



Photo by Erich Twachtman.

Starry nights in Haddam

By Sally Haase

In 1970, we were excited when bought our house in Haddam, a small quiet town, mostly wooded at that time. I remember the sky was full of stars, more so than where we grew up. I grew up in Suffield on a farm about three miles from Bradley Field, a military airport then. On the farm the sky, the sunrises and sunsets were fabulous. But, as Bradley Field grew into a commercial airport the lights and noise of the airport became an issue in the town. And so the stars in the night sky faded at a pace so slow that I really didn't notice.

Dick Haase, my husband, grew up in Wethersfield, a stone's throw from Hartford, Pratt and Whitney, and Brainard Airport. Again, commercial and industrial lighting illuminated the night sky.

The Haddam sky was a delight. I remember mentioning the number of stars here to a friend who moved to Haddam before us. He told us there are more stars in Haddam. We often repeat his words, "There are more stars in Haddam." Yet again, as Middletown and the surrounding towns were developing we began to see the glow in the horizons.

While today we can still see the Milky Way from some dark corners of town, the view of the galaxy is not nearly as impressive compared to that in unpopulated areas in the West or at many of the National Parks. A satellite map of the states show an alarming amount of light along the east coast. Lying between Boston and New York, Connecticut's skies are fading from encroaching development. We cannot turn back the clock to a time without electricity, but we can attempt to preserve the dark sky as it is now.

The Dark Sky movement was started by a teenager from Virginia, Jennifer Barlow, and now yearly we celebrate the universe on International Dark Sky Week, the week of the new moon in April. More than a celebration, its mission is to make us aware of the consequences of light pollution on our lives. Not just the waste and cost of energy, light pollution has an effect on our health. Because light-dark cycles regulate the production of melatonin, changes can disrupt our circadian rhythm, leading to what some research finds negative health effects such as diabetes, breast cancer

Continued on page H9

Remembering Anthony 'Tony' Bondi, former first selectman

Anthony J. Bondi, of Higganum, CT, passed away on Friday, March 22, 2019. Anthony was born to John and Lucy Bondi. He leaves behind Barbara B. Bondi, his loving wife of 52 years and sister, Antoinette Stark. He is also survived by daughters, Jennifer (Stephen) Verrill, Lynne Bondi; and son, Dustin (Katerina) Bondi. He will be greatly missed by his four grandchildren, Kailey and Jordan Curran, Hudson Verrill and Andrea Bondi.



Tony Bondi

Anthony (Tony) was a graduate of the New School of Social Research in New York. He became a very successful businessman. He ran his own business for 29 years and handed it to his son, who still runs it today. He was very active within his community. Having children in the local schools he became active in the Board of Education serving for 10 years and becoming Chairman of the board for three years.

He also served as a volunteer fire fighter for 5 years. He loved playing Santa at the firehouse. His inability to drive the fire truck led him to find his expertise in holding the flashlight while his fellow fire fighters were courageously saving peoples live and putting fires out!! (Okay, to those reading this, my father wanted to put a smile on your faces as you read about his life.)

He loved being social and dealing with the public. It started in high school being voted class president. Much later, he decided to run for the Office of First Selectman for the Town of Haddam. He held office for 5 consecutive terms. The town honored him by naming the Senior Center and the Handicap Acces-

Continued on page H2

A tribute to Tony Bondi

By Bruno Morasutti

On March 22, 2019, we lost Tony Bondi. I came to know Tony when he campaigned for the office of first selectman of Haddam. He would later jocularly refer to himself as the "king of Higganum." At first Tony came across as a smart-aleck and I wondered whether to take him seriously. However, after he won the election in 1999 I saw a different side of his personality; behind his clownishness he was a serious, smart and savvy business person who nevertheless did not take himself too seriously. Tony went on to win 4 more consecutive elections making him the longest continually serving first selectman of Haddam ever.

Tony lived by a simple creed: be honest to yourself and others. As a lawyer, I am expected to advocate the client's position without judging the right or

wrong of it. When Tony needed legal advice or an opinion, he wanted to know what the law said and did not ask for or want any particular outcome. He simply wanted sound direction in order to do the right thing for the town.

As a good administrator, Tony had to make difficult decisions on behalf of the town and he did not shy away from making them. Whether he made cuts in personnel, reassigned people to other departments that suited them, or made policy changes, he always respected town employees and was completely upfront with them as to his reasoning. Consequently, you could disagree with him for something he did, but you respected the way he did it.

While enjoying good relationships with town employees and contractors, Tony always had his eye on town finances. He was a very good negotiator and

spent town money prudently. In addition to keeping taxes in check and getting the best deals he could, he played a game with himself, which was to annually save the town money at least equal to his salary.

Tony's underpinnings and his sense of right and wrong derive from his parents, John and Lucy Bondi. Tony often talked lovingly about his parents, especially his father, from whom he learned by example to live and enjoy life (and how to be a wisenheimer). Tony was in love with his wife Barbara and counted his blessings regularly for having her in his life. Barbara knew no bounds when it came to caring for Tony, whether in health or illness. Tony was devoted to his children, Dustin, Lynn and Jennifer, and he doted on his grandchildren. The love he gave throughout his life rebounded to him and sustained him to the very end. Tony will be missed.

Halfinger Farms gets some help from HKHS

By John Halfinger, Halfinger Farms

Halfinger Farms Greenhouses in Higganum is getting ready for the 2019 season with a team of dedicated workers. Students from Haddam Killingworth High School came out to work in the greenhouse today. In just one hour they assembled over 3000 pots. These students are working when we are most in need of help, and for that we are extremely grateful. Thank you HK!

Our greenhouses open for the season in early April.



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Haddam Senior Bus Service info

By Susan Ruddy, Haddam Committee on Aging

The Senior Van is a service provided by the Town of Haddam for all Senior citizens over the age of 60. You may call for a ride to a doctor appointment, physical therapy or any other type of medical appointment. The service is to any location within the greater Middlesex area. You may call as late as the day prior to your appointment for scheduling a pick-up.

