

Clinton events

VOLUME 21 • QUARTER 1 • 2022



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

6 Tips to Lower Your Energy Bill This Winter Season

The cold weather is here and while some New Englanders pride themselves on going as long as they can without turning on the heat, it's finally time to adjust the thermostat.

This winter, as the global demand for natural gas soars, heating prices are on the rise. But as a smart consumer, you can mitigate these costs by ensuring that your home is as energy-efficient as possible.

Take a look at the below list of energy efficiency tips to implement in your home this winter:

1. PREVENT DRAFTS:

To keep cold air out, you should properly protect your home against the elements. Windows, vents, and door frames can allow heated air to escape. Check that they are properly sealed to prevent drafts and leaks.

Also, locking your windows will make them tighter and draft resistant, as will closing storm windows. You can purchase or make door and window draft stoppers that will seal any leaks.

If you don't properly weatherize your home, your heating system will work harder than it has to, wasting energy and making it harder to stay comfortable due to drafts or hot and cold spots.

Let the professionals handle air sealing for you. Learn more about how Home Energy Solutions/a Home Energy Assessment can help.

2. TAKE CONTROL OF YOUR HOME HEATING: Programmable and smart thermostats can be set to pre-determined temperatures during specific times of the day. The advantage of using these types of thermostats is that they allow you to customize your heating schedule, so while you're away from home or sleeping, you can adjust your settings accordingly to save money and energy. Rebates of up to \$100 may be available for the purchase of a new qualifying smart thermostat.

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3. CHECK YOUR FIREPLACE DAMPER: Leaving your fireplace damper open is the number one way cold air can sneak into your home without you realizing it. When the damper is open, warm air in your home can escape through the chimney, making the room colder than it needs to be.

4. LIGHT THE WAY WITH LEDS: However you decide to decorate this year, make sure to use ENERGY STAR® certified

LEDs for all lighting needs. LED lights use far less energy than traditional bulbs—a string of 100 lights consumes about 8 watts, which is a fraction of what a traditional light bulb string requires. Plus, LED bulbs last far longer, so you won't be up on the roof trying to replace bulbs every season. To make these fun holiday lights even more efficient, utilize light timers to make sure they're only on when they need to shine.

5. CATCH SOME RAYS: Did you know you can use the sun to your advantage, even in the winter? By opening your curtains and blinds during the day, you can help heat a room with sunlight. Utilizing the natural power of the sun to keep your home warm can take strain off your HVAC system and lower your energy bill.

6. REPLACE YOUR FURNACE FILTER: When your HVAC system's filter is clogged, it reduces airflow, which puts strain on your heating and cooling system. To maintain good airflow, check your filter once a month to make sure it's not too dirty. If it's been a while since you replaced your filter, you should consider adding a pack of new filters to your wish list this season.

No matter how cold this winter gets, if you take the time to incorporate a tip or two, you can feel confident that your home will be both energy-efficient and comfortable this season.

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Town Manager's Corner

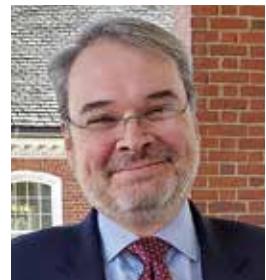
NEW OPPORTUNITIES

As we start 2022, we are still in a time of unprecedented challenges that the ongoing pandemic presents but there remain opportunities to pursue.

New members of the Town Council were seated in November bringing additional energy to the Town's governing board. In our chosen form of government, the Town Council enjoys all the importance of a Board of Directors (legislating and policy-making.) The Council also maps out a collective vision for the community and establishes policies to govern. It focuses on the community goals, major projects, and such long-term considerations as community growth, capital improvement plans, capital financing, and strategic planning.

The single most important policy document the Council works on is the annual budget. The start of a new calendar year brings with it the start of the Town's annual budget process. The process starts with Town staff submitting requests to the Town Manager. Those requests are reviewed and amended by the Manager before presenting the budget to the Town Council. The Town Council will review the Town Manager's proposed budget and work with the Manager to make amendments to the budget leading to a public hearing to get input from Clinton taxpayers. The Town will

again make a budget preference survey available to solicit some early feedback on the budget to help inform the Council's decision-making process.



Karl Kilduff, Town Manager

Outside of the traditional budget is unique federal funding provided to local governments through the American Recovery Plan Act (ARPA.) As the program rolled out in 2021, time was spent identifying potential projects and community investments which would be eligible under the program while also working through a mountain of guidance and interim final rules. As we began 2022, the federal rules for the program were finalized. With the eligibility of projects finalized, the Town will move forward to appropriate an initial distribution of resources that will be directed to fund supports to residents who have been challenged during the pandemic; supporting non-profits that have struggled to both raise revenue from donations and seen the demand for their services grow dramatically; and community investments in technology, green infrastructure and economic development.

ARPA was meant to make investments to aid in recovery efforts

continued on page 4



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Town Manager... *continued from page 3*

resulting from the ongoing pandemic. Other COVID-related news happens on a regular basis with changes in State policy and priorities. The Town communicates important updates and news through its website and alerts on Facebook. One of the best ways to stay engaged and aware of COVID-related changes or updates is to subscribe to the Town's website and get alerts sent to your email inbox. Simply visit www.clintonct.org and click on "Receive Notifications" on the menu bar at the bottom of the screen. You can customize the information you want to be kept aware of as updates are posted.

