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# Town Manager's Corner

As I write this message, we are getting a taste of spring weather and although winter has not quite given up, longer days and warmer weather are just around the corner! As the pandemic once again loosens its grip on us, we all look forward to preparing for spring and summer activities and Town staff turns its attention to planning for the upcoming fiscal year.

Budget preparations for the 2022-2023 fiscal year are well underway. The Board of Education has released and is considering its plan for the next year and Town staff and I are working on a proposed plan for general government that will address the future of the community. As always, that process will involve a number of public meetings at the Board of Education, the Board of Finance and the Town Council culminating in a referendum of Town residents. Capital improvement and purchasing plans for upcoming years has been developed and are being reviewed to ensure the Town continues its long range planning for the future. Budget meetings will occur in

March and April and the Town Meeting and referendum should occur in May or June. Watch the Town's website for proposed budget information as we move through this important planning process.

I hope you continue to appreciate Events Magazine and the information it provides. Please share thoughts you may have about Events 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 helps the Town bring this quarterly publication to the community with limited cost.

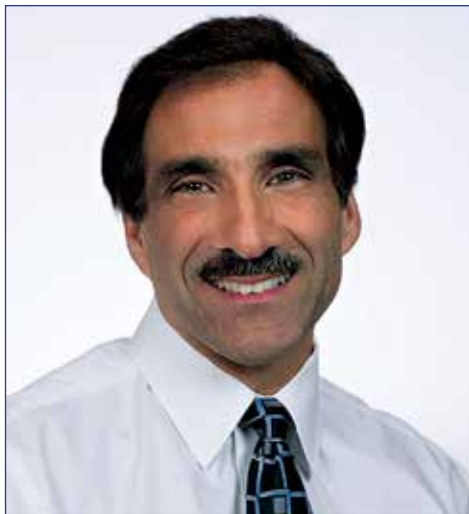


David E. Cox  
Town Manager



## East Hampton Rotary

The East Hampton Rotary is proud to announce the car raffle will be held in 2022. With the return of Old Home Days this year, the raffle drawing for the car will be held on the Center School grounds on Saturday, July 16 at 8:00 pm. This year's car will be a 2022 X1. Only 700 tickets are sold and they are \$100 each. Tickets will be available in May. All proceeds support community service projects and scholarships.



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**COVER PHOTO**

Nesting Bluebirds

Photo by Lucinda (Cindy) Moriarty

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## Lake Smart Program Advocates Rain Gardens for Local Home Owners

The Lake Smart Program has been promoted by the East Hampton Conservation Lake Commission (EHCLC) to reduce the amount of nutrients, chemicals, oil, dirt, bacteria, and sediment from rainwater flowing into Lake Pocotopaug. The increase in nutrients such as phosphates and nitrates found in fertilizers that flow into our lake has provided food for algae to grow and has resulted in the closing of swimming due to its harmful effects on humans and pets.

One of the solutions advocated by the EHCLC is encouraging homeowners on the lake and those in the watershed to build rain gardens. A rain garden is a garden of native shrubs, perennials, and flowers planted in a small depression, which is generally formed on a natural slope. It is designed to temporarily hold and soak in rainwater runoff that flows from roofs, driveways, patios, or lawns. Rain gardens are



The homeowner created a Rain Garden on the side of their home near a rain down spout. River stones were used at the bottom of the pipe and on the ditch to the rain garden thus reducing erosion from the flow of water. CREDIT: UCONN Extension photo

effective in removing up to 90% of nutrients and chemicals and up to 80% of sediments from the rainwater runoff. The pollutant-laden water enters storm drains and flows directly to nearby streams, ponds, and lakes. The US EPA estimates that pollutants carried by rainwater runoff account for 70% of all water pollution.

A rain garden is not a water garden. Nor is it a pond or a wetland. Conversely, a rain

garden is dry most of the time. It typically holds water only during and following a rainfall event. Because rain gardens will drain within 12-48 hours, they prevent the breeding of mosquitoes.

When designing a rain garden, typically six to twelve inches of soil is removed and altered with tillage, compost and sand to increase water infiltration. The type of alteration to the soil depends on the current soil type, so it is a good idea to obtain a soil test. Also, rain gardens incorporate native vegetation; therefore, no fertilizer is needed and after the first year, maintenance is usually minimal.

A rain garden should have an area about 20% the size of the roof, patio, or pavement area draining into it. A typical rain garden for a residential home or small building is between 100 and 400 square feet. Regardless of the size, big or small, each rain garden can make an impact.

Building it yourself will save you money and provide you with a greater sense of accomplishment. Many homeowners finish their rain garden in one afternoon. Digging the garden is the most time-consuming task, as 6-8 inches of soil depth is typically removed to add amendments. Involve your entire family or invite the

*continued on page 11*

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## East Hampton Volunteer Fire Department "Volunteer" or "Career"?

Within the Fire Service, there are two basic types of firefighters: those who get paid to do it ("career" firefighters) and those who don't ("volunteers").

In general, career firefighters are full-time members of municipal fire departments that provide emergency services to cities and more densely populated suburban areas. Collectively, career fire departments employ less than a third of the 1.1 million firefighters in the United States yet cover over 65% of the US population. By contrast, 85% of fire departments across the country are staffed by volunteer firefighters, protecting over 93% of the land mass within the country's borders.



Beyond the monetary aspect, the major distinction between career and volunteer firefighters is the frequency of their responses. Career departments serve larger constituencies that experience more incidents requiring emergency services than a smaller, less populated area. A career firefighter may do more calls than a volunteer, but the nature of those incidents, and the training required to address them, are all the same.

