

Scouts BSA troops learn new skills at summer camp

Story and photos by Kathy Brown

On July 21, 2019, 16 Scouts, along with four adults, attended a week of summer camp at Camp Mattatuck in Plymouth, CT. The Scouts belonged to Haddam's Troop #44, along with the regional girls troop (Troop #44G) that began in February of 2019, when Scouts BSA allowed girls into the upper level of Scouting. The boys and girls earned merit badges, attended campfires, and had a great time learning new skills.

There were 76 merit badges offered during the week at Camp Mattatuck, in the categories of Aquatics, Nature, Scoutcraft, Shooting Sports, CAPE (Coolest Adventure Program Ever), and STEM (Science, Technology, Engineering, and Mathematics). The fourteen boys and two girls earned merit badges from Small Boat Sailing to Chess, Climbing to Astronomy, Archery to Metalwork, and Swimming to Cooking. On average, each Scout earned three merit badges during the week.

There was also time to learn new skills and explore interests in open Climb, open Swim, open Boating, open Archery, and Open Blob. Are you wondering what a Blob is? A blob is "a giant airbag floating on water, [where] one person sits on the side closest to water and waits to be bounced into the air by other people [who] jump on the other side of the blob."

There were troop activities as well as downtime where the Scouts talked, played cards, worked on rank advancement requirements, or went to the Trading Post for a snack. Some of the troop activities were:

Float and Fauna, where the Scouts took to canoes and kayaks to learn more about the plant life around the lake and islands,

Troop Archery where the troop learned archery safety as well as to shoot arrows, and there was a Scoutmaster vs. Senior Patrol Leader contest (the Scout won),

Grinders and Gears, where the Scouts took to BMX and Mountain Bikes to ride through the woods

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Haddam's #1 Dog of 2019

By Scott Brookes, Haddam Town Clerk

The Town Clerk's Office ran a contest for everyone in town who owns a dog and who licensed them during the month of June. All the entries were put into a special container for our drawing. On Monday July 8, 2019, the winning entry was drawn. Our fourth annual winner is Mable Rose, a frisky four year old black lab. She is owned by Stephanie Parker of 314 Turkey Hill Road. For those of you who keep score, Mable Rose is our second black lab in a row to win the contest. Mable Rose now has Haddam tag #1 for this



Mabel Rose with her family and First Selectwoman Lizz Milardo (left).

year. She also received a gift basket donated by Scott and Audrey Brookes. We will place a picture of Mabel Rose in the Town Office Building and congratulate her on Haddam-KillingworthNow.com and in the Haddam Bulletin. Thanks to all who participated and congratulations once again to Stephanie and Mabel Rose.

Sen. Needleman: Some new state laws go into effect

From the Office of State Senator Norm Needleman (D-33rd District)

First Responder PTSD

The adversity our first responders face on the job every day is stressful and difficult. As the First Selectman of Essex, I know this first-hand – I have responded to tragedies that last with a person long after they conclude. First responders make sacrifices to protect our safety, and in experiencing this trauma, they often suffer mental consequences such as post-traumatic stress disorder, but far too few seek or receive help. That will change with legislation recently approved by the governor. Under new state law, first

responders including police officers and firefighters can now receive medical benefits after being diagnosed with post-traumatic stress disorder, helping them recover and preparing them to resume their important work.

I want to note that while this bill does not include EMS workers, that was not done out of malice. Detailed, complicated negotiations between worker unions, municipalities and state officials that stretched for years prevented that. However, the General Assembly updated the legislation to study the feasibility of adding these workers in the future; I am confident that we will extend this support to them as soon as next year.

Continued on page H2

CIRMA issues check of nearly \$8K to Haddam

The Connecticut Interlocal Risk Management Agency presented Lizz Milardo, First Selectman of the Town of Haddam, with a check for \$7,971, their prorated share of CIRMA's \$5 million Members' Equity Distribution for 2019. The Town of Haddam has received \$38,075 in distributed Members' Equity since the program began in 2011. This is CIRMA's eighth distribution of Members' Equity made in the past nine years, for a grand total of nearly \$30 million across its entire membership.

"The partnership and risk management efforts of our members are a sustaining force behind CIRMA's outstanding financial strength, growth in service programs, and our ability to deliver a Members' Equity Distribution Program. Working together, we are

making our communities better and safer places to live, learn, and work in," said David Demchak, CIRMA President and Chief Executive Officer.

With 371 members, CIRMA is the leading provider of Workers' Compensation and Liability and Property coverage to local public entities in Connecticut.

CIRMA's Chairman of the Board, Jayme Stevenson, First Selectman of Darien, said "CIRMA continues to achieve its mission by providing Connecticut municipalities with rate stability, outstanding risk management programs and tremendous value to our members."

As a member-owned and governed organization, CIRMA stands as one of the most successful state-wide collaborative efforts between Connecticut

municipalities, school districts, and local public agencies. During a time of continued fiscal stress for many municipalities, CIRMA's Members' Equity Distribution program is one of the most visible and impactful outcomes of its mission-based focus.

For more information about CIRMA's Members' Equity Distribution Program, please visit www.CIRMA.org and click on "About CIRMA".

