

Food for Thought: Thankfully Healthful

By Janet Verney

I adore the flavors of fall, but I don't like feeling "stuffed" by a meal that is filled with too many carbs and sugars. My favorite aspect of Thanksgiving is being with family and friends, counting my many blessings, and of course watching the Macy's Day Parade!



Verney's healthful take on stuffing. Photo by Janet Verney.

I like to keep it simple and pre-prepare dishes that I can just throw in the oven the day

of the big event. This allows me, as the chief cook (and bottle washer) to spend time visiting with my family and friends. Below are three healthd-up recipes that I love this time of year and that won't keep you in the kitchen all day.

If you are setting the table for a sit down dinner, consider adding a little glass or small jar at each place setting with the guest's names. Give each person a piece of paper for the number of guests at your event. Encourage them to write something positive about each person and to put it in their jar. It could be as simple as complimenting the sweater they are wearing or something more in depth about how special they are. They can be read outloud at the beginning of the meal and shared or kept private. This is a wonderful way to honor the Thanksgiving Feast and each other!

Continued on page H6



Photos by Olivia Drake.

HVFCo responds to dumpster fire

By Olivia Drake, Public Information Office, HVFCo.

At 12:15 p.m., HVFC responded to a dumpster fire at the Haddam Transfer Station on Saybrook Road. Upon arrival, firefighters encountered flames and smoke coming from inside a trash compactor and receiving box. Transfer station crews unhooked the motorized compactor unit from the box and began emptying the burning contents onto the parking area.

Firefighters sprayed water on two piles of burning debris to extinguish the fire. They used tools to spread the smoldering debris and continued to spray the area

to prevent additional flare-ups. The transfer station was temporarily closed during the fire. It re-opened at 1:00 p.m.

Haddam Volunteer Fire Company reminds local residents to never throw anything flammable or combustible into the garbage. This includes hot fireplace ashes, freshly-burned cigarette butts, petroleum-based products, old propane or gas tanks, or compostable materials, which can generate heat and become combustible in time. Anyone discarding bulky waste such as building debris, furniture, and carpeting should never smoke around the contents. The transfer station staff can advise residents on how to safely dispose of any questionable items.

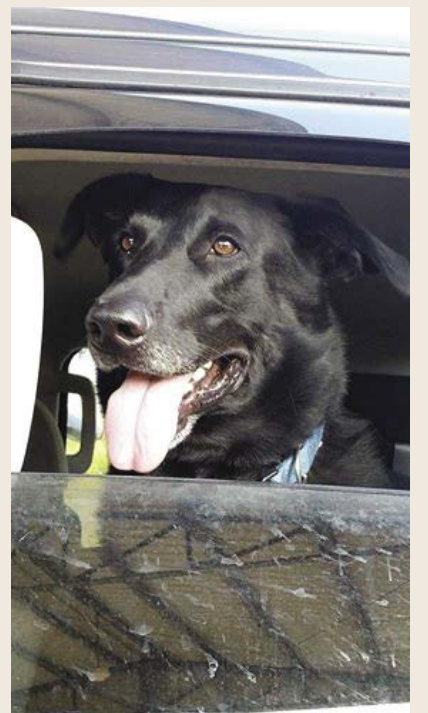


A DOG'S LIFE: TRANSFER STATION EDITION



By Editorial Staff

Apparently, the folks around town like a little company when they head off to the Haddam Transfer



Station to dump their weekly garbage, and dispose of their recyclables. Many folks choose a dog to accompany them. And on Sunday morning, Nov. 11, Transfer Station worker, Sabine, took photos of

some of those companions. Does your dog enjoy the weekly transfer station run? Haddam News will run photos of some of the canine friends in the weeks to come.

Help Haddam get greener!

By Kathy Brown

In Connecticut, we use over 1 million single-use shopping bags a year. That's just single use shopping bags. That doesn't include bags from loaves of bread, bags from your frozen vegetables, Ziploc bags you use in your kids' lunches, cereal bags, the bags that keep your newspapers dry, and a plethora of other plastic in our daily lives.



On Nov. 1, Haddam started collecting plastic bags, and if we collect enough bags within 6 months (500 lbs.), we will earn a free Trex bench. This is part of a program sponsored by the Trex Company, which provided recycling bins for collection, which have been placed at the Transfer Station, Brainerd Library, Town Hall, River Valley Provisions in Tylerville, and Social Services. Students can also bring plastic bags to Haddam Elementary School. What can be recycled? Plastic that is clean, dry, and free of food residue including:

- pallet wrap
- stretch film
- grocery bags
- bread bags
- case overwrap
- dry cleaning bags
- newspaper sleeves
- ice bags
- wood pellet bags

- Ziploc & other reclosable food storage bags
- produce bags
- bubble wrap and air pillows
- salt bags
- cereal bags

In September, Haddam registered the town as a "participating community" in Sustainable CT. According to the minutes of the Sept. 10, 2018 Board of Selectmen meeting, "This resolution is an ongoing process looking at recycling, infrastructure, energy savings, within our community [to] help make Connecticut sustainable on many different levels. . . Sustainable CT is a comprehensive, statewide, action-oriented voluntary certification program, built by and for municipalities, with the vision that Sustainable CT communities thrive to be thriving, resilient, collaborative, and forward looking. They build community and local economy. They equitably promote the health and well-being of current and future residents. And they respect the finite capacity of the natural environment."

According to Kristin Battistoni, Haddam's Tax Collector, a resident came in while staff was talking about the CT Sustainability Initiative that Haddam is involved in, and mentioned that Trex had a program. It was researched, and Haddam signed up. There is no cost to the town, and besides removing plastic bags from our landfills (they are not currently recyclable through single stream recycling), we can earn a free Trex bench for the town. At the Town Hall, they do a weigh-in each week. We need to average about 85 lbs. a month to stay on target.

At the Town Hall, they are looking for more green initiatives. They now have a single-stream recycling container in the lounge, as well as expanding their paper recycling. They will be looking for volunteers once the Sustainable CT

Haddam committee is up and running, and more programs are added. They are also going to make a small compost bin at the Town Hall.