Both career and volunteer firefighters are trained to consistent standards to ensure best industry practices are introduced and implemented, and all fire departments are subject to the same governmental regulation for compliance to safety-related protocols and procedures. The National Fire Protection Association is a non-profit organization that conducts research and develops codes and standards for the fire service industry, dedicated to reducing death, injury and economic loss due to fire and other hazards. The NFPA has published over 300 industry standards that govern everything from life cycles for firefighter protective gear to equipment guidelines for apparatus to training requirements or even to what constitutes a compliant "firehouse."

Similarly, the Occupational Health and Safety Administration is acutely aware of the workplace risks inherent in firefighting and has a special place in their hearts for fire departments. Compliance with OSHA standards is mandatory at all levels and there is no distinction between a career or a volunteer department.

While the job requirements and necessary skills of both the career and volunteer firefighter are the same, volunteerism is trending downward and many departments, even locally, are struggling to attract and retain new members. From Fire Chief Greg Voelker: "As the East Hampton Fire Department approaches its 100th anniversary next year, we've been very fortunate to remain an all-volunteer organization. We gained several new members recently, which is a good thing, but time marches on and a lot of our firefighters have been here for a long time. As a department, we are committed to remaining volunteer and, as long as we can still provide the level of service our residents have come to expect, we will stay that way. Time will tell..."



Moodus Reservoir  
photo by Patty Solovei

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## East Hampton Senior Center

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Email: [seniorcenter@easthamptonct.gov](mailto:seniorcenter@easthamptonct.gov)

### Hours:

Monday-Thursday 8:30 am to 4:00 pm  
Friday 9:00 am to 4:00 pm



[facebook.com/easthamptonseniorcenterct](https://facebook.com/easthamptonseniorcenterct)

## On-Going Programs

**Bingo** via Zoom and in-person Tuesdays at 1:15 pm.

**Bible Study** in person Tuesdays at 1:00 pm.

**T'ai Chi** via Zoom. Tom Cushing will be teaching a fun and relaxed T'ai Chi class for beginners and advanced practitioners alike in this 8-week program of 30-minute classes. Tom teaches the principals of traditional T'ai Chi through a low stress, easy-to-follow format which incorporates strategies to improve balance and help preventing falls. Please register at the Senior Center with payment of \$40.00 per 8 week session. Call to confirm next session.



The Senior Center provides small group interactions to encourage conversation and socialization with each other.

**Wednesday Writer's Workshop** with Elizabeth, virtual and in-person every other Wednesday at 9:30 am OR Writer's Workshop with Elizabeth, virtual and in-person every Thursday at 10:30 am.

**Open Art Studio** Wednesdays from 10:00 am to 1:00 pm. Artists bring their own projects/supplies and critique each other's work,

if asked, to help through the process. It is a quiet well-lit environment to work on your individual project.

**Yoga** via Zoom and in-person at the Town Hall Wednesdays at 11:40 am. This yoga class stretches your mind, body and soul. Gentle yoga is a hidden gem of a yoga style. It is appropriate for a wide spectrum of practitioners. A gentle class isn't necessarily an "easy" one, it does move at a slow and steady pace. Call the Center for more information. \$20.00 fee for 10-week session. Next session 4/6/2022-6/7/2022.

**The Book Club** will meet in-person at the Senior Center and virtually on March 8, April 12 & May 10 at 10:30 am. The choice of book is announced at each Club meeting. Setback on Thursdays from 1:15 pm - 3:15 pm, no partners needed. Entertaining game, played with fun people! Please register ahead of time.

**Wii Bowling** on Thursdays, March 3 & 17; April 14 & 28; May 12 & 26, 10:00 am to 11:00 am. Join the fun! Pre-registration is necessary via my MyActiveCenter.com or call the Center.

**Family History:** We are in the process of establishing an ongoing program to help you with your research of your family lineage. We will have monthly presentations and one on one interactions. Meeting is usually the 2nd Friday of the month at 10:30 am. Please call the Senior Center for more information and registration information.

**Textile Group:** Fridays at 1:00 pm. Don't let the title throw you.! Our knitters and crocheters bring in their projects and socialize while they create. They are a great resource for each other when you get 'stuck!' New members welcome!

Masks are required\* for all participants at the Senior Center regardless of vaccination status. (\*Exception for those dining at the Community café. Once seated masks can be removed to eat. Masks must be in place when moving about the Center.)

**Mahjongg/Games Group** Fridays at 10:00 am. This group challenges each other with this strategy making game. Stop by and check it out!

**The Connecticut Energy Assistance Program** continues through May. Please call the Senior Center for more information and/or an appointment. Applications may be submitted through May 2022.

**ArT w KaReN:** Sunday, March 27, April 24 & May 22 from 2:00 pm - 4:00 pm. Karen provides a calm beginner art experience with acrylics. No experience necessary. Pre-register online or call. Pay \$5.00 for supplies to the instructor the day of the event.

**East Hampton Speaks:** March 25, April 22, & May 27 at 10:30 am. Join us to discuss the Good ole days of yesterday. Bring your memorabilia and memories and share with the group! Please register ahead of time. This program is limited to 15 seats.

**The East Hampton/CRT Community Café** is open on Tuesday and Thursday at 12:00 noon. You must register online on MyActiveCenter.com or call the Center to make a reservation. Please call before 11:00 am for more information at 860-267-4426 ext. 230. A registration form must be completed prior to signing up for your meal. A \$3.00 donation is requested.

