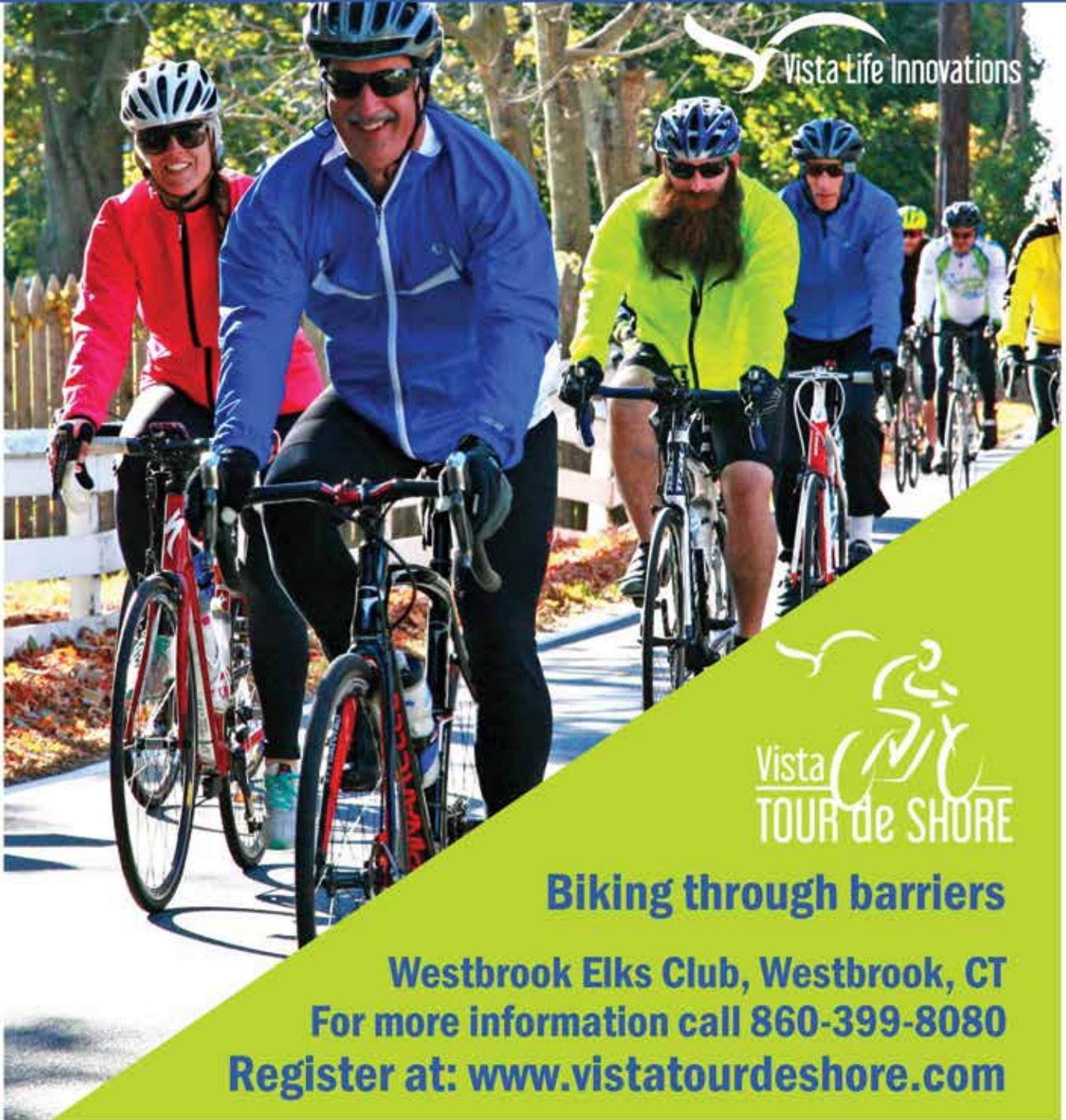
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## VISTA GRADUATES ... continued from page 20

staff and members on a regular basis,” Comerford said. “They add to our community with their strong sense of giving back and are a part of what makes the shoreline a great place to live.”

In addition to a Certificate of Graduation, each student received a letter from Westbrook First Selectman Noel Bishop; certificates from Sen. Murphy and Congressman Joe Courtney; and an official citation from the Connecticut General Assembly introduced by Sen. Ted Kennedy Jr. (12th District), Sen. Art Linares (33rd District), Rep. Jesse MacLachlan (35th District), Rep. Kokoruda and Rep. Carney.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 26 years.

Vista Life Innovations is a 501©3 nonprofit organization. Vista’s mission is to provide services and resources to assist individuals with disabilities achieve personal success.

For more information about Vista, please visit [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org).