About CIRMA

CIRMA, owned and governed by its members, operates two risk-sharing pools: the Workers' Compensation Pool and the Liability-Automobile-Property Pool. It also provides risk management services to self-insured municipalities and local public agencies.

CONTINUED FROM PAGE H1

New state laws

Continued from front page

5G Technology

To position itself best for the future, Connecticut

must be welcoming and accepting of new technologies – and the earlier we use them, the better our results will be. I joined Governor Lamont in Stamford for the signing of a bill accommodating the expan-

sion of wireless 5G high-speed technology across the state. 5G offers a significant speed and service quality improvement for our state, not only helping families looking for more stable service but businesses and government as well – it's an opportunity for us to embrace this technology and benefit from it. Our economy, our businesses and our infrastructure will all benefit.

Invasive Species

In our District, we know firsthand the troubles that invasive species can cause for our ponds, lakes and rivers. Algae, weeds and similar pests pose a risk to ecosystems, in some cases causing these bodies of water to be unusable. With a new law put in place effective New Year's Day 2020, the state will take new action. A new boat stamp, costing \$5 for state residents and \$25 for out-of-state residents, will raise funds for the Connecticut Lakes, Rivers and Ponds Preservation Fund to support programs raising awareness and supporting efforts to fight these invasive species, preventing them from wreaking further havoc on our waterways.

These are just some of the many bills passed this year that will have an impact on Connecticut. Others, though they did not have official signing ceremonies, will positively help our state as well. One I'm especially proud of will establish standards for acceptable staffing and performance by electric distribution companies – that change will ensure employees respond quickly, swiftly and effectively to any power outages in our district. In the Senate and the General Assembly, we're just getting started, and are already looking to how we can positively help our state in 2020.

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State trooper, police dog visit Masonic lodge

By Jeff Ogilvie, Secretary, Granite Lodge #119

Granite Lodge #119 in Haddam, Conn. held their Annual Masonic Picnic on June 26th. Good food and fellowship ensued and the evening was culminated by a donation to the CT State Police K9 Fund. The money will go to buy safety-related equipment (for example, bullet proof vests, tracking beacon collars) that these specialized dogs need to stay safe while they do their important jobs, helping protect CT residents.

The Brothers and their families learned from Ct State Police TFC Matt Weber about the relationship he has had with his German Shepard K9, named Tazz. Born in Czechoslovakia, Tazz joined Matt, his work partner as a puppy and immediately went into training.

While in lodge, Tazz continuously demonstrated his fascination with his favorite tennis ball. When his expertise is needed to help Trooper Webber resolve a potential crisis, he loses the ball and gets it back when he completes his mission. Matt and Tazz not only work together but also hang out after hours. And when Tazz is ready to retire it is likely he will continue to live with Matt.

Trooper Webber told a number of related K9 stories about how the CT State Police also use other



Photos by Jeff Ogilvie.



breeds to do specialized missions. In addition to breeds that track people and find drugs, CT State Police trained retrievers are experts at using their noses to locate electronics hidden in buildings or surrounding areas.

The K9 fund sponsorship was a passion of the late Right Worshipful Brother William V. Baroni, who had spent nearly 47 years as a brother of Granite lodge. He conceived of this K9 project prior to his death in 2018. Right Worshipful Brother Michael Shear presented a check for \$1000 to Trooper Webber, who is a resident Trooper in neighboring Killingworth.

Free haircuts in exchange for school supplies for HKYFS: August 18

By Editorial Staff

On Sunday, August 18, 2019, there will be four barbers giving free haircuts for students in grades Kindergarten through 12th grade at the Killingworth Firehouse. They are looking for donations of school supplies and/or gift cards for school supplies for Youth & Family Services of Haddam Killingworth.

The YFSHK Backpack Program for the 2019-20 school year serves Haddam-Killingworth students who are in need of assistance to obtain the essential tools to learn in the classroom. When students start off the school year prepared, they are more likely to succeed in school. To register for this confidential

program, call 860-345-7498 or email office@hkyfs.

According to Laurie Ruderfer, Executive Director of HK Youth & Family Services, Dillon Zak called the office and said he had an idea but he wasn't sure how to get started. "It's a wonderful story. He grew up in this community and really wanted to do something to pay it back," explained Laurie. "He asked if we would help, to which we said yes, and helped him secure space."

Along with free haircuts, there will also be face painting, an interactive green screen, and a Nintendo Switch Raffle. All proceeds will be donated to HK Youth & Family Services.

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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Find a fur baby: Another Misty!

By Judith Levin

Yes, we have another Misty this week in Connecticut looking for her forever home. Misty is 2 years old and a mix for sure. Maybe beagle/dachshund... maybe not. Either way Misty would love a human to call her own.

Misty was with her owner up until she passed away in hospice. Luckily for the owner and Misty they were able to be together till the end. Unfortunately that left Misty homeless. The nurses at the hospice facility reached out to Safe Harbor Animal Rescue to see if they could help. SHAR would never turn a dog away in need if she had space so took her into her rescue and brought her up to Homeward Bound CT's adoption event in May. Unfortunately Misty wasn't really adjusted yet from the loss of her Mom so didn't show too well but has been in foster up here since then and is doing amazingly well.

