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## First Selectman's Corner

Spring is here! We are all ready to enjoy being outdoors. Clinton has so much going on this time of the year.

The Parks and Recreation Department is all set for another great year of activities. A new play scape has been installed at the Town Beach. Clinton Family Day will be held at the town beach on July 30th from 9 am – 2 pm. Enjoy a day of games, arts & crafts, races, music, face painting, snacks, prizes & more. Everything is provided free for children between the ages of 4 -12 and their parents. A new on-line registration system will be ready in June to enable residents to register for programs and facilities. Our town has some of the finest recreational facilities on the shoreline and we applaud our Parks and Recreation Director Bo Potter for his tireless dedication each year.

The Parks and Recreation Family Theater will present "Guys and Dolls" on July 14, 15 and 16 at the Town Hall.

The Clinton Sailing Club headed by Alan Felgate is just about ready to "set sail" this year. Well done, Alan.

Congratulations to the Morgan Building Committee. The New Morgan School is on schedule and the ribbon cutting ceremony is scheduled for August 28th from 2-5 pm.

We hope you will come out and visit the art shows, church fairs, dance recitals, theater productions and other events all around Town and partake in all of the outdoor activities that Clinton has to offer.

The Guilford Savings Bank Summer Concert Series at the Pierson Gazebo kicks off on July 7th. The concerts run through August 18th. The Chamber of Commerce will be hosting the 2nd Annual Clinton Summer Fest & Fireworks on August 20th at the town beach. This year promises to be even better than last year.

On the financial front, our Town and Education Budgets were approved at Referendum and we as a Town will move forward together. I want to thank the Board of Selectmen, Board of Education and Board of Finance for all their hard work and dedication.

**continued on page 2**



Bruce Farmer  
First Selectman

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## SELECTMAN'S CORNER ... continued from page 1

We are very pleased to have Vincent DeMaio as our new Police Chief. His swearing in ceremony was held on April 1st. Chief DeMaio has a wealth of experience and education in the field of law enforcement. We welcome Vincent and his family to Clinton.

As you can appreciate, this is a very busy season for the Police, Fire & Emergency Medical, and Public Works so please be aware and keep a safe distance between your vehicles and theirs.

Please continue to access our new Town of Clinton website at [www.clintonct.org](http://www.clintonct.org) to stay on top of all town activities. I continue to welcome new businesses to Clinton. I hope you will continue to support local businesses as I do.

Enjoy our Spring and Summer weather and be safe!

Bruce  
First Selectman



## The Clinton Art Society Show

The Clinton Art Society Annex Show and Sale will feature CAS Artists: Nile Barrett of Westbrook and Maureen Giallombardo of Clinton.

The show is open to the public during town hall hours: May 18th- July 12th.

The Annex address is 48 East Main Street, Clinton, to the right of the Chamber of Commerce Building. Info: 203-627-2120

Oil painting, "Grazing Horse" by Rosemary Serfilippi.

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**[clintonpublic.net/cef](http://clintonpublic.net/cef) [clintonlionsclub.org](http://clintonlionsclub.org)**

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# events

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# Families Helping Families

How many times do we hear the expression  
“We need to give credit where credit is due”?

In the case of Families Helping Families we hear all the time the thanks for all you do. Families Helping Families is now in our tenth year and from our original mission to provide energy assistance to Clinton families we have now expanded our mission into five community out-reach programs. Through these programs we believe we have established a life-line to assist the many Clinton families who are facing some very serious and difficult circumstances.

The real credit for us being able to continue our mission goes to the entire Clinton community. Without their unwavering support in these past ten years we would have never been able to accomplish all that we have. When we have asked, no matter what, the Clinton community has responded. It's an entire community effort individuals, businesses, and even the youth

of our community have stepped up to help us make this a community wide effort. There's not a day that goes by that we don't think about how blessed we are to live in such a giving community.

We wish to thank all who attended our “Crazy for Cupcakes” event. After a one year absence this year's event attracted over 225 people. This year we were able to partner with the Shoreline Community Women to help them raise funds for their “Boxes for Soldiers” effort. Through this program they pack boxes of items that our troops need and ship them off to where many of our troops are stationed. Beth Jenkins and her award winning carrot cake cupcakes were the first place winners.

If you have any questions about our mission or our community out-reach programs feel free to contact us at 860-669-5592.



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## Partners in Community

As many are aware, Partners in Community (Clinton's substance abuse prevention coalition) was awarded a five year, \$500,000 grant by the Connecticut Department of Mental Health and Addiction Services to address marijuana use amongst 7-12 grade students in Clinton. This grant runs from July 1, 2015- June 30, 2020 and has very specific guidelines for using the funds. This first year of funding was spent completing a substance abuse needs assessment of the community as well as a very comprehensive strategic plan to address those identified needs. As of May 20, 2016, the state has not yet approved our submitted plan, so the actual implementation has not begun. PiC expects that as of July 1, 2016 we will be operating at full steam ahead!

The action plan we submitted addresses only one substance, marijuana, as that is the design of the grant from the state. During the needs assessment process, it was determined by a team of 12 PiC members and Morgan students that based upon all available data, marijuana is the largest threat to our youth. The latest student survey (SEARCH Institute) in 2014 showed that almost 50% of Morgan seniors and 25% of both 10th and 11th graders reported using marijuana within the last 30 days. Student focus groups at Morgan in 2015 challenged that those numbers

were too low, as their perception was that more students were actually using marijuana regularly. Due to a low perception of harm of use and peer norms that encourage use, Clinton teens are choosing marijuana as a method of socialization and stress relief. PiC's action steps will directly address these two major risk factors, in addition to others such as ease of access and parental disapproval of use.

This past school year, aside from working on the requirements of the new grant as explained above, PiC has completed several successful programs and initiatives: Pierson, Eliot and Morgan REACT (Reality Even Affects Clinton Teens) groups had 140 students total!

