



CONNECTICUT LANDMARKS

THE NATHAN HALE Homestead, courtesy of Connecticut Landmarks.

than Hale Homestead, which focuses on the Hale family during the American Revolution. Reinterpretation of the homestead, new school, family and youth programs, and hosting the Coventry Farmers' Market — the largest farmer's market in Connecticut — has resulted in a 1,200 percent increase in visitation to and use of the site over the past two years. The Visitors Services Improvement Project addresses the critical need for basic visitor facilities at the Homestead.

For more information on the project, or to learn how you can contribute, please contact Director of Donor Development April Paterno at 860-247-8996, Ext. 16.

MACDONOUGH NAMED IN NATIONAL CONTEST

Submitted by **Recess Rocks**
MIDDLETOWN

The Macdonough School Video Production Club at Macdonough Elementary School in Middletown has been named the second-place winner in the group category in the national Recess Rocks video contest for their ideas for combating childhood obesity.

The contest is part of the nationwide Recess Rocks childhood obesity prevention campaign launched by Community Health Center last September.

The video contest invited children and young teens in grades 2 through 8 across the U.S. to submit a two-minute video featuring a speech, song, dance or commercial that answers two questions: "How do you feel about the childhood obesity problem?" and "What can you do about it?" The students at Macdonough won \$1,000 for their school. A complete list of winners in the individual and group categories is available at RecessRocks.com.

"We decided to hold this contest, because few people were asking children and teenagers, those directly affected by the childhood obesity epidemic, for their ideas," said Mark Masselli, CEO and president of Community Health Center, Inc.

The MacDonough School Video Production Club's video begins with one student telling another, who is playing a video game, to "Put it away. It's time to play!" Those two students play, then find another sedentary student to recruit. Through a chain reaction, the two students soon become a group of kids who are playing a game outdoors.

The second part of the Recess Rocks campaign was the national launch of a program that brings fun, creative movement to schools across the nation. Also called Recess Rocks, the program started in Connecticut to bring movement to sedentary winter recesses and into the classroom.

Firefighters Recognized

Members are called upon at all hours of the day and night, 365 days a year.

The following members are the top five responders for 2010:

- ▶ Firefighter Zach Tiezzi — 404 emergency calls
- ▶ Firefighter Dan Sullivan — 401 emergency calls
- ▶ Firefighter Bob Norton — 307 emergency calls
- ▶ Lieutenant Jamie Kuchyt — 281 emergency calls
- ▶ Fire Police Chief Fred Maynard — 259 emergency calls

The Firefighter of the Year award is given to a member who, selected by his/her peers, represents a tremendous contribution to the fire company during the year.

This past year's recipient was recognized for all the extra time put in as fire chief, handling the many issues behind the scene from budget to personnel matters, interactions with other departments and agencies and overseeing the entire operation of the fire company. The 2010 Firefighter of the Year award was presented to Chief Gary Klare for his outstanding contribution to the fire company.

More information on the activities of the Haddam Volunteer Fire Co. and ways you can get involved can be found on our website www.HaddamFire.com.

SPECIAL FOR SENIORS

OLD SAYBROOK Agency Receives

Designation: Senior Resources Agency on Aging has once again designated the Estuary Council of Seniors as a Community Focal Point.

Community focal points provide critical information and services to older adults and serve as a central point for local senior activity. Senior Resources notes that achieving the designation of focal point is quite an accomplishment.

The Estuary Council of Seniors facility is located at 220 Main St. in Old Saybrook with cafe sites in Chester, Clinton, Old Lyme and Westbrook. They provide essential services such as Meals On Wheels, medical outpatient transportation beyond the nine town Estuary

region, support services, benefit counseling, support groups and preventative health screenings.

Breakfast is served weekdays from 7:45 until 9 a.m. and from 8 a.m. until 12 p.m. on Saturdays in the Old Saybrook facility. Lunch is served weekdays promptly at noon in Old Saybrook and our cafe sites. Lunch reservations are required 24 hours in advance.

Although donations are always welcome, all of these services are free to anyone 60 years or older. A wide variety of trips, classes and daily social activities are also offered.

For further information, please call 860-388-1611.

—Compiled from reader submissions