

## ‘Because of Winn Dixie’: A Berloni Family Production

By Kathy Brown

Have you seen *Because of Winn Dixie* at the Goodspeed Opera House yet? If not, it has been extended through Sept. 5, 2019. Not only is the show produced by Dorothy Berloni, of Higganum, but Bowdie who plays Winn Dixie, is one of the dogs owned by the Berlonis, and Dorothy’s husband, Bill, is Bowdie’s trainer.

Bowdie is a mixed breed, and the Berlonis have had him for five years. He is one of about 28 dogs that the Berlonis own and train. This is Bowdie’s third production of the show, as he has played Winn Dixie at the Alabama Shakespeare Festival, and the Delaware Theatre Company, leading up to the Goodspeed’s production. Bill spends many hours training a dog for a role. “It is a multiple step process, first doing basic obedience and socialization, then exposure to the rehearsal process, introduction to the stage, to the orchestra, and the conditions that exist during the actual show,” explained Dorothy.

Dorothy Berloni, who has lived in Higganum for 25 years, with her husband, and daughter, read the book *Because of Winn Dixie*, by Kate DiCamillo, back in 2001, shortly after it was published. She tried to acquire the rights but a movie was already in the works, so “I had to wait until 2008 before I could even

### Haddam Neck Fair offers varied music

By Dianne McHutchison

The 108th Haddam Neck Fair held over Labor Day Weekend is offering a variety of music beginning with local talent at the Bandstand featuring RockLanding and Friends at 6:00 pm on Friday, Aug. 30.

On Saturday, Aug. 31, on the Bandstand beginning at noon are the following: Daphne Lee

Martin, Belle of the Fall, Ponybird, Kerri Powers, Jeff Burnham & The Insiders and Someone You X=Ray.

Sunday, Sept. 1, there is Gospel Music at 11:00 a.m., and the Moodus Drum and Fife Corps at 1:00 p.m. In addition on Sunday beginning at 2:00 p.m. Frank Critelli & Friends, Friends Of a Feather Ninth Wav and, Shakedown with Judi Jones Hula Hoop LEDS.

All weekend long there is also Karaoke at the Gazebo. For additional information visit the website at [haddamneck-fair.com](http://haddamneck-fair.com).



Photos courtesy of Dorothy Berloni.



try again,” she told Haddam-Killingworthnow, but acquire them she did. Dorothy is known as the Originating Producer because she “read the book, thought it would make a great musical, acquired the rights, and started hiring the creators.” Some of the duties of the producer are raising money, and hiring the creative staff like the director, composer, book writer, and lyricist.

Dorothy knew Nell Benjamin, who is a lyricist,

and composer in musical theater (she is known for *Legally Blonde*, as well as *Mean Girls*), so she asked Nell to do the book and lyrics. Donna Lynn Hilton, Producer at the Goodspeed “stayed in pretty continuous communication with [the Berlonis] as the show has developed and through the early productions.” At the time, it wasn’t quite ready for the Goodspeed, but according to Donna Lynn, “after the production in Alabama, Dorothy approached us to see if we were still interested in producing the show. The first three developmental productions had brought the show to the right stage for us to program it at the Opera House and we jumped at the opportunity.”

A show of this magnitude is not something that Dorothy has done before, though she has done a cabaret evening each year at 54 Below in New York

City to benefit the Humane Society of New York. Bill has worked at the Goodspeed Opera House several times, along with Artful Living, The Ivoryton Theater, Long Wharf, Sharon Playhouse, and Haddam Killingworth High School. You can read more about Bill’s start at The Goodspeed in this article. “It has brought us great joy to provide a home for this beautiful story that is so dear to their hearts and celebrates the human/dog bond that Bill has spent his career recognizing and celebrating. And it doesn’t hurt that the show is wonderful and delighting our audiences!” said Donna Lynn Hilton at the Goodspeed.

As the producer, Dorothy was heavily involved at the front end of the show. She

was at auditions for the cast, went to rehearsals, gave feedback to the director, watched the budget, and more. “It is our hope to bring the show to New York, and we are working to that end, but finding an available theater could take a while,” explained Dorothy.

If you get a chance, check out *Because of Winn Dixie* at the Goodspeed Opera House. You will be glad you did!

## A major announcement to our readers

The management, staff and editors of Haddam News have decided to make a giant leap forward. Beginning with the issue of September 5 our banner will read Haddam Killingworth News. We will be expanding our reach to every household and business in the Town of Killingworth. Because we share the Regional School District, Haddam Killingworth Park and Recreation Authority and Youth and Family Services of Haddam and Killingworth, we believe it is important that we have a common newspaper where we can all know about these activities and others that occur in our two towns.

We are greatly appreciative that Haddam News readers and our advertisers have been very supportive of our community paper. Volunteers have

INCLUDES EAST HADDAM NEWS

### Haddam Killingworth News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING HADDAM, HIGGANUM, HADDAM NECK AND KILLINGWORTH

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August 22, 2019

For breaking news go to [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) every day

Free weekly

made Haddam News happen so that we are able to publish every Thursday. No sooner than one issue is ready for printing and mailing, the work on the next week’s paper is already underway.

By expanding the reach of our paper to Killingworth, we anticipate that Haddam residents will benefit tremendously in this new capacity to learn more about what is going on in Killingworth and vice versa. It is to this end we believe the paper will draw our communities closer together. Our advertisers will also benefit - at no extra cost - as their ads will be seen by more than 6,500 additional readers in over 3,000 Killingworth households.



# Foxglove Soap Company

By Kathy Brown

Some mothers put their feet up and read a book in the peace and quiet after their children go to sleep. Lindsay Wolfradt, owner of Foxglove Soap Company, in Haddam, starts making soap. Lindsay and her husband moved to Higganum in July 2015 from Wethersfield, because they were attracted to the school system and small town community.

After having their third child, Lindsay put her nursing career and schooling on hold to become a stay-at-home mother, and “took up soap making as a hobby.” Then, as interest grew, “I decided to turn my hobby into a small business,” explained Lindsay. In February 2018, Foxglove Soap Company was born.

Her soaps are made by “cold process” method in small batches in her home. After they’re made, “they need to cure for about 4-6 weeks before they can be



Photos by Lindsay Wolfradt.



sold.” Lindsay explained that she has a room in her home which is dedicated as her “soap studio” where she cures her soap.

The soaps are made using natural ingredients such as essential oils, butters, and clays, to which she adds fragrance oils and dried botanicals such as flower petals, as well as salts, dried herbs, and seeds to exfoliate. It “creates soap that’s great for your skin and also helps detox, moisturize, and wash away all the yucky!” As the mother to four boys, she knows

what she’s talking about.

The bars of soap are 4.5 ounces, and she also produces lotions, bath salts, and bath bombs “all made with high quality natural ingredients. Prices range from \$4-10. This year she added wedding and shower favors to her line up, as well as poured soy candles.

She sells her soap at Farmer’s Markets and craft fairs, as well as Town & Country Nursery, and The Goodspeed’s Station Country Store. You can also purchase her soap and other bath and body products through her: [www.foxglovesoapcompany.com](http://www.foxglovesoapcompany.com).

“To own and operate a local storefront would be a dream come true!” said Lindsay. She loves



participating in local Farmer’s Markets because “it’s a great opportunity to meet other fellow vendors and artisans, lots of interesting people, and also spend time with my husband and children, who are so supportive of me on this journey.”