In addition to on-call services, the van travels to Walmart in Cromwell every Tuesday morning for shopping. You also have the option to return to the Senior Center for lunch before going home. On the last Tuesday

of each month the shopping trip will go to Old Saybrook to Walmart, Ocean State Job Lot or any other store at which you would like to stop, as time permits. You also will return to the Senior Center for lunch.

On the third Thursday of each month, a special trip is planned to a point of interest. This would include lunch at some type restaurant depending where the trip takes you. We ask that you reserve your seat a few days in advance of the trip. A \$5.00 fee is required to hold your seat and will be returned to you on the day of the event.

To make reservations and inquires for any of the above activities and trips, please call Jessica Condil, Social Services Coordinator and Municipal Agent for the Elderly at 860-345-4621.

This service is provided by the town and we would like everyone use it.

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CONTINUED FROM PREVIOUS PAGE

Tony Bondi

Continued from previous page
sible Playground after him.

Although he had many personal accomplishments the one he is most proud of is that of a husband, dad, "oompah" and "papa". He leaves behind four grandchildren who all have been touched and influenced by his love, wisdom, humor, and bravery.

Even though he had health issues he was strong and determined to spend as much time here with us as possible. His will and desire to be with his family allowed him to be with us for 30 years longer than we all thought.

He will always be remembered as the funny, intelligent, joke wielding, wise-cracking, insightful, helpful, strong, loving, caring, hardworking husband, father, "oompah", and "papa".

May he rest in peace as he waits for each of us to join him. May peace be with all of you and your families as it is now with my husband, our father, my oompah, and my papa.

His Funeral Liturgy will be held Friday (Mar. 29th) at 10:00 a.m. at St. Pius X Church, 310 Westfield St., Middletown. Burial will be at the convenience of his family. Friends may call at Biega Funeral Home, 3 Silver St., Middletown on Thursday from 5:00 to 8:00 p.m.

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HKMS: Cougar Celebrations February 2019

By Jennifer Olsen, Principal,
Haddam-Killingworth Middle School

Cougar Spotlight for February

The Cougar Spotlight is a new recognition for students who are showing excellence in the classroom. Each month teachers will nominate students and each student will be visited by Dr. Olsen to talk about his/her work. Please come visit our main office to see our Cougar Spotlight bulletin board filled with examples of students' excellence. The following students were recognized for February: Grade 8: Isabel Berardino, Kaleigh Bodak, Nolan Braren, Serena Doyle, Carey Harwood, Liam Hoddinott, Grace McKenzie, Addie Packtor, Callen Powers, Grace Quilliam, Allie Rafferty, Sophia Schoen-Newsome, Audra Yazmer, and Payton Yazmer.

In March, the Cougar Spotlight will feature fifth grade students.

Cougar Core Value Award Winners

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 at HKMS.

Team 5-1

Madison Epright: Acceptance, Kindness and Respect
Collin Green: Kindness, Perseverance, Respect and Responsibility

Anthony Parillo: Kindness, Perseverance, Respect and Responsibility

Team 5-2

Joseph Castelli: Acceptance, Kindness, Perseverance, Respect and Responsibility
Ashley Kelly: Acceptance, Perseverance and Responsibility
Grace Mitchell: Acceptance, Kindness, Perseverance, Respect and Responsibility

Team 6-1

Jordan Duncanson: Perseverance, Respect and Responsibility
Mitchell Kelsey: Perseverance, Respect and Responsibility
Brielle Maier: Perseverance, Respect and Responsibility

Team 6/7

Emily Masterson, Gr. 6: Perseverance
Seanna Ruimerman, Gr. 6: Responsibility
Jaimey DiNapoli, Gr. 7: Acceptance, Kindness and Respect
Shylee Emigh, Gr. 7: Perseverance, Respect and Responsibility

Team 7-1

Kaden Lisitano-Rode: Perseverance and Responsibility
Abigail Marciniac: Kindness, Respect and Responsibility
Jenna Scileppi: Kindness, Perseverance and Responsibility

Team 8-1

Rodney Bitgood: Perseverance and Responsibility
Grace McKenzie: Kindness and Responsibility
Grace Quilliam: Perseverance and Responsibility

Team 8-2

Georgia Brown: Perseverance and Respect
Anadalay Garcia: Kindness and Respect
Harrison James: Perseverance and Respect

Applied Academic and Fine Arts, Grade 5

Francesca Ciociola (Spanish): Perseverance
Catherine Nguyen (Chorus): Perseverance and Responsibility
Margaret Mathews (Practical Arts): Kindness, Respect and Responsibility
Alison Miranda (Physical Education): Respect and Responsibility

Applied Academic and Fine Arts, Grade 6

Zachary Lloyd (Band): Perseverance and Responsibility
Amelia Petersen (Physical Education): Perseverance and Responsibility
Keira Sehl (Technical Education): Respect and Responsibility

Applied Academic and Fine Arts, Grade 7

Jonah Keithan-Resnick (Spanish): Kindness, Respect and Responsibility
Hunter Feitel (Jazz Band): Perseverance and Responsibility
Ivy McNeil (Physical Education): Responsibility
Juliana Girgenti (Technical Education): Acceptance, Kindness and Responsibility

Applied Academic and Fine Arts, Grade 8

Audra Yazmer (Spanish): Kindness, Perseverance and Responsibility
Luis Laracuenta Sepulveda (Art): Kindness and Respect
Anadalay Garcia (Physical Education): Perseverance, Respect and Responsibility




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Common Nutritional Deficiencies

If we do not consume or absorb a necessary amount of certain nutrients, then significant conditions can develop. Nutritional deficiencies can lead to poor bone growth, skin, nerve, and digestive conditions. Even in the United States, there are population groups that experience severe nutritional deficiencies while world-wide malnutrition has created a significant disease burden.

