

# Haddam News

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December 20, 2018

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Free weekly

Merry Christmas and Happy Holidays from all of us at Haddam News!

## Community cheers HKHS at Class S finals game

By Barth Keck, Assistant Coach, HKHS Football

The Haddam Killingworth High School varsity football team was defeated in the Class S Championship game in New Britain on Saturday, Dec. 8, by Bloomfield, with a final score of Bloomfield 25, H-K 7. While they were loading the buses at the HKHS Field House before 8:00 a.m. crowds of people were there to send them off with cheers and signs of support.



Photo by Chad Giulini.

Ky'Juon Butler rushed for 151 yards and one touchdown to lead Bloomfield (12-1) over Haddam-Killingworth (11-2) in the Class S football championship game on Saturday (Dec. 8) at New

Britain's Veterans' Stadium. Dalton Modehn led the Cougars with 154 yards rushing. And fire trucks and a police escort were there to greet them when they returned to

*Continued on page H2*

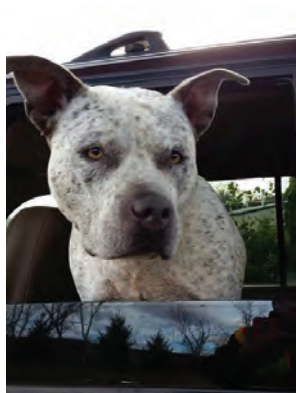
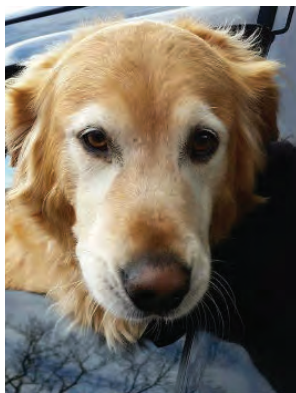
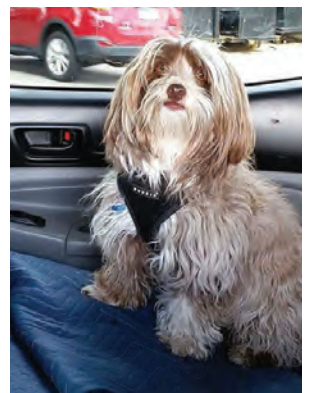
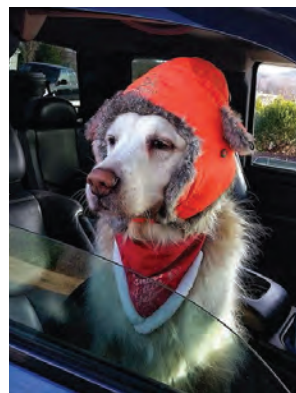
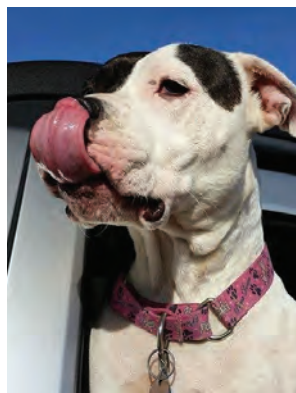
## Transit district offers low-cost taxi vouchers

By Joseph Comerford, Executive Director, Estuary Transit District

Mobility can be a source of anxiety and frustration for many seniors and persons with disabilities. While there are transportation options to assist those in need, this population continues to face difficulties as it relates to their mobility. However, Estuary Transit District (ETD) looks to alleviate these burdens by partnering with Curtin Transportation to provide low-cost taxi vouchers to qualifying individuals. Curtin offers 24/7 service and can accommodate most mobility devices, including wheelchairs, scooters, etc.

*Continued on page H10*

## A DOG'S LIFE: TRANSFER STATION EDITION, PART V



By Editorial Staff

Apparently the folks around town like a little company when they head off to the Haddam Transfer Station to drop off their weekly garbage and dispose of their recyclables. Many folks choose a dog to accompany them. Transfer station worker, Sabine, kindly takes photos of some of those companions. Does your dog enjoy the weekly transfer station run? Here are some recent highlights, including those doggies in festive garb.

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# Community cheers HKHS football at Class S championship game

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town after the game.

H-K took the lead on a James Murphy two-yard touchdown run in the first quarter. Bloomfield responded with a two-yard TD run by Butler and a 56-yard touchdown catch by Anthony Simpson from Daron Bryden to make the score 12-7 at half. Bryden threw two second-half TD passes to give the Warhawks the 25-7 victory.

“We approached this game like any other: go out there and battle,” said H-K Head Coach Mike Baklik. “We told the kids earlier in the day, ‘We can’t lose this game. It’s not possible.’ They played hard like they did all year and I’m proud of them.”

“Bloomfield knew they were tested when they walked off the field today,” added Baklik. “Aside from (Class M finalist) Berlin shutting them out earlier this year, I believe we gave

them their toughest game of the season.”

The Cougars conclude their most successful season in history, posting the most wins (11) and most post-season victories (2) for the team. In addition, the team boasted two runners with more than 1,000 yards rushing, Tobey Callender and Modehn, as well as 28 team interceptions.

H-K	7	0	0	0	7
B	0	12	6	7	25

H-K: James Murphy 2-yard run (Jordan Callahan kick)

B: Ky-Juon Butler 2-yard run (kick failed)

B: Anthony Simpson 56-yard pass from Daron Bryden (pass failed)

B: Michael Raiford 30-yard pass from Bryden (run failed)

B: Simpson 17-yard pass from Bryden (Sean Dixon-Bodie kick)



Photo by Chad Giuliani.



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Photos at the high school before/after game by Neal Perron.





