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First Selectman's Corner

Another great summer in Clinton has come and gone. I can't remember a year when the weather was so perfect and there was so much going on in Clinton. The Farmers market and Chamber of Commerce concerts on Thursdays drew huge crowds. The Congregational Church was a destination for many and the Clinton Art Society Show as well as the Opera Theater of Connecticut's 30th anniversary provided for a variety of activities for the resident and visitor alike.

The fun continued into late August when Tarzan yells filled the air as Clinton hosted the annual Edgar Rice Burroughs convention, aka: Dum-Dum celebrating the author's works. A great event and thanks to Peggy Adler they want to come back to Clinton in 5 years, loved our Town. As Tarzan headed off into the jungle, the first annual Clinton Summer Fest began. The Town was buzzing all afternoon and early evening on the 22nd as people took in events at Town Hall, Pierson, the Town Beach and along the history trail in anticipation of the fireworks launched from the beach. Thanks to the Chamber of Commerce for organizing the event and fundraising, Andrew Randi of Bay Fireworks a Clinton resident who gave us the best show on the shoreline and to all the Town of Clinton agencies that worked so hard to make sure everyone was able to safely enjoy the event and our facilities. Another banner day for Clinton, can't wait until next year.

As we move into fall we send the kids back to school, our sport seasons begin again, we try to sneak a few more days in at the beach and we wait for the days to grow shorter and the nights longer. Some great things coming up this fall, the Dibona Scholarship committee is having a benefit piano concert on the 25th of September at Morgan, The Rotary is having a cancer relief FUNraiser at Town Hall on the 26th of September, the evening will conclude with the Luminary lighting outside of Town Hall, both sound like great evenings for great causes. There will be, what has become an annual event, on November 1st at Town Hall as the acapella singers from Yale and UCONN will square off to raise money for Families Helping Families. Things never slow down regardless of the season. Get out enjoy the weather, get to some of the events and make the most of it until the snow flies. I'll be hanging out most Fridays, Saturdays and Sundays at the football field concession if you want some good fries. See you out there.

Willie




Willie Fritz, Jr.
First Selectman


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Hammonasset Festival

The 6th Bi-Annual Hammonasset Festival will take place at Meigs Point, Hammonasset Beach State Park, in Madison, CT on October 3rd and 4th. Hours are 10 am to 5 pm on both days. This event honors Native American culture and tradition and celebrates our natural world.



Returning for multiple performances each day will be the award winning Native American recording artist Arvel Bird (Paiute), as well as the Native Nations Dance Troupe led by Erin Meeches (Schaghticoke). Allan Saunders (Mohegan) will lead an opening blessing and smudging ceremony each morning at 10:30 am. Authentic Native American arts and crafts will be available for purchase, including beadwork, gourd art and wood carvings, wampum jewelry and knotted

jewelry, clothing and accessories, and much more. Non-profit museums and learning centers will present cultural and educational exhibits and demonstrations and will be offering books for sale.



The New England Atlatl Championships will take place during the festival. Public participation is available for those wanting to learn an ancient skill. Flintknapping and archaeology exhibits will be available for viewing. Friends of the Office of State Archaeology, the World Atlatl Association and the Museum of Natural History at Uconn will also have displays. A Place Called Hope, a Killingworth based wildlife rescue and rehabilitation facility, will offer live raptor shows each day at 2 pm in the Discovery Tent. The Meigs Point Nature Center will offer live reptile shows both days, and will exhibit along with Ansonia Nature Center (Saturday only).

Environmental and nature groups including the Shoreline Greenway Trail, Shoreline Outdoor Education Center, Coast Guard Auxiliary, Connecticut Audubon, Menunkatuck Audubon, and Sierra Club will have exhibits. Trout Unlimited will offer fly casting to attendees both days. Vendors will be on-site preparing and serving a variety of foods, including traditional and contemporary Native American cuisine.

The Hammonasset Festival is presented by Friends of Hammonasset (FOH) and supported by the Madison Foundation and the Madison Jaycess. Handicapped parking is available. Pets are not permitted in the event area. For more information visit hammonasset.org, or call 203-245-9192.

Summer Environmental Ecology Camp

Clinton Parks & Rec - Beach & Woodland exploration.

Children were introduced to varying habitats: the salt marsh, beach, mud flats, Osprey, animals, plants, trees and the mystery of a vernal pool and all of its inhabitants. The children gain an appreciation for our outdoor world and learn about ways in which you can protect it for future generations. Have fun while learning and make new friends!