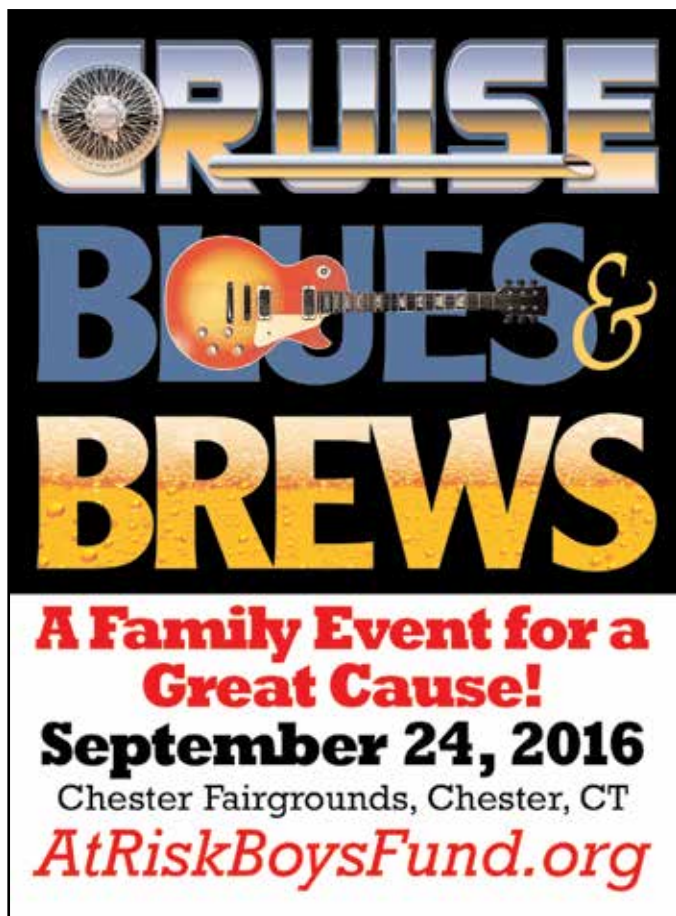
## Michael Dental of Clinton joins Michael Dental Care on the Shoreline

In 2006, Michael Dental Care opened its doors in Guilford, offering patients a unique dental office experience. In his modern facility with state-of-the-art equipment, Dr. Vincent J. Michael offers his patients high-quality dental care in a uniquely relaxing environment

with spa-like amenities. Now, ten years later, another Michael Dental has come to the shoreline as Dr. Stacey C. Michael opens Michael Dental of Clinton at the former office of Drs. Kaufman and Shah. Drawing on the coastal charm and seaside elegance of its location among

the Clinton marinas, Dr. Michael is looking forward to creating another relaxing dental environment that focuses on patient care and comfort.

Both offices offer a full range of General and Cosmetic Dentistry for the entire



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family. The procedures offered range from routine exams and cleanings to complex dental implant rehabilitations. The doctors are trained in Invisalign and Zoom tooth whitening, and make appliances for grinding, clenching and sleep apnea. Michael Dental Care and Michael Dental of Clinton are happily

accepting new patients. Both offices are staffed with friendly and enthusiastic people who are always ready to accommodate patients and answer any questions.

For more information about Michael Dental Care in Guilford,

please call 203-453-0499 or visit [www.michaeldentalcare.net](http://www.michaeldentalcare.net).

For more information about Michael Dental of Clinton, please call 860-669-5777 or visit [www.michaeldentalclinton.com](http://www.michaeldentalclinton.com).

## Treating Cataracts

Middlesex Eye Physicians is pleased to announce that we offer the latest technology in Laser Assisted Cataract Surgery. Our new Verion machine offers customized mapping of our patients' eyes, which gives us measurements tailored to the individual. This machine helps minimize sources of error and increases accuracy and precision.

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surgical procedure performed world-wide! Middlesex Eye Physicians offers Laser Assisted, bladeless cataract surgery. Using the LensX laser our surgeons have the ability to customize the procedure to achieve the best visual outcomes.

Our cataract surgeons at Middlesex Eye Physicians are pleased to offer the latest advancements in eye care technology to our region and are specially trained in the implantation of premium lenses during cataract surgery. These advancements in intraocular lenses allow our patients to possibly reduce or eliminate their dependence on glasses after surgery.

continued on page 24

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## CATARACTS ... continued from page 23

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## St. Mary's Annual Christmas Fair

St. Mary's Church of the Visitation  
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DATE: Saturday, 11/19/2016

TIME: 9:00 am - 2:00 pm

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# STAND UP TO MEAN-SPIRITED BEHAVIOR.

*Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack?* Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

### *Help make Middlesex County a bully-free community.*

Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to [www.bullyfreemiddlesexcountycf.org](http://www.bullyfreemiddlesexcountycf.org).

# TAKE THE PLEDGE.

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\*Using Essex Printing's images and calendar layout, standard jewel box (5x5½"), assembly required.

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