# Happy Holidays

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## Lady Katharine

### CRUISES



## Haddam News

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# Mystery Diner: La Foresta Restaurant & Wine Bar

La Foresta is one of those places that welcomes you even before you enter the doors. The cheery, warm lighting emanating from the windows immediately greets you. Once you enter the cozy establishment, you are invited to take your winter apparel off and place them on the coat rack. To the right is the bar - full of life, energy, and a very musical, talented artist playing jazz on the gorgeous piano.

Sounds of clinking wine glasses, soft whimsical strokes of the piano keys, and gentle laughter fill the bar. To the left, you are ushered into the dining area, where perhaps a dozen or so tables of varying seating arrangements (seating of two, four, six) are amply spaced so that each patron feels perfectly at peace.

The décor is unique - a masterfully created horse and bull constructed by a local artisan of wine barrels are mounted on the walls. Beautifully exquisite art is placed throughout - drawing the eye to the ceiling and along the warm-toned walls.

As part of a large party - including a toddler, I was impressed at how gracious the staff was in ensuring that we had enough space at the table, that we had a comfortable high chair for the baby, that we had enough menus, and the like. The staff were attentive, knowledgeable of the menu and the ways in which the food were prepared, and they explained the specials without hesitation and with great attention to detail. They were also more than happy to answer any and all questions relating to food preparation or wine pairings.

Now, to the food. The food was, in a word, remarkable. Prices are on the higher-end of the scale; however, you truly get what you pay for: quality, freshness, presentation- all imbued with meticulous attention to detail. Whether it was the grilled octopus appetizer, Ahi tuna steak special, rack of lamb, "Queen's Cut" prime rib, delectable oven roasted potatoes, grilled asparagus or the crème brulee to conclude it all - you are in for a real treat. Timing

between appetizer, entrée, and dessert was impeccable. And the sheer variety of wines they have on hand is stunning.

Simply put, La Foresta is hands-down one of the best, most vibrant, most welcoming restaurants within the lower Connecticut River Valley. I highly recommend you give La Foresta a try. Not only will you NOT be disappointed, you will want to go back again.

Toward the end, as we were leaving, the owner took quite a bit of time - on a busy Saturday evening no less - to ask us how our experience and meals were. We were unabashedly elated at having dined there and said whole-heartedly we will go back again. And we certainly will. We hope you do too.

\*La Foresta Restaurant and Wine Bar is located at 163 Route 81, Killingworth. They are open for lunch and dinner. For specific hours and more information, visit their website at [laforestarestaurant.com](http://laforestarestaurant.com).

## TO THE EDITOR

### Fire escort for football team

This past Saturday the Haddam Killingworth High School Football Team went to New Britain to play for the Class S State Championship. The team gave it their best but unfortunately lost to Bloomfield. Although they lost, making it as far as they did was an amazing accomplishment! One to be celebrated! A decision was made to give the team an escort from the town line to the High School. The escort was given by the Haddam Volunteer Fire Company, the Haddam Neck Volunteer Fire Department, Killingworth Volunteer Fire Company, and CSP. The escort started at the town line on route 154 and went out route 81 and up Little City Road to the High School. The escort was to show support for the Team and the amazing accomplishment they achieved! Everyone involved volunteered their time to do this and was happy to support the Team.

It has come to my understanding that several residents have lodged complaints with the Town Hall over this escort. They have questioned who authorized this? They have stated the driver of the truck posted a video of the escort on Facebook while they were driving! And made other complaints about this

escort! I will say this to that, I was the one driving the Haddam truck! I did post a video! The video taken and posted was from the passenger in the front seat of the truck!

Furthermore I was the one who organized it and authorized it! So if you would like to file a complaint, please file it with me! I take full responsibility. Do not blame the First Selectmen for authorizing this! It was I who made the decision to support the Football Team! Congratulation to the HK Football team on a great season!!

Sincerely,

Scott Larson, President

Haddam Volunteer Fire Department

### Eagle scout seeks help for project

I am a member of Boy Scout Troop #44 in Haddam and am working toward the rank of Eagle Scout. To fulfill the requirements of that rank I am planning to do a service project for the Haddam Land Trust, Inc. on their Beaver Ledges property. The project will include trail improvements and the construction of a twenty-foot trail bridge over Roaring Brook, which cuts most of the property off from road access and

can now only be crossed on foot by stepping on rocks. To fund the materials needed for building the bridge and the trail work, I have set up a Go Fund Me page.

The project's fund-raising goal of \$1,000.00 will go toward custom-milled rough sawn oak lumber, construction adhesives and fasteners for field-laminating the main beams and securing a railing and flooring, concrete block for abutments and materials for blazing trails. All labor will be donated. The use of the more expensive red oak lumber will create a bridge that blends in with its surroundings and eliminates the environmental concern of having pressure treated lumber over a waterway. Laminated beams will allow for a single twenty-foot span to be built from boards light enough to be carried uphill to the bridge site.

All donations will go to the Haddam Land Trust, Inc. for allocation to the project and are tax-deductible to the extent allowed by law. Any excess funds or materials will go to the Land Trust for future trail improvements. Donations can be made at [www.gofundme.com/beaver-ledges-bridge](http://www.gofundme.com/beaver-ledges-bridge).

Thank you in advance of your support.

John Buhl, Haddam Boy Scout Troop #44

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# In & Around The Haddams: The Homecoming Begins

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

Moodus, Dec. 1, 1918: Continental Hall, Wednesday, evening 8:30 p.m.; Official U.S. government war pictures: "America's Answers," a pictorial history of America's achievement during the first year in the world's war. Every man, woman and child should see this stirring picture. Adv.

Higganum, Dec. 4, 1918: After December 14th, Amos Bidwell will deliver the Press in Higganum. All who are in arrears for papers are requested to settle with Theodore Andeen.

The boys about town are getting many furred animals these days. Rabbits and skunks seem to predominate.

Haddam, Dec. 5, 1918: The Victory Girls will give a supper at the church parlors on Saturday.

