



Start of Kids Fun Run. Photos by R. Munster and E. Munster.

Haddam turns out for Pumpkin Run

By Kathy Brown

On cool, partly sunny Oct. 28, the 25th Pumpkin Run was held to benefit Youth & Family Services of Haddam Killingworth. "This was my first Pumpkin Run and what an introduction!" said Laurie Ruderfer, the new Director of YFSH-K. "The weather held, which was perfect for the runners, Hartford Marathon was a great partner and the community came out in numbers to cheer the runners on and work with us to make the day a success. I am thrilled to be a part of a community so willing to lend their time and talents in support of our agency and our work to support the youth and families of Haddam and Killingworth."

Carol Dupuis, who also works for Youth & Family Services, said that when their Food Truck backed out of the event, "The Democrat and Republican Town Committees



Start of 5k.

stepped up last minute to be sure we had food on hand, and additionally offered convenient voter registration to the community. It was special to have our First Selectwomen from both towns, different parties, come together to support and 'kick off' the Run. That's part of what community

is all about."

There were 224 entries in the 5k. Top five results for some of the divisions are listed under the sponsors.

Youth & Family Services of H-K would like to thank the following sponsors:

Continued on page Hx

School season: Make way for buses

By Kathy Brown and
Meghan Peterson, PhD

School is in session. And that means school buses are out in full force, which also means that drivers need to exercise even greater caution, care and patience when it comes to school buses making their various stops on our well-traveled roads both here in Haddam and elsewhere.

In our state, the law (specifically, Connecticut General Statute 14-279) requires that the operator of any vehicle or motor vehicle stop at least 10 feet from the front or rear of a school bus when the bus is displaying flashing red lights. Thus, it is mandatory for Con-

Continued on page H6

FOOTBALL

HKHS beats N. Branford

By Barth Keck,
HKHS Football Assistant Coach

The Haddam Killingworth High School varsity football team defeated North Branford on Friday, Oct. 26, with a final score of H-K 27, N. Branford 6. H-K's Dalton Brown rushed for 153 yards on 8 carries with touchdown runs of 73 and 41 yards and added two interceptions, including one for a 94-yard touchdown return. Tobey Callender rushed for 145 yards on 25 carries

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In This Issue: Catching up with First Selectwoman, H3 • HKHS update, H5 • Youth football, H7 • Health/wellness, H8

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Smoking Intervention classes offered

By Amanda Falcone, Public Relations Director, Middlesex Hospital

When you participate in Middlesex Hospital's five-class smoking intervention program, there's extra incentive to quit smoking or stop using other tobacco products.

Fall smoking intervention classes will be held at the Russell Library, 123 Broad Street in Middletown, on the following dates: Oct. 30, Nov. 6, Nov. 13, Nov. 20 and Nov. 27. Each class is free. Classes will begin at 11:00 a.m. and end at noon.

The program is made possible through a grant from the City of Mid-

dletown. However, you do not have to live in Middletown to participate.

Participants in the smoking intervention program will learn how to deal with triggers and cravings. They will also learn to manage withdrawal symptoms and maintain a healthy lifestyle, and they will learn about e-cigarettes and the dangers of firsthand and secondhand smoke.

Registration for the smoking intervention program is required. Participants earn incentives, such as gift cards, for attending classes and quitting smoking.

To register, call 860-358-5426.



#29 Dalton Brown runs through a North Branford tackle. Photo by Chad Giuliani.

HKHS beats North Branford

Continued from page H1

for the Cougars, and Jordan Callahan kicked field goals from 25 and 27 yards and was 3-for-3 on extra points. North Branford's Brandon Fratta was 15 of 39 passing with one touchdown.

Summary:

First Quarter: HK – Jordan Callahan 25 field goal

Second Quarter: NB – Alex Clinton 11 pass from Brandon Fratta (pass failed)

Third Quarter: HK – Dalton Brown 73 run (Callahan kick)

Fourth Quarter: HK – Callahan 27 field goal; HK – Brown 41 run (Callahan kick); HK – Brown 94 interception return (Callahan kick)

HK (6-1)	3	0	7	17	27
NB (2-5)	0	6	0	0	6

Valley RR

For breaking news and more articles on a variety of subjects, please see Haddam-KillingworthNow.com

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November update

Haddam News recently caught up with First Selectwoman Lizz Milardo on several topics of interest to residents.

MP: Tylerville Water...what can you report to residents at this time?

LM: The Town has gone out to bid on contractors for construction of the water pipeline. The bids were opened on Thursday, Nov. 15. In addition, we are finalizing easements for the construction.

MP: Liz Glidden, our Town Planner, has recently resigned – effective October 26. Would you like to comment?

LM: I, along with everyone at Town Hall, am sad to see her go. But we are so very proud of all of the hard work she has done. We thank Liz for all of her help, vision and her utmost dedication.

MP: Road work update?