"Single stream recycling at the town hall has increased since we started collecting the plastic bags," said Kristin. "It has brought more of an awareness for recycling and keeping more material out of the landfills. I was surprised at things I never recycled in the past like Dunkin' Donut cups or certain styrofoams. I started looking at everything I throw in my own garbage at home. If it has a recycle triangle with the number 1-7, it can be recycled in the single stream containers."

If you drop off plastic and a collection site bin is full, please drop it off at the Town Hall, or at least let someone at the Town Hall know that it needs to be picked up. Once you start collecting the bags as I have, you'll be surprised at how quickly they add up!

Haddam News

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Upcoming programs

By Josselyn Salafia,
Recreation Supervisor, H-K Rec Dept.

For more information, please call the HK Recreation Department at 860-345-8334 or visit us on-line at www.hkrec.com.

Science Outreach

The Haddam-Killingworth Recreation Department has the Children's Museum of SE CT coming to HK. These programs are a mix of science demonstration and hands-on activities for boys and girls ages 3- 5 and boys and girls in grades K-4. The fee is \$22 each session. The topics include:

Sweet Experiments – Join us for the sweetest program ever as children do experiments such as Gummy Bear Osmosis, Skittles Chromatography and Pixy Stix Acid Testing. Who knew science could be such a treat? This workshop will be held on Wednesday, Dec. 5, at the HK Old Middle School room A-117 from 1:15 p.m. – 2:00 p.m. There will also be a workshop for Boys and Girls in grades K-4, Wednesday, December 5 at Haddam Elementary School and on Thursday, Dec. 6 at Killingworth Elementary School from 3:30 p.m. – 4:15 p.m.

Young Chefs of HK

The HK Recreation Department is offering some fun cooking classes this fall. Young Chefs is for boys and girls in grades 1 – 5. It meets from 4:15 p.m. – 5:45 p.m. at the HK HS B-112. The fee is \$26 each class (non-residents add \$5). It is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit will be a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills by employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Young chefs will learn basics in kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, and so much more! At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

Dec. 5 – learn how to make snowman cupcakes and a baked ziti for the family. This time of year is very busy so let's learn how to make an entree and

dessert we can serve for a holiday meal.

"Blue Christmas" with Elvis and Bright Nights

The HK Recreation Department is offering a trip to Holyoke, MA on Thursday, Dec. 6. Upon arrival, enjoy lunch at The Log Cabin. This beautiful facility overlooks the Pioneer Valley and provides fabulous entertainment. Participants will be greeted with an Hors d'oeuvre Welcome Tray and a complimentary glass of wine or beer. The menu includes choice of Brisket with Mushroom Gravy or Crispy Fried Chicken with all the fixings and a great dessert. After lunch enjoy the show. The tribute to Elvis, starring Ray Guilloumet as "Ray of Elvis" will be a musical act to remember. The last stop will be Bright Nights in Forest Park. This New England's largest lighting display, featuring more than 2.5 miles of magnificent displays with over a quarter of a million lights. See Seuss Land, North Pole Village, Victorian Village, Toy Land, Giant Poinsettia Candles and more. Fee includes Deluxe Motorcoach Transportation, complete luncheon /show at the Log Cabin, Bright Nights Admittance & driver's gratuity.

HADDAM SOCIAL SERVICES

October report; assistance requested

By Jessica A. Condil,
Haddam Social Services Coordinator/
Municipal Agent for the Elderly

October has been a very busy month for our office. The colder weather has started to arrive, increasing the need for Emergency Fuel in the community.

We would like to thank Youth and Family Services of Haddam Killingworth for all their fresh fruit donations leftover from the Pumpkin Run and for donating pizza and salad from the Senior Expo to our elderly community and a big Thank You to the community for donating blankets to our office. They have found good

homes and are greatly appreciated.

The Emergency Fuel Bank has serviced a total of 10 families for oil and 1 family for wood. The Emergency Food Bank has serviced a total of 42 adults and 18 children. The Emergency Clothing Bank has serviced a total of 5 adults and 9 children. Two emergency kits were given to individual elderly clients. Eight blankets were given to clients and the elderly in need.

We have referred and worked with many programs this month to assist those among us in need. We have used Warm the Children, CRT, Soldier, Sailor & Marines, the Backpack Program, and Youth and Family

Services. Emergency kits and blankets are always available at the Social Services Office for those in need.

During this season of holidays, we are in need of holiday food items: stuffing, pie mixes, gravy, cranberry sauce, canned vegetables, and other staples for holiday dinners.

Hours:

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Friday 9:00 a.m.-2:00 p.m.

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**Vitamin B12 Deficiency-
The Case of Pins & Needles**

We have all probably gone without all the right amount of vitamins at one time or another, and in the majority of occasions this is not an issue. But, take the case of this 62-year old man who'd developed numbness, pins & needle sensations in his hands, had trouble walking, along with joint pain, turning yellow, and experiencing shortness of breath. The cause was lack of Vitamin B12 in his bloodstream. As it turns out, it could have been worse, because B-12 deficiency can lead to deep depression, paranoia, delusions, memory loss, loss of taste & smell. The body need B-12 to make red blood cells, DNA, as well as other functions. B-12 is not made by the body, and can only come from food or supplements, and there are people who might eat enough, but their bodies cannot absorb enough. One source quotes that The National Institute of Health believes 3.2% of Adults over 50 have seriously low B-12 blood levels, and another 20% of adults have a borderline deficiency.

Various causes of Vitamin B-12 deficiency are: drugs such as Metformin, a mainstay of diabetes therapy, heartburn drugs, i.e.. - proton pump inhibitors such as omeprazole and H-2 blockers such as famotidine, vegetarian diet, weight loss surgery, and aging- because our bodies cut back on stomach acid production as we age, all just to name a few.

So symptoms to watch for: Strange sensations, numbness, tingling in hands, legs, or feet., difficulty walking (staggering/balance problems), swollen tongue, yellowed skin, difficulty in thinking, paranoia, weakness or fatigue. Call your doctor!! A blood test tells the story.