Mrs. Cornelius Faantoff received a telegram on Tuesday informing her that William Woodruff, better known here as William Behn, had been killed in action on October 16th.

Washington, Dec. 6, 1918: Plants in Connecticut will lose \$55,000,000 through termination of war contracts. Secretary Baker said today that an estimated twelve billion dollars of war appropriations may be returned to the treasury. The contracts include: powder, artillery, textiles, air plane parts and rubber goods.

Higganum, Dec. 7, 1918: In the course of a few days a painter will complete the Haddam honor roll by adding the remaining names of the boys in the service. If any names are omitted they will confer a favor upon the committee if they will notify Daniel Brainerd or the Haddam war bureau.

The local chapter of the Red Cross has received a very large allotment of work on refugee garments for the destitute people in the devastated war regions.

John Knowles, of Ponsett, made a trip on runner to Higganum yesterday. This was the first sleigh to make its appearance this winter.

Killingworth, Dec. 17, 1918: Camillo Malcarne, 25 year old son of Mrs. Silveno Malcarne, died Saturday at Base Hospital, New Jersey. He had been sick for several weeks with pneumonia. His death will cause the first gold star to be put on the service flag in Killingworth.

Higganum, Dec. 20, 1918: Sergeant William Burr, 102nd, A.E.F., was honorably discharged on Wednesday, and is the first one of our boys, who has seen active service overseas, to arrive back home to Haddam. Sergeant Burr was gassed while stringing wires, about 12 feet from a front line trench. Upon his recovery he went back to his company and was badly wounded in the left knee at the battle of Seichprey, on May 16. Sergeant Burr, after treatment at Base Hospital, was invalided home, arriving in this



country on September 12th.

Lafayette Gladwin and Harry Millard, two more of our boys who have been in the service over there, received their honorable discharge and reached home Thursday.

Higganum, Dec. 20, 1918: Fancy turkeys, ducks, geese, roasting chicken and fowl are at the lowest

prices in the city. Public Market, Middletown. - Adv. [Image: Bell Seasoning]

East Haddam, Dec. 21, 1918: Friday was the banner day for the scholars of the village school, and many of the older ones enjoyed the closing for the Christmas vacation. Each department plucked the fruit from a tree as they are grown in Santa's orchard. Carols by the pupils were enjoyed by the guests. Refreshments came last, and were ample for all present.

Haddam, Dec. 26, 1918: Major Joseph G. Kitchell, of Haddam, has been requested by the chief of staff, to remain in the army service for an indefinite period, and has just been assigned the important post of specializing upon the demobilization work at ports of embarkation and military camps to analyze conditions and devise methods where demobilization processes are conducted. [First Selectman Major Kitchell was summoned to Washington in November 1917.]

East Haddam, Dec. 27, 1918: Harry Frontel, formerly clerk for W.C. Reynolds, has opened a grocery business in the brick store and in the future will offer all up-to-date line of standard quality goods at the lowest prices. - Adv.

Robert Alexander arrived home from camp Upton, N.Y. last week, having been honorably discharged from the service.

Mrs. W.M. Gillette has been spending several days in New London, including Christmas, with her uncle and aunt, Mr. and Mrs. N.G. Stark.

Haddam, Dec. 27, 1918: There were the usual gatherings about town on Wednesday. Perhaps the largest was at G.A. Dickinson's, where the whole family, numbering twenty, enjoyed the day together.

East Haddam, Dec. 28, 1918: Clarence Spencer has been home from the hospital the past week. He contacted pneumonia in camp and has been an inmate of the hospital for nine months.

Higganum, Dec. 28, 1918: The Christmas entertainment of the Congregational church will be held Sunday evening at 6 o'clock. The program has been prepared with great care, and the church decorations are beautiful. All are invited to be present and then see the children receive their Christmas presents.

Killingworth, Dec. 30, 1918: Mr. and Mrs. Albert Perkins entertained 15 to their Christmas dinner. They have recently heard from their son Tracy in France. He was recovering from the "flu" and pneumonia.

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



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# Winter 2019 offerings: Part II

By Josselyn Salafia, Recreation Supervisor, H-K Rec

\*Editors Note: Complete listing of offerings is available at [www.hkrec.com](http://www.hkrec.com) and [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com).

For more information on any of these programs, please call the HK Recreation Department at 860-345-8334 or visit us on-line at [www.hkrec.com](http://www.hkrec.com).

## ROBOT EXPLORERS

Come build your very own robot featuring eyes, tracks and a rotating body. This robot can become a smaller or a larger robot. Build your very own squad of explorers and battle your friends. Session 1 will be held Tuesdays January 22 – February 26 (no 2/19) at Killingworth Elementary School and Session 2 will be held on Thursdays January 24 – February 21 at Haddam Elementary School. Both sessions will run from 3:30 – 5:15 p.m. (1:05-3:30 PM on 1/22). The fee is \$103 each session and non-residents may register for an additional \$10. Please bring a snack.

## ICE FISHING

The Connecticut Aquatic Resources Education (CARE) Program will introduce you and your family to the sport of ice fishing. State Certified Instructors will teach you everything you need to know about getting started. You'll learn all about the sport as well

as safety, equipment, proper clothing to wear, fish identification, and winter pond ecology. The class will be held on Sunday, January 27 from 9:30 – 11:30 a.m. (Classroom) 12:00 – 2:00 p.m. (Fishing if safe conditions) at the Care Center, 364 Rt. 80, Killingworth across from Chatfield Hollow State Park. The fee is \$10 (non-residents add \$5). Fee is for administrative services.

## WHEN I'M IN CHARGE

The Haddam-Killingworth Recreation Department is offering the American Red Cross "When I'm in Charge" class this winter/spring. Class will be held on Wednesday, January 16, 2019 a second session will be offered Thursday, April 4 from 5:45 – 7:45 p.m. at the HKHS Lower Media Center. The fee is \$26. Non-residents please add \$5. The course is for students ages 9 and up, and is designed to teach kids how to be responsible when at home. Topics include internet safety, gun safety, family communications, sibling care, basic emergency care & confidence building.