Misty bonds very quickly to her human and loves to cuddle and be pet. She is okay with other dogs but would rather not share her person. Ideally Misty would be great for an at-home person who is simply looking for companionship. Misty does NOT do well with cats. Her foster mom is working on leash walking with her and helping her adjust to home life.



Photo by Judith Levin.

Misty is up to date on all vaccines, spayed, micro-chipped and on heart worm preventative. If interested in Misty please visit www.homewardboundct.org for more information and to fill out an application.

EVERSOURCE NEWS

Eversource works to remove dead, hazardous trees across the state

By Mitch Gross, Eversource Media Relations

Environmental researchers and arborists around the state of Connecticut are working to raise awareness of the rapidly growing problem of dying, dead and hazardous trees. Together with the Connecticut Department of Transportation and local tree wardens around the state, Eversource is addressing the diseased or dead trees that are causing/heightening concern. The energy company's team of licensed arborists are experts at identifying weakened or hazardous trees that have been killed or stressed by the ongoing insect infestations and drought and threaten electric reliability for customers.

"Our year-round work to trim trees away from powerlines and to remove hazardous trees throughout Connecticut is more critical than ever because of the lasting effects of the drought combined with consecutive infestations by the gypsy moth and the emerald ash borer," said Eversource Vegetation Management Manager Alan Carey. "In my travels around the state, I've seen the high tree mortality rate first hand. There are tens of thousands of dying or dead trees from the western side of the state to the eastern

border that are weak and pose a real threat to the electric system."

The concern about the large number of dead and dying trees also has the attention of researchers at the Connecticut Agricultural Experiment Station and UConn. UConn Associate Extension Professor of Forestry, Thomas Worthley has extensively investigated the tree mortality epidemic in southern Connecticut.

"The massive amount of large, standing, dead trees throughout the area presents what could be described as a slow-moving environmental disaster," said Worthley. "The number of dead trees that have the potential to affect roadways and power lines is beyond the current capacity of property owners and many town budgets to address."

Eversource identified this issue early on and requested additional funding last year to address the ongoing problem. The energy company's expanded tree work was recently approved by the Public Utilities Regulatory Authority (PURA). The additional funds will be used to hire additional crews to help remove significantly more hazardous trees at a faster rate.

"We have trees throughout the state that have been around for 100 years that are dying at rates higher than ever before," said Eversource Arborist Susan Stotts. "When we're out surveying, we look for trees with no or sparse foliage or large dead branches over the electric wires. Now we're able to remove a lot more of those hazardous trees."

For details on the company's comprehensive vegetation management program, please visit Eversource.com.

Area students proudly graduate from universities

HEMPSTEAD, NY (07/22/2019)– Isabelle Sasso of Killingworth, Conn. graduated from Hofstra University in May 2019, earning a Bachelor of Business Administration in Management.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 160 undergraduate program options and 165 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Graduate Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of more than 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

BRISTOL, RI (07/30/2019)– Roger Williams University is proud to announce that Donald Thompson, of Higganum, Conn., graduated with a B.S. in Construction Management in May as part of the Class of 2019.

About RWU: With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates – along with hundreds of law students, graduate students and adult learners – graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families – increasing costs, rising debt and job readiness.

COMMUNITY

Local Breast Cancer Support Group holds monthly meetings

Circle of Strength (a breast cancer support group) meets the third Thursday of each month from 6:00 – 7:15 p.m. at the First Church of Christ (366 Main Street in Old Saybrook). New members are welcome to attend. For information or questions, please contact Suzanne Higgins at 860- 388-5784.


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Nominations sought for Veteran Community Service Award

By Mike Fallon, Middlesex Chamber of Commerce

Chairman Phil Cacciola of Support the Troops/Honor the Veterans Committee at the Middlesex County Chamber of Commerce announced that nominations for the William J. Pomfret Veteran Community Service Award will be accepted at the Middlesex Chamber's office until August 30, 2019, at 4:30 p.m.

The William J. Pomfret Veteran Community Service Award is presented to a Veteran of the United States Armed Forces in recognition of his or her distinguished service to the citizens of Connecticut, and selfless commitment to public service. To qualify for the nomination:

the candidate must have served in a branch of the United States Armed Forces and continue to promote Veterans Affairs,

the candidate must participate in local and state community organizations and/or initiatives

the candidate must live in either Chester, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Portland or Westbrook.

The William J. Pomfret Veteran Community Service Award is presented annually at the Middlesex County Chamber of Commerce's Support the Troops & Honor the Veterans Member Breakfast Meeting. This year's event will take place on Monday, November 4, 2019, at the Red Lion Hotel in Cromwell.

About William J. (Bill) Pomfret

Bill Pomfret served in the United States Marine Corps during World War II and was a member of the American Legion for 60 years, holding offices of State Commander, State Treasurer and Commander of Middletown Post 75. He graduated from Middletown High School in 1935 where he served as Class President. Bill served on the Middletown Common Council, was the first President of the Ahern Whalen Baseball League, and was the founder and first President of the Middletown Sports Hall of Fame. He served for years as Administrator of the state's Soldiers, Sailors and Marines Fund for Veterans and their dependents. Bill also served in many other civic, veteran, sports, and youth organizations.