**Commission on Aging presents: The Survey Says:** Come hear about the results of the survey taken in the fall of 2021. Friday, March 4 at 10:30 am. Lunch will be provided after the presentation.

We ask you sign up in advance for all programs. You can call the Center and/or you can register online. You do need to be registered with the Senior Center prior to registering online.

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### East Hampton Kindness Extravaganza!

The Peach Pit Foundation and the Community Foundation of Middlesex County have given the library another grant! Last year, they gave the library a grant with the goal to spread joy. This year, we have been challenged to spread kindness. The library is planning for a month-long kindness extravaganza for April which will include a kindness kit, art exchange, silent auction and more. Be sure to check our social media accounts (Facebook and Instagram) and our website for the latest information!

### CHILDREN'S PROGRAMS

#### Early Literacy Programs

Masks required for all participants aged 3 and up. Registration required to keep group sizes small.

#### NEW! Mindful Movements

Ages 18 months-5 years

Mondays at 10:15 am and 11:15 am

An early literacy program that uses whole body movement to promote early literacy and social emotional skills. Sing songs, dance to favorites, and find your happy place!

#### Baby Rhyme Time

Ages 0-18 months

Thursdays at 10:15 am

A storytime program for babies and their caregivers that promotes connection using music and play.

#### Stories and Songs

Ages 18 months-5 years

Wednesdays at 10:15 am and 11:15 am

A storytime program for children and their caregivers that uses stories, songs, and movement to reinforce early literacy concepts and allows for interaction with other families in the community.

#### Bedtime Storytime

Ages 18 months-6 years

Monday, March 7 and Monday, April 4 at 6:30pm

Wear your pajamas, bring your favorite stuffed animal, and join us for some bedtime-themed songs, rhymes, and stories!

### SCHOOL-AGE PROGRAMS

Masks required for all participants. Registration required to keep group sizes small.

#### Food Explorers' Food Riddle Bingo & Strawberry Shortcake Parfaits

Ages 7-12

Friday, March 25 at 4:00 pm

Join Food Explorers for a fun and delicious hour of food! Create your very own Strawberry Shortcake Parfait for a tasty snack and play a game of food riddle bingo: decipher the riddle to get Bingo! Recipe is nut free but does contain dairy and/or eggs. Each child will make their own portion.

#### Moonlight Madness STEM Program

Ages 6-11

Friday, April 8 at 4:00 pm

Join Cool-ology® to celebrate April's Full "Pink" Moon! Learn all about Earth's moon in this fast-paced, fun, educational program. We'll make moon-like craters, investigate moon phases using Oreo cookies, and create mini-rockets we can launch toward Earth's one and only true satellite!

#### DIY Days

Select Saturdays at 2:00 pm

Reduce, reuse, upcycle! Children and families in grades 2-8 create a different toy, game, or treat each month.

March 12: Ping Pong Ball Shooters

April 2: Chia Heads

May 21: Ice Cream

More to come! Please check the calendar of events on our website for additional school-age programs.

### TAKE HOME ACTIVITIES

#### NEW STEM Project Bags

Ages 6 and up

Available beginning on the first Monday of each month and while supplies last.

Monthly take and make kits exploring the world of science, technology, engineering, and math with hands on activities. These kits are first-come, first-served so no registration is required. Check our website to see what each month's project will be!

### Take and Makes for Little Learners & School Age

Each month the library debuts take home activity kits designed specifically to meet your child's developmental needs! Inside your kit you'll find all of the supplies needed to make a fun arts and crafts project. Reserve your kit online on our website and pick it up in person or curbside.

### TEEN PROGRAMS

#### Dungeons & Dragons: Grades 8 – 12

Select Wednesdays at 5:30 - 7:30 pm

March 2, 16, 30

Held in person at the East Hampton Public Library.

Join us for an exciting journey into the world of Dungeons & Dragons! No previous playing experience required. We will provide basic, fifth edition, level two characters; all supplies included! Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

#### New! Pre-Teen Advisory Board: Grades 6-8

Select Tuesdays at 5:30 pm

March 29, April 26, May 24, June 21

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

Help make a difference in your community! Provide your input to expand our YA/Teen collection and plan programs! Share your knowledge, creativity and interests to make the East Hampton Public Library a place that teens feel welcomes and a place they want to be! Earn community service hours. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

#### Teen Advisory Board: Grades 9-12

Select Wednesdays at 6:00 pm

April 27, May 25, June 22

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

If you're a teen and you're passionate about helping your community, consider joining the Library's Teen Advisory Board. You'll come together with other East Hampton teens to plan and create events and programs you want, provide input to expand our YA/Teen collection and share your knowledge, creativity and interests to make the East Hampton Public Library

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## Seeking Nominations for Business of the Month and Welcome New Businesses!

Out with the winter temperatures and in with the spring bloom. No matter the season, you can count on businesses across East Hampton to make our town an even greater place to live, work, and have fun. From creating jobs to helping those residing in town, local businesses are making daily contributions. It is with this in mind that the East Hampton Economic Development Commission is proud to recognize and promote local businesses that have gone above and beyond in creating a lasting impact on our beloved town.

The Economic Development Commission invites people and East Hampton business owners or employees to make a nomination for our New Business Spotlight or to be Business of the Month. Nominees must be a

town-registered business and are eligible for either recognition depending on how long the business has been in operation. New Business Spotlight is eligible to businesses under a year old and Business of the Month is available to businesses in operation for at least one year.