Vitamin D deficiency, also known as rickets, occurs mostly among elderly, institutionalized or hospitalized persons. There are rare forms of nutritional rickets that are due to a defect in Vitamin D metabolism. But, Vitamin D deficiency is not restricted to elderly, as poor dietary intake and lack of sun exposure affects the young as well. Foods high in Vitamin D are oily fish, fortified milk, and dairy products. The amount of Vitamin D produced by the skin when exposed to sunlight can last twice as long in the body versus ingested Vitamin D.

Iodine deficiency- Iodine replacement is indicated for all patients with iodine deficiency. Normal dietary intake of iodine is 100-150ug/day but pregnant and lactating women require 250ug/day. The first sign of iodine deficiency is thyroid enlargement. Patients with severe iodine deficiency have dry skin, bulging eyes, and inflexible muscles.

Vitamin B-12 deficiency- is usually diagnosed when a patient exhibits symptoms of sore tongue, weakness, and tingling in their extremities. Vitamin B12 deficiency can lead to a severe condition of brain swelling, severe anemia, or congestive heart failure.

Identification of nutritional deficiencies require a doctor's diagnosis, but a good way to avoid such problems is to eat a healthy diet avoiding sugars, salt and excessive fats.

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TOWN & COMMUNITY CALENDAR

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

Thursday, April 4

Blood Drive, 1:00 p.m.-6:00 p.m.
St. Peter's Church, 30 St. Peter's Lane, Higganum
St Peter's Knights of Columbus in cooperation with the Ladies Guild is sponsoring a Red Cross blood drive. The need is constant. Please donate! Walk-ins

are welcome but to schedule an appointment, use redcrossblood.org/give or call 1-800-RED CROSS.
Planning & Zoning Commission Meeting, 7:00 p.m.

Saturday, April 6

Community Closet, 9:00 a.m.-noon
Town Annex Building, 11 Jail Hill Road, Haddam
Come check out our FREE, gently used clothing and shoes for newborns to adults!
1st and 3rd Saturdays of every month. Questions?

Contact us at haddamcommunitycloset@gmail.com.
Donations welcome!

Monday, April 8

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

Wednesday, April 10

Fire Station #1, 439 Saybrook Road, Higganum
Registrar of Voters Office Hours, 9:00 a.m.-1:00 p.m.

HADDAM VOLUNTEER FIRE COMPANY

HVFCo. Open House: April 20

By Olivia Drake, Public Information Officer, HVFCo.

All members of the community are invited to the 2nd annual Emergency Services Spring Fair & Open House hosted by Haddam Volunteer Fire Company on Saturday, April 20. The event is being held in honor of National Volunteer Month.

The spring fair will feature information booths by HVFC, HVFC's Junior Division, and HVFC's Auxiliary; station and apparatus tours; touch-a-truck; firefighting and Hurst Jaws of Life tool demonstrations; an egg-hunt; meet-and-greets with firefighters and emergency medical technicians (EMTs); refreshments and giveaways.

Representatives from Haddam Volunteer Ambulance, Inc., Connecticut State Police, and the Department of Energy & Environmental Protection also will attend.

In addition, Youth and Family Services of Haddam-Killingworth will provide free food and the

Haddam Fire Auxiliary will serve baked goods and refreshments.

"We're interested in getting to know the townspeople which we serve," said Lt. Tony Lafo. "We'll be happy to answer any questions about emergency services in the Town of Haddam and provide information on membership. We're always looking for more volunteers."

HVFC currently has openings for the role of Firefighter, Fire Police, and Emergency Medical Service. Prior experience is not required and all training is provided. Firefighter candidates must be 18 or older and have a valid Connecticut driver's license.

The HVFC Junior Division is comprised of 14- to 17-year-old cadets who learn alongside firefighters and perform support functions at calls. Juniors receive training and protective turnout gear. Once a Junior member is 18, he or she has the opportunity to join the regular membership. The Junior Division has six open positions.

The event, which is open free of charge to all residents in Higganum and Haddam, will take place from 10 a.m. to 1 p.m. at Station One, 439 Saybrook Road in Higganum. For more information on the event or membership in Haddam Volunteer Fire Company, email membership@haddamfire.org.

Haddam News

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BRAINERD MEMORIAL LIBRARY



Photos by Kathy Brown.

The Book Nook has moved!

By Robbie Marshall, BML Librarian

The Friends' Book Nook, which was situated in the downstairs Community Room of the Brainerd Memorial Library, was re-located to the library's former Teen Area. This is on the main floor behind the Adult Non-Fiction. We are developing an even better curated bookstore, with many interesting items for sale, in a comfortable bookstore setting.

The new Nook has comfy chairs, tables, a coffee machine, and easier access and brighter lighting!

We invite you to browse, take advantage of our regular low prices and monthly sales, and check out our display in the upstairs Reading Room. Shop for DVDs, CDs, audiobooks, & paperbacks. We have a large selection of hardcover fiction and non-fiction arranged by subject, as well as many Children's and Young Adult titles. And don't miss our special items

like TV series, unique books, and BML merchandise!

We accept book and DVD donations year-round, but ask that all items be saleable [not soiled, moldy, or damaged] and gently used.

A Grand Re-Opening celebration is scheduled for Saturday, April 6, 2019. The Friends will be holding their 2nd Annual BIG Book Sale in September. Updates to follow! The Book Nook is open during library hours. Thank you!

HADDAM-HIGGANUM SPORTSMEN'S CLUB

HHSC Annual Mulch Sale: May 4-5

By KC Alexander

Got Mulch? Mark your calendars for the HHSC Annual Mulch Sale May 4-5

The Higganum-Haddam Sportsman's Club will

once again be holding its annual Mulch Sale fundraiser. As we did last year, we will be offering Scott's bagged brown mulch for \$3 per bag. The sale will span the entire weekend of May 4-5, 2019 (while supply lasts). The product can either be loaded into customer vehicles, or we will provide delivery for an

additional donation. Find us in front of the red barn next to Hall's Power Equipment at 817 Saybrook Rd (Rt. 154) from 9:00 a.m. - 5:00 p.m. or until we sell-out! Special thanks to the Scott's Company for their generous donation, and to Hall's for the use of their yard.



