

East Hampton events

VOLUME 2 • QUARTER 3 • 2017



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Town Manager's Corner

Dear Residents,

Thank you for making this summer great. As this is our 250th summer it has really been special. From the Fire Department Fireworks to the Old Home Days Parade, East Hampton's spirit of community has really shown through.

Over the summer I have been hard at work with our Town Facilities Building Committee to solve a 35 year problem East Hampton has faced. Where will our Police Department and Town Government be housed? As many of you are aware our Town facilities are woefully inadequate. We don't have potable water in our restrooms, there is minimal parking and many of our departments are just plain out of space. The list of challenges goes on and on. I invite each and every one of you to call or stop in

(if you can find a place to park) to see for yourself.

In the next few months many of the Town's public bodies will be discussing and reviewing a solution to the Town's facility challenges. This solution is half the cost of previous proposals and will be completed quicker. With the Police Department and Town Hall moments away from a shut down due to its facilities the time to act is now. I look forward to a spirited debate based on facts that will provide the direction for the future of East Hampton.



Michael Maniscalco
Town Manager

East Hampton 250th Anniversary



As we pass the midway point of our celebration year, it's good to reflect on past accomplishments. Most recently the anniversary committee hosted

the community birthday card project where signatures and artwork from town residents were collected and displayed at Old Home Days. In total, seventeen 4x8 ft. cards were made and presented at OHD. The exact number of residents that participated is unknown but it would easily be in

the many thousands. The point in having the cards was to get the public involved in the celebration year and we think that was accomplished. Civic organizations also contributed by donating funds for the cards and their framing. Hats off to the **continued on page 2**



Tamera "T.J." Jackson
Owner & Team Member

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COVER PHOTO

Historic Former Lake View House
Courtesy of the Chatham Historical Society

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"Events magazine works! We were thrilled to receive a call for reservations at GrandView Campground, just two days after the magazine was delivered to recipients. We are looking forward to increasing our presence in neighboring areas, as Events spreads the word for us."

- Grandview Camp Resort, Moodus, CT

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250th Anniversary... continued from page 1

Public Works department for doing a great job constructing the card frames.

Looking to the fall, there are a number of events coming up. In late August, the committee will host the Longest Dinner Table at the Bay Point Club. Reservations are suggested. This will be an evening of sharing great food, fun people and happy memories. Look for more details in the local papers and on the committee website EH250.org. Moving to October, a fall festival in the village center is in the final planning stages bringing local businesses and food vendors to the town center. On October 2 it's East Hampton Trivia Night at Angelico's Lake House. Test your skills of memory, match wits and have a rollicking good time doing it.

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250th Anniversary Chairman Josh Piteo stands among some of the memorabilia available for purchase at Town Hall.

250th Anniversary... continued from page 2

In between these events, there are additional activities going on. In August, the East Hampton Fire Department presents its annual fireworks show. Because of increased popularity, the fireworks are at the high school. Speaking of the high school, its rededication on completing its renovation is September 8. Our anniversary year has been fun and we look forward to the future events.

Josh Piteo,
Chairman, East Hampton 250th
Anniversary Committee

Office of the Assessor

In accordance with Connecticut General Statute 12-40, all persons who are liable to pay taxes on tangible personal property belonging to them on October 1, 2017, must file a declaration of their personal property on or before November 1, 2017, with the Assessor, or be subject to an estimated assessment and the statutory 25% penalty. Various exemptions are explained on the declaration and available if filed on time.

NO DECLARATION IS REQUIRED FOR MOTOR VEHICLES REGISTERED IN EAST HAMPTON, CT NO DECLARATION IS REQUIRED FOR REAL ESTATE

Personal property includes, but is not limited to, non-CT registered motor vehicles, unregistered motor vehicles (including junk autos), campers, all business machinery, equipment, tools, commercial furniture and fixtures. If you no longer own a motor vehicle and have

cancelled the registration at DMV, please bring the DMV plate receipt and one of the following forms of proof in order to receive a tax credit. The documentation must have the VIN number and all the corroborating information.

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- B. A copy of the transfer of title (i.e., receipt from junkyard, trade-in paperwork, donation receipt).
- C. A copy of the original registration issued to the person to whom you sold the vehicle.
- D. A copy of the registration in another state.
- E. Documentation from an insurance company, i.e.; payment for a stolen vehicle, payment for a totaled vehicle, cancellation of coverage due to sale of vehicle.

The Assessor's office may require a combination of additional information or verification of the preceding items, as necessary, for the removal or crediting of a motor vehicle assessment.

TRANSFERRED PLATES

When the registration is transferred to a new or replacement vehicle, the adjustment follows the plate. The over payment on the July tax bill is applied to the supplemental tax bill in December. The filing deadlines for various exemptions and classifications are as follows:

PUBLIC ACT 490

All applications for classification of farm or forestland must be received by October 31, 2017.

VETERANS

All property owners claiming exemption due to military service must file their DD214 form with the Town Clerk by September 30, 2017. Veterans claiming disability exemption must submit proof from the Veterans Administration.

continued on page 6

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Assessor... continued from page 5

DISABILITY

Persons totally disabled receiving SSD benefits may be eligible for a \$1000 property exemption. Proof of award and application must be submitted by January 31, 2018.

Please call the office with any questions at 860-267-2610. Thank you.

Town Clerk's Office



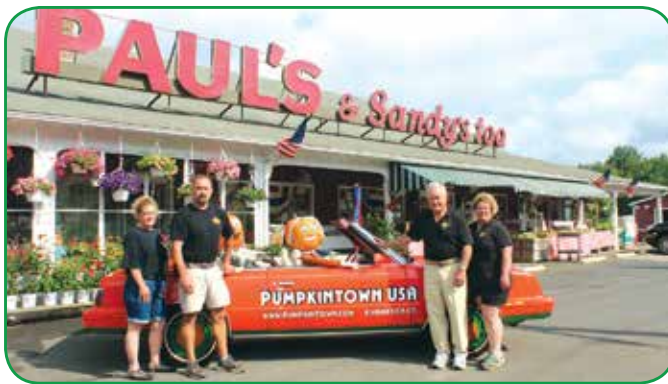
Delinquent notices will be mailed out at the end of July if you did not license your dog in June. Dogs must be licensed at 6 months of age or 30 days after receipt of an older dog. You may use our online dog renewal program as long as the rabies certificate is up-to-date. If you would like to update the information, you may either come into the office in person with a new rabies certificate or scan the certificate and forward it to the

Town Clerk's Office at swieleba@easthamptonct.gov.

November 7th is the date of the municipal election. Students entering college or returning to college may wish to fill out an application requesting an absentee ballot. The application can be obtained by going to the town web page at www.easthamptonct.gov under the Town Clerk's page.

VISIT East Hampton! • www.easthamptonct.gov

EVENTS PRESENTS ~ PAUL'S & SANDY'S TOO



This year marks 45 years in business for Paul's & Sandy's Too Inc., East Hampton's 2nd generation Garden Center & Hardware Store. In 1972, Paul & Sandy Peszynski opened a toy and sporting goods store with a sprinkling of home and garden supplies and named it Paul's Home Supply, located at 93 East High St, East Hampton, the same property that Paul sold fresh fruits & vegetables during his summers to pay for his college tuition as a young man.

As the years passed, Paul & Sandy found that the demand for toys and sporting goods declined, but the need for home and gardening supplies soared, and the transition to green goods and hardware was a natural. In 1984, Paul & Sandy decided to incorporate the business, so along with that, a name change was due. There were always customer questions as to why Sandy's name wasn't included in the name of the business, and Paul's & Sandy's Too Inc. was born! Paul and Sandy have 4 children, Mark, Jill, Dan & Karen. Mark runs his own successful painting and home repair business, Mark's Painting. Jill, Dan and Karen stayed with the family business to help it grow and succeed.

In 1991, during one of their road trips to Vermont, Paul & Sandy came across these pumpkin-headed scarecrows along the side of the road. It stopped them in their tracks. They took pictures and their wheels started turning! What a fantastic way to drive some business in the fall, a time generally slow in the garden center business.

In 1992, the creation of what is now known as Pumpkintown USA was started. First came a few pumpkin-headed people, then the town we all know and love. Most recently added, The 'Ride' at Pumpkintown, features a mile long hay ride through the woods with over 30 additional Pumpkin Heads and their dwellings. This local attraction hosts over 20,000 people during the short 7 weeks it is open from the middle of September through Halloween.

In 1993, when Sandy's breast cancer returned, they decided it was time to fully pass the torch to the children so they could enjoy retirement together. Jill, Dan & Karen took the reins and ran with them, finding strengths in all aspects of the business and working together to increase sales and their customer following. They took the values instilled in them by their parents, Paul & Sandy, about superior customer service and how important it is to give back to the community that supports them.

In May of 2007, Sandy lost her long battle with breast cancer and although the family was devastated, decided to create a fund in her name. The Sandy Peszynski Breast Cancer Foundation was created and to date has raised over \$325,000. This foundation differs from others as 100% of what is donated goes directly to the hospital's cancer programs to help local women.



