

East Hampton events

VOLUME 6 • QUARTER 1 • 2021



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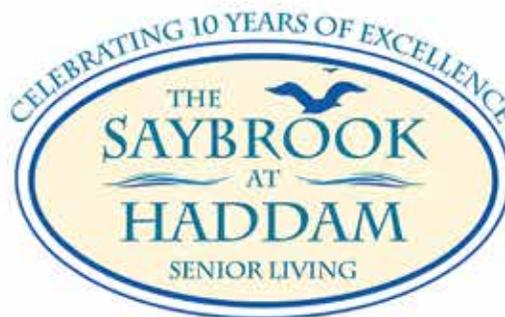
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Town Manager's Corner

Hello East Hampton,

Here comes spring — Finally! Winter has been especially rough with the impact of some heavy snow events and the pandemic, so I am sure we all are ready for spring and warm weather to invite us outside. As always, this is a busy time of year as we look forward to preparing for summer activities and planning for the upcoming fiscal year.

Budget preparations for the 2021-2022 fiscal year are well underway. The Board of Education has released its plan for the next year and Town staff and I are working on a proposed plan for general government that will address the challenges we face as a community – both because of and in spite of the pandemic. As always, that process will involve a number of public meetings and it is expected that the normal process of a vote of the Town's residents will return this year.



Long term capital improvement and purchasing plans for upcoming years has been developed and reviewed to ensure the Town has a good plan for the future. Budget meetings will occur in March and April and the Town Meeting and referendum should occur in May. Watch the Town's website for proposed budget

information as we move through this important planning process.

In about April, the aeration system in Lake Pocotopaug will be turned on and will keep the entire lake full of oxygen all season. This system was implemented last year and seemed to play a role in preventing problems that lead to algae blooms and other issues. Last year, the lake was not closed at all! The aeration is coupled with ongoing efforts to improve conditions outside of the lake in the Lake Pocotopaug watershed to lead to the long-term improvement in lake quality. These actions, many of which are grant funded, along with planful monitoring of lake conditions will continue to aid the Town in its efforts.

I hope you appreciate the East Hampton Events magazine and the information it provides. Please share thoughts you may have about the magazine with the Town Manager's Office or the Economic Development Commission as we are always looking for ways to make it as useful to the community as possible. Also, please support local businesses including those that advertise in the Events Magazine. Not only do they help make our community the great place it is, but their support also helps the Town bring this quarterly publication to the community with limited cost.



David E. Cox
Town Manager



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TM Ventures, LLC
dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205
 Centerbrook, CT 06409
 860-767-9087 Fax 860-767-0259
 email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

LAYOUT & AD DESIGN

Lynne Hardt
 Kathy Alsop

SALES REPRESENTATIVES

ESSEX • WESTBROOK
CLINTON • MADISON

Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK

OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
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Contact Essex Printing 860-767-9087
print@essexprinting.com

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LEDYARD

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COVER PHOTO

Little League at Seamster Park
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Land Use Department

Accessory Structures – Permanent or Temporary?

As winter slowly turns to spring, we'll all be thinking about getting outside and working in the yard. As we start to use more tools and machines for those spring and summer activities, the need for more storage always arises. There have been a number of questions about "temporary" structures and the zoning requirements in town. Many buildings that are used in the back yard are considered temporary by homeowners and retailers alike but in actuality remain in place year after year. "Temporary" buildings tend to include things like hoop houses, plastic or metal sheds from big box home improvement stores, or enclosures around cars and lawnmowers. All of these structures require Zoning Approval.

Please keep in mind that the East Hampton Zoning Regulations state that anything with a roof intended as shelter of any animal or equipment must be reviewed and approved by the Land Use Department before installation. Different sized buildings have different requirements.

The zoning review works in your benefit. Our review allows us to ensure that your new structure is in fact on your property and not too close to your neighbor. This also prevents the overcrowding of land and ensures proper stormwater infiltration. The regulation of the placement and size of buildings protects you and your neighbors' property values and ensures quality of life



and creates an attractive place to live. In addition, we ensure that these structures are properly affixed to the ground so the next thunderstorm won't blow them away!

Please stop into the Land Use office before placing any structure, permanent or "temporary" on your property so that we can assist you with getting the extra storage space you need!

Youth and Family Social Services

It was a busy holiday season for the department. With donations from the community and the Stuff-a-Cruiser event, the department was able to bring holiday cheer to 40 families. Staff continue to assist families with energy assistance and basic needs. New intakes are being accepted for no-cost therapy sessions. You are invited to contact the department at 860-267-9982 to do an intake over the phone. Once an intake is complete it typically takes 24-48 hours for a clinician to make contact to schedule your first visit.

Going forward, Social Services would like to put together a landlord guide that can be shared with prospective renters. This guide will include important information for renters including monthly rent, number of bedrooms, whether pets are allowed, and if utilities are included. There has been an increase in the number of people looking for rentals in the East Hampton area. If you are a landlord and have vacancies, we invite you to contact the office so you can be included in the guide. The office number is 860-267-9982.

The department will host two Internet safety programs facilitated by Scott Driscoll at the elementary and middle schools as well as the high school. The presentation will take place using a Zoom platform and will be advertised through the schools and the department's Facebook page. Driscoll's presentation focuses on teaching children how to safely utilize and enjoy social media while also educating parents on how to monitor the content of what their child is viewing online.

Energy Assistance — Please contact us at (860) 267-9982 ext. 3208 to coordinate your 2020-21 winter energy assistance application to apply for this program. This year, due to COVID precautions, the application

continued on page 6

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continued on page 6

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OFFICE OF THE Collector of Revenue

Governor Lamont has implemented Executive Order No. 9R, the "Lower Interest Rate Program" for tax bills that become due and payable on January 1, 2021. This Order only applies to the taxes that are due on January 1, 2021 and does not cover any delinquent taxes or taxes that are/were due on any other date other than January 1, 2021.

Executive Order R9 will provide a three-month window from January 1, 2021 through March 31, 2021 in which taxpayers will be able to pay

at a reduced interest rate of .25% per month should their tax bill become delinquent.

On April 1, 2021 the interest rate will revert back to 1.5% per month or a fraction thereof, 18 % per annum, from the due date of the tax.

Please make all checks payable to Town of East Hampton. If you cannot pay your bill in full you may contact the Tax Office to discuss payment options. Please do not ignore the bill completely.

Social Services... continued from page 5

process is being conducted mainly over the phone. Processing by CRT may take up to 45 business days, so please factor that in when planning. Please call/email (cwiesner@easthamptonct.gov) to acquire the list of required documents needed for this program. Do not wait until you are out of fuel!

Eversource - Struggling to keep up with your electric bill? Contact us and we can assist you in finding what options may be available to your household.

Residents who are struggling financially, short-term or long-term are encouraged to contact Social Services to discuss resources and options that may be available. It is recommended that residents contact the department as soon as they feel a need. All information is handled in a confidential manner.