The William J. Pomfret Veteran Community Service Award is presented to a Veteran of the United States

Armed Forces in recognition of his or her distinguished service to the citizens of Connecticut, and selfless commitment to public service. The recipient of this Award is decided by a committee of its previous winners.

Nominations

To nominate a candidate for this award, please submit the name of the individual, a detailed resume and/or a biography, supporting documents detailing their military and community service, and any other information you believe the committee should have.

NOMINATIONS MUST BE RECEIVED AT THE CHAMBER OFFICE BY

FRIDAY, AUGUST 30, 2019 AT 4:30 PM.

PLEASE MAKE EVERY EFFORT TO SUBMIT A COMPLETE AND DETAILED PACKET OF INFORMATION

Send to Jeff Pugliese, Middlesex County Chamber of Commerce

393 Main Street, Middletown, CT 06457

Or Email: jpugliese@middlesexchamber.com

MIDDLESEX COUNTY CHAMBER OF COMMERCE

Nominations sought for Small Business of the Year Awards

By Mike Fallon, Middlesex Chamber of Commerce

Chairman of the Middlesex County Chamber of Commerce Don DeVivo announced that the Middlesex County Chamber of Commerce is accepting nominations for its Small Business of the Year Awards presented annually at Connecticut Connections Middlesex County's Premier Business Expo on Wednesday, October 23, 2019 at the Red Lion Hotel Cromwell.

The Small Business of the Year Awards are de-

signed to recognize the dedication, innovation, and entrepreneurial spirit displayed by Connecticut's small businesses.

The following categories are available to nominate a business:

- Business of the Year (1-30 Employees)*
- Business of the Year (31+ employees)*
- Business Growth & Expansion Award*
- Manufacturer of the Year*
- Minority-Owned Business of the Year*

Nonprofit of the Year

Outstanding New Business under 5 years

Retail Business of the Year

Tourism/ Hospitality Business of the Year

Nominations are due by Friday, August 30, 2019 at 4:30 p.m.

Send to Danielle Aletta, Middlesex County Chamber of Commerce

393 Main Street, Middletown, CT 06457

Or Email: daletta@middlesexchamber.com



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THE BIBLE SAYS, "I declare to you the gospel...that Christ died for our sins" (1 Corinthians 15:1-3). "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life" (John 3:16). "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

"All have sinned and fall short of the glory of God" (Romans 3:23). "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us" (Romans 5:8). "Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31). "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men..." (Romans 1:18). "He who believes in Him [Jesus] is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of

God.¹⁹ And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil" (John 3:18-19).

"Those who believe in the Son [of God] have eternal life; but he who does not obey the Son shall not see life, but the wrath of God abides on him" (John 3:36). "Repent therefore and be converted, that your sins may be blotted out..." (Acts 3:19). "We know that the Son of God has come...that we may know Him who is true...His Son Jesus Christ. This is the true God and eternal life" (1 John 5:20). "...Repent and believe in the gospel" (Mark 1:15). "...That you may know that you have eternal life (1 John 5:13).

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Food for thought: Healthy snacks on the go

By Janet E. Verney

I asked friends on social media what they would be interested in for my next column and I had a handful of responses, but there was one that challenged me a bit, so here goes... "Healthy Snacks for those on the go." I realized that I rarely snack, so this presented a bit of a challenge, but quite often I do eat "snacks" for a meal, especially when I am out and about. I like to be prepared so I don't fall victim to highly processed junk or fast food. We seem to be a society that is chronically on the go, so having some go to snacks/meals that are healthier is an important part of a busy lifestyle.

Being a bit of a gut guru, I must make a plug for making mealtimes less busy and to chew, chew, chew. Your stomach doesn't have teeth and it is not only about what we eat, but how we eat, so put down your phone, walk away from your desk and make eating a delightful experience! If you must eat while traveling, be sure to say a word of gratitude for the deliciousness you are about to consume! On another note, unless you are diabetic, or your doctor has suggested eating more than your three meals a day, I would skip the snacks to allow you to properly digest your food. When your tummy is growling, this is your digestive track going to work to clean up your insides – think of it like a street sweeper clearing the debris from the roads. The more technical term is Migrating Motor Complex (MMC). So when those "hunger pains/growls" begin, don't feed the beast, except water of course, and allow your MMC to go to work.

Okay, on to some simple, but yummy "packaged" foods and a few simple recipes... If you're heading out, try package your snacks/meals in mason jars and pop it into a little travel cooler with an icepack. Oh, and don't forget to have plenty of filtered water along for the ride!

Chickpea Spread – Having a can (BPA-free) of organic chickpeas in your pantry is a must have. I drain and rinse them and then mash them with a potato masher, leaving a bit of chunk for texture. I add a drizzle of olive oil, lemon juice, kalamata olives, fresh basil, and a pinch of sea salt. You can add other spices as desired. This makes for a great spread on your favorite GF crackers or to scoop with some fresh cut veggies.

Assorted Lunch Plate – I love to have a variety of veggies and maybe even a fruit, which can be placed in jars individually or all together in a glass container. This can be fun for kids too – they can pick and choose which they want to add to their plate. In addition, I like a prepackaged cashew spread, by Nuttin Ordinary, on my favorite crackers, either Mary's Organic Cracker, or Le Pain des Fleurs Chestnut Crisp Bread. Don't forget a little spreading knife if you're on the go!

