



Little Meadow Rd. easement update

By Ed Munster

Haddam residents may remember that there was a Town Meeting on March 14, 2019 to vote on a resolution to purchase easements for the water line at two locations on Little Meadow Road. As a follow-up to the meeting both property owners, Dave Chevrette of 69 Little Meadow and Donald and Marianne Smith of 98 Little Meadow, have agreed and signed the easements that the town was seeking. First Selectman Lizz Milardo stated that she was pleased that the property owners' concerns were satisfied and the easements have been obtained without the need for court action so that the work on the water main is able to proceed.

Drivers on Bridge Road have seen firsthand evidence of progress on the water project in the form of this fire hydrant in Tylerville.

HKHS baseball team beats Hale Ray, 11-4

By Mark Brookes,
Coach, HKHS Baseball

The Haddam Killingworth High School baseball team defeated Hale-Ray on Wednesday, April 3, at Hale-Ray with a final score of HK 11, Hale-Ray 4. Jon Civiello had four hits and



struck out five in four innings. Civiello, Mike O'Toole and Griffin Izzo each hit doubles in the fifteen hit HK attack. John Linares had three hits for Hale-Ray.

HK	1	0	2	1	2	0	5	11	15	1
HR	0	0	3	0	1	0	0	4	7	0

Batteries: HK- Jon Civiello, Aldan Halfinger (5) and Sam Erskine. HR - Chris Gionta, Joe Lauria (4), Chris Cappitella (6), Cody Valikaneye (7) and Brendan Dalton. 2b HK- Civiello 3, Otoole, Izzo. HR - 2b John Linares WP Civiello LP Gionta

*Records: HK 2-0, Hale-Ray 2-1

*at time of publication

Talking Trees: More destructive insects on our doorstep?

Meghan Peterson, of Haddam News, recently spoke with Kim Syrel to get a sense of what to expect this upcoming spring and summer.

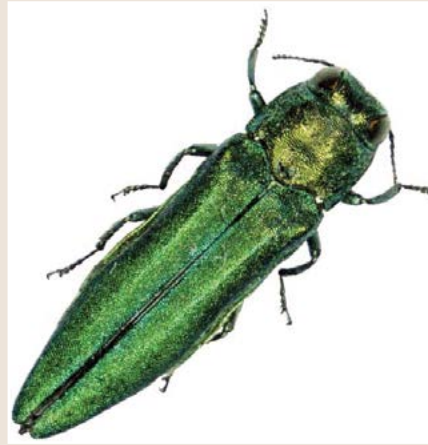
Editors Note: Readers can view the online version of this article for access to additional information on the topics covered below at www.haddam-killingworthnow.com.

Meghan Peterson: We had the opportunity to speak with you about the gypsy moth invasion which plagued our town during the summer of 2017. Briefly remind our readers of the work that you do, Kim.

Kim Syrel: Hi Meghan, it's nice to have the occasion to be able to talk about the status of our trees. For our readers, I am a forestry graduate and a State licensed Connecticut arborist who specializes in entomology and pathology as it pertains to trees and shrubs. Being in the field of Arboriculture for over 29 years, I consult with people regarding their tree care needs and provide assistance in improving tree health. I have owned my own business in the tree care field since 1996 and I must say, working outside offers me insight into our changing climate and what our trees are going through. There have been more challenges for trees in the last 15 years then I can remember and although trees in general want to grow and thrive, negative environmental impacts like severe drought (2015-2016) insect attacks (2017) and three Nor'easters last March (2018) have led to many deaths of a multitude of trees.

MP: Why was the presence (and impact) of gypsy moth this past summer not to the extent we saw in 2017?

KS: Last spring/summer (2018) was not a bad year for Gypsy moths because even though the gypsy moths were out in extraordinary numbers in 2017, we finally had much needed rains that year. This allowed a natural occurring fungus (*Entomophaga maimagia*) to kill off many caterpillars in June so they were not able to mate or lay the abundance of egg masses that were found in the spring of 2016. Unfortunately, as many readers know, the gypsy moth denuded many of our native trees within the State but the oak trees took the biggest hit. The mighty oak is not so mighty when we have back to back environmental calamities. It was very sad to see so many dead



Above: Spotted Lanternfly Adult. Left: Emerald Ash Borer adult. Below: Sizing up the Emerald Ash Borer. Photos courtesy of Kim Syrel.



Above: Last Instar Nymph. Left: Asian Gypsy Moth Female.



oak trees lining our roadways last summer. For me as an arborist, it was a really helpless feeling.

What many people did not

realize was that this wasn't all the gypsy moths at work. Yes, they did defoliate many trees but going into the spring of last year, 2018, many oak trees put out new leaves. That was encouraging and personally I thought that if they developed enough leaves, they could recover. Many oaks that survived the combined drought and gypsy moth infestation looked good last spring. Unfortunately as the season progressed two insects, the orange-striped oakworm and the 'two-lined chestnut borer', both op-

Continued on page H4

TOWN AND COMMUNITY CALENDAR

Please visit www.haddam.org or www.haddam-killingworthnow.com for the most current information, including cancellations, location changes, time changes.