LM: As previously reported, Old County Road and Pokorny Roads are well underway. As for McTigh Road, road work crews have discovered more water accumulation than anticipated – in great part due to

a spring in the middle of the road, which is causing a lot of the problems. The work to be done there is much more extensive than originally expected. Consequently, further drainage work is required on that road. Further compounding the issue is that the massive amounts of rain we have gotten this summer and fall have delayed crews in Haddam (not to mention, throughout the state of Connecticut). That said, I am confident we will get this done, and the crews are diligently working on it. The crews are doing their best to finish the phase they are in currently as soon as possible, but the remainder will be completed in the Spring. In Haddam Neck, Cove Road, Injun Hollow Road, Quarry Hill, and Rock Landing, as well as Clarkhurst, will be paved and addressed in the Spring.

MP: What would you like to say about the Higganum Center?

LM: The Regional School District #17 is going out for RFP (request for proposals) to seek interested developers for the building. In general, I want to see the Center addressed as a whole. A lot of

residents, as am I, are concerned about the prospect of multiple empty buildings (including the Citizens Bank branch leaving its Higganum location). Residents should be assured that the Town is actively and diligently working to secure a tenant for that building. That said, the lack of infrastructure is the number one obstacle for potential developers. So, it is imperative that the Town work on infrastructure in Higganum Center. On this front, the Infrastructure Committee is working very hard. I can also report that Haddam has applied for a \$1M Brownfield Grant for remediation of the Scovil Hoe buildings.

MP: What will be your approach for Haddam with a new governor in place?

LM: My approach will not change, regardless of the next governor. I will continue to advocate on Haddam's behalf regarding issues having to do with state municipal aid, teacher pension plans, and town road aid. In addition, I will also continue fighting the burdensome unfunded mandates with which the State keeps trying to saddle towns and municipalities. It is my goal to continue to speak for all of our community here in our beautiful, little Haddam.

COMMUNITY

HK Hall of Fame restructuring updates

By Joanne Nesti

After ten years and the induction of more than 50 honorees, the Haddam-Killingworth Hall of Fame Committee has decided to forgo hosting an induction dinner in 2019 in order to focus its attention on re-structuring the HKHOF Committee and its work. The Committee has selected 2016 Inductee Howie Burr to be its new Chairman. He will succeed 2013 Inductee Phil Devlin, who stepped down in September after five years as Chair. In addition, 2011 Inductee Tommy Thompson will serve as Vice-Chairman, and 2015 Inductee Elaine Jackson will serve as Secretary. The HK Hall of Fame was established in 2009 to honor those individuals who have demonstrated

an exemplary commitment to the service of children and/or an outstanding record of service to the community. The Committee will suspend its nomination process for the next several months, but expects to issue a renewed call for nominations in the fall of 2019. It will, however, continue to present its \$500 Student Civic Achievement Award to

eligible seniors from the Class of 2019. Information on the Hall of Fame and its inductees, along with information on the Civic Achievement Award, can be found on the Regional School District 17 website, www.rsd17.org. Click on the "Community" tab, and then the link to "HK Hall of Fame."

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For safety's sake, make way for school buses

Continued from page H1

necticut drivers to stop when a school bus has its flashing RED lights on, and its stop sign activated. This requirement applies to drivers in either direction. In other words, whether a driver is approaching the school bus from the other way or following it, stopping is a must. According to the website of the Connecticut General Assembly, passing a bus carries a whopping \$465 fine for a first offense. For each subsequent offense, the penalty is a fine of \$500 to \$1,000, up to 30 days in jail, or both. In addition, the state Department of Motor Vehicles (DMV) assesses four points against the driver's license of any motorist for each violation of this law. Such legislation in the Nutmeg State is not unique. In fact, broadly speaking, state traffic laws:

"are fully or partially adopted in conformity with the National Committee on Uniform Traffic Laws and Ordinances' Uniform Vehicle Code, which was written and recommended as a national standard for traffic laws."

To be sure, illegally passing a school bus carries quite a regime of penalties. According to Haddam Resident Trooper Enrico Milardo, "school bus drivers will make official reports and forward vehicle information including license plates of violators to DMV and State Police."

But the penalties pale in comparison to the fact that such actions can also place our community's youth in serious danger. Experienced school bus drivers emphasize this point over and over again.

Various school bus drivers in the district spoke with Haddam News on condition of anonymity, due to restrictions in work contracts.

"We are carrying the most precious cargo out there," one school bus driver

Yellow lights: Prepare to stop. Slow down. Do not pass the bus.

Red lights: Stop. Drivers coming from both directions must stop. Do not pass the bus when the lights are flashing. When the lights turn off, proceed with caution. Be on the lookout for children near the road.

It's the law: It is against the law to not stop for a school bus with flashing red lights. Law enforcement will issue warnings or citations to drivers who are caught or reported.

who has been driving school buses in Regional School District #17 for over 10 years. "We are rolling traffic lights, [and] people need to respect that." The school bus operator goes on to say that most drivers around town are very cautious and patient when it comes to driving near school buses. But they also note that "there are occasions when certain drivers feel that getting where they need to go is more important than safety, trying to pass a bus, tailgating, [or] trying to speed up before the red lights come on." On this point, they estimate that "as far as how often someone blatantly goes through my lights, [it] is probably an average of once every few months."