Prevention Partnership

East Hampton is currently searching for a new Prevention Coordinator; however, the mission remains the same - to reduce substance use among young people. Until a new coordinator is hired, staff will continue to reach out to the community for input and suggestions as to how the Prevention Partnership can best serve the needs of your children.

East Hampton Economic Development Commission

OUR MISSION IS: "To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists."

We congratulate the following business, CZ Equipment LLC on being named "Belltown Spotlight on Business" monthly honoree. Please contact any member of the EDC or Town Manager to nominate a business for this award. Nomination forms are on the EDC website.

Current EDC members are Chairman Ted Turner, Tim Csere, Jase Doane, Walt Jedziniak, Robyn Letourneau, Christopher Ott and Matthew Reich. EDC meets the third Tuesday of every month at 6:30 pm currently via Zoom. All are welcome and please remember "shop local and put your money where your house is!"

CZ Equipment sells and services all types of power equipment. Husqvarna, ECHO and BOB-CAT are popular manufacturers they carry.



CZ Equipment East Hampton EDC Chairman Ted Turner (L) presents Mike Zukowski (C) of CZ Equipment LLC his Business of the Month Proclamation. EDC Member Matt Reich is on the right. CZ Equipment has been in business over 15 years and provides pick-up and delivery service. As you can see in the photo Mike has equipment for all seasons. Mike's shop is located at 65 Skinner Street and phone number is 860-267-8799. You can visit his website at www.czequipment.com.

Give Mike a call or stop at his shop and say hello!



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Spring Cleanup

Safety Tips from the East Hampton Fire Marshal

- Clean your garage of stored newspapers or other rubbish that can fuel a fire.
- Test your smoke alarms monthly.
- To help prevent nuisance alarms, gently vacuum your smoke alarm every six months or as needed.
- Change batteries in smoke alarms, flashlights and carbon monoxide detectors.
- Never borrow smoke alarm batteries to use for toys or other equipment.
- Replace all smoke alarms every 10 years or as recommended by the manufacturer.
- Keep outdoor debris or dead vegetation away from the house.
- Properly dispose of oily or greasy rags. If these items must be stored, they should be kept in labeled, sealed, metal containers.
- If you store gasoline, keep it outside your home in a shed or detached garage. Keep only small quantities in tightly sealed containers. Use gasoline only as a motor fuel - never as a cleaning agent.
- Dryers- If you're lucky enough to have the space for a clothesline, consider drying your clothes and linens outside during these lovely warm months—is there anything better than the smell of freshly-laundered sheets after they've been dried by a soft spring breeze? If that's not an option, keep in mind that the leading cause of clothes dryer-related fires is a failure to keep them clean. Scooping out the lint basket takes all of about 12 seconds, so be sure to clear it out every time you throw a load in. The NFPA also recommends cleaning out the vent pipe at least once a year, so might as well add that to the spring cleaning list, too.
- Check for water leaks, especially near electrical appliances.
- Clean up work areas. Put dangerous tools, adhesives, matches or other work items away and out of any child's reach. Make sure that all chemicals are kept under lock and key and out of reach of children and pets.
- Make sure your street numbers are posted properly and are visible.
- Plan your escape. Sit down with your family and make sure that everyone knows what to do in the event of a fire by designing a home escape plan. Make sure you have two ways out of every room and that you have a meeting place outside the home for the whole family.
- Practice the escape plan. Even the best plan is no good if it's not practiced.
- Start to prepare for storm related outages. Make sure your flashlights and portable

The snow has melted, the rain and wind are beginning to subside, the plants are budding and the trees are blooming. Spring is arriving and your thoughts may be turning to that dreaded ritual of spring cleaning. With it comes a timely reminder to keep your home safe from the threat of fire. In an effort to make this "Spring Cleanup" a fire safe one, below are the following safety tips:

- radios have batteries and that other supplies, such as bottled water, are stocked and available.
- Check and make sure you have a working flashlight and battery-powered radio for the approaching storm season.

If you have any questions, please do not hesitate to contact the East Hampton Fire Marshal Richard Klotzbier. He can be reached at 860-267-0088 or via email @ firemarshal@easthamptonct.gov.

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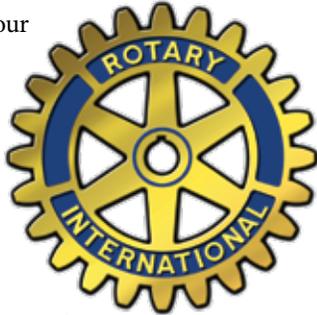
The Rotary Club of East Hampton CT is selling 3,000 raffle tickets for a chance to win a Golden Ticket. You can buy your tickets online at www.easthamptonrotary.org It's EASY! Just click the 'Buy Tickets' button for your chance to win a lifetime of Mardi Gras parades, food and fun. You can also stop in at Paul's & Sandy's Too to buy a ticket. They are open every day from 8:00 am to 6:00 pm.

Grand prize: Big E Golden Ticket: lifetime entry privileges for The Big E for yourself plus one guest for every day of the Fair plus parking.

Second prize: Four one-day tickets to the Big E.

Third prize: \$50 Gift card for a Golden Box of 24 chocolates or anything of your choice from Thorncrest Farm in Goshen, CT.

The drawing will be May 8, 2021 at Sears Park in East Hampton, CT. The drawing will be live streamed on <https://easthamptonct.rotary7980gives.org/goldenticket> and the East Hampton Connecticut Rotary Club Facebook page. You can also contact any EH Rotarian.



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1st Prize THE BIG E GOLDEN TICKET
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2nd Prize 4 One-day Passes to THE BIG E

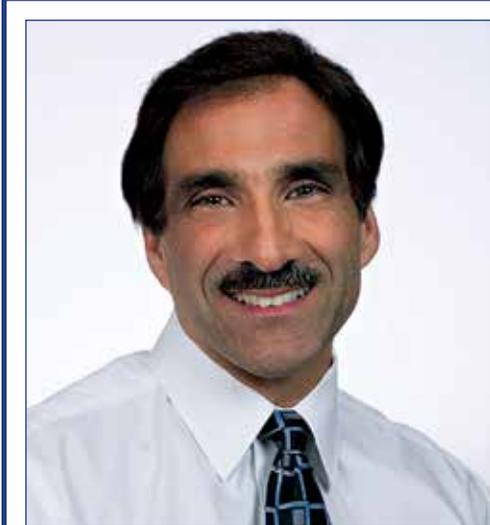
3rd Prize Thorncrest Farms, Groton, CT
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East Hampton Senior Center

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THE DOORS OF THE SENIOR CENTER ARE OPEN BY APPOINTMENT ONLY.

Presently, there is no time frame for when small groups can meet again at the Center. Outdoor activities will be planned as the warmer weather arrives.

The Center continues to offer a shopping service where volunteers will shop for you and deliver groceries to your door. Your contact with the public remains limited and you can get food into your home without increasing your exposure. Call the Center for more details.