The online nomination forms and more information on the recognitions can be found on the Economic Development Commission webpage on the Town of East Hampton website.

The recipient business will receive a recognition sign in front of their place of operation for one month, submission in East Hampton Events Magazine, and social media promotion announcing their recognition.



New Business of the Month – Two Brothers Cafe

## East Hampton Fire Marshal Seasonal Safety Tips

When you do your spring-cleaning, dispose of those old cans of paint, thinners, accumulated newspapers and magazines. Check local newspapers for times and locations to drop off household hazardous materials.

### Change Your Clock - Change Your Battery

Change the battery in your smoke alarms and perform maintenance such as cleaning and dusting as per manufacturer's instructions. Remember proper placement of smoke alarms, with at least one on every level. Review and practice your home escape plan. Inspect and clean dust from the covers of your carbon monoxide alarms too.



Test Smoke Detectors monthly - Replace all smoke alarms every 10 years.

### Replace or clean your furnace filter.

A dirty filter can lower the efficiency of the heating/cooling system, increase heating costs and cause fires.

*As spring starts, the East Hampton Fire Marshal would like to remind you of some seasonal safety tips.*

### Clean the kitchen exhaust hood and air filter.

Keeping this clean of cooking grease will help keep a stovetop fire from spreading.

### Clean the clothes dryer exhaust duct, damper and space under the dryer.

Poor maintenance allows lint to build up in the exhaust duct and cause fire.

### On gas-operated equipment, check fuel lines and connectors for leaking fuel.

Never use or store gasoline indoors. Store gasoline in a cool place away from the house in a detached garage or shed, and always in an approved safety can. Keep gasoline and all flammable liquids away from children!!!!

### Grills

Grills use fire, which means you have inherent risks right from the start. In fact, the NFPA



reports that outdoor grilling every year causes approximately 8,900 house fires. Proper maintenance of your grill is imperative. Make sure to check every part of your grill, including the propane tank, hose, and all connecting points. Once that's done, clean up any grease or fat build-up (which you should do every time you grill). This will decrease the risk of fire and your food will taste better.

Use only charcoal lighter fluid on charcoal. Never use gasoline, diesel fuel or any other flammable liquids to start a fire. Once the fire is started, do not let anyone get near the grill with a container of lighter fluid, no matter the reason. Also, make sure your grill is clean. If you fail to clean it before and after each use, it could lead to a dangerous condition.

### Outdoor Fire Pits

Fire pits can be safe and fun but only if you follow the proper precautions. Never use gasoline or other flammable liquids to start a fire. Safe fire starters are widely available.

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## Library... *continued from page 7*

a place you love to be. Earn community service hours. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Switch Game Tournament: Grades 6 - 12

Select Saturdays at 2:00 pm  
March 5, April 30, May 28

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

Think you're the best gamer in town? Here's your chance to prove it! Join us for a Nintendo switch game tournament! We might be playing MarioKart or Super Smash or something else! All skill levels welcome! Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Teen Friday: Grades 6 - 12

Select Fridays at 3:00 pm  
March 11, April 1, April 22, May 6, May 20

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

Friday is finally here! Kick back and relax and start your weekend off right. Join us for fun crafts, games and more! We'll have snacks and enjoy catching up your friends and library staff! Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Teen Take and Makes: Grades 6 - 12

Each month, the Library debuts four Take and Make activity kits: one for teens plus, one for adults, one for school age children and one for our littlest learners. Inside your kit you'll find all of the supplies needed to make a fun art or craft project. Reserve your kit online on our website and pick it up in person or curbside. Act fast; supplies are limited! Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

## ADULT PROGRAMS

### Book Club

Third Tuesday of every month at 6:30 pm

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

Each month we choose a different book to read and discuss. Copies of the month's book are available for checkout at the circulation desk. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Focus on Fitness

Second Tuesday of every month at 7:00 pm

Join us to celebrate successes, sympathize with struggles and maintain motivation in your physical fitness whether you are just starting

out or have been at it for a long time. If your loved one's eyes glaze over when you talk about your newest pair of running shoes or your struggle with proper push-up form, this group is for you! We will be joined by Certified Personal Trainer and Nutrition Coach Amie Meacham. Please bring something that represents your hard work like a race medal or t-shirt, a picture of you in action, or those brand-new shoes that are just starting you out!



### The Front Door Project with Deb Cohen

Tuesday, March 22 at 6:00 pm

Deb Cohen joins us to discuss her popular Instagram account, The Front Door Project, which focuses on photographs of charming, often historic homes mostly around Connecticut. We'll find out how the account started, how it has grown in popularity (now with 85,000 followers!), her favorite homes over the years, what makes a home stand out, and what makes for great curb appeal.

### Victorian Tea Etiquette - Virtual

Tuesday, March 1 at 6:30 pm on Zoom

Attend a virtual Victorian Tea Etiquette workshop. This virtual presentation from the Osborne Homestead Museum in Derby, CT, will take us back in time to the late Victorian Era (1837-1901) when Frances Osborne Kellogg would've been a young lady in her 20s hosting and going to tea parties. During the online workshop, participants will learn Victorian tea etiquette, the difference between the types of tea services, and understand and the social "do's and don'ts" of a tea party. Participants will receive a tea-tasting kit from the library prior to the online event. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Cabin Fever Series: Interviews from Residents about East Hampton

Select Saturdays at 1:00 pm  
March 12, April 30

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

The final two programs in the Cabin Fever series will be interviews from residents about East Hampton. Hear from Katie Morris, Donna Marston, Whitney Fielding and others about their early family life in East Hampton, their school experiences, their first jobs, early businesses in town and how life has changed from then until now. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Author Event! Jack Matthews, author of Arte Perdida

Tuesday, May 31 at 6:30 pm

Held in person at the East Hampton Public Library. Masks required for all patrons aged 3 and up.