One driver who has been driving in the District for over a dozen years observes that they have townspeople drive through their flashing lights "regularly." In fact, they explain that some people will drive up to the "edge of lawns just to zoom through my yellows...yellow means STOP, [n]ot nail



the problem is that the state of Connecticut has a "no idling" law of three minutes, and the buses "are equipped to shut off after about five minutes." Connecticut General Statute 14-277(b) prohibits "school bus operators from idling the engines of stopped buses for more than three consecutive minutes, with certain exceptions" (such as traffic conditions, mechanical difficulties, outdoor temperature of below 20 degrees, bus is receiving or discharging passengers on a public highway/road).

What ends up happening, as this school bus operator describes, is that "they get mad because someone will allow some of the flow to go in or out...they don't realize our shut-down and child alarm systems will go off."

School buses activate their yellow flashing lights to warn other drivers that they are about to make a stop. When

the gas pedal!" Furthermore, they state that Connecticut law requires drivers to stop 10 feet before the bus stop and that "bus drivers can fill out the driver's vehicle info and plate number and submit it to DMV." At that point, "DMV then either sends them a warning or a ticket."

Another school bus driver in the area for a couple years says that, "On average, people drive through my lights around three times a week." Previously, they drove a school bus in another town for several years. In comparing their experience driving in that town, they say the problem of passing stopped school buses appears to be worse in our district.

One common, frequent place people tend to pass school buses with their red flashing lights is at the school(s), where people think that because the bus is unloading, it is therefore safe to pass. This is a misguided and dangerous assumption. Per law, whenever and wherever those red flashing lights are on, the rules apply: people must stop. As one of the school bus operators notes, school zones can become a "disaster" because the "25 mph zone isn't followed or enforced." Compounding

this occurs, drivers should anticipate that the red flashing lights will come on shortly thereafter and be prepared to stop. The red flashing lights indicate that the bus is stopped, students are either getting on or off the bus, and they often cross the street to do so. Parents should remind children to pause and look both ways before crossing the street – even if the red lights are activated.

School bus drivers take proactive measures to ensure the safety of their student passengers. One of them explains that "from my perspective, I do not like having a lot of cars behind me when making frequent stops, so I will find safe spots to pull over and clear traffic when possible." In Haddam, finding such spots may be challenging on certain roads, such as the ever-busy Route 154/Saybrook Road corridor or narrow roads residents know too well are common here in town.

So next time you see that yellow school bus with red flashing lights on... Stop. Be patient. Be considerate of our youth. It is the law. And like the title of Robert McCloskey's classic children's book, "Make Way for Ducklings"!



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HKHS October update

By Donna Hayward, Principal, HKHS

The HKHS community has enjoyed a busy autumn season and we're rapidly approaching the end of first quarter. We celebrate our students' performance in the classroom, on the stage and on the field and look forward to more learning and success in the coming weeks. Here is a glimpse of what has kept us busy to date.

HK Foodies:

The culinary arts students have been very busy. The basic culinary class has been learning everything from how yeast breads work to how to make potato leek soup. The international cuisine class has been researching different cuisines from Italy to Japan

Sixteen of the culinary arts students took a field trip to the channel 8 news station to support Megan Strick while she taught the viewing audience how to make pumpkin butter on CT Style. Clearly, our culinary students are off to great start of the 2018-2019 school year.

Fall Athletics

(submitted by Fall head coaches):

Cross Country – The Boys XC team placed 1st at Somers Big Red Invitational, placed 2nd at Suffern Invitational, finished 2nd at Ocean State Invitational and 4th at Thetford Woods Trail Invitational during the fall. The boys were undefeated (14-0) in the dual meet season for the 5th consecutive year and have gone 76-0 in dual meets over the past 5 years. At the Shoreline Championship, the boys finished 1st as a team to win their 5th straight Shoreline Championship and 10th out of the past 12 years. Matt Jennings was the individual runner up and earned First Team All-Conference along with senior tri-captains Nate Carlson and Seth Freeman. Matt competed at State Opens on Nov. 2.

The Girls XC team placed 3rd at the Somers Big Red Invitational and placed 3rd at the Ocean State Invitational during the season. The girls team was also undefeated in their dual meet season going 14-0 as this is their 4th year in a row being undefeated with a record of 59-0 over that time span. At the Shoreline Championship meet the girls placed 2nd as a team and were led by senior co-captain Emma Anziano who placed 3rd in the race to earn First Team All Conference accolades along with sophomore Meara Bodak and junior Julia Callis. The girls were Class SS Runners up at States and competed in State Opens on Nov. 2.

Cheerleading- This 2018 football season has been going very well. The football team has been doing an amazing job and keeping the team on their feet cheering the team on! The team participated in a Game Day Cheer Competition at Middletown High School. This was a new opportunity and it was a great experience for all of the girls. The fall team cannot wait to see what is in store for next season.

Boys Soccer- The HK Boys soccer team has had a very successful season thus far and has managed to make both post season tournaments. Our current record stands at 9-5-2 and we rank 3rd in the Shoreline conference. Senior Ben Marchetti leads the team with 23 goals including 16 in conference and the defense led by Trent Ferguson and Thomas Williams has posted 5 shutouts.

Girls Swimming - Our HK Girls Swim Team kicked off the season at a relay meet in Windsor Locks with eight high schools competing. Cougar girls won gold medals in both the 800-yard free relay and the highly competitive 200-yard free relay, which had 21 entries. The team worked on mechanics, stroke technique, endurance and strength training to move each swimmer to the next level of their own personal competitive ability. Cougar girls had some incredible swims this season, resulting in many personal best times, a win and a tie, and 12 automatic qualifying times for State Championship events. Way to go, HK swimmin' women!