The Community Renewal Team continues to provide Grab and Go meals at the Center. Pick up is on Tuesdays from 11:30 am to 12:30 pm. CRT provides up to 3 frozen meal entries. The meals are provided through Title III federal funds. There is no charge.

CRT does request a \$3.00 donation per meal. Call the Center to obtain a Form 5-registration and schedule your meals. If you are not able to travel to the Center, we can arrange delivery for you.

Connecticut Energy Assistance Program:

The Community Renewal Team (CRT) administers the energy assistance program. The Senior Center takes appointments by phone to complete the applications for adults over the age of 60. Call the Center for the eligibility requirements/to schedule an appointment. Applications for fuel delivery will be taken until March 31, 2021. Applications for utility heat are accepted until May 1, 2021.

MyActiveCenter.com: The registration process for Senior Center programs can be accessed through MyActiveCenter.com. This is a free program and allows contactless registration. For more information please contact the Center.



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The Center offers the following programs virtually:

Bingo via Zoom: Tuesdays at 1:00 pm. Pick up a card from the Center. Nelson will call the numbers, and someone will ring the bell when 66 is called. Let us know and we will send you an invitation.

Writer's Workshop with Elizabeth, every other Wednesday at 9:30 am via Zoom and every Thursday at 10:30 am via Zoom. Elizabeth will take you through the steps of creative writing. New members are welcome. Call the Center. We will send you a Zoom invitation.



Yoga via Zoom Wednesdays at 11:30 am. Call the Center for more information. \$20.00 fee for 10-week session. Next session will start March 3/24/21 through May 26. Sign up on MyActiveCenter.com. Payment payable to the Town of East Hampton may be dropped off/mailed to the Center.

The Book Club meets the second Tuesday of the month via Zoom. Sign up with MyActiveCenter.com. Call the Center for the book titles.

Lunch Bunch will be meeting virtually on Monday March 8 and March 22 at 12:30 pm. and Monday April 12 and 26. March 8 there is a special guest: Hardy Hemphill. Hardy started touring the world with music groups at age 16. After 3 years at Berklee College of Music in Boston, he resumed touring, recording and composing for many recording artists, off-Broadway theatre groups, television theme songs and bands. He has also toured with/recorded for numerous multi-platinum, Grammy-Award winning recording artists such as Shania Twain,

Kenny Loggins, Elton John, and many more. Please sign up on MAC.

Creative Crafting: Zentangle with Becky Boynton, Wednesday, March 24 at 1:00 pm. A creative relaxation method of doodling. Sign up through MAC.

Beginner Batik April 14 at 1:00 pm. Class size is limited. Learn this batik skill via a ColorCruiser kit. All supplies will be provided. Pre-registration is required via MAC.

Tai Chi with Tom Cushing T'ai Chi and Qigong for improved balance, cognition, sleep and fall prevention. 30 minute session. All levels of ability are welcome. The next 8-week session will be Thursday, March 4, 11, 18, 25 and April 1, 8, 15, 22 at 10:00am. Cost is \$40.00 for the session, payable to the Town of East Hampton. Sign up on MyActiveCenter.com.

AARP Tax Preparation appointments are being taken at the Center on Mondays. All appointments are contactless. Call the Center for more details.

Public Works

The winter season is well underway. Traditionally, the “winter season” is identified as the period from November 15 until April 15. During this time frame when not actively conducting snow removal operations, the majority of the Department’s efforts are spent battling icing conditions, maintaining drainage and gravel roads, clearing road side brush, maintaining vehicles in service ready condition, and stock piling supplies and materials for the next weather event and the upcoming construction season. During this time the Department remains vigilant and ready to take on what may come. This is also a time of planning for the Public Works Department where plans, budgets and schedules are being developed for the upcoming construction season. Some of these construction projects include drainage repair on Edgerton Street in preparation for repaving, a culvert replacement on Clark Hill Road, and pavement preservation projects on White Birch Road and Mott Hill Road. Stay tuned for more information on these projects as we approach spring.

Residents are reminded to refrain from parking on the road during snow and storm events. Cars parked on the road substantially hinder and delay snow removal operations. Please find an off-road location to park vehicles. Please also be reminded all garbage and recycling carts should be placed behind the curb/edge of road and removed promptly when emptied as these obstacles can also be a significant impediment.

Town Clerk's Office

Land Records

The Town Clerk’s office now offers 24/7 online access to Land Records by visiting www.searchchqs.com.

Land records and maps are viewable free of charge, but you will be charged a fee if you wish to print the record.

Dog Licenses

A friendly reminder to contact your veterinarian to confirm your dog is up to date with all its vaccines. All dogs over six months must be licensed by the 30th of June of each year. A current rabies certificate is required to license your dog. All dog licenses must be renewed during the month of June. You may renew your dog license online, in person or via email.

Sports Licenses

As fishing season is upon us please visit our office to get your license.

If you have any questions or wish to know our most up to date office protocols due to COVID-19, please contact us at 860-267-2519.

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Police Department

The East Hampton Police Department recently hired two new police officers to fill the vacancies created by a retirement and a new position. Officer Sorie Kamara was a New York City Park Ranger and Officer Steven Wawruck III was a Maintainer with the Connecticut Department of Transportation. Both officers are currently attending the Connecticut Police Academy in Meriden, CT and they are expected to graduate during the first week of March.

Phone scams are on the rise again especially with the COVID-19 pandemic. Fraudulent companies are trying to profit from this pandemic by selling unproven and illegally marketed products that make false claims, such as being effective against the

coronavirus. As with other potential scams, either by phone or mail, if it sounds too good to be true it probably is. Whether it is the IRS, Eversource or a bank, NEVER give out any personal information over the phone. When in doubt obtain a call back number from the caller and contact the police, we will assist you in determining if the caller is legitimate.

As warmer weather approaches, it brings an increase in pedestrian traffic, especially in the town center area and around the lake. Motorists are asked to slow down and obey the posted speed limits as well as yielding the right of way to pedestrians in crosswalks. These actions will make the roadways safer for everyone.



Officer Steven Wawruck III and Officer Sorie Kamara

Lower CT River Valley Council of Governments Interested in Composting or Saving Rainwater?

Composting is a practical way to reduce waste, combat climate change and save money on trash disposal and gardening materials. Composting turns your yard and kitchen waste into "black gold" that improves your soil and feeds your plants. It's easy to do and the benefits are terrific!



Rain barrels collect water from house gutters and the water can be used on gardens and other plantings. The water is chlorine free and the life in the soil love it. Rain barrels can significantly reduce water usage and save homeowners money.

The City of Middletown Public Works Department and The Lower CT River Valley Council of Governments are working together to offer low cost compost bins & rain barrels to help residents conserve water, reduce waste and save money!

If interested, go to <https://rivercogcompostersale.ecwid.com/> for more information and to place orders. Orders must be placed online by April 8, 2021. A masked, socially distanced pick up will be on Sunday, April 11th at Veteran's Memorial Park on Walnut Grove Road in Middletown from 9:00 am - 11:00 am and at Tractor Supply 401 Middlesex Turnpike in Old Saybrook from 1:00 pm - 3:00 pm. When ordering, the customer must choose which location for pick up.