## FAITH / COMMUNITY

### Congregational churches sponsor plastic forum

By Cheryl Czuba

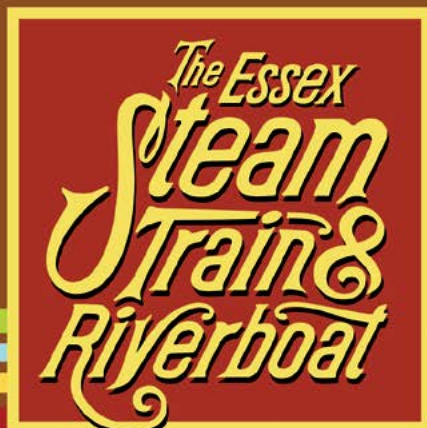
The Higganum Congregational Church and the First Congregational Church of Haddam, along with the Inter-religious Eco-Justice Network have scheduled a forum, “Drowning in Plastic: A Green Forum on Plastic Pollution” for Tuesday, Sept. 24, 6:30-8:00 p.m. at the Higganum Congregational Church, 23 Parsonage Road, Higganum. It will include viewing a 22-minute version of “A Plastic Ocean,” an award winning documentary on the impact of plastics on our ocean and learning about a local recycling success story.

Also, participants will hear about plastic pollution in Connecticut’s rivers and clean-up efforts, upcoming state legislation to regulate single-use plastic and the moral imperative for addressing this issue. Panelists will include Lou Burch, CT Program Director, Citizen Campaign for the Environment and Board Members of the Town of Haddam Sustainability Committee. Refreshments will be served.

Free but RSVP required, RSVP at <https://drowninginplastic.eventbrite.com>.



**NEW FOR 2019!** Hop on board our historic steam train at Essex Station for a scenic ride to Deep River where the festivities begin! The pumpkin patch will be filled to the brim with fall atmosphere that you and your little ones will enjoy. At the patch, each child gets to select a pumpkin of their choosing and have their face painted with a fun fall design. With pumpkin in hand you will re-board the train back to Essex Station where we will have crafting stations for kids to decorate their finds, and apple cider and donuts for all! Tickets are sure to sell quickly, so visit [essexsteamtrain.com](http://essexsteamtrain.com) today to reserve you space for this exciting new event!



Dates: October 19<sup>th</sup>, 20<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>  
[essexsteamtrain.com](http://essexsteamtrain.com)  
 800-377-3987



# Principal of Haddam Killingworth Middle School appointed

By Dr. Holly B. Hageman,  
Interim Superintendent., RSD #17

Regional School District 17 is pleased to announce Dolores Bates has been appointed as the new Principal of Haddam-Killingworth Middle School. Ms. Bates was overwhelmingly the top candidate out of talented field of applicants. Ms. Bates served as the Assistant Principal at Haddam-Killingworth Middle last year and had been serving as the Interim Prin-

icipal this summer. Ms. Bates' vision, beliefs about making the middle school experience fulfilling and meaningful for students, and her ability to connect with and empower her staff to unite around the mission of the school sets her on a course to be a wonderful principal for the Haddam-Killingworth community.

Ms. Bates earned a Bachelor of Arts from the Eliot School of International Affairs at George Wash-

ington University, where she also played soccer. She has a Master's in Education from Lesley University and a 6th Year Degree from Southern Connecticut State University. Ms. Bates was a middle school Social Studies teacher, serving in excellent school districts both in Connecticut and Massachusetts, and prior to coming to Haddam-Killingworth she was the Assistant Director of Social Studies for the Boston Public Schools.

## HADDAM HISTORICAL SOCIETY

### Mark calendars for HHS fall events

On Saturday, Oct. 5, the Haddam Historical Society will host Artistry and Architecture House Tour from 10 am to 4 pm. Visit six architecturally distinct properties in Haddam and Higganum which convey both past and present innovative creativity and resourcefulness. Visitors will tour a vineyard, pottery studio, painter's oasis and the home of City Bench, which creates beautiful furniture from fallen trees. Also tour the home of former Broadway actors, now a religious retreat and the stunning Victorian residence of a contemporary author.

The tour will run from 10 am to 4 pm and tickets cost \$25 in advance and \$30 the day of the tour. The tour headquarters is the Haddam Old Town Hall at 21 Field Park Drive, Haddam where participants will pick up their programs and directions. A boxed lunch by the Wheatmarket in Chester is available the day of the tour for \$15 and must be ordered in advance.

For additional information and to purchase tickets visit [www.haddamhistory.org](http://www.haddamhistory.org). For additional information email [contact@haddamhistory.org](mailto:contact@haddamhistory.org) or call 860-345-2400.

### Looking for Criminals!

We are looking for a few good men and women to portray former inmates at our jail tour this fall on Saturday, October 19 and Saturday, October 26 from 1 pm to 4 pm. You can commit to both days or just one. We have forgers, drunks, a women bigamist and plenty more criminals to portray. Presenta-

tions are very short- 3 to 5 minutes. This was a very successful event last year and we look forward to sharing the history and stories of the jail with friends and visitors alike.

Please call or email Lisa Malloy at 860-345-2400 or [director@haddamhistory.org](mailto:director@haddamhistory.org) if you are interested.

### Haddam Neck Fair Volunteers

Labor Day Weekend- Saturday, August 31 to Monday, September 2, 2019.

Each year the Haddam Historical Society has an informational tent at the Haddam Neck Fair. We are looking for volunteers to help staff the booth.

Shifts are 2 hours long and start at 10 AM. This is a great opportunity to promote the organization and meet interesting people.

It is also a chance to come out and support a community event that has been in existence for over 100 years and has much to offer. There are still many agricultural elements including horse, cattle, poultry, and sheep to name a few. There are still competitions in flowers, vegetables, and baked goods. The baby show is still a big draw and the music is fantastic. If noise and motors are your thing there is the Street Stock Truck Pull and modified tractor pull. There is something for everyone.

For more information on the fair visit [www.haddamneckfair.com](http://www.haddamneckfair.com).

Slots available all three days:  
10 am to NOON  
Noon to 2 pm  
2 pm to 4 pm  
4 pm to 6 pm

Email Lisa Malloy at [director@haddamhistory.org](mailto:director@haddamhistory.org) or call me at 860-345-2400 if you can help. In advance-THANK YOU.

## TOWN & COMMUNITY CALENDAR

Please visit [www.haddam.org](http://www.haddam.org) or [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com) for the most current information, including cancellations, location changes, time changes.

### Thursday, August 29

Zoning Board of Appeals Meeting, 7:30 p.m.

### Thursday, August 29 to Monday, September 2

Haddam Neck Fair!

### Monday, September 2

Labor Day

### Thursday, September 5

Planning & Zoning Commission Meeting, 7:00 p.m.

### Saturday, September 7

Haddam River Day 2019!

5:30 p.m. festivities begin

8:30 p.m. fireworks show begins

## OBITUARIES

### Walter J. Zawisa

According to Legacy.com and The Hartford Courant, Walter J. Zawisa, 86, passed away on Thursday, August 15.

### Michael Cretella, Jr.

According to Legacy.com and The

Hartford Courant, Michael Thomas Cretella, Jr., age 39, of Higganum, passed away on Tuesday, Aug. 13.

### Patrick Danaher

According to Legacy.com and The Middletown Press, Patrick Henry Danaher, age 73, of Haddam Neck, passed away on Thursday, Aug. 8.

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## Jesus said, Wide is the Gate and Broad is the Way— THE WAY TO DESTRUCTION

There is a way that seems right to a man, but its end is the way of death" (Proverbs 16:25). "Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived" (1 Corinthians 6:9-11). Jesus said, "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go that way. <sup>14</sup> Because narrow is the gate and difficult is the way which leads to life, and there are few who find it" (Matthew 7:13-14).