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"The wrath of God is revealed from heaven against all ungodliness and unrighteousness of men..." (Romans 1:18). "...They were greatly astonished, saying among themselves, 'Who then can be saved?'" (Mark 10:26). Saint Paul said, "Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31). "...I declare to you the gospel...by which also you are saved...that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day..." (1 Corinthians 15:1-4).

"Wait for God's Son from heaven, whom He raised from the dead, even Jesus who delivers us from the wrath to come" (1 Thessalonians 1:10). "He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him" (John 3:36). "Knowing, therefore, the terror of the Lord, we persuade men...¹⁴ For the love of Christ compels us...¹⁵ Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation...²⁰ Now then, we are

ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God [made in right standing]" (2 Corinthians 5:11, 14, 18, 20). Jesus said, "...Repent and believe the gospel" (Mark 1:15). "...Unless you repent you will all likewise perish" (Luke 13:3). "Do not marvel that I said to you, 'You must be born again'" (John 3:7). "...Unless one is born again, he cannot see the kingdom of God" (John 3:3).

Since Christ paid for our sins, we can go to God in prayer, confess our sins to Him, repent, and be forgiven! You become a child of God, with eternal life, when you receive and acknowledge Christ as your Savior and follow Him as your Lord. "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Corinthians 5:17). "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).

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Spring programs & activities

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

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

Messy Mondays

The Haddam-Killingworth Recreation Department is offering a program for children ages 18 months – 4 years old this spring. This program offers the opportunity to meet other parents and toddlers in a playgroup atmosphere. Your child will have fun getting messy. Experiment with different textural materials such as shaving cream, goop, finger paints, play-dough, and more! Parents – leave the mess to us. This is a great social experience for both you and your toddler. The program meets Mondays at the HK Central Office A-117 from 10:00 – 10:45 a.m. from April 1 – May 13 (No 4/15). The fee is \$50 / \$35 siblings each session. (Non-residents add \$10).

Young Chefs of HK

The HK Recreation Department is offering some fun cooking classes this spring. Young Chefs is for boys and girls in grades 1 – 5. It meets from 4:15 – 5:45 p.m. at the HKHS B-112. The fee is \$26 each class (non-residents add \$10). 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. Workshops include:

April 3, 2019 –Homemade ravioli.

May 1, 2019 –Make homemade Pizza!

June 5, 2019– homemade chicken nuggets and yummy fruit smoothies.

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. There is also a discount if you sign up for 2 or more classes. The topics include:

Fossils to Footprints- fun look at how fossils are made. Kids will create their own “fossil” to take

home. This workshop will be held on Wednesday, April 24, 2019 (ages 3-5) at the HK Central Office room A-117 from 1:15 – 2:00 p.m. There will also be a workshop for Boys and Girls in grades K-4, Wednesday, April 24, 2019 at Haddam Elementary School and on Thursday, April 25, 2019 at Killingworth Elementary School from 3:30-4:15 p.m.

Engineering Workshops

The Haddam-Killingworth Recreation Department welcomes Engineering Imagination. These programs are a mix of Engineering and hands-on activities for students in grades K – 4. The fee is \$22 (non-residents add \$10).

The topics include:

Rocket Cars! Students will design, build, and race model “Rocket Cars!” This workshop will explore the unique history of using jet engines to engineer extremely fast land-based cars. Students are sure to have fun while challenging themselves to make their vehicles more aerodynamic, efficient, and faster! Students will also take home the “Rocket Cars” that they engineered in class! This workshop will be held on Tuesday, May 7 at Killingworth Elementary School, Wednesday, May 8 at Haddam Elementary School and Friday, May 10 at Burr Elementary School. Sessions will be held from 3:30 – 5:00 p.m.

Field Hockey Fundamentals

If you are looking to learn a new sport or are going into middle school and are considering trying out for the field hockey team, this clinic is a great way to learn the fundamentals. Players will learn the rules of the game, playing positions, stick handling skills, defensive and offensive skills, and more. Come join us to learn the fun sport of field hockey! This program will meet Wednesdays, May 1 – June 5, 2019 at HKHS Field (TBD)/Fieldhouse from 5:30 – 6:30 p.m. The fee is \$72 (non-resident add \$10).

Chris Corkum’s Baseball Clinic

The Haddam-Killingworth Recreation Department is offering a Baseball Clinic for boys and girls ages 7 – 12 years old on Monday and Tuesday, April 15 and 16 from 9:00 a.m. – 12:00 p.m. at the HK Central Office Gym/Softball Field. The fee is \$67 (non-residents add \$10). The Camp is run by Chris Corkum’s Baseball Inc. Participants will have the opportunity to start the season learning proper fundamentals. Program will consist of a series of drills and instructional games which will educate, train, and bring out the best in all ability levels. Throwing, hitting, and team play are the major areas of concentration.

Creative Art

The Haddam-Killingworth Recreation Department is offering Creative Art classes this spring. Children

in grades K – 4 will explore a world of creativity through a variety of different projects from wood crafts to paper art and make fun projects. Each session will also have a day of cookie decorating! Class will meet on Mondays from 3:30 – 4:45 p.m. at Killingworth Elementary School from April 29 – May 20. The class will meet on Tuesdays at Haddam Elementary from April 30 – May 21. There will be class at Burr Elementary School on Wednesdays, May 1 – May 29 (No Class 5/8). The fee is \$50 per each four-week session (non-residents add \$10). Kids should bring a smock or shirt that can get messy.

Lego my LEGO

How many Lego creations can you build from this 115 piece unique set? Use our plans or your own plans. No Legos will be taken home. Children will build by themselves and in groups.

This program is for children in grades K-5. Session 1 will meet on Tuesdays at Killingworth Elementary School, April 23 – May 28 (No 5/7). Session 2 will meet on Thursdays at Haddam Elementary School, April 25 – May 30 (no class 5/9). Both Sessions will meet from 3:30 -5:00 p.m. The fee is \$103 each session (no-residents add \$10).