Morgan REACT donated over \$700 to Social Services from the annual Haunted Hallways, a new record for them! Eliot and Pierson REACTs hosted the "Elf on the Shelf" game at Christmas in Clinton. All students in all three groups received lessons and experiential learning each month on developmental assets, leadership skills, communication and healthy choices.

continued on page 8

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## PARTNERS IN COMMUNITY ... continued from page 7



Two successful “medication take back days” were held in conjunction with the Clinton Police Department, removing hundreds of pounds of unwanted medicine from people’s homes.

PiC funded additional DUI shifts for the police department, resulting in an increase in arrests of people driving while impaired. PiC co-hosted the opioid forum with State Senator Linares and Representative MacLachlan, which was attended by early 100 residents and shared critical information on the overdose epidemic occurring in the state.

PiC worked with ShopRite pharmacist Tracey Leary as she made the life-saving drug Narcan available to the public. ShopRite was the first pharmacy in Clinton to be certified in

Narcan administration, and Ms. Leary was awarded a “Community Champion” award by PiC.

PiC assisted the Morgan School in developing and hosting the first “Generation Leadership” training for students with Aric Jackson, international motivational speaker. PiC trained students and empowered them in training middle school students at Sedgewick Middle School in West Hartford. A new cadre of students will be trained and will be implementing new initiatives in youth leadership in the next school year.

PiC will be co-hosting the sixth annual youth LEAD conference in New Haven in late June 2016. Organized annually by the shoreline towns from New Haven to Old Saybrook, LEAD provides student leaders the opportunity to learn from their peers about relevant teen topics.

Keep your eyes out for PiC’s activities and messaging in the next few months! If you have questions or would like more information please call Kelley Edwards 860-664-1142 or email at [kedwards@clintonct.org](mailto:kedwards@clintonct.org). PiC’s website is [www.clintonpic.org](http://www.clintonpic.org).

## From the Town Clerk’s Office

June is the month to license your dog(s). Dogs licensed on or after July 1st will be charged a late fee of \$1.00 per month, per dog. Please stop in our office anytime to register or mail to the Town Clerk’s office. Don’t forget to include your rabies and spay/neuter certificate if applicable.

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

Clerk’s website, click on Elections. AB ballots become available October 6, 2016.

Permanent Absentee Ballots: An elector can file an AB application together with a doctor’s certificate (presumably on letter head), stating that they have a permanent disability and are unable to appear in person at their polling place. This will allow an elector to be on our Permanent Absentee ballot list. AB ballots

will then be automatically mailed to the elector for the Presidential Election.

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

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Clinton Town Clerk

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# HCH Library

## Summer has come to HCH Library!

We're celebrating with *HCH Summerfest 2016* on Saturday, June 25. Join us for a day of fun for the entire family - iCRV Radio will be broadcasting live from their Tiny House, Hardcore Sweet cupcake truck will be here, and Clinton's own The Engine Room will perform starting at 1:30 pm.

All of this in addition to a GIANT Book Sale, which begins on Friday, June 24 and continues on the 25th. Bring your picnic, your dancin' shoes, and your excitement for all that is summer!

There's a reason to come to HCH Library every day this summer, and we can't wait to see you here.

## FOR TEENS

Get in the Game at HCH! Everyday this summer there is something happening for teens. Every Monday teens can build and code a Mindstorm Robot. Every Tuesday evening teens can enjoy a TV Dinner & Movie Night. Every Wednesday create a project at Teen Crafternoons, and every Thursday is Game-a-geddon when we play the latest trending games. On Fridays teens can kick-off the week-end with their friends and have fun on the new Wii U.

Check the [HCHlibrary.org](http://HCHlibrary.org) website for more details or contact [Cathleen@hchlibrary.org](mailto:Cathleen@hchlibrary.org).

## FOR CHILDREN!

It's time for SUMMER READING! Don't forget to sign up online to log how much you read this summer. For every 20 minutes you read, you can add a link to the library's paper chain. We'll try to wrap it around the whole Children's Room by the end of the summer. And if you read for 20 minutes every day, you earn a new book!

In addition to reading, we have tons of programs for children of all ages including our normal weekly offerings plus some new weekly programs and special events.

To download previous issues of Clinton Events visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!

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# Clinton Youth and Family

## 2016 YOUTH SUMMER PROGRAMS

CYFS is excited to announce our new and upcoming summer programs for 2016. **All participants in our programs must have their own transportation.** Some programs have two sessions - sign up for one or both!

### HIKE IT!

For youth entering grades 1 and 2. We will hike the trails at Peters Woods, Valley Rd., and explore nature. Class size is limited to 12 youth, minimum 6 youth. This program will have 2 sessions; each will meet once a week from 9:30 am - 11:30 am. Sturdy walking shoes must be worn - no flip-flops or sandals. SESSION ONE starts Wednesday, July 6th, ends Wednesday, July 27th. SESSION TWO starts Wednesday, August 3rd, ends Wednesday, August 24th. Cost: \$20.00 per session.

### TRAILBLAZERS!

For youth entering grades 3, 4, & 5. We will hike the trails at Peters Woods, Valley Rd., exploring different themes in nature and collecting specimens from our nature walk. Class size is limited to 12 youth, minimum 6. This program will have 2 sessions; each will meet once a week from 9:30 - 11:30 am. Sturdy walking shoes must be worn. No flip-flops/sandals. SESSION ONE starts Friday July 8th ends Friday July 29st Cost: \$20.00 per session. SESSION TWO starts Friday Aug. 5th ends Friday Aug. 26th.