## WRESTLING & BRAZILIAN JIU JITSU

The Haddam-Killingworth Recreation Department is offering Wrestling and Brazilian Jiu Jitsu this Winter. This program is for boys and girls in grades 5 and up. Wrestling will meet on Tuesdays and Thursdays from 5:15 – 6:15 pm and Brazilian Jiu Jitsu will meet

on Tuesdays and Thursdays from 6:15 – 7:15 p.m. at the HK Middle School (Small Court) from January 8 – February 14 the fee is \$90 each class or \$120 for both classes (non-resident add \$10). There will be a second session March 5 – May 30, 2019 (No 4/16 or 4/18). The fee for session 2 is \$180 for each class or \$240 for both classes (non-residents add \$10). You may try out the first class before registering. Please contact Josselyn at [Josselyn@hkrec.com](mailto:Josselyn@hkrec.com)

Wrestling – Learn the skills and develop the mental and physical toughness you need to excel your wrestling game. All practices will have a component of learning and drilling techniques to become a smarter and more technical wrestler. Athletes will finish with live wrestling and high-paced drills to get the mind and body tough for upcoming matches. This is a great opportunity for local wrestlers to meet and practice under high school coaches. Also a great opportunity for new wrestlers to try it out without committing to an entire season.

Brazilian Jiu Jitsu- This class is a grappling-based martial art that is fun in sport but also very useful in the act of self defense. Participants will work hands-on with fellow members to learn a variety of techniques from submission holds to take downs. Every class will have a component of learning and drilling techniques, as well as live training where members can practice freely. Jiu Jitsu is physically challenging but is also accommodating to all fitness levels and is great for the mind and body. Whether you are new to Jiu Jitsu or have trained for years, have no sport experience or are in the best shape of your life, this program is for you.

## SWIM LESSONS (Children and Adult)

The Haddam-Killingworth Recreation Department is offering Swim lessons this winter for children and adults. Classes are conducted at the HK High School Pool. Lessons meet Tuesday and Thursday evenings. Session 1 is from January 17– February 12, 2019 Children's Swim Lessons (ages 4 and up) is from 7:00 – 7:40 p.m. and Adult Semi-Private Swim Lessons are from 7:50 – 8:30 p.m. The fee is \$74/ \$58 with pool membership / and \$84 for non-residents each session. \$5 Sibling discount for the second child.

## FENCING

The Haddam-Killingworth Recreation Department is offering fencing this winter. Class will be held on Tuesdays and Thursdays, January 15 – March 5 (No 2/19) at the Middle School from 6:00 – 8:00 p.m. The fee is \$135 (non-residents add \$10).

With a rich tradition dating back hundreds of years, fencing is an Olympic sport that helps develop both large and fine motor skills. It encourages strategic thinking as well as physical development. Using the foil as the introductory weapon, students will learn proper technique for basic footwork and handwork as well as simple attack, and defense techniques. Students will learn through a combination of personal and group instruction, as well as partner drills. Equipment will be supplied with an emphasis will be on the proper and responsible use of weapons and protective gear. There will also be an introduction to electrical scoring equipment. Participants should wear a good pair of sneakers, t-shirt and long sweatpants.

*Continued on next page*




## HIGGANUM PHARMACY

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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! We just hate that!! As it turns out, Broccoli, along with other cruciferous vegetables have a substance in it called 'sulforaphane'. Researchers have found that sulforaphane reduces the expression of long non coding RNA's (lncRNAs) cells. These lncRNAs were previously thought to be junk DNA, but they have been shown to regulate gene expression, which in English is how genes are turned on or off, and have increasingly emerged as a key player in the development of numerous cancers, including prostate, breast, stomach, and lung cancers.

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

The other obvious benefits of eating vegetables are:

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

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

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## RSD #17 Preschool seeks students for 2019-20 school year

By Cindy Sadlowski, Secretary,  
Burr District Elementary School

The RSD 17 Integrated Special Needs Preschool Program is seeking 3 and 4 year olds for the 2019-2020 school year. This program consists of peer students and identified special education students in a language-rich, structured environment focused on center-based learning. To meet the criteria for a peer student, your child must:

Turn 3 by September 1, 2019

Live within the Haddam, Killingworth, Higganum or Haddam Neck communities

Demonstrate age-appropriate social, behavioral, and cognitive skills

Be toilet-trained by the time they start school

Demonstrate the ability to model appropriate skills in the areas of play, social interactions, and adaptive behaviors

Parent participation and involvement are important components of the program. Peers must be on time daily and have consistent attendance. Transportation to and from the program must be provided by parents or family members. We will be accepting applicants through January and into the beginning of February. Please note that there will be a fee for peers. This year tuition was \$1500. Tuition for next year will be set by the BOE in the spring.

If you believe your child meets the above criteria and you would like them to participate in the Integrated Special Needs Preschool Program, please provide the following information:

Your child's name/gender

Your child's date of birth

Your home address

Your home telephone number

Parent/Guardian name(s)

An email address

Send information to: Attn: Cindy Sadlowski, Secretary at Burr District Elementary School, 792 Killingworth Rd, Higganum, CT 06441

For more information, csadlowski@rsd17.org; 860-345-4584.

## Recreation Department winter offerings

Continued from previous page

### CROSSROADS DRIVING SCHOOL

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

Classes will be held at the HK Old MS A-119. Session 1a will meet on Mondays & Wednesdays January 9 – March 18 (No 1/21, 1/23, 2/6, 2/18, 3/4 and 3/13) (plus 1/7 – Parent/Student Class, 6:00 pm in the HKHS Seminar room) from 2:45-4:45 pm. Session 1b will meet on Tuesdays & Thursdays January 8 – February 26 (No 2/19) (plus 1/7 – Parent/Student Class, 6:00 pm in the HK HS Seminar room) from 6:00-8:00 p.m.