"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. <sup>8</sup> For he who sows to [the selfish desires of] his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life" (Galatians 6:7-8). "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

"This I say, therefore, and testify in the Lord, that you should no longer walk as the unbelievers walk, in the futility of their mind, <sup>18</sup> having their understanding darkened, being

alienated from the life of God, because of the ignorance that is in them" (Ephesians 4:17-24). "Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent" (Acts 17:30-31). "Repent therefore and be converted, that your sins may be blotted out..." (Acts 3:19).

Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6). "Christ died for our sins, just as the Scriptures said. <sup>4</sup> He was buried, and He was raised from the dead on the third day" (1 Corinthians 15:3 NLT). "Believe on the Lord Jesus Christ, and you will be saved" (Acts 16:31). "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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# HK Masters Swimmers participate at Lake George Competition

By Laura Grimmer

The HK Masters Swim Team recently returned from the Lake George Open Water Swim competition in Hague, N.Y., with five swimmers competing in races of 2.5 kilometers, 5 kilometers and 10 kilometers.

In the 5k (3.1 miles), Ann Faust of Haddam won her 60-64 age group with a time of 1:41.22 and placed 29th overall. Laura Grimmer, also of Haddam, placed third in the 50-54 age group in 1:54.20 and was 47th overall.

In the 2.5k (1.55 miles), Tony Mira-

belli of Higganum finished in 59 minutes and 50 seconds, and Liz Glidden of East Haddam finished in 1:15.54.

Team captain Jim Grimaldi of Higganum was the sole team participant in the grueling 10k, or 6.2 miles. He finished in 4:05.20.

The HK Masters is coached by Haddam-Killingworth High School senior and All-State swimmer Zachary Houlton. The team swims Mondays, Wednesdays and Fridays at 6:00 a.m. at the high school. For more information, contact Jim Grimaldi at jimgrimaldi52@gmail.com.



Photo courtesy of Laura Grimmer.

## ARTS / COMMUNITY

### Aron named artist of month

Connecticut River Artisans is proud and happy to celebrate Andrea Aron as our Artist of the Month for September. In truth we, have been celebrating with Andrea a good deal this year.

Andrea was both surprised and honored to be selected as a "Connected Art Hero" for 2019 by the Connecticut office of the Arts. She also received one of the "Emerging Artist" awards for the Guilford Craft Expo for her jewelry and enamel work.

Andrea taught Jewelry and Ceramics at New London High School for 34

years. She is currently teaching at Wesleyan Pottery in Middletown. Andrea's focus is on the contrast of textured metal and color using gemstones and enameled glass with silver.

It isn't necessary to take a class, or attend an award ceremony to meet Andrea and see her beautiful work. Join us at Connecticut River Artisans Cooperative for her reception which will be held at our shop at 55 Main Street, Essex, Conn.

The gathering is on Sunday, Sept. 1, 2019 from 1:00 - 4:00 p.m. Meet some of our Artists and Crafters and enjoy wine and goodies. As part of our celebration, Andrea's work will be discounted on that day.

## HADDAM NECK FAIR 2019

### Fair contests and exhibits: opportunities for all to participate

By Susan Ruddy

The Haddam Neck Fair has many opportunities for everyone to participate. In addition to the amusement rides, horse, oxen and pony pulling, commercial vendors, musical entertainment and lots of good "fair food," you can enter the many various contests available.

They include: Arts and Hobbies, Arts and Crafts, Baked Goods, Canned Goods, Homebrewed Beer, Fancy Work and Quilts, Flowers and Horticulture, Photography, Spinning and Fiber, 4-H and Educational, and Vegetables and Fruits.

Entries must be submitted on Thursday, Aug. 29, from 3:00 - 8:00 p.m. They will be judged and prizes will be awarded.

If you have cattle, goats, poultry, rabbits, or sheep, you may also enter, show and win prizes.

On Sunday, you may enter the 5K Road Race. You can pre-register on line and on the morning of the race. Start time is 9:30 a.m.

For detailed information and rules for the departments, please go onto the Website for the fair: [www.haddamneckfair.com](http://www.haddamneckfair.com). Or pick up a fair book at area businesses and the Haddam Town Hall.

### 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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### Bulimia ... Binge Eating

Binge eating is defined as consuming an amount of food that is definitely larger than most people would eat. The relative risk among family members of persons with binge-eating disorders significantly increases the occurrence. In a large study, the prevalence of binge eating in women increases with age, and peaks at 19 years of age. Women (2.3 - 3.1%) are more likely to develop a binge eating disorder than men (0.3 - 1%) who experience the condition usually between ages 16-21.

Additional Risk Factors-

A childhood history of emotional abuse is a factor increasing the risk of binge eating,

Substance misuse has been shown to be a frequent comorbidity disorder with binge eating,

Societal pressures, and loneliness are important factors in causation and in the solution during treatment of binge eating.

Medications are not the first line treatment for binge eating, although anti-epileptic medications are used to decrease obsessive and compulsive behaviors.

Awareness of symptoms, caring and positive continuous conversations supporting the individual is first-line defense, and getting your child or loved one to seek professional psychological treatment is necessary to resolve this very treatable disease.

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Smiles FROM OUR FAMILY TO YOURS



# In & About The Haddams: August 1919 National News

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

**Race Riots Slow.** Chicago, Aug. 1: Comparative peace reigns in the Chicago riot zone and the tide of anger, malice and race hatred that has surged for more than four days apparently has abated. The turmoil has not entirely ceased and the mob spirit is still smoldering. The task of providing food for the families in the riot-swept district and the re-establishment of amicable relations between whites and blacks are receiving consideration. One of the most serious problems arising out of the riots is that of employment of negroes. It is reported that several packing establishments that formerly employed 15,000 colored men have drawn the line and will hire white labor only hereafter. During the past 24 hours, but one slaying has been reported. That came when a 12-year-old white boy was dragged from a truck and beaten to death by negro youths.

**60 White Homes Burn.** Chicago, Aug. 2: From 40 to 60 homes of white families in the district "back of the yards" were burned to the ground or seriously damaged, while hundreds were rescued and now are homeless. The military authorities and cordons of police had difficulty in handling a throng of 50,000 excited spectators.

**High Cost of Living.** Washington, Aug. 3: The high cost of living will be forced downward. Every available agency of the government now is being utilized to achieve this result. This was the position assumed by Attorney General A. Mitchell Palmer. Since 1913, the cost of living has advanced 83 percent. During this period potatoes increased 111 percent; flour, 107 percent; and lard, 154 percent.

**Feed Our Own First.** Washington, Aug. 4: An embargo upon the exportation of food to bring down prices was suggested by Senator Reed, in the midst of a spirited debate on the cost of living. "If we have not enough food here for our own people we should keep what we have at home and not be sending it to others who have brought their misfortunes on their own heads," Reed said. He further suggested that "New York and Chicago bankers are now engaged in forming a gigantic trust to drain this country of its goods."

**Attempt To Burn Black Belt.** Chicago, Aug. 4: Troops patrolling the riot district were thrown into sudden action early today to thwart a reported attempt of between 500 and 600 white men to burn the black belt. Demonstrations by whites against negroes and by negroes against whites are still frequent in the riot zone.

**Women Will Decide The Election.** Washington, Aug. 4: The women of the country will elect the next president, President Wilson was told by Mrs. George Bass, chairman of the women's committee of the democratic national committee. Mrs. Bass told the president that no "man who opposes the league of nations could expect to receive the presidential vote of women....The women are for peace as they were the greatest sufferers of the war."