Horseback Riding

The Haddam-Killingworth Recreation Department is offering Horseback Riding Lessons this Spring for ages 6 – 18. Classes run for 4 weeks. The fee is \$165 (non-residents add \$10). Session 3 lessons will meet on Tuesdays, April 30 – May 21. Session 4 lessons will meet on Wednesdays, May 1st – May 22. Both session 3 & 4 will be held at Sycamore Farm and will meet from 5:45-6:45 p.m. (ages 6-12) or 7:00 -8:00 p.m. (ages 13 – 18). There is a max of 4 participants per time slot.

This class will cover grooming, saddling, riding, safety skills, as well as fun games. Lessons are geared for the novice rider. All equipment will be provided including Western and English saddle and helmet. More advanced students are welcome. Facility is lighted. Participants should wear pants. A heeled shoe (boots) is preferred. Classes are held at Sycamore Farm, 118 Christian Hill Rd., Higganum.

Toddler Swim Classes

The Haddam-Killingworth Recreation Department is offering Parent & Tot and Pre-School swim classes this spring. Parent and Tot is for toddlers 9 months to 3 years olds (with Parent) from 6:30 – 7:00 p.m. and Pre-school swim is for 3 year olds without the parent from 7:00 – 7:30 p.m. Class meets on Tuesdays and Thursdays, May 14 – June 6 at the HK High School Pool. The fee is \$70 or \$56 with new pool membership for residents and \$80 for non-

Continued on next page

HADDAM-KILLINGWORTH RECREATION DEPARTMENT

Continued from previous page

residents. The parent and tot class is an excellent opportunity for parents to acquaint their children with the water and begin development of swimming techniques. A parent or guardian must accompany the child in the water at all times. The pre-school swim class is the perfect opportunity for your toddler to start swim lesson in a group instructional setting without the parent in the water with them.

Swim Lessons (Children and Adult)

The Haddam-Killingworth Recreation Department is offering Swim lessons this Spring for children and adults. Classes are conducted at the HK High School Pool. Lessons meet Tuesday and Thursday evenings. Session 4 & Session 5 are from April 2 – March 2 (No Class 4/16, 4/18) Children's Swim Lessons (ages 4 and up) are from 6:00 – 6:40 p.m. or 6:50 – 7:30 p.m. and Adult Semi-Private Swim Lessons are from 7:50 – 8:30 p.m. The fee is \$74/ \$58 with pool membership / and \$84 for non-residents each session. \$5 Sibling discount.

When I'm in Charge

The Haddam-Killingworth Recreation Department is offering the American Red Cross "When I'm in Charge" class this spring. Class will be offered Thursday, April 4 from 5:45 – 7:45 p.m. at the HKHS Lower Media Center. The fee is \$26. Non-residents please add \$5. The course is for students ages 9 and up, and is designed to teach kids how to be responsible when at home. Topics include internet safety, gun safety, family communications, sibling care, basic emergency care & confidence building.

Crossroads Driving School

The Haddam-Killingworth Recreation is offering a Driver's Ed program this winter. Participants must be 16 years old before the start of the first class. Option 1 is a Full Program that includes 30 hours of classroom as well as the safe driving and alcohol program along with 8 hours of behind-the-wheel. The fee is \$565 (non-residents add \$10). Option 2 is a Classroom only option, where participants can take the 30 hours of class, but no driving. Includes the Safe Driving portion. The fee is \$290 (non-residents add \$10). Option 3 is the Safe Driving and Drug and Alcohol Program, which is the 8 hour course that fulfills the requirement of the State of CT for license applicants who took a Home Training Program. This course is required for all drivers, including those who are over the age of 18. The fee for this course is \$150.

Classes will be held at the HK Central Office A-119. Session 2a will meet on Mondays & Wednesdays April 3 – June 3 (No 4/15, 4/17) (plus 4/1 – Parent/Student Class, 6:00 p.m. in the HK HS Seminar room) from 2:45-4:45 p.m. Session 2b will meet on Tuesdays & Thursdays April 2 – May 23 (No 4/16, 4/18) (plus 4/1 – Parent/Student Class, 6:00 p.m. in the HK HS Seminar room) from 6:00-8:00 p.m.

There will be a Safe Driving Program offered April 2, 4, 9 from 6:00 -8:00 p.m. or April 3, 8, 10 from 2:45 – 4:45 p.m. (plus parent/student orientation on 4/1 from 6:00– 8:00 pm) The Parent/Student Orientation is mandatory for both student and parent and will be held in the HK HS Seminar Room.

Basic Boating Safety Class

The Haddam-Killingworth Recreation Department is offering the CT Basic Boating Safety Class for participants ages 12 and up on Tuesdays and Thursdays, May 21, 23 and 28. Classes will be held at the HES All-Purpose Room from 6:00

-9:00 p.m. The fee is \$15 for residents of Haddam and Killingworth and \$20 for non-residents. This 10-hour D.E.E.P. course includes instruction in navigation rules, legal requirements, safety afloat and other topics that will help students become safe and knowledgeable boaters. Students passing the course will satisfy the requirements for the CT Safe Boating Certificate and Certificate of Personal Watercraft Operation.

Canine Encounters-Dog Obedience

The Haddam-Killingworth Recreation Dept. is offering Basic Dog Obedience class this Spring. Class will be held Thursdays starting May 2, from 5:30 – 6:30 p.m. (Dogs ages 5 months and up). Class will be held at Parmelee Farm. The fee is \$98 (\$78 for repeating students). Non-residents please add \$10. The 1st class is theory and is for owners only and will meet in the HK Lower Media).

Canine Encounters teaches dog owners how to teach their dogs. Classes provide socialization through a group setting and enhances the relationship between owner and dog through the partnership which is developed through training. Communication, positive reinforcement, repetition, consistency, and timing are combined to establish bonding and skills. The basic command such as sit, stay/wait, down, heel, the recall (come when called), and stand are taught in a positive and fun atmosphere. The goal is not a controlled pet but rather a well-mannered, enjoyable and loved companion that is included in our lives.