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Food for Thought: A Thankfully Healthful Feast

Continued from page H1

In my Recipes ReDesigned below, I have used healthier fats, kept everything gluten free, reduced the sugar content, and made them easy to prepare. Whenever possible, please use organic ingredients!

I hope you enjoy these healthd-up dishes and I encourage you to send me some of your favorite recipes that you would like see a healthier makeover. You can submit them to connect@roots2wellness.com

The Other Stuffing

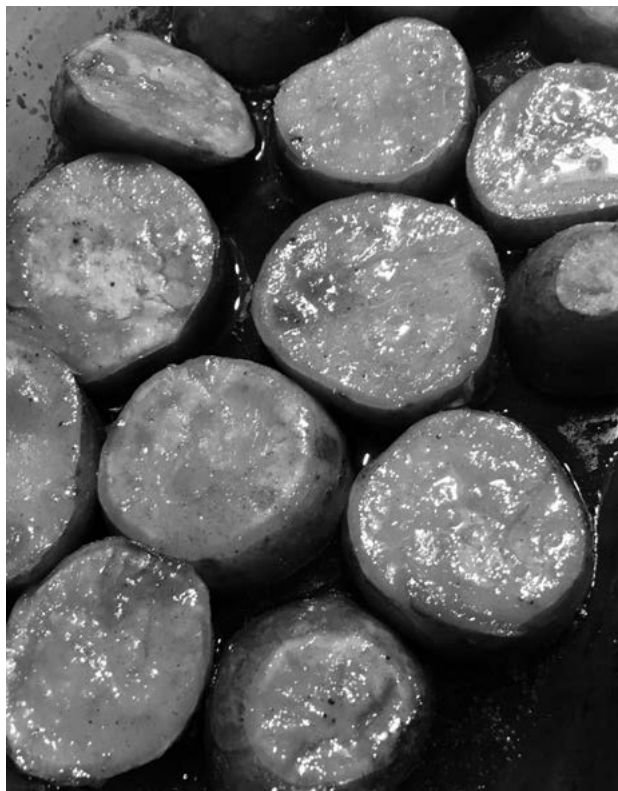
Cauliflower is such a versatile vegetable with so many health benefits. This recipe is a superfood dish that won't spike your blood sugar and yet it tastes like this old-fashioned favorite. This recipe is not for stuffing the bird though, sorry.

- 3 Tbs. Olive oil
- 1 tsp. poultry seasoning
- ½ tsp. Italian herbs
- 1 tsp. sea salt
- 1 small onion, chopped
- 4 stalks celery, chopped
- 1 head cauliflower, chopped into small bite sized chunks

Gently heat the olive oil and the spices in a sauté pan on med/low. Add the onion and celery and simmer. Stir in the chopped cauliflower and toss on med/high heat until slightly brown and tender. You may need to add a small amount of water to help steam the cauliflower. Check for taste and add more seasoning as desired. Turn into an olive oil greased, oven proof dish. Cool, then cover and place in fridge until ready to serve. When ready to serve, leave at room temp for 1 hour, then bake at 350 for 30 minutes.

Special Note of Recognition: Cauliflower is a member of the cruciferous vegetable family, which is known

for its cancer fighting properties. It is a terrific anti-inflammatory and is full of antioxidants. It is rich in vitamins, supports digestion, and is a natural detoxifier to the body!



Simple Sweet Taters

Another powerhouse food that often gets criminalized with heavy fats and way too much sugar. Here is my favorite go to sweet potato recipe that keeps it simple and relatively healthy!

- ¼ cup avocado oil
- ½ cup fruit juice sweetened apricot jam
- 2 Tbs. pure maple syrup

- 1 Tbs. of orange liquor or fresh orange juice.
- ½ tsp. sea salt
- A pinch of cloves & allspice
- 4-6 organic sweet potatoes

Whisk all of the above ingredients, except the sweet potatoes, in a shallow casserole dish and spread it evenly in the pan. Remove the tips at both ends of the sweet potatoes. Keeping the skins on, wash and cut the sweet potatoes into one inch round disks. Dip one side into the mixture, then turn over to coat the other side. Cover and place in fridge until ready to serve. When ready to serve, leave at room temp for 1 hour, then bake at 400 for 40-50 minutes, or until tender, turning once half way through baking.



Apple Crisp

I grew up in a Pennsylvania Dutch home where apple pie was often served for dinner... I even ate it for breakfast with warm milk and a teaspoon of sugar! I still love this fall favorite, but the gluten and all the refined sugar just trigger inflammation for me, so here is one of my easy, go to recipes to get my apple fix.

FILLING:

- ¼ cup pure maple syrup
- ½ lemon, juiced
- 1 Tbs. GF flour
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 pinch sea salt
- 4 cups of sliced apples

TOPPING:

- ¼ cup avocado oil
- ¼ cup pure maple syrup
- 1 Tbs. pure vanilla extract
- 1 pinch of clove
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 pinch sea salt
- 2 cups organic almond flour

Preheat oven to 350 degrees. For the filling, whisk all ingredients in a large bowl, except the apples. Add the fruit and toss to coat. Pour into a 9" baking pan.

For the topping, using the same large bowl, whisk all the liquid ingredients, adding the spices and salt. Add in the almond flour and mix in with a fork until chunky bits form. Crumble it over the fruit mixture. Cover with parchment paper, bake for 30 minutes, remove parchment and bake for 10-15 minutes, or until bubbly and brown.

Janet E. Verney is an Author, Integrative Nutrition Health Coach, Wellness Designer, and Healthy Food Chef who resides in Higganum and loves helping others to "health-up" their lives! Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.

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November 1918: 11th Month, 11th Day, at 11th Hour

Selected from the pages of the Evening Press and lightly annotated by Sally Haase

Fighting To Be Over This Month. Washington, Nov. 1, 1918: The world war, so far as fighting is concerned, will be over this month. Official diplomatic Washington was extremely certain that Germany cannot hold out more than three weeks.