Saturday, April 13

Haddam Meadows Cleanup

Come join the fun! Join an enthusiastic group of volunteers to save some trees and native plants at the beautiful Haddam Meadows State Park. Come to one or both spring invasive plant cleanups. Meet at the bench to the left of the boat launch. We will remove oriental bittersweet and other invasive plants and pick up litter. Adult and youth (under 16 years of age must be accompanied by an adult) should dress for the weather, bring garden loppers or a saw, sunscreen and first aid supplies. Snacks will be provided. Do not bring pets. Volunteers are needed with dump

trucks and Haddam Transfer Station stickers. rain date: April 20. To volunteer, email Cherry Czuba at cherylczuba@comcast.net. The event is being organized by CT DEEP Adopt-A-Park Volunteers, Mary Lou Heger, David Stiles, and Cherry Czuba.

Spring Cleaning Document Shred and Electronic Collection Event, 9:00 a.m. - 12:00 p.m.

(Sponsored by Sustainability Committee)

Looking to do some Spring cleaning with your documents? Have electronics hanging around the house you need to get rid of? Now is the time to do some cleaning out and recycle responsibly! The Town of Haddam is teaming up with Proshred document shredding and Take 2 recycle for electronics collection one day event. Document shredding will be \$5 a box with all proceeds going to the Food and Fuel Bank of Social Services.

Community Center, 7 Candlewood Hill Road, Higganum

Monday, April 15

Committee on Aging Meeting, 10:00 a.m.

Board of Finance Meeting, 6:30 p.m.

Wetlands Commission Meeting, 7:00 p.m.

Tuesday, April 16

"Stop the Bleed" Class, 7:00 p.m.

"Stop the Bleed" is designed to empower bystanders with the training to deal with traumatic events and emergency bleeding situations before emergency help arrives. Killingworth Ambulance Association is sponsoring a class scheduled for Tuesday, April 16, at 7:00 p.m. at the KAA building on Route 81. All classes are open to the public.

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PO Box 15
Higganum, CT 06441

Staff and Contact List

Anthony Giamei,
Managing Editor

Kathy Brown,
Senior Editor

Meghan Peterson, PhD,
Composition Editor

Maurice Adams,
Contributing Editor

Reporters:

Deb Thomas, Brenda Hunter,
Bob Herrmann-Keeling,
and Sally Haase

Ed Munster, Advertising Manager

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Please join us at The Riverhouse for Easter Sunday Brunch

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RSD #17 School Budget Referendum: May 7

By Raymond Skarsten & Saralyn Twomey,
Haddam Certified Registrar of Voters

Town of Haddam

Regional #17 School Budget Referendum

May 7, 2019 – 6:00 a.m. to 8:00 p.m.

The annual referendum for the Regional District #17 School Budget will be held on May 7, 2019 from 6:00 a.m. to 8:00 p.m.

Yes/No Question: Shall we adopt Regional School District #17 Education gross budget of \$42,565,814.85 for the fiscal year beginning July 1,

2019?

All Polling Locations will be open for this referendum. Remember, all property owners (who own Haddam taxable property of \$1,000 or more) are encouraged to vote, "Your Vote Matters."

Polling Locations:

District #001* – Haddam Firehouse Community Hall, 439 Saybrook Road, Higganum

District #002* – Regional School District #17, Central Office, 57 Little City Road, Higganum

District #003* – Haddam Neck Firehouse, 50 Rock

Landing Road, Haddam Neck

*Curb side voting available for "voters with a disability."

To register to vote: your registration application must be received by mail or in-person by your Registrar of Voters or Town Clerk by 4:00p.m. on May 6, 2019.

Call the Registrars of Voters at 860-345-0979 or the Town Clerk at 860-345-8531 for absentee ballot applications or more information.

registrar@haddam.org (860-345-0979)

TO THE EDITOR

Thank You from Bob Glazier

I would like to thank you all for your love and support during my recent illness. I have enjoyed the many cards that I received, and please know that the thoughts and messages brightened my days:

- Kevin and Tracy Lacomb
- Marge Schukowske
- Dottie Rogers
- The Bukofser Family
- Chester Fair Board of Directors
- Tracy Livingston
- Lynda Birch
- Kitty Stalsburg
- Alma Zyko
- Kurt and Jo Ann Schlauder
- Jack and Betty Cernan
- Louise Carlson

- Clare Hoover
- Ann and Jim Mokoski
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- Linda and Angelo Watson
- Mary Ann Nelson and Paul
- Linda Rigono
- Larry and Lori Maggi
- Peter, Sarah and Brady Arsenault
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- Vaun and Fritz Dahlgren
- Gail Christie and Mark Stephens
- Carol and Rich Ferraro
- Garrick and Kathy York
- Yvonne and Tom Kobylenski
- Jan, Pete and Jim Carlson