For more information, contact the Middletown Recycling Coordinator at (860) 638-4855 kim.orourke@middletownct.gov or RiverCOG at (860) 581-8554 jehelemeyer@rivercog.org.

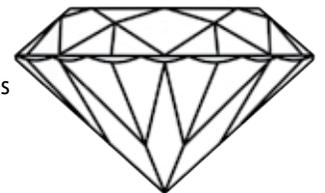
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Office of the Assessor

ELDERLY AND TOTALLY DISABLED RENTER'S REBATE PROGRAM EXECUTIVE ORDER 10

Removes the requirement for any homeowner who was approved with a 2018 GL application to submit an application for the 2020 GL. Such homeowners will automatically qualify for the benefit on the 2020 and 2021 GL using the same income as submitted on their prior application.

These homeowners will not have to reapply until the 2022 GL.

New filers must still abide by the May 15th filing deadline. Any new filer wishing to apply after May 15th must request an extension of time to apply from OPM on or before August 15th.

ADDITIONAL VETERAN EXEMPTION APPLICATIONS EXECUTIVE ORDER 10

Removes the requirement for any veteran who was approved with a 2019 GL application to submit an application for the 2021 GL. Such veterans will automatically qualify for the exemption on the 2021 and 2022 GL using the same income as submitted on their prior application.

These veterans will not have to reapply until the 2023 GL.

New filers must still abide by the October 1st filing deadline. Any new filer wishing to apply after October 1st must request an extension of time to apply from the Assessor on or before December 31, 2021.

REAL ESTATE CHANGE OF MAILING ADDRESS

The Office of the Assessor is responsible for all real estate mailing addresses. Once a mailing address is updated in our office the change is updated in the Collector of Revenue's Office for tax and/or sewer billing. If you recently changed your mailing address, please visit our office or our Change of Address Form on the Assessor's page of our website at: <https://www.easthamptonct.gov>

Additionally, call the office just to confirm your mailing address. Quite often, tax bills are sent to mortgage companies. To receive additional mail from the Town, an address update might be needed. This is especially true for post office box holders in the Middle Haddam and Cobalt sections of East Hampton.



WHAT IS 2-1-1?

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

East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch).....	860-873-5044	Land Use	860-267-7450
Assessor	860-267-2510	Parks & Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency).....	860-267-9544
Building.....	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	860-267-6621
Collector of Revenue.....	860-267-2300	Public Works.....	860-267-4747
Emergency Management.....	860-267-0088	Registrars.....	860-267-6720
Finance Department	860-267-7548	Senior Center	860-267-4426
Fire Marshal	860-267-0088	Town Clerk	860-267-2519
Food Bank	860-365-5978	Town Manager.....	860-267-4468
Housing Authority	860-267-8498	Water Pollution Control Authority	860-267-2536
Human Resources	860-267-4468	Youth & Family/Social Services.....	860-267-9982

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Problem solved!

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We have new multifocal contacts that give exceptional vision at distance AND near.

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OFFICE SUITES AVAILABLE: The Town Hall Annex offices have moved from our building to the new East Hampton Town Hall. We have two six room 1,000 square foot office suites available in our Chatham Corner Building at the corner of RT. 16 and RT. 66. Perfect small offices instead of working from home. Please email Dr.Palmer@att.net for more information.

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Middletown, CT 06457
860-346-2020

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www.palmereyecare.com

Chatham Corner Building
240 Middletown Ave.
East Hampton, CT 06424
860-267-2222

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

STAFF

Jeremy Hall, Director
 Shawn Mullen, Program Coordinator
 Sheri Yorker, Office Assistant
 Morgan Slossberg, Program Leader
 Joshua Seymour, Parks Maintainer II

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson
 Tim Adams
 Sheryl Dougherty
 Courtney HYTE
 Jeff Leith
 Daniel Roy
 Jessica Rurka

**CONTACT INFORMATION
 PARKS AND RECREATION
 DEPARTMENT**

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

**Mailing Address and Physical Location
 have changed.**

We are now located at the New Town Hall!
 Parks and Recreation
 1 Community Drive
 East Hampton, CT. 06424

**Afternoon Adventures
 After-School Program**

860-367-5429 – Memorial School location
 860-781-0209 - Center School location

Youth and Family Services

860-267-9982

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

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

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

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

**FREQUENTLY REQUESTED
 INFORMATION:**

EAST HAMPTON LITTLE LEAGUE

- www.easthamptonlittleleague.sportssignup.com
- For boys and girls ages 6 - 18 (by July 31 of the current year)
- Registration takes place in January
- Practices for the season begin in late March
- Opening day is in April
- Fall season begins in September and is open for children ages 8 years and up

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch – 860-881-7360

**YOUTH FOOTBALL
 AND CHEERLEADING**

www.ehyouthfootball.org
 For boys and girls ages 7 - 14
 email: info@ehyouthfootball.org

**EAST HAMPTON SOCCER CLUB
 TOWN RECREATIONAL LEAGUE**

www.easthamptonsoccerclub.org
 For boys and girls pre K-8
 Spring season is late March-June
 Registration for spring takes place in January

Fall season is late August-October
 Registration for fall takes place in June

TRAVEL SOCCER

www.easthamptonsoccerclub.org
 For boys and girls ages 8 - 18
 Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org
 email: info@epocharts.org
 Contact: Elizabeth Namen 860-365-0337

PARKS & RECREATION

REGISTRATION AND PROGRAM INFORMATION

Due to COVID-19 our program offerings are ever changing based on local and state guidelines. Please check out www.easthamptonrec.com for the latest schedule and offerings. Our programs all follow in accordance with current CDC and OEC guidelines. Program enrollments are accepted online at www.easthamptonrec.com. Registration forms are available online at www.easthamptonrec.com or at the Parks and Recreation Office.

All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first serve basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by email if subscribed to on your main account page at www.easthamptonct.gov. No other confirmations are provided. However, if you have registered with us and paid, you will be on the final roster.

Program Refund Policy

If you are unable to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. After the program starts no refunds will be issued. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

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

email notifications will receive an e-mail regarding the cancellation.

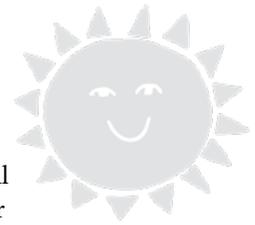
Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and Youth and Family Services. All information is strictly confidential. This is an application process. Only programs run directly by East Hampton Parks and Recreation qualify.

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

Summer Programming

Summer programming is being added to the schedule as we have dates finalized. They will be posted to www.easthamptonrec.com and will be included in the next Events Magazine as well. We are hoping to bring back the camps at Memorial School, as well as many other great options for the summer season including Sports Clinics and Camps, outdoor movie nights and many others. So, stay tuned!



