

Haddam Killingworth News

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

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February 20, 2020

For breaking news go to Haddam-KillingworthNow.com every day

Free weekly



Kaleigh Bodak (#5) and Carly Rettberg (#23) tie up a jump ball against Morgan.
Photo by Samantha Carini.

Back to Back wins against East Granby, Valley Regional

By Ann Deibert, Assistant Coach, HKHS Girls Basketball

Haddam Killingworth High School Girls Basketball is now 6-11 on the season after back-to-back wins against East Granby on Wednesday, February 5, 2020 (59-52), and against Valley Regional on Thursday, Feb. 6, 2020 (48-41). The team dropped a tough game to Coginchaug on Monday, Feb. 10, 2020 (26-60).

Senior captains, Anna Biondi (9.2 ppg, 2.2 apg, 2.3 spg) and Belle

Carini (9.5 ppg, 2.7 apg), continue to lead the Cougar offensive. Freshman forward, Kaleigh Bodak (7.6 ppg, 7.3 rpg), has recorded three, double-double evenings this season, with her most recent double-double against Valley Regional where she scored 17 points and grabbed 10 rebounds. Bodak has 120 rebounds for the season. Major contributing minutes for the Cougars come from juniors Tessa Wills and Ella McGlynn, sophomores Leah Sosnowski

Continued on page H5

Katie Devlin Tietjen (HKHS '99) named VFW State Teacher of the Year

By Kathy Brown

An award ceremony was held at East Hampton's Veterans of Foreign War's Post 5095 on Wednesday, Feb. 5, to honor Katie Devlin Tietjen (HKHS '99) as local VFW Teacher of the Year for 2019-20, along with teachers from other grade levels. That evening it was also announced that Katie will be Connecticut's 2020 VFW Teacher of the Year for the high school level, and is now competing for the National VFW Teacher of the Year.

In attendance, among others, were proud parents Phil and Betty Devlin, of Haddam. "Of course, we are proud of her selection as the state's VFW teacher of the year, especially because of the rich legacy of military service in our family," said Phil. "Katie is directly descended from combat veterans in the American Revolution, the War of 1812, the Civil War, and World War I; additionally, both of her grandfathers as well as 8 great uncles and a great aunt were on active duty during World War II. Her paternal grandfather was a career military officer who was also called to duty during the Korean War. Her maternal grandfather was in the Coast Guard for over 22 years and earned a Bronze Star during World



Photo provided by Ms. Tietjen.

War II in the Pacific. Numerous 2nd cousins were involved in the Vietnam War, including one who eventually became the director of the SEALS training school and another who was a Green Beret serving both in Vietnam and in the Gulf War."

Katie and her husband Matt Tietjen met in British Literature with Mrs. Deb Miles at Haddam Killingworth High School in the fall of 1997. "Higganum was a great place to grow up," said Katie. "In high school, I loved being a swimmer and throwing discus and shotput on the outdoor track &

Continued on page H6

Public service announcement from troopers: Lock your cars!

Local troopers have noticed over the last few weeks, there has been a spike in both car thefts and people entering unlocked cars and stealing items during the overnight hours. Reminder: please ensure you remove any valuables from your vehicles, lock your cars, and NEVER leave your keys/fobs in your vehicles.

They are working on identifying the individu-

als responsible, but simply locking car doors and removing keys will undoubtedly result in a drastic decrease of these types of incidents.

Tips:

Always keep your vehicles locked no matter where you live and try to keep them in well-lit areas.

Do not leave firearms in your vehicle.

Set car alarms.

Do not hide keys or key fobs in your vehicle.

Consider installing or activating your vehicle GPS tracking units, i.e., On-Star.

Do not leave your car running unattended even if it is for a few minutes.

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Crossroads Driving School Spring 2020

By Josselyn Salafia, Recreation Supervisor,
Haddam Killingworth Recreation Department

The Haddam-Killingworth Recreation is offering a Driver's Ed. Participants must be 16 years old before the start of the first class.

Option 1 is a Full Program that includes 30 hours of classroom as well as the safe driving and alcohol program along with 8 hours of behind-the-wheel. The fee is \$565 (non-residents add \$10).

Option 2 is a Classroom only option, where participants can take the 30 hours of class, but no driving. Includes the Safe Driving portion. The fee is \$290 (non-residents add \$10).

Option 3 is the Safe Driving and Drug and Alcohol Program, which is the 8 hour course that fulfills the requirement of the State of CT for license applicants who took a Home Training Program. This course is required for all drivers, including those who are over the age of 18. The fee for this course is \$150.