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Clinton Land Conservation Trust Sponsors Bushy Hill Camperships

Every year, thanks to the Eunice Symonds Scholarship fund, the Clinton Land Conservation Trust (CLCT) sponsors four Pierson students to attend Bushy Hill Nature Camp for two weeks during the summer.



Students are asked to write a persuasive essay about why they would be the perfect candidate to win the scholarship. Many of the students write about their love of nature and their desire to make the world a better place. Essays are read by the board of the land trust, and as a committee, a decision is made as to who the winners are. For many students, this is their first camp experience. This years winners are Alex Gallardo, Jessica Flanagan, Lily Harris, and Courtney Dombkowski.



Congratulations Lucas Cummings --- Mike Houde, President of the Clinton Land Conservation Trust is shown presenting Lucas Cummings a check from the Alice and David Environmental Scholarship. Lucas is a 2015 graduate of The Morgan School and will be attending UCONN majoring in Environment Science in the Honors Program.

The Water Pollution Control Commission

The Water Pollution Control Commission continues to meet with neighborhood groups to hear public opinion and questions about the Town's wastewater problems and the Draft Facilities Plan.

In June the WPCC engaged business owners in the downtown area to hear their concerns and answer questions. We heard that the timing of construction projects greatly impacts their business if conducted during the peak summer tourism season. And in August to a standing room only meet and greet, Coastal Area residents came well prepared with questions and concerns for the WPCC, making for a lively discussion on a Saturday morning. Discussions involved locations for discharge, different configurations for piping, winterization, referendum questions, and opting out.

The WPCC wishes to entertain other small group meetings in an effort to answer questions, hear concerns and gain insight for consideration for developing the final plan. The next neighborhood group to meet with will be the Harbor View Association.

In conjunction with the Public Involvement Program the WPCC is reviewing the Draft Facilities Plan, recently submitted

by CDM Smith. Our consultants continue efforts to work on a parallel path to balance the need for off-site treatment with areas which are able to continue to support on-site sewage disposal systems. This investigation is nearing completion and is part of the commissions due diligence efforts, keeping in mind that investigations at this stage are 55% reimbursable through the Clean Water program.

Public Health Consultants LLC has looked at existing property files, specifically information about septic systems and soils, and compiled this into a spreadsheet. Properties with high ground water, ledge, poor soils, densely developed neighborhoods and proximity to Long Island Sound were designated to go off-site.

A draft map of the results should be available for public viewing on the web site sometime in October. A formal draft for review by the Department of Energy and Environmental Protection will be submitted in December while some final chapters, such as the Decentralized Wastewater Management Plan and The Environmental Impact Evaluation will be completed over the course of the coming year.

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Cholesterol is a soft, waxy substance in your blood. It increases your chance of heart disease, stroke, and other problems. Many things may put you at risk for high cholesterol. You can't control some of these risks such as your age, gender, or family history. Fortunately, the list of things you can control is longer: It includes your weight, diet, exercise, blood sugar, and smoking. Let's take a look at what this might mean for you: Maybe you've put on a few (or more than a few) pounds in the last couple of years. Or your recent New Year's resolution was short-lived, making that gym membership a bit of a waste! Don't scold yourself. Just start over.

The good news is some changes may give you a "twofer." For example, eating healthy foods can reduce the amount of cholesterol you are taking into your body. It can also help you lose weight, which lowers LDL (bad cholesterol).

Try eating:

- **More** fresh fruits, vegetables, and other

foods high in fiber such as whole grains and beans.

- **Fewer** foods that contain cholesterol, trans fats, or saturated fats such as fatty meats and whole milk, cream, butter, cheese, and ice cream.

Increasing your exercise not only lowers your LDL. It also raises levels of HDL (good cholesterol), which carries bad cholesterol away. Take steps to enhance your chance of success, especially if exercise is a bit foreign to you. Gradually increase the intensity and length of your exercise routines. Or find an exercise partner to help you stay motivated. Sometimes lifestyle changes are simply not enough to get your cholesterol into a safe range. In these cases, your doctor may prescribe a special medicine to lower your cholesterol. Make sure you take it exactly the way your doctor directs. If you don't, it may not work. Just remember: I can double check to make sure you're on the right track. And, if cost is an issue, ask me whether a generic version of your

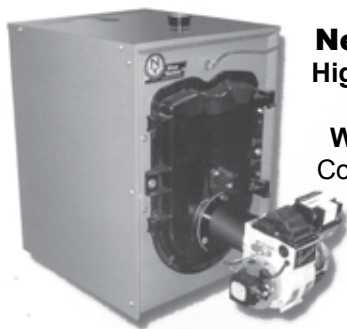
medicine is available.