Girls Soccer - The HK Girls Soccer team had a very competitive showing during the 2018 season. The team improved on its record and finished 4-9-3 overall falling two wins shy of a Shoreline Conference appearance and only one win shy of making the state tournament. The girl's also improved their statistics from the previous year's scoring 22 goals from 11 different players while only conceding 40. The team will miss seniors Elena Boyington, Hailey Cassidy, Autumn Coady and Jasime Griswold greatly and wish them the best of luck in their futures!

Football - The HKHS football team, with a 5-1 record entering the Oct. 26th game against North Branford, is averaging 40 points per contest currently putting them in 10th place in the entire state in scoring with 240 points. 26 of those points are from kicked extra points by Jordan Callahan. The team is 3rd in the state (2nd in class S) in interceptions with 11 so

far. Running backs Tobey Callender and Dalton Modehn, along with their lineman, lead the Cougars' offensive attack, which rolled up a season-high 501 total yards in a 63-22 win over Morgan on Oct. 12. Callender, who got the team into the end zone 3 different ways that game (pass, reception, rush x2) and fellow senior captains Dalton Brown, James Murphy, Aiden Maher, and Colton Lavoie have kept the team focused as it approaches a challenging 4 game stretch on the road to complete the regular season. (Stat rankings: according to MaxPreps)

Volleyball - The HK volleyball team is presently 14-4. Recently, the team has had great wins against Lyman Memorial, North Branford and Valley Regional. We are fortunate enough to have 7 seniors that provide stability and experience to help unite all of the players to play their best! Emily Jennings and Juliette Sasso (co-captains) along with Kristen Dansereau and Leah Forte are considered our powerhouse offense. Libero, Amanda Minervino, and defense specialists, Ellie Hinds and Catherine Celano have sacrificed their bodies, diving all over the court to bring up volleyball's while playing on defense!

Field Hockey - Haddam Killingworth Field Hockey had a tough, but rewarding season. Despite not winning any games, they had two ties, one against the then #1 Ranked Class M school,

Pomperaug, and became closer than ever. They worked really hard to stay positive and keep their heads up. Overall, they had fun and are proud of what they accomplished. Three students were recognized with All Conference Honors, Senior Captain Becca Conti and Junior Emma Conklin received 2nd Team All Shoreline and Junior, Natalie Pontbriand received All Shoreline Honorable Mention.

Community, student, and faculty support at our fall sports have increased and we would like to see that continue through the winter and spring seasons. Our student-athletes appreciate the support they are seeing. Go Cougars!

Substitutes needed:

Regional School District 17 is seeking qualified individuals to work as substitute teachers. We offer regionally competitive pay for substitutes. Qualifications for substitute teachers include a Bachelor's Degree (required) and experience working with children. A teaching certificate is not required, but definitely a plus. Substitute teaching is a great way to contribute to our schools for those who enjoy working with kids. Please visit the "Employment Opportunities" page of our district website (www.rsd17.org) for more information and to initiate an application. If you have any questions, please contact Donna Kana, Administrative Assistant to the Assistant Superintendent, 860-345-4534.

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YFSHK Staff: Sean Macauley, Laurie Ruderfer, Lindsey Lehet.



Behnke Family.



Carlos & Jacki Xavier (owners of Higganum's CrossFit).

Haddam turns out for 25th annual Pumpkin Run

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Some division results are below.
For all results, visit www.haddam-killingworthnow.com.

Top 5 Male Finishers

Julian Spector (H) 19:08
Erik Kastner 20:29
David Behnke (H) 20:44
Ross Hanson 20:52
Colton Merola (K) 20:53

Top 5 Female Finishers

Kelsey Seddon 21:42
Sara Hansen 21:53
Allison Behnke (H) 22:42
Rebecca Wilansky (H) 22:46
Grace Mitchell (H) 23:16

Top 5 Male Finishers, age 9 and under

Alexander Weise (H) 28:51
Lucas Packtor (H) 31:47
Joseph Rizzo (H) 34:23
Quinn Spector (H) 34:30
Sawyer Todd (H) 34:51

Top 5 Female Finishers, age 9 and under

Carlos & Jacki Xavier (CrossFit)
Charlotte Behnke (H) 27:12
Amelia Riggs (H) 32:44
Lea Rubino (H) 36:15
Mackenzie Pierce (H) 36:19

Rory Kaplowitz (H) 39:15

Top 5 Male Finishers, age 10-14

Colton Merola (K) 20:53
Zenon Kolcio (H) 21:02
Carter Hayash 22:22
Soren Tassmer (H) 23:39
Joseph Giaccone (K) 23:39