860.267.0143

**93 East High Street,
East Hampton, CT 06424**
www.pumpkintown.com
www.paulsandsandys.com

East Hampton Municipal Campus

Background - For nearly thirty-five years, the Town of East Hampton has been discussing the need and possible location for a new town hall, police department and board of education building. These three facilities, in their current conditions, represent a significant liability to the Town of East Hampton. In recent years the Town Council established a commission to identify the best site for the new municipal building. Of the eight properties submitted for consideration, the Edgewater Hill property was ranked the highest by six of the seven East Hampton Town Council members. The Edgewater Hill proposal was also the most cost effective and affordable with a price tag of approximately \$18.5 million. The final price tag may be offset by the sale of the existing Town Hall, Police Station and Board of Education properties.

CONDITION OF THE CURRENT POLICE FACILITY, TOWN HALL & BOARD OF EDUCATION BUILDING

- Noncompliant with ADA
- Limited work, meeting & storage space
- Inadequate parking
- Outdated & inefficient HVAC Systems

The current Police Station also lacks:

- Lobby space for public interaction.

- Adequate space for prisoner transport and appropriate holding cells.
- Separate cells for juveniles, women & men and no locker facilities for female officers.
- On-site parking for police cruisers.

The current Town Hall has no drinkable water, corroding pipes, deteriorating foundations and persistent flooding and water damage.

Why not locate the new municipal building in the Village Center or the former Center School?

- The cost of renovating Center School and building the municipal building addition at Memorial School is \$44 million.
- The cost of renovating the Center School alone is approximately \$29 million.
- Renovating old buildings is more expensive than new construction and even more expensive when remediation of contaminated soils is required, as is the case in the Village Center, Center School and the existing Town Hall

Benefits of a new Municipal Building

- Professional & safe police department.

continued on page 8

East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch)	860-873-5044	Human Resources	860-267-4468
Assessor	860-267-2510	Parks & Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency) ...	860-267-9544
Building/Planning/Zoning	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	860-267-6621
Collector of Revenue.....	860-267-2300	Public Works.....	860-267-4747
Emergency Management.....	860-267-0088	Senior Center	860-267-4426
Finance Department	860-267-7548	Town Clerk	860-267-2519
Fire Marshal	860-267-0088	Town Manager.....	860-267-4468
Food Bank	860-365-5978	Water Pollution Control Authority ...	860-267-2536
Housing Authority	860-267-8498	Youth & Family/Social Services.....	860-267-7300



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Municipal Campus... continued from page 7

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- Delaying construction of an inevitable new facility will drive up cost, estimated at \$300,000 per year.

Town Referendum – Fall, 2017

Planning & Zoning Department

It's been a busy spring and early summer for the East Hampton Planning and Zoning Department. Several new projects are on the horizon in town having received approvals from the Planning and Zoning Commission, including a new NAPA store at 72 East High Street (just beyond CVS), and the new Connecticut Draft Horse Rescue facility on Chestnut Hill Road.

The RiverCOG, our regional planning agency has chosen Tighe & Bond to lead the Route 66 Corridor discussed in the last Events magazine. This study will be a comprehensive look at the road starting at the Arrigoni Bridge to the Marlborough town line. They'll be looking at safety and operational improvements, zoning and land use, development potential and other factors that will impact the road in the years to come. We look forward to working with T&B as they are local (Middletown) and knowledgeable of the needs along Route 66.

Connecticut has a new regulation on the books streamlining the placement of temporary health care units for elderly and disabled loved ones to be able to live on your property in the comfort of their own space. Zoning standards must be adhered to, and permits are required, but this presents a new option for caring for loved ones. Please feel free to call our office at: 860-267-9601 with any questions.

Finally, we would like to remind all residents that Zoning Approval is required before any structure is placed on a property, including but no limited to decks, sheds, "temporary" hoop houses and small plastic sheds available at most home improvement retailers.

Public Works Department

Summer work for the Public Works Department is now full speed ahead.

Potholes are being patched as weather allows. Once the majority of all these are addressed, curb repair will be scheduled. Road sweeping is near completion, with second-round sweeping in some areas due to parade routes and the mess due to the gypsy moth infestation. Roadside mowing is ongoing.

The Town properties and five cemeteries have been mowed three times with some clean-ups required.

Catch basin cleaning in the Lake Pocotopaug watershed area is also ongoing, with the process expanding outwardly from this area. Unwanted vegetation growth around guard rails and Town facilities is also being treated. These two processes were done by contractors under the supervision of Public Works



Department personnel. Our tree contractor has also been called upon to remove unwanted or unsafe trees.

Interdepartmental cooperation has been provided to the Board of Education for high school graduation and Police Department. Other projects have been Old Home Days, the 250th Anniversary, and tree plantings for the Park and Recreation Department. Touch A Truck Day at the Educational Play Care, which gave over three hundred children an opportunity to see and experience a variety of Public

Works equipment, fire trucks and police cars as well as the completion of an Eagle Scout project and the installation of a bench at the Community Center.

The Christopher Brook culvert project has been completed and dedicated on June 17, 2017, "Jim Morris" bridge.

Public Works equipment is being repaired and maintained both in season and for winter work.

Brush at the Transfer Station has been processed and removed, making room for new material brought in by residents. New stickers are on sale for \$10 at the Transfer Station, open Saturdays from 7:30 am until 3:00 pm.

Facilities maintenance focuses on the Town Hall and Police Department facilities which continue to be a challenge with the deteriorating condition of the building.

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East Hampton Economic Development Commission

Our mission is: "To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists." We congratulate the following businesses, Paul's & Sandys Too and East Hampton Skincare Spa on being named "Belltown Spotlight on Business" monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award. Current EDC members are Chairman Jack Solomon, Ted Turner, Kate Adams, Erin Hall, Jim Monahan and Tim Csere.



Paul's & Sandy's Too is a family run hardware and garden store located at 93 East High Street, East Hampton, CT. They are a second generation business having opened in 1970 by Paul and Sandy Peszynski. Their children, Dan, Jill and Karen now run the business. They are open daily and have a huge selection of plants, vegetables, trees, groundcover, herbs and all of the gardening supplies you may need. Any gardening question you may have will be answered. Paul's has the largest selection of bulk materials in the area and you can pick up or materials can be delivered. Paul's has a full service hardware department so if

you need new keys or have to fill your propane tank you have come to the right place. Pumpkintown U.S.A. has been named one of the top "5" fall destinations in New England by Yankee Magazine and supports the Sandy Peszynski Breast Care Foundation. This foundation, started in 2009 in memory of co-founder Sandy Peszynski, has raised well over \$300,000 and supports the Middlesex Cancer Center and Hartford Hospitals Partnership for Breast Care. Stop in and see Dan, Jill or Karen for all of your hardware and garden needs.

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The Skin Care Spa of East Hampton is located at the corner of Rt. 16 and Rt. 66 in the upper level of the Palmer Eye Care building. The spa is owned by Christine Hutchinson, who prides herself on providing all services such as her signature Euro Deluxe Facial that includes a pressure point facial massage, shoulder, neck, hand, foot and also a scalp massage. Licensed since 1985, that massage is exclusive to her spa and has been developed over many years in the skincare field. "My clients will often fall asleep on my table, which tells me that they're

really enjoying the massage and the relaxing atmosphere" says Hutchinson. As you pull up, you'll notice a special reserved parking space for her clients, which prepares you for the one on one session that she always provides to her clients. Call Christine to schedule a massage today!

Lake Commission

EDGEMERE CONDOMINIUM RUNOFF RETROFITS

Edgemere Condominiums will begin improving the quality of the runoff from portions of their property which currently drain directly to Lake Pocotopaug. These water quality improvements will be achieved by the installation of two Bioswales along the edge of North Main Street to filter and infiltrate runoff from a portion of two of their driveways and/or parking areas.

Bioswales are Low Impact Sustainable Development (LISD) practices which use a filter media of sand/leaf compost and vegetation (in this case, dense grass) to trap, uptake pollutants and then allow the runoff to infiltrate into the native soils. In addition to the Bioswales, downspouts from the roof gutter systems on each building will be addressed in one of two ways:

- Runoff will be directed to Bioretention systems (aka rain gardens) and allowed to filter through the soil media and then infiltrate into the native soils. This will allow pollutant loads, particularly nutrients to be reduced.
- Runoff will be directed to a 55 gallon rain barrel with an overflow being directed to a small Bioretention system. The rain barrel will allow collected runoff to be used to irrigate flower or vegetable gardens at the condominiums.

Over time, these LISD stormwater systems will result in less pollutants, particularly phosphorous and nitrogen from entering Lake Pocotopaug from their property. The implementation of these LIS systems at Edgemere Condominiums will serve as a demonstration project as how the water quality of runoff from developed areas can be treated to improve the water quality in the last over time.

*Article prepared by Steven D. Trinkaus, PE
Trinkaus Engineering, LLC*

The Friends of the Lake have hired Trinkaus Engineering, LLC to address the Nine Point Watershed Management Plan found on the Town's homepage at www.easthamptonct.gov. The Friends of the Lake are working with Edgemere Condominium Association, the largest private waterfront property, with the goal to reduce run off to the lake. Keep your eyes on the North Main Street condominium property as it takes the lead in improving water quality at Lake Pocotopaug.