Yogurt Parfait in a Jar – these can be fun for kids to make ahead to take for lunch or if they are out and about. I use unsweetened Nancy's Oatmilk Yogurt, which is non-dairy. I layer it with fresh fruit and GF granola, or sprouted oats. So yummy and yet so simple. This can also make a great breakfast or

dessert! If you want to fancy it up a bit, you can puree some fresh berries to drizzle on top.

GF Wraps – I enjoy Blue Mountain Curry Wraps, or the basil ones. If I'm traveling, I bring the stuffers, like greens, roasted red peppers, hummus, avocado, and sprouts in a flat glass container and make the wraps when I reach my destination so they don't get soggy.

Broccoli Bites with Guacamole – I keep Hillary's organic Broccoli Veggie Bites (made with quinoa and broccoli) in the freezer for a quick meal when I'm on the go. I top then with guacamole or chunks of plain avocado. So delicious! You can also dip them in a yummy organic BBQ sauce, or a plain yogurt mixed with herbs.

Other great nutritious travel companions include whole fresh fruit, organic trail mix, a handful of nuts or seeds, pitted dried dates filled with an organic nut butter, and of course veggies sticks dipped in a plain, unsweetened yogurt mixed with your favorite spices. I hope this gives you some traveling food for thought as you venture out into your busy day! 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.

CONTINUED FROM PAGE H1

Haddam's Scouts BSA Troops learn new skills at summer camp

Continued from page H1

over jumps and down drops then had grinders for lunch,

Beginner Boat and Intermediate Boat, where Scouts learned different canoe and kayak strokes, as well as boating safety, and

Troop Improv, where there were a lot

of laughs as Scouts volunteered to be part of the fun.

The Scouts stayed in tents on platforms, ate meals at the dining hall, divided up responsibilities, and were entertained at the campfire by various skits and songs during Family Night halfway through the week. The Scouts

are age 11-17. Both troops are always looking for new members to join their troop. Troop #44G is a regional troop, accepting girls from Haddam, Killingworth, East Haddam, Chester, Deep River, and Essex.

After Labor Day, they will start holding weekly meetings again on

Tuesday nights 7:00 to 8:30 p.m. at the First Congregational Church of Haddam. For more information about joining either troop, please contact Scoutmaster Mark Pach at markcp571@gmail.com or Scoutmaster Kathy Brown at kjbrown92@aol.com.

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Talk with your kids, agree on a 'code word'

By Jon Keeling, Self Defense Instructor

I often see a child or two on the corner after school, without any adult supervision. How long are these kids waiting? Maybe just a couple minutes. But sometimes they may be sitting there for a while, with their mother stuck in line at the supermarket or father stuck in a meeting or older brother absent-mindedly talking on the phone ... The child may see someone drive up and say "Hey! Your mother is running late and asked me to come by and bring you home. Hop in!"

Would YOUR child get in the car to be driven home? What should your child know about this sort of situation?

Something I recommend doing is having a "code" word. It could be your pet's name or the name of some vacation spot your family visited once. Anyone sent to pick up your child must volunteer this code word before your child considers anything but running away and/or screaming, when a stranger approaches.

Research has shown that a very high percentage of abductions are made by someone familiar to a child. So the code word should change often and be used EVERY time someone outside the immediate family needs to pick up your child.

Of course our schools have lists of authorized adults who can take our children from the school. Our kids are pretty safe while they are in school. But the few minutes between school letting out and parents picking them up (or getting from the bus stop to home) are potentially very dangerous.

PLEASE talk with your child(ren) about "stranger danger" and agree on a code-word.

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

Thursday, August 8

Higganum Farmer's Market, 4:00-6:30 p.m.

Haddam's Economic Development Commission is sponsoring the Higganum Farmer's Market, which will be held every second and fourth Thursday from June 27, 2019 until October 10, 2019 on the Higganum Green.

Monday, August 12

Board of Selectmen's Meeting, 6:30 p.m.

Wednesday, August 14

Registrar of Voters Office Hours, 9:00 a.m.-1:00 p.m.

Killingworth Farmer's Market, 3:00-7:00 p.m.

The Killingworth Farmers Market is a family-friendly, open-air market where local farmers bring fresh, locally-grown produce and farm-processed foods to sell directly to you. Our market features fruits, vegetables, mushrooms, baked goods, fish, jams and preserves, juices, honey, meat, cheese, yogurt, ice cream, prepared foods, nursery plants, and flowers.