Top 5 Female Finishers, age 10-14

Grace Mitchell (H) 23:16

Leah Chester (H) 25:07

Avelinn Browne 25:27
Brigitte Battistoni (H) 28:43
Payton Kaplowitz (H) 28:44

Top Male Finishers, age 70-74

John Morawski 31:28

Top Female Finishers, age 70-74

Jan Bosworth 46:53
Nancy Height (H) 55:49

FAITH / COMMUNITY

St. Peter Church Christmas Fair

30 St. Peter Lane, Higganum
Friday, Nov. 16 & Saturday, Nov. 17
"Twas the Night Before" – Friday, November 16th, 5:30 p.m. – 8:30 p.m. Kick off the weekend with an adults only wine, cheese and hors d'oeuvre reception and get together. Join us for early bird buying, door prizes and fun. Tickets \$10 in advance and \$12 at the door.
"59th Annual Christmas Fair" – Saturday, Nov. 17, 9:00 a.m. – 3:00 p.m. Fair items include jewelry, baked goods, antiques/collectibles, crafts, quilts and knitted items as well as fabulous Christmas and holiday wreaths and decorations all available for purchase and ready to take home for the season

of giving. The Country Kitchen will be serving everything from coffee and pastries to a complete luncheon menu throughout the day.
The BIG RAFFLE has a grand prize of a \$(1000) Visa bank card and a second and third prize of a \$(500) Visa bank card each. A mini raffle also offers more chances for tremendous gifts. We are currently accepting donations for the antique attic and crafting booths. Any and all donations would be greatly appreciated!! Watch for more details about this annual event. For information contact Mike Farina, Chairman at 860-345-4808 or St. Peter Church 860-345-8018.

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New Image Auto

H-K YOUTH FOOTBALL ASSOCIATION



Above: Josiah Bourne (19) of the C squad gets the handoff from quarterback Owen Jones (12) as Alexander Karber (7) blocks. *Photo courtesy of Jen Jones.* Right: Head coach Julie Rowell and members of the B cheer team take time out for a photo prior to the Cromwell game. *Photo courtesy of Eric Anderson.*



Week 7 highlights

By Eric Anderson, Public Relations Director, HKYFA

Haddam Killingworth Youth Football Association was on the road in week 7 at Cromwell in cold and blustery conditions.

The HK A squad raced out to a 20-0 halftime lead over the host Lions of Cromwell and eased to a 32-7 win to improve to 5-2 on the season. With windy conditions, the Cougars opted for the ground game and found success, racking up 285 yards in a balanced attack. The HK defense kept the Lions in check save for a late TD as time expired.

In the first half Lee and Cary Harwood combined for 88 yards on 15 carries to anchor the HK run of-fense with Lee scoring 2 touchdowns and Cavin Napolentano adding a 2pt extra point kick. The Cougar defense disrupted the Lions first three offensive possessions when Nick Fox recovered a fumble, Carey Harwood blocked a punt and Jayden Fulton recovered an errant Cromwell backwards pass and ran in for the score. Aiden Griswold and Kevin Gamache teamed up for HK's first sack of the day and Ben Cozean and Orion Inkel added solo sacks as the defense limited Cromwell to only 38 yards of offense in the first half.

Tate Callender ran for a 65 yard score in HK's first possession of the second half and Inkel added a

53 yard run of his own to cap off the scoring on the day for the visiting Cougars. The defense remained focused after the break and were quick to close on the Lion runners. Highlights included Aiden and Collin Griswold teaming up for a tackle for a loss and Aiden and Connor Schipritt teaming up for a tackle. Tackle leaders on the day included Cozean (5.5), Callender (5), Inkel (4), Vincent Scileppi (3.5), Aiden Griswold (2), Carey Harwood (2.5) and Nick Fox (2). Also contributing on defense were Jason Maziarz, Anthony Maio, Kevin Harrison, Lee Harwood, Jacob Maier, Connor Schipritt, Kevin Gamache and Collin Griswold. Rushing leaders were

Inkel (82), Callender (74), Lee Harwood (71), Carey Harwood (43) and Nick Fox (15).

The B squad beat Cromwell 38-18 to finish the season with a perfect 7-0 record. The team has a bye in week 8 of the season and will wait for playoff seeding's to be finalized.

The C squad fell to undefeated Cromwell by a 24-6 margin and is now 5-2 on the season heading into Sunday's final regular season contest at Rocky Hill (1-6). Game time is 1pm.

The D squad had a bye this week and will face Canton on the road on Sunday. Game time is slated for 9am on the turf.

COMMUNITY

Red Cross Blood Drive set

By Theresa Kegley, Valley Bible Church

Each day, the Red Cross must collect 14,000 blood donations for patients in need. Give now. Your donation is critical.

There will be a Red Cross blood drive at Valley Bible Evangelical Free Church at 220 Turkey Hill

Road in Haddam 9:00 a.m.-2:00 p.m. on Wednesday, Nov. 21. If anyone 18 or older would like to make an appointment they can go to the RED CROSS website and pick a time. Or call 1-800-733-27677 and make an appointment with a representative. Making an appointment ahead of time (even a few days ahead) shortens the wait time for donors.

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Food for Thought: You're Sweet Enough!

By Janet Verney

Are you feeling fatigued and tired all the time? Do you suffer from chronic headaches? Are you frustrated with your weight? Do you battle mild anxiety, depression, or chronic mood swings? Are you catching colds too often? Oh the list could go on... Much of this could be from what I call the sugar blues!

Did you know that when too much sugar is in the blood it gets all sticky and can cause a whole host of issues with blood vessels, leading to heart disease, an increase in inflammation, and type 2 diabetes? Well, the good news is so much of this can be reversed and prevented!