Author and local resident Jack Matthews will be giving a presentation about his latest book *Arte Perdida*. Manny Pereira, a decorated and disabled Vietnam War Veteran, races to find the killer in an investigation that spans from Nazi Germany to the Azores and Newfoundland, and finally to the neighborhoods of this once peaceful harbor town. With more than a few possible suspects, Manny works quietly behind the scenes and uncovers a decades old scheme of greed, revenge, and murder. The allure of art and love compound the challenges for Manny, and as he closes in on the killer, not even he could have anticipated the frightening twist in his investigation or its shocking conclusion. Books will be available for purchase and to be signed. Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### Adult Take & Makes

Once a month we'll have a take-home craft activity kit just for adults! Pre-registration begins the first of every month. Act fast; supplies are limited! Register online at [EastHamptonPublicLibrary.org](http://EastHamptonPublicLibrary.org) or by calling us at 860-267-6621.

### SAVE THE DATE, SUMMER FUN!

Summer Reading is coming soon! Our 8-week summer reading program, "Ocean of Possibility," is free to the public. We are excited to have summer reading programs for all ages again this year including adults.

Children, teens, and adults will be able to check in weekly, earn raffle tickets along the way, and enter to win fun prizes! Save the date for our Summer Reading Kick Off Party on June 24th, 3:00 pm - 5:00 pm.



*continued on page 11*



## CURBSIDE PICKUP

For your convenience and safety, the Library offers curbside pickup. 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 pickup, just let a staff member know that you would like to pick up your items curbside. We'll put your items outside on our curbside pickup rack for your quick pickup. Call us with questions at 860-267-6621.

## NEW ITEMS FOR CHECKOUT!

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

## STEAM to GO Kits

The children's department is proud to announce a new collection available for checkout! STEAM to GO kits are themed backpacks that are filled with educational activity sets appropriate for school-aged children. Kits are designed for either grades PK-3 or grades 4+, and themes include topics like dinosaurs, nature, and yoga.

## Novelty Cake Pans

Thanks to a generous donation from an East Hampton community member, we now offer a collection of decorative and festive novelty cake pans so you can create your own in-

credible creation at home without breaking the bank on a new pan.

## WonderBooks!

WonderBooks are print picture books with a ready-to-play audiobook inside. No CD player or special equipment required! Children will press play to read along with their favorite books and then switch to learning mode for literacy learning and fun. The Library has over 30 titles to choose from!

## Puzzle and Board Game Swap

Bring one or take one; it's just that easy! We have tons of puzzles and board games for you to enjoy. Just return them when you're done!

## Hotspots Now Available

Check out the internet! The Library has five hotspots available for checkout. A hotspot enables any wifi-enabled device to connect to the internet. 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 growing collection of games for the Nintendo Switch. Check our catalog for offerings and borrow a new game for a week.

## Rain Gardens... *continued from page 5*

neighbors over and make a party out of it.

Here are some of the benefits of Rain Gardens: improves water quality by filtering out pollutants, preserves native vegetation, provides localized storm water and flood control, and attracts beneficial butterflies, birds and insects.

For more information on building Rain Gardens and plant selections visit your local garden centers and UCONN website: <https://nemo.uconn.edu/raingardens/> for their booklet "Rain Gardens: A Design Guide for Connecticut & New England. Also at town website Protecting Lake Pootopaug | easthamptonct You can also contact Marty Podskoch (860-267-2442) a member of the EHCLC or Jeremy DeCarli, Planning & Zoning Official (860-267-7450).



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## Old Home Day 2022!!

Come One, Come All! East Hampton Old Home Days 2022 will be making a TRIUMPHANT return!

Please join us on July 14, 15 & 16. Come check out all of the amazing vendors, watch the spectacular parade, enjoy delicious local food vendors, listen to free live music, take a ride on the Ferris Wheel and more!

Follow Old Home Days on Facebook and visit the website [www.ehohd.org](http://www.ehohd.org). Be creative to PAINT THE TOWN RED!



## Town Clerk's Office

**Land Records** — The Town Clerk's office offers 24/7 online access to Land Records by visiting [www.searchiqs.com](http://www.searchiqs.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 annually during the month of June. You may renew your dog license online, in person or via mail.

**Sports Licenses** — As fishing season is upon us, please visit the Town Clerk's Office to get your license.

## East Hampton Town Directory

[www.easthamptonct.gov](http://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
Chatham Historical Society.....	860-202-5308	Public Works.....	860-267-4747
Collector of Revenue.....	860-267-2300	Registrars.....	860-267-6720
Emergency Management.....	860-267-0088	Senior Center .....	860-267-4426
Finance Department .....	860-267-7548	Town Clerk .....	860-267-2519
Fire Marshal .....	860-267-0088	Town Manager.....	860-267-4468
Food Bank .....	860-365-5978	Water Pollution Control Authority .....	860-267-2536
Housing Authority .....	860-267-8498	Youth & Family/Social Services.....	860-267-9982
Human Resources .....	860-267-4468		



# Office of the Assessor

## 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 <https://www.easthamptonct.gov/assessor>

## Motor Vehicle Assessments

### 2021 Grand List

Due to the COVID-19 pandemic and microchip shortages, the automakers' production lines to keep pace with buyer demand has been difficult. Fewer new cars mean that people turn to used cars, and the increase in demand drives prices skyward. An increase in demand has led to increased prices to significantly higher assessment values in October 2021 than in 2020.