### ULTIMATE PHOTOGRAPHY CLASS for BEGINNERS

For youth entering grades 6 to 11. This class will build photographic skills through hands-on individual instruction with professional photographer Steve Nadler. Class will cover the basics on learning to use your camera, understanding composition and lighting. Any Single Digital Lens Reflex or Point & Shoot camera acceptable. Class will meet from 10:00 to 12:00, Tuesday, Aug. 2nd, Wednesday, Aug. 3rd and Thursday, Aug. 4th with an art reception at HCH library. Minimum 10 youth. Classes will meet at the library and Town Hall Annex. Cost: \$65.00, non-residents: \$75.00.

### PLAYBACK THEATER IMPROV GROUP!

For youth entering grades 5 to 9. Learn to perform improvisational theatre which honors personal stories using drama, mime, dance, movement and sound. Interactive and fun! Classes will meet at HCH library Community Room from 10:00 to 12:00, with an option for bringing lunch, and a "chillax" movie. 6 sessions starts Tuesday July 12th to Tuesday August 16th. Snacks provided. No acting experience necessary. Minimum: 6 youth. Cost: \$20.00. FISHING TRIP! For youth 12 yrs. and older. All day fishing excursion on the Lucky Lady out of Clinton for Bass and Blue.

Rod & reel rental included in price. Limited to 20 youth, (minimum 10). Wed., July 13th and/or Wed., August 10th. No experience necessary. Children under 12 must be accompanied by a full fare paying adult. Departs Clinton 8:30 am, returns approx. 3:00 pm. Cost: Youth 16 and under \$30.00. Adults \$55.00 (tips for mates extra... please bring \$5.00 per person).

### COUNSELOR HELPERS (CIT) - For ages 13 and up.

This is a program for youth who are looking to take on a leadership role while helping others. Youth get to be a helper to CYFS staff in hiking, Playback Theater, etc. Gain valuable experience in the supervision of children and safety. CIT's will participate in a training/leadership building session on Friday, June 24th. By application only, 6 positions available. Cost: \$15.00 payable at the time of acceptance.

Registration is available on our website:

[www.clintonyouthandfamily.org](http://www.clintonyouthandfamily.org) or contact CYFS at 860-669-1103 for more information. Please stop by the office to sign-up between 9 - 4, Monday to Thursday.

Scholarships are available based on need. Programs are subject to cancellation if minimum enrollment is not met.



## Open for the Season May 27th

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# Clinton Land Trust

**The Clinton Land Conservation Trust  
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Great news, in September of 2015 The Trust with donations from the Town of Clinton, State of Connecticut and the Connecticut Water Company purchased the Weiss/Loveday property. This property consists of 38 acres and abuts 12 acres of the CT State Forest and 12 acres of existing Land Trust property. This parcel of land protects nearby aquifers that provide 1,000,000 gallons of pure drinking water a day, enough to meet the needs of over 6000 families and is home to an amazing diversity of plants and animals. In the next few years CLCT will be blazing trails for all to enjoy.

Open space is not without cost. We received three generous donations from Newman's Own, Mr. Henry Lord and the estate of John Lawson which lowered our balance to approximately \$100,000. In November of 2015 we did a town wide mailing asking you to join our Trust and make an additional donation to go towards paying off the loan. We were thrilled with the town's response; we collected over \$30,000 to go towards the loan and saw an increase in our membership. Once again, please consider helping us pay off the Weiss-Loveday loan so we can continue to



fund our programs and scholarships such as the Peeper Prowl, Winter Tracking, Ecology Camp, Beach Clean-up, the Summer Library event, the annual scholarship to a high school senior entering the field of Environmental Science, and Bushy Hill Summer Camp scholarships for four students of the Pierson School. Please mail us your check or donate through our website at [www.clintonlandtrust.org](http://www.clintonlandtrust.org). Thank You.



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*Kiki Smith: Squatting the Palace* | June 21

**LYME** For information and to register online:  
[www.lymeacademy.edu](http://www.lymeacademy.edu)

Center for Arts Programming  
University of New Haven ARTWORK: Peggy Root, *Open Gate*, oil on linen, 52" x 26"

# The Clinton Parks & Recreation Department

## CLINTON TOWN BEACH:

Officially opens on Saturday, June 18, 2016. Beach passes can be purchased from the Gate Keeper, at the Town Beach, between the hours of 9 am to 3 pm daily (weather permitting). Beach Pass Fees: Clinton & Killingworth Residents: \$20 per vehicle, Clinton & Killingworth Senior Citizens: \$10 per vehicle, all non-residents will pay a \$25, per day parking fee and are not eligible for a seasonal pass. Our Lifeguards will be on duty (weather permitting).

## CLINTON FAMILY DAY:

JULY 30, 2016, Time: 9 am – 2:30 pm at the Clinton Town Beach. Sand Sculpture registrations begin at 8:30 am. Come and enjoy a day of Games, Arts & Crafts, Races, Music, Face Painting, Snacks, Prizes & more, all provided FREE for children between the ages of 4 - 12 and their parents. We will be posting a time schedule for all of the events on our website as the day approaches. Please mark your calendar! If you would like to volunteer to help on July 30th, please call the P & R Office at 860-669-6901. This is our 11th Annual Family Day.

## CLINTON FAMILY THEATRE:

“Guys and Dolls” Show Dates: July 14 – 16, 2016, at the Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT. Ticket Price for all shows: \$15.00. Check our Website for more info.

## ENVIRONMENTAL ECOLOGY CAMP:

June 27 – July 1, 2016 or July 11 – 15, 2016, Time: 9 am – 12 noon, for children entering grades 2 – 6 as of Sept. 2016.

Registration for Ecology Camp is open for Clinton residents (Clinton residents will get “first dibs”). Non-residents may register after May 29th.