To download previous issues of
East Hampton Events
visit www.eventsmagazines.com
and download the issue you desire!

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WPCA of East Hampton's Pursuit of a Reliable Public Water System

The Town of East Hampton has historically relied upon individual on-site wells for water. Over the last several years an increasing number of quality and quantity problems, incidents of contamination, iron and manganese problems, as well as decreasing water table levels, have been identified in the area. In some areas, these incidents of contamination have rendered the water unsuitable for drinking. The full extent of groundwater contamination in East Hampton is not known as groundwater moves very slowly and it may take many years before an affected area is recognized.

In addition to individual residential wells, there are over 55 public (community) water systems in the Town, which are under continuing State regulation. These range from those which serve housing developments on an annual basis to those that serve public buildings, schools, churches, campgrounds, stores, restaurants, etc. which serve 25 individuals or more of an intermittent basis. Included among these is the Village Center.

The Village Center Water System was mandated by the State in 1989 and built in 1991 to alleviate serious chemical contamination in the center of the Town. These fragmented community water systems are required by the State to perform regular maintenance, monitoring and reporting. Health Department files are replete with reports of non-compliance with health standards requiring corrective actions on these systems.

In November 2004, the Town submitted an Initial Water Supply Plan (IWSP) to the State Department of Health to comply with its December 2002 order. As ordered by the State this plan addresses the potable drinking water needs of the Town for the present as well as for the projected 5-, 20-, and 50-year periods. Water sources, purification, distribution, storage, expenses, and revenue and funding concerns are all subject to inclusion in the planning process. To date, there has been no action on creating a municipal water system. This proposed municipal water system will mitigate the increasing water quality and quantity problems by interconnecting numerous community water

systems operating in the Town along with the Village Center Water System. The system will not be extended to those systems owned by others except under written agreement.

The water system will be administered by the Town's WPCA as an enterprise fund. Financing for this project will be through federal and state grants and loans, with the balance being paid for by the users of the system. An independent rate study will determine the rates to be utilized. As planned, the project will be built in three phases. Initially, the project had a targeted completion date of 2010 for phase one and the total project completed by 2014. Approval by a public referendum will be required for the project to proceed. To date, this project has not been initiated due to the high projected cost.

The development of this system hinges upon locating a new, safe, and reliable supply of high-quality groundwater. The Town has identified the aquifer running along the Connecticut River as the most likely spot for the development of this ground water resource. The proposed municipal water system will mirror the existing wastewater system, plus serve portions of Cobalt and Middle Haddam. The plan is to service all households, commercial enterprises, and industrial properties below elevation 650' or an estimated population of 9,000 people or 75% of the population of the Town. In addition, fire protection will be made available to the residents of East Hampton for the first time. The water provided will meet all state and federal drinking water standards. The development of this new water system will undergo extensive scrutiny by local, state, and federal officials and will meet or exceed all requirements. Any water connection would need to be approved by Town Council. Currently, there is a Water Supply Task Force working under the direction of the Town Council to develop the best plan for water supply in Town. This Task force recently hired a Consultant to do an interconnection study. The results of this study will help the Town Council move forward on how best to provide adequate clean drinking water to residents and businesses.

East Hampton Lions Club Install Officers



**EAST HAMPTON LIONS
INSTALL CLUB OFFICERS
FOR 2017-2018.**

There are 46,000 Lion Clubs worldwide in 200 countries consisting of 1.4 million plus members and there are only 34 International Directors. Lion Mark Lyons has been nominated to be a candidate for a Lions International Directorship. His Lions accomplishments are "many" and to be considered for this prestigious position

from the great state of CT is quite the honor. Lion Mark certainly lives by our Lions motto, "We Serve" and we were privileged to have him visit Belltown, U.S.A. for this special evening. Our East Hampton Club continues to grow and prosper supporting more groups, causes and needs than we ever have. We can only do this with your Belltown community support. As incoming Officers we thank you for your past support and ask you to



Lions from left to right, Treasurer Joe Walters, Secretary Howard "Skip" Wiley, Brookfield, CT PCC Mark Lyons who completed the installation of Officers and President Allen Guiot.

look kindly upon your Lions as we have our various fundraisers. We Serve!

SAFEGUARDING YOUR VISION

Most children have no idea how they are supposed to see. So when words look like this, they assume everyone sees the same way they do. Imagine how frustrating that would be.

BACK TO SCHOOL WAKEUP CALL

From Kindergarten through college, if your kids see the world like this, they have a vision problem and vision problems can be big problems that affect every aspect of their lives, including behavior, throughout their lives. In order to succeed in school, college, sports and life, everyone needs clear, comfortable vision. Bad grades? Think eyes.

Here's a simple at-home eye test. You and your kids should look at something small and cover one eye, then cover the other. Is the image the same? Is it sharp and clear with each eye? If there is a difference, there is a vision problem. The sooner it gets fixed, the sooner their vision and their life will begin to improve.

Everyone should have an eye exam once a year to detect and correct these conditions. Make sure that your kids get theirs now.

CONTACT LENS DROPOUTS

If you have had problems with dry eyes later in the day or fluctuating vision, this new generation contact lens material solves these problems by having an 18-hour wetting drop BUILT IN to the contact lens! It is available in most prescriptions including multifocals. Imagine a daily wear (never need wetting or cleaning or disinfecting solutions again) contact lens that you can't feel, doesn't dry out and the vision is terrific all day. Now you try one yourself. If you are still wearing the same contact lenses that you wore 10 years ago, it's like still using an old flip phone. Technology has greatly improved. Call for an appointment today.

CELEBRATING EAST HAMPTON'S 250th ANNIVERSARY

We are giving away 1000 pair of FREE PALMER EYECARE SUNGLASSES to elementary, middle school and high school students who don't need prescription eyeglasses. Just stop by our office and pick one out. One per student. While supplies last.

For everyone else, here's a \$30 discount off of any of our polarized, plano (non-prescription) designer lines of sunglasses, including our exclusive floating sunglasses (\$39 after coupon). You can even use the coupon off custom prescription sunglasses.

Sept / Oct / Nov Coupon 2017

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SPECTACULAR SPECTACLES - vs - GHASTLY GLASSES: We've all been there. If you want distinctive eyeglasses that make a positive statement, stop in. We have unique frames from independent designers around the world. Terrific styles, shapes and colors, most with a 2-year warranty included. You should see great and look great.

DREADFUL DRY EYES and ANNOYING ALLERGIES: There is nothing worse than dry eyes that feel painful and scratchy at every blink or blurry, watery eyes that itch endlessly. These are chronic medical conditions that require ongoing pharmaceutical treatment. We treat these diseases and have discount cards for reduced price medications. No one should have to put up with dry eyes or allergies when there are eye drops available that will solve the problems.

We stock magnifiers, eye vitamins, microwavable eye masks and therapeutic lid wipes for dry eyes.

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PARKS & RECREATION

MISSION STATEMENT

The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.

STAFF

Jeremy Hall, Director
Shawn Mullen, Program Coordinator
Sheri Yorker, Office Assistant
Joshua Seymour, Parks Maintainer II
Brian Miner, Parks Maintainer I

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson Tim Adams
Sheryl Dougherty Dick Edmonds
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-7800
Jeremy Hall: jhall@easthamptonct.gov
Shawn Mullen: smullen@easthamptonct.gov
Sheri Yorker: syorker@easthamptonct.gov

MAILING ADDRESS

Parks and Recreation
20 East High Street
East Hampton, CT 06424

DROP IN LOCATION

240 Middletown Avenue
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429

Sears Park Pavilion

860-267-7178

Youth & Family Services

860-267-7300

SEARS PARK

STICKERS: Residents/taxpayers of East Hampton can pick up their Sears Park stickers at the Parks and Recreation Department, the Public Library, and the Police Department during regular business hours. Vehicle stickers are also available online through the town website. Online stickers will be mailed daily and a \$1 handling fee will be charged. You should receive them within 5 business days. The stickers were available beginning on April 3, 2017. Bring your vehicle and boat registrations with you to get a sticker. Eligibility criteria is available at

www.easthamptonct.gov. You are required to be a taxpayer of East Hampton to launch a boat or get a pass to Sears Park. Park attendants will be on duty in mid-May. Sears Park will then be open at 7:00 am and close at 8:30 pm.

FEES: VEHICLE STICKERS: FREE; BOAT STICKER: \$50*

DAY PASSES AVAILABLE AT THE GATE AT NO CHARGE WITH PROOF OF RESIDENCY

* THERE ARE NO DAY PASSES FOR CARS TOWING BOATS, OR FOR BOATS.

FACILITIES: All rental request forms are available online at www.easthamptonct.gov.