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

There will be a Safe Driving Program on January 8, 10, 15 from 6:00 – 8:00 p.m. or January 9, 14, 16 from 2:45 – 4:45 p.m. (plus parent/student orientation on 1/7 from 6:00– 8:00 pm), a second session will be offered April 2, 4, 9 from 6:00 -8:00 p.m. or April 3, 8, 10 from 2:45 – 4:45 p.m. (plus parent/student orientation on 4/1 from 6:00– 8:00 p.m.) The Parent/Student Orientation is mandatory for both student and parent and will be held in the HK HS Seminar Room.

### SCIENCE OUTREACH

The Haddam-Killingworth Recreation Department

has the Children's Museum of SE CT coming to HK. These programs are a mix of science demonstration and hands-on activities for boys and girls ages 3- 5 and boys and girls in grades K-4. The fee is \$22 each session. There is also a fee of \$18 if you sign up for 2 or more classes. The topics include: Magnets – Explore the properties of magnets! Learn about magnetic fields, polarities, and the concepts of attraction and repulsion through fun experiments and games. Build an endless variety of shapes and structures using Playmag Magnetic Building Blocks, and even create a magnetic painting to take home!

This workshop will be held on Wednesday, January 30, 2019 at the HK Central Office room A-117 from 1:15 – 2:00 p.m. for boys and girls ages 3 – 5. There will also be a workshop for Boys and Girls in grades K-4, Wednesday, January 30 at Haddam Elementary School and on Thursday, January 31 at Killingworth Elementary School from 3:30 – 4:15 p.m.

### FITNESS YOGA

The Haddam-Killingworth Recreation Department is offering Fitness Yoga on Tuesdays and Thursdays, January 8 – May 30, 2019 (No 2/19, 3/7, 4/16, 4/18, 5/7, 5/9) from 7:00 – 8:15 p.m. at the HKHS cafeteria. Journey through a 75 minute mind/body class. Discover the strength and cardiovascular benefits of this power yoga class and enjoy the relaxation as you reduce stress. Gain flexibility and balance through a flow of yoga poses. This is a great class for all levels including advanced, intermediate and beginners. The fees are \$198 for a 36 coupon book, \$121 for an 18 coupon book, and \$10 for one coupon. Coupons must be turned in at each class attended and are non-transferable. Participants need to bring their own yoga mat to class.



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# December events & activities at the Senior Center

By Shannon Morrison Buganski,  
Director, Haddam Senior Center

## Senior Center Hours

Mondays/Wednesdays/Fridays: 9:00 a.m. – 3:00 p.m.  
Tuesdays/Thursdays: 10:00 a.m. – 2:00 p.m. (Tai Chi on Tuesdays until 2:30 p.m.)  
Phone: 860-345-2480

## Quick Winter Reminders

*Ready or not, winter is here! Just a couple of quick reminders to help you tackle the challenges of winter-time weather...*

*Avoid slips– Be cautious of icy sidewalks. Wear appropriate shoes with good traction and replace worn cane tips as needed. Remove shoes upon going inside as to not slip on wet soles.*

*Prep your vehicle– Check the oil, tires, and battery in your car so that you don't get stranded in the cold. Replace your wipers and check fluids. Don't let your gas run low. And it never hurts to throw an emergency roadside kit and a blanket in your car.*

*Prepare for power outages– Keep cell phones charged and flashlights handy. Stock up on non-perishable food items that can be eaten cold. Be prepared to bundle up. Have a snow removal plan in place should you have to make your way to an emergency warming center.*

*If you find yourself needing assistance this winter, please contact one of your Senior Services team members.*

\*\*\*In the event of inclement weather, it is helpful to remember that the Senior Center follows the Regional School District 17 closing schedule- when they have a snow day, we do too; schools have a delay, we may as well. When in doubt, call first!\*\*\*

## Home for the Holidays

It's been a long two months away from the Senior Center, but it looks like we'll be returning "home" just in time for the holidays. [Insert applause!] The ramp project is almost complete, and we anticipate reopening at the Senior Center on Monday, Dec.17. Thank you for your patience and flexibility during the renovation period. Looking forward to seeing you all back "home" soon. Happy Holidays!

## Activities Highlights

12/10/18-12/21/18 – Mitten Tree Collection (New Mittens, Gloves, Hats, Scarves & Socks)

12/21/18 (Fri) – Ugly Christmas Sweater Party @ 11:30 a.m. (sing-along, lunch, prizes, Bingo) Come let's celebrate the season together in your ugliest of Christmas sweaters!

12/28/18 (Fri)- Pizza & A Movie @ 12:00 p.m. – "Planes, Trains & Automobiles" (1987) Comedy starring Steve Martin & John Candy

1/11/19 (Fri) – Free Blood Pressure Screenings & Continental Breakfast, 9:30-11:00 a.m.

Don't forget about our regularly scheduled programming (i.e. Ukuladies, Silver Threads Recorder Group, Setback, Tai Chi, Bingo).

## Nutrition Program

The Haddam Senior Center is fortunate to offer the Elderly Nutrition Program by serving as a Community Café through Community Renewal Team (CRT). This program is a federally funded Title III grant that is administered by Senior Resources. As the grant does not cover all of the costs involved (i.e. product, preparation, distribution, service), a donation of \$2.50 per meal is requested. Please note we may see an increase to the suggested donation in the new year. If you are able to contribute \$3.00 per meal, we ask that you consider doing so at this time.

Please remember to reserve your meal a minimum of 24 hours in advance (by noon the day before the requested meal). You may do so by calling the Center's main phone line or by signing up at the Center ahead of time.