Statins are one type of medicine commonly prescribed for high cholesterol. You've probably heard a lot about this medicine. Recent studies have added encouraging news about statins. For example, statins may help kids who have a genetic type of cholesterol disorder. They may also help boost survival rates after people have a certain type of stroke. Statins may even prevent common and serious complications from diabetes. They apparently protect against damage to small blood vessels that can lead to blindness or amputations. None of this means medicine gives you a free pass to smoke, overeat, and be a couch potato. Instead, lifestyle changes can work together with medicine to improve your cholesterol levels even more. And, as you already know, these changes can really improve your overall quality of life.

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CT River Area Health District (CRAHD) Receives Approval For Environmental Class For Real Estate Agents

The Connecticut River Area Health District has received approval from the CT Real Estate Commission for its course offered to real estate agents titled: *Environmental Health And The Real Estate Transaction*.

Jim Monopoli, director of health at CRAHD, challenged his staff of 3 Sanitarians, Scott Martinson, Steve Yenco and Ryan Grenon, to develop a course that would encompass most environmental issues that arise during the real estate sale. "Our staff deals with these issues as part of their daily jobs, and they also receive ongoing training to maintain certifications and to be better Sanitarians" stated Monopoli, "They are our local subject matter experts in these matters, and it is just a natural fit for our staff professionals to pass on their knowledge to RE agents. The better informed the agents are, it certainly makes for an easier transaction for all involved."

The 3 Sanitarians worked on the course and completed it in time to offer it last winter of 2015. The course was well received and feedback from attendees indicated it is a good quality environmental primer for RE agents. During the early part of 2015, Monopoli worked with the New Haven/Middlesex Association of Realtors to get the course approved so that attendees would earn continuing education credits to attend. He was informed recently that the 3 hour course was approved for 3 CE credits. A total of 12 credits are required by agents to maintain their licenses.

The course covers topics such as asbestos, lead paint, moisture and mold, radon, drinking water wells and treatment, septic systems and lot improvement requirements.

For more information or to register for the course, Monopoli recommended that agents go through their respective realtor associations. "We anticipate that this course is one that could be offered annually, on an ongoing basis."

The Connecticut River Area Health District is the local health department for the towns of Old Saybrook, Clinton, and Deep River.

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GrowSMART:

A Lower Connecticut River Valley Economic Growth Strategy

If you haven't heard about the Lower CT River Valley Council of Governments, also known as RiverCOG, we are an association of seventeen towns represented by their chief elected officials. Our purpose includes facilitating solutions and planning between the seventeen towns, the State of Connecticut, Federal agencies, and nonprofits for land use, transportation, agriculture, emergency management, conservation, and economic development. One of our foremost goals is to encourage a safe and open venue to discuss shared regional options and projects.

GrowSMART, a RiverCOG project, is looking for how the region can collaborate to attract workers and retain and grow businesses while also conserving our natural resources that are so vital to the region's infrastructure, housing values, and tourism industry.

As you drive, walk, or bike around our region in September and October, you may notice signs, posters, and banners around town. You may see an advertisement while reading a local newspaper or local on-line news. The signs or advertisements may ask a question, such as: "Why can't you find qualified help?" or "Who is going to buy your house"?

Why are we asking these questions? Our Regional Strategic Economic Growth Committee is working with Ninigret Partners to create a regional economic growth strategy. We invite you to visit the project website, www.GrowSMARTregion.org, and learn about our travelling mobile workshop and public forums. There is also an opportunity at the www.GrowSMARTregion.org website to submit your ideas.

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Morgan Peer Advocate Applications

Clinton Youth and Family Services will be accepting applications for the Peer Advocate training program for high school age youth interested in learning about critical teen issues and helping their peers.

Peer Advocates is a program of Youth & Family Services and the Morgan School. Its purpose is to train qualified high school applicants to listen to and to be resources for their peers. Training takes place on select Thursday evenings from 7 to 8:30 pm from late September to March.