PAVILION: Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER: Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

GOVERNOR WILLIAM A. O'NEILL PERFORMING ARTS

GAZEBO: The Gazebo can be used for small family oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlitttleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January 2018
Practices for the season begin in late March
Opening day is in April

PARKS & RECREATION

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

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch – 860-881-7360

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org

For boys and girls ages 7 - 14

Email: info@ehyouthfootball.org

EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE

www.easthamptonsoccerclub.org

For boys and girls pre K-8

Spring season is late March-June

Registration for spring takes place in January

Fall season is late August-October

Registration for fall takes place in June

TRAVEL SOCCER

www.easthamptonsoccerclub.org

For boys and girls ages 8 – 18

Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org

Email: info@epocharts.org

Contact: Elizabeth Namen 860-365-0337

REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at www.easthamptonrec.com. Registration forms are available online at www.easthamptonct.gov, at the Parks and Recreation office or in this magazine. All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first served basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by e-mail if subscribed to on your main account page at www.easthamptonrec.com. No

other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

If you are unable to attend a program you have registered for, contact us before the program begins and we will issue a refund to you. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

In the event of inclement weather, all programs are cancelled if school is closed or has an early dismissal. Cancellation information is posted on WFSB Channel 3 Early Warning Network. Households who have subscribed to the online registration site's e-mail notifications will receive an e-mail regarding the cancellation.

Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and online at www.easthamptonrec.com. Our guidelines follow the Public School's income guidelines for free or reduced-price lunches. All information is strictly confidential. Scholarships are available on a limited basis.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

SEAMSTER PARK PLAYGROUND

Help support a Playground for the future!

The Town of East Hampton Parks and Recreation Department is asking for your help to join in and raise funds for a new 14,000 Sqft playground. This playground will provide the same square footage as the old playground and offer more play structures that are ADA compliant and meet today's CPSI standards. We have partnered with the company Play By Designs to bring you a state of the art, customized playground. Play by Design is a playground design firm that specializes in working with communities to design and provide safe, affordable, and unique volunteer-built playgrounds for children of all abilities. The playground design was created from the imaginations of the children of our community. The designers of PBD put those ideas together to create something completely unique. There is no other playground

Continued on page 16

exactly like this anywhere in the world. The challenging part is how to incorporate as many of those ideas while keeping the playground safe, challenging as well as aesthetic. All members of the design-and-build team are Certified Playground Safety Inspectors (CPSIs). They design according to the current ASTM and CPSC standards for playground safety, as well as the current ADA and ADAAG guidelines for accessibility. PBD have partnered with cutting-edge manufacturing companies where we can include of their equipment as well. Essentially, you get the best of both worlds; a good balance of custom design and manufactured components.

The community built aspect of the process is priceless. It brings communities together for a common purpose - family. It leaves people with a sense of pride, accomplishment, and an incredibly aesthetic place to gather - a place that was designed by the children and built by the community.

Maintenance is another concern that is also important to discuss. You will find maintenance with any project, but our goal is to keep the maintenance down, starting at the beginning with the design (i.e., designing volunteer-friendly, detailed structures with high quality materials).

For more information on the process, to donate, or volunteer in the build please visit the Parks and Recreation website at www.easthamptonrec.com or call the office at 860-267-7300.

NEW YORK ON YOUR OWN TRIP

Join us and experience New York City decorated for the holidays. The tree will be up in Rockefeller Center; the air is crisp, and the mood is festive. Participants are dropped off in the Mid-Town area to enjoy shopping, dining, and sight-seeing. The luxury motor coach departs from East Hampton Town Hall at 7:30 am and departs New York City at 6:00 pm.

Cost: \$60 per person

Date: Saturday, December 2

EXPLORE EAST HAMPTON WALKS

The East Hampton Parks and Recreation Department will sponsor a monthly walk in East Hampton called "Explore East Hampton Walks." This monthly series of walks is designed to introduce people to the history and beautiful natural resources of East Hampton. Come for a walk back in time and learn about the proud and glorious history of our town. It will also foster friendships, promote a healthy lifestyle, and help develop an appreciation for what has happened in the past in our town. Most of the walks will be held on Sunday afternoon and many will end at the beautiful Chatham Historical Museum at 6 Bevin Boulevard. The walks are open to both adults and children. No dogs please.

September 6 - 1:00 pm – 2:00 pm - History Walk McLean Hotel and Farm and site of Cobalt Railroad Station, Meet at Chatham Historical Society, 6 Bevin Blvd.

DISCOUNTED SIX FLAGS, LAKE COMPOUNCE AND CT. SCIENCE CENTER TICKETS

Discounted Six Flags, Lake Compounce and Connecticut Science Center tickets are still available at the Parks and Recreation Department during regular business hours. Buy your tickets from us and avoid those long lines at the gate. Tickets are good any day during the rest of the 2017 season.

Fee: One time enrollment fee of \$5

Six Flags: \$38 (gate price \$65.99 or \$45.99 for under 48")

Lake Compounce: \$29 (gate price \$43.99 or \$33.99 for under 52")

SEARS PARK CONCERT SERIES

Join us in Sears Park on Thursday nights in August and check out some great local bands. Shows start at 6:00 pm in the Gazebo.

August 17th - Andy Buzzi Duo

August 24th - Mischief-Us

SHORIN-RYU KARATE

Ryan I. Santos 3rd Degree Black Belt (Sandán)

Shorin-Ryu Karate was developed in Okinawa, the birthplace of karate, and is considered to be a traditional form of Martial Arts. East Hampton Parks and Recreation Department has been offering the opportunity to study this art to its residents since 1993. The program has been modified now and offers a beginners and intermediate class to children 7 years old and up, and is a year round program. Other than the monthly fee, there are NO additional charges for rank certification. Certification will be issued by Wil Santos, internationally licensed Master Instructor of Shorin-Ryu Karate and founder of the program.

Ryan I. Santos, son of Wil Santos, has been studying Shorin-Ryu Karate now for over two decades and holds the rank of Sandán (3rd degree Black Belt), and will guide participants in all aspects of this historic art of defense.

Registration is limited to 10 students per class.

Location: Sears Park (after June 13)

Cost: \$25 per month

For: Boys and Girls ages 6 and up

Dates: Tuesdays

Times: Intermediate: 5:00 pm - 6:30 pm;

Beginner: 6:30 pm - 7:30 pm

Continued on page 18

Parks & Recreation

jhall@easthamptonct.gov
 smullen@easthamptonct.gov
 syorker@easthamptonct.gov
 www.easthamptonct.gov



860-267-7300 (ofc); 860-267-7800 (fax)
MAILING ADDRESS:
 20 East High Street; East Hampton, CT 06424
DROP-IN LOCATION:
 240 Middletown Ave.; East Hampton, CT 06424

REGISTRATION FORM

(for most recreation programs)

NAME (& medical info*)	DATE OF BIRTH	GRADE	PROGRAM	SESSION #	DATE
1. _____					
2. _____					
3. _____					
4. _____					

*medical info. (list allergies, medicines, conditions, etc.)

CONTACT INFORMATION:

HOME ADDRESS: _____ _____ _____ MOTHER'S NAME: _____ Day/Cell Phone #: _____ FATHER'S NAME: _____ Day/Cell Phone #: _____	Home Phone #: _____ E-mail Address: _____ Mother's Employer: _____ Father's Employer: _____
ALTERNATE CONTACTS:	
Name/Relationship*: _____ _____ Name/Relationship*: _____ _____ Family Physician: _____	Address: _____ Day/Cell Phone #: _____ Address: _____ Day/Cell Phone #: _____ Office Phone #: _____

*(must be able to pick up participant if necessary)

Release:

I understand that participation in this (these) program(s) involves risks of personal and bodily injury, including but not limited to paralysis, heart attack and death, as well as loss or damage to property. I realize that activities such as this may be inherently dangerous activities and my decision to participate in all such activities is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of this application, I agree for myself, my heirs, successors, and assigns to hold harmless the Town of East Hampton, Connecticut, its affiliates, subsidiaries and any other entity associated with this (these) program(s), and each of their directors, officers, agents, representatives, employees, volunteers, successors and assigns from all liability on account of injury, loss claim, or damage to my body, health, wellbeing or property. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention. I understand that I am responsible for all financial liabilities arising from a situation involving medical treatment. I agree that the terms of this release is applicable to any and all of my dependents who take part in this (these) program(s).

Signature: _____

Date: _____



PHOTOGRAPHS:

...that are taken of participants in our programs may be used in our publicity (unless a participant, parent, or guardian indicates otherwise).

HOW TO REGISTER:

On-line registration, mail, fax, e-mail (as an attachment), or drop off.

PAYMENT:

Credit Card # _____ Expiration: _____
 3 digit security code on back of card: _____ Check #: _____



TAI CHI CLASS

Tom Cushing

Tai Chi employs the practice of moving energy (qi) through the body. The internal practice of moving this energy is called Qi-gong. Qigong is the critical component said to make Tai Chi more effective than traditional exercise. Tom Cushing teaches a unique and interactive style called Hun Yuan which incorporates the fluid movement of traditional forms with qigong for health.

Location: East Hampton Senior Center
 Cost: \$80
 For: Adults 50 and over
 Dates: Tuesdays, July 25 – September 12
 Times: 6:00 pm - 7:00 pm

AFTERNOON ADVENTURES - BEFORE AND AFTER-SCHOOL PROGRAM

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full time or part time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays).