- Elizabeth and Maurice Adams
- Barabara and John Stellenwerf
- Donna and Scott Brinkerhoff
- Pat Korner
- The Saturday Morning Breakfast Club at Jack's Restaurant
- Dale Arsenault and Family
- Liberty Bank Haddam Office
- Michelle and Jeff Rindfleisch and Josh and Matty
- Sam and Pam Crum
- Cherry Czuba
- Tom Buckley
- Gianna and Lou Milardo
- Rob and Diane Zak
- Haddam Garden Club
- Jim, Jenn, Kyra and Tala Petrillo
- Patti Vassia
- Rebecca & Michael Danchak
- Denise and Dean Zanardi
- Mary & Rick Todzia
- Debbie & Rick Karpf

- Pat & Bill Ziedler
- Bob & Melinda Ferraro
- Nel Fontaine
- Artie and Carolyn D'Onofrio
- Renie and Dewey Steele
- Arlene and Mike
- Emily Smith and Bill Organek
- Ed and Judy Munster
- The Cushing Family
- Belle Seggerman
- Pat and Steve Harlow and family
- Pat and Ronnie Strom
- Janette Clark
- The Maher Family
- Aly, Jim and Declan, Vic and Carla Marek
- Raye and Mark Brookes

And all of our wonderful friends who have sent me many good will wishes.

Bob Glazier

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How Lost are the Lost?


THE BIBLE SAYS:

"If our gospel be hid, it is hid to them that are lost: ⁴In whom the god of this world has blinded the minds of them which believe not, lest the light of the glorious gospel of Christ...should shine unto them" (2 Corinthians 4:3-4).
"These are the ones by the wayside where the word [of God] is sown. When they hear it, Satan comes immediately and takes away the word that was sown in their hearts" (Mark 4:15). Jesus said, "The Son of Man has come to seek and to save that which was lost" (Luke 19:9). "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me" (Mark 8:34).

"If we say that we have no sin, we deceive ourselves, and the truth is not in us. ⁹If we confess our sins [to God], He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1John 1:8). "For all have sinned & fall short of the glory of God" (Romans 3:23). "This is a faithful saying and worthy of all acceptance, that

Christ Jesus came into the world to save sinners...." (1 Timothy 1:15). "Repent therefore and be converted, that your sins may be blotted out" (Acts 3:19).

"These are the ones sown on good ground, those who hear the word [of God], accept it, and bear fruit..." (Mark 4:20). "And you He made alive, who were dead in trespasses and sins, ²in which you once walked according to the course of this world, according to [Satan] the prince of the power of the air, the spirit who now works in the sons of disobedience, ³among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. ⁴But God, who is rich in mercy, because of His great love with which He loved us, ⁵even when we were dead in trespasses, made us alive together with Christ by grace we have been saved" (Ephesians 2:1-5). You're saved by Christ or lost in the world!



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Talking Trees: More destructive insects on our doorstep?

Continued from page H1

portunistic insects, were at work feeding on all those weakened trees. There was a surge in both insects and it has been documented that these insects have a pattern of following peak years of gypsy moth activity.

So, talk about your triple whammy, the oaks didn't have a chance. (*The word chestnut in the common name refers to the insect's past status as a principal pest of the American Chestnut).

MP: What is the status of our Ash trees?

KS: The EAB is here and is attacking our ash trees. There has been much talk of this insect over the past 3 to 4 years and it has been found in every county of Connecticut except the far eastern area, but that will change as it is a matter of time before every ash tree is a possible target. The good news here, and we need some for our trees, is that this insect can be managed. Without being redundant on this insect, the keys points are: If you have an ash tree that is a specimen, you should be treating it preventively. Once EAB has been detected within 10-15 miles of your area, your trees may be at risk. Trees exhibiting less than 50 percent crown cover are unlikely to recover even if treated and should be removed.

This insect has now been found in 35 states and a good part of the Canadian provinces. Just this past September it was found in Nova Scotia. There is a website dedicated to just the EAB and is found at Emeraldashborer.info. (More and more I have seen new websites created for just one devastating insect pest... never had that 10 years ago!)

MP: What are some new insect pests that folks should be aware of? Can you give us some background on them?

KS: There are two insects that are a big concern and one is at our doorstep. I am talking about the Spotted Lanternfly, (and yes, it has its own website!) a very colorful insect that has wreaked havoc on many host trees and grape vines; wine makers beware. In September of 2014, they were found in Pennsylvania and like many of our destructive pests it's from Asia and is common in China, India, Japan, South Korea. They prefer Ailanthus trees, A..K.A. tree of heaven (an invasive tree in itself), as a first choice but most any other hardwood tree, to include grape vines and fruit trees, are a second choice. However, just like the gypsy moth in abundant numbers, the lanternfly will feed on conifers too! They have a very wide range of host plants. In Connecticut, Tree of Heaven trees are considered weed trees. So, critical management would be to remove all of them because the adult lanternflies use these trees as a first choice to feed and lay eggs.

Spotted lanternflies are invasive and can spread rapidly when introduced to new areas. While the insect can walk, jump and fly short distances, its long-distance spread is facilitated by people who move infested material or items containing egg masses.

(This is the same way our gypsy moths became so widespread throughout many States.) They lay eggs on any smooth surface like cars, trailers, campers, firewood, ropes, etc. then people move these items to another locale. The eggs hatch and voila, you have an invasive insect in an area that's never seen it before. They are hitchhikers of the worst kind.