Morning and Afternoon Adventures • Before and After School Program

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 may attend the program. Program attendance options are 2 days a week or 5 days a week. Registration is done on a monthly basis, either online or at the Parks and Recreation office. You must enroll for the whole month each month. There are a limited number of openings in this program.

Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading. Then they enjoy crafts, games, and play with staff and their peers until pickup time. Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge.

This program is operating in accordance with all COVID 19 regulations and guidelines. All participants must have the COVID 19 Waiver on file with us before attending the program.

Students from Center School are bussed to Memorial School in the afternoon, and from Memorial School to Center school in the morning.

Location: Memorial Elementary School.

Dates: First day of school to last day of school.

Times: 7:00 am-8:30 am and 3:00 pm-6:00 pm

If you are registering for both before and after care: Put the before care portion in your cart first, and the after-school portion will be discounted 10% at checkout. For pricing please visit www.easthamptonrec.com or call the office at 860-267-7300.

continued on page 16

Parent's Night Out – Monthly Programs

Parents enjoy a night out on the town while the kids enjoy the evening at the new town hall!

Age-appropriate activities will include arts and crafts, sports, games and movies. Each month has a special themed activity. A pizza dinner will be provided. Check online for a schedule of the activities.

Cost: \$35

Dates: March 19, April 16, May 21

Time: 5:00 pm – 9:00 pm

Location: Town Hall 1 Community Drive or Sears Park depending on weather and activities.

Please send your child with a drink and any additional snacks that you wish!

Adult and High School Pickup Soccer

Pickup soccer for ages 16+ at the High School Soccer Fields. This is a drop-in program with the option to sign up for the whole session. The drop-in rate is \$10 per week. All skill levels are welcome.



Cost: \$40 for the whole session or \$10 per week

Dates: April 21 – May 26 (Wednesdays)

Time: 6:30 pm – 7:45 pm or 5:30 pm – 6:45 pm depending on daylight (see website for current time)

Location: High School Soccer Fields

Spring Egg Hunt

This year the Egg Hunt will be held outside at Center School on Sunday March 28th (pending local COVID 19 Guidelines). Event participation will be limited based on outdoor gathering limitations, so pre-registration will be necessary for all participants. Participants are grouped by age group and age groups will be limited in size. The program cost will help us offset the cost of staff, candy and setup.

Cost: \$5 per participant

Date: March 28

Time: 10:00 am – 11:00 am

Location: Center School Field

Flag Football League

For boys and girls ages 7-13. Games will be held on Sundays. Each registration includes a flag belt and official NFL FLAG jersey. Practices and games will start on April 18. There will be 6 games. A summer league will follow beginning in June/July. Volunteer coaches are needed. Coaches will receive one free registration for their child. Please contact the Parks and Recreation Office to register as a coach.

Cost: \$115

Dates: April 18 - May 23

Time: Sundays between 9 am and 1 pm

Location: East Hampton Middle School Field

Cardio Kick Boxing Fitness Class

Jennifer Judd – 4th Degree Black Belt and Fitness Instructor

For teens and adults. All levels are welcome to attend. Classes are taught in beginner through advanced skill levels.

Cost: \$140 (12 classes) or \$15 drop in rate

Dates: April 26 – June 2

Time: 4:45 pm – 5:30 pm - Mondays and Wednesdays

Location: Sears Park Gazebo

Girls Volleyball Clinic – Grades 6-8

The first part of this weekly clinic will consist of instructional drills and stations to teach and re-enforce serving, passing, and bumping. The second part will be scrimmaging each other to apply the skills we are learning.



Cost: \$100

Dates: April 20 – May 25

Time: Tuesdays 6:30 pm – 8:00 pm

Location: East Hampton Middle School Gym

Sears Park Summer Camp

Field Trips (pending COVID guidelines) and Themes will be posted online at www.easthamptonrec.com with more details.

Sears Park Camp is an eight-week day camp held at Sears Park. Each day offers activities such as crafts, sports, and games. The entire camp goes swimming and has sandcastle contests most afternoons. Each week will have a special theme and field trip. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/First Aid Certified. Sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit, and towel. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.

For: Boys and girls entering grades K-8 in the fall of 2021 (some field trips and activities will be different for grades 6-8). Grades 6-8 may be hosted at a different site.

Camp Dates: June 21 – August 13

Camp Hours: Monday-Friday

9:00 am-3:00 pm

Weekly tuition: \$155 first child,

\$135 per sibling

Week of July 5 – July 9 (no camp July 5)

\$130 first child, \$110 per sibling

Payment for the first week of camp, plus a \$25 per child per week non-refundable deposit is required to enroll if you are not able to pay the full cost up front. You will not be enrolled in camp until these deposits are received. Tuition is due by Wednesday for the following week. Field trip costs are included with tuition.

Extended Care: Available in weekly blocks: 7:30am-9:00am (\$35 per week), 3:00pm – 4:00pm (\$30 per week), 4:00pm – 5:30pm (\$35 per week). Payment for the first week your child will be attending camp, including extended care fees for the first week and the

required deposits for subsequent weeks need to be submitted to the Parks and Recreation Department to be enrolled. Checks should be made payable to East Hampton Parks and Recreation if paying with a check. Online registration is available at www.easthamptonrec.com.

**Counselor in Training Program –
Sears Park Summer Camp**

The goal of the program is to develop leadership skills that you can use throughout life and to help yourself and others identify and achieve goals. We help to develop your skills in leading and teaching children. All interested CITs will need to fill out an application, interview, set goals and be evaluated through your session. Applications will be available on the Parks and Recreation website www.easthamptonrec.com. Participation as a CIT does not guarantee you a future position as a camp counselor.

Session I: June 21 – July 16
Session II: July 19 – August 13
Cost: \$200 per session.
Application Deadline: March 31st



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**Arts & Culture
Commission**



**Win \$500
for Your
Arts Organization/
Initiative**

**with the East Hampton Arts & Culture Commission's
2020/2021 Grant Program! DEADLINE is April 1, 2021.**

The East Hampton Arts & Culture Commission welcomes grant applications from East Hampton organizations and individuals with programs and/or projects that enrich the lives of East Hampton residents through the arts. Deadline to apply is April 1, 2021 to arts@easthamptonct.org.

Eligibility: One of two \$500 grants are available to be awarded to individuals or organizations residing in East Hampton, Connecticut. The Commission reserves the right to award a grant to an individual or organization it determines will have the most potential impact of arts and/or culture on the town. Incomplete forms will be denied; applicants can resubmit.

Criteria for awarding grants: The artistic and organizational quality of the organization and/or project and its likelihood of continuing viability or success. The organization's or project's accessibility and service to the East Hampton community. Grant recipients must credit the East Hampton Arts and Culture Commission on all press releases, posters, print advertising and programs.

Evaluation: An interview may be requested of the candidate prior to awarding the grant. An update of your progress will be required six months post-award date and a final report will be required one-year post award date.

Applications are available at www.artsforeasthamptonct.org and can be returned to arts@easthamptonct.org or can be mailed/dropped off at the East Hampton Town Manager's Office at the Town Hall, 1 Community Drive, East Hampton, CT 06424.