We emphasize healthy snacks, activities, and habits. Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time.

Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge.

Location: Memorial Elementary School Cafeteria
 Cost: Monthly Registration - Cost depends on number of days attending.
 Visit www.easthamptonrec.com for rates
 Dates: Monday-Friday of school days
 First day of school - last day of school
 Times: 7:00 am - 8:30 am and 3:00 pm - 6:00 pm

ADULT RECREATIONAL BASKETBALL

Gregg Johnson and Mark Piscatelli

This program offers non-competitive recreational basketball for adults. You must be an East Hampton resident to participate.

Cost: \$50 for the full season or \$3 at the door (19+ program only)
 For: Adults age 19+

Dates: Monday and Thursday, October 16 - May 17
 Times: 6:30 pm - 9:00 pm (Over 35);
 7:30 pm - 10:00 pm (Age 19+)
 Location: Adult age 19+ East Hampton Middle School;
 Adult age 35+ Center School Gym

15TH ANNUAL AIR LINE TRAIL GHOST RUN

Saturday, November 4

Sponsored by the East Hampton, Hebron, and Colchester Parks and Recreation Departments along with the State of Connecticut Department of Energy and Environmental Protection. Named for the "Ghost Train" that ran the railroad in the late 1800s, this event begins at the Hebron Elementary School located on Route 85. Runners will run south on Route 85 and pick up the Air Line Trail behind Route 85 Lumber. The race then continues down the Air Line Trail through Colchester and East Hampton ending at Center School, Main Street, East Hampton. Shuttle buses are available for runners in each direction. The trail is flat and surfaced with crushed stone.

Costs: Individual: TBA;
 Relay Team: TBA

Race Starts at Hebron Elementary School at 9:00 am
 On-Site Registration runs from 7:00 am - 8:00 am

TRUNK OR TREAT HALLOWEEN FUN

Calling all East Hampton residents, businesses and community groups! The East Hampton Parks and Recreation Department is looking for individuals and groups to host car trunks at our Trunk or Treat event. Trunk or Treat provides a safe and fun way to celebrate Halloween with the whole family. Children will enjoy going from trunk to trunk to receive pre-packaged candy from costumed car owners. All cars are welcome (please pre-register with East Hampton Parks and Recreation). The evening event includes trick-or-treating and much more! Head over to Epoch Arts after and experience the Haunted House.

Location: Center School
 Date: Saturday, October 28
 Time: 4:00 pm - 6:00 pm (Trunk or Treat);
 7:00 pm - 9:00 pm
 (Haunted House at Epoch Arts)

ART WORKSHOP

Elizabeth Sennett

Step-by-step instruction on painting in all mediums will be provided for all skill levels. Bring a sketch pad and pencil to the first class.

Location: East Hampton Middle School Art Room
 Dates: Tuesdays, September 26 - November 21
 (No class November 7)
 Times: 6:30 pm - 9:00 pm

Parks & Recreation

RECREATIONAL YOUTH BASKETBALL

This recreational basketball program is for boys and girls in Grades 2-8. Players must be able to commit to a one-hour practice one night per week between the hours of 5:00 pm and 9:00 pm plus a game on Saturday. To register, you must submit a completed and signed Registration Form by October 13, 2017, or enroll online. Any registrations accepted after the October 13 deadline will be subject to a \$20 late fee, and participants may be placed on a waiting list. Team placement is not guaranteed for late registrations. If your child has a problem making practice on a certain night, please note it in the space provided; and we will do our best to accommodate it (you may choose ONE). All teams are selected by the Parks and Recreation staff, and placement is final. We do not honor requests for teammates, coaches, practice times, or facilities. Practice night requests by late registrations will not be honored.

Should any participant be placed on a Middle School basketball team, refunds can be requested if you are withdrawing from the Parks and Recreation basketball program. If there are not enough players for at least 4 teams in an age group, there will not be a league for that age group and refunds will be issued.

Coaches will contact players regarding team placement by the last week of November.

For: Boys and Girls grades 2-8

Cost: \$80 per player

Dates: Registration Deadline: October 13

Program runs December 9 - Late February

YOUTH BASKETBALL COACHES NEEDED

Volunteer Coaches are needed for all age groups. If you are interested in volunteering, please complete the coach's portion of the registration form or contact Shawn Mullen at the Parks and Recreation Office. All coaches must be signed up by October 13, 2017 agree to a background check, and attend a mandatory coaches' meeting and clinic.

YOUTH BASKETBALL OFFICIALS NEEDED

Officials are also needed to referee Youth Basketball games. If you are interested, please call Shawn Mullen at the Parks and Recreation office at 267-7300 to sign up. All officials will be required to attend an officials' meeting prior to the basketball season.

GRADE ONE BASKETBALL

Boys and girls in the first grade will have 6 clinics focusing on developing skills for this age group. Enroll online or use the regular registration form for this program. This program fills quickly and has a limited number of participants. Volunteer coaches are needed for this program.

Cost: \$45

For: Boys and Girls in grade 1

Dates: Saturday, December 9 - January 13
(no clinic on December 23 and 30)

Location: Memorial School Gym

EPOCH ARTS

Join one of the many activities offered at Epoch Arts this season. Epoch Arts is a non-profit arts for youth organization that provides artistic programs, classes and events to youth in Middlesex County. We are located at 27 Skinner Street, East Hampton. Check out our Facebook page or give us a call at 860-365-0337 for more info.

Fall Classes: Sign up for one of our many artistic classes in theater, art, animation, dance and more. Classes begin September 23, run for 8 weeks and end with a special Share Day. To register and for a full list of classes, visit www.epocharts.org

Haunted House: This year our annual Haunted House is themed, "Harvest." Students will create rooms based on scary things to do with Harvest time. At the end of your trip through our Haunted House, you can take a ride on our zombie hayride. October 20, 21, 27 and 28: 7:00 pm - 10:00 pm. To participate in the Haunted House register at www.epocharts.org, rehearsals begin September 24.

Brookside Nights: A monthly teen venue for students 13 and up. Featuring an in house DJ, dance parties, open mic nights, poetry nights, glow parties, paint nights and cafe. 7:00 pm - 10:00 pm.
September 22: Lip Synch battle. \$5
October 13: Halloween costume dance party. \$5
November 3: Paint night. \$15
December 15: Ugly Sweater dance party. \$5

Tag Sale: Come to the biggest tag sale ever! Thanks to great community support, Epoch Arts is hosting a gigantic, rain or shine annual tag sale. All proceeds go directly to funding the many youth programs throughout the year. September 8 and 15 from 1:00 pm - 8:00 pm; and September 9, 10, 16 and 17 from 8:00 am - 5:00 pm.

Theater Mini Production: Rehearsals begin September 23. Grade 7 and up. Students will write and perform in an original one act play. Explore the rehearsal process while learning about character development, character relationships, blocking, vocal projection and memorization techniques. We will incorporate music, spoken word and dance into this original performance. Performance dates, December 1 and 2.

Continued on page 20

Kid's Paint Night: October 22. Students Grade 1 through 5 can join us for an evening of artistic fun. Be inspired by one of the Epoch Arts artists and learn how to create your own Halloween themed masterpiece. \$15. 2:00 pm - 3:30 pm.

Christmas Party: December 9. Join us for an afternoon of festivities. Make presents to wrap and bring home, decorate cookies, play games, hear stories, watch a movie and visit with Santa. 1:00 pm - 4:00 pm. Ages 4-11. \$15.

East Hampton Senior Center



The East Hampton Senior Center programming does change with the seasons. This summer is full of local trips and adventures. We continue with our "Let's Do Lunch" series by experiencing a variety of food at different food venues. Mystery Trips continue to intrigue those fond of sleuth work. They have been to places like the Amazon Warehouse, Pratt and Whitney Museum, Fidelco Guide Dog Foundation. Only clues to where they are going are advertised in the trip. In addition, this summer we travelled to Boston to experience the Tall Ships

went to West Point to see the West Point Parade.

In July we were part of the "Book Buddies" with the East Hampton public library. Older adults and young children met to share stories and a craft. Both the young and young at heart enjoyed their new Book Buddies. We also are providing a new arts program Wednesday mornings, making fun artsy items like sun catchers, garden art and button photography. We also participated in the Old Home Days events (above) by entering a float

in the parade and we won first place! We had a craft booth on Saturday, thank you for your support! And the T'ai Chi members of the East Hampton Senior Center performed a demonstration in the afternoon! The Senior Center volunteers were everywhere in our community that weekend!

August will be an active month starting with Summer Camp to Beach Days to trips to Rosewood Garden to see the Lipizzaner Stallions. Special party events, cards, bingo, and Tapper's On the Move! Cindy Baloga-Sorvillo continues to push the envelope. She has created the 'Tappers on the Move.' The tappers perform once a month in the area Rehab/convalescent communities. The Senior Center provides a diverse and unique program to meet the needs of the older adults of our community.