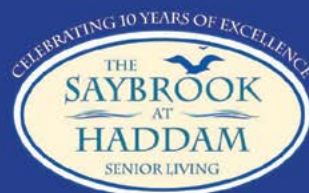
Classes will be held at the HK Central Office A-119. Parent/Student Orientation is Monday, March 30, 2020 at 6:00 p.m. in the HKHS Auditorium. This is required by state law to attend.

We are now offering an accelerated Full Program, class afterschool. The program will meet M, T, W, TH, 2:45 – 4:45 p.m. 3/31 – 4/29 (No Class

4/6,4/7,4/8, 4/9). Tuesday & Thursday classes will be March 31 – May 19 (No 4/7, 4/9) on (6:00 – 8:00 p.m.)

There will be a Safe Driving Program offered April 1, 2, 13 from 2:45 -4:45 p.m. or March 31 April 2, 14 from 6:00 – 8:00 p.m. (plus parent/student orientation on 3/30 from 6:00– 8:00 p.m.) The Parent/Student Orientation is mandatory for both student and parent and will be held in the HKHS Auditorium.

For more information, please call the HK Recreation Department at 860-345-8334 or visit www.hkrec.com to register on-line.



Growing Older Doesn't Mean Growing Lonely

According to the National Poll on Aging, one in three older adults is lonely, even those who live with their children. It doesn't have to be this way.

The Saybrook at Haddam offers a carefree lifestyle and enrichment programs that lead to companionship and meaningful relationships.

Call 860-345-0090 or visit www.TheSaybrookAtHaddam.com.

KILLINGWORTH SENIOR CLUB

Talk on aging, mental health

By Joyce Mason

On Monday, March 2, 2020 at 1:30 p.m. the Killingworth Senior Club will host Dr. Marilise Hyacinth of Middlesex Hospital who will address the issues of aging and mental health, as well as, the physical and emotional challenges individuals face during life changes. This includes depression, anxiety, and mood changes. The presentation is suitable for caregivers, older adults, and spouses or children taking care of a loved one.

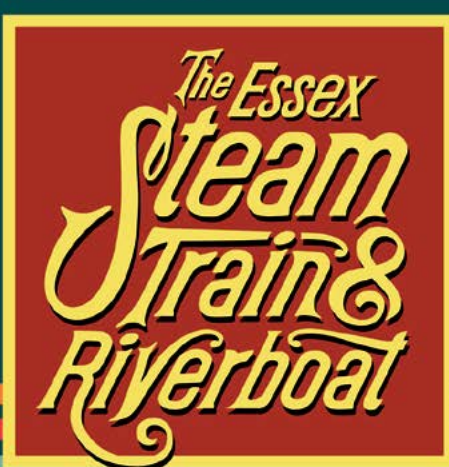
This speaker's presentation will take place at the Killingworth Congregational Church activity hall, 273 CT-81, Killingworth, CT 06419 The talk is free and open to the public. Light refreshments will be served. Registration required. Call 860-452-4420 to leave a message or email mason_j@verizon.net.

Dr. Hyacinth earned her medical degree from the George Washington University School of Medicine and Health Sciences. She completed her residency at Yale University School of Medicine and a fellowship at Yale-New Haven Hospital. She has specialized training in geriatric psychiatry. Dr. Hyacinth joined Middlesex Health in August 2017 as a General Adult and Geriatric Psychiatrist. She is certified by the American Board of Psychiatry and Neurology in psychiatry.



EAGLE FLYER WILDLIFE EXCURSIONS February: 15, 16, 17, 22, & 23

Hello Neighbors! It's that time of year again, eagles and wildlife are abundant in the Connecticut River Valley. Join us for our Eagle Flyer: Wildlife Excursions to get up close and personal with the flora and fauna of winter in Connecticut. We will be able to pick up residents from the Haddam, East Haddam, and Killingworth areas right from Goodspeed Station! Boarding is at noon so don't miss this fun opportunity to ride the rails during this scenic winter outing.



Ticket Prices: \$25 per Adult, \$15 per child, Coach seating only, Round-Trip (payable onboard)

Parking is available for this trip at Eagle Landing State Park.

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In and About The Haddams: Local News February 1920

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

East Haddam, Feb. 2, 1920: W.O. Peck took a sleighing party to Higganum Friday where they attended a minstrel.

Saturday was one of the worst days of the season for those obliged to be out as the cold winds penetrated through one in a few minutes. Parties from Hartford were fishing on the Salmon river with the cold and were not rewarded with a "nibble."