Monday – Wednesday – Friday: at the Clinton Town Beach, Tuesday: at the Entrance of Peter’s Woods, Valley Road and Thursday: at the Indian River Recreational Complex Beach Days: Join local teacher and Clinton Land Trust Board Member, Dana Skidmore, for 3 mornings of beach exploration. Children will be introduced to varying habitats: the salt marsh, the sandy beach and the mud flats. They will use bucket and dip nets as well as beach seines to experience the local marine life in the sound. They will get a crab’s eye view of barnacles feeding, periwinkles grazing on algae, green crabs scurrying about, and ospreys flying overhead and great egrets majestically wading in the water. Peter’s Woods & Indian River Complex: Discover some of Clinton’s finest hiking trails! Spend two mornings with Mrs. Skidmore exploring local animal and plant species. Discover the mystery of a vernal pool and all of its inhabitants. Learn the difference between a red oak and a white oak tree, feel the strong bark of a tulip tree and experience the smell of a black birch tree branch.

continued on page 14

# CHERYL AIUDI & SON<sup>L</sup><sub>L</sub><sup>C</sup>

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# ***Call For 2016-2017 Offerings***

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## PARKS AND RECREATION ... continued from page 13

Listen to the woodland bird songs, discover many life forms that live under logs in the forest, and catch a glimpse of a painted turtle sunning itself on a log. 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! Fee: \$125.00 (\$150.00 Non-residents)

### **HALF (½) DAY ECOLOGY CAMP (PAY-IT-FORWARD):**

Children entering Grades 2-6 as of Sept. 2016, Benefitting the Pierson School's Science Cultural Arts Program  
Dana Skidmore has chosen to give 100% of the proceeds back to the Pierson School to enhance the Cultural Arts Program. In particular, she would like to book more hands-on science programs.  
Date: July 6, 2016  
Time: 9:00 a.m. – 12:00 p.m.  
Suggested Donation: \$30.00 per child (Clinton Residents Only!)  
Locations: Clinton Town Beach, Waterside Lane, CT  
Drop Off: at the far pavilion by the concession stand.

Whether you have experiences Ecology Camp or not, now is your chance to spend the morning at the Clinton Town Beach exploring and discovering many of the plants and animals of Long Island Sound! Observe osprey in flight and witness the majestic great egret spear minnows in the shallow eel grass. Feel a flounder, catch a crab, and understand the feeding behaviors of our local invertebrates. Don't be afraid to get dirty and wet! Move your body while playing eco-friendly games. Understand the importance of protecting our Earth, and all its inhabitants! Supplies: Buckets and nets are provided. Explorers must wear shoes that can get wet or dirty (crocs, tevas, keens etc.) **NO BARE FEET ALLOWED!** Children must bring a snack, water bottle and please apply sunscreen before the day begins. You may wear a bathing suit and pack a bag with a towel.

### **MARTIAL ARTS:**

Tony Pinto's Martial Arts Academy located at 130 Ft. Path Rd. in Madison. Telephone 203-530-4730. Taekwondo (ages 3-Adult) and Cardio-Kickboxing (ages 10 – Adult) classes are offered. Session 7: June 27 – August 12, 2016, Session 8: August 15 – Sept. 23, 2016, Sept. 26 – Nov. 4, 2016. Sessions consist of 2 classes/week for 6 weeks for \$65.00 (non-residents \$75.00).

### **GUITAR LESSONS:**

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

### **ZUMBA:**

Zumba is exercise in disguise! It's a Latin inspired dance fitness class that uses international music and dance rhythms together for the ultimate exercise experience. You do not have to know

how to dance to take a Zumba class. We create a non-competitive party atmosphere where participants can interpret the dance rhythms in their own way.

Classes are offered on the following days and times: Mondays from 6 – 7 p.m., Thursdays from 10 – 11 a.m. and Saturdays from 9 – 10 a.m. All classes are held at the P & R Building located at 201 Killingworth Turnpike, Clinton, CT Fee: \$5.00 per class.

### **YOUTH BASKETBALL CAMP:**

Boys and Girls Entering Grades 1, 2, and 3 as of September 2016 will be held at the Joel School Gym. The Camp will focus on basketball fundamentals, enthusiasm, and having fun! Starts: June 27 – July 1, 2016. Time: 9:00 a.m. – 11:30 a.m. Each camper receives a Tee- shirt. Enrollment is limited to 35 campers. (Clinton Residents-Only!) Fee is \$75.00 per camper.

### **GVSA SOCCER CAMP:**

Ages: 4-6 (Half Day), Ages: 7-14 (Full Day)  
Dates: June 27 – July 1, 2016  
Half Day Time: 9 a.m. – 12 p.m.  
Fee: \$100 Clinton Residents, (Non-residents: \$110)  
Full Day Time: 9 a.m. – 3 p.m.  
Fee: \$150 Clinton Residents, (Non-residents: \$160)  
The Camp is open to all children, with or without soccer experience. Activities will include learning new skills and/or developing skills such as passing, dragging, shooting and juggling. Focus will be on having fun. Coach Goran Vasic is a United States federation "A" Licensed Coach. Played professionally in Europe and USA. Coached teams in New Jersey and Connecticut. Each child will receive a GVSA T-shirt the first day of the camp. Children need to wear cleats, shin-guards, and water.

### **BASEBALL & SOFTBALL SKILLS CAMP:**

Ages: 6-12  
Dates: July 5 – 8, 2016  
Time: 9 a.m. – 12:00 p.m.  
Fee: \$120.00 (Non-residents: \$130.00)  
Camp Focus: proper throwing, catching, fielding and hitting mechanics. Each day will end coach pitch games. Equipment Needed: please bring a glove, bat & helmet. Also, be sure to bring a water bottle, shorts are recommended. Lead by: Trevor Brown, Scouting Director of Prep Baseball Report and former Associate Head Coach, Fairfield University Baseball.