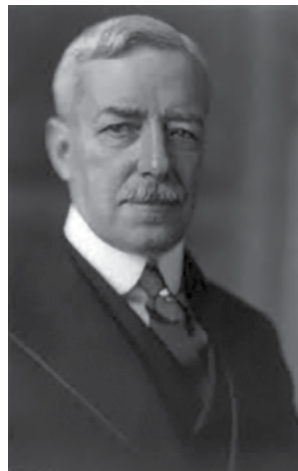
**Lansing Secret Shantung Deal.** Washington, Aug. 11: The state department had official knowledge six months before the United States entered the war that Great Britain and Japan had a secret agreement whereby they were to split Germany's Pacific island holdings between them, Secretary Lansing informed the senate foreign relations committee. Under questioning, he said neither he nor the state department



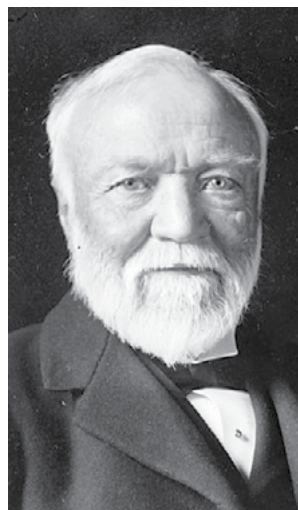
Chicago, August 1919.

had any knowledge, when the armistice was signed, of the secret treaties made between Japan and Great Britain, France and Russia as to the Shantung Province, [on the main land would be under control of the Japanese.] He insisted that he told Japanese envoy Ishii that the United States would never agree to Japan acquiring "paramount interest" in China.

**Andrew Carnegie Dies.** Lenox, Mass., Aug. 11: Andrew Carnegie, one of the world's most prominent financiers, steel magnate and philanthropist, died at his summer home of bronchial pneumonia, at the age of 83. Born in Scotland and brought to Pittsburg where he got his meager schooling, he earned his first dollar as a weaver's assistant. He rose rapidly until he became superintendent



Lansing.



Carnegie.

on the Pennsylvania railroad. After the Civil War he became interested in oil lands, sleeping car construction and iron mills. He retired in 1911, declaring that "no man should die rich." Some of Carnegie's Success formulas follow:

*A penny saved is a penny earned.*

*Be your own employer. The man who hires makes the money; the man hired doesn't.*

*Industry and natural ability make up for a college education. If you have these and use them, you don't need college training.*

**Sale Of Food Through Postoffices.**

Washington, Aug. 13: The government made its first move in the campaign of

competition with commercial food dealers. Sweeping reductions in the prices of army surplus foods will be sold direct to the American public. Patrons will find the price list posted in the lobbies of post offices. The prices quoted are the cost of the articles to which will be added the cost of postage.

**Army Airships Concentrate On Border.** Washington, Aug. 16: All of the airfields in the United States, with the exception of those along the Mexican border, are to be temporarily closed. The army appropriations bill failed to provide funds and men to keep all the fields open this year. Those contiguous to the border must be maintained, General Mitchel said, because of the uncertainty in Mexican affairs which might necessitate a complete blockade of the border which could best be maintained by aeroplanes.

**China Gave In To Japan At Our Request.** Washington, Aug. 18: China did not press her case against Japan at the peace conference at the request of the American government, by which she was regarded as a "ward," testified Thomas Millard, a newspaper man, who acted in an advisory capacity to the Chinese delegation at Versailles. Millard stated to the senate committee that it was Secretary Lansing who "objected" to the Chinese government carrying out its intention of employing two American experts on international law to look after the Chinese interests because it would be "embarrassing." Not only were the experts not employed but the Chinese relations with Japan were not raised by the Chinese delegation at Lansing's suggestion.

*Continued on next page*

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# Find a fur baby: Bullet

By Judith Levin

Will you look at this Handsome Guy! This is Bullet!

Bullet has completed his training program and is waiting to find a foster family! Furry Friends would also consider a foster-to-adopt situation for Bullet. Bullet has been in residential training for several months at Specter K-9. He came into their rescue from Wolcott Animal Control.

Bullet initially settled into his foster home well. However, as he became more comfortable in the home, he also became more protective of his family, especially when visitors came in. It did not help that all of the other dogs in the home rushed to the door when someone entered – but Bullet decided that it was his job to protect his family from the “intruders.” A trainer went to the home several times to work with Bullet, but we ultimately made the decision that everyone would be best served by him going to a residential training program.



Once in training, Bullet started with the basics. He needed help with house-training, so that was done. He wasn't all that happy in a crate, so crate training was accomplished. He learned both basic and advanced commands.

Because the specific program that Bullet went to takes place in the home of the trainer, he had lots and lots of practice with people coming to visit, and maintaining his training, staying in “place” and being released to greet the visitors politely.

He also spent many hours of training going out and about in the town. He visited stores, practiced loose leash-walking on the street, and learned to meet people politely in a variety of environments.

Bullet aced his training. He is now ready to move to the next chapter of his life, starting with a foster home. He cannot leave the trainer until we find a foster home for him. We need to do that quickly –

Bullet needs to move on.

Bullet will do well in a family with experience with the breed (he is a bull dog / pit bull mix). He gets along with dogs of all sizes, but we would prefer to see him in a home with another dog of similar size, or else as an only dog. He should not live with cats.

He can live happily in a home with respectful older children (13 years old or older).

A securely fenced yard would be ideal for Bullet.

He needs a family who will take him to new places and continue to introduce him to new people and things. Bullet's trainer will work with him and the family to ensure a smooth transition, and to give them the training guidelines they need to make sure he continues to move forward.

This kind of intensive residential training with a qualified trainer is expensive. Even with a very generous rescue discount, the cost to our rescue is \$500/week. Any donations received will be deeply appreciated, and will ensure that in the future we will be able to help more dogs like Bullet, to be given the tools they need to become the best dogs they can be.

To foster, please fill out the form at our website – <https://www.furryfriendsct.org/foster-application>.

## CONTINUED FROM PAGE H5

# In & About The Haddams: August 1919 National News

Continued from previous page

A Stain On Our National Honor. Washington, Aug. 21: In answer to questions from the senate foreign relations committee, President Wilson has not the power to declare by proclamation that a state of peace exists between the United States and Germany before the treaty has been ratified, he set forth today. But, “I feel it due to perfect frankness to say that it would, in my opinion, put a stain upon our national honor which we never could efface, if after sending our men to the battlefield to fight the common cause we should abandon our associates in the war in the settlement of the terms of peace and dissociate ourselves from all responsibility with regard to those terms.”

Japan Begins Campaign In Siberia. Washington, Aug. 21: The Japanese had taken the first step towards seizure of Siberia in the appointment of the Kato Sadakici as ambassador on a special mission to

Siberia, and it is Japan's ambition to control the Far East, and after the Far East, the world, charges Dr. S. Rhee, so-called “president of the republic of Korea.” The appointment of Kato as an ambassador sent to Siberia should open the eyes of America.

World Crying To America For Aid. Paris, Aug. 21: America is the shining deliverer to which the famine ridden people of Poland, Austria, Hungary and Czecho-Slovakia are looking to save them, declared Herbert Hoover, head of the international food relief commission. “The most appalling conditions prevail everywhere,” said Hoover. “The dominant note is the pathetic dependence upon the United States. President Wilson was right when he said that immediate peace is necessary to save the whole of Europe as well, possibly, as our own economic future. The cry that greets every American,” Hoover said, is: “For God's sake do not leave us now.”

Strike Out Word “Japan.” Washington, Aug. 23: The

foreign relations committee of the senate voted 9 to 8 in favor of the return of Shantung concession to China instead of Japan. The committee voted to strike out the word “Japan” wherever it occurs in [the pertinent] articles of the treaty of Versailles and insert the word “China” the effect of which is that the committee favors the return of the concession in Shantung to China.