Please continue doing your part to keep Clinton safe.

Karl Kilduff, Town Manager

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Collection of Unpaid Town Taxes

If you have not paid your taxes that were due July 1, 2021 or January 1, 2022, please do so now. Please call or come in with a copy of your tax bill(s.) We will give you the correct amount due.

If you need to register or re-register a motor vehicle, payment of all taxes (connection of names on registrations require all bills to be paid in all names) is required.

Payment must be made with bank check, money order or cash in order to obtain the document needed to register or re-register a vehicle(s.) All other motor vehicle, real estate and personal property tax bills may be paid by personal check.

ONLINE PAYMENTS: www.clintonct.org

If you use the online payment option, please remember the fees associated with its usage. The online system defaults to credit card payments which carry a fee of 2.95%. You can change that to Electronic Check and put in your routing number and account number for a flat .95 cents. My staff will be available to help you navigate through the online process. Give us a call during office hours at: 860-669-9067.

As the tax collector, I have a legal obligation and the financial responsibility to collect this amount of said tax (\$49,024,735.00) on or before the 30th day of June 2022. If you are having financial difficulties, please call immediately to discuss the situation.

We will be mailing delinquent demand notices and Intent to Lien notices in the beginning of March. In April the liens will be filed. Any unpaid accounts at that time will be turned over for collections.

I will be turning past due motor vehicle accounts over to the collection agency named American National Recovery Group out of Pennsylvania.

All real estate past due accounts will be turned over to Attorney Adam Cohen from Pullman & Comley from Bridgeport CT.

Again, I urge you to reach out to our office with any questions.

Lisa Bibbiani, CCMC, Tax Collector

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Town Clerk's Office

IMPORTANT DATES TO REMEMBER

April 13th Absentee Ballots become available

May 4th Annual Budget Meeting

May 11th Budget Referendum, 6:00 am to 8:00 pm in the Green Room at the William Stanton Andrews Memorial Town Hall.

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.

FISHING OPENING DAY Saturday April 9th.

Sports licenses are available in the Town Clerk's office as well as on the DEEP website.

Shellfish licenses are available in the Town Clerk's Office or online at: clintonshellfish.org.



DOG LICENSING Begins June 1st

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

Sharon Uricchio, CCTC MCTC
Clinton Town Clerk

Chamber of Commerce

The Clinton Chamber of Commerce is busy planning events for the coming year.

We are planning a **Comedy Night on Saturday, March 5th** at the American Legion Hall, West Main Street, Clinton. The Comedy Night will feature Franco's Comedy for a Cause. Headliners and details

will follow shortly through the Clinton Chamber's Weekly Notes, our website at: www.clintonct.com and our Facebook page: facebook.com/ClintonCTChamber.

The Chamber is also bringing back the Annual Business Expo! The Business Expo will be held on Saturday, March 26, 2022

from 9:00 am to 1:00 pm at the Clinton Town Hall Green Room. The Expo will be open to the public and will feature local Clinton and surrounding area businesses.

The Chamber has also scheduled its Spring Shred Event. On Saturday, April 2, 2022 from 9:00 am to 12:00 pm at the

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Chamber and Town Annex Parking Lot. The Shredding Source (bonded professionals) will be here with their truck and will be shredding on-site. This event is open to the general public, you don't have to be a Clinton resident or Chamber member. The cost will be \$9 per box (bankers' box or

paper box (10 reams.) There will be helpers available to remove boxes (or bags) from your vehicle. It's a great time to clean out all those old personal or business files!

SAVE THE DATE:

August 27, 2022: Annual Clinton Summerfest & Fireworks (Rain Date: Sunday, August 28, 2022)

Fall Concert Series: Our annual concert series will start on Sunday, September 11, 2022 and continue every through Sunday, October 9, 2022. The Concerts will be at the Pierson Gazebo from 2:00 pm to 3:30 pm.

For any questions, please contact the Clinton Chamber at: 860-669-3889.

Economic Development Commission

Despite the headwinds from COVID, the Clinton Economic Development Commission can proudly say that Clinton's economic development continues. The new Railroad Station is operating, the BigY has opened and the Madison Furniture Barn and Starbucks are under construction at the Indian River complex. Much more is underway; mixed-use complexes being built, manufacturing companies building additional capacity and many new residential plans are in various stages of approval.

The Clinton EDC and Clinton Manufacturing Coalition held an event in December to address major issues facing our local manufacturing companies: finding qualified/skilled workers, supply chain disruption and pressure from states where the cost of doing

business is significantly less. Participants included: Colin Cooper, States Chief Manufacturing Officer, Marco Famiglietti, Assistant School Superintendent, Eileen Candles, Advanced Technology Outreach Coordinator, Connecticut Center for Advanced Technology, Inc., Karl Kilduff, Town Manager, Chris Aniskovich, Chair, Town Council.

In early February, the EDC and Clinton Chamber of Commerce co-hosted a Business Development Forum to inform local businesses of the wide array of services, resources and capital that may be helpful as they dig out from the deep hole Covid has dug for them. It was organized by State Representative, Christine Goupil, who

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Economic Development... continued from page 7

provided an update on the “what, why and when” things are happening in Hartford that will affect businesses.