Lanternflies are similar to the gypsy moths in that they lay their eggs in clusters. Each cluster can contain 30-50 eggs and when they hatch they go through 4 stages of development, with the last stage revealing a striking red 'nymph' with white spots. They are not caterpillars, they are what is known as a 'plant hopper' and instead of chewing and devouring tree leaves, the lantern fly sucks sap from their host tree, sap being the life blood of any tree. If allowed to spread in the United States, this pest could seriously harm the country's grape, orchard, and logging industries. The other more threatening insect is the Asian Gypsy Moth, (AGM) that's right folks, another species of gypsy moth...how delightful.

In Connecticut and most of our surrounding states, we have had to deal the European gypsy moth. So far and luckily, the Asian version is not in New England, nor has it built up in numbers to be a severe threat. Let's get some background on this very aggressive insect.

In 1991, moths were discovered in Washington, Oregon and British Columbia, Canada. Like many invasive pests, they arrive on cargo ships infested with Asian gypsy moth (AGM) egg masses. They had been traced back to eastern Russia and scientists believe that while ships were docked on the west coast, the eggs hatched and the small larvae were blown ashore, developed and became moths.

In 1993 another infestation occurred, this time in Sunny Point, North Carolina. This was noticed after moths emerged from a ship which was carrying infested cargo containers from Germany. The moths flew into the surrounding area.

Thankfully, both of these outbreaks did not amount to much due to efforts from the USDA and inspections at all ports to examine ships and cargo.

So, what are the similarities and differences between the two gypsy moths? Well, they both love to defoliate hardwood trees. They both look very similar both in the colorful caterpillar stage and the adult stage and they both lay eggs anywhere (just like the Spotted Lanternfly). The European gypsy moth has approximately 250 known host plants but prefers oak. The AGM has a much broader host range including larch, oak, poplar, alder, willow and some evergreens. If the AGM were to become established in our northeast the damage could be even more extensive and costly.

Unlike the 'flightless' females of the European gypsy moths who can't fly because they carry so many eggs, the AGM females are very active fliers. Their

ability to fly long distances makes it probable that AGM could quickly spread throughout the U.S. and Canada. In contrast, it took more than 140 years for the European gypsy moth to spread throughout the U.S. from the Northeast to Southeast to Midwest.*

MP: What are your top recommendations for property owners?

KS: Our changing climate and extreme weather events will continue. Invasive insects need to be found. My advice for every homeowner is to notice your trees, the bark, the base, the crown, branches and twigs. These insects are tricky to spot because some blend in so well with the environment. (Ever see a Walking Stick insect? They look identical to a stick or twig.)

Also, have a qualified licensed arborist inspect your trees. The best time to do this is mid-spring and mid-summer. The unfortunate part is that there are not enough trained licensed arborists who have the skills or education to know the difference between a stick and a walking stick, so make sure you meet with someone with a good background in identifying insects, (and diseases for that matter.) Go to CTPA.org, locate an arborist and find someone that has a license number next to their name. Not all CTPA members are licensed.

Kim Syrel

Licensed-Consulting Arborist
Arborcaredtree@comcast.net

*Excerpts taken from the USDA Pest Alert.

COMMUNITY

Easter Flower Sale April 18-19

Members of the Haddam Volunteer Fire Company Auxiliary will hold their annual Easter Flower Sale on Thursday, April 18, 2019 and Friday, April 19, 2019 from 9:00 a.m. to 5:00 p.m. The sale takes place outside the Higganum Branch of the Liberty Bank at the Village Plaza, 26 Killingworth Road, Higganum. Easter lilies, hyacinths, tulips, and other spring plants will be available. This sale supports the Auxiliary Scholarship Fund.

Red Cross Blood Drive April 18

By Theresa Kegley

Each day, the Red Cross must collect 14,000 blood donations for patients in need. Give now. Your donation is critical. Valley Bible Evangelical Free Church at 220 Turkey Hill Road in Haddam, will be hosting a Red Cross Blood Drive on Thursday, April 18, 2019 from 1:00 to 6:00 p.m. Please sign up online for an appointment to give blood. Log onto www.redcrossblood.org (zip code is 06438) or use the blood donor app to set an appointment.



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April activities & events

By Shannon Morrison Buganski,
Director, Haddam Senior Center

Hours of Operation:

The Senior Center will be open as follows:

Mondays/Wednesdays/Fridays: 9:00 a.m. – 3:00 p.m.

Tuesdays/Thursdays: 10:00 a.m. – 2:00 p.m. (Tai Chi on Tuesdays until 2:30 p.m.)

*Please note that the Center will be closed on 4/18/19 (monthly field trip) and 4/19/19 (Good Friday).

Activity Highlights

New Fitness Program: We're introducing a series of seated workout videos to our monthly activities. Come try out our "Sit & Be Fit" DVD series, held on select Friday mornings, beginning at 10:30 a.m. These exercises are designed to improve core strength, flexibility, balance, coordination and circulation. There is no instructor, no pressure, and no cost. Guaranteed to make you feel good and put a smile on your face!