Thursday, August 15

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

LOCAL TV PROGRAMMING

Valley Shore Community TV Schedule

Information provided by Chris Morgan, Public Access Coordinator, Valley Shore Community Television

Comcast Channel 18 – Valley Shore Educational Network

8/4 & 8/5 – 7:00pm HKTV Film Festival 2019

8/10 & 8/11 – 7:00pm Haddam-Killingworth HS Graduation 2019

Comcast Channel 19 – Valley Shore Community Television

8/8 – 1:00pm & 8:00pm UMC of Clinton Sunday Service 7/28/19

8/9 – 6:00pm Veterans Views in Connecticut

8/9 – 7:00pm On The Other Hand – Paul Doyle

8/10 – 6:00pm Veterans Corner

8/11 – 6:00pm Deep River Town Meetings 7/23/19

8/11 – 9:00pm The Steve Katsos Show

8/12 – 7:00pm Looking Back: Peggy Lieberman

8/12 – 8:00pm Poetry of Immigrants

8/13 – 6:00pm All Politics is Local: Clinton

8/13 – 7:00pm Pete Mezzetti Show: Old Saybrook Youth & Family Services

8/13 – 8:00pm Shoreline Music Monthly: Zach Andersen

8/14 – 5:00pm Haddam Meetings

8/15 – 7:00pm Healing Outside The Box

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.

POLICE NEWS

Arrest made in multiple burglaries

Tyler Sullivan, 27, of Beaver Meadow Road, Higganum, was arrested on active arrest warrants stemming from two separate investigations into vehicle burglaries and a break in at New Image Automotive, Killingworth Road, back in June 2019. The arrest warrants were served on Sullivan at Middlesex Superior Court, where he had a scheduled appearance regarding an unrelated criminal case. Sullivan was charged with Burglary 3rd degree, Larceny 6th degree, Criminal Mischief 3rd degree, Simple Trespass, and a separate charge of Larceny 5th degree, stemming from a vehicle burglary on Beaver Meadow Road. Tyler Sullivan was held on a total of \$30,000 cash/ surety bond. A third arrest warrant affidavit is pending.



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Eat your Vegetables!!!

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

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

The other obvious benefits of eating vegetables are:

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

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

Eat Your Vegetables Coupon

Clip out this coupon and bring to Nutmeg Pharmacy
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This cannot be combined with any other coupon.
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Phasing out plastic bags to protect the environment

By State Senator Norm Needleman, (D-33rd District)

This week will mark the beginning of an environmental protection effort across Connecticut that will impact our state significantly. On August 1, as part of a provision in the state budget, stores will begin charging a fee of 10 cents for every single-use plastic bag. This fee is intended to serve as a deterrent for the use of plastic bags, helping prepare the public for 2021. In two years, plastic bags will be banned across the state for good.

Why are plastic bags being phased out over the next two years? It's simple: they represent a major threat to our environment. According to the Environmental Protection

Agency, of the up to one trillion plastic bags used worldwide each year, less than 5 percent of them are recycled. That leads to bags littering landfills, parks, rivers and oceans – where they pose a direct threat to wildlife. National Geographic reported that more than 18 billion pounds of plastic reach the ocean every year, and more than half of all dead turtles in the sea have at least some plastic in their stomachs.

Connecticut is joining a wave of states and cities in banning plastic bags in an effort to protect the environment. California and Hawaii previously banned them, while states including New York and Delaware plan to implement similar bans in the next year. Additionally, cities like Boston, Massachusetts and Seattle, Washington have put similar bans in place.

I recommend shoppers who have not already started carrying reusable bags with them to do so. The trade-off on the bag ban? Knowing our beautiful lakes, rivers and oceans will soon have one fewer environmental threat from the public.

St. James Golf Scramble Sept. 7

By Cheryl Czuba

On September 7, 2019, at 1:00 p.m. St. James Episcopal Church will hold its annual fundraising Golf Scramble at Indian Springs Golf Course in Middlefield.

It will be a 9-hole scramble with prizes for first and second place, closest to the pin, longest drive, and putting contest. It will also include a special "pink ball" 50-50 contest. Registration and refreshments will begin at 1:00 p.m. Tee off at 2:00 p.m. followed by dinner and awards.

The pre-registration cost is \$85.00. 10% of the profits will benefit the National Multiple Sclerosis Foundation. For more information contact Mike Kish at kishmk1@gmail.com.

Scout can & bottle drive Sept. 7

By Greg Nicholas, Troop #44 Committee

The Haddam Scouting BSA Troop 44 will be holding a Can & Bottle Drive on Saturday, September 7, 2019, at the Youth Center, in Higganum Center, from 9:00am to 2:00pm.

OBITUARIES

Ronald George Chambers

According to Legacy.com and Biega Funeral Home, Ronald George Chambers, age 88 of Higganum, passed away on Wednesday, July 24, 2019.

Haddam News

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Higganum, CT 06441

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Send all requests,
content and comments
to: editors@HaddamNews.org

* paper is affiliated with
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and the Haddam Civic League

LEGALS

LEGAL NOTICE

A certified list of Democratic party-endorsed candidates for the Town of Haddam for election as First Selectman, Selectman, Board of Finance, Board of Finance, Alt., Board of Assessment Appeals, Planning & Zoning Commission, Planning & Zoning Alt., Zoning Board of Appeals, Zoning Board of Appeals, Alt., Board of Education is on file in my office at 30 Field Park Drive Haddam, CT, and copies thereof are available for public distribution.