Other speakers included representatives from the Clinton Chamber of Commerce, Middlesex County Chamber of Commerce, Small Business Administration, Women’s Business Development Council,

ManufactureCT and ADVANCECT.

The EDC continues to work on implementation of the Main Street Façade Improvement Program. Several businesses are obtaining the bids necessary to apply for up to 75% reimbursement of approved façade work. It’s just the initial step in improving our downtown. Hopefully

we will begin renovations this year.

Obviously, much more needs to be done to grow our economy-in a manner that reflects what Clinton is and who we are. But, all in all, Clinton’s future is looking very good.

John V Allen, Chair,
Economic Development Commission.

2020 / 2021 Police Department Annual Report



The Clinton Police Department is a dedicated, full time law enforcement agency that provides a complete range of services to the Clinton community 24 hours-a-day, 7 days-a-week, 365 days-a -year. The Police Department is responsible for the public safety of all who live and work in Clinton, as well as the many visitors who come to enjoy the Town’s shopping, beaches and boating. Police operations are comprised of three major components, each having its own budget: Police, Communications and Municipal Animal Control (MACO).

The Police Department is comprised of twenty-seven (27) sworn officers, who are certified through the Connecticut Police Officer Standards and Training Council (POSTC). The Department also has ten (10) full-time and two (2) part-time civilian employees that perform many crucial tasks that help keep the department delivering top-quality services to the community. Civilian positions include Communications, Records, Administrative Assistance, Building Maintenance and Animal Control.

In Fiscal Year 2020 / 2021, the Department logged nearly 13,000 incidents or “Calls for Service” as it continued to address the many issued continuing to stem from the COVID Pandemic. Officers responded to calls varying from vandalism and motor vehicle accidents to sexual assaults, larcenies, burglaries and domestic violence incidents. Clinton Police Officers are also designated as First Responders and respond to all calls for medical assistance. They are trained and equipped to provide first-aid and Basic Life Support (BLS) until more advanced care or transport to a hospital can occur. In Fiscal Year 2020 / 2021, the department successfully implemented a body-worn camera and in-car video recording system which is used by officers during all citizen contacts. The program was implemented one year ahead of the State required mandate and was completed under budget.

In 2021, the department implemented the Clinton Community Assistance Team (CCAT), which is a program conducted in partnership with Clinton Human Services, local charities (UR Community Cares, Clinton Families Helping Families, Clinton Rotary Club), local businesses and a core of volunteers, to provide our Clinton Seniors with some basic, “neighborly” assistance. The ser-

vices delivered by CCAT volunteers are intended to allow our seniors to continue living at home and continue to enjoy and enhance the neighborhoods, which they call home. The department also held its first “Bike Safety and Exchange Day” in 2021, in partnership with Clinton Families Helping Families and Paul “The Bike Guy” Eagan. The day was highlighted by bicycle safety inspections and safe-riding lessons. The program also offered a “bike exchange” in which people could exchange a bike that they had grown out of for one that fit them better. Those who were in need of a bike that didn’t have access to one, received one at no cost.

The Clinton police Department offers a wide range of non-traditional law enforcement services and continually seeks collaborative partnerships with local charities and businesses to help offset the costs associated with the delivery of these specialized programs. These programs, listed below, are proactive and designed to promote public safety and improve the quality of life here in Clinton.

NON-TRADITIONAL LAW ENFORCEMENT SERVICES

Child Safety Seat Installations.

D.A.R.E. (5th & 7th Grade curriculums).

Citizen’s Police Academy.

Police and Youth Group

(a mentorship program aimed at high school-aged youth).

Juvenile Review Board

(alternative program to State court for some minor juvenile offenses).

Medication Drop-Box Program.

CT Special Olympics (Tip-A-Cop & Torch Run).

APB in the CRV

(monthly informational radio show on iCRV radio).

R.A.D. (Rape and Aggression Defense Training).

Shoreline Diaper Drive

(in cooperation with Bare Necessities, Madison PD, Guilford PD, Branford PD and CSP).

Amber Alert Registration.

Toys for Tots (Annual holiday toy collections for Clinton families).

NARCAN

(medical response drug deployment program to counteract opioid overdoses).

School Crisis Advisory Board.

The Department is Organized into two Divisions

OPERATIONS AND ADMINISTRATIVE SERVICES. The **Operations Division** is under the direct command of Captain James DePietro Jr. and is comprised of the Patrol, K-9, Marine and Bicycle patrol units as well as the Investigative Section, which includes the Youth Officer and School Resource Officer (SRO). The Investigative Section handles numerous complex investigations ranging from the sale of narcotics to fraud and robbery as well as burglary and serious assaults. The Youth Officer specializes in crimes committed by and against children and must navigate the many complex laws of the State of Connecticut concerning juveniles. The School Resource Officer is assigned to the Morgan School during the school year and provides immediate safety and security to all on the campus. The SRO also handles many non-criminal issues and provides a comfortable point of contact for faculty, school administrators, students and their families, throughout the district. The Department also holds seats on the School Crisis Advisory Board (SCAB), which is comprised of school administrators, faculty, public safety personnel and medical and mental health care professionals. The SCAB meets monthly, to work on improving school safety and security procedures, protocols and training, as well as environmental design and other measures to continuously improve the safety of the staff and students in our school system.