Monthly Crafts

Thursday, April 4, 2019 @ 10:30 a.m. "Skeleton Key Windchimes"

Monday, April 22, 2019 @ 1:00 p.m. "Rag Wreaths"

Monday, April 29, 2019 @ 1:00 p.m. "Everyday Note Cards" with Beth

Computer Courses:

Course #1- "Social Media Basics: Twitter, Facebook, Instagram" The world gets its information differently than just a few years ago. Learn what these three popular platforms do and how you can participate. Wednesday, April 10, 2019 @ 1:00 p.m.

Course #2- "Communicating via Texting & Email" Personal communication is more than a phone call or letter. Familiarize yourself with texting, learn to get the most out of your email, and pick up some cyber-safety tips in the process. Wednesday, April 17, 2019 @ 1:00 p.m.

Course #3- "Online Learning, YouTube, Digital Books and Audio" There is a wealth of educational content available online, free for the taking. Expand

your learning, find entertainment, and try out e-books and digital audio books to grow your reading options. Wednesday, April 24, 2019 @ 1:00 p.m.

Computer instruction brought to you by Brainerd Library. Advanced registration is recommended. Don't forget to bring your laptop, smartphone, iPad, etc.

Limited Handchime Workshops- 4/25/19 and 5/23/19 (10:30 a.m.)

Come make some noise with Steve Mazeau and the Haddam/East Haddam Home School Group... there will be a brief demonstration of handchimes and ringing techniques, followed by an opportunity to play along. No musical experience required and you do not need to know how to read notes, so this is a great instrument for anybody!

NEW!!! Mobile Foot Care Services by Toes on the Go (4/12/19 and 5/17/19)

Schedule your routine foot care appointment today. Clinic rates are \$35.00 per person. Appointments are booked in half hour increments, 9:00am-1:00pm. Services include a nursing assessment, education on proper care and footwear, nail cutting and thinning, callous care, and referrals for more advanced foot care services. Services provided by Jennifer Bosco RN, Toes on the Go.

FIELD TRIP: Magic Wings Butterfly Conservatory & Gardens and Yankee Candle Village (4/18/19)

Enjoy a day in South Deerfield, MA indulging your senses. First we'll visit the 8,000 sq. ft. indoor conservatory to see the nearly 4,000 domestic and exotic butterflies. Admission is \$14.00/pp. Bring additional money for a quick bite in the food court or for gift shop purchases. Then we'll tickle our noses with the scents at Yankee Candle's flagship store before returning home. Departure: 9:30 a.m. Estimated Return: 3:30-4:00 p.m. Departure is from the Senior Center. A \$5.00 fee is collected to reserve your spot and will be returned to attendees the day of the trip. Space is limited so reserve early! If you need to be picked up and dropped off, please advise when registering. Register with Shannon at the Senior Center.

Don't forget about our regularly scheduled programming. We have musical groups, fitness

programs, card games, BINGO, etc. Make sure you check out our monthly activity calendar and our quarterly newsletter The Senior Scoop. Pick up your copy at the Senior Center or visit us online at www.haddam.org (Departments} Seniors).

Correction to The Senior Scoop: Painting Party "Cattails & Dragonflies" with artist Christine Miller will be on Wednesday, May 15, 2019 @ 12:30 p.m., NOT April 9 as announced.

The Haddam Senior Center is fortunate to offer the Elderly Nutrition Program by serving as a Community Café through Community Renewal Team (CRT). This program is a federally funded Title III grant that is administered by Senior Resources. As the grant does not cover all of the costs involved (i.e. product, preparation, distribution, service), a donation of \$2.50 per meal is requested.

To reserve your meal, please call the Center's main phone line, or you may sign up at the Center in advance. Please note that meal counts now need to be called in to CRT no later than 11:45am, one (1) business day ahead of time. Registering early will guarantee your meal, as we are not always able to accommodate last-minute requests.

Meals on Wheels: Homebound seniors can receive healthy meals delivered right to their door. If you are interested in learning more about this program or you believe you may be eligible, please contact the Senior Center or the Social Services office.

CRT Sponsors Monthly Raffle: If you haven't joined us for lunch in a while, we encourage you to come back and try a meal or two. CRT has been providing a delicious menu selection... for the cost of only \$2.50, you can't beat it! To further encourage attendance and generate enthusiasm, CRT is sponsoring a monthly raffle. The prize will generally

Continued on next page

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Senior Center: April activities and events

Continued from previous page

be food in nature and will compliment the monthly themed meal. Each day that a participant comes to a CRT-served lunch, their name will be entered into a "hat" for a prize drawing. The drawing will be held the last Wednesday of the month in conjunction with the Monthly Birthday Celebrations. You must be present to win. The more you attend, the greater your chances are of winning!

Introducing Our New Café Coordinator...

We'd like to formally introduce Karen Hyde, our new Café Coordinator. Karen accepted the position with CRT this past December and joined our team in mid-January. Karen lives in Killingworth with her husband, and has two adult children. In addition to being Café Coordinator, Karen also practices real estate. She has a love for people and animals alike, especially horses. In the past she has served on the board for China Adoption With Love, as well as volunteered with Habitat for Humanity. If you have not yet welcomed Karen, stop by for a meal and introduce yourself.