Please be aware the Assessor's Office has been informed about incorrect assessment

values for campers and motorhomes. It has come to our attention the Department of Motor Vehicle provided information that reflect the cab and chassis ONLY and NOT the entire camper/motorhome for the assessed value. Due to this information our office is responsible to look up and value manually ALL campers/motorhome and motor vehicles and place the correct assessed value on each by means of the J.D. Power NADA Guides.

### About J.D. Power Valuation Services (formerly NADA Used Car Guide)

J.D. Power Valuation Services, formerly NADA Used Car Guide, is a leading provider of vehicle valuation products, services and information to businesses.

### Elderly & Totally Disabled Tax Relief Program

Residents 65 years of age or totally disabled may be eligible for a tax credit on real estate; income guidelines apply and are adjusted each year. Applications will be available starting February 1, 2022 and must be filed

on or before May 15, 2022. Per the State of Connecticut, the maximum income for a single taxpayer has been set at \$38,100. The maximum income for a married couple has been set at \$46,400.

### Veterans

Low-income veterans or their widow(ers) may be eligible to receive an additional exemption per the State of Connecticut. Homeownership is not required. Additionally, a low-income veteran's exemption is available per local ordinance.

Additional exemption information can be found at <https://www.easthamptonct.gov/assessor/pages/tax-relief-programs>

### Property Tax Exemptions For Blind or Totally Disabled Persons

Connecticut law provides for a \$3,000 assessment exemption for taxpayers who are legally blind. Connecticut law also provides for a \$1,000 exemption for totally disabled persons who are receiving benefits under a federal, state or local retirement plan, which

*continued on page 14*

## 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.



COMMUNITY  
FOUNDATION  
of Middlesex County



*Get involved and help our local communities thrive through your community foundation.*

*Learn more at [MiddlesexCountyCF.org](https://MiddlesexCountyCF.org) or call (860)347-0025.*

# Office of the Collector of Revenue

## Commonly Asked Questions

How do you determine how much I pay in taxes?

The total assessed value is multiplied by the mill rate. Example: A vehicle with a net assessment of \$10,000 and a mill rate of \$34.53 would have a total tax of \$345.30. ( $\$10,000 \times 0.03453 = \$345.30$ )

### What is a mill rate?

The property tax rate is expressed in mills or thousands of a dollar. The tax is based on a mill rate of 34.53 mills which equates to \$34.53 in taxes per \$1,000 of net assessed value.

### How is the mill rate determined?

During the budget process the Town determines how much revenue it will need to operate for the upcoming year. All forms of income or revenue are subtracted from the total operating budget, leaving the remaining portion to be raised by taxes. This portion is divided by the total net taxable assessments of the Town. The result is the mill rate.

### How do I obtain a motor vehicle clearance?

All delinquent motor vehicle taxes in your name must be paid in full with cash, bank check or money order. All clearances are reported electronically to DMV and are received immediately.

## East Hampton Social Services Energy Assistance

Please contact Christine at (860) 267-4468 ext. 3208 to coordinate your 2022 winter energy assistance application to apply for this program. We are still following COVID precautions, and the application 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. This program is to assist with your primary heating source, and any funds that you qualify for become available for use immediately after approval. Please call/email ([cwiesner@easthamptonct.gov](mailto:cwiesner@easthamptonct.gov)) to acquire the list of required documents needed to determine your eligibility and for the processing of your application. Do not wait until you are out of fuel! In the event you are approved for energy assistance, and are in need of a delivery, you must request your delivery 5-7 business days before you will be in need of the fuel. This ensures enough time for the order to get to your approved vendor and for them to deliver to your home in a timely manner.

East Hampton Social Services continues to assist residents with applications and renewals for DSS services. If you are in need of assistance with either, please call us to discuss. Most of these we can help with remotely.

Eversource: If you are struggling to keep up with your electric bill, contact us and we can help determine what options may be available for 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. We recommend residents contact us as soon as they feel a need. All information disclosed is handled with confidentiality.

Do you have a young child who is in need of a winter coat, snowsuit or clothing? Please call/email Christine indicating what size you are in need of. Various sizes/styles were donated to our office.

If your child has an upcoming birthday and you need assistance providing a gift, please contact Christine at (860) 267-4468, ext. 3208. We have many donated toys, games, etc. from our holiday donations.

### Assessor... *continued from page 13*

contains requirements comparable to those of the Social Security Administration.

### Handicap Equipped Vehicles

In East Hampton, by municipal ordinance, privately used motor vehicles that have been retrofitted to accommodate a handicapped person may be fully exempted from property taxes.

The Assessor's Office is open Monday, Wednesday, Thursday 8:00 am to 4:00 pm, Tuesday 8:00 am to 6:30 pm and Friday 8:00 am to 12:30 pm. We can be reached at 860-267-2510.

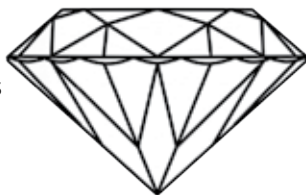
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## Arts & Culture Commission

# Grants Available

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, 2022 to [arts@easthamptonct.org](mailto: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.arts-foreasthamptonct.org](http://www.arts-foreasthamptonct.org)

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online at:  
[www.easthamptonct.gov](http://www.easthamptonct.gov)**

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Are you interested in the history of  
East Hampton, Cobalt or Middle Haddam?