The Administrative Services Division is under the direct command of Captain Scott Jakober and is responsible for oversight and administration of the many functions required to keep the Department running at peak operational efficiency and insuring compliance with the many legislative mandates directly effecting Connecticut Law Enforcement. The Administrative Services Division oversees the Records Unit, The Communications Center, Animal Control, training, building safety, security and maintenance, vehicle and vessel fleet maintenance, armory and weapons, equipment, legal compliance, evidence storage and scheduling. Captain Jakober also acts as the Custodian of Record for the Department.

The Records Unit is staffed by one full-time and one part-time civilian and is responsible for maintaining all department records, ensuring compliance with State and Federal regulations, complying with Freedom of Information (FOI) requests and maintaining a liaison role with the Superior Court.

Communications is housed in Clinton Police Department headquarters and is staffed by a staff of seven full-time and one part-time dispatchers, who answer and dispatch all emergency and non-emergency calls for the Police, Municipal Animal Control, Fire and EMS services in Clinton.

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Communications is staffed around-the-clock to provide seamless interface between the public and emergency services. During Fiscal Year 2020 / 2021, Communications answered four-thousand-five-hundred-sixty-eight (4,568) emergency 9-1-1 calls, which was more than one thousand more than the previous fiscal year. The Communications center also answered tens of thousands of non-emergency calls and inquires.

Municipal Animal Control (MACO) is staffed by one full-time Animal Control Officer. They are trained and certified by the State of Connecticut. MACOs respond to all calls for service related to animals, from nuisance complaints to animal bites and any number of unusual animal encounters. The Department shares a regional dog pound facility with the Towns of Westbrook and Madison. It is located at the Clinton Department of Public Works property on Nod Road. In Fiscal Year 2020 / 2021 Animal Control Officers in Clinton had Seven-hundred-seventy-seven (777) animal related involvements including twenty-one (21) animal bites, two-hundred-eighty-four (284) animal complaints and four-hundred-seventy-two (472) compliance and safety checks in local parks and public areas.

The men and women Clinton Police Department are always striving to improve the quality of services that we provide the Clinton community. Each and every day, each one of us, incorporates our Agency's core values of Service, Honor, Integrity and Professionalism into our daily duties. The Department is continually focused on transparency, accountability and raising our standards of professionalism. In the coming year, we are working to secure national law enforcement accreditation through the Commission on Accreditation of Law Enforcement Agencies (CALEA).

We are also hoping to begin a new police service dog program, which will both provide improved community outreach, enhance officer wellness and provide a tool for de-escalation in certain situations.

Edward J. Tessman
Chairman | Board of Police Commissioners
Town of Clinton
170 East Main Street
Clinton, CT 06413
etessman@clintonct.org

Families Helping Families



2022 marks our 16th year serving the Clinton community. Through our four community outreach programs we strive to assist Clinton families no matter what type of problems they are facing. All of our efforts reach and help all the citizens of Clinton, from the very youngest to our vulnerable senior citizens.

During these cold winter months our **Energy Assistance Program** ensures that no Clinton family has to endure a cold home. This program operates in cooperation with Clinton Social Services. People needing help with any type of utility assistance should contact them and they will work with the family to get emergency assistance.



Thanks to your continuing support we have been able to maintain our two weekly deliveries of fresh produce, non-perishable food items, and personal care items to the **Clinton Food Pantry**. Our goal is to provide a balance of fresh fruits and vegetables and non-perishable food items each and every week.

Our hope is that the variations of COVID-19 virus will decrease as we look forward to spring. We are scheduling a food drive in conjunction with the Clinton Police Department for Saturday March the 26th from 10:00 am -2:00 pm. This will be the first townwide food drive in nearly

four months. The goal of this **"Stuff The Cruiser" Food Drive** is to collect as much food as possible to restock the shelves at the Clinton Food Pantry. If you cannot attend you can also donate online at: fhfclinton.org.

We also are planning some late spring activities for some of the children of our town. Please follow us on Facebook or check our website at: www.fhfclinton.org. Donations are always welcome at FHF P. O. Clinton, CT or on our website. Thank you again, for being part of our mission to make things better for all Clinton families.

Henry Carter Hull Library

WHAT'S NEW AT HCH LIBRARY?

Visit: www.hchlibrary.org or call 860-669-2342 for the most up-to-date hours, guidelines, and information about upcoming events and programs, in addition to details about our services. Subscribe to our email newsletter and follow us on Facebook and Instagram for updates. Need a library card? Have a question? We're here to help! Please call or email us at: askus@hchlibrary.org for assistance.



INTRODUCING:

Henry's Little Free Pantry!

Take what you need and give what you can. The pantry, found in the library parking lot, is accessible 24/7 - Just look for the upcycled green newspaper box. This project is made possible by the Institute of Museum and Library Services under the provisions of the American Rescue

Plan Act, administered by the Connecticut State Library. Thank you to Stop & Shop, Big Y, Families Helping Families, and generous donors for supporting this project.