The Press Candid Comments, Feb. 2, 1920: *Did your water pipes freeze Saturday night? This winter has been just one freeze after another. *The revenue bureau now rules that the tips received by barbers are taxable. Sure, but how many will admit the tip? *Already the big dailies are printing stories about some of the drinks that used to be popular. This is one of the bad features of prohibition. *Forty thousand Poles have asked for passports back to Poland because they cannot get a drink in this country.

Middletown, Feb. 3, 1920: The city is in the grip of the worst snow storm of winter. A storm witch some of the older residents say reminds them of the blizzard of 1888, when a warm wave met a cold one as was the case this time. This morning trolley traffic was entirely put out of business, trains were way off schedule, workers walked to work, and an army of snow shovelers mobilized to combat the drifts. The sleet storm arrived early this morning.

Washington, Feb. 5, 1920: Enormous withdrawals of whiskey from bonded warehouses by alleged "flavoring extract" and "hair tonic" manufacturers, upon such a scale that it may reach the proportions of a scandal, has led to a probe. The outcome of an investigation probably will be the revocation of large numbers of permits issued to embryo establishments that have sprung into effect. Most of the places being probed are said to be factories in name only and exist only as a means through which the prohibited alcohol can be secured.

Hartford, Feb. 6, 1920: The Federal Income Tax season opens today. From now until the bell rings on the night



Snow storm from around the 1920s. Photo from of the Haddam Historical Society, courtesy of Lindamae Peck.

of March 15th, the annual returns for 1919 will be filed by citizens and residents. The payments may be made in whole or in part of the tax due. At least one quarter of the tax must accompany the return. [Note: The filing deadline changed to April 15th in 1955.]

Higganum, Feb. 6, 1920: An opportunity will be given the pupils in the schools of Haddam to compete for three cash prizes to be given by the W.C.T.U. for the three best essays written by the 7th and 8th grade pupils. The subject will be "What Is The Business Man's Opportunity Regarding Alcohol."

Middletown, Feb. 7, 1920: The State Highway department is making gigantic efforts to clear the main traveled highways by means of the big army trucks equipped with snowplows. Four big motor plows came down from Hartford and began fighting their way to Saybrook. This turning the sinews of war to the pursuits of peace here at home has proved a valuable asset. Otherwise, the state would have had to wait either for men to clear the roads with shovels or for a general thaw.

Deep River, Feb. 7, 1920: A "knight of the road," who struck town about the same time as the blizzard, has made himself very useful about the town hall building under the direction of the postmaster and mayor. The "hobo" has been shoveling snow for four days, but in return he is being loyally treated to a good bed and a very enticing "bill of fare." It is a long time since the last tramp came here for shelter.

stood for free trade, which benefits the South at the expense of the North, for flat money, and has often used its influence against law and order in its attempts to overthrow the 13th, 14th, 15th, and the 18th amendments to our Constitution. The Democrats not only have prevented most of the negroes of the South from voting, but now are trying to in New Jersey to make a bluff against Prohibition. [For those of you in Shailerville: The 13th Amendment abolished slavery; The 14th Amendment granted citizenship to all persons born or naturalized in the U.S.; The 15th Amendment granted voting rights to African-American men. The 18th Amendment established Prohibition.]

Killingworth, Feb. 10, 1920: The heavy snow that fell here last week has kept the men folks and teams busy breaking paths, in many places a large amount of shoveling has had to be done as the roads were drifted badly. There was no service at the Congregational Church on Sunday morning owing to bad traveling.

Haddam, Feb. 12, 1920: E.W. Hazen and Ezekiel Shailer were in Hartford to attend the Agricultural and Industrial Exposition.

A novel sight, yesterday, was the plowing of the snow beside the road, with a farm field plow, to break the crust for the road scraper. Eight horses were em-
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I Will Forgive Their Iniquity... Their Sin I Will Remember No More

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

"[Saint] Peter said to them, 'Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit'" (Acts 2:38). Jesus said, "...[The Holy Spirit] will convict the world of sin...because they do not believe in Me" (John 16:8-10). "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. ¹⁸ He who

believes in Him 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" (John 3:17-18). "Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31). "For there is one God, and there is one mediator between God and men, the man Christ Jesus" (1 Timothy 2:5).

Pray to God Like This

"Dear God, I believe Jesus died on the cross to pay for my sins, and that He arose again on the third day. I repent of my sins and ask Your forgiveness. I accept Jesus as my Savior and Lord. Thank You God in Jesus name. Amen.



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Generalized Anxiety Disorders

Anxiety disorders are the most common of psychiatric disorders, and Generalized Anxiety Disorder (GAD) is persistent, excessive, and unrealistic worrying that is not focused on an object or situation.

All anxiety disorders have a high relationship with major depression, bipolar depression, and alcohol/drug abuse. Chronic anxiety may be associated with increased risk of cardiovascular morbidity and mortality.