East Hampton Volunteer Fire Department Junior Firefighter Division

"We cannot always build a future for our youth, but we can always build our youth for the future." - Franklin D. Roosevelt

Like many similar organizations, the East Hampton Volunteer Fire Department sponsors a program designed to introduce young men and women to the roles, responsibilities and functions of the fire service. While some departments refer to individual participants in these programs as "Cadets" or "Explorers," the EHVFD has chosen to create a Junior Firefighter Division, a unique entity within the Department that focuses on specific and age-appropriate instruction and training methodologies that seamlessly integrate with the functionality of the overall department.

The EHVFD Junior Firefighter Division operates under the guidance of three adult firefighters who serve as advisors to the Junior Division members and are responsible for complying with all federal, state and local regulations that pertain specifically to these types of introductory programs. With

safety as the primary concern at all times, the Junior Division is separated into two age groups (ages 14/15 and 16/17) and each group is subject to specific guidelines that define fire-related activities that are both permitted and prohibited within that group.

In the EHVFD program, Junior Firefighters are introduced to all aspects of the fire service including the function of the different types of fire apparatus the Department operates, the purpose and operation of all firefighting tools and equipment, hose advancement and nozzle patterns, ladder operations, SCBA use, water supply and a full complement of other topics and activities that cover every aspect of emergency



response. EHVFD Junior firefighters are allowed to respond to certain emergency incidents and will safely work hand-in-hand with on-scene fire personnel, performing important tasks that help bring the incident to closure.

The EHVFD remains an all-volunteer emergency response service and if you are interested in helping craft the future of the Department (as a Junior or adult member), please leave a message at Fire Headquarters (860) 267-2198 and you will be contacted. Stay Safe!!!

Conservation-Lake Commission Lake-Smart Award Program

Spring is a great time to have your property evaluated and earn a Lake Smart Award.

The East Hampton Conservation Lake Commission (CLC) started the Lake-Smart Award Program for property owners living on Lake Pocotopaug or in the surrounding watershed. The purpose is to encourage property owners to improve the quality of Lake Pocotopaug by doing projects to prevent infiltration of phosphates, nitrates, pesticides, and other impurities from entering the lake. Those that achieve seven requirements will receive a Lake-Smart Award sign they can display on their property. It is hoped the program will not only improve the quality of the lake but also encourage neighbors to make improvements to their property.

Congratulations to these six families who received the Lake-Smart Award in 2020: Pam Joslyn and Gary Greenwald of Hale Road., John Roche Family and Ellen Braun Family both on Raymond Road, Cap & Craig Nelson on Lakewood Road, Don Burr on Bay Road, and Lynn & Marty Podskoch on O'Neill Lane.

Some of the evaluation criteria are: do they have a "buffer zone," rain gardens, diversion ditches, etc. that contain stormwater runoff



John Purple of the East Hampton Conservation Lake Commission presenting Catherine "Cap" Egan Nelson of Lakewood Road with the Lake Smart Award for making improvements on her and her husband Craig's property to benefit Lake Pocotopaug. Podskoch Photo.

before it reaches the lake? Do owners refrain from using chemical fertilizers containing phosphates and nitrates or using pesticides and herbicides? In mowing their lawn do they maintain the level of their lawn at 2 ½-3" and use a mulching blade instead of bagging grass clippings?

For more information, contact Jeremy Hall (Park and Rec.) at 860-267-7300/jhall@easthamptonct.gov or Jeremy DeCarli (Planning and Zoning) at 860-267-7450/jdecarli@easthamptonct.gov.



EAST HAMPTON PUBLIC LIBRARY

105 Main Street, East Hampton CT 06424
860-267-6621

Please check our website for our current operating hours and the latest news and events.
www.EastHamptonPublicLibrary.org

CURBSIDE PICKUP

For your convenience and safety, the Library offers curbside pick up. Call the Library with your requests or place your items on hold through our online catalog. When you're informed that your items are ready for pick up, just let a staff member know that you would like to pick up your items curbside. Your items will be placed outside on the curbside pick up rack for your quick pick up. Call with questions: 860-267-6621.

LIFESIZE CANDYLAND

This March, East Hampton becomes Candy Land! Thanks to a generous donation from the Middlesex Community Foundation and the Peach Pit Foundation, the Library is transforming East Hampton into a life-size version of Candy Land! Starting on March 12, pick up your Candy Land Kit in the Library or curbside. Inside you'll find your game board (plus a few extra surprises!) Reserve a kit ahead of time on our website: EastHamptonPublicLibrary.org/candyland. We only have 350 kits and when they're gone, they're gone! Your game board will guide you around town to visit Candy Land themed stops where you'll complete challenges and answer riddles. Once you've completed the game, return your game board to the Library for a chance to win prizes!

SAVE THE DATE FOR SUMMER FUN!

Once again we'll have a great line up of summer reading events for adult and teens. Stay tuned!



SPECIAL ONLINE EVENTS FOR FAMILIES

Family Bedtime Stories: Ages 3-8
Mondays in March at 6:30 pm

An early literacy program for families that combines stories, songs and literacy activities to promote a love of reading. No registration required. Find the Zoom link on our website: EastHamptonPublicLibrary.org.

Families Bake Pie: Ages 6-12
Wednesday, April 14 at 4:00 pm or 5:00 pm

Join Katie from Food Explorers for a virtual family cooking class. This program is most appropriate for families with children ages 6-12. Register online at EastHamptonPublicLibrary.org or by calling us at 860-267-6621.

CHILDREN'S ONLINE and TAKE HOME PROGRAMS

We're offering virtual programs for people of all ages on Zoom! Here is a sampling, but check our website for the latest listings.

Stories and Songs: Ages 18 months-4 years
Wednesdays 10:00 am

An early literacy program for children and their caregivers that combines stories, songs and literacy activities to promote lifelong learning. Year-round. No registration required. Find the Zoom link on our website: EastHamptonPublicLibrary.org.

Mindful Movements: Ages 3-8
Thursdays 10:00 am

An early literacy program for children and their caregivers that combines singing, dancing, and whole body movement. No registration required. Find the Zoom link on our website: EastHamptonPublicLibrary.org.

Footprints, Fribrary - After School Online Programs!

Footprints Grades 2-3, 4:00 pm:
March 5, April 9, 30, May 14

Fribrary Grades 4-5, 4:00 pm:
March 19, April 23, May 7, 28

Fun and educational after school programming for children in grades 2-5 on Fridays. Many programs include craft kits that you'll pick up from the library ahead of time. This year's after school events will take place virtually at 4:00 p.m. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Take & Makes: Craft Kits for Ages 3-11
Monthly Craft and Activity Kits for ages 3-11

Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Science Explorers: Project Bags for Grades 2-5
March 9, 23, April 6, 20, May 4, 18

A new take home kit to explore on your own time! Investigate a different science related topic in each Project Bag ranging from sound to forces and more. Registration is required and opens on the first of the month. Register online at EastHamptonPublicLibrary.org or by calling us at 860-267-6621.

continued on page 20

East Hampton's first **Bed & Breakfast!**

We are now hosting Events, Weddings, Bridal / Baby Showers, Birthdays, etc.!