### **PEE WEE SOCCER CAMP (With Brad Jeeves):**

Ages: 4 – 6  
Dates: July 18 – 22, 2016 or August 8 – 12, 2016  
Time: 5 – 6:30 p.m.  
Fee: \$65 (Non-residents \$75)  
Location: Indian River Recreational Complex  
Level: Beginner (Rec) / New to Soccer / New to structured activities



Focus: Instill a love and excitement for the game by implementing fun games and drills. Description: What better ways to introduce your little one to the World's Game than by having them participate in B.E.S.T's Pew Wee Camp? Players are taught a variety of skills in fun, low pressure games and activities. The primary focus is FUN in a safe and structured environment.

**OPEN SOCCER CAMP (With Brad Jeeves):**

Ages: 6 – 16  
Dates: July 18 – 22, 2016 or August 8 – 12, 2016  
Time: 5 – 8 p.m.  
Fee: \$120 (Non-residents \$130)  
Location: Indian River Recreational Complex  
Level: Beginner (Rec), Intermediate (Travel Level). Players will be divided by age and adjusted by ability level.  
Focus: The development of technical and tactical ability while having fun in a variety of developmental drills and games.  
Description: With increased skill comes increased success. With increased success comes a higher level of enjoyment. At B.E.S.T our ultimate goal is to share our love for the game with the participants of the program in the hopes that players will come to love the game as we do. You must bring the following to Camp: Shin Guards, Soccer Ball, Plenty of Water & a Small Snack.

**GOALIE CAMP (With Brad Jeeves):**

Ages: 7 – 15  
Dates: July 11 – 15, 2016 or August 15 - 19, 2016  
Time: 5 – 8 p.m.  
Fee: \$140 (Non-residents \$150.00)  
Location: Indian River Recreational Complex  
Level: Beginner (New Goalkeepers), Intermediate (Travel Level), Advanced (Select/High School). Players will be divided by age and adjusted by ability level.  
Focus: Advancement of technical and psychological development in relation to playing in goal. Reaction time, positioning, proper technique in receiving and distributing the ball are stressed.  
Description: Specialty camp dedicated to advancing the ability and confidence of goalkeepers. You must bring the following to Camp: Gloves, Shin Guards, Soccer Ball, Plenty of Water & a Small Snack.

**TENNIS LESSONS:**

For Ages: 5 – 12+  
Dates: June 20 – July 1, 2016, July 4 – 15, 2016 & July 18 – 29, 2016 Monday – Thursday (Friday is Rain day)  
Ages: 5 – 7 yrs.  
Time: 5 – 5:30 p.m.

**Continued on page 16**

# ENRICH

At the Community Foundation of Middlesex County, we know that it is the little things that count, that can change a community and improve the quality of life for all. Working together, we bring the arts to life for people of all ages through exploration and engagement. We preserve our local history for generations to come. We conserve land for everyone to enjoy - now and forever. We teach young and old to read, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals...all made possible by so many good people doing great things in each and every town in Middlesex County.

*We invite you to learn more about how we can help you support a passion or area of interest that matters to you and benefits our community. Call us at 860-347-0025 or visit us online at [www.middlesexcountycf.org](http://www.middlesexcountycf.org).*



**COMMUNITY  
FOUNDATION**  
of Middlesex County

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## PARKS AND RECREATION ... continued from page 15

Fee: \$60  
Ages: 8 – 11 yrs.  
Time: 5:30 – 6:15 p.m.  
Fee: \$80  
Ages: 12 and Older  
Time: 6:15 – 7:15 p.m.  
Fee: \$120 (Non-residents – please add \$10 to your registration fee) A minimum of 6 students, per class, is required to hold the class.

### AMERICAN GIRL CRAFTS and COOKING:

(Ages 6 and older) Max. 12 – Min. 4  
Dates: August 1 – 5, 2016  
Time: 9 – 12 p.m.  
Location: Indian River Rec. Bldg.  
Fee: \$120.00 (Non-Residents \$130)  
Instructor: Claudia Mathison  
Calling all American Girl fans! Join your friends for a fun and crafty week learning about lives of Lea, Clark, Grace, Julie and all the other American Girl dolls. Design and sew simple felt purses, shell frames, painted wooden boxes, corn husk dolls and more!  
Time to learn new culinary skills: cooking yummy jam and desert. Also, outside play and snacks.

### CRAFTY SUMMER FUN: (Ages 7 and Older)

Dates: August 8 – 12, 2016

Time: 9 a.m. – 12 pm  
Location: Indian River Rec. Bldg.  
Fee: \$125.00 (Non-resident \$135.00)  
Instructor: Claudia Mathison  
Build, paint and decorate with Summer as our theme! Sculpt Clay sea creatures, build towering sand castles, paint a colorful under the sea Mural and design leaf printed tee shirts. Also, play outside with snacks and stories.

### FUN CAMP:

Come join us for fun, games, and crafts! Open to children who are 5 years old and entering Kindergarten as of September 2016 and older. This six-week program will run from July 5 to August 12th. The Fun Camp will meet three days a week at the Peters Complex and the other two days at the Town Beach. The hours are Monday - Friday 9:00 a.m. - 12:00 p.m. & Wednesdays at 9:00 a.m. - 2:00 p.m. The Wednesday extension allows for more activities and better field trips to brighten up your child's Summer. Fee: \$75 per week or \$375 for the six weeks. (\$85 Per week for Non-residents) July 5 – 8th week, Fee is \$60 (Non-residents: \$70)




### TINY HAWK (Soccer & Basketball):

June 20 – 24, 2016, at the Indian River Complex.  
Ages: 3-4 (A Parent must stay on site)  
Time: 12:15 – 1 p.m.  
Fee: \$55 (\$65 Non-residents)  
and/or July 11 – 14, 2016 (M-Thurs.) at Indian River Complex  
Time: 4:45 – 5:30 p.m.,  
Fee: \$49 (\$59 Non-residents)  
The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Skyhawk's staff is committed to creating a positive introduction to sports. Gear to bring: Appropriate clothing, water bottle, running shoes and sunscreen. You may register online at [www.skyhawks.com](http://www.skyhawks.com)

### MINI-HAWK (Soccer, Baseball & Basketball):

June 20-24, 2016, Monday – Friday, at the Indian River Complex.  
Ages: 4 – 7  
Time: 9 a.m. – 12 p.m.  
Fee: \$109 (Non-residents: \$119)  
and/or July 11 – 14, 2016, (Monday – Thursday)  
Time: 5:45 – 7:15 p.m.  
Fee: \$70 (Non-residents \$80)  
This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. You may register Online at [www.skyhawks.com](http://www.skyhawks.com).