The diagnosis of GAD requires that a person have at least three of the following symptoms: 1) anxiety that occurs for more days than not for 6 months or more; 2) anxiety, worry, or restlessness (feeling on edge); 3) easily fatigued; 4) difficulty concentrating; 5) irritability; 6) muscle tension; 7) sleep disturbances.

Multiple factors will contribute to a person's development of Generalized Anxiety Disorders (GAD) including trauma early in life, living with anxious parents, and being a female. General Anxiety Disorders typically occur at a later stage of life than other anxiety disorders, with typical onset occurring at 30 years of age.

The most Common Physical Signs include : tremor, rapid heartbeat, shortness of breath, increased sweating, stomach cramping, frequent urination, and a feeling of nervous tension that is often accompanied with shaking, trembling, twitching and body aches. Hyperthyroidism is one of the primary medical causes of anxiety related condition.

Successful treatment approaches generally involve medication combined with psychotherapy. SSRI's, ie Zoloft, Prozac, are generally first-line, but cognitive behavioral therapy which includes problem solving along with exercise are very effective adjuvants to medication. If you experience any of these symptoms, or know someone who does, please do not hesitate to call your physician.

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February update from First Selectman Bob McGarry

By Meghan Peterson, Ph.D.

Tylerville Water

According to McGarry, work on the Tylerville water main continues. As of the end of January, 34 connections had been made, with approximately 100 more to go. McGarry emphasized that “progress is moving right along.”

Dublin Hill Bridge

The Dublin Hill Bridge opened for traffic on Dec. 31, 2019. “It, too, needs work in the spring,” McGarry said, explaining that “the road needs paving, which currently consists of a gravel mix. Sidewalks will need concrete staining. There is about a month’s worth of work that remains.” Here, McGarry noted that this work should finish up “in early spring.”

Higganum Center

McGarry explained that work continues on a community septic system for Higganum center. Recently, he held a meeting with the U.S. Department of Agriculture to confirm on a preliminary basis if Haddam qualifies for funds for rural waste development. As a result of that meeting, it was confirmed that Haddam qualifies as a rural town designation (population under 10,000) and therefore can apply for a mix of grant and bond financing. McGarry says this opens up an “important avenue” to pursue infrastructure development in Higganum Center. Jacobson Engineers, the Town’s engineering firm, has done an early concept design for how the community septic system may be implemented. Currently, the design suggests three separate systems, each under the 7,500 gallons storage capacity that would allow the system to remain under Connecticut Department of Public Health regulations. If the storage capacity is larger, it may necessitate the jurisdiction of the state Department of Energy and Environmental Protection. The idea centers on possibly splitting land between the school property, septic systems and the Rossi property, with a strip of land between the two tanks, transition that over to the Hadda Land Trust for additional public access to Swan Hill.

Scovil Hoe Mill Buildings

The Town is currently applying for a grant to fund

an environmental study of the mill buildings in order to have a clear picture of the “best way to approach” remediation and use. One idea is to clean them up, then subsequently rent or lease them out, McGarry said. Here, he iterated that the “big concentration and focus” is on Higganum Center, noting that there “are a lot of moving parts with what can be done there.” Another approach that McGarry finds positive is a focus on outdoor recreation and activities for area families and visitors. Bill Warner, Haddam’s Town Planner, has been focusing on generating ideas for various hiking and biking trails. McGarry indicated that with the opening of the Cove, such ideas now have greater possibility for occurring.

Citizens Bank, Haddam Elementary School Buildings

McGarry expressed that he is “cautiously optimistic” when it comes to making use of the now-closed Citizens Bank location in Higganum. He envisions that being suitable for an ideal restaurant location. Meanwhile, on behalf of the Town, McGarry has been working with an interested private school organization on a matter of leasing the HES building. At this point, a preliminary lease of terms and conditions has been sent to this school organization interested in leasing the building.

Haddam Town Budget

The budget season is in full swing, according to McGarry. All Town departments and agencies have submitted budget requests to the Board of Selectmen. Four special BOS meetings have been held; the board has likewise crafted a preliminary budget that it will forward to the Board of Finance. McGarry said that approximately five or six agencies/departments came to the Board of Q&A sessions regarding their budget requests. Some requests come in at or below budget levels from the previous fiscal year.