The certified list as received includes fewer names of party-endorsed candidates than the party is entitled to nominate for the following offices:

Office	Number of Names Certified	Number Entitled to be Nominated
First Selectman	1	1
Selectman	2	2
Tax Collector	0	1
Board of Finance – Full Term	3	3
Board of Finance – 4 Year	1	1
Board of Finance – 2 year	1	1
Board of Finance Alt.	1	1
Board of Finance Alt – 2 Year	1	1
Board of Assessment Appeals	1	1
Planning & Zoning Commission	3	3
Planning & Zoning Alt.	1	1
Planning & Zoning Alt. – 2 Year	1	1
Zoning Board of Appeals	3	3
Zoning Board of Appeals Alt.	1	1
Board of Education	3	3

A primary will be held September 10, 2019, if, for a particular office, the number of party-endorsed candidates plus the number of candidates filing petitions pursuant to Sections 9-382 to 9-450 of the Connecticut General Statutes exceeds the maximum number which the party is entitled to nominate for that office. Petitions must be filed no later than 4:00p.m. on August 7, 2019. Petition forms, instructions and information concerning the procedure for filing of opposing candidacies, including schedules, may be obtained from:

Saralyn Twomey, Democratic Registrar of Voters, 101 Church Hill Road, Haddam, Ct 06438

Scott R. Brookes, CCTC
Town Clerk of Haddam

LEGAL NOTICE

A certified list of Republican party-endorsed candidates for the Town of Haddam for election as First Selectman, Selectman, Tax Collector, Board of Finance, Board of Finance, Alt., Board of Assessment Appeals, Planning & Zoning Commission, Planning & Zoning Alt., Zoning Board of Appeals, Zoning Board of Appeals, Alt., Board of Education is on file in my office at 30 Field Park Drive Haddam, CT, and copies thereof are available for public distribution.

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Board of Finance – 4 Year	0	1
Board of Finance – 2 year	0	1
Board of Finance Alt.	1	1
Board of Finance Alt – 2 Years	1	1
Board of Assessment Appeals	1	1
Planning & Zoning Commission	3	3
Planning & Zoning Alt.	1	1
Planning & Zoning Alt. 2 Year	1	1
Zoning Board of Appeals	3	3
Zoning Board of Appeals Alt.	1	1
Board of Education	3	3

A primary will be held September 10, 2019, if, for a particular office, the number of party-endorsed candidates plus the number of candidates filing petitions pursuant to Sections 9-382 to 9-450 of the Connecticut General Statutes exceeds the maximum number which the party is entitled to nominate for that office. Petitions must be filed no later than 4:00p.m. on August 7, 2019. Petition forms, instructions and information concerning the procedure for filing of opposing candidacies, including schedules, may be obtained from:

Raymond Skarsten, Republican Registrar of Voters, 31 Fieldstone Lane, Higganum, Ct 06441.

Scott R. Brookes, CCTC
Town Clerk of Haddam

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

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Arrest made on charges in dirt bike incident

Trooper reports reflect arrests, not convictions. Visit this website to learn the outcomes of criminal and motor vehicle arrests.

August 1, 2019

Derek Skinner, 24, of Ray Hill Road, East Haddam, was taken into custody at his residence subsequent to driving his off road dirt bike recklessly and failing to stop for trooper on Bridge Road in Haddam. Skinner was transported to Connecticut State Police, Troop F, Westbrook and charged with, Disobeying an officers signal, Reckless driving, Operating an unregistered motor vehi-

cle, Operating a motor vehicle without insurance, Failure to renew license, Failure to have headlamp, Improper rear marker lamp, and Improper stop/turn signal lamp. He was released on a \$1,000 bond and is to appear at Middlesex Superior Court on August 15.

In recent weeks, Troop F and Haddam Resident Troopers have been receiving complaints regarding dirt bikes and all-terrain vehicles being operated recklessly on public roadways, where riders are reported to be engaging in reckless riding maneuvers, excessive speeds, taunting and failing to stop for law enforcement. Eversource have also reported damage to their property within the power line areas caused by individuals riding off road vehicles.

HKHS introduces Apicella as new assistant principal

By Editorial Staff

At Haddam Killingworth High School, Sheila Ward, who has been the Assistant Principal for five years, has decided to head back into the classroom, and will join the Science Department, teaching Biology and Marine Science.

Adam Apicella began as Assistant Principal on July 1, 2019. He comes to Haddam Killingworth High School from Coventry Public Schools where he was a high school math teacher and coach of the girls' tennis team and as-



Adam Apicella.

"I look forward to listening, learning, and contributing to the excellent learning environment that already exists here at HK," said Mr. Apicella.

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61 years ago, Connecticut's *Nautilus* crosses North Pole

By Phil Devlin

Given the enduring popularity of Jules Verne's classic novel *20,000 Leagues Under The Sea*, it should come as no surprise that no fewer than six vessels in the Navy have been named the *Nautilus* — two ships and four submarines.