Group members are selected from different grades and friendship groups in an effort to spread resource knowledge as widely as possible in the high school population. Once training is finished, Peer Advocates meet on a monthly basis and become involved in the further education, outreach, and service work of Peer Advocates. Applications are available at Clinton Youth & Family Services and at the Morgan School Guidance Office. Applications are due Sept. 28, 2015. For more info, contact Andrea Kaye or Marie Pinette at CYFS, 860-669-1103 or akaye@clintonct.org

The Henry Carter Hull Library

The Henry Carter Hull Library is pleased to share with you upcoming events for this fall. We have many wonderful programs planned for adults. Things to look forward to in October include: Adults Only Harry Potter Trivia Night, Stone Walls of New England, Connecticut Women Changing Democracy, Bach Flower Remedies, Etsy Sellers Workshop: Getting Started, and more. Check our website for dates and times.

Teens are gearing up for fall with fun events, opportunities for service, and academic preparation. Teens in grade 7-12 can join the New HCH Teen Advisory Board which is focused on different monthly service projects for the library and community. Contact Cathleen@hchlibrary.org with questions. Highlight this fall for teens in grade 6-12 include Day of the Dead Sugar Skulls on October 30th, and Caramel Apples on November 11th. Teens can prepare for the ACT, SAT and PSAT by taking a practice test at the library this fall. Check our website for specific dates and more teen events.

Fall programming in the Children's Room is here! Please join us for our normally scheduled programs starting the week of September 14th. Check out our events calendar at <http://www.hchlibrary.org/events-calendar/> for programs, dates, and times. Don't forget to join us for some special events this fall. Learn about Forgotten Felines and the cats that they help on Saturday, October 17th at 11am. We'll also be playing a Life-Size game of Candyland on Thursday, October 22nd from 1pm to 3pm.

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For more information/registration, call Andrea at 860-664-1155 or email akaye@clintonct.org.

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Clinton Police Department

The news surrounding CPD will be covered below, but first some background. The Clinton Police Department patrols and investigates crime in the town's 17 square miles and over its' approximately 95 miles of local and state roads. Animal control services are provided. We also patrol the shore line and Clinton Harbor on weekends and holidays and respond to emergencies anytime. The Department provides a School Resource Officer. The town's population of 13,500 permanent residents swells to over 20,000 in the summer months. In addition the Clinton Outlet Mall draws a staggering 4,000,000 visitors a year, straining the resources of the department on peak shopping days.

In addition to that the department had 18,187 calls for service as of July 31st which is likely to track to over 36,000 calls for the year. As perspective, on the same date in 2014 and 2010 we had 16,947 and 15,010 calls respectively. To cover this demand the department employees 27 certified (sworn) officers, 3 full time civilian and 2 part time employees. In addition 6 full time and 2 part time personnel work in 911 dispatch operations handling routine and emergency calls for Police, Fire and Ambulance. Police are also the designated first responders for medical emergencies which is an invaluable service.

The big news is that 28 year CPD officer and Chief, Todd Lawrie has retired and we wish him well. This is a big loss, but change always presents an opportunity if handled sensibly. The Commission has voted to open up the hiring process to outside as well as internal candidates. We believe the town wants and deserves an open process. We hope to complete this process expeditiously in two to three months.

Hired in the last few years were officers, Adrian Santiago, John Harkins, Joseph Popovich, Jacob Owczarski, Spencer Mangs and Brian Corbin providing needed shift relief. They are all proving to be superb officers. What this really means is that the department is changing or "turning over". Our new officers help the department manage potential shortages and be more prepared for the eventual retirement of up to 5 additional officers in the next few years. In the improve morale department we are trialing a 4/2 work schedule. A trial was agreed to in the last labor negotiations. In the crime department it's sad to say that, "crime never takes a holiday"; here are a few trends from 2010 to 2014. Larceny (from MV) +314%, Drug/narcotic/paraphernalia violations +74%, Fraud (credit cards, etc) +43% and Family NV Offenses +127%.

So there you have it. The Commission is working hard to manage this change, none larger that the departure of our Chief. At the present time the department reports to Deputy Chief John Carbone. If you have questions you may email me at psengle@gmail.com.

Phil Sengle, Chairman
Board of Police Commissioners

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The Clinton Parks & Recreation Department

Fall and Winter Programs

Clinton Town Beach:

Officially closes on Tuesday, September 8, 2015. Restrooms and concession stand are closed for the season. NO LIFEGUARDS on Duty.

Town Beach & Town Hall Boat Racks:

Reminder: All boats must be removed by October 31, 2015. 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.