Emperor Of Austria In Flight. Copenhagen, Nov. 1, 1918: Emperor Charles of Austria has fled from Vienna to the north of Budapest. The flight was made in a special train of eighteen cars. Quantities of furniture, food, money and the crown jewels were carried along.

Headlines in the War:

- Pershing Launches a New Drive North of Verdun
- 23 Austrian Divisions Have Mutinied
- Italian Drive Takes 60,000 Austrian Prisoners
- No Armistice, Fight to the Finish

Kerensky Pleads For Russia. London, Nov. 4, 1918: Alexander Kerensky, former premier of Russia, said that Lenine, Trotsky and other autocrats of the Bolshevik regime should be treated along the lines of President Wilson's demands on the Kaiser and the German autocrats to make Russia safe.

Congress Begins Reconstruction Plans. Washington, Nov. 4, 1918: None in congress expected the war to come to an end before next summer. Both democrats and republicans admit that the country is no better prepared for peace than it was for war. "The reconstruction period must be one of retrenchment," said Senator Martin, "otherwise our children and our children's children will be slaves condemned to a life struggle to wipe out the national debt."

Premature Wild Celebration Of Armistice. Washington, Nov. 7, 1918: The unofficial reports received that Germany had signed the armistice caused enthusiastic demonstrations in cities and towns throughout the country. The terms of the allied armistice have not been signed. Sirens burst forth, and were joined by harbor and factory whistles. In Philadelphia, the Liberty Bell rang. In New York, from the tops of skyscrapers bits of paper filtered down among the crowds. The terms of the allied armistice have not been signed. Great disappointment resulted when the truth is learned.

Headlines in the War:

- German Envoys Reach the Allied Lines While the Western Front was Aflame with Battle.
- Berlin Held to a Time Limit of 72 Hours To Sign The Agreement

- German War Cabinet In Session
- 22 German Divisions in Battle with Americans on the Meuse River

Influenza In Camps. Washington, Nov. 8, 1918: Influenza continues at all large military camps throughout the country. The surgeon general reports that the disease is now more prevalent in the south and west than in the north and east.

Wilson Announces War Brought To A Close. Washington, Nov. 11, 1918: President Wilson rode in his automobile to the Capitol unattended by secret service. The president was in a wonderful humor when he told the "Gentlemen of the Congress," "...the German authorities have accepted and signed the terms of the armistice..."

11th Month, 11th Day at the 11th Hour. [The armistice was signed at 5:00 am on November 11, 1918; the cease-fire was scheduled for 11:00. Although it was known the day before that the armistice was expected to be signed, Pershing insisted that French Marshal Foch gave no order to halt the fighting. He was just following orders. Or were zealous commanders ordering their troops into battle to push the line back just a little more? Within days or hours the allied troops would have been able to safely walk across the front line. Americans suffered more than thirty-five hundred casualties that morning. In total the allied and German casualties amounted to 11,000 men that day.]

Lid Thrown Off In New York. New York, Nov. 12, 1918: It's the real thing this time. Go to it! The shouts echoed through the streets of the city as the populace began a series of demonstrations that surpassed last weeks "dress rehearsals."

Anarchy Rages In Germany. London, Nov. 12, 1918: A Copenhagen correspondent describes the scene as an inferno with rifles flashing, the streets echoing with screams of the wounded and ambulances darting amongst the crowds. The hospitals of Berlin are filled with persons wounded in the fighting between revolutionaries and loyal troops. The food situation is grave and it is feared that the nation will not be able to feed returning soldiers. The socialist have secured their grip on Berlin, while red flags fly over the whole nation.

Hoover urges Food Conservation. Washington, Nov. 12, 1918: The American people were called upon by Food Administrator Herbert Hoover to exercise stringent conservation to enable the United States to furnish 20 million tons of food to the stricken peoples of Europe.

Headlines in the War:

- * German Crown Prince Frederick Victim of his Orders to Fire Upon Those Escaping to Holland
- * Starving People of Belgium Cheer Liberation from Germany
- * Wilson To Do Everything To Relieve Famine in Germany
- * Germany Begins Turning Over Fleet

Hoover urges Food Conservation. Washington, Nov. 12, 1918: Big business men's opinion is that the United States is facing a period of the greatest prosperity in history. After industry readjusts itself to the new conditions, there will be work for every man, woman, and child now working as well as for the millions of soldiers and sailors who are to return to private life.

Send 'Em Home. Washington, Nov. 14, 1918: Voices here insist that drafted troops in army cantonments in this country be discharged from the army at once. The men, drafted in the latest draft, are badly needed in industry.

Wilson Going To Europe. Washington, Nov. 12, 1918: President Wilson will go to Europe next month to fight for his league of nation idea. The president will meet with Premiers Lloyd George, Clemenceau and Orlando in Paris ahead of the formal peace conference at Versailles. In addition to discussing his "world federation idea," he expects to discuss the reconstruction of the map of a good part of the world along racial lines.

March To The Rhine. With the American Army of Occupation, Nov. 20, 1918: The Third American army of occupation resumed its triumphant march toward the Rhine. Our troops are passing increasing bands of liberated prisoners. Some of them commandeered abandoned German wagons, absent horses; the men pulled the wagons themselves. Others carried belongings in grain bags or on wheel barrows. One group of Scotsmen in kilts wore green German trousers to keep their legs. Liberated Yanks were laden with souvenirs as they picked their way through Germany. It was a motley throng, all cold, hungry and footsore, but happy to get within the American lines.

100 years ago, much has changed and, then again, nothing has changed.

[The armistice was signed at 5:00 am on November 11, 1918. The cease-fire was scheduled for 11:00, although it was known the day before that the armistice was signed.]

Continued on page H6



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HKMS: Cougar Celebrations October 2018

By Dr. Jennifer Olsen, HKMS Principal

We recognize students and their achievements at our monthly Town Meetings and want to share these celebrations with you too. The last Friday of each month is our Town Meeting – a time for students and teachers from grades 5 and 6 and grades 7 and 8 to come together for performances, student recognition, and the announcement of our monthly Cougar Core Value awards. In past years, we have had singers, dancers, gymnasts, jugglers, poets, and more. We can't wait for your child to share his/her talents!