Spring Road Work

Design work for Candlewood Hill to Laurel Heights is in process. Preliminary designs received approval a couple weeks ago, according to McGarry. The plans call for the road “to be widened some as well as road curves softened a little bit.” McGarry highlighted that Jacobson Engineering were “very good to work with.” With the new bond money, the following roads are slated for work this year. As always, work is contingent upon weather and road conditions:

- Clarkhurst Road (Finish work started in 2019)
- Hurd Park Road (Finish work started in 2019)
- Injun Hollow Road
- Christian Hill Rd
- Dublin Hill Road
- LT Shubeal Road
- Depot Road

Little City Road (Possibly drainage work only this year with paving in 2021)

Candlewood Hill, phase 1

Beaver Meadow Road culvert

Economic Development & Revitalization

“The big concern is to try to draw people into Higganum Center and to assist people who have businesses in place there already,” McGarry explains. At the other end of town, he says there are plans for a “large daycare center” to come to Tylerville Center, which would be accessed by Route 154/Saybrook Road. Representatives of the center “have come before Planning & Zoning with preliminary design plans to ensure compliance with the POCD,” McGarry added. Moreover, there is a developer interested in multifamily units in Tylerville, as well as a health and wellness rehabilitation center.

Public Input

McGarry stressed the importance of Haddam residents’ input and involvement in matters that affect them. He made clear that if “people want to have input” in the budget process, it is one that is “open.” The Board of Finance meetings are open to the public, as are the Board of Selectmen meetings. On the point about voicing concerns during the budget process, McGarry says, “My suggestion is: write! Write to the Board of Finance and copy the Board of Selectmen onto your letter or e-mail.”

McGarry added that in light of information that emerged from a recent RSD #17 school budget meeting with the respective boards of selectmen, finance, and jointly-held board of education from Haddam and Killingworth, it is especially imperative residents make their voices heard. He is referencing the fact that as of the official enrollment count taken Oct. 2019, Haddam’s enrollment increased by eight students while Killingworth’s enrollment decreased by 76 students. This change may lead to a million dollar increase for Haddam’s share of the regional school district education budget. McGarry says this, in turn, may lead to a difference of one mil (an increase, in this case) in terms of property taxes. That said, McGarry did note that the Grand List is expected to rise a bit, which may help to offset the consequences of this education budget news. Finally, McGarry said that he attended a “very good meeting” with lots of representatives for the 17 towns within the Connecticut RiverCOG (Council of Governments). State Representative Christine Palm and State Senator Norm Needleman were also in attendance, and McGarry said he was able to speak to them about concerns he had in terms of funding for various town projects, infrastructure and education funding in Haddam. He is looking forward to addressing these issues and more in the weeks and months to come.

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Haddam dog, owner invited to compete at Westminster

By Kathy Brown

Oliver, a miniature poodle from Haddam, was invited to the prestigious Westminster Kennel Club dog show last weekend. He didn't just stand there and look great, though he can do that; he showed all that he can do on an agility course. Oliver, and his owner-handler, Debby DuBay, moved to Haddam three years ago because "I love the woods, the adorable village, and privacy, all while having great access to major highways and close proximity to NYC, Hartford, Springfield, and airports," said Debby.

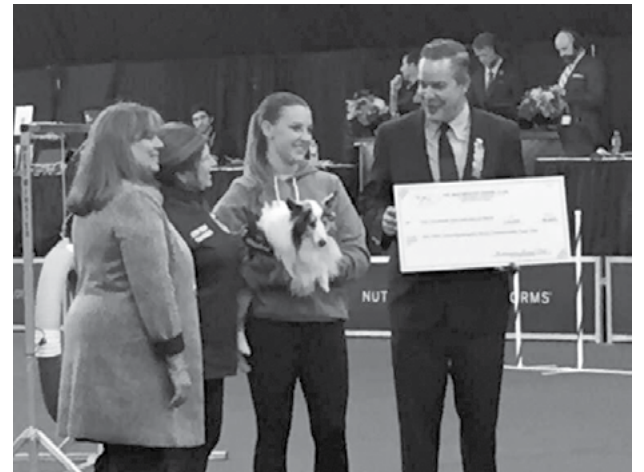
Debby has had an interesting life so far. She had a 21-year career in the US Air Force, and then was the owner of Limoges Antiques Shop in MA and VT; she has also written nine books, and is an expert on porcelain. One thing that has remained the same during those other careers is her love of dogs. She has had purebred poodles for over 30 years. In 2006, she attended the Big E in Springfield, MA and watched an agility trial. She was hooked! "I started training my dogs to do agility - taking classes and watching dogs at agility trials," explained Debby. "It takes years of training, dedication, and patience, and I felt we were ready to attend my first agility trial in 2010 with my Champion standard poodle, Lincoln." Lincoln went on to become a Master Agility Champion MACH. Sadly, he passed away last year. The sport started in the United Kingdom in the late 1970's as a way to entertain crowds during the intermission at traditional dog shows. Dogs can be any size and do the agility course because there are five jump heights. There are popular breeds for agility, but even a "mutt" can learn to do the agility courses.