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**Hours:**


Monday 10:00 am – 2:00 pm  
Tuesday 3:00 pm – 6:00 pm  
Thursday 10:00 am – 2:00 pm  
Friday 3:00 pm – 6:00 pm

Come visit your 2nd library in town!  
[www.middlehaddamlibrary.com](http://www.middlehaddamlibrary.com)

**2 Knowles Road, Middle Haddam, CT**



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Double Vision  
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Pain Behind Eyes  
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Excess Tearing  
Dry, Scratchy Eyes  
Crusty Eyes in AM  
Pink or Red Eyes  
Itchy or Dry Eyes  
Lids Look Puffy and Red  
Dizziness/Vertigo  
Imbalance  
Gets Car Sick

Unsteady Walking  
Gait: Leans Forward  
One Eye Sees Better  
Poor Grades in School  
Reading Problems  
Words Run Into Others  
**EYEGASS ISSUES:**  
Vision Not Crystal Clear  
Can't See All Distances

Annoying Glare  
Glasses Hurt Nose/Ears  
**CONTACT LENS ISSUES:**  
Dry Lenses in PM  
Scratchy Lenses  
Vision Not Clear  
Can't See Up Close  
Vision Fluctuates  
Eyes Get Red with CLs

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# EAST HAMPTON PARKS & RECREATION

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

## STAFF

Jeremy Hall, Director  
Shawn Mullen, Program Coordinator  
Sheri Yorker, Office Assistant  
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

[www.easthamptonct.gov](http://www.easthamptonct.gov) • 860-267-7300  
Jeremy Hall: [jhall@easthamptonct.gov](mailto:jhall@easthamptonct.gov)  
Shawn Mullen: [smullen@easthamptonct.gov](mailto:smullen@easthamptonct.gov)  
Sheri Yorker: [syorker@easthamptonct.gov](mailto:syorker@easthamptonct.gov)  
Morgan Slossberg [mslossberg@easthamptonct.gov](mailto: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  
(if in use)

## Youth and Family Services

860-267-9982

**SEARS PARK FACILITIES:** All rental request forms are available online at [www.easthamptonct.gov](http://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.

## REGISTRATION & PROGRAM INFORMATION

Due to the COVID-19 pandemic our program offerings are ever changing based on local and state guidelines. Please check out [www.easthamptonrec.com](http://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](http://www.easthamptonrec.com). Registration forms are available online at [www.easthamptonrec.com](http://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

*continued on page 18*

## FREQUENTLY REQUESTED INFORMATION:

### EAST HAMPTON LITTLE LEAGUE

- [www.easthamptonlittleleague.sportssignup.com](http://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](http://www.ehyouthfootball.org)  
For boys and girls ages 7 - 14  
email: [info@ehyouthfootball.org](mailto:info@ehyouthfootball.org)

### EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE

[www.easthamptonsoccerclub.org](http://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](http://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](http://www.epocharts.org)  
email: [info@epocharts.org](mailto:info@epocharts.org)  
Contact: Elizabeth Namen  
860-365-0337

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](http://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 email 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.

## Morning and Afternoon Adventures Before & After School Program

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am-8:30 am and 3:00 pm-6:00 pm. Students in grades K-5 may attend the program. Program attendance options are 2 days a week, 3 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 and pay in advance. 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, special guests and play with staff and their peers until pickup time. Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge. A discount is offered if doing both before and after school.

Options are 2 days a week, 3 days a week or 5 days a week. When doing part time note the days of the week at checkout. Rates for the months are firm, there are no adjustments if your schedule does not align or you miss days of school.

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](http://www.easthamptonrec.com) or call the office at 860-267-7300.

## Programming

Programs are being added to the schedule as we have dates finalized. As they are finalized, they will be posted to [www.easthamptonrec.com](http://www.easthamptonrec.com). We have many great offerings scheduled for the upcoming seasons. Check out our website for all programs.

### Spring Egg Hunt – Saturday April 9 – 10:00am

Join us for our annual Spring Egg Hunt. This event has always been a big hit in town. This year the Egg Hunt will be held outside at Center School on April 9. Participants are grouped by age group. The program cost will help us offset the cost of staff, candy and setup. Cost: \$5 per participant – Must Pre-Register!

### Sears Park Summer Camp

Sears Park Camp is an eight-week day camp. The campers have a blast! Each day offers activities such as crafts, sports, and games.

The entire camp goes swimming and has sandcastle contests most afternoons. Each week there will be a special theme, field trip, or special guest. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/First Aid Certified. Participants can 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. Registration will open in early March. Grades 6-8 will be based out of an alternate location with different field trips and activities scheduled. This age group will meet at the park, walk or be bussed to the park several days a week for swimming, kayaking, and other activities.

For: Boys and Girls entering grades 1-8 in the fall of 2022 (some field trips and activities will be different for grades 6-8).

Camp Dates: June 20 – August 12

Camp Hours: Monday-Friday 8:00 am – 4:00 pm



## Plan a Staycation For Spring Vacation



As families plan for their spring vacation in April, a staycation seems to be a worry free and fun way to spend time together. A family plan could be made to create a vacation atmosphere at home and in East Hampton. Once you have tucked away all of your school and work projects and cleaned your house, make a trip to the grocery store for all of those items that mean vacation...snacks and special foods!

Your Staycation could include time in the Village Center shops, enjoying the Airline Trail and a stop for lunch. Fishing season will be open and an afternoon at the Covered Bridge could include a hike and fishing. DEEP continues to stock Connecticut's rivers and streams in the spring to be ready for Opening Day.