Chemical Reactions and Then Some (NEW):

Fridays 6:00-7:30 pm

October 2, 9, 16,

Location: Indian River Complex

Ages 4.5 -10 years old (Boys & Girls)

Fee: \$ 80.00 (Non-Residents \$90.00)

Join the fun in this class as we experiment with reactions to various products we use every day. Come join this fun filled class of experiments. Please advise us if child/children are allergic to different products such as milk, baking soda, baking powder, vinegar, salt, latex, sugar or cleaning products. This class involves hands on experiments teacher directed and with experiments done by children. Children are required to wear safety goggles at all times and will be provided. Some experiments include the rocket blaster, gak, tornado, lava lamp and the blob. Please bring a snack to class.

PRE Video Game Animation 101 (NEW):

Fridays, 6:00-7:30 pm

November 6, 13, 20, December 4, 11

(No class Nov. 27th)

Location: Indian River Complex

Ages: 6-12 years old (Boys & Girls)

Fee: \$80.00 (Non-Residents \$90.00)

Dive into the world of video game animation by creating characters that dance, sing and interact with one another. Add sound effects and music clips to create a dynamic video animation using Scratch, the innovative programming language created just for kids by MIT. Creativity rules in this first step of video game design! We will provide the technology component. Children will work in groups and teams to design their animation. Please bring a snack to class.

ARTS – Clay Exploration:

Grades 2 & Older

Dates: Saturdays; Oct. 7, 14 21 & 28 Time: 4:00 – 5:30 pm

Fee: \$95.00 (Non-Residents \$105.00)

Location: Indian River Complex

Let's get messy with clay! Learn new clay techniques while creating clay animals, coil bowls, slab sculptures and 3 dimensional figures. Embellish your creations with tiles, gems, shells and beads. Fee includes self-hardening clay and tools. Bring a smock.

American Girl:

Ages: 5 and Older

Date: Saturday, October: TBA Time 2:00 – 4:00 pm

Fee: \$20.00 (Non-Resident \$30.00)

Location: Indian River Complex

Calling all American Girl Fans! Join your friends for a fun afternoon making American Girl crafts. You will sew a felt Halloween Treat Bag. Play traditional games and enjoying delicious snacks.

American Girl – Saturday, November:

Ages: 5 and Older

Date: Saturday, November 7th, Time 2:00 – 4:00 pm

Fee: \$20.00 (Non-Resident \$30.00)

Location: Indian River Complex

Calling all American Girl Fans! Join your friends for a fun afternoon making American Girl Crafts. Have fun with your friends while making a Corn Husk Doll. Play traditional games and enjoying delicious snacks.

American Girl – Saturday, December:

Ages: 5 and Older

Date: Saturday, December 5th, Time 2:00 – 4:00 pm

Fee: \$20.00 (Non-Resident \$30.00)

Location: Indian River Complex

It's time to begin making holidays gifts for your friends and family. Join the fun with your American Girl friends and dolls.

American Girl – Holiday “After School” Workshop December:

Ages: 7 and Older

Date: Wednesday, December 9th, Time: 2:00 – 4:00 pm

Fee: \$20.00 (Non-Resident \$30.00)

Location: Indian River Complex

Let's get crafty for the holidays! Design and decorate beautiful glass ornaments, beaded bookmarks, bracelets and stenciled holiday cards. Time for cookies and candy canes too!

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

Parks & Recreation

Kids' Kitchen – Wednesday, October 14th, Halloween:

Young Chefs of Joel, let's learn how to make a tasty pumpkin chocolate chip muffins and yummy candy corn balls for our families. 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 11th, Keeping Warm:

Young Chefs of Joel, let's learn how to put a new twist on pizza. Pizza Pasta is a new fun recipe to try and we learn how to make a new meal for you and your family. At the end of the 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 9th, For the Holidays:

Young Chefs of Joel, let's gear up for the holidays. We will learn how to make two different desserts, one healthy and one we will just say it is fun! (Baked Apples & Snowman Cupcakes). This time of year is very busy so let's learn how to make some desserts 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 Cupcake Decorating:

October Date: TBD

Each participant will be provided with 6 cupcakes, frosting, colored fondant and sugars. All you need to bring is your creative juices. Children must be accompanied by an adult. If Adults want to decorate their own 6 cupcakes they will need to pay \$15.00.

Class fills up fast, first come, first served.

Location: Indian River Complex

Halloween Window Painting:

Keep a lookout for more info!

Date: Saturday, October 18th, 2015,

Rain Date: Saturday, October 24th, 2015

This will be a great 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.

Holiday Cupcakes:

Keep a lookout for more info!