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

### **VOLLEYBALL CAMP:**

July 25 – 29, 2016, Monday – Friday, at the Jared Eliot Middle School.

Time: 9 a.m. to 1 p.m.

Ages: 10 – 14

Fee: \$115 (Non-residents \$125.00)

All aspects of volleyball are taught through drills and exercise that focus on passing setting and serving. This program is designed for the beginning and intermediate player. Our Staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. You may register Online at [www.skyhawks.com](http://www.skyhawks.com).

### **CT COMPUTER CLASSES:**

Robotic Explorers:

(Ages 5 – 12) 4 Day Program

Dates: June 21 – 24, 2016

Time: 4 – 6 p.m.

Resident Fee: \$75 (Non-resident Fee: \$85)

Children will work with two different Lego® Building System to build robots, amusement park rides and various construction vehicles. Children will use technology to make their inventions move. Please bring a snack. Pictures will be emailed home. No Legos® will be taken home.

### **MINIONS, MINIONS & MORE MINIONS:**

(Ages 5 – 10) 4 Day Program

Date: July 5 – 8, 2016

Time: 6 - 8 p.m.

Location: P & R Building,

Resident Fee: \$80 (Non-Residents Fee \$90)

Minions are everywhere! Come join our fun filled class with scavenger hunts, Lego® Building and computer technology. This class includes clay, paper, painting and foam activities. Tablets are welcome with Minions preloaded. Please bring a snack. Pictures will be emailed home. No Legos® will be taken home.

### **FUN-GINNERRING & CATAPULTS:**

(Ages 5 – 12) 4 Day Program

Date: July 19 – 22, 2016

Time: 5 – 6:30 p.m.

Resident Fee: \$80. (Non-Residents \$90.)

Children will build in groups using the Lego® Building Kits to learn about gears, levers, axles and pulleys. Then the challenge begins to build your catapult, compare and challenge your friends to ultimate battle. Please bring a snack. No Legos® will be taken home. Pictures will be emailed home.

### **SUPERSLEUTH DETECTIVES/CSI:**

(Ages 5 – 10) 4 Day Program

Date: July 26 – 29, 2016

Time: 6 – 8 p.m.

Residents Fee: \$80. (Non Residents \$90)

Move over Sherlock Holmes!! It's time to solve our mysteries using forensic, logic and technology. This class involves

cracking codes, uncovering clues and revealing secrets. Please bring a snack to every class.

### **MAKING YOUR OWN STAR WARS MOVIE:**

(Ages 5 – 12) 4 Day Program

Date: August 22 – 25, 2016

Time: 9 – 11 a.m.

Resident Fee: \$100 (Non-Resident Fee \$110)

Do you want to be the next Steven Spielberg? Ready, set, go! Use your imagination, creativity and movie making experience to build with Lego® sets, backgrounds and pictures to create your masterpiece. The movie clip will be featured on YouTube. No Legos® will be taken home. Please bring a snack to every class.

### **SPACE EXPLORERS:**

(Ages 5 – 10)

Dates: August 9 - 12, 2016

Time: 5 - 7 p.m.

Location: Indian River Rec. Bldg.

Resident Fee: \$80 (Non-Residents Fee: \$90)

This class teaches building techniques and how to design vehicles and structures with an outer space theme. This class includes gears, pulleys, cones and motors. Children will use the Lego® Building System to create rockets, space vehicles, spaceships and more. Please bring a snack. Pictures will be emailed home. No Legos® will be taken home.

Continued on page 18



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## Parks & Rec ... continued from page 17

### BEGINNERS FENCING CAMP:

July 19 - 22, 2016, Boys & Girls: Currently in Grades 5 - 8,  
Time: 9 a.m. - 12 p.m.

Fee: \$100 (Non-residents: \$125.00)

Students will learn classical foil fencing, the traditional beginning weapon of the sport. Fencers will progress from basic foil technique to actual bouts with moderately fast and difficult hand and foot work. Teaching emphasis includes conditioning, hand/eye coordination, basic technique, and the rules and practices of the sport. On Friday there will be a camp competition and parents are encouraged to attend. Basic equipment is provided. Instructor: James Barnett who has more than 30 years of elite competition and coaching experience. Please bring plenty of water. This program is open to students from surrounding towns.

### TOP NOTCH BASKETBALL:

Boys and Girls entering grades 2-9 as of September 2016. This will be held at the Morgan School gym during Dates: August 1 - 5, 2016. There will be a morning and afternoon session, Session I: 8:00-11:00 a.m. and Session II: 12:00-3:00 p.m. If you choose both sessions, please bring a lunch. Participants will receive a T-shirt. Don't forget a water bottle!

Fee: \$85.00 per session, \$160.00 for both. A \$35.00 non-refundable deposit is due at the time of registration. (\$95 per session for Non-residents \$190 for both sessions)

### SWIMMING LESSONS: (Ages 3+)

Pre-Beginner (PB) - is at least 4 years old and has no experience swimming (cannot swim without an aid).

Beginner (B) - completed Pre-Beginner; can swim the dog paddle without an aid; and can float on back. Advanced Beginner (AB) - completed Beginner and can swim the Crawl & Back Strokes.