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: Respect, Responsibility, Acceptance, Kindness, and Perseverance. These Core Values were developed and accepted by HKMS students, parents, faculty, and staff in 2016, and we recognize students each month. We appreciate these students' commitment to upholding our core values and being role models for one or more of these core values at HKMS.

Team 5-1

Kyle Czarkowski: Acceptance, Respect and Responsibility

Allison Iacobellis: Acceptance, Kindness, Perseverance and Respect and Responsibility
Declan Moriarty: Kindness

Team 5-2

Chloe Felder: Acceptance, Kindness, Respect and Responsibility

Nathan Larkin: Kindness, Respect and Responsibility

Sarah Munz: Kindness, Perseverance and Respect

Team 6-1

Bryce Leiberger: Perseverance, Respect and Responsibility

Julia Lelko: Perseverance, Respect and Responsibility

Colton Merola: Perseverance, Respect and Responsibility

Team 6/7

Mathias Schweitzer, Gr. 6: Acceptance, Kindness, Perseverance, Respect and Responsibility

Keira Sehl, Gr. 6: Acceptance, Kindness, Perseverance, Respect and Responsibility

Victoria Munster, Gr. 7: Acceptance, Kindness,

Perseverance, Respect and Responsibility

Rebecca Rosenblum-Jones, Gr. 7: Acceptance, Kindness, Perseverance, Respect and Responsibility

Team 7-1

Jake Cook: Acceptance, Respect and Responsibility

Elizabeth Murphy: Respect and Responsibility

David Sargent: Kindness and Responsibility

Team 8-1

Aurelie Hodgkinson: Respect and Responsibility

Callen Powers: Acceptance and Responsibility

Genevieve Shakun: Acceptance and Kindness

Team 8-2

Caroline Conte: Perseverance and Respect

Serena Doyle: Kindness and Respect

Nicholas Frasco: Acceptance and Kindness

Applied Academic and Fine Arts, Grade 5

Stella Miller (Art): Acceptance, Kindness and Responsibility

John Moyher (Band): Respect and Responsibility

Joshua Frith (French): Perseverance and Responsibility

Tetsuya Imai (Physical Education): Acceptance and Kindness

Kindness

Applied Academic and Fine Arts, Grade 6

Alexander Richwine (General Music): Perseverance and Responsibility

Brielle Maier (Life Skills): Respect and Responsibility

Caley Napoletano (Physical Education): Acceptance & Respect

Michael Perry (Spanish): Kindness and Respect

Applied Academic and Fine Arts, Grade 7

Reese Timothy (Chorus): Acceptance and Kindness

Riley Gordon (Physical Education): Respect and Responsibility

Owen Jensen (Spanish): Perseverance and Responsibility

Natalie Houlton (Technical Education): Kindness and Responsibility

Applied Academic and Fine Arts, Grade 8

Carey Harwood (Computer Science & Coding): Perseverance

Audrey Wrinn (Physical Education): Kindness and Responsibility

Liam Hoddinott (World Percussion): Perseverance & Responsibility

Brooke Lloyd (Spanish): Perseverance and Responsibility

Eighth Grade Patriot's Pen Finalists

Congratulations to the HKMS finalists for the Patriot's Pen essay contest:

Madeline Gordon

Brenna Lonergan

Amanda Ketchedjian

Julia Favalora

Tyler Perry

Alexander Lara

Vincent Salamone

Catherine Haas

Anna Bolduc

Abigail Jones

Good luck to each of our essayists. The winners will be announced and honored later this year. The HKMS winner will also be entered in the Connecticut Patriot's Pen competition.

CONTINUED FROM H5

100 Years Ago

Continued from page H5

stice was expected to be signed, Pershing insisted that Marshal Foch gave no order to halt the fighting. He was just following orders. Or were zealous commanders ordering their troops into battle? Within days or hours the allied troops would have been able to safely walk across the front line. Americans suffered more than thirty-five hundred casualties that morning. In total the allied and German casualties amounted to 11,000 men that day.]

HEADSCRATCHER

Correct answer to 11/15 Haddam headscratcher

In the 11/15 issue of *Haddam News*, we featured a photo of 16 Walkley Hill Road, which was once The Cabin Tea Room, a small attractive restaurant in the early 20th century. According to Elizabeth Malloy, Executive Director of the Haddam Historical Society, tea rooms became popular in the early 20th century catering to early automobile travel and families out for drive who wanted to stop for a bit to eat. Haddam had a number of tea rooms including one at the Thankful Arnold House Museum.

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TOWN & COMMUNITY CALENDAR

Thursday, November 22

HAPPY THANKSGIVING!

Saturday, November 24

Small Business Saturday as an opportunity to connect with your local small businesses and support your community. Money spent in your town is money that stays in town-promoting economic development. Look for upcoming community events and spread the love!

Shredding Event for residents of Higganum, Haddam and Haddam Neck, 9:00 a.m. to noon

Haddam Community Center, 7 Candlewood Hill Road, Higganum.

The cost is \$5 a box and all proceeds will benefit the Haddam Fuel Bank. For more information regarding details of items to be shredded see <https://www.proshred.com/connecticut/events/shredding-event-town-of-haddam/>.

Stuff-A-Cruiser Toy and Gift Drive Event, 10:00 a.m.-2:00 p.m.
Higganum Green, Route 154

Youth and Family Services will be accepting donations with Haddam & Killingworth Resident Troopers for gifts and toys for families in need in our

community. Please remember our teens during this holiday season as well as young children.

Monday, November 26

Board of Selectmen Meeting, 6:30 p.m.
Town Hall, 21 Field Park Drive, Haddam

Haddam Volunteer Fire Auxiliary (regularly monthly) Meeting, 7:00 p.m.
Company #1 Fire Station, 439 Saybrook Road, Higganum

*Please visit www.haddam.org or www.haddam-killingworthnow.com for the most current and complete information.