Wilson To Start On Tour Soon. Washington, Aug. 27 & 28: President Wilson will start on his western speaking tour “as soon as arrangements can be made.” It previously had been stated that the president would not leave until after the treaty of Versailles had been reported out of committee, but necessity for delaying his departure until that time has passed, he is said to believe. Tentative plans call for a 25-day trip if the president's strength will permit. However, Admiral C.T. Grayson, his personal physician, declared today that the president was never in better health. President Wilson will start on his speaking tour September 3 and will make his first address at Columbus, Ohio.

Republicans To Follow “Swing Around The Circle.” Washington, Aug. 29: While President Wilson is on his speech making tour, republican senators opposed to ratification of the German treaty and entry of the United States into the proposed League of Nations, plan to deliver a series of addresses themselves in various parts of the country. Avowed advocates of the rejection of the treaty, plan to speak as often and in as many places as they can, whenever their senatorial duties will permit them to absent themselves from Washington.

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

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# Moon Rocks and Rock & Roll – 50 Years Ago: Part 2

By Deb Thomas

This was, in 1969, a snapshot of what America looked like as a nation:

1969	Compared to 2019
Cost of Living:	
<b>Yearly inflation rate:</b> 5.46%	
<b>Year End Close for Dow Jones Industrial Average:</b> 800	27,400 (as of July 2019)
<b>Average Cost of new house:</b> \$15,550.00	\$193,500.00
<b>Average Income per year:</b> \$8,550.00	\$57,652.00
<b>Unemployment Rate:</b> 3.6%	3.7% (through July, 2019)
<b>Average Monthly Rent:</b> \$135.00	\$982.00
<b>First Class Stamp:</b> \$0.06	\$0.55
<b>Average Cost New Car:</b> \$3,270.00	\$36,843 (as of April, 2019)
<b>Gas per Gallon:</b> \$0.35	\$2.64
<b>Popular Mid-Size Car:</b> 1969 Toyota Corona: \$1,950.00	2019 Kia Optima LX: \$23,820.00
<b>U.S. Population:</b> 203,302,031	327,167,434
<b>Per Square Mile:</b> 57.5	87.4 (from year 2010)

**Most populated Cities in descending order:**  
New York, Chicago      New York, L.A., Chicago

Music we listened to: Record of the Year: Mrs. Robinson by Simon and Garfunkel, Album of the Year: By the Time I Get to Phoenix, by Glen Campbell. Song of the Year: Little Green Apples by Bobby Russell.

The month of August, 1969 gave us these happenings: Mariner 6 sends close-up photos of Mars, Willie Stargell, Pirates outfielder hits the longest home run on record up to that time, 506 feet – out of Dodger Stadium, then Mariner 7 hits a space age



Woodstock host Max Yasgur.

homer and flies PAST Mars! Ireland's RTE Television Center in Dublin is bombed. The terrible Tate-La-Bianca murders happen in California, Los Angeles Dodgers pitcher, Don Drysdale retires, and the Boston Celtics basketball franchise is sold for a record \$6 million. Rioting continues in Northern Ireland. By mid-August, something else caught the nation's attention, a music festival in New York named The Woodstock Exposition, taking place on August 15-18, 1969.

Then there was Woodstock. Was it any wonder, looking back, why the "Woodstock Festival" happened? Why our country and culture needed it? We took our news in nightly television dose reports on current events, most horrifying were the Viet Nam War statistics. In 1969 Americans consumed just under 6 hours of television per day. We were watching: Rowan and Martin's Laugh-In, Star Trek, and The Brady Bunch, among others. The moon landing took up a lot of our news watching time the month

before, as did the Viet Nam War; the mood of the US had been buoyed some with the moon landing. There was something else brewing however, in the creative minds of music entrepreneur friends.

Woodstock was the name town selected for a new venue, in New York State, where concert and record promoters, John Roberts, Joel Rosenman, Artie Kornfeld, and Michael Lang had hoped to create an investment event with a recording studio. They believed that because it was the home of several popular music artists, including Bob Dylan, and that it would be a mecca of sorts for the industry. To generate income and interest in the new studio, the promoters thought to celebrate this idea with a party, a music party, and sought a large outdoor space to use.

First to sign on with "Woodstock Ventures," Creedence Clearwater Revival would be a big draw for other acts and lend legitimacy to the project. Originally selecting the town of Woodstock for the event, and then getting turned down, they tried for the small village of Saugerties nearby. When that failed, they next went to the town officials in Wallkill, proposing to lease a property for ten thousand dollars, in early 1969, saying they expected approximately 50,000 concert-goers. However, townspeople were opposed to the event. In the book, "Taking Woodstock; A True Story of a Riot, a Concert, and a Life," by Eliot Tiber (then Bethel Chamber of Commerce President), the Town of Wallkill passed a new zoning regulation banning the concert stating that the port-o-potties would fail to meet the town code.

With only a month to go, at this time, Eliot Tiber told the promoters about a dairy farmer in Sullivan County, Max Yasgur, who offered rental of his 601 acre dairy farm land, in the District of White Lake, a part of the township of Bethel, NY. Telling Bethel's Town Board the same 50,000 number of attendees were expected, this additionally aggravated townspeople, but both Bethel's Town Attorney and the Building Inspector approved permits. However they had not been formally issued as the Town Board refused. Stop-work orders were supposed to be posted on the venue's building site, but did not get nailed up, and the pre-festival work continued (from an article in New York Times, from July 23, 1969 by Richard F. Shepard). Woodstock it was, Woodstock

*Continued on next page*



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## Moon Rocks and Rock & Roll – 50 Years Ago: Part 2

Continued from previous page

it would be named.

Frantic work ensued to secure the property with concert infrastructure, staging, lighting, fencing, all the concession areas, restrooms, medical and staff tents, and more—and became a logistics nightmare. The location wasn't totally ready by the time advance attendees arrived. Lang said, "You do everything you can to get the gates and the fences finished—but you have your priorities. People are coming, and you need to be able to feed them, and take care of them, and give them a show. So you have to prioritize." The decision was to go ahead and make the event free.

Perhaps it was the spiritual Eastern spiritual blessing done by Sri Swami Satchidananda while waiting for other acts to arrive who were late due to the traffic snarl, many of which who arrived via helicopter later. The Swami opened with:

*"My Beloved Brothers and Sisters:*

*I am overwhelmed with joy to see the entire youth of America gathered here in the name of the fine art of music. In fact, through the music, we can work wonders. Music is a celestial sound and it is the sound that controls the whole universe, not atomic vibrations. Sound energy, sound power, is much, much greater than any other power in this world. And, one thing I would very much wish you all to remember is that with sound, we can make—and at the same time, break. Even in the war-field, to make the tender heart an animal, sound is used. Without that war band, that terrific sound, man will not become animal to kill his own brethren. So, that proves that you can break with sound, and if we care, we can make also.*

*So I am very happy to see that we are all here gathered to create some sounds—to find that peace and joy through the celestial music. And I am really very much honored for having been given this opportunity of opening this great, great music Festival. I should have come a little earlier to do that job, but as you all know, thousands of brothers and sisters are on the way and it's not that easy to reach here.*

*America leads the whole world in several ways. Very recently, when I was in the East, the grandson of Mahatma Gandhi met me and asked me what's happening in America. And I said, "America is becoming a whole. America is helping everybody in the material field, but the time has come for America to help the whole world with spirituality also." And, that's why from the length and breadth, we see people—thou-*



The crowd at Woodstock reached 400,000.



Sri Swami Satchidananda opens the festival.