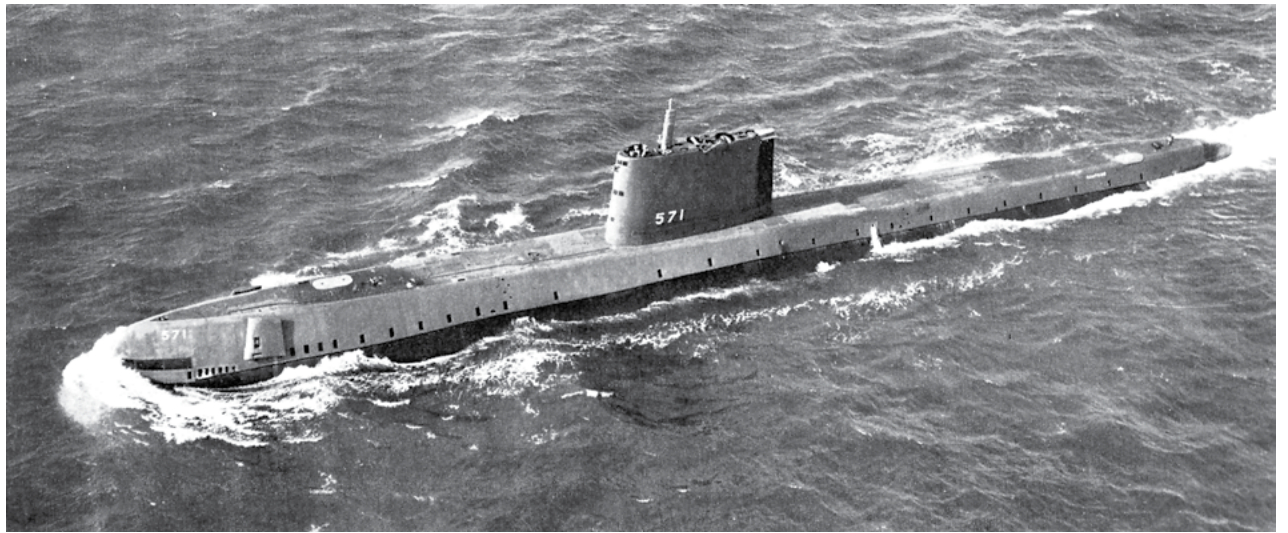
But the last submarine named *Nautilus* (SSN-571) was a game-changer. Built during the Cold War in the 1950s, this version of the *Nautilus* was the first sub ever to be powered by a nuclear reactor. As such, its ability to stay submerged for extremely long periods of time was unprecedented. At 319 feet in length, the *Nautilus* was much larger than diesel-powered subs, and weighed more than 3,000 tons. It rewrote the submarine record book for durability and distance.

Built in Groton, Conn., in 1951, the sub was christened there by First Lady Mamie Eisenhower on January 21, 1954. Its home port was the Naval Submarine Base in Groton as well, the home, too, for many of its crew.

By the time it was decommissioned in 1980, it had roamed the seas of the world for more than 25 years and had traveled an incredible 500,000 miles! Today, it is the centerpiece exhibit on 1 Crystal Lake Road in Groton. More than 250,000 visitors tour the *Nautilus* annually. The submarine was declared a National Historic Landmark in 1982.

Its most famous voyage happened 61 years ago in early August. Having left New London on July 23, 1958, the *Nautilus* headed to Pearl Harbor. After a layover in Pearl, SSN-571 then headed north on a secret mission called "Operation Sunshine."

As the sub headed north, a water leak developed in the engine room in one of the condensers and threatened the safety of the mission. Commander



The nuclear-powered submarine *Nautilus*.

William Anderson had the *Nautilus* berth in Seattle while he devised a solution for the leaking condenser. His ingenious solution was to have his crew go out into the city of Seattle to purchase "Bar's Leak" — the tried-and-true solution for fixing a car's leaking radiator. (More than 100 million have been sold to date.)

He ordered the crew to don civilian clothes and to buy as much "Bar's Leak" as they could find at service stations and automotive supply stores in Seattle. They returned with 140 bottles! Half of that supply was dumped into the system, and it worked! The leak was fixed. Next stop: the North Pole.

As the *Nautilus* approached the North Pole, it had to submerge to pass under the ice. While submerged and traveling at about 500 feet in depth, the 116 man crew became the first known human beings to say that they had literally been "on top of the world"

They were the first mariners to say that they had

reached 90° north. As the submarine passed 90° north, Commander Anderson uttered these famous words: "For the world, our country, and the Navy—the North Pole." The sub was under the ice for 96 straight hours and covered 1,830 miles before surfacing off the northeast coast of Greenland on August 5, 1958. The *Nautilus* then headed to port in England briefly before returning to New London. The entire crew received a Presidential Unit Citation—the first one ever given to servicemen not at war.

The importance of the polar exploration in 1958 cannot be overestimated. It was a major morale booster for the country, as just one year before the Soviet Union had put the first ever satellite into space—the Sputnik. The Soviets did not have a nuclear submarine in their arsenal. We did. It was superb, and it was made in and stationed in Connecticut!

EAST HADDAM CONCERT EXPRESS

Hello Neighbors! During the Music on the River concert series we will be running nightly train rides from Eagle Landing State Park that will take you Southbound to Deep River Station, on a round trip sightseeing tour of the beautiful landscape that the Connecticut River Valley has to offer.

The train will be departing at 6:30 PM and will return to Eagle Landing by 7:00 PM. You'll be back in time for the tail end of the concert or to grab a bite from one of the many great local eateries such as the Blue Oar or Gelston House! Tickets are FREE and are first come first served at Eagle Landing, while supplies last.

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*Raffle drawing on Oct. 16th

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