COMMUNITY HEALTH CORNER

Where do YOU get your pills?

Editors Note: Haddam's Local Pharmacy, Higganum Pharmacy, sent this release:

AVOID ONLINE PHARMACIES AND KEEP IT LOCAL – IT COULD SAVE YOUR LIFE!

Connecticut – It may seem like a bold statement but it's the TRUTH.

LOCAL independent pharmacies have more interactions with their customers and prescriptions each year than patients' doctors do.

And as the modern world continues to provide more accessible ways to get products and services, through online stores, Telemedicine and home delivery options, getting your pills online or using a big box pharmacy delivery service could amount to serious health problems.

And with 30% of older American's now taking polypharmacy, which is five or more medications each day, your LOCAL pharmacy is the best place to identify if there's any possible dangerous drug interactions.

Greg McKenna is a pharmacist and owner of Higganum Pharmacy and says the price of convenience, when it comes to your health, isn't worth it.

"We all like to use online service, but the reality is this isn't toothpaste. To process your prescription, do they know you personally? you're just another number to them! Do they know about your medical background? WHY you're taking all of these

complex and powerful medications.

"Plus, if you need them in a hurry, you have to wait for them to be delivered to you and that could be two or three days. Do you have to be at home to take delivery of your medications? What happens when they leave your insulin outside in the Winter, does it freeze? Or how does mail order handle your antibiotic?"

Greg says it's important that people, who are taking daily medications, understand what using these services could do to their health.

"We have become the conduit between you and your own MD's."

"If you are being treated by two or three doctors for different conditions, they don't always communicate with one another, so they don't know, when prescribing for you, what you might already be taking. When you go to your LOCAL pharmacy,

we can review ALL your medications and call your doctors if there are conflicts. Will online services be able to do that for? And if so, how many days later?"

As Greg points out, your LOCAL Pharmacy is easy to get to and you don't have to set an appointment to speak to the highly trained pharmacist and staff there about your medical and health needs.

They can also show you how to use your new nebulizer or insulin device.

If you're thinking of using services such as online or bib box store delivery, with their fees and subscription services, is it worth potentially risking your health for the sake of saving a few dollars?

Higganum Pharmacy is located at 23 Killingworth Road, Higganum.

HOLIDAY SEASON 2018

HKMS PTO Holiday Craft Fair slated for Dec. 1

By Jennifer Favalora

Join the Haddam Killingworth Middle School PTO for our 31st annual craft fair featuring over 70 hand-made artisans on Saturday, Dec. 1, 9:00 a.m.-3:00 p.m. Come search for the perfect gift for everyone including your pets! Jewelry, artwork, photography, bags, knitted items, soaps, candles, food products, dog treats, and much more! We will also feature our Scholastic Book Fair for all ages, a day raffle, a bake sale and a concession stand with proceeds going to

benefit enrichment, field trip scholarships and educational programs for our school. Free admission.

The Haddam Junior Women's Club will be offering gift wrapping services for a suggested donation. Available for items purchased at the fair or brought in; they will have some boxes on hand and a selection of holiday paper options.

If you are a vendor and would like to reserve a spot, please contact Bridget Marshall at hkmscraft-fair@gmail.com.

Tylerville tree lighting to take place Dec. 1

On Dec. 1, from 4:00 p.m.-7:00 p.m. there will be a tree lighting in front of Tony's Package Store in Tylerville. It is hosted by Fireworks Hearth & Home, River's Edge Tile & Carpet, Alan's Small Engine Service, the Sibleys, River Valley Provisions, and Tony's Package Store.

There will be singing, food, and good cheer. Come and sit by the fire and enjoy our beautiful tree...plus a visit from SANTA!

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#41 Dalton Modehn comes around the corner behind blockers #75 Aiden Maher, #52 John Bruder, and #10 Tobey Callender. Photos by Chad Giuliani.



#10 Tobey Callender tows an OSW defender into the endzone as he scores the Cougars final touchdown of the day.

HKHS defeats Old Saybrook/Westbrook, 42-12

By Barth Keck, HKHS Football, Assistant Coach

The Haddam Killingworth High School varsity football team defeated Old Saybrook/Westbrook on Saturday, Nov. 10, in Old Saybrook, with a final score of H-K 42, Old Saybrook/Westbrook 12. H-K's Tobey Callender scored two touchdowns and rushed for 206 yards on 11 carries, and Dalton Modehn scored two touchdowns and rushed for 163 yards on 13 carries in the win for the Cougars (8-1) over the Rams

(4-4). Danny Almada scored both touchdowns for OSW.

#41 Dalton Modehn comes around the corner behind blockers #75 Aiden Maher, #52 John Bruder, and #10 Tobey Callender

Summary:

First Quarter: HK – Tobey Callender 37 run (kick failed); HK – Zachary Kauffman 1 run (Callender

run)

Second Quarter: HK – Trey Callender 1 run (run failed); OSW – Danny Almada 11 run (kick failed)

Third Quarter: HK – Dalton Modehn 24 run (Kauffman run); HK – Modehn 14 run (run failed)

Fourth Quarter: HK – Tobey Callender 55 run (Modehn run); OSW – Almada 5 pass from Jack McDowell (end regulation; no try)

OBITUARIES

Agnes DiStefano

According to Legacy.com and The Middletown Press, Agnes DiStefano, age 87, of Higganum, passed away on Wednesday, Nov. 7.

Merle Brookes

According to Legacy.com and The Middletown Press, Merle (Parmelee) Brookes, age 87, of Haddam, passed away on Saturday, Nov. 3.

Bob Mesick, Sr.

According to Legacy.com and The Hartford Courant, Robert "Bob" Mesick, Sr., age 61, of Higganum, passed away on Thursday, Nov. 1.

Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

Haddam News
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LEGAL NOTICES

NOTICE OF ACTIONS HADDAM PLANNING & ZONING COMMISSION

At a regularly scheduled meeting dated November 15, 2018 the Haddam Planning and Zoning Commission took the following action:

To approve with conditions a modification to a site plan approval for 23 and 27 Killingworth Road, and known as Higganum Pharmacy.