Participate in our year-long library survey for a chance to be selected for a random act of kindness. Stop by or visit: www.hchlibrary.org to submit your response. This opportunity is funded through a grant from the Community Foundation of Middlesex County.

Visit The Hub, a new space that encourages tinkering, play, creativity, and open-ended exploration through science, technology, engineering, art, and math. Be prepared to have a blast.

Celebrate National Library Week with us from Mon. 4/4 - Sat. 4/9! Stop by or visit our website for more information.



Save the date for our annual **Outdoor Spring Craft Fair** on Sat. 4/23 from 10:00 am - 4:00 pm. Browse hand-crafted goods made by local artisans on the library lawn. Rain date - Sat. 4/30.

Reference Resources

LIBRARY RESOURCE HIGHLIGHTS

Explore our **“Library of Things.”** Browse musical instruments, activity backpacks for adults and children, streaming media devices, eReaders, and more. Contact us or visit [for more information](#) or to place a hold.

NEED WIFI?

Public WiFi may be accessed from our library garden or parking

continued on page 12

A Better Today and Brighter Tomorrow for All...

Now is the time for us to give thanks for all the good people making great things happen in Middlesex County.

Thank you for putting your hearts and dollars to work in our local communities.

Thank you for helping our local nonprofits meet the increasing and changing needs of our most vulnerable citizens.

Thank you for working together for a better today and a brighter tomorrow for all.



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HCH LIBRARY—TOP 10 IN 2021

1 <i>Hotspot</i>	Mobile WiFi internet device from our "Library of Things"	6 <i>The Midnight Library</i>	2020 Fantasy Fiction novel by Matt Haig
2 <i>The New Yorker</i>	Weekly journalistic magazine founded in 1925	7 <i>The Last Thing He Told Me</i>	2021 Mystery Thriller novel by Laura Dave
3 <i>The Four Winds</i>	2021 Historical Fiction novel by Kristin Hannah	8 <i>The Searcher</i>	2020 Mystery Suspense novel by Tana French
4 <i>People</i>	Weekly celebrity news magazine founded in 1974	9 <i>A Time For Mercy</i>	2020 Legal Thriller novel by John Grisham
5 <i>Roku</i>	Media streaming device from our "Library of Things"	10 <i>Fine Gardening</i>	Bi-monthly gardening magazine founded in 1988

Our most circulated items across all categories - Visit hchlibrary.org or call (860)669-2342 to place a Hold.

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For Children

Events for children are in-person and required registration - Visit: www.hchlibrary.org or call 860-669-2342 to learn more and sign up.

WEEKLY PROGRAMS:

Baby & Me

Tuesdays @ 10:00 am & 4:00 pm

Come sing, bounce, read, and play!
Birth - 24 Months.

Read to Bee the Therapy Dog

Wednesdays, 4:00 pm - 5:00 pm

Register for a 15-minute one-on-one reading session with Bee the dog.
Grades 1 & up.

Sign Language

Thursdays @ 10:00 am

ASL signs are taught through songs and stories with Jaye Carlson of Love2Sign.
Birth - Age 6.

ABC Amigos

Thursdays @ 10:45 am

A fun and active bilingual Spanish-English class with Miss Aimee.
Birth - Age 6.

Movers & Shakers

Thursdays @ 4:00 pm

A music and movement class with Miss Coralie. 18 months - Age 6.

Stories & More

Fridays @ 10:00 am

Stories, music, & movement with Miss Coralie. Ages 2 - 6.

Saturday Crafts

Saturdays, 10:00 am - 4:00 pm

Stop in on Saturdays and pick up a Grab & Go craft kit. Ages 2 & up.

Winter Storytime

Sundays @ 3:00 pm

Join us for an engaging storytime with friends. Ages 2 & up.

Special Programs

Kindness Club

1st Monday, 2:00 pm - 6:00 pm

Drop in and create kindness-themed crafts. No registration. Ages 5 & up.

S.T.E.A.M. Lab: Grades 1 - 4

2nd Monday, 3:30 pm - 5:00 pm

Explore hands-on science, tech, engineering, art, and math activities at The Hub. Grades 1 - 4.

S.T.E.A.M. Lab: Grades 5 - 8

2nd Monday, 5:30 pm - 7:00 pm

Explore hands-on science, tech, engineering, art, and math activities at The Hub. Grades 5 - 8.

Tween Time

4th Monday @ 3:00 pm

New activity each month. Grades 5 - 8.

LEGO WeDo 2.0

Wed. 3/16 @ 3:30 pm

Hands-on, "minds-on" LEGO robot building. Sponsored by the Clinton Rotary Club. Grades 1 - 4.

For Teens

Visit: www.hchlibrary.org or call

860-669-2342 for information on the latest teen programs & special events.

For Adults

Events for adults are in-person, virtual, or hybrid, and may require registration - Visit www.hchlibrary.org or call 860-669-2342 to learn more and sign up.

WEEKLY PROGRAMS:

Virtual Meditation

Mondays @ 11:00 am

Start your week with a live, virtual, guided meditation class. Virtual.

Mahjong Meetups

Mondays @ 2:00 pm

Thursdays @ 6:00 pm

Drop in to play a few friendly rounds of this classic tile-based game. No registration. In-person.