Adult Horseback Riding

The Haddam-Killingworth Recreation Department is offering Adult Horseback Riding Lessons. Classes run for 4 weeks. The fee is \$165 (non-residents add \$10). Lessons will be May 2 – May 23 and will be held at Sycamore Farm and will meet from 5:30-7:00 p.m. There is a max of 4 participants per time slot.

All equipment will be provided including Western and English saddle and Helmet. More advanced students are welcome. Facility is lighted. Participants should wear pants. A heeled shoe (boots) is preferred. Classes are held at Sycamore Farm, 118 Christian Hill Rd., Higganum.

Creative Cuisine at the CIA

Travel to Hyde Park, New York and the Culinary Institute of America on Tuesday, April 9. This school has been a leader in culinary education for over four decades, since its founding in New Haven in 1946. Ninety chefs and instructors from 18 countries conduct courses in the fundamentals of cooking and baking, wines, table service, purchasing, nutrition,

and sanitation and safety. The institute is different from most schools in that visitors may take an active role in the educational process by dining in its public restaurants. The students staff these restaurants as part of their curriculum. You will dine today at the CATERINA DE' MEDICI RISTORANTE. This is the final graduating course of the Culinary Institute's program. Your three-course meal will include Risotto al Pomodoro (Risotto with tomato, basil and goat cheese), Pollo alla Valdostana (Pan fried chicken with fontina, mozzarella, mushrooms and Mediterranean potato salad), and Profiterole allo Zabaglione (Cream puff with chocolate-hazelnut sauce) There will be no menu substitutions. After the luncheon, head over to the MILLBROOK WINERY for a five-star wine experience with an educational tour and tasting of their award-winning wine. Millbrook Winery has been voted "Best Winery" in the magnificent Hudson River Valley for the last 20 consecutive years and has been written up favorably in the New York Times and the Wall Street Journal. You won't want to miss this Hudson Valley Getaway! Fee includes Deluxe Motorcoach Transportation, complete luncheon, tour and wine tasting and driver director gratuity.

The fee is \$143 per person. Fee includes Deluxe Motorcoach Transportation, complete luncheon, Whale Watch Excursion and driver gratuity. Registration fills quickly. Register at www.hkrec.com or mail a registration form and check to the HK Recreation Department at PO Box 569, Higganum, CT 06441.

April Vacation Camp

Camp will be held at the HKHS Cafeteria from 7:00 a.m. -6:00 p.m. Monday through Friday April, 15 – April 19, for children in grades K – 6. Swimming will be offered on Monday, Wednesday and Friday from 10:00 a.m. -12:00 p.m. Children must be able to swim without a bubble. Lifeguards will be on duty.

On Tuesday there will be an entertainer, Dinosaur Adventures! Featuring fossils and many types of dinosaur artifacts that children will be able to touch as well as a variety of live animas that are relatives of the dinosaur, including an armadillo! On Thursday there will be a field trip to see How to Train Your Dragon: The Hidden World, at Marquee Cinemas in Westbrook. Friday is Sports Day. A variety of sports and games will be played. Children will receive a prize for supporting their favorite team or sport by wearing a team shirt or hat.

Weekly and daily rates available. A sibling discount is offered.



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Go green!

By Janet Verney

I'm not talking St Patrick's Day green; I'm talking about green veggies and the powerful nutrients they pack to support your overall health. 'Tis the season for some serious spring greens to pop up at your local farmer's markets, so be prepared to add more of this vibrant color to your plate!

So why eat your greens? Well, they are chockful of vitamins and minerals that go to work cleaning up your insides, helping your skin to glow and your hair to shine! In addition, they are filled with antioxidants that slow down the aging process and can even help protect and fight against cancer. The potassium in leafy greens can support the reduction of high blood pressure as well. They are high in fiber, which aids in digestion and elimination. These green superfoods are one of the best natural anti-inflammatories and you don't need a prescription to indulge!

Some of my favorite greens include cruciferous veggies: kale, Brussels sprouts, collard greens, arugula, cabbage, broccoli, bok choy, mustard greens, watercress, cauliflower (the white green food), and many more. Cruciferous veggies have long been known for being superheroes when it comes to fighting disease. To gain the many benefits, it is best to consume 1.5 – 3 cups a day.

Herbs are a powerful green as well and not only add great flavor to food, they are nature's medicine. Fresh or dried, they are high in antioxidants. I especially love cilantro and parsley for the added benefit of a spring detox.

Bitter greens like arugula, dandelion, and mustard, just to name a few, are incredibly helpful for stimulating digestion. It's important to rotate your dark leafy greens and drink lots of water to avoid kidney stones that may develop from eating too many greens, such as spinach, that contain oxalates.

Last but not least when I think of greens, I like to include sea veggies, like chlorella, spirulina, dulse, kombu, arame, nori, and kelp. They are a great source of protein, iron, iodine, and vitamin C. They can easily be incorporated into smoothies, salads, and soups.

If you are on blood thinners, be sure to ask your doctor about avoiding veggies with vitamin K! Romaine and iceberg lettuce tend to be lower in vitamin K and may be a good choice, but always consult

with your physician before consuming greens when taking this medication. If you have a thyroid issue, be sure to cook your cruciferous veggies, versus eating them raw.

If you notice gas and bloating from eating too many raw veggies, you may need to steam or cook your greens to support optimal digestion. Be sure to chew all your food to liquid, as your stomach does not have teeth!