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TEEN ONLINE and TAKE HOME PROGRAMS

Teen Advisory Tuesday: Grades 8-12

The fourth Tuesday
of each month!
3:00-4:30 pm

Share your knowledge, creativity and interests to make the East Hampton Public Library a place you love to be. Applications are being taken now! Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Middle School Fundays: Grades 6-8

March 15, April 19,
and May 24 at 4:00 pm

Fun and educational after school programming for tweens and teens in grades 6-8 on Mondays live on Zoom. Many programs include craft kits that you'll pick up from the library ahead of time. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Take & Makes: Craft Kits for Grades 6 - 12

Activity packs for your family filled with activities, crafts, and of course, 3-5 library books to help you keep exploring the month's theme. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

continued on page 21

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



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ADULT ONLINE and TAKE HOME PROGRAMS

Introduction to Tarot

February 23 at 6:30 pm

Live on Zoom, join us for an introductory program that will provide you with the basic knowledge of Tarot! Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Author Event!

Eric Lehman: New England at 400

March 23 at 6:30 p.m.

Join us on Zoom for a presentation by Eric D. Lehman on his book, New England at 400. Prof. Lehman will provide a sampling of stories from New England's amazing history. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Sports Journalism: Then and Now

April 13 at 6:30 p.m.

Live on Zoom, sports journalist Lenn Robbins will present a conversation on how technology has influenced and changed sports journalism over the years! Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Author Event!

Martha Hall Kelly: Sunflower Sisters

April 20 at 6:30 p.m.

Join us live on Zoom for an evening with New York Times best-selling author Marth Hall Kelly. Kelly, who wrote the popular books: Lilac Girls and Lost Roses, will discuss her latest book Sunflower Sisters.

Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Pots with Pizzazz

May 25 at 6:30 pm

Jana Milbocker joins us on Zoom to give a presentation on creating pots with pizzazz! Jazzy containers are the "jewelry" of a garden, elevating it from "good" to "great"! Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Tories, Spies, & Traitors: Divided Loyalty in Revolutionary Connecticut

June 22 at 6:30 pm

Join us live on Zoom as the Connecticut Historical Society asks: which side are you on? That's the question that every single person in Connecticut had to answer in 1775, as the thirteen colonies began a rebellion against British rule. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

Book Club

Third Tuesday of every month at 6:30 pm
AND Third Thursday of every month at 2:00 pm.

Join us as we discuss a book live on Zoom. Copies available for checkout at the circulation desk. March: Hidden Valley Road: Inside the Mind of an American Family by Robert Kolker. April: Sunflower Sisters by Marth Hall Kelly. Register online at EastHamptonPublicLibrary.org or by calling 860-267-6621.

NEW! Adult Take & Makes

Once a month we'll have a take-home craft activity kit just for adults! Reserve your kit on our website: EastHamptonPublicLibrary.org or by calling us at 860-267-6621.

NEW ITEMS FOR CHECKOUT!

We've got a variety of library services to keep you curious.



Puzzle and Board Game Swap

Bring one or take one! Just return them when you're done!

Hotspots Now Available

Check out the internet! The Library has five hotspots available for checkout. No data limits or overages! Any adult with a valid library card can check out a hotspot for a week. Call us to reserve yours.

Nintendo Switch Games

We now have a small collection of games for the Nintendo Switch. Check our catalog for offerings and borrow a new game for a week.

Sprout Early Learning Backpacks

Need new toys and games to keep children occupied but don't have the space? Check out one of our 33 new early learning backpacks! Each backpack is themed and includes picture books, two to four educational games or toys, and an activity guide showing how to use the items. Backpacks are available for ages 3-8 years old.

Exploration Kits

Exploration Kits are curated mystery boxes of library materials – books, movies, music and more – that help you discover something new and amazing. Try one today by filling out the form on our website: EastHamptonPublicLibrary.org.

- **Vacation in a Box** – Travel the world – no plane ticket required! We'll pick out four to eight items – travel books, cookbooks, memoirs, foreign films and more – all about a unique world-wide destination.
- **The Hobby Enthusiast** – Learn a new skill – just for fun! We'll pick out four to eight items – how-to books, memoirs, instructional DVDs – to help you learn (or learn about!) a new hobby.

- **Let's Get Esoteric** – Take a deep dive into a little-known subject. We'll pick out three to eight items that all take you deep into a topic that not many people know about.

New!
Curious Kids – We'll create a supplemental learning kit with four to six tangible items related to a topic of your choice – or a surprise one created by our children's department!

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From Sea to Space – A World of Exploration by Sigrid Kun



Graduating from the U.S. Naval Academy (Electrical Engineering) and MIT (Ocean Engineering), achieving the status of a Navy Captain and serving as the first Executive Officer of the Pre - Commissioning Unit VIRGINIA (SSN 774, Groton, CT) alone constitute a rewarding military career. For Captain Stephen G. Bowen (left), that was just the beginning.

Moving from submarines to space was Bowen's destiny. NASA opportunities popped up here and there during Bowen's Navy career. A colleague once noted that NASA was seeking applica-

tions. Another time, after pulling into port in Groton, Bowen found a Navy-wide call to apply posted on his message board. It was a week past the due date. "I really had never thought about it," recalls Bowen. But those moments stuck in the back of his mind. When NASA issued another Navy-wide call for applications in 1998, he didn't miss his chance. "One of my dreams as a kid was to become an astronaut and participate in space exploration," Bowen notes. "I was incredibly lucky, and fortunate to be selected." Bowen, now 56, is the first submarine officer selected as an astronaut by NASA.

THREE SPACE SHUTTLE MISSIONS

He was off to Houston in 2000 followed by two years of training and evaluation at Johnson Space Center. In 2008, he was selected for NASA's fourth space shuttle flight. That was the first of three space shuttle missions for Bowen. STS-126 (Endeavour 2008) comprised a 16-day mission during which the living quarters of the International Space Station (ISS) were expanded. Bowen performed three spacewalks (above far right). STS -132 (Atlantis 2010) delivered an Integrated Cargo Carrier and a Mini Research Module to the ISS. Bowen performed another three spacewalks (installing a spare antenna and stowage platform and replacing batteries that store solar energy) (lower right). STS-133 (Discovery's final mission, 2011) delivered the Permanent Multi-Purpose Module and fourth Express Logistics Carrier to the ISS. Overall, Bowen has logged over 40 days in space including over 47 hours of spacewalks (7 walks).

For astronauts, 90% of the work is on the ground in support of missions. So being given the opportunity to fly is a "humbling thing" for Bowen. "You do your best to help," he says. "In a sense it is my job and it is exciting to be a part of." For the submariner, astronaut work was uncannily familiar. He recalls first entering the ISS. "The first thing I noticed was that it smelled like a submarine... It looks like a submarine," he observed. Submarine and space technology is not just familiar - it is almost exactly the same.