Scrabble Club

Tuesdays @ 2:00 pm

Drop in for a friendly, casual game of Scrabble with fellow word-enthusiasts. No registration. In-person.

Virtual Chair Yoga

Wednesdays @ 9:00 am

Learn some seated exercises that you can do from your desk or kitchen table. Virtual.

Virtual Yoga

Fridays @ 9:45 am

Ease into the weekend with a live, guided gentle yoga class. Virtual.

MONTHLY PROGRAMS:

Brain Games

1st Thursday, 2:00 pm - 4:00 pm

continued on page 14

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4 JADE COURT • OLD SAYBROOK
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Library... continued from page 13

Drop in for a variety of games & puzzles that will boost your brainpower. No registration. In-person.

Lo-Fi @ The Library

1st & 3rd Friday, 2 pm - 5 pm

Drop in to study, work, or just relax in a stress-free zone with Lo-Fi music. No registration. In-person.

Creative Writing Group

2nd Monday @ 6:00 pm

Share what you've been writing and gain feedback from other local writers. Hybrid.

"Get Real" Nonfiction Book Group

2nd Tuesday @ 1:00 pm

Read and discuss a different nonfiction

book selection each month. Hybrid.

Afternoon Fiction Book Club

2nd Thursday @ 2:00 pm

Read and discuss a different fiction book selection each month. In-person.

TED Talks

3rd Wednesday @ 10:30 am

View and discuss a selection of engaging and informative talks on a different topic each month. Hybrid.

Book Chat

3rd Thursday @ 1:00 pm

Share what you've been reading and explore a different genre or topic each month. Hybrid.

The Atlantic Magazine Discussion Group

4th Wednesday @ 10:30 am

Interested in politics, art, literature, & history? Join us for a discussion on the latest issue. Hybrid.

SPECIAL PROGRAMS

Visit www.hchlibrary.org or stop by the library for updates on upcoming special programs for adults.

DID YOU KNOW?

Library programs are funded by generous donations from our community. Find ways to support library programs and say "I Love My Library" at: www.hchlibrary.org/support-hch.

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Clinton Land Trust News

Last fall was a busy season for Terry Shaw and his volunteer TED Team (Tom, Ed and Deanna.) First they had to wait for our beautiful native osprey to migrate south for the winter and then good weather coupled with low tides to repair or replace CLCTs osprey platforms.

The Clinton Land Trust has 16 nesting platforms in various river basins and marshes in Clinton that require maintenance. They are very well built but our storms are getting stronger and tides more extreme. We are fortunate that local residents have donated to have platforms repaired, and in some case, have funded an entirely new platform, as was the case this year. The photos below show two new platforms erected this fall.

CLCT would like to thank Terry Shaw and his TED Team for their labor, materials and expertise. With their help, when the osprey return around March 20th, their nesting sites will be ready to go. For more up to date info go to Clintonlandtrust.org, click on Take a Hike, then Tour Osprey Trails.



Photos courtesy of Deanna Broderick

Land Use Department

How Can I Have Wetlands On My Property When I Don't See Any Water?

Connecticut's definition of inland wetlands is based on soil characteristics. You cannot tell by looking at a property whether or not it has inland wetlands on it. Soil testing has to be done by a professional soil scientist.

There are inland wetlands and tidal wetlands. Inland wetlands are regulated by the town's Inland Wetlands Commission. Tidal wetlands are regulated by the CT DEEP (Department of Energy and Environmental Protection.)

Wetlands are highly productive and biologically diverse systems that enhance water quality, control erosion, maintain stream flows, sequester carbon, and provide a home to at least one third of all threatened and endangered species. Wetlands are important because they improve water quality and provide wildlife habitat. They serve as a natural sponge against flooding and drought, protect our coastlines and help fight climate change. Wetlands help to dilute and filter material that could otherwise harm our lakes, rivers and other waterways.

Before you start any type of activity on your property, building, grading, filling, even buying a shed, please check with our office

to see if you have inland wetlands on your property. You may need inland wetlands permitting. Land use activity from zero (0) to fifty (50) feet of an inland wetland

requires Inland Wetland Commission Permitting. Activity from fifty (50) to one hundred (100) feet of an inland wetland require a Wetlands Enforcement Officer (WEO) Permit which I can approve administratively. Some land use activities are exempt from inland wetlands permitting, and some are as of right activities.

For more information, you can find our Inland Wetlands Regulations on our Town website. Go to: clintonct.org, hover over Departments, click on Inland Wetlands, and then click on Inland Wetlands Regulations.

As always, please contact the Land Use Office at 860-669-6133 with any questions. We're here to help.

Kathy King, Zoning and Wetlands Enforcement Officer



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Clinton Education Foundation / Clinton Lions Club Family Golf Classic



Frigid temperatures and blustery Nor'easters may have made golf the furthest thing from people's minds, but The Clinton Education Foundation and the Clinton Lions Club have been anticipating the return of spring by getting ready for their golf tournament, the Clinton Education Foundation / Clinton Lions Club Family Golf Classic.