*sands of people, yoga-minded, spiritual-minded. The whole of last month I was in Hawaii and I was on the West Coast and witnessed it again.*

*So, let all our actions, and all our arts, express Yoga. Through that sacred art of music, let us find peace that will pervade all over the globe. Often we hear groups of people shouting, "Fight for Peace." I still don't understand how they are going to fight and then find peace. Therefore, let us not fight for peace, but let us find peace within ourselves first.*

*And the future of the whole world is in your hands.*

*You can make or break. But, you are really here to make the world and not to break it. I am seeing it. There is a dynamic manpower here. The hearts are meeting. Just yesterday I was in Princeton, at Stony Brook in a monastery, where about two hundred or three hundred Catholic monks and nuns met and they asked me to talk to them under the heading of "East and West—One Heart." Here, I really wonder whether I am in the East or West. If these pictures or the films are going to be shown in India, they would certainly never believe that this is taken in America. For here, the East has come into the West. And*

*with all my heart, I wish a great, great success in this music Festival to pave the way for many more festivals in many other parts of this country.*

*But the entire success is in your hands, not in the hands of a few organizers. Naturally, they have come forward to do some job. I have met them. I admire them. But still, in your hands, the success lies. The entire world is going to watch this. The entire world is going to know that what the American youth can do to the humanity. So, every one of you should be re-*  
*Continued on next page*

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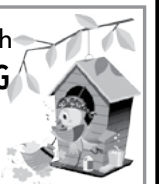
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## Moon Rocks and Rock & Roll – 50 Years Ago: Part 2

Continued from previous page

sponsible for the success of this Festival.

And, before I conclude my talk, I would like you all to join me and our group here in repeating a very simple chant. As I was reminding you of the sound power, there are certain mystical sounds which the Sanskrit terminology says are the bijakshara, or the “seed words.” We are going to use three seed words, or the mystic words, to formulate the chants. And if you all join wholeheartedly, after the chant we are going to have at least one whole minute of absolute silence. Not even the cameras will click at that time. And in that silent period, that one minute of silence, you are going to feel the great, great power of that sound and the wonderful peace that it can bring in you and into the whole world. Let us have a sample of that now. The words will be: “Hari” is one word. “OM” is another word. The first chant will have these two words, “Hari OM Hari OM, Hari Hari Hari OM.” The second line will be “Hari OM, Hari OM, Hari Hari OM.”

There will be another chant afterwards: just one word, “Ram.” We’ll be repeating: “Rama Rama Rama Rama Rama Rama Ram.” It’s a sample. It’s very easy to follow with everybody and we’ll have a gentle clapping also. So, now we’ll begin in a slow rhythm and gradually build it up. Now I will request all of my friends to join me. We will repeat the line once, then allow you to follow. (The entire festival then chanted the “Hari Om” chant together.)

Thank you all very much. And once again let me express my sincere wish and prayers for the success and peace of this celebration. Thank you.”

In the book by Phil Goldberg, American Veda says, it was, “...the moment when a battery of unconventional baby boomers turned eastward—and inward—in such large numbers that the process became irreversible.” It was the dawning of the Age of Aquarius, in practice, and in song.

Those who were involved and participated in the creation of the event did not know that the festival would become iconic of a generation; its many meanings would generate outwards for years and years to come. The performing artists made it special, but it was also the crowd itself who imbued specialness with their loving and peaceful attitude. It was as if the good will of the people were the actual seeds of peace, love and understanding amplified by the music; music and peace and love ripples in a large sea of the free thinking Woodstock Nation.

Upwards of 400,000 people would come to the party. They reflected a cross-section of the changing society of America. Many people who attended were Hippies, baby boomers and young people of the beat generation too, who shunned mainstream America and the Eisenhower era. Many were disenfranchised youth, meaning – these people were the backlash against the status quo of their parents’ generation. Freedom was the theme. They were not happy with



the image that a generation before represented; the youth of the 1960s sought societal change. They were unique, progressive leaders, and represented the creation of a new pop-culture with their music, clothing, foods, and a new lifestyle. Everything their parents and generations before had represented – the establishment—would be subject to change.

No longer content to let the older generation speak for them, young people of the sixties were increasingly aware of social issues, the war, civil unrest. Television brought this into everyone’s living rooms nightly. Woodstock offered a way to tune in, turn on, and drop out with its revolutionary culture affirmation. They held protest marches against the war, became socially adept at organizing rallies, handing out petitions, picketing. Hippies projected a strong “anti-disestablishmentarianism;” hooking up to the strong rebellion mood of the 50s beat generation. They sang it in songs of protest, freedom, love and peace. Stephen Stills’ lyrics (when he was with Buffalo Springfield) expresses the mood in his 1966 song “For What It’s Worth;”

*There’s something happening here  
What it is ain’t exactly clear  
There’s a man with a gun over there  
Telling me I got to beware*

*There’s battle lines being drawn  
Nobody’s right if everybody’s wrong  
Young people speaking their minds  
Getting so much resistance from behind*

*It’s time we stop, hey, what’s that sound  
Everybody look what’s going down*

*What a field-day for the heat  
A thousand people in the street  
Singing songs and carrying signs  
Mostly say, hooray for our side*

*It’s s time we stop, hey, what’s that sound  
Everybody look what’s going down*

The young people and free-thinkers identified with the Anti-War, Women’s, and Civil Rights movements. They came seeking some sense of unity with others who wanted only to bask in the glow of others

like themselves. They wanted to hear the music and greatest performers of their time, and to participate in what promoters hoped would be a smooth running, music party, with food, and arts and crafts. It was peaceful, and it was also four days of rain, sex, drugs and rock & roll. The peaceful way in which the event unfolded is maybe a tribute to either profound drug use, or, the progressive social consciousness evolving in younger people, or both.

Fifty years ago, the world first held its breath and sighed with wonder as astronauts danced on the moon. Within thirty days, another milestone marker happened in America, with Woodstock. Despite depressing world events, everyone got along, and sought to overlook differences, and

war, and world conflicts, and political and social upheavals. The festival days were filled with out one instance of trouble. The festival goes and events on the stage demonstrated that a large number of people could get along and rise above what divides.

Besides the festival organizers—who forged ahead knowing they would incur loss, not profit, an unsung hero will always be the dairy farmer who offered his land. One week ahead of the event, Seymour Krieger, Executive Director of the Catskills Resort Association said he gave his “whole hearted support for the Woodstock Ventures, Inc. effort in the Town of Bethel. An examination of the simple economics of the situation would indicate that if 50,000 people spent \$25 per day for three days, we would have \$3,750,000.00. The county would make in taxes alone, by reason of the sales tax, over \$100,000.” He also said, “This is a private enterprise operation. Mr. Yasgur in Bethel should be applauded for his courage and his foresight. The public officials have received adequate notice to make appropriate preparations so the event can be successful.”

Invited to speak before the festival ended, Yasgur took to the stage and addressed the crowd by saying Woodstock was proof, that, “half a million people can get together and have three days of fun and music, and have nothing but fun and music. God bless ‘em.”

Continued on next page



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## Moon Rocks and Rock & Roll – 50 Years Ago: Part 2

*Continued from previous page*

Max Yasgur would go on to incur the wrath of some of his neighbors, some of them calling for a boycott of his products. It didn't happen; some of these same deniers realized they could make a few dollars out of selling things like water. When Max Yasgur found out about that, he started giving away water.

Let it stand then, as a model of our freedom-loving selves, our questioning authority selves in the spirit our founding fathers gave us, our loving and best selves. Here's to the music, the people, the love, and the memory—created on a dairy farm, fifty years ago; Woodstock, forever.