The "simple" solution is to decrease the amount of sugar and refined carbohydrates you eat, but we all know that can be "not so simple" to do, especially when those cravings hit! Here is another reason it can be hard to do – sugar is a sneaky ingredient and is disguised by more than 60 different names hiding in most pre-packaged foods. Many of these sugars have names that you may not recognize as sugar when reading food labels. Did you know that most of us consume about 30 teaspoons of sugar every day? That's about 100 pounds a year! Yikes that's a lot of sugar. No wonder so many of us are getting sick.

With the holiday season creeping up on us, this is a great time to make some changes and plan for success. I can already hear you saying "I'll get back on track after the holidays and make it my New Year's resolution." We all know how that goes! So let's switch it up and take control of your blood sugar and make it your best holiday season ever! Keep in mind, it is not about depriving yourself; it is about taking some small steps, one at a time, and crowding out what is making you feel sick.

Here is a road map to take charge of your blood sugar and curb those cravings. Start by focusing on eating a whole food diet (add in lots of veggies at every meal), eat less pre-packaged foods (be a label reader and look for that pesky sugar), ditch the soda and other sugary drinks, decrease alcohol consumption, eliminate high fructose corn syrup and refined white sugar, and replace refined carbohydrates with whole grains. Eliminate artificial sweeteners like aspartame, NutraSweet, and Splenda – many have well-recognized neurotoxins and can cause a host of other issues. I have heard these artificial sweeteners have actually been linked to weight gain making you want to eat more food. Add in lean protein and high quality fats like avocado and

olive oil. Eat your veggies first to support optimal digestion. Nibble on a small handful of organic nuts or seeds as an afternoon pick-me-up. All of this is a great start to reducing blood sugar and getting yourself on track to better health.

Sweet is part of life and should be enjoyed in moderation. Choosing healthier options is a great way "to have your cake and eat it too." Try replacing sweet treats with whole fruits (not juiced). The fiber in the fruit slows down the spike in blood sugar. For optimal digestion, fruit it is best when eaten alone.

Some of my favorite sweeteners, with the most nutritional value, include: raw honey, pure maple syrup, brown rice syrup, dates, coconut sugar, yacon syrup, and blackstrap molasses. These sweeteners will raise blood sugar, but are better choices when used in moderation. I will often change up a recipe, replacing an overly refined sugar with one of the above and use much less, making it less sweet. Not to worry, your taste buds will adjust in time!

One of the best natural, plant-based sweeteners out there is stevia. I especially like the liquid version called Stevita. It is less refined and it is organic. The best part of Stevita is that it does not raise blood sugar and you need very little of it to make something sweet. I use it in my homemade lemonade, or a drop or two in my herbal tea. Some don't care for the taste of stevia, but I find over time you get used to it and may even come to like it.

Some other sweetener options that do not raise blood sugar include: xylitol, erythritol, and inulins, but these natural sugar alcohols can cause digestive issues for some. My favorite in this sweetener category is Lakanto, a combination of non-gmo erythritol and monk fruit. Lakanto is a great option for baking.

Remember, you're sweet enough! Adding a bit of sweetness to life now and then is okay, but you're doing yourself a disservice when over consuming it. Plan ahead and make a batch of something using a more nutritional sweetener and freeze it for an occasional snack. When attending those holiday gatherings, bring something to share made with less sugar and healthier options. After one month of ridding yourself of the excess sugar you will see some remarkable differences and when you taste something made with overly refined sugars you may make a funny scrunch face and realize what you haven't been missing!

Here are a few of my go to sweet treats to keep on hand (I use mostly organic ingredients whenever possible):

Chocolate "sea-salt" Turtles

6 large Medjool dates, cut in half the long way and pitted
3 Tbs. melted dark chocolate, preferably 85% dark
36 organic pecan pieces, whole or cut
Coarse sea salt

Place date halves, sticky side up, on a cookie sheet lined with wax paper. Place 6 pecan pieces on each date, strategically to look like a turtles head, tail, and four little feet. Spoon about ½ tablespoon of dark chocolate on each turtle, anchoring the pecans to the date. Sprinkle with coarse sea salt. Set in the refrigerator until set. They make a wonderful holiday or hostess gift. Great to have a batch in the refrigerator for when you just need something a little sweet and chocolaty.

Strawberry Banana Ice-cream

2 bananas cut into chunks and frozen
1 small bag of frozen organic strawberries
1 can (BPA-free) coconut milk, refrigerated
1 cup almond milk
2 large Tbs. of raw honey or pure maple syrup if vegan
1 Tbs. vanilla extract
1 pinch sea salt

Place all ingredients in high-speed blender and start on low, then high until completely smooth. After blending you can add sliced fresh strawberries for texture if you like. Place all ingredients in an ice-cream maker and churn for 15-20 minutes, until thick and creamy. Serve immediately or transfer to a glass Pyrex container and freeze. Stir every couple of hours to keep smooth, or simply thaw for 15-20 minutes before serving.

Note – if you are using fresh ingredients that are not frozen, refrigerate after blending for 2 hours, before churning. If you do not have an ice-cream maker, it is a wonderful investment to make whole food, clean, delicious ice-cream!