This year's annual tournament will be held on Monday, June 27 at the Clinton Country Club. The tournament serves as a means to raise money to support the work of these two community service organizations. The Clinton Education Foundation, a non-profit 501(c)3 organization launched in 2006, has as its mission "to enhance public school education" in the town of Clinton. The foundation accomplishes its mission by providing financial support for initiatives that create educational opportunities for the children of Clinton, opportunities that are not funded by the town or other public-funding sources. We annually award grants and scholarships to public school students and teachers which enable them to pursue their dreams and passions.

The Clinton Lions Club is a community service organization

that offers scholarships and sponsors youth activities, funds the DARE program for the school district, and helps supply our police officers with life-saving Narcan.

In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for raffle and auction at the tournament. These donations are a great way to support these two organizations and to get your name out into the community. Sponsorships are also available at a variety of levels and are another great way to advertise your business or organization.

In addition to golf, there are a limited number of dinner tickets available for non-golfers. If you would like to become a sponsor or make a donation of a raffle or auction item, please visit the CEF website at: <https://sites.google.com/site/clintoncef> or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

Both organizations look forward to June 27, when summer returns and the greens are free of snow and open once again.

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Historic District Commission

HISTORIC RESTORATION RECOGNITION PROGRAM

Clinton's Historic District Commission has now chosen the second property to recognize in its Historic Property Restoration Recognition Program. This one is at 148 Old Post Road and was restored by Megan and Bill Stine. The house, which was once Ms Stine's maternal great grandmother's, was built circa 1838. Ms Stine inherited the house and the surrounding 5 acres of property in 1997 from her great uncle, George Flynn. The restoration and interior modernization were begun in 2005 and completed the following year.



Photo by Peggy Adler, Commission Chairman.

George Flynn, who was born in the house in 1903, was a frugal man and lived there without any modern amenities such as electricity, running water and indoor plumbing - until he brought one line of electricity into his kitchen in the 1960s, which he used for a lamp - and a radio, on which he listened to classical music. He died at the age of 93 and following his death, it was discovered he'd left 2.2 million dollars to provide "free classical music concerts for the benefit, education and pleasure of the inhabitants of the town of Clinton, in perpetuity." The first George Flynn Classical Concert was in 1998. There are at least four concerts a year, with some held at Andrews Memorial Town Hall and others at the Morgan School's auditorium. Past performances have been by: the Vienna Boys Choir; Joshua Bell; Orchestra New England; Emerson String Quartet; Empire Brass; and the Preservation Hall Jazz Band.

The Clinton Parks & Recreation Department

WE'VE GOT YOUR NEW YEAR'S RESOLUTIONS COVERED!

Dance your way into the new year with **Zumba® fitness** every Monday (5:45 pm-6:45 pm,) Thursday (9:30 am-10:30 am) and Saturday (9:00 am-10:00 am.) No contract needed. Fee per class is \$7, cash preferred. Call the office at: 860-669-6901 to save your spot.

Our Park & Rec and Travel Basketball programs are up and running again this year! Registration was slow to get off the ground but we ended up with a good number of children in the end.

We offered our first **Kid's Cookie Decorating Class** and it filled up almost instantly! We are offering 2 more classes in March, one at the Jared Eliot school and one at the Lewin Joel school. Keep your eyes open!

After a year off, we had the return of our popular **"Who's Been in My Backyard"** program. This FREE program took place

on February 19th from 1:00 pm-2:30 pm for 1st-5th graders. It is offered every year during the February break.

Adult Co-Ed Volleyball Open gym! Come have some fun and join us for a friendly game of volleyball. The games will be played on Monday evenings from 7:30 pm-9:30 pm at the Jared Eliot gym.

Did you know we have a **pickleball** court painted on our basketball court at the Indian River Recreation Complex? We also have a net, paddles and balls available for use for anyone interested. Please call the office at: 860-669-6901, Monday-Friday between 9:00 am-4:00 pm to inquire about getting access to the equipment.

Boat racks rentals begin April 4th at 9:00 am for this year's boating season (May 1st - October 31st.) To rent a rack, you must show proof of residency and fill out a registration form at the Parks and Recreation

Office (201 Killingworth Turnpike - Route 81.) Rentals for Killingworth residents will begin on April 11th. No early registrations or requests. Our boat racks are located at the Clinton Town Beach and behind the Clinton Town Hall for \$75 for the season.

We are excited for the **many summer camps** we will have available this year. We are working on setting them up as this goes to print. More details will be provided in our next announcement.

We are looking for additional life guards at the beach this summer. Anyone interested, please contact Parks & Recreation at: 860-669-6901.

Please check our Facebook page (Clinton CT Parks & Recreation) to keep up to date on our programs as things change on a daily basis. Or go to our website at: <https://parkrecclintonct.recdesk.com>.



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Dr. Todd Lanman – Repairing Lives from California to Connecticut and Around the Globe

When you think of Beverly Hills, you may think glitz and glamour...fabulous homes, fancy cars, Rodeo Drive. But there's life-changing work going on. And that's not just for movie stars, sports heroes, or top executives. Beverly Hills-based neurosurgeon/spine specialist, Dr. Todd Lanman, is making a difference for countless individuals from all walks of life - coast to coast and around the globe.