Let's look at three ways to serve up your greens:

- **Living:** Sprouts are at the top of my list! They are a living food as they are still growing when you eat them and are filled with powerful phytonutrients that gives you the highest nutritional content. They are wonderful in salads, wraps, or on top of other prepared dishes.
- **Raw:** These greens when freshly picked still have that "life-force-energy" in them and the more energy in your food, the more energy in you! If you think about what would happen if you boiled a seed and then tried to plant it... would it grow? I highly doubt it, as the heat would certainly zap all the "life-force-energy" from the seed. Having said that, raw food may not be for everyone (see the note above about thyroid and digestive issues). Raw greens can be added to smoothies, blended in dressings, used as wraps, chopped in salads, and juiced for a powerful dose of nutrients. The "other" green, cauliflower, is fun to pulse in a food processor until it resembles rice or couscous and then tossed with your favorite dressing and other herbs and spices.
- **Cooked:** When you use a steamer to cook your greens you lose some valuable nutrients in the water. Rather than throwing away the water, try steaming them directly in a small water bath that gets mostly absorbed and then there is no need to drain the greens and lose all the wonderful nutrients. Sautéing is another great option, as long as it is done on a medium to low heat with quality oil. It is best not to brown greens and to not overcook them. You want them to retain their vibrant green color. Oven roasting is another option, stirring often to prevent burning. This works especially well with broccoli and Brussels sprouts.

The bottom line, eat more greens! Try to incorporate them into every meal. Remember to mix it up and rotate those greens. Have spinach in your morning smoothie; romaine lettuce, with cucumbers, sprouts, microgreens, and other assorted veggies for lunch, topped with a grain or protein; and make some sautéed kale, collards, or chard for the base to your dinner. You will be amazed at the increase in energy you will feel, the decrease in your inflammation, and how your skin and hair will improve! Food is medicine; it is the software that programs your sophisticated bio-computer. Eat Your Greens!

Massaged Kale Salad

This is a raw kale salad that you can make early in the morning, or two to three hours before you're ready to serve. It is best fully "marinated."

1 bunch kale leaves, remove stems and tear leaves into bite size pieces, curly works best.

¼ cup olive oil, or your favorite dressing.

Juice of one lemon or orange, unless you are using a pre-prepared dressing.

¼ cup dried, fruit juice sweetened dried cranberries.

Organic pecans or walnuts, lightly sautéed in avocado oil with a drizzle of pure maple syrup.

Massage the kale leaves with the olive oil, using your hands. Add in other ingredients, except nuts and stir with a wooden spoon. Add the nuts just before serving to keep them crisp. Get creative with this. You can do a Mediterranean version with kalamata olives, capers, and chopped tomatoes.

Apricot Swiss Chard

One bunch Swiss chard

½ cup dried apricots, chopped

2-3 T olive oil

1 T apricot preserves (fruit juice sweetened)

½ t garlic powder or 1-2 cloves minced.

½ t onion powder or 1 small onion chopped.

Pinch of sea salt

Wash and dry the Swiss chard leaves. Tear from stems into bite sized pieces. Chop stems into small chunks if desired. Heat oil on medium heat and gently simmer the onion and garlic. Add the Swiss chard and the apricots. Sauté for 10-15 minutes on medium heat until the greens are tender. Add preserves and sea salt and mix well.

Collard Green Wraps

Collard Greens, lower stems removed

All of the below ingredients are optional. Include what most appeals to you!

Avocado, sliced

Assorted veggies, sliced into thin sticks (carrots, peppers, cabbage)

Sprouts, microgreens, and or pea/sunflower shoots

Roasted red peppers

Hummus

Prepared quinoa

Fresh herbs, like cilantro, dill, or basil.

Dressing: drizzle with olive oil & lime juice, your favorite dressing, or a yummy nut-butter sauce (1/4 cup nut-butter, 1 T pure maple syrup, ¼ cup hot water, 1 T Braggs Amino Acid, dash of lemon juice, and dash a cayenne).

Have your greens washed and stored in the refrigerator with a paper towel in a container for ready use. You can also prep veggies sticks in advance and store in an airtight glass container. Have some prepared hummus or quinoa on hand. Lay the collard greens on a flat surface and lightly layer assorted "stuffers" and gently roll, folding in the ends to prevent the loss of your stuffers. If you are using large leaves, cut the rolls in half. Serve with a dipping sauce or dressing of choice.

Continued on page H10

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Committee on Aging: March 2019 report

By Mary Lou Hager, Chairperson,
Committee on Aging

Don't forget to mark your calendars now for our big end-of-year event: Haddam Senior Picnic, Monday, June 17, 2019, from 11:00 a.m. to 2:00 p.m. at the Haddam Neck Fairgrounds. To RSVP or to get more information, please contact Susan Rutty (860-345-4049). Make reservations by June 10. All Haddam Seniors are invited. The event is sponsored by the Committee on Aging and funded by the Town. Expect normal picnic fare, including ice cream. We'll get together, rain or shine under a pavilion. Be with friends and new acquaintances. Enjoy the

entertainment. Transportation will be provided if desired. A \$5 deposit, to hold your seat, is required. Your deposit will be returned when you attend the picnic.

The Haddam Committee on Aging is made up of ten or more local residents, appointed by the Board of Selectmen. It is charged with studying conditions and needs among senior residents of the town, encouraging and assisting where possible the development of needed services, and bringing to the Board of Selectmen matters calling for attention. Meetings are generally held on the third Monday of the month (from September to June) at the Annex

on Jail Hill Road at 10:00 a.m. Meetings are open to the public; all are welcome to attend.

Upcoming meetings and end-of-year event:

Monday, April 15, 2019 – meeting at the Annex at 10:00 a.m.

Monday, May 20, 2019 – meeting at the Haddam Neck Fairgrounds at 10:00 a.m.

Monday, June 10, 2019 – meeting at the Annex at 10:00 a.m.

Monday, June 17, 2019 – Senior Picnic at the Haddam Neck Fairgrounds 11:00 a.m. – 2:00 p.m.

CONTINUED FROM PAGE H1

Starry nights

Continued from page H1

and depression to name a few.

The eco-system, as well, is negatively affected. Both plants and animals that depend on the dark-light cycle for growth, sleep, hunting, breeding, and pollinations are disturbed by man's new world. Migrating birds, confused by city lights, often circle light to the point of exhaustion. Hatchling sea turtles will march inland rather than to the ocean.