EXUBERANCE FOR SPACE EXPLORATION

Bowen is passionate about the import of NASA's work - whether it is supporting the ISS (manned continuously for 20 years) or otherwise. "There is so much potential for what we can do in space. Whether it is the moon or Mars, what we do in space matters to life here on Earth," he says. There are so many examples. Bowen describes the ISS's unique drinking water system. It was designed so that astronauts don't have to take up as much drinking water. That system is now used on Earth in

17 May 2010 - NASA Astronaut Steve Bowen, STS-132 mission specialist, participates in the mission's first session of extravehicular activity (EVA) as construction and maintenance continue on the International Space Station. During the seven-hour, 25-minute spacewalk, Bowen and NASA astronaut Garrett Reisman (out of frame), mission specialist, loosened bolts holding six replacement batteries, installed a second antenna for high-speed Ku-band transmissions and adding a spare parts platform to Dextre, a two-armed extension for the station's robotic arm.



24 Feb. 2011 - Astronaut Steve Bowen, STS-133 mission specialist, is seen on the middeck of the space shuttle Discovery soon after reaching Earth orbit on flight day one. Bowen is still in his launch and entry escape suit.

places that never had fresh water on a continuous basis. In the 1960s and 1970s, NASA developed communications systems based on cell switching - the founding technology for our cell phones. "If you don't ask the questions in exploration, you won't have the answers," he explains. "The research we are doing - we are all lab rats. When we go to space we can make life better here on Earth."

SO, WHAT IS IT LIKE TO BE AN ASTRONAUT... TO HAVE BEEN IN SPACE?

For Bowen, it is about perspective. "It's kind of frustrating that it took me going to space to see just how amazing Earth is," he observes. "It is a sense of awe. Look at nature. Look at what civilization has done in trying to make Earth a whole better place... It is amazing what mankind and civilization have accomplished. It is incredible." It is also a time to be reflective. "To see how far we've come - it's staggering. And you can [reflect] on a daily basis," he notes. "Nature - just allow yourself to take a look. We can get caught up in the news... we have to step back and appreciate things every so often."

Currently on the Artemis project (to land the first woman and next man on the moon by 2024), Bowen's joy in his work is clear, whether it is training, flying, working with cosmonauts, or practicing spacewalks. "Being a part of this is incredible. It's the greatest job in the world." Not bad for a kid who lugged buckets of cement for his father's tiling business. "250 miles about the Earth and orbiting the planet every 90 minutes, what kind of world do we live in where that is possible... it's absolutely amazing."

Heat Pumps: Your Energy Efficient Solution for Cold Winters and Hot Summers

By Enoch Lenge

It's increasingly important for homes to be cozy and warm as temperatures drop and days shorten, especially with many continuing to spend more time at home. But it's also important that heating and cooling systems are energy efficient to ensure you don't spend more than needed to keep your home comfortable. There are several options out there, but heat pumps are the most efficient option for many homeowners that currently heat their home with electricity, oil, or propane.

Contrary to their name, heat pumps can both heat and cool your home. They are also much better for the environment – and your wallet – than furnaces and air conditioners. But choosing which heat pump is best for your home can be overwhelming. A local HVAC contractor can help you select the best system for your home and Eversource's Home Energy SolutionsSM can connect you with rebates and financing that can make a heat pump good option for you. These are some of the most common questions our team of experts answer when it comes to heat pumps:

- How do heat pumps work? Like a refrigerator or air conditioner, a heat pump runs on electricity, and a refrigerant transfers heat from one location to another. To cool your house, heat pumps take hot air from indoors and move it outdoors. To heat your home, heat is extracted from outdoors and transferred to the inside of your home. Because heat pumps transfer heat rather than produce hot or cold air, they are a more efficient option than conventional heating and cooling systems, reducing both carbon emissions and your energy bill. Geothermal or "ground source" heat pumps are another option which maximize efficiency by transferring heat and cold from water circulated underground where it is a constant temperature year-round.
- I have a boiler and no central AC. What should I do? Generally, ENERGY STAR[®] certified ductless mini split heat pumps work well for those who live in homes that are heated with a hot water system such as a boiler and

With Eversource's rebates and incentives – coupled with the fact that we are spending more time at home than ever due to COVID-19 – there is no better time to increase your energy savings and your comfort with a high-efficiency, heat pump system.

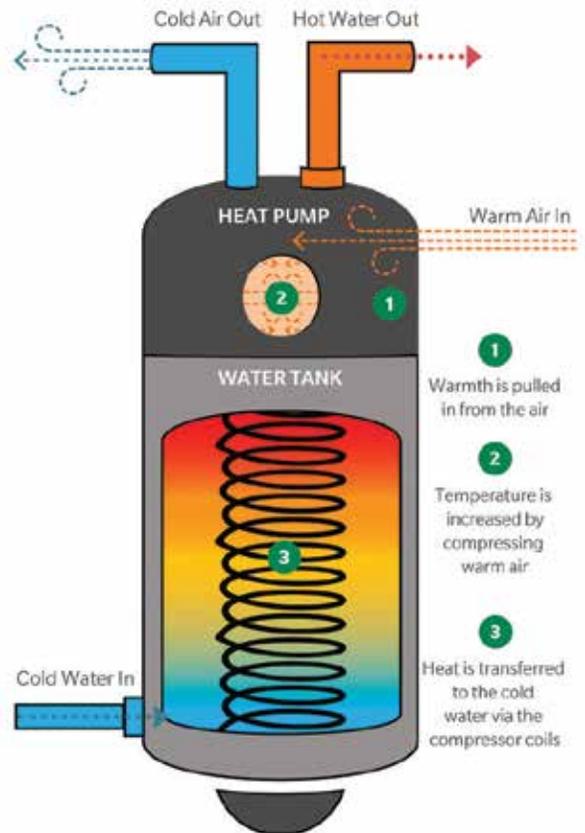
Depending on what type of heat pump works best for your home,

rebates for Connecticut residents range from \$500/ton to \$1,000/ton.

Whether you're looking to improve the comfort of your home, save on your energy bill, or help save the environment, Eversource has several budget-friendly solutions to help you get started.

To schedule your Home Energy Solutions visit, call 1-877-WISE-USE (877-947-3873), or visit [Eversource.com](https://www.eversource.com) to learn more about Eversource's residential offerings and additional ways to save.

Enoch Lenge is Eversource's energy efficiency spokesperson.



do not have central air conditioning. These units can be hidden via wall-mounting, floor-mounting or ceiling mounting, thus making them a more visually attractive option.

- I have central AC and existing duct work. Is a heat pump still right for me? Yes; people who live in homes with these features should consider a heat pump system. These systems are conducive to homes that already have ductwork and can be added easily.
- How do I get the most out of my heat pump? While it can be tempting to adjust the thermostat frequently depending on how you feel, try not to. Heat pumps work better when they stay at one, consistent temperature as much as possible.



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