She wanted something "faster and more competitive" so she purchased her first Miniature Poodle nine years ago. Oliver "became a conformation Champion by nine months old, and then we began training for agility," said Debby. "Oliver is the best dog ever - athletic, smart, focused - the love of my life - and a maniac - making him the perfect agility dog," enthused Debby. He has raked in the accolades. He has been a Master Agility Champion six times, Preferred Master Agility Champion, K9 Good Citizens Award, the AKC's Number One Miniature Poodle in the US in 2017, and was invited to



Debby DuBay and Oliver. Photos courtesy of Debby DuBay.

participate in the Purina Pro Plan Incredible Dog Challenge in 2015. This will was Oliver's fourth time at Westminster Agility. To qualify for Westminster's Agility competition, the dog already has to be a Master Agility Champion. The dog does this by accumulating points, which they earn while running a course faster than the "standard course time." According to Debby, "Westminster is open only to those dogs who have a MACH (or PACH). This means they are a Champion in Agility." There were 330 dogs entered in this competition, according to the Westminster website. Each dog competed in two qualifying rounds consisting of a Standard Agility



Westminster donates to AKC Agility Juniors.

course and a Jumpers with Weaves course. The 10 dogs with the highest combined scores from each of the height classes moved on to the Championship Round. The 50 finalists then vied for the title of Westminster Masters Agility Champion.

If you've never seen a dog do an agility course. It's more than just a few jumps. The dog, guided by the handler, has to negotiate an obstacle course consisting of tubes, ramps, jumps, see saws, and weave poles as fast as they can. There is a lot of dedication involved in having an agility dog. On Mondays, they spend three hours at the Agility Facility in Salem, CT, on Wednesdays, they travel to Hadley, MA and spend an hour and a half training there, plus Debby has an agility field at home to practice when weather allows it, and a room in her house where "we practice flat work." And on weekends, do they sit around cuddling on the couch? No! Almost every weekend they go to a trial, where they run "approximately eight full courses."

"Training dogs is pure joy," said Debby. "Being involved in agility or any performance sport is great exercise, mentally and physically, and is a great social outlet." Debby not only participates with Oliver, she is also the team manager for the AKC USA Junior Agility Team, helping the next generation of handlers. "It is great for building confidence, empathy, and social skills; for making friends and being part of a team," said Debby. "We have juniors all over the US working toward being on the AKC US Junior Agility Team. Every year these juniors and their dog - their best friend - compete in Europe representing the United States of America." She went on to encourage anyone interested in the program or agility in general to contact her on Facebook.

Debby isn't resting on her laurels. She's already training her next dog, Kennedy, who she obtained last April. Since it takes years of bonding and training to achieve a confident and competitive agility dog, Debby works daily with Kennedy. "It's having fun with your best friend; building a relationship." Unfortunately, two faults kept Oliver and Debby out of the finals. However, while there, the Westminster Kennel Club donated \$5,000 to the AKC Agility Juniors!

CONTINUED FROM PAGE H1

Girls' basketball posts back-to-back wins

Continued from page H1

and Carly Rettberg, and freshmen Payton Yazmer and Julia Favalora.

HK Girls Basketball is currently ranked 25th in the CIAC Class M, with postseason play on the horizon.

HK will finish out this week on the road against

Old Lyme (2/11) and North Branford (2/13). HK Girls Basketball's last home game is against Cromwell on February 17, 2020 at 7:00 p.m.

ppg=points per game
apg = assists per game
spg= steals per game
rpg = rebounds per game



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VFW names Teacher of the Year

Continued from page H1

field team. I got to take a lot of interesting classes in high school, including auto shop, journalism, and a history elective about the 1960s."

Prior to becoming a Media Specialist, Katie was an English teacher in middle and high school for ten years. This is her sixteenth year in education. "I've wanted to be a teacher since I was little," said Katie. "I saw how good my parents were at being teachers and how important their jobs were." Katie's father, Phil, was a teacher of English, Latin, and History at HKHS for 34 years, and her mother, Betty, was an English teacher at Haddam Killingworth Middle School for 24 years.

Besides her parents, she said that she had many good role models in teaching here at HKHS. "In high school, Jim Daniels, Gay Fialko, and Paul McCormick were particularly influential and inspiring to me," said Katie.

John Kennedy, the state chairman of the VFW, explained that one teacher from each grade level (elementary, middle, high) is awarded at the state level from all of the local VFWs. Katie was chosen because



Photo by Phil Devlin.

of "her commitment to the community," as well as her PTSD awareness. "She went above and beyond," said Mr. Kennedy. There will be a convention in June where she will receive the state award.