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

The Haddam Senior Center and CRT are currently working to fill the position of Café Coordinator. We hope to conduct interviews mid-December. If you are interested in applying, it may not be too late. Contact Shannon for more information.

CRT is pleased to announce that beginning January 2019, we will be sponsoring a monthly raffle. The goal is to help generate enthusiasm and bring in new patrons for the Senior Lunch Program. The prize will be food in nature, and will vary each month to go along with the monthly themed meal. Each day that a participant comes to lunch, their name will be entered into a "hat" for a drawing. The drawing will be held the last lunch service of the month. The more you attend, the greater your chances are of winning!

January 14th (Mon): Nat'l Strawberry Ice Cream Day

PRIZE DRAWING: Half Gallon Popular Brand Strawberry Ice Cream

February 20th (Wed): National Cherry Pie Day

PRIZE DRAWING: Homemade Cherry Pie

The prize will be delivered on the next service day following the end of the month according to each site's schedule of service.

## Senior Van Services

If you have difficulty driving or limited transportation available, we encourage you to take advantage of the Senior Van Services. The Senior Van is available to those 60 and older, residing in Haddam and Higganum. In addition to weekly shopping trips and occasional field trips, the service provides door to door transportation to medical appointments within Middlesex County, as well as provides rides to and from the Senior Center. Call Diane Gondek for more information or to schedule a ride (860-682-3301).

## Haddam CLUB 60

Please see Club President Mary Lou Pierce for more info. Upcoming meetings are as follows:

Monday, January 7th– Business Meeting; Scholarship Recipient

Monday, January 28th– Diane Andrews "Taxes"

## TOWN CALENDAR

### Thursday, December 20

Planning and Zoning Commission Meeting – cancelled

### Tuesday, December 25

MERRY CHRISTMAS!

### Wednesday, December 26

Registrar of Voters Office – closed

Town Hall – closed

### Thursday, December 27

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

\*Please visit [www.haddam.org](http://www.haddam.org) or [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com) for the most current and complete information.

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# Christmas worship schedule

Schedules for the following churches have been provided:

- First Congregational Church of Haddam, 905 Saybrook Road, Haddam*
- Haddam Neck Congregational Church, 408 Quarry Hill Road, Haddam Neck*
- Higganum Congregational Church, 23 Parsonage Road, Higganum*
- Higganum United Methodist Church, 248 Saybrook Road, Higganum*
- St. Peter Roman Catholic Church, 30 St. Peter Lane, Higganum*
- St. James Episcopal Church, 498 Killingworth Road, Higganum*
- St. Lawrence Catholic Church, 7 Hemlock Drive, Killingworth*
- Valley Bible Evangelical Free Church, 220 Turkey Hill Road, Haddam*

## Monday, December 24

8:30 a.m. Sunday Mass – St. Peter Roman Catholic Church

- Church
- 4:00 p.m. Children's Mass/Children's Christmas Pageant – St. Peter Roman Catholic Church
- 3:30 p.m. Carol Sing – St. James Episcopal Church
- 4:00 p.m. Christmas Eve Service – St. James Episcopal Church
- 4:00 p.m. Christmas Eve Mass – St. Lawrence Catholic Church
- 4:00 p.m. Christmas Eve Service – Valley Bible Evangelical Free Church
- 5:00 p.m. Christmas Eve Candlelight Service – Haddam Neck Congregational Church (please join us for traditional Christmas Bible readings and hymn singing by candlelight)
- 5:30 p.m. Christmas Eve Service – Valley Bible Evangelical Free Church
- 7:00 p.m. Christmas Eve Service – at Higganum Congregational Church (this is the service for the First Congregational Church of Haddam as well)

10:00 p.m. Christmas Eve Service – St. Lawrence Catholic Church

11:00 p.m. Christmas Eve Candlelight Communion Service – Higganum United Methodist Church. Christmas Eve Candlelight Communion Service will be held at 11:00 pm. Let us extend our warm invitation to our family members and friends to the mystery and grace of God on the birth of Jesus.

## Tuesday, December 25

9:00 a.m. Christmas Day Mass – St. Peter Roman Catholic Church

9:00 a.m. Christmas Day Mass – St. Lawrence Catholic Church

10:00 a.m. Christmas Day Service – St. James Episcopal Church

If you belong to a church or other place of worship in town and you would like your services included on this list, please email us at [editors@haddamnews.org](mailto:editors@haddamnews.org).

## COMMUNITY / BUSINESS

# Energy savings for small business

By Enoch Lenge,  
Energy Efficiency Spokesman, Eversource

When it comes to managing a small business, energy efficiency upgrades may not be at the top of an owner's "to do" list. But no matter what type of business or its size, there are countless opportunities that can help you save money and energy, while creating a comfortable and welcoming space for your employees and customers.

The big question is, where to begin? Start optimizing your business' energy use with the following suggestions:

- **Lighting:** Switching to LED bulbs can make a noticeable difference in your energy use. LEDs use up to 90 percent less energy and last 25 times longer than traditional incandescent bulbs, which means less maintenance and a bright, comfortable work environment. To avoid wasting energy in rooms that aren't in constant use (such as storage and bathrooms), install occupancy sensors that can be set to automatically turn the lights on and off.
- **Heating, Cooling and Ventilation:** When was

the last time your business's HVAC system was checked? Before the temperature really starts to dip, make sure you schedule a system check-up with your preferred technician. If you need to upgrade your heating or cooling system, look into what financial incentives and technical assistance may be available before starting the job.

- **Equipment:** Small businesses need reliable equipment to run efficiently, from printers, computers and copiers to coffee makers and even refrigerators. Office settings can benefit from "smart" power strips. They keep critical electronics on, while shutting down power to equipment that goes into standby mode – which is a great way save energy when you're out of the office. When it's time to upgrade or make modifications to appliances or office equipment, always look for ENERGY STAR-certified models which can save hundreds a year over non-certified options.
- **Teamwork:** Empower your employees to understand how much energy they use throughout the day. Encourage them to make easy changes in the way they work – like turning off equipment when not in use, keeping the thermostat at a consistent

temperature, and keeping exterior doors and windows closed to prevent the loss of that warm air in the winter and cool air in the summer. Keep them updated as to how the company's energy use is decreasing or changing and be sure to celebrate with them when your company reaches its energy-savings goals.