The fall will bring new programs back to the Senior Center. Look for the YMCA programs such as yoga and Toning and Stretching. The musicians, hand chimers and chorus will be back for their rehearsals on Wednesday afternoons. All the updated information can be found on East Hampton website.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>

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SOUPS

Clam Chowder	\$5.25
Made fresh daily and full of clams.	
French Onion	\$5.95
Homemade with the sweetest vidalia onions finished with sherry, swiss and provolone	
Lobster Bisque	\$6.50
Rich and creamy,loaded with fresh lobster.	
Soup of The Day.....	\$6.25
Our chefs daily creation featuring the freshest of ingredients.	

STARTERS

Shrimp Cocktail	\$8.95
4 crisp jumbo shrimp served with our own homemade cocktail sauce.	
House Salad	\$6.95
Mixed greens with tomato,onions,cucumber and homemade croutons and cheddar jack cheese. + choice of Italian, Ranch, Peppercorn, Balsamic, Blue Cheese. Add Chicken, Salmon, Mahi or Shrimp for \$7.00 per item.	
Caesar Salad	\$6.95
Crisp romaine lettuce, parmesan cheese, tossed in caesar dressing with homemade croutons. + Add Chicken, Salmon, Mahi, Shrimp for \$7.00 per item.	
Hog Wings	\$10.95
3 large pork tender shanks served with ranch dressing.	
Chicken Wings.....	\$9.95
8 jumbo wings served with the dressing of your choice, celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki.	
Boneless Wings.....	\$9.95
Hand cut chicken tenders served with blue cheese dressing celery and carrot sticks. Sauces are Hot, Mild, BBQ, Cajun, Garlic Parmesan, Honey BBQ, Teriyaki.	
Sliders	\$8.95
3 handmade burgers,steamed burger,pulled pork or blt	
Quesadilla's.....	\$9.95
Chicken or steak or pulled pork. Served on a grilled flour tortilla smothered with monterey jack cheese served with sour cream and salsa.	

THE MAIN FARE

Can You Say Cheese.....	\$6.00
Grilled white bread with american cheese. Add tomato,bacon or ham add \$.50.	
Dublin Blt.....	\$6.50
Toasted white bread loaded with bacon fresh tomato and lettuce finished with mayo.	
The Club House.....	\$9.25
Choice of turkey,roast beef,ham pilled high and topped with tomato,lettuce, bacon and cheese served on your choice of white or rye.	
The Highlander	\$9.25
Grilled chicken breast served on a bulky roll topped with lettuce,tomato and american cheese	
The Irishman.....	\$9.95
Extra lean corned beef with sauerkraut, swiss cheese and thousand island dressing served on grilled rye.	
Mahi Ruben	\$12.95
Grilled mahi with swiss cheese, thousand island dressing served on grilled rye	

Long Dog.....	\$6.95
Jumbo beef hot dog served on a toasted bun roll topped with cheese and your choice of relish or mustard. Ad chilli for \$.50.	
Pulled Pork.....	\$9.25
Tender bbq pulled pork served with monterey jack cheese and coleslaw on a bulky roll.	
The Ultimate Burger	\$9.50
An 8 oz hand pressed patty served with fresh tomato, lettuce and topped with american cheese and bacon. Served on a bulky roll.	
City Steam Burger	\$9.95
An 8 oz hand pressed patty steamed to perfection and topped with cheddar cheese, lettuce , tomato and bacon. Served on a bulky roll.	
Grilled Kielbasa Grinder	\$9.00
Smoked kielbasa grille and served on a grinder roll topped with sauerkraut and mustard. + Add choice of cheese for \$.50	
**All sandwiches come with a choice of fries, slaw, potato salad. Add onion rings for \$1.00.	

TRADITIONS

Fillet Mignon.....	\$18.95
A 12 oz cut wrapped in bacon with your choice of grilled, blackened or teriyaki. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Grilled Rib Eye.....	\$17.95
Hand cut 12 oz rib eye steak grilled to perfection, choce or grilled, blackened or grilled teriyaki + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Twin Pork Chops	\$18.95
Two center cut chops grilled traditional or blackened. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Shepards Pie	\$13.95
Braised and seasoned beef with corn, topped with fresh mashed potato and backed to perfection.	
Baked Stuffed Sole.....	\$14.95
Two seafood stuffed filet of sole baked in a white wine and lemon butter sauce + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Salmon Steak	\$14.95
Choice of grilled, blackened or teriyaki. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Mahi Mahi Steak	\$14.95
This grilled white fish can be blackened or grilled with a teriyaki glaze. + Choice of Baked Potato or Mashed, Choice of Vegetable.	
Chicken Fettuccine Alfredo	\$14.95
Soute'd chicken breast in hand crafted alfredo sauce and fettuccine.	
Chicken Picatta	\$14.95
Egg battered chicken breast in a white wine and caper sauce.	
Prime Rib Friday and Saturday.....	\$16.95
The very best of rib eye, roasted to perfection.	

Thoroughly cooking meats, poultry, seafood, shellfish, eggs will reduce the risk of food borne illness.

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East Hampton Public Schools

John Harold Fidler II



John Fidler was many things to many people but to everyone he was a compassionate and caring family man who was a champion for all people and especially children. We lost a true friend and dedicated educator when Mr. Fidler passed away prematurely and unexpectedly on July 30, 2017 while hiking up Mt. Katahdin in Maine.

John was raised in South Windsor. He was an athlete and was selected to the ALL-CVC conference team in basketball as well as being an honor student. He went on to become a proud graduate of the University of Connecticut where he was a founder of the Ultimate Frisbee Team which is still in existence.

John was admired in so many ways but especially for his dedication to his family. He was proud of his two sons, Jack and Jeff and embraced the time spent with his loving wife Joan. He was a fascinating man of many talents and interests. He was an avid mountain biker, hiker and camper. He loved the time he spent at Martha's Vineyard and traveling across the country. He loved music and the arts and had a special interest in The Grateful Dead.

John began his storied and respected time in East Hampton twenty seven years ago. He was first a Special Education teacher at East Hampton High School. He was also very involved with the sports department as a basketball coach and then as the Athletic Director for the school. John was the assistant principal then principal at East Hampton Middle School and then finally became the beloved principal of East Hampton High School. He gave back much to the community as a Park and Recreation Sports Camp counselor, CYO basketball coach and supporter of any initiatives involving the youth of the town. He would be seen dressing up to participate in the annual Turkey Plunge on Lake Pocotopaug or getting his nails painted to support Breast Cancer. To say that John was everything to everyone one would

be an understatement. Most importantly he was an advocate for all children. He would never give up on any student and was always available to them for whatever they needed. His presence could be felt in every part of the high school and at every event whether it was the Grand March for the Prom or a state athletic tournament game. He was a supporter of athletics, music, the arts, a strong academic program and anything else related to

the students of East Hampton. As a leader his door was always open and he would lovingly help anyone find resolutions to issues. He was everywhere, at every event and always kept his students close in his heart. He was a valued administrative colleague who had a clear vision of excellence for our school system. He was always able to interject his subtle humor into any situation and was clearly loved by all. He was more than a leader at the school; he was a friend to all who was kind in his interactions and supportive in his deeds.



John played an active leadership role in the construction and implementation of the renovations to East Hampton High School. He was ever present to ensure that the 'building under construction' would be a suitable place of learning for his students. As the building project is coming to completion one can look around at the beautiful school he helped to complete, in the halls of his 'East Hampton High School', where his essence will forever be present.' His contributions to the school community have left an indelible imprint on everyone with whom he interacted. A BELLRINGER forever.



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East Hampton Public Library

EAST HAMPTON PUBLIC LIBRARY
105 Main Street, East Hampton CT 06424
860.267.6621
<http://www.easthamptonct.gov/Library/>

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm
Thursday, Friday 10:00 am - 5:00 pm
Saturdays (July and August) 10:00 am - 1:00 pm
Saturdays (September - June) 10:00 am - 5:00 pm

LIBRARY INVITES PUBLIC TO COMMUNITY CONVERSATIONS

The East Hampton Public Library announced that it will be holding several community conversations throughout August and September.

Each conversation is a chance for the library to better understand people's hopes for East Hampton, the concerns they have and their ideas for our town's future. While the conversations will not be focused on the library's work, the ideas expressed in the conversations will be used to help the library better serve our community and plan for our future.

Conversations will be held at the East Hampton Public Library at 105 Main Street, East Hampton on Friday, August 11 at 10:00 am, Tuesday, August 15 at 6:00 pm, Tuesday, August 29 at 10:00 am, Thursday, September 7 at 2:00 pm and Wednesday, September 13 at 6:00 pm. Conversations are open to all but pre-registration is required. Please see <http://bit.ly/EHPL> Conversations for more details. Contact Ellen Paul, Library Director, at 860-267-6621 or by email at epaul@easthamptonct.gov with questions.

SUMMER READING AT THE EAST HAMPTON PUBLIC LIBRARY

It's summer time and the reading is easy! It's not too late to participate in one of the library's summer reading programs!