*Haddam News readers: Many people with whom I've discussed Woodstock and the music in the ensuing years, have affirmed that it was a life-changing event. If you went, tell us your memories, what you think then and now about the music and the event; we want to hear from you! At the site of the festival, there's an immersive, interactive museum with artifacts and photos – at this website you will find great photos of the inside of the museum: Woodstock Museum at Bethel Woods Center for the Arts*

### Notes ... and for additional reading:

WHAT DOES YASGUR'S FARM LOOK LIKE NOW? Websurfing has led to finding wonderful stories written by people who were there in August of 1969. Additionally, there's a museum on site, which is exposed in a beautiful pictorial layout at: [https://www.newyorkupstate.com/woodstock/2015/04/woodstock\\_site\\_today\\_a\\_great\\_music\\_venue\\_a\\_museum\\_and\\_the\\_grassy\\_field.html](https://www.newyorkupstate.com/woodstock/2015/04/woodstock_site_today_a_great_music_venue_a_museum_and_the_grassy_field.html)

WOODSTOCK DATA: WONDERFUL COMPENDIUM of Census Data compiled regarding Woodstock is at: <https://www.census.gov/history/>

A listing of other information sources used in this article can be found at [www.haddam-killing-worthnow.com](http://www.haddam-killing-worthnow.com).

Goldberg, Phil, "American Veda." Harmony Books; First edition (November 2, 2010)

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You can learn more about the Woodstock Music and Art Fair using census data and records. For example:

The town of Bethel, in Sullivan County, NY, hosted the 1969 Woodstock Music and Art Fair. Sullivan County was founded in 1809 after splitting from Ulster County. One year after Sullivan County's founding, the 1810 Census counted its population at 6,108 inhabitants. Today the county is home to 75,498 and



A VW bus passes the modern-day sign at Bethel, N.Y.



Woodstock memorial.

the county seat of Monticello has a population of 6,439.

The release of the 1950 Census by the National Archives and Records Administration after April 1, 2022, will be the first time census records for many of Woodstock's performers become publicly available. Musicians who should debut in the 1950 Census include Jimi Hendrix (born in Seattle, WA, in 1942); Janis Joplin (Port Arthur, TX, 1943); and Grateful Dead frontman Jerry Garcia (San Francisco, CA, 1942).

In 1969, most Woodstock concertgoers listened to popular music on the radio and vinyl records. In that year, the United States was home to 4,254 "Standard Broadcast" (AM) radio stations and 4,377 commercial and noncommercial Frequency Modulation (FM) stations. In 2016, the nation was home to 4,554

radio stations (NAICS 515112) employing 80,609.

The Woodstock Music and Art Fair attracted more than 400,000 visitors to Bethel, NY. From August 15–18, 1969, Bethel's population rivaled the 1970 populations of Atlanta, GA (496,973); Cincinnati, OH (452,524); and San Jose, CA (445,779). Today, Atlanta's population is 498,044. Cincinnati's population is 302,605. San Jose has grown to become one of the nation's largest cities with a population of 1,030,119.

Woodstock—a documentary film released the year after the 1969 Woodstock Music and Art Fair—won the Academy Award for best documentary feature and earned nominations for film

editing and sound. In 1970, Americans spent \$50 million to see Woodstock in movie theaters and a total of \$1.16 billion on all motion pictures admissions. In 1996, the National Film Preservation Board selected the film for preservation in the National Film Registry because of its "innovative use of split frame visuals and a sound track that integrated and overlapped recordings from several sources at once" at the culturally and historically significant 1969 music festival.

A concert celebrating the 25th anniversary of the 1969 Woodstock Music and Art Fair took place in Saugerties, NY, August 12–14, 1994. Like the 1969 concert, organizers were unable to prevent "gate crashers" from attending the event without a ticket, and more than 380,000 of the 550,000 people in attendance did not pay admission. To date, the 1994 concert was the largest of the commemorative Woodstock concerts, which included a 20th anniversary concert in New York City and a 30th anniversary festival in Rome, NY. A 3-day festival celebrating Woodstock's 50th anniversary and featuring some of the 1969 festival's performers is planned for August 16–18, 2019.

In 2017, the U.S. Census Bureau estimated that 64,811 people 16 years and over worked as a musician, singer, or related worker. Musicians and singers interested in recording their music may visit one of the 1,703 sound recording studios (NAICS 512240) found in the United States in 2016. California led the nation with 456 sound recording establishments, followed by New York with 253, Florida with 114, and Texas with 88. Master recordings could be published at one of the nation's 353 record production (NAICS 512210) establishments.

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### 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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# The Juice or Smoothie debate

By Janet Verney

To Juice or to smoothie is the question...

I have heard so many debates on this and continue to hear much confusion about this topic, so here is my two cents for your consideration.

First, I believe they both have their benefits, when done right!

When done wrong, they can really mess with your health. I have even heard some "smoothier's" say they are juicing because they make their smoothie less thick and waterier... Um, no... that isn't juicing folks.

Ok, let's start with JUICING! Juicing is not blending, it requires a juicing machine (I'm partial to my Omega J8006 – easy to use and easy clean-up). My first rule is to only use organic produce. My second rule is only juice low glycemic veggies, no fruit. When we juice we are removing the FIBER from the produce. When we remove the fiber we speed up the absorption of nutrients, which is like liquid gold to our cells when we only use the green stuff, of course. When you juice fruit it is like overdosing on sugar, spiking your blood sugars. You see, fiber slows down the sugar spike of fruit.

Juicing may take a little more time, but in my humble opinion, it is one of the key ingredients to improving your health. My go-to recipe is one cup of pea-shoots (a living raw food, high in protein), one cup of sunflower shoots (a living raw food, high in protein), one cucumber (super hydrating), and five celery stalks (a superfood in its own right, decreasing inflammation in joints, soothing gut issues, and supporting lung function). Sometimes I add lemon or ginger root (great anti-inflammatory and adds heat to your digestive fire). For newbies to juicing, adding ½ a green apple (no seeds) may make it more palatable. To me, my green juice says "I LOVE YOU!"

Now we are on to SMOOTHIES or SMOOTHIE BOWLS! When we blend organic produce, including fruit, it maintains the fiber, slowing down the glycemic spike to your blood sugar and it is a great way to get some high quality nutrition in a single serving. Having said all that it is important to choose your ingredients wisely. This is not an opportunity to throw in a scoop of ice-cream or other junk foods. I encourage low glycemic fruits, like berries to get you started, but get creative and try different combinations of fruits/veggies/nuts & seeds. My favorite go to blender is a Vita Mix, but they are expensive, unless you find a reconditioned one online. There are



Juice (left) and smoothie (above).

many mini blenders out there now that work pretty well for this purpose.

Smoothies can be healthy, but they do pack a lot of calories, so it's best to make them a replacement for a meal when you are short on time. My favorite go to recipe is a cup of wild frozen blueberries, ½ of an avocado, one pitted date, a handful of greens (I like to mix them up, but my favorites are spinach & kale), a tablespoon of chia or hemp seeds, and organic almond milk to blend. This is packed with protein from the greens, the seeds, and the avocado! No need for those expensive, overly processed protein powders. If you do invest in protein powder, I sug-

gest organic, vegan, and raw – my two favorites are Sunwarrior and Garden of Life, but be sure to read the labels and get only those sweetened with stevia and no other sugars!

One more thought while I have you on this subject... A common mistake folks make when consuming their smoothie or juice is to GULP it down... No, no, no, not a good thing! Did you know that your gut is responsible for 90% of disease? Ok, that's a whole new topic, but for the sake of your gut, it is super important to swish or chew your juice and/or smoothie to stimulate those critical digestive enzymes in the mouth. I've had clients tell me that they often feel bloated after consuming a smoothie and when they make an effort to chew their smoothie that greatly improves.

I hope this helped to clarify juicing versus smoothies and how they can both play a role in your health. This is such a great time of year to get super fresh ingredients, either you're your own garden, or from a local farmer's market. So get out there and find something fun to create your next juice or smoothie! Please feel free to ask any questions you may have on this highly debated topic at [connect@roots2wellness.com](mailto:connect@roots2wellness.com).