Looking to learn more about the right energy efficiency project for your company? Visit [Energize Connecticut](http://EnergizeConnecticut.com) and find out how you can sign up for a no-cost business energy audit from an Eversource-authorized contractor and get access to incentives, rebates and professional energy efficiency services.

### 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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# Helping older adults stay safe this winter

Winter has arrived, bringing with it freezing temperatures, snow, ice and sleet. For older adults, these weather-related conditions can lead to dangerous situations. Older adults may be more prone to illness and depression during the winter months. There may also be an increase in falls due to slippery conditions.

To help lessen these risks, you can help older adults by:

*Ensuring that they wear shoes with non-slip soles to prevent slips on ice.*

*Checking rubber tips on walkers and canes to make sure the rubber is not worn down.*

*Making sure their home has sufficient lighting since it gets dark earlier.*

*Checking their smoke and carbon monoxide detectors.*

*Keeping indoor temperatures above 65 degrees. (Older adults are more prone to hypothermia.)*

*Stocking up on non-perishable items, which can be used if the power goes out.*

*Arranging for someone to shovel and plow their driveway.*

*Arranging for them to stay with a friend or family member if a major storm is predicted.*

*Checking to see if their newspaper can be delivered to the doorstep instead of at the end of the driveway.*

*Ensuring that they have proper winter clothing and enough blankets.*

*Checking in with them frequently to see how they are feeling and visiting them more often due to an increased risk of social isolation.*

*Encouraging them to stay hydrated. (They may drink less fluids in colder weather, which increases the risk of dehydration and illness.)*

*Encouraging good nutrition. (Food provides the fuel*

*needed to keep warm!)*

*Allowing extra time when traveling. (Rushing them may result in a slip on snow or ice.)*

*Checking to see if they've had their flu and pneumonia shots and making sure they have sufficient medication supplies in case of major storms*

Taking care of older adults during the winter is not an easy job. If you don't feel that your loved one can live safely on their own this winter, know that you do have options, including assisted living.

## About One MacDonough Place

One MacDonough Place is an assisted living community owned by Middlesex Health. It is located in Middletown and is currently offering a 60-day winter respite stay. For more information about One MacDonough Place and its special winter offering, visit [onemacdonoughplace.org](http://onemacdonoughplace.org) or call 860-358-5802.

## CORRECTION

Correction to December 5 Town Meeting story: Selectwoman Melissa Schlag's "nay" vote on the Chatham Dam repairs was incorrectly reported in the December 13 issue.

## Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

Haddam News, PO Box 15, Higganum, CT 06441

## COMMUNITY / OUTREACH

### Red Cross blood drive: January 25, 2019

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

There will be a Red Cross blood drive at Valley Bible Evangelical Free Church at 220 Turkey Hill Road in Haddam 1:00 p.m. – 6:00 p.m. on Wednesday, Jan. 25. If anyone 18 or older would like to make

an appointment they can go to the RED CROSS website and pick a time. Or call 1-800-733-2767 and make an appointment with a representative.

Because people have been making appointments, the wait time has been lowered to around an hour at local blood drives.

## CONTINUED FROM PAGE H1

### Low-cost taxi vouchers available

*Continued from page H1*

Participants in the program send a payment of either \$25 or \$50 to ETD. ETD then matches the amount submitted, doubling the amount for participants. This amount is then placed on an electronic voucher to be used with Curtin Transportation. Riders then call Curtin directly to schedule their transportation arrangements.

The intent of this program is to supplement the existing 9 Town Transit Dial-A-Ride service, and although it is at a higher cost, "it's ideal for those occasional trips to a medical specialist in Hartford,

commuting home from work late in the evening, or attending a family event on a Sunday," says Joseph Comerford, ETD's Executive Director. Comerford continued, "[ETD and Curtin will now] provide a mobility option for the times, days, and places that 9 Town Transit does not operate." Also, there are no limits to the times or locations of trips, as long as riders are traveling within the state of Connecticut.

Individuals age 60 or over automatically qualify for the program. Those with disabilities qualify if they are ADA paratransit certified, which can be done through an application process, found on the Connecticut ADA Website, or at [www.9towntransit.com](http://www.9towntransit.com). More information on the low-cost voucher program can also be found online at [www.9towntransit.com](http://www.9towntransit.com), or via phone at (860) 510-0429, selecting option 2 to speak with a representative.

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Photo courtesy of Jude Levin.

## Nina

By Jude Levin, Vice President, CT Animal House

Hi there, my name is Nina!

I am a female Pit Bull Terrier Mix, approximately 2 years old. I am up to date on my shots, spayed, and microchipped. My current weight is 70 lbs.

I am good with other dogs and older kids. I am not too sure about kitties though. My mom had medical issues and could no longer care for me.

I admit I am a little chunky around the middle but my New Year's Resolution plan is to join the gym and start pumping some iron

and get into shape. But I have to tell you I am a whole lot of sweetness.

I love to go on hikes, walks, car rides to anywhere – the dump is a great place to find some good stuff, and I am a complete lady when I greet people.

I am learning not to pull on my leash when I walk and that whole crate thing. I would prefer to be with someone that has large breed experience with a fenced-in yard. To be considered for adoption, you *must* complete an application at [www.ctanimalhouse.org](http://www.ctanimalhouse.org) so the nice people taking care of me can start the adoption process!