Children's Summer Reading

No matter what school your child attends, the library's summer reading program is built to compliment it! You work with your child to pick a reading goal each week. The goal could be minutes read, pages read or books read. When you meet your goal, you come into the library for prizes and events. Sign up and learn more here: <http://bit.ly/EHPLKids>.

Teen Summer Reading

All East Hampton teens need to be reading over the summer for school, we just make it more fun. For every two books your teen reads, they're eligible for a prize like school supplies or books! Even better, every single book your teen reads enters them in to win the grand prize a Kindle Fire. Sign up and learn more here: <http://bit.ly/EHPLTeen>.

Children's Programs

WIGGLES & GIGGLES

An early literacy lapsed program that introduces books, nursery rhymes and songs.

Mondays & Fridays 10:00 am. For ages 12-24 months.

Drop-in program. Starting back up in September.

TUESDAYS WITH TESSA

A story and craft program that encourages active listening, inspires creativity, and develops fine motor skills with hands-on crafts.

Tuesdays 6:30 pm. For ages 4-8 yrs. old.

Drop-in program. Year Round.

MOTHER GOOSE ON THE LOOSE

An early literacy program that combines nursery rhymes, stories, songs & music activities to promote lifelong learning.

Wednesdays 10:00 am. For ages 18 mos. - 4 yrs. old.

Drop-in program. Year Round.

STORIES WITH MISS FRAN

Introduces children to lengthier classic picture books and fun stories, and promotes group discussion while encouraging independence.

Wednesdays 10:00 am. For ages 4 & up.

Drop-in program. Year round.

LITTLE LEARNERS

A storytime program that engages children in active listening, promotes motor skills & literacy development with shared books, felt board activities and songs.

Thursdays 10:00 am. For ages 2-3 yrs. old.

Drop-in program. Year Round.

Adult Programs

CROP SWAP

Calling all backyard gardeners! Did you have a bumper crop of tomatoes but your squash didn't do so well this year? Come swap your crops with your neighbors! To participate in the swap bring your excess produce or herbs to the library community room. You'll sign in and put your produce out for swapping. Then you'll have an opportunity to peruse other people's produce and take home what looks good to you.

Every Saturday, August 5 - September 16 at 10:15 am.

Learn more at: <http://bit.ly/EHPLCropSwap>.

MOVE RIGHT: STRATEGIES TO RECOVER FROM EXERCISE AND AVOID INJURIES.

Learn tips and techniques to help you get the most out of any physical activity from East Hampton's newest physical therapist. Join Todd Cacopardo PT, DPT, OCS, Partner and Director at Physical Therapy and Sports Medicine Centers in East Hampton for a free workshop teaching strategies to: restore mobility, im-

prove function, maximize the benefits of workouts, reduce the risk of injury.
Wednesday, August 9 at 6:30 pm.
Learn more and register here: <http://bit.ly/EHPLMoveRight>.

EMERGENCY BIKE MAINTENANCE WITH AIRLINE CYCLES

No need to get stuck on the trail with bicycle troubles! Mechanics from AirLine Cycles will cover basic trail repair, including fixing flat tires, dealing with tire damage, and emergency brake and shifter adjustments. This free clinic will also cover the basics of preventative maintenance to minimize the need for trail-side repair.
Wednesday, August 23 at 6:30 pm.
Learn more and register at: <http://bit.ly/EHPLBike>.

COMING SOON! MARKETING YOUR SMALL BUSINESS.

Calling all small businesses! Watch for our upcoming workshops on marketing your small business. Held in conjunction with the Service Corps of Retired Entrepreneurs (SCORE). Watch our website for more details!
September 26, 6:00 pm: Put Your Business On Google's Map!
October 30, 6:00 pm: Social Media Marketing for Small Business
November 14, 6:00 pm: Is Your Business Website Pulling Its Weight?

East Hampton Arts & Culture Commission

The East Hampton Arts & Culture Commission was created as a way to foster, promote, encourage and celebrate the excellence, enjoyment and abundance of arts and culture in the Town of East Hampton. The commission consists of eight residents who have been appointed by the East Hampton Town Council. Meetings are held every third Thursday at 6:30 pm at the Joseph N. Goff House Museum, 2 Barton Hill Road and are open to the public.



Each year, the EHACC presents several projects including the East Hampton Student Art Awards, which recognize the talent of our young creators; an Art Purchase Award initiative to support local artists; a Mini Grant Program, which provides financial support to East Hampton arts and culture programs and organizations, and an Open Studio Day, to showcase the work of local artists by opening private art spaces to the community. This year's East Hampton Student Art Award winners (above, left to right) Kailynn Cruz, Logan Burnham, Kaitlyn Baran, Alyssa Benvenga and Malachi Lytle were recognized during a special awards ceremony held at Sears Park on May 16. Their artwork will be exhibited in the East Hampton Town Hall Art Gallery during the month of June.

To contact the EHACC, please send email to: arts@easthamptonct.org or visit: www.artsforeasthamptonct.org.

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Youth and Family Services

Youth and Family Services, in conjunction with the East Hampton Police Department, will be implementing a Juvenile Review Board. The purpose of a Juvenile Review Board (JRB) is to offer a meaningful alternative to criminal court for East Hampton youth, ages 9 - 17. Youth are referred by either the East Hampton Public Schools or the East Hampton Police Department. This alternative is an option for first time offenders who have committed a misdemeanor offense and admit responsibility. The parent/guardian also consents to their child's participation. If at any point in the process, the youth and family do not agree to participate or accept responsibility, the case is returned to the referral source and/or sent to Juvenile Court.

During the JRB process, the youth and his/her family meet with a JRB Case Manager. Then a Contract of Participation is developed with the Juvenile Review Board, the youth, family, and case manager, which includes, but may not be limited to: Actions to repair the harm, such as offering an apology or completing community service. Participation in activities to gain insight from the experience and learn how to be successful, such as counseling, mentoring or researching a topic. And a date to complete agreements.

If the youth and family agree, they will sign the Contract of Participation. The typical contract lasts six months. If the youth fails to work toward completion of agreements or meet with the JRB Case Manager, the case is returned to the referral source and/or sent to Juvenile Court. Upon successful completion of all JRB recommendations, the youth's case is closed. The case will not appear in criminal records.

EAST HAMPTON PREVENTION PARTNERSHIP

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

The East Hampton Prevention Partnership meets on the 3rd Tuesday of each month to discuss local efforts aimed at reducing the rates of youth substance abuse in East Hampton. Please use contact information for meeting location or to join the EHPP mailing list. Meetings are open to all community members. Contact: James Olsen, Prevention Coordinator; jolsen@easthamptonct.gov; 860-267-7300 ex 207.

OPERATION FUEL AND NEW START PROGRAMS

Social Services will now administer the Operation Fuel and New Start programs which were formerly under the management of the East Hampton Food Bank. For more information, please call our office at 860-267-7300. In addition, Energy Assistance

can also be accessed through our department. Appointments will be available beginning in September.

Operation Fuel provides a one-time grant of up to \$500.00 to assist families with their energy bills. Operation Fuel is energy blind, meaning it assists with all energy types - oil, electric, natural gas, kerosene, wood, propane, pellets, and other energy sources. If your grant is being applied to an electric or gas utility bill, Operation Fuel's grant can be used to prevent a shutoff or restore utility service. You will need to bring proof of the last 4 weeks of income for all household members, the name of your fuel vendor (for deliverable fuel customers, only), or your utility bill and payment history (for electric and gas utility customers, only).

New Start through Eversource will review your account billing history and set a monthly budget payment based on the average of your regular monthly bill. You will need to pay this amount on-time each month to remain in the program and continue to receive year-round electric service. When you make your New Start monthly payment, a portion of your past due balance will be eliminated, or "forgiven," thus reducing the amount you owe. The amount forgiven each month is calculated by taking your total past due balance and dividing it by 12.

For example, if your budget payment amount is set at \$150 per month and your past due balance is \$1,200, for every month you make your required \$150 budget payment towards your current bill, we will reduce your past-due balance by \$100.

As long as you continue to make your New Start payment, your electric service will not be shut off for non-payment.

To be eligible:

- You must be a current Eversource residential customer.
- Your current account balance must be \$100 or more and at least 60 days overdue.
- Your income must fall at or below 60 percent of the estimated state median income.
- You must have applied for, and be eligible to receive, energy assistance funds, or be able to provide other proof of income.
- You must continue to pay your monthly budget amount on-time each month.
- A "good faith" payment is required for enrollment in the New Start program and varies by customer based on payment history.
- If you miss one month of payments, the entire balance of your electric balance will be due immediately- no exceptions.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The exact level of basic benefits is determined by your household's income, the number of members, and whether
Continued on page 28

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- Medical Monitoring & Assistance
- Activities

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- Medical Monitoring & Assistance
- Activities

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- Laundry assistance
- Running necessary errands & shopping
- Help dressing, meals, walking, bathing & bathroom needs, and medication reminders



Call if you need a helping hand from 2 - 24 hours / day.