Very Berry Crisp

FILLING:

¼ cup pure maple syrup
½ lemon, juiced
1 Tbs. avocado oil
1 tsp. cinnamon
½ tsp. nutmeg
1 tsp. arrowroot powder

Continued on page H10



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HADDAM HEADSCRATCHER

Where in the world (of Haddam) was this photo taken?



Photo courtesy of the Haddam Historical Society.

Here is this week's Haddam Headscratcher. Identify where this photo was taken. The first person to send us the correct answer at editors@Hadd-

am-KillingworthNow.com or editors@HaddamNews.org will receive \$1 in the mail.

CLASSIFIED ADS

Roommate opportunity

ESSEX-IVORYTON ROOMMATE to share 2BR/2Bath newly refurbished Townhouse with Private Bath, Kitchen, Laundry and Utilities included. \$750. Call Jim 860-853-0093.

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.

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, PO Box 15, Higganum, CT 06441

CONTINUED FROM PAGE H8

Food for Thought

Continued from page H8

1 pinch sea salt
4 cups of your favorite berries

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 berries. 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 wooden spoon 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.

Black Bean Brownies

2 Tbs. water
2 Tbs. flax meal
3 Tbs. avocado oil
1 Tbs. pure vanilla extract
½ tsp. sea salt
¾ cup raw cacao powder
¾ cup coconut palm sugar
1 can (BPA-free) black beans, rinsed
1 tsp. baking soda

1 tsp. baking powder

Preheat oven to 350 degrees. Place all ingredients, except baking soda & baking powder, in blender and blend until smooth. Add baking soda & baking powder and blend on low. Pour into greased baking dish or in muffin tins lined with paper baking cups. Bake for 20-30 minutes, or until toothpick comes out clean. Completely cool before cutting.

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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Killingworth's 2nd Annual Farm Tour runs November 17

By Melissa Ferrara

On Saturday, Nov. 17, four Killingworth farms will open their doors to the public, free of charge, for the 2nd annual Killingworth Fall Farm tour. From 11:00 a.m. to 4:00 p.m., visitors are welcome to tour the farms, enjoy special farm tour demonstrations and/or treats, and brows farm stores filled with locally produced gifts for everyone!

Participating farms are:

Bitta Blue Farm, 228 River Road, Killingworth (goat milk soap, lotions, and bath accessories; jams, jellies, dried fruits, late season vegetables). Closes at 3:00 p.m.

Down the Lane Farm, 18 Reservoir Road, Killingworth (honey, soaps, skin care, beeswax candles)

Lavender Pond Farm, 318 Roast Meat Hill Road, Killingworth (lavender, bath/body/home lavender products, lavender themed gifts)

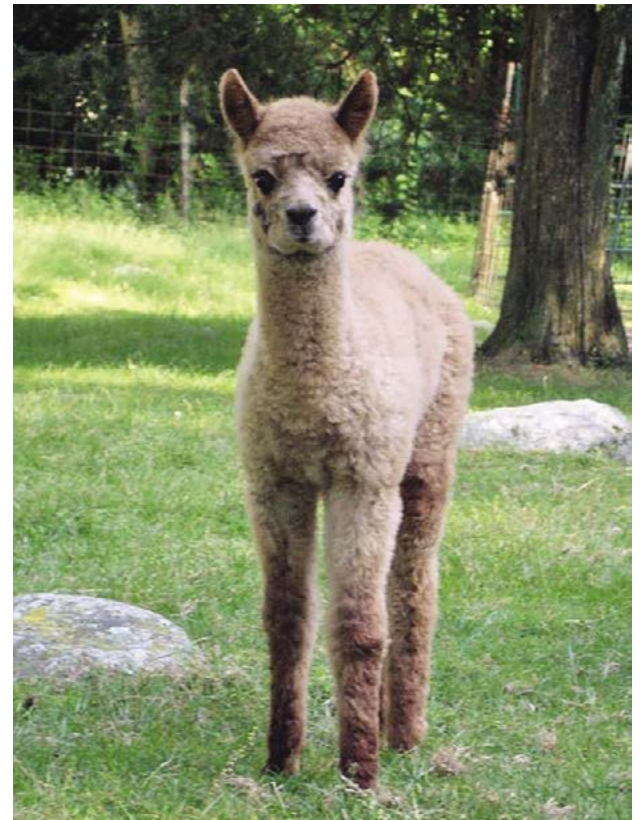


Above: Lavender Pond Farm. Photo courtesy of Chris Salafia.

Right: New England Alpacas. Photo courtesy of Melisa Ferrara.

New England Alpacas, 14 Bethke Road, Killingworth (alpacas, alpaca fleece/yarn/products).

Maps and postcards with addresses of all farms will



be available at each farm and there is ample parking. No public restrooms or food vendors. For more information, please email at nealpacas@aol.com or call 860-663-3482.

EDUCATION

Free Preschool Developmental Screening offered

By Cindy Sadlowski,
Regional School District #17

Do you have questions or concerns about your child's development? RSD

#17 Preschool Staff are offering a developmental screening to look at the following areas:

- Cognitive/readiness skills
- Speech/language skills
- Fine/Gross motor skills
- Social skills
- Adaptive skills

This screening is for Haddam and Killingworth children ages 3 to 5. Please join us Friday, November 30, 2018, 9:30 – 10:00 a.m. at Burr Elementary School. RSVP to Cindy Sadlowski at 860 345-4584 or CSadlowski@rsd17.org by Nov. 26.