When asked how Katie was chosen, Eric Verner, Principal of East Hampton High School, where Katie teaches said, "Katie was recommended overwhelmingly by members of the Teaching Staff. As a brand new principal to East Hampton, I went to the staff for their input." He went on to say, "What stands out to me is that Katie loves working with kids as well as her passion for all things literary. She loves working with both students and teachers and the Library Media Center is always full of classes or Katie is in a classroom working with students. She is incredibly de-

serving of this honor."

"My favorite thing about my current job is matching kids up with books they love," said Katie. "I have amazing colleagues; I love working with them to design and teach all sorts of different units and lessons."

CONTINUED FROM PAGE H3

100 years ago

Continued from page H3

ployed in improving the traveling through the snow.

East Haddam, Feb. 17, 1920: Dr. N.W. Plumstead is contemplating the purchase of a new car with regular doctor's coupe body and equipped with starter, generator, etc., as "Doc" says he does not enjoy "spinning them" (cranking) during the cold weather.

Ponsett, Feb. 20, 1920: John Milanase has purchased an incubator and expects to hatch a large number of chicks this spring.

The rural carrier has only succeeded in getting through on the turnpike, the back roads still being impassable.

Killingworth, Feb. 25, 1920: Herbert Stevens moved a building from Winthrop on a sled for Mrs. Frederick Winkel the last of the week.

Word has been received from Mr. and Mrs. P.E. Parmelee that they will leave Tuesday from Cades, S.C. for their home here. Their many friends will welcome them home.

Higganum, Feb. 25, 1920: The people about town were pleased to have the Chester laundry truck come to town again as it has been a number of weeks since it was here on account of the weather.

The Russell Co., of Middletown, is now running their truck to convey their help to and from work.

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

LEGAL NOTICES

YOU ARE INVITED TO A

PUBLIC INFORMATION MEETING TOWN OF HADDAM

State Project No. 60-162
BRIDGE ROAD SIDEWALK PROJECT

To be held
Thursday, February 27th, 2020 at 6:30 PM
Old Haddam Town Hall

Field Park Drive, Haddam, CT

Residents, business owners and other interested individuals are encouraged to take advantage of this opportunity to discuss this project in the Town of Haddam.

This Town sponsored project is proposing the construction of a sidewalk along Route 82 (Bridge Road) beginning at Route 154 and ending at Eagle Landing State Park. The project also includes traffic signal improvements, minor drainage modifications, curbing, lighting, landscaping and an ADA compliant crosswalks with rectangular rapid flashing beacons.

Pursuant to Section 13b-31d of the General Statutes of the State of Connecticut regarding scenic roads, written comments regarding the proposed improvements along Route 82 which is a State designated scenic route will be received until March 14, 2020.

For more information, contact Bill Warner
at (860) 345-8531 ext. 219
email: wwarner@haddam.org

Location is ADA accessible
PLEASE JOIN US ON
February 27th, 2020 at 6:30 PM

Haddam Land Use Office

PLANNING AND ZONING PUBLIC HEARING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on March 5, 2020 at 7:00 p.m. to act upon the following item(s):

1. Request for a special permit to change a non-conforming use to allow for a Fitness Gym in existing facility at 66 Killingworth Rd. Map 14 Lot 29-1 Applicant: Polke Grace Associates
2. Request for special permit to convert a commercial office building to a residential therapeutic and wellness center at 7 Island Dock Rd. Map 26 Lot 007A Applicant: West Wind LLC

Said applications are on file in the Land Use Office of the Town of Haddam.

Planning and Zoning Commission, Haddam CT

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

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Soul Fit Connecticut

By Kathy Brown

Alli Behnke started Soul Fit in June 2019 in her home studio in Higganum, where she runs a variety of private fitness groups for a small number of clients. She has come to be a coach, trainer, and therapist in a roundabout way. Alli has been a social worker for the past 18 years, focusing on children and families who “struggle with a variety of challenges: depression, anxiety, stress, low self esteem, etc.,” Alli explained.

“Fitness has always been an important part of my life,” explained Alli, “but it wasn’t always in the healthiest way.” After having children, she ran as a way to cope with the stress of balancing career and family. She found that running helped her to “remain positive, empowered, and provided natural stress relief.” She earned her SPIN certification, and then completed training as a Certified Personal Trainer, and decided to blend her two passions: mental and physical health.