PLEASE USE ALL ORGANIC INGREDIENTS WHEN JUICING OR MAKING SMOOTHIES!

### All Star Green Juice

1 cup pea-shoots

*Continued on next page*



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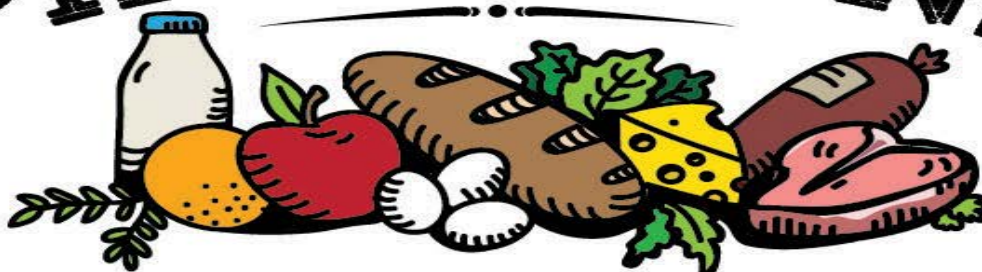
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## Food for Thought: The juice or smoothie debate

Continued from previous page

- 1 cup sunflower-shoots
- 1 cucumber
- 5 stalks celery
- ½ inch gingerroot, ½ lemon, ½

green apple (optional)  
 Juice the softer veggies first, ending with the celery – this helps to move everything through the juicer shoot. Strain the juice to remove pulp. Best to

drink within 10-15 minutes for highest nutrient value. Juice that sits for too long can ferment, which is not good for you.

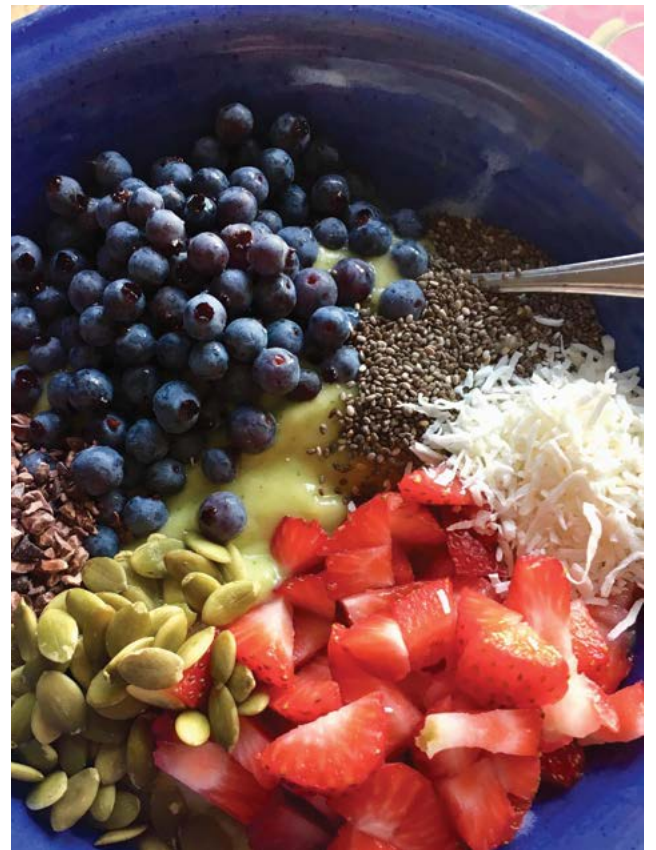
### Protein Packed Smoothie

- 1 cup of wild frozen blueberries
  - ½ of an avocado
  - 1 pitted date
  - a handful of greens (I like to mix them up, but my favorites are spinach & kale)
  - 1 tablespoon of chia or hemp seeds
  - organic almond milk to desired consistency
- Blend on low and then on high until smooth.

### Superfood Smoothie Bowl

- 1 cucumber
  - ¼ cup frozen pineapple
  - ½ cup frozen mango
  - 1 handful of fresh or frozen spinach
  - ½ cup non-dairy yogurt
- Toppings:
- Chia seeds
  - Blueberries
  - Chopped strawberries
  - Pumpkin seeds
  - Raw cacao nibs
  - Unsweetened shredded coconut

Blend the first five ingredients, using the blender plunger to make it smooth. Spoon into a bowl and top with the above ingredients, or choose your favorite toppings.



Smoothie bowl.

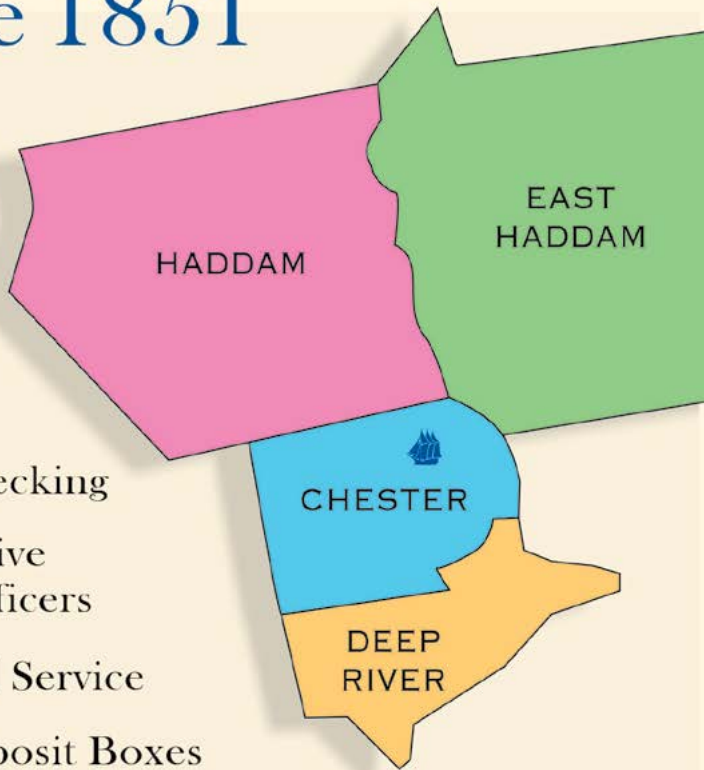
If you have a topic you'd like to learn more about, please email me at [connect@roots2wellness.com](mailto:connect@roots2wellness.com). Until next time!

*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](mailto:connect@roots2wellness.com). To learn more, visit her website at [roots2wellness.com](http://roots2wellness.com).*



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### VSCTV offers open house

Valley Shore Community Television Inc., public access television, serving the towns of Westbrook, Clinton, Old Saybrook, Haddam, Killingworth, Durham, Chester, Deep River, and Essex, will be hosting an open house on Thursday, Sept. 19 from 5pm to 7pm at 1587 Boston Post Road in Westbrook at the Shops at Waters Edge.

Visit our state-of-the-art TV studio and learn how you can become involved producing shows for your local community. VSCTV is open to the public, free of charge, for anyone who works or lives in any of our nine towns to produce their own TV show.

Following our open house, VSCTV will be hosting a series of free training workshops for anyone interested in volunteering at our public studio. All training workshops are open to anyone who either lives or works in any of the nine towns we serve. Volunteers will learn how to operate state-of-the-art television production equipment and learn the process of producing their very own public access TV show. The dates for the upcoming training workshops are as follows:

Studio Production – September 23, 6pm-7pm

Field Camera Training – September 24, 6pm-7pm

Digital Editing (Adobe Premiere) – September 25, 6pm-8pm

Anyone interested may sign up for training on our website at [www.vsctv.com](http://www.vsctv.com) or by calling 860-399-1857. All training workshops are free and will be held at our studio at 1587 Boston Post Road Unit A2 Westbrook, Conn. 06498.