Laurel Island is a private island located on Lake Pocotopaug. This island has

five guest houses on their five acres and a main lodge. Each house has its own dock and one waterfront deck. There are special rates and opportunities to enjoy the island and Lake Pocotopaug. Visit the website laurelislandct and plan your special day.

Another option is the Bevin House Bed & Breakfast, a one-of-a-kind Victorian mansion. The quaint rooms are decorated with charming colors and period antiques and breakfast is always a delicious experience. Visit the website thebevin-house.com for more information.

The Town now has a new member on the Central CT Tourism District and provides an opportunity for residents to learn more about East Hampton. Please contact [barbara.moore83@gmail.com](mailto:barbara.moore83@gmail.com) with any questions regarding your next vacation. She will be glad to help with your family plans for a day trip or more.

## Senior Center ...continued from page 7

### Up-Coming:

**Food Demo with Mary Lee Brody.** March 10th - Pre-register to reserve your seat for a full-on cooking demonstration of a St. Patrick's Day meal. Green Goddess dip with green crudités, Colcannon shepherd's pie, served with Irish cheddar soda bread, and finish with lemon pudding cake. Participants will get to sample the food along the way. Limited seating, please register soon with payment of \$3.00.

**National Volunteer Week:** The Senior Center will recognize volunteers throughout the month of April who have been ongoing volunteers at the Senior Center and through outreach.

May is Older Americans month. Age MY Way: 2022. Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

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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 and must meet the requirements found in the regulation.

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 Planning and Zoning Department before installation. Different sized buildings have different requirements.

The zoning review work is for your benefit. We ensure that anything you place in your yard will not negatively impact your well, septic system, or neighboring properties. 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.

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

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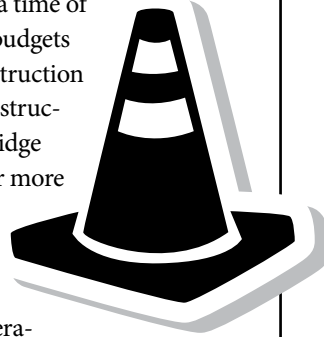
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## Public Works Department

The winter season is well underway. Traditionally, the “winter season” is identified as the period from November 15th until April 15th. During this timeframe 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 roadside 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 reconstruction and paving of Edgerton Street and paving of Cedar Ridge Road, Huckleberry Acres, and Dziok Drive. Stay tuned for more to come 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 our snow removal operations. Please find an off-road location to park your 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.



## Safety Tips... *continued from page 9*

Never leave young children unattended near a fire pit and have a fire extinguisher or bucket of water next to your pit before you start building the fire. Avoid tossing leaves, pinecones, needles, plastics, or paper into your fire, and never use pressure-treated lumber as fuel. Start to prepare for storm related outages. Make sure your flashlights and portable radios have batteries and that other supplies, such as bottled water, are stocked and available.



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

## Police Department



The East Hampton Police Department recently hired two new police officers to fill the vacancies created by retirements. Officer Brandy Lenois was a certified police officer in another town in Connecticut and Officer Vincent Garofalo IV served in the United States Air Force as a Military Police Officer and most recently worked in the Delaware Department of Corrections as a Probation/Parole Officer. Officer Garofalo is attending the Connecticut Police Academy in Meriden, CT and is expected to graduate in August. These two new hires bring the Department’s full time staffing level to seventeen (17) police officers.



Police K-9 Ardo had surgery on December 22nd to repair damage to his lateral meniscus and cartilage damage to the lateral condyle of his left rear leg. The surgery went very

well and Ardo is expected to be back on patrol sometime during the month of March.

Phone scams of all types continue to occur in town, and we want all residents to be vigilant when dealing with individuals that call your residence trying to obtain your personal information. Always verify the identity of the caller before giving out any information and always remember that your bank or Eversource has your account information so they would not be asking you for that information over the phone. If you have any doubts as to the legitimacy of the caller, ask for a call back number and then contact the police department and we will help you verify the identity of the caller.

As we approach the warmer weather, we will begin to see an increase in pedestrian traffic, especially in the town center area and around the lake. We are asking for motorists 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 our roadways safer for everyone.

Please don’t forget to lock your car doors and secure your valuables to avoid becoming a victim.





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

by Sigrid Kun

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."

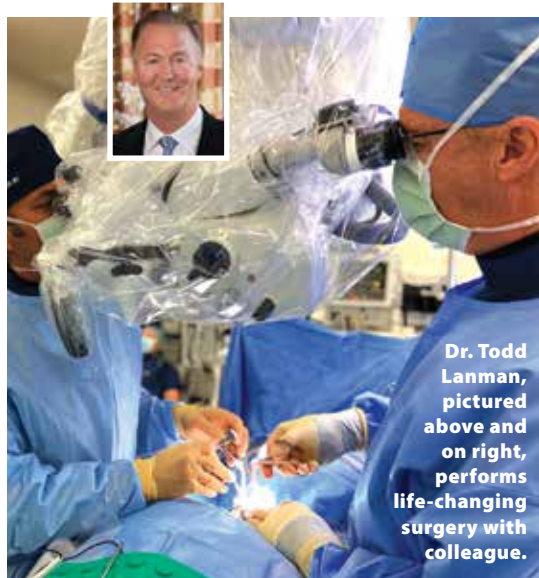
### IT'S ALL ABOUT PEOPLE

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

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."



# 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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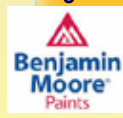
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