Youth & Family Services... continued from page 26

there is a 'vulnerable' household member. Personal liquid assets cannot exceed \$7000. You will need to bring the following documentation to your scheduled appointment: Proof of the last 4 weeks of income for all household members, the name of

your fuel vendor (for deliverable fuel customers, only), or your current utility bill (for electric and gas utility customers, only), copy of your lease or mortgage payment, and very latest bank statement for all open bank accounts.

The Rotary Club Golf Tournament



The Rotary Club of East Hampton is hosting its 24th annual golf tournament on October 4, 2017 at BlackLedge Country Club in Hebron, CT. This scramble format tournament is open to anyone and everyone. Registration starts at 10:00 am, with lunch at 11:00 am, and a shotgun start at noon. Prizes awarded to 1st, 2nd and 3rd place teams, closest to the pin (one hole per nine), closest to the line and longest

drive. Individual prizes for both men and women. Dinner immediately follows the tournament, with a live auction and tea cup raffle as well. It promises to be a great tournament!

NO FOURSOME? NO PROBLEM!

We will match you up with another group! This tournament is open to all skill levels. It is a fun tournament to help raise money for the East Hampton Rotary Club Foundation. The foundation finances many community service projects in East Hampton and Marlborough, but primarily gives scholarships to graduating high school students who live in East Hampton and Marlborough. In 2017,

a total of \$19,000 in scholarships was given out to deserving young men and women to help with college costs.

Preregistration is encouraged, and should be received no later than September 27, 2017. Cost is \$125 per player for preregistered entrants, \$135 after September 27, 2017 and day of tournament registrants. There will also be a 50/50 skins game, along with some handy helpers you can purchase to improve your chances to win.

Questions, and for a registration sheet, please email: EHRotaryGolf@gmail.com.

East Hampton Volunteer Fire Department Welcomes New Junior Firefighters



The East Hampton Volunteer Fire Department recently welcomed five new members to its Junior Firefighter Division. Shown above positioning the Department's vintage 1916 hose cart before stepping off for the Old Home Days Parade are Jessica Goodspeed, Tim Kelly, Carmen Sanca and Cole Peszynski. (Missing from the photo is Ben Morton).

The junior firefighters will operate under the tutelage of a pair of advisors appointed by Fire Chief Greg Voelker, Lt. Robb Rainville from Company 1 and Firefighter/EMT Donald Scranton from Company 2. Initially, the advisors will focus on familiarizing the new "recruits" with the different functions of the various apparatus, the type, location and function of the tools and equipment on each truck and, most importantly, the policies, procedures and protocols that are in place to insure the safety of everyone and everything involved in the fire service.

As their training progresses and as their abilities dictate, the Junior Firefighters will be introduced to more complex tasks and techniques that require gradually increasing levels of age-appropriate ability and skill. The objective of the Junior's program is to provide young individuals with opportunities to explore the fire service, obtain a basic understanding of the services' organization, equipment and operation, and to prepare those individuals for potential entry into formalized fire training once they achieve the age of 18. A large number of past and current firefighters, members of both career and volunteer departments, began as juniors.

Junior Firefighter programs are generally split into two age-defined sections, a section for ages 14 and 15, another for 16 and 17 year olds. With safety being paramount (and as legislated by state law), there are limitations placed on each section that define which skills, techniques and activities are permitted to be taught and practiced at each level. Adherence to this protocol insures that the young individual receives appropriate training at the appropriate time and demonstrates the appropriate level of both physical and cognitive ability to handle the particular activity.

Further information on opportunities available through the East Hampton Volunteer Fire Department's Junior and adult membership programs can be obtained by calling Department Headquarters at 860-267-2198.

East Hampton Community Emergency Response Team

East Hampton is looking for a “few good people” to get more involved when emergencies happen, by joining the Community Emergency Response Team, or CERT. Presently about 25 local citizens have been trained as volunteers, but more are needed. CERT volunteers receive an initial 20 hours of training, with supplementary training provided throughout the year. This gives us the background to provide local and immediate support to emergency responders during a disaster. We are available to perform duties such as shelter support, crowd control, and assistance in evacuations. We help year-round with preparedness outreach, drills, and education.



We undertook our first response work immediately after Hurricane Sandy, by providing coverage at the East Hampton High School convenience station. Fortunately, since then East Hampton has been relatively spared emergency situations, but our volunteers continue to train in “search and rescue,” CPR, and traffic control - among other things. We have helped direct parking at the Fire Department’s Fireworks and at the Turkey Plunge. We recently volunteered assistance with Old Home Days’ Glorious Gallop 5K Road Race. We have provided emergency readiness information to local groups and at events such as the Health Fair.

Persons of all skills and abilities can make a contribution. You are encouraged to investigate whether this volunteer opportunity is right for you. Rich Klotzbier, East Hampton’s Emergency Management Director and Fire Marshal, is the director of East Hampton’s CERT. The team meets one evening a month. Training is sometimes scheduled to occur during a regular meeting, or at another appropriate time. Events requiring CERT response can happen at any time throughout the year.

Additional information about the national CERT program can be found at: <http://www.citizencorps.gov/cert>. For more information about the local team, contact Rich at eh.cert.team@gmail.com or 860-267-0088.

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East Hampton ALERTS Notification System for Residents & Business Owners



The East Hampton Commission on Aging encourages residents and businesses to sign up to find out about emergencies, weather warnings, town closings and road alerts.



East Hampton Alerts Notification System

Your safety is our main concern. Currently, all white page phone listings and the voter listing are automatically included in the Town's Notification System powered by Everbridge and you will be notified if there is an emergency. You can also choose to register cell numbers, emails and more.

If land lines are out, East Hampton Alerts will reach you via the alternate contact information you provide.

Emergency and Community Alerts

East Hampton Alerts can notify thousands of residents and businesses in seconds.

What You Will Find Out

- Winter Storm Warnings
- Tornado Warnings
- Hurricanes
- Emergency Evacuations
- Road Closures
- Emergency Health Alerts
- Other emergencies

How Does It Work?

The process begins when the Town issues a message about a potential emergency concern. The East Hampton Alerts System dials your main contact number or sends an email, text message or fax.

If you don't confirm receipt of the message by following the prompts, the system will continue to try and reach you until it receives your confirmation.

Tell Us Your Special Needs

We also want to find out if you or any of your family have special needs:

- Hearing Impaired
- Speech Impaired
- Mentally Impaired
- Visually Impaired
- Wheelchair/Mobility Impaired
- Kidney Dialysis
- Power Dependent
- Oxygen Dependent
- Refrigeration for Medications
- Service Animals or Pets

Is My Information Confidential

The Town of East Hampton respects your privacy. All information you provide will be kept strictly confidential.

How to Sign Up

The success of this Town service depends on you. You have the ability to select how you want to be contacted and where.

- Go to www.easthamptonct.gov and click on the East Hampton Alerts icon
- Create your online profile
- Include locations, cell phone numbers, emails, fax numbers and special needs.

Need Assistance?

Volunteers and Town staff will be available at the following locations to assist with online registration:

- Senior Center
- Library
- Town Clerks Office

How to Update Information

Your username and password allows you to update information at any time. If you choose to opt out of Community Alerts, you will still receive Emergency Alerts on your home phone if there is a threat of life safety or property damage.

**Help us help you...
If we can't reach you, we can't alert you!**



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Breast Surgery... continued from page 30

that can change the look of the breast." Oncoplastics essentially involves filling any "gaps" in the breast left by the removal of the tumor by reshaping the surrounding tissue, preserving a natural look. "With the oncoplastic technique, my goal is to leave the breast looking like it did before surgery," explains Dr. Bassin, "with as small a scar as possible."

Dr. Bassin performs both the lumpectomy and the oncoplasty at the same time, which can also be a big plus for the patient. The entire procedure usually takes only about an hour. In addition to the oncoplasty procedure, Dr. Bassin provides patients with complete breast care, including:

- High-risk patients
- Atypia (presence of abnormal cells in breast tissue)
- Breast infections
- Breast pain
- Breast cancer
- Consultation for abnormal breast imaging
- Benign breast disease

Dr. Bassin also collaborates with Middlesex Hospital breast surgeon, Dr. Andrea Malon, as part of the Surgical Alliance; along with local plastic surgeons. "Providing patient-centered care is extremely important to me, adds Dr. Bassin. "I am with my patients every step of the way."

Summer Eye Health

Summer brings numerous eye problems. Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. Also, UV rays reflected off sand and water can cause eyes to sunburn, possibly resulting in temporary blindness in just a few hours. Here are some tips to ensure eye health during the summer:

- **Wear sunglasses with UV protection:** Our eyes need protection against UV rays. The best way to protect against harmful AVA and UVB rays is to wear sunglasses with protection from both. It's also important to note that sunglasses need to worn even on cloudy days.
- **Use goggles at pools:** The chlorine that is in most pools is designed to protect you from germs, but can be harmful for your eyes.
- **Wear eye protection doing home projects:** Remember to shield your eyes even during simple home improvement and maintenance, like mowing your lawn. Rocks and other debris commonly fly up and into your eyes.
- **Use eye drops:** to soothe dry and tired eyes during the summer, it is best to use artificial tears.
- **Give your eyes a rest.** If you spend a lot of time at the computer, you can forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds

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