Haddam CLUB 60

Please see Club President Mary Lou Pierce (860-345-2553) or contact the Senior Center for more info. Meetings are generally held the 1st and 3rd Mondays of the month (September through June) at 1:00 p.m. The first meeting of the month is a business meeting while the second meeting provides programming and entertainment. Upcoming schedule as follows:

Monday, April 1st – Business Meeting

Monday, April 15th – Youth & Family Services Committee on Aging (COA)

The Haddam Committee on Aging is a standing body created by the Board of Selectmen and enabled by State Statute to:

study conditions and needs among the senior residents of Haddam, Higganum, and Haddam Neck

encourage and assist where possible the development of needed services

bring to the Board of Selectman those matters calling for attention.

Meetings are generally held on the third Monday of the month (September through June). They are open to the public with a comment period scheduled at the end of each meeting.

Upcoming meetings are as follows:

April 15th @ 10:00 a.m. (Annex Building)

May 20th @ 10:00 a.m. (Haddam Neck Fairgrounds)

Save the Date: Haddam Senior Picnic, Monday, June 17th at the Haddam Neck Fairgrounds, sponsored by the Haddam Committee on Aging. For more information, see this article.

Senior Van Transportation

If you have difficulty driving or limited transportation available, we encourage you to take advantage of the Senior Van Services. The Senior Van is available to residents 60 and older. In addition to weekly shopping trips, the service provides door to door transportation to medical appointments, as well as monthly field trips. Please note that we have expanded our medical transportation services to include appointments beyond Middlesex County.

To schedule a ride, please call Jessica Condil at the Social Services Office (860-345-4621). Last minute cancellations, please call 860-682-3301. Monthly

Field Trip Reservations are to be made through the Senior Center.

Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around our community. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.



This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experiences to benefit others.

The Haddam Senior Center and Social Services office will celebrate OAM by promoting ways that community members of all ages can take part in helping our community thrive. We will be hosting a town wide scavenger hunt (of sorts), beginning April 8 through April 22, whereby seniors, their families, and friends can come together as teams to tackle a series of tasks, some meaningful, some just downright silly, but all with the purpose of connecting, creating, and contributing within our community. Pick up a registration form at the Senior Center or Social Services office.

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Eat Your Vegetables!!!

We can all hear our parents warning us to eat our broccoli or something crazy bad will happen to us. Well, as it turns out they might be right! Don't you just hate that!! As it turns out, Broccoli, along with other cruciferous vegetables have a substance in it called 'sulforaphane'. Researchers have found that sulforaphane reduces the expression of long non coding RNA's (lncRNAs) cells. These lncRNAs were previously thought to be junk DNA, but they have been shown to regulate gene expression, which in English is how genes are turned on or off, and have increasingly emerged as a key player in the development of numerous cancers, including prostate, breast, stomach, and lung cancers.

In one journal article, the researchers found a fourfold reduction in colony formation of cancer cells in human epithelial prostate cells and prostate cancer cells.

The other obvious benefits of eating vegetables are:

- 1) Vegetables reduce the total Glycemic index of our meals, since it fills you up, and conceptually decreases the amount of carbohydrates you would eat,
- 2) Vegetables provide the fiber necessary for proper bowel function, and also help protect against polyps, and anal fissure's,
- 3) Vegetables help to hydrate the skin.

With HealthCare costs increasing, maybe the saying by Socrates- "May your Food, be your medicine, and your Medicine be your Food", be more present in our mind and actions.

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OBITUARIES

Agatha S. Forsyth

According to Legacy.com and the Custer County Chief, Agatha S. Forsyth, age 77, passed away on Sunday, March 25, 2019.

Edward William Quinn

According to Legacy.com and The Boston Globe, Edward William Quinn, age 94, died on Monday, March 25, 2019.

Josephine G. Brann

According to Legacy.com and The Hartford Courant, Josephine G. Brann, age 86, passed away on February 14, 2019.

FAITH / COMMUNITY

Community Easter Sunrise Service: April 21

The community is welcome to join the First Congregational Church of Haddam and the Higganum Congregational Church for an annual tradition down by the river just before sunrise to hear the Easter story again (if it rains, the service moves to the First Congregational Church of Haddam). We will lift our voices in song and prayer as we celebrate Christ's resurrection. Following the service, participants are welcome to come for breakfast and fellowship at the First Congregational Church of Haddam (905 Saybrook Road, Haddam).

Come join in the celebration of the resurrection at a Sunrise Service at Haddam Meadows State Park on Sunday, April 21, at 6:30 a.m. Everyone is welcome, including leashed dogs.

HUMC Coffeehouse/ Open Mic Night: April 27

Happy SEVENTH Birthday, Coffeehouse Open Mic! Higganum United Methodist Church's outreach, intergenerational, audience-participation hot spot invites musicians, singers, poets and comedians to the stage as they celebrate their seventh anniversary on Saturday, April 27, from 6:00 - 9:00 p.m. Since HUMC opened the coffee house in April of 2012, its stage has been graced by elementary-aged children to senior citizen performers from all over the state and country! The average number at Soup and Song nights ranges between 20-80, with about a dozen performers. HUMC members and friends supply delicious food and baked goods!