The Town of Haddam shall endeavor to post its Legal Notices with the Haddam News publication. In the event that the weekly publication cannot meet the Town's statutory requirements, the Middletown Press or Hartford Courant shall be utilized to meet said statutory deadlines. Courtesy copies will be published to Haddam News that may or may not be timely. The Town's website is: www.haddam.org.

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Orion Inkel #18 of the A squad intercepts a pass and runs for a 65 yard touchdown against the Thunderbirds. Photos by Eric Anderson.



Cloe Abarientos of the C cheer team gets some air during the halftime routine at KRP.

HKYFA hosts first-round playoffs in CTYFL Championship

By Eric Anderson, Public Relations Director, HKYFA

HKYFA hosted first round playoff games in the 2018 CTYFL Championship on Sunday, Nov. 4, with the A and B squads picking up victories and advancing to the semi-finals while the C squad's season came to a close with a loss to New Hartford.

The #2 seed HK A squad hosted the #7 seed Thunderbirds of North Branford and prevailed in a 36-0 shutout. It was the first time the teams had played this season and the Thunderbirds, despite being the lower seed, showed no lack of intensity in the opening quarter of play by forcing the Cougars to punt on their first 2 possessions of the game. Alex Phipps broke the stalemate with a keeper up the middle and once the Cougars regained confidence on the offensive line, the lanes opened for Tate Callender who scored a pair of rushing touchdowns. The relentless HK defense, who recorded 4 tackles for a loss and 2 sacks in the first half, added to the point total with a safety by Jayden Fulton and a 65 yard interception for a touchdown by Orion

Inkel. A pair of Cavin Napoletano extra-point kicks accounted for the 30-0 half time advantage.

In the first possession of the second half Phipps found Bryce Anderson over the middle for the 37 yard touchdown for the final scoring play of the day for the Cougars. Napoletano and Nick Fox took over the running game as the Cougars looked to run down the clock and record the win.

Phipps ended the day with a pair of completions, both to Anderson, for 67 yards. Callender rushed for a team high 105 yards with Napoletano (34 yds), Inkel (18yds) and Fox (6 yds) contributing. The defense was solid all game, with 13 players recording tackles and holding the visiting Thunderbirds to under 100 yards of total offense. Tackle leaders were Fulton (3.5, .5 sack), Inkel (3), Carey Harwood (2.5), Lee Harwood (3, 1 sack), Callender (3), Ben Cozean (2), Napoletano (2), Fox (2), Vincent Scileppi (1.5, 1.5 sacks) with Anthony Maio, Ryan Wise, Anderson and Jacob Maier each recording one tackle.

Michael Seward scored 5 touchdowns for the #1 seed B squad, includ-

ing scoring runs of 65 and 77 yards, to propel the Cougars to a convincing 34-7 win over the visiting and 8th seeded Cromwell Lions. The HK defense forced 4 fumbles and held the Lion offense to single digit scoring for only the second time in their 9 games this season.

The team will face #4 seed Bloomfield, a 13-0 winner over #5 seed East Hartford, in the Championship semi-finals on Sunday, November 11th at 11:30am at Pierson Park in Cromwell. HK beat Bloomfield on the road in week 4 by a 30-12 margin.

C-Squad Season Ends With Playoff Loss to New Hartford 20-7

After earning the 4-seed for the playoff tournament, the H-K Cougars C-squad could not advance past a very good New Hartford Wolverine squad. The game was close and hard-fought. Both teams traded turns stopping each other in the first half – the Cougar defense was anchored by Tim Hickman, Garrett Whitmer and Jack O'Brien. On their second possession, the Wolverines broke through with a TD run. That was followed by a defensive stop by each team. HK began moving the ball well, but ran out of time in the first half, entering halftime down 7-0.

The Cougars took the late first half momentum and used it to start the 3rd quarter. QB Owen Jones hit Josiah Bourne and Axel Kolcio on consecutive passes to loosen up the Wolverine defense. Long runs by Josh Frith and Axel Kolcio moved the ball deep into New Hartford territory. Jones completed another pass to Kolcio down to the Wol-

verine 1-yard line, then Bourne rushed in for the touchdown on the next play. With a strike from Jones to Frith, the Cougars tied the game at 7-7.

Unfazed by the Cougars offensive success, New Hartford went to work with the ball and methodically drove down the field behind tremendous blocking and hard running. The Wolverines completed the drive with a TD and went back ahead 14-7. The Cougars responded quickly with long runs from Axel Kolcio and Josh Frith. However, the Wolverine defense made a huge play getting pressure on Jones, hitting him as he threw to Kolcio, resulting in an interception. New Hartford's offense sealed the game by driving for their final score.

Despite the loss, the Cougar C-Squad has reason to be very proud of their accomplishments this year. This amazing group of boys worked hard and supported each other for the past 3 months. The effort and joy this group played with earned them a special place in the hearts of the coaches and parents who got to watch them all season! Thank you boys!

Classifieds

Haddam News will print free classified ads for individuals and non-profit organizations. These must be 25 words or less and written in a publish-ready form. Publication is subject to space availability.

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Killingworth's Cranberry Bog: A Tale of Two Families

By Kathy Brown

The Bishop family of Bishop's Orchard has been farming in Guilford since 1871. The Evert family owned a cranberry bog on Pond Meadow in Killingworth since 1896. Since the 1970's, the Everts has been selling the Bishop family cranberries, and later Everts approached the Bishops about buying the bog. In 2012, Keith Bishop decided to take on the bog, and purchased the 4.5 acre section of the cranberry bog from the Evert family. The Killingworth Land Trust purchased a portion of the bog as well, and maintains wild production of cranberries. Haddam-KillingworthNow.com had a chance to talk to Keith Bishop recently, and find out more about the history of the bog, and Bishop's plans for the future.