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## Holiday efficiency tips

By Mitch Gross, Eversource

As the holiday season gets into full swing, homes and neighborhoods are beginning to brighten with dazzling lighting displays. Eversource is reminding customers about effective ways to get into the holiday spirit while conserving energy, saving money and staying safe.

“The holidays usher in the excitement of decorating, gift-giving and spending time with loved ones,” said Eversource Senior Vice President and Chief Customer Officer Penni Conner. “Amid all the festivities, we don’t want our customers to miss out on energy savings that are better spent on their family than the energy bill.”

Customers can save money and protect the planet by replacing traditional incandescent lights with an energy-efficient light-emitting diode, or LED, holiday decoration. Not only do LEDs use 80 percent less energy than conventional bulbs, they’re also brighter, eco-friendlier and safer, as they are much cooler than incandescent lights. Also, be sure to check for rebates at the ENERGY STAR rebate finder.

No matter what type of decorations are being used, it’s important to use

them safely. Eversource offers these holiday tips to help customers stay safe while being more energy efficient:

*Inspect all lighted decorations, particularly older ones, and discard any that have broken or cracked sockets; frayed or bare wires; or loose connections. Replace them with energy efficient varieties.*

*When decorating outdoors, always look up and stay away from all power lines. Never raise ladders or extend objects anywhere near the lines.*

*Never run extension cords under rugs or coil them tightly around themselves, which can cause them to overheat.*

*Be sure to plug outdoor lights and decorations into GFCI outlets and only use sets approved for outdoor use.*

*Use advanced power strips where possible for all holiday lighting to eliminate standby energy loss.*

*Set timers for lights to automatically turn on when it gets dark and off when you go to bed, running no more than eight hours.*

For more holiday lighting and electrical safety tips, visit [www.eversource.com](http://www.eversource.com).

For breaking news and more articles on a variety of subjects, please see [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com)

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Everyone is invited to our  
**Annual Holiday Open House**  
**Saturday, December 22**  
from 9 am to 2 pm  
for Holiday Treats and Refreshments.



Top row: Jen, Dottie, Tanya;  
Second row: Merissa, Chris, Nina;  
Bottom: Atyanna

*The Red Sun staff wish our clients and families a Very Merry Christmas and a Happy New Year.*

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# Food For Thought: Gifts from the Kitchen

By Janet Verney

'Tis the season for some holiday treats! Of course in my kitchen, I like to keep things a bit healthier, so here are a few of my go to recipes, made with lots of love, to gift at the holidays! You'll notice I'm a fan of avocado oil. This healthy fat is great for baking as it can tolerate heat better than most and it has so many health benefits. Check out the following link to learn more: <https://draxe.com/avocado-oil/>

Once you have created your healthy treats, it's time to think about how to package them. I buy inexpensive glass jars and take-out-boxes for this purpose. I embellish them with fabric, bows, stickers and other assorted fun! Tying cinnamon sticks with twine to the outer packaging makes for a delightful presentation and it smells divine! Most of all, have fun, get creative, and give a gift of love.

## Half Baked Granola

Lightly toasting the oats with the dried fruits, the maple syrup, and the spices gives the granola such wonderful flavor. I keep the remaining ingredients in their raw state to preserve the nutrients, making this granola one of my favorite superfoods!

- ½ Cup avocado oil
- 1 Cup pure maple syrup
- 1 Tbs. vanilla extract
- 1 Tbs. pumpkin pie spice (1-tsp. cinnamon, 1/2 -tsp. nutmeg & ginger, & ½-tsp. allspice & cloves)
- 4 Cups GF, organic rolled oats
- 1 cup mixed dried fruits of choice
- Raw Additions
- 2 Tbs. cocoa nibs
- 2 Tbs. hemp hearts
- 2 Tbs. chia seeds
- 1 Tbs raw vegan protein powder (SunWarrior)
- 1 Tbs maca powder (optional)
- 1 Cup organic raw nuts & seeds

In a large bowl, whisk the first four ingredients. Toss in the oats and dried fruit and stir until well coated. Spread on a cookie sheet lined with parchment paper. Bake at 350 degrees for about 15 minutes. Stir half way through baking and watch carefully not to burn.

In the same large bowl, mix all the raw food ingredients while the oat mix is baking. While still warm, add the oat mix to the raw food mix and stir



well. Allow to cool and store in glass Mason jars. Serve with your favorite nut milk or use as a topping to your favorite dairy free ice-cream or yogurt. You can also add crystalized ginger and/ or fresh berries or fruit.



## Acorn Truffles

These are so simple, fun to create, delicious, and make an adorable gift packaged in a little take-out box.

- 12 meljooon dates, cut in half and pitted
- Organic Almond butter
- 1 bar organic dark chocolate
- Crushed almonds

Cut the dates in half, making a little cup out of each half. Stuff with almond butter. Melt the dark chocolate and dip the flat end into the chocolate, then dip into a bowl of crushed almonds. Set on a cookie sheet lined with wax paper and place in the fridge until solid. Package into cute take-out-boxes.

## Gingerbread Bites

My one bowl, healthid-up version of this old holiday classic, is not only easy, it is deliciously healthy and allergy friendly.

Whisk the following together:

- 1 Tbs. Psyllium husk (an Indian herb available in health food stores or on Amazon)
- ¼ cup water
- 1 Tbs. Avocado oil

Add:

- 1 cup Coconut Palm Sugar
- ½ cup Molasses
- 1 cup Avocado oil
- ¾ tsp. sea salt
- 1 Tbs. Baking soda
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. ginger
- 1 tsp. cloves
- 3-4 cups loosely packed chickpea/garbanzo bean flour

The dough should be stiff. You can roll it in one inch balls, then flatten with the bottom of a glass, or roll it between two sheets of parchment paper to use cookie cutters. Embellish, if desired with raisins, then bake at 350 degrees, on a cookie sheet lined with parchment paper, for 8-9 minutes. Makes about 24 cookies.

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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