Open Mic: sing, play an instrument, tell a joke or recite a poem, OR just come! FUN for all ages!! And FREE FOOD. Located at 248 Saybrook Road, Higganum

LEGAL NOTICES

PLANNING and ZONING PUBLIC HEARING AND MEETING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on April 18th, 2019 at 7:00 p.m. to consider the following item (s):

Public Hearing and Meeting:

1. Proposed zoning map amendment to change the zone of various publicly owned properties and Haddam Land Trust properties to Conservation Zone. Properties include:

State of CT / Cockaponset State Forest

Map 19/003 Wiese Albert Rd.
Map 36/009 Candlewood Hill Road
Map 35/007 Gunger Hill Road
Map 23/006/1 & 23/006 Dish Hill Rd.
Map 41/010 Pikepole Rd.
Map 55/002 McTigh Rd.
Map 43/002 Pokorny Rd.
Map 58/003 Gladwin Rd.
Map 56 / 004 Jackson Rd.

Haddam Land Trust

Map 04/027/1 - Nedobity Rd.
Map 42/007/26 Mario Road
Map 72/007 Hidden Lake Road
Map 04/027 - Nedobity Road
Map 56/004/ A, B, C Morgans Way
Map 55/012 Bartman Rd.
Map 36/005A - Jacoby Road
Map 72/007 Hidden Lake Road,
Map 54/026/A & B Williamsburg/Ivy Rd.
Map 43/005/1 Little City Road

Property of -Town of Haddam

Map 54/021 - Thorne Wood Road
Map 54/021/ F - Thorne Wood Road
Map 54/021/ H - Thorne Wood Road

A map displaying the parcels and the existing and proposed zoning is on file in the Town Clerks Office and the Land Use Office. Applicant - Haddam Planning and Zoning Commission.

2. Proposed Zoning Code text amendment to modify existing Section 29 Non-Conforming Buildings and Uses. A copy of the existing and proposed text is on file in the Office of the Town Clerk. Applicant Haddam Planning and Zoning Commission.

Town of Haddam Planning and Zoning Commission

ZONING BOARD OF APPEALS PUBLIC HEARING

Zoning Board of Appeals, Haddam, Connecticut will hold a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on April 25th, 2019 at 7:30 p.m. to act upon the following item(s):

1. Request for a side yard variance to Section 4 and Table 1 of the Zoning Code to authorize the construction of a detached garage to be within 7 feet and 5 feet of the side property lines rather than the required 10 feet and 15 feet at 40 Landing Road in the R1 zone. Applicant Carrah Kalat

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

Zoning Board of Appeals, 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.

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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CT Animal House – This is just a part of what we do!

By Judith Levin, Vice President, CT Animal House

*Judith Levin is a Haddam resident who has been involved with CT Animal House for years. She sends Haddam-KillingworthNow.com information about dogs they are in the process of finding a home for, and occasionally fundraisers that they hold, to fund things like what is discussed in the article below.

CT Animal House received a call from a concerned citizen in Waterbury asking for help with 5 Pits abandoned after their owner went to jail. There was no one left to care for them. No family or friends. The dogs were trapped in their crates full of feces, without water and no one there to feed them or let them out. None of us were prepared for what we would see. These dogs were extremely malnourished. Two of the three pups have severe health issues. One

is deformed and will need major Ortho surgery; and another has severe neurological issues. The neuro dog was not able to compete with the other pups for food and had a body score of 1. Just heartbreaking!

All five dogs were removed. Mom, Dad, and one of the pups have gone to wonderful Rescue friends and will be vetted and placed in loving homes. CT Animal House is caring for the two special needs pups.

Walker had a body score of 1 when he took him in. He has severe neurological issues, possibly from Distemper. In spite of everything, Walker is the most loving pup! The tip of his tail will need to be amputated from past trauma. He is absolutely ravenous, and has been receiving small meals multiple times a day. He has put on 4 pounds since we took him in.

Digit is the product of inner city breeding. He was malnourished when we took him in. Digit will require major Ortho surgery to relieve the stress on his joints and spine from his deformities. It will be a long recovery, but we will give him the care he needs to live the happy and healthy life that he so deserves!

We are in the process of raising the needed funds to help these poor babies. If you would like to help us and make a donation you can go to www.CTAnimalhouse.org, or send a check to:

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No donation is too small! The puppies will appreciate your help.

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COMMUNITY

PSA: Please Don't Ride Horses on Playing Fields!

The Haddam Killingworth Soccer Club would like to remind people: Please do not ride horses on playing fields. Someone rode up one side and down the other on two of the fields at Killingworth Recreation Park. The hoof marks are just about the same size as a child's foot.

HK Cougars Youth Football & Cheer 2019 Registration now open

Registration is now open for all players and cheerleaders age 6-14! See our website www.hkcougars.com for more information or to register.

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Driver escapes crash with injuries

By Olivia Drake, Public Information Officer, HVFCo.