LEGAL NOTICES

NOTICE OF ACTIONS HADDAM PLANNING & ZONING COMMISSION

At a regularly scheduled meeting dated November 1, 2018 the Haddam Planning and Zoning Commission took the following action:

To approve a special permit to allow clean fill in excess of 300 cubic yards to be deposited on the subject property in conformance with Section 18.2 of the Town of Haddam Zoning Regulations for property shown as 614 Foothills Road and shown on Tax Map 20, Lot 10-1-B.

ADDRESS: 424 Saybrook Road
MAP# 14 LOT# 08-2

MOTION: To approve a special permit to allow an attached accessory apartment (garage conversion) not to exceed 800 square feet on property known as 424 Saybrook Road and shown on Tax Map 14, Lot 08-02.

PLANNING AND ZONING PUBLIC HEARING AND MEETING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on November 15, 2018 at 7:00 p.m. to act upon the following item (s):

Public Hearing and Meeting:

A modification to a previously approved site plan approval for 23 and 27 Killingworth Road, property location known as the Higganum Pharmacy and shown on Tax Map 15 Lot 138.

Said application is on file in the Land Use Office of the Town of Haddam.

Planning and Zoning Commission, Haddam CT

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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Request For Proposals for Re-use of HES are out

By Editorial Staff

A Request for Proposals (RFP) legal notice has been sent out by Regional School District #17 for re-use of

Haddam Elementary School. As part of the District Restructuring Plan, Haddam Elementary School will close after the 2018-19 school year. According to its July 2018 update to the community, the district said, "The District and the Board of Education remain focused on and committed to the future of the Haddam Elementary School building and grounds and to

responsible stewardship of the property."

The legal notice, which can be found on the rsd17.org website, and in various newspapers reads: *Regional School District 17 Request for Proposal for Reuse/Redevelopment of Haddam Elementary School 272 Saybrook Road, Haddam, CT*

Development Opportunity November 1, 2018

Sealed proposals for the project named above will be received in the Office of the Superintendent until 11:00 a.m. Wednesday, February 6, 2019.

Thereafter, proposals will be opened in public and the names of those submitting responses read aloud.

Specifications and proposal documents may be obtained from Pearce Commercial Real Estate at telephone number (203) 281-9332 or linked from the District 17 website, www.rsd17.org.

Regional School District 17 reserves the right to accept or reject any, all, or any part of proposals, to waive formalities or informalities, and to make an award that is deemed in the best interest of the District.

A non-mandatory site tour of the facility and property will be held on Monday, November 12, from 9:00 a.m. to 1:00 p.m.

Celebrate the Season with The Riverhouse

RIVERHOUSE HOLIDAY OPEN HOUSE

Friday December 7, 2018 | 7:00pm-11:30pm

Gather your friends, neighbors, family, co-workers and bring your party to our party!
Live Music and DJ Services by Travis Winkley

For more information visit our website at theriverhouse.com
To join the festivities and reserve your table(s), please call 860-345-4100

Mark your calendars for Town & Country Nurseries Holiday Open House: November 17

Come celebrate the holidays with Town & Country Nurseries! (1036 Saybrook Road, Haddam).

Our Holiday Open House on Saturday, Nov. 17, (9:00 a.m. – 6:00 p.m.) has something for everyone. Get a sneak peak into Christmas, start your Christmas shopping, all day long kid's activities and enjoy our Wine & Cheese Tasting (3:00 p.m.-6:00 p.m.)

For adults, we have a divine Wine and Cheese Tasting sponsored by Tony's Package Store in Haddam. Tony's puts on a fantastic spread for everyone to enjoy. Don't worry if you are not a wine drinker because they offer an amazing hard warm cider. Perfect for those cool November days. Not only do we have the Wine Tasting but a Cheese Tasting as well! Large selection of cheeses, crackers, fruit, chutneys and other fantastic spreads that pair perfectly with the wine. BRING A FRIEND OR TWO FOR A FUN DAY OUT!

Holiday Raffle

Don't forget our amazing raffle! Great prizes for gardening and nature lovers!! Get a Raffle Ticket by just stopping in on the day of the Open House. Earn an additional raffle ticket for every \$10 you spend at the Open House.

Kid's Activities

Bring the kid's down for some holiday magic. Kids will be able to create their very own ornament to hang on their tree. Kids' Activities will be available all day.

Hospice program to hold service of remembrance

Date: November 18

Time: 2:00 p.m.

Location: Mercy High School, 1740 Randolph Road, Middletown

Middlesex Hospital's Hospice and Palliative Care programs will hold their 34th annual Service of Remembrance. Doors will open at 1:15 p.m.

The service is nondenominational and will honor the memory of those who died from October 1, 2017 to September 30, 2018 while receiving care under the Hospital's Hospice Program and the Hospital's Palliative Care Program.

Anyone can attend this event, which will be held in the auditorium of Mercy High School in Middletown. For more information, call 860-358-8852.

Here's the Plan.

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