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 2016 at Joel School gym. The fee is \$25, which includes a T-shirt. Payments due by December 5, 2015.

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 December 5th, 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 9, 2015.

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. Registrations fliers will be sent home via the schools. Start Date: Saturday, December 5, 2015. Registrations are due by October 30, 2015. Fliers will be sent home via the schools.

Tony Pinto's Martial Arts Academy:

(Off Site Program)

130 Fort Path Rd., Unit 10, Madison, CT, 06443, (203)530-4730

Taekwondo, Ages 3 – Adult

Cardio-Kickboxing, Ages 10 - Adult

Session 7: Sept. 28th – Nov. 7th

Session 7: Sept. 28th – Nov. 8th

Session 8: Nov. 9th – Dec. 12th

Session 8: Nov. 9th - Dec. 13th

FEE: \$65.00 Non-Resident FEE: \$75.00

FEE: \$65.00 Non-Resident FEE: \$75.00

See registration form for more detail.

ZUMBA (Adult):

Adults, \$5.00 per session. No Contracts. Program offers a healthy workout at your own pace to fun music. Location: P & R Building, Indian River Complex

Monday Evening; 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 (Began Sept. 21st)

October: Eliot Gym

November: Eliot Gym

December: Eliot Gym

January: Eliot Gym

February: Eliot Gym

March: Morgan Gym A

April: Morgan Gym A

May: Eliot Gym

Continued on pg... 14

Parks & Recreation

cont. from pg 13...

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. 5th)

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. More info to follow.

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.

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

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Dr. Peter Shriver, Ophthalmologist
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Estuary Council Regional Senior Center



The Estuary Council of Seniors, Inc. (ECSI) is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and 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 our website at <http://www.ecsenior.org> for additional information or call us at 860.388.1611.

A number of fundraising events are held throughout the year to support the programs of the Estuary Council and consequently supporting Seniors along the Shoreline. In addition to special events, we hold BINGO every Thursday evening at 6:30 pm. Join with friends and family for a fun evening out and try your luck on the progressive jackpot! All ages are welcome and cash prizes are awarded. Doors open at 5:30 pm.

Our next special event is the annual HOLIDAY CRAFT FAIR on Saturday, November 21st. Each year, the Estuary Council brings together local crafters who display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade dessert and candy. The Fair will be open from 8 am until 1pm. Contact Judy or Mike for more information, 860.388.1611 extension 203.

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Families Helping Families

Summer is over and we are well into fall. Seems like we were just waiting for Sal D's to open and now we will just have the memories of those delicious cheeseburgers. At Families Helping Families we try not to schedule any events during the summer so that all the people who work so hard to support our mission of helping Clinton families can enjoy some much deserved time off.

We hope you can join us in one of our Fall events. Our first event is our Fall Food Drive which takes place on Saturday, September 26 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 to help fund our five community out-reach programs.

The first week in October is our busiest one of the year. On Friday, October 2 The Clinton Chamber of Commerce will be hosting their annual Coast Guard Academy Band Concert at The Morgan

School. We will be accepting donations of dollars and non-perishable food items in the lobby that night.

The very next day (Oct. 3) will be our ninth annual Apple Pie Festival at The Clinton Town Hall from 6 pm-8 pm. This event will feature our "Best Apple Pie Contest". The winner will receive a special crystal apple and a cash prize. There are prizes for second and third place. There will also be a youth division and prizes will be awarded. There will be some very special auction items.

Sunday, December 6 our "Soups On Contest" will feature some of the best soups in Clinton. The people attending will decide the best soup. So we hope you will attend one of these events. Any questions about our events or our mission please contact us at 860-669-5592.

Miner T. Vincent, President
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The Second Annual Great Grown Up Spelling Bee

The Second Annual Great Grown Up Spelling Bee will be held on Saturday, March 5, 2016 at 7 pm in the Andrews Memorial Town Hall. This event is hosted by the Clinton Education Foundation in conjunction with Families Helping Families.



We need teams of 3 (with an alternate) to participate. Form a team with your neighbors, friends and families or colleagues. Teachers, book clubs, doctors, lawyers and librarians make great teams!

Proceeds from the event will go to scholarships for students and to Families Helping Families.



Registration will begin in November, 2015. For more information email Clinton.foundation.education@gmail.com. Look for more information in the fall on <https://sites.google.com/clintoncef/> and on the Clinton Education Foundation Facebook page.

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Event takes place at Westbrook Elks Lodge, 142 Seaside Ave.
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