In January 2012, the bog renovation plan written by Keith was accepted by the Killingworth Inland Wetlands Commission. Keith has been researching cranberry production, growing techniques, the effect of weather, and more as he stepped into a new agricultural business to understand growing cranberries, which grew a little differently than most of their crops. According to their website, "In 2016, the renovated bog[was engineered], with new drainage, an irrigation pond with tailwater recovery design, interior ditches, dikes, water control structures, remote controlled pop-up irrigation system and new sand base."

They use what is known in the business as IPM, or Integrated Pest Management. In short, it means



that they make their crop as inhospitable to pests as possible, so that they rarely need to use chemical pest control.

Since 2016, Keith Bishop has grown a type of cranberry called Scarlet Knights at the Killingworth bog, which is a hybrid variety developed by Rutgers University. It's darker than the average cranberry we see in the grocery stores this time of year. When

Photos courtesy of Keith Bishop.

the crop is at peak production, it will yield 200-300 barrels per acre. The average barrel is 100 pounds of berries. That's a lot of berries! Keith harvests between late September and the end of October. So far all of the berries are used at Bishop's Orchard. When production increases, Keith plans to sell to other farm stores and farm markets in Connecticut.

Keith said there has been "a steep learning curve," but he's "excited" because this crop "is different than what Bishop's is used to."

Some of Keith's favorite ways to use cranberries are in cranberry nut bread and dried cranberries to snack on. In the future, Bishop's Orchard is hoping to make cranberry wine and cranberry hard cider. We'll be watching to see what Killingworth's cranberries do.

St. Lawrence Church hosts Annual Christmas Fair: Nov. 30-Dec. 1

By Sue Nesci

Saint Lawrence Church in Killingworth hosts its annual Christmas Fair on Friday, Nov. 30, 5:00 p.m.-8:00 p.m. and Saturday, Dec. 1, 9:00 a.m.-2:00 p.m. Attractions include a silent auction, gifts and gift baskets, basket raffle, evergreen decorations, and homemade holiday baked goods. The kitchen will offer homemade pies, soup, chili, hot dogs, pizza, meatball grinders, and more. For more information, contact Stlawrencec@yahoo.com or visit www.stlawrencechurch.com.



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Losing, Laughter and Thankfulness

By Meghan Peterson, PhD

I debated whether to muse about the holiday season we are now entering (this is truly my favorite time of year here in New England!) In fact, I agonized over the decision. Do I write another “why I’m thankful” genre piece? Do not misunderstand: such writings are important and valuable in their own right. But I was not feeling compelled to pursue the joyous thoughts of the season – at least not yet. No; I decided to go in a much different direction, but one that I hope can ultimately pave the way for a more joyous, festive time.

Millennials and the parent generation of millennials: we need to talk. As a millennial, I beg to differ with my generation and my generation’s

predecessor on several fronts recently that I find disconcerting and potentially dangerous. Although, I’m not going to beg, I’m just going to differ.

Not knowing how to lose graciously.

Whether it is a midterm election, a job offer, or an iPhone, my generation has a difficult time dealing with losing something. Millennials do not know how to lose graciously – let alone lose at all. Recall, this is the same generation whose elementary, middle, and high school years were filled with golden stars for effort and simply “showing up.” College years only exacerbated the indulgence of self-preening. It is not completely out of character, then, that we genuinely do not know how to learn from failure, let alone

concede or admit it.

That said, however, the whole not-knowing-how-to-lose-graciously syndrome was most starkly evident during the recent midterm elections. At the time of this writing, Americans still did not have certitude regarding Florida U.S. Senatorial or gubernatorial elections. Likewise, certitude was quickly eviscerated in Georgia with the losing candidate (Stacey Abrams) vociferously refusing to concede to announced winner, Brian Kemp (results are not slated to be certified until Friday, November 16). Now, these various politicians are not of the millennial generation per se, but they are serving as fine examples for us. They embody sore losers – at the expense of honoring the integrity of American citizens’ votes and voices. The midterms are but an unseemly footnote to the 2016 presidential election, an outcome which produced its own bevy of sore, ungracious, sometimes even hostile at best and violent at worst, losers. Again, while many of these political losers come from the generation that precedes millennials (or even two generations back), they nonetheless constitute the example we as millennials are apparently attempting to replicate.

Not knowing how to listen to and speak with, people of alternative viewpoints.

I am reminded of an e-mail I received several weeks ago advertising campus workshops on how to engage in dialogue with one’s relatives over Thanksgiving and other holiday meals. Initially, I did not think much of the e-mail, other than to laugh its contents away as a rather amusing topic for a “workshop.” Then, reality began to sink in. Well-meaning and well-intentioned individuals clearly believe this to be a matter of concern. Have we as millennials and the next generation, “Generation Z,” become so vaccinated against other ideas that could potentially challenge our own doctrines that we need to re-learn the methods of talking and playing nicely with others? What has happened to civil discourse and dialogue? Dialogue becomes meaningless if your ears and mind have already shut down the “other side.”

Not knowing how to have fun or laugh.

When I was an undergrad, comedians were beginning to express greater reluctance to visit campuses to perform their shows. Why? Because they were fearful – not of offending (that is in many ways, their job) students – but rather, that their careers could be upended by a litany of aggrieved, marshmallow-minded and marshmallow-spirited youth who did not understand the objectives of humor, satire, parody or irony. Wherever one turns, words and phrases are disappearing from the shelves of our vocabulary, if you will. And what is contributing to their disappearance? The millennial social justice warriors playing the role of censor – all under the rubric of sensitivity and tolerance. As words get excised, as rights to expression become narrower, the capacity and space for free thought, for creativity, for humor shrinks.

On these fronts, I want to challenge millennials to differ: enjoy your Thanksgiving meal with family and friends of different perspective and walks of life. Be willing to listen. Be willing to take the risk to not always be correct or be in the right. Be willing to laugh. But whatever you do, do it with grace, a dash of humility, and a sprinkling of humor – and yes, a heavy dose of thankfulness...especially if it is over a slice of pumpkin pie.

Peterson is Composition Editor of Haddam News, writer for Haddam-Killingworthnow.com. The views contained herein do not necessarily reflect those held by the staff of either organization.

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