Intermediate (I) - completed Advanced Beginner and can swim the Crawl, Back, & Elementary Back Strokes. Swimmer (S) - completed Intermediate and can swim the Crawl, Back, Elementary Back, Breast, & Side Strokes Please check our on-line flier at [www.clintonparkrec.com](http://www.clintonparkrec.com) Lessons are offered from June 20, 2016 through August 8, 2016 at the H-K High School Pool.

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

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

A downloadable registration form is now available for your convenience.

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

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## Parkinson's Exercise Program Shows Great Results

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Please register by phone/text, 860.463.3747, email at [info@beatpdtoday.com](mailto:info@beatpdtoday.com), or web-site [www.beatpdtoday.com](http://www.beatpdtoday.com).

# Estuary Council Regional Senior Center

220 Main Street, Old Saybrook / 860-388-1611

The Estuary Council of Seniors, Inc. (ECSI) is a community center for the Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

**BINGO at the Estuary!** Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000.00 (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

## AARP Fraud Protection Forum

Friday, June 24 at 12:45 pm.

Senators Art Linares & Paul Formica along with State

Representative Devin Carney host this important event.

The AARP Fraud Watch Network will present "The Con Artist Playbook", an inside look at how scammers think so you can protect yourself and loved ones from fraud.

The event is open to the public. Call Deb at 860-388-1611 x204.

## Shoreline Chefs to benefit Meals on Wheels!

Sunday, September 25 from 3 to 6 pm at Water's Edge Resort & Spa. Area restaurateurs, caterers, home cooks, and neighborhood notables will be cooking up their best dishes for sampling! Tickets are available for purchase at the Estuary. Admission includes your tasting of all our many chef's recipes, a silent auction and entertainment. Wine and beer will be available for purchase.

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

## CT River Area Health District (CRAHD) Zika Virus Response Plan

Connecticut released its Zika virus response plan on April 22nd. It describes an inter-agency effort led by the Department of Public Health (DPH), and which we will summarize here. To access the full plan, visit: [http://www.ct.gov/dph/lib/dph/infectious\\_diseases/zikavirus/zika\\_plan\\_revised\\_04-22-2016.pdf](http://www.ct.gov/dph/lib/dph/infectious_diseases/zikavirus/zika_plan_revised_04-22-2016.pdf).

Connecticut is host to the *Aedes albopictus* mosquito (Asian tiger mosquito), found historically in southwestern CT, and considered capable of Zika transmission. It is not known to what degree this mosquito will contribute to transmission, if any, in CT at this time. Of recent concern is the possibility of women spreading the virus to her baby during pregnancy and between sexual partners. Also, travelers who are infected with Zika virus upon return to CT should avoid mosquito bites as they could be a source of local transmission if bitten.

### MOSQUITO MANAGEMENT:

The original focus of this program was prevention of the spread of Eastern Equine Encephalitis, and later West Nile virus.

Continued on page 20

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# Lasik Eye Treatment

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Consider daily activities such as looking at the alarm clock, showering, and picking out an outfit without the hassle of contacts or glasses. If you have a busy lifestyle like most of us or are experiencing discomfort from wearing contacts or glasses, it is time to consider LASIK Laser Vision Correction. A clear future can be yours with LASIK Laser Vision Correction. Most experienced refractive surgeons agree that LASIK is the preferred refractive procedure, allowing rapid healing with fewer incursions versus other procedures. In just a few days your eyes heal and your vision clears. LASIK combines the precision of the Excimer Laser and the skill of an experienced corneal refractive surgeon.

Middlesex Eye Physicians' Dr. Peter Shriver specializes in corneal and refractive surgery with a focus in refractive

laser surgeries. He participated in the original FDA trials for LASIK approval and has performed over 10,000 LASIK procedures. Dr. Shriver is a member of numerous professional organizations including the American Academy of Ophthalmology, International Society of Refractive Surgery, and the American Society of Cataract and Refractive Surgery.

Call today to schedule your free LASIK consultation. During this, your doctor will determine if you are a candidate for treatment. There are several factors ranging from how much correction is needed, the health of your eye, are you 18 years of age or older, and your past medical history that will affect your candidacy. Blurry vision is the result of the eye not being able to focus light on the retina. By reshaping the cornea with LASIK, you can achieve excellent visual results.

Middlesex Eye Physicians

## Zika Virus ... continued from page 19

Public Act 97-289 allows for the state to monitor mosquito populations as well as take measures to apply pesticides for mosquito control in addressing a public health emergency.

Management approaches used include surveillance, education, source reduction, larval and adult mosquito control and promotion of personal protection measures.

### COMMUNICATIONS:

The CT DPH will coordinate communications, which includes disseminating information on the risk of acquiring infection in CT, results of human and mosquito surveillance, precautions people should take, national guidelines to protect from fetal infections, lab testing and mosquito control activity.

### SURVEILLANCE:

Surveillance is the ongoing and systematic collection, analysis, and interpretation of

health data in the process of describing and monitoring a health event. In the state's Zika plan, surveillance will occur for human disease. Zika virus is now a reportable disease, which makes reporting mandatory from labs and physicians. Zika testing is conducted by our state health lab and the CDC. Epidemiologic information is collected from human Zika cases regarding likely transmission. DPH is encouraging Zika testing of children born with microcephaly in CT. Lastly, if spraying is conducted, DPH will conduct surveillance for possible health effects from pesticide exposure. Surveillance for Zika virus in mosquitoes identifies where (unlikely) local transmission might happen. The Agricultural Experiment Station maintains 91 mosquito traps statewide and identifies, counts, tracks distribution and prevalence of mosquito populations every 10 days from June through October

### PREVENTION:

Mosquito control efforts should take place statewide. Larval source reduction is the most effective and economical way to control mosquito populations. The state plan relies heavily on local mosquito control efforts. Adulticide spraying may be used when quick reduction in adult mosquito populations is needed. Personal protection measures will be encouraged for the general population, and for men and women of reproductive age.