Haddam Volunteer Fire Company responded to a motor vehicle accident at 5:00 p.m. March 31, on Hidden Lake Road. A driver had lost control of his vehicle and struck a stone wall and tree, which caused his vehicle to roll over onto its roof. The operator self-extricated and was evaluated on scene by EMS personnel. He was transported to Middlesex Hospital via Haddam Volunteer Ambulance Service. Firefighters closed a section of Hidden Lake Road during the incident.

For more information on becoming a member of Haddam Volunteer Fire Company, email membership@haddamfire.org. All training is provided!



Photo by Olivia Drake.

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.

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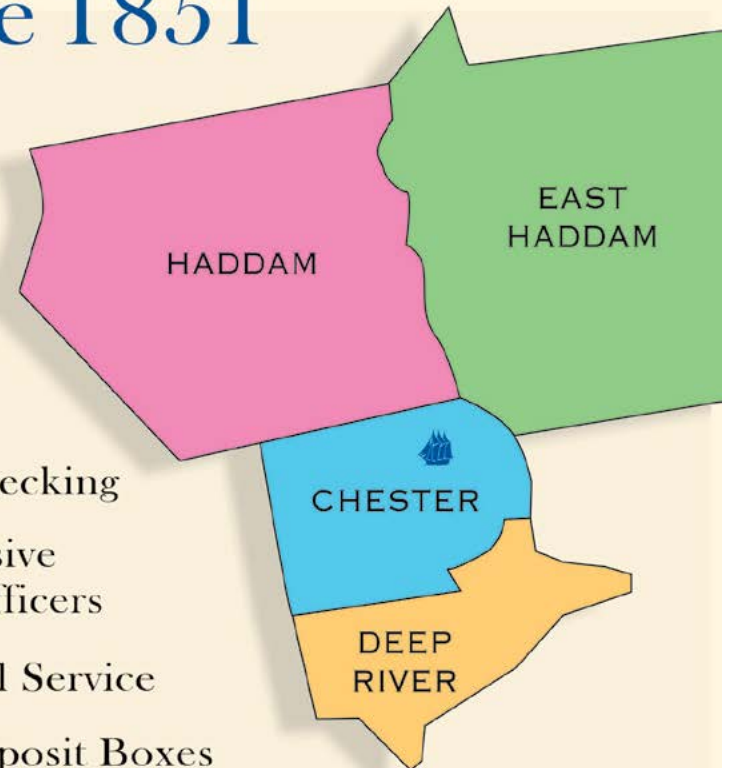
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HKHS defeats Old Saybrook, 10-0

Stats from Mark Brookes, Coach, HKHS Baseball

High school baseball season kicked off in Higganum on April 1 with Haddam Killingworth High School's first win of the season over Old Saybrook. The team finished last year with an 18-4 record. The team will be under the coaching staff of Mark Brookes and Ryan Fuller, with co-captains Jon Civiello and Mike O'Toole helping to lead the team. "We have a very young team," said Mike. "Many of our starters will be comprised of sophomores, all of which are filling the empty slots from the graduating seniors last year. I think they are doing a great job, especially this early in the season."

The team has three returning pitchers from 2018, and according to Jon Civiello, co-captain, "a couple new developed arms." He went on to say "We know that having pitching depth is necessary

for a successful season. A point of focus for the pre-season was throwing strikes to limit walks and big innings." Jon has a batting average of .478 and was All State 2018.

During the pre-season, Coach Brookes was moving players around during scrimmages. "Our coaches have been moving many of us around the infield and outfield in order to find the best fit for each player, and ultimately the team," said Mike O'Toole. Those scrimmages seem to have paid off, at least in the first game of the season.

The Haddam Killingworth High School baseball team defeated Old Saybrook at home on Monday, April 1, with a final score of HK 10, Old Saybrook 0. Christo Garrelts drove in the three runs and struck out nine in five innings. Luke Dimauro, Mike O'Toole and Griffin Izzo each had two hits for HK.

OS	0	0	0	0	0	0	0	3	3
HK	1	0	5	3	1			10	9

Batteries: HK- Christo Garrelts, and Sam Erskine. OS - Dan Cote, Tobey Marineau and Patrick Kelly. 2b OS- Rolon. HK - 2b Dimauro, Garrelts, Hiller, S.Erskine, O'Toole. WP Garrelts LP Cote

Records: HK 1-0, Old Saybrook 0-1

COMMUNITY

Foundation participates in mental health expo

By Howie & Marie Field, NBMF

The Nathaniel B. Field Memorial Foundation, Inc. participated in the Mental Health and Wellness Expo on March 23, 2019 at the Henry Carter Hull Library in Clinton. The Expo, sponsored by Killingworth based Changing Minds Advocacy Group, provided information and support regarding adult and youth mental health services, parenting support, substance abuse treatment, and mindful practices.



Marie and Howie Field would like to extend thanks to Changing Minds Advocacy Group members Melissa Ferrara, Lori Clemente, and Divinna Schmitt for organizing the event. The Changing Minds Advocacy Group is committed to improving the quality of and access to mental health programs, services, and support for local residents.

The mission of the Nathaniel B. Field Memorial Foundation, Inc. is to prevent suicide through public awareness and education, to reduce the stigma of mental illness, and to provide hope and support to others. For more information, visit our website nathanielfield.org

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