MOTION IS LIFE

Motion is everything. And the spine is at the root of it all. Spinal issues can be limiting, debilitating. Over the last 30 years, Dr. Lanman has been a leader in spinal care advances. That includes (among other things) single and multi-level artificial disc replacements, serving as the principal investigator for clinical trials for new devices, as well as pioneering Restorative Motion Surgery – a novel procedure he first performed in 2016 that removes a patient's prior fusion(s) and replaces it with one or more artificial discs to restore the patient to full or near full motion in the cervical spine.

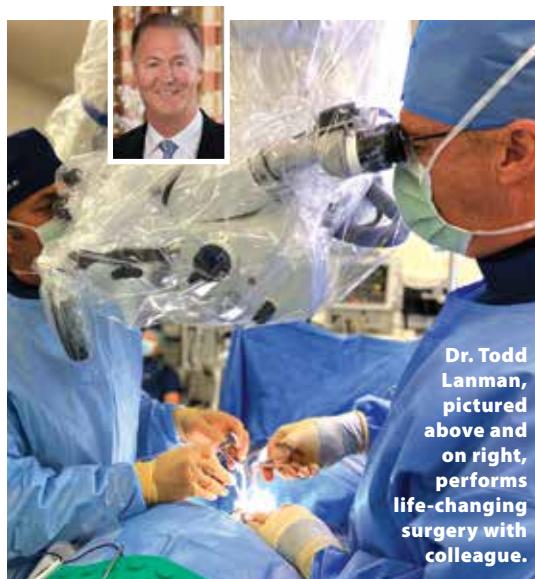
At 64, he is an avid surfer, skier, biker, boater, with numerous blackbelts in martial arts. He understands the importance of an active lifestyle no matter one's age. There are about 480,000 fusions performed in the U.S. annually. Dr. Lanman believes more than half of these motion restricting surgeries should not have occurred. "For decades, spinal fusion was the go-to procedure, in a similar way to how one would have their hip fused when they had a degenerative hip," Lanman explains. "Nowadays, if a doctor said they wanted to fuse your hip, you would think they were crazy." That's where artificial discs come in. "The overwhelming clinical evidence over the last few years has shown me the same need for finding solutions for those suffering from degenerative discs. . . . I've heard stories from countless patients about how they feel they were given a second chance at life after being implanted with these discs."

IT'S ALL ABOUT PEOPLE

Taking extra time with patients is important to Dr. Lanman. "We were taught years ago to spend a lot of time getting to know the patient," he notes. "I'll spend at least an hour with a new patient, get to know them, and their lifestyle, what their work activities are, and their sports activities, and get a feel for their goals." His patients are testaments to the magic that can result.

Often, he isn't sure why the plates and screws were put into someone's neck. But he is determined to fix it. The lady from Texas? Numerous cervical fusions didn't allow her to look down to golf. He was able to restore motion. What about the 25-year-old wrestler from New England? Dr. Lanman reversed a fusion that allowed the young man to compete – and win – again. And yes, there are grateful patients from Connecticut. The common thread? To them all, Dr. Lanman is a true lifesaver.

"It's incredibly reaffirming to me and a great reminder of why I originally wanted



by Sigrid Kun

to become a spinal neurosurgeon," notes Lanman about being able to say 'we can do this' when other surgeons have said no. "I watch months and even years of anxiety release from a patient when they realize there is a solution for their constant pain, and they can once again lead a fully functional and active lifestyle."

PAIN FUELS PASSION

Defining moments fueled Lanman's drive. "I was standing in the driveway of our home when a neighbor ran up to my mother and cried, 'JFK has been shot!' The small-town Indiana boy tried to grasp the situation as he watched the live news coverage. 'What's a neurosurgeon?' he asked. His mother explained how neurosurgeons were trying to save the President's life. "It was at that moment that I told my mother I wanted to become one. I wanted to heal people," Lanman says.

When Lanman was 9, his father was diagnosed with acute myeloblastic leukemia and died within three months. That further solidified Lanman's resolve to alleviate the pain that illness can bring to people. Lanman himself

has undergone four cervical and four lumbar spine surgeries. "I'm a doctor that takes his own medicine," he says. "I understand firsthand what it's like to have limited movement in your neck and back, and to suffer from excruciating pain. My patients are grateful because they feel I understand their concerns. They know I can relate to exactly what they are going through and that gives them comfort."

WHAT DOES THE FUTURE HOLD?

Dr. Lanman has launched the largest disc replacement center in the U.S. (in Florida and Southern California) and soon to come in the mid U.S. to allow easier access for East Coast and European clients. He created the Lanman Foundation to provide advanced research regarding motion preservation and spinal surgery. The foundation also offers motion preserving surgeries to veterans who have injured their necks or backs while on duty. He is adamant about conducting multi-level artificial disc replacement studies. He advocates a new, holistic approach to research/spine health, including nutrition, hormone management, and stem cell issues. And he sees a brighter future – less fusions, more motion-preserving artificial discs, advanced surgical therapies, and newer, more cost-effective technologies.

"My hope is that we continue to follow the mission of preserving spinal function in adults at every age and restore motion to those afflicted by disorders of the spine and joints," underscores Lanman. "We seek to gather, evaluate, apply, and share information to advance the cumulative knowledge of these disorders and help improve patient's outcomes and their lives."

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