So, what do we do? We can get involved.

We can establish Dark Sky ordinances in our town. We can educate ourselves and our children about light pollution. For a start, check out the website : www.DarkSky.org.

International Dark Sky Week this year is March 31 to April 7, 2019. Let's celebrate. Go outside and look up! Observe and fathom our significance in the universe. More importantly, turn off your indoor and outdoor lights. Light only **what is needed** and only **when it's needed**. Remember, there are more stars in Haddam. Let's preserve them.

COMMUNITY

30th Annual HNCC Quilt Show: April 6

By Dianne McHutchison

The 30th annual quilt show at the Haddam Neck Congregational Church will be held Saturday April 6, 10:00 a.m. to 5:00 p.m. and Sunday April 7, 11 a.m. to 5:00 p.m. The show is a fund raiser for the Haddam Neck Congregational Church and proceeds from the donations support the annual upkeep of the 19th century Church and the Sunday School

building which was formerly the local one room school-house.

Approximately 130 quilted items will be on display. The Tea Room will offer soup, pies, baked goods and other refreshments. In addition, the Church Ladies Aid Society will be selling crafts and raffle tickets.


Suggested donations for adults is \$6.00 and children are free and welcome. The parking is adjacent and the buildings are handicap accessible.

For additional information contact: Sue Olsen at 860-267-2848 or Franky Dallas at 860-267-4513.

Do you have a story or event that you would like us to write about? Send an email to editors@haddamnews.org.



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TICKETS ON SALE NOW!
April 20, 27, 28 & May 4, 5

Toot toot!!! Thomas the Tank Engine, his buddy Percy, and Sir Topham Hatt are pulling into Essex Station for the "Steam Team Tour" this spring! After meeting Thomas, guests will also have the opportunity to meet Sir Topham Hatt, and Percy the Small Green Engine! But wait, there's more! You and your little ones have access to unlimited rides on 5 carnival rides, face painting, Isle of Sodor storytelling, Thomas the Tank Engine video theater & magic show, and Thomas the Tank Engine play areas! PLUS, Caboose the Clown will be joining us and creating colorful balloon characters, while Sunny Train presents her beloved music show!

The Essex Steam Train & Riverboat

essexsteamtrain.com
800-377-3987

Food for Thought

Continued from page H8

Kale Chips

Kale chips make a great nutritious snack when you need something a little savory or salty.

1 bunch curly kale

2 T olive or avocado oil

Seasonings of choice: (cumin, turmeric, smoked paprika) (cinnamon, nutmeg, cloves) (rosemary, dill, oregano).

Dash of sea salt (optional)

Preheat oven to 250 degrees. Wash kale leaves and dry thoroughly. Remove stems and tear leaves into chip sized pieces. In a bowl, whisk oil with desired seasonings. Toss the kale pieces into the oil & seasoning mixture, best to use your hands for an even coating of all chips. Place chips on a cookie sheet lined with parchment paper. Keep chips from touching for best results and a crispy texture. Bake for 15 minutes, then toss and continue to bake for 5-10 minutes. Watch them closely so they do not burn. Best eaten right away, but they will store for 2-3 days

in an airtight container after they are completely cooled.

Green Smoothie

1 handful of spinach leaves, fresh or frozen.

1/2 small cucumber, chopped into large chunks.

1 small fresh banana, or 1/2 cup chopped frozen banana.

3-5 fresh or frozen strawberries.

1/4 cup frozen pineapple chunks.

1 t spirulina algae powder.

1-2 cups non-dairy milk of choice or coconut water.

Wash all fresh ingredients. Place all ingredients in a high-speed blender until smooth.

If you have a topic you'd like to learn more about, please email me at connect@roots2wellness.com. Until next time!

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.

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

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.

LEGAL NOTICE TOWN OF HADDAM REGIONAL SCHOOL DISTRICT #17 BUDGET REFERENDUM

The Electors of the Town of Haddam and all those qualified to vote at Town Meetings are hereby notified and warned to meet at their respective polling place in said town on Tuesday May 7, 2019 for the following purpose:

To cast their votes on the Regional School District Number 17 budget.

A copy of the proposed budget recommended for adoption by the district Board of Education is on file at the Haddam Town Clerk's Office.

Locations of Polling Places

District #1 -
Haddam Fire Company #1
Community Hall
439 Saybrook Road
Higganum, CT

District #2 -
Regional School District #17 Central Office
57 Little City Road
Higganum, CT

District #3
Haddam Neck firehouse
50 Rock Landing Road
Haddam Neck, CT

The vote on the budget will be a yes/no vote. Voting tabulators will be used.

The Regional School District Board of Education will set the hours of voting at the Annual District Meeting to be held on May 6, 2019.

Per C.G.S. 7-7, the polls must be open from 12 noon to 8:00pm. The District Meeting will vote to open the polls at 6:00AM TO 8:00PM.

Absentee ballots are available at the Office of the Town Clerk. Please contact the Office of the Town Clerk at 860-345-8531 X211 or X212 FOR FURTHER INFORMATION.

Dated at Haddam, Connecticut this 4th day of April 2019.
Scott R. Brookes, Town Clerk

TOWN OF HADDAM DECISIONS OF THE WETLANDS ENFORCEMENT OFFICER

On March 28, 2019 the Wetlands Enforcement Officer approved a permit to:

1. Construct a 12' X 14' deck on existing house and related work in an upland review area for property located on 29 Russell Road and shown on Assessors Map 26 Lot 37.

Said Applications are on file and may be seen in the Land Use Office, of the Town Office Building.

OBITUARIES

Jeffrey Weir

According to Legacy.com and The Newcastle Herald, Jeffrey Weir, age 64, passed away on Saturday, March 16, 2019.

James "Jimmy" Carto

According to Legacy.com and The Hartford Courant, James "Jimmy" Carto, age 73, passed away on Saturday, March 16, 2019.

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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