### PHASED RESPONSE:

The state's response will change as the season progresses and has the potential to intensify. The stages are: before mosquito season, beginning of mosquito season, single or locally acquired human cases, and then finally outbreak or clusters of cases, where the elements of the plan shift accordingly.

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# Alfred Hitchcock is Coming to Clinton!



lighthearted movie, for these same magnificent colors are throughout this Hitchcock film. Here you will meet the quirky but down-to-earth residents of a small Vermont village faced with the freshly dead body of Harry Worp, which has inconveniently appeared on a hillside above the town. The problem of who the dead person is, who was responsible for his sudden death, and what should be done with his body is “the trouble with Harry”. For three of the main characters in the film each believe that he or she is the person who killed him.

At 7:00 pm on Saturday, September 10th the Clinton Family Film Festival will present Alfred Hitchcock’s “The Trouble With Harry”. The screening will be at Andrews Memorial Town Hall, 54 East Main Street in Clinton. Admission is FREE.

The stellar cast includes Edmund Gwenn, Mildred Natwick, John Forsythe and Shirley MacLaine, (in her motion picture debut) and Jerry Mathers. The screenplay is based upon a 1950 novel by Jack Trevor Story.

September in Connecticut, as we all know, is when the leaves begin to change color. Yellow. Orange. Red. Thus, it’s the appropriate month to screen this delightful,

Kids under the age of 14 must be accompanied by a responsible adult.



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Resident Shirley Cannon with daughter Melinda Kingsbury pruning flowers in the courtyard.

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# Old Lyme Country Club Celebrates 100 Year Anniversary

The Old Lyme Country Club is celebrating its founding in 1916 with a season long schedule of events. The club, organized in 1916 as a 6 hole golf course and incorporated in the 1920's with an expansion to 9 holes, continues as a key shoreline institution to this day. Throughout its long history it has served its member's social and athletic needs as well hosting many community events. The club's membership has included such well known figures as Walker Evans, the Depression era photographer & Dominick Dunne the celebrity author.

The club has survived two World Wars, the Great Depression and most recently, the Great Recession. Over the years the club has continued to evolve. It has added tennis courts, paddle tennis courts, a heated near Olympic size pool in 2005 and, most recently a bocce court.

With a growing membership it is looking forward to another century of prosperity!



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# Understanding Asthma Inhalers

Did you know that only seven percent of people understand how to use asthma inhalers the right way? Combine that with a wide array of asthma medications, and asthma management can become more than a little confusing.

Here's a brief overview of what you need to know:

**Types of inhaled medications.** Inhaled medications help airways stay open without some of the side effects of those taken by mouth or injection. These medications work in different ways. For example, some reduce airway inflammation, while others relax small muscles around airways. One class of inhaled asthma medication provides quick relief from symptoms such as tightness and gasping. Often used daily - even without symptoms - the other class is for long-term control. If you often use quick-relief "rescue" medications more than twice a week, you may need a change in your treatment.

**Types of asthma inhalers.** Asthma inhalers are hand-held devices that deliver medication directly into your lungs. People use inhalers either to prevent or stop an asthma attack. A metered dose inhaler has a boot-shaped mouthpiece and a pressurized canister containing medication. Typically, you release the medicine by pushing the canister into the boot. Some of these inhalers contain counters that tell you how many doses remain. If not, track the number of doses you've used.

Some metered dose inhalers contain a spacer. This temporarily holds medication until it's released, which makes it easier to receive a full dose with a slow breath. Some spacers are built in. Others attach separately to the inhaler. Infants or children may require a facemask to ensure the right dose reaches their lungs. Dry powder inhalers release medication when you breathe a deep, fast breath. Using air or oxygen under pressure, nebulizers deliver a fine liquid mist of medication through a tube or mask.

If you don't use inhalers or spacers the right way, you might get too little or too much medicine. A recent study showed that 63 percent of those who misused inhalers or spacers missed three or more steps. The most common mistake with metered dose inhalers? Not exhaling before depressing the canister to inhale the medication.

The study found that people's memories fade, so they forget what to do. What this means is you may need a "refresher course" from time to time. Be sure to ask if you have any questions about inhaler techniques. As this study shows, most people are unclear on how to use inhalers.

We are always here to help...even with that refresher course.

Keith Lyke, Registered Pharmacist  
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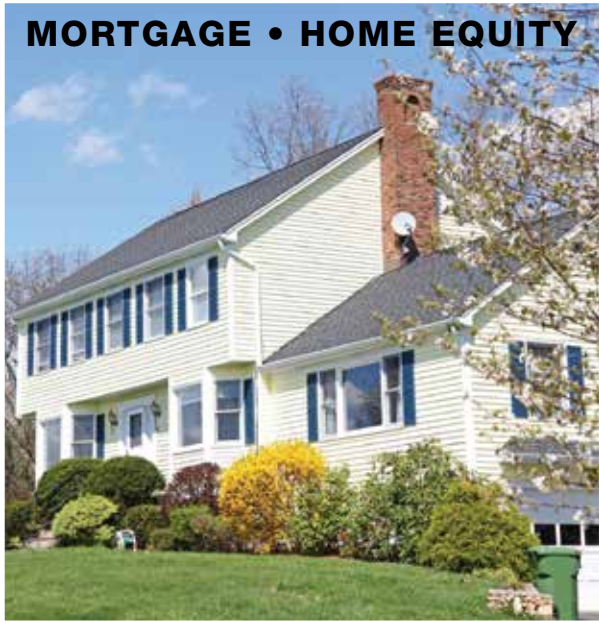
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