One of the challenges that Alli helps with is fitting fitness into an already stressful and busy life. “I utilize Motivational Interviewing skills in my private and group sessions to motivate and empower members to achieve permanent results and lifestyle changes,” explained Alli. “I want to provide an environment where you discover what has been



Below: Ali Behnke. Photos courtesy of Alli Behnke.



holding you back from fitness and what skills I can support you in developing to achieve overall well-being and happiness.” This approach for the whole person is what sets Soul Fit apart from other fitness studios and gyms.

She knows that many factors play a role in holding people back from achieving their goals. She wants to be that “trainer, coach, and therapist who understands

that it isn’t just as simple as losing weight, eating healthier, and exercising more.”

Alli offers 7-10 group sessions a week, with a maximum of five members in each class. She also offers private training.

“I utilize SPIN (indoor cycling), as well as various HIIT (High Intensity Interval Training), sports conditioning, and Boot Camp strength and power training to achieve fitness goals,” explained Alli. “Many of the Soul Fit group sessions include a support group approach to empower members to support each other through all of the challenges that are often a part of all of our lives. My goal is to help motivate you, guide you, educate you, and hold you accountable so that you can build that lifestyle you choose and desire.”

“We have lived in Higganum for eight years, and LOVE the community,” said Alli. “My goal for Soul Fit is to be a resource for the HK community. I hope to encourage more community members who just haven’t found the right place where they feel safe to increase their fitness, empower themselves, and make new friendships, to reach out and try a class!”

She has a new group that might just be what you need: a group of 5-6 people who are all hoping to move forward, end bad habits, and find wellness. It will meet every Saturday morning, starting with a spin class to “ignite your body” then moves to a class/group that “will cover a variety of topics around nutrition, wellness, fitness, primary foods, secondary foods, and achieving goals.” She is in the process of becoming certified as an Integrative Nutrition/Health Coach.

“I hope in the future to be a leader in the combination of physical and mental health,” said Alli. “I truly believe that fitness has a real place in helping people find life satisfaction and overall well-being. I hope to encourage more mental health professionals to find ways to incorporate it into practice in the future.”

Check out her website and see if it’s the right fit for you!

Timeless Interiors

By Kathy Brown

Rachel Schemmerling, of Killingworth, established Timeless Interiors in 2007 after realizing that interior design was the culmination of all of her interests and talents. “I had a degree in Hospitality Management, managed a Bed & Breakfast, and was also a floral designer. I went back to school for Interior Design in 2001,” said Rachel, who grew up in Madison, and has lived in Killingworth since 2003. She did take a break from Timeless Interiors from 2013-2017, but she’s back at it. “I love to help people realize that they can live comfortably without sacrificing their style,” said Rachel.

This “one-woman show” is based in Killingworth and Rachel travels to her clients’ homes. She tries to utilize local services first. Her bookkeeper is a Killingworth resident, as is her web designer. She offers interior design consultation, home staging of homes for sale, color consultations, tabletop and holiday styling, and shopping services, as well as Designer for a Day packages (6 hours of design time for one room), and Home Restyling, full service “from concept to completion.”

If you aren’t sure what those services entail, for instance, when you look at her website, you can see more detail about her Designer for a Day package:

“From accessories, space planning, window treatments, and soft furnishings to selecting the right paint colors, together with my assistance will expertly tailor your space. The finished product is a design plan created in a period of a day for one



Above: Rachel Schemmerling. Photos provided by Rachel Schemmerling, courtesy of Amy Etra Photography

room/area in your home. Preceded by an initial consultation required.

I can re-create your space by utilizing what you already have and add/or with a few small purchases. Perhaps, if you are selling your home I can set it up so the house looks it’s best and appeals to everyone and that get it sold faster and for more.”

She wants her services to be affordable, so that busy professional families “can take advantage of having a whole room transformed in a short period of time and that downsizing homeowners or realtors trying to sell a property have a choice in staging services that is affordable and easy,” explained Rachel.

Rachel loves to work with older homes, as well as new homes. “Historic preservation is a love of mine,” said Rachel. “I am currently co-chair of PRESERVATION2020, a capital campaign to restore and pre-



serve the nearly 200 year old Congregational Church in Killingworth.”

Check out her Facebook Page, and her website: www.timelessinteriorsct.com for more information about her services.

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HKHS update: January and February

By Donna Hayward, Principal, HKHS

Greetings from Haddam Killingworth High School!

As we start off strong for second semester, we are already looking ahead to 2020-21. Once again, we will be using the online course selection process through the PowerSchool portal. Stay tuned for more information in the coming weeks about the course selection process.

In the meantime, I am as proud as ever to share good news and celebrations from the high school.

Athletic Update

Talbott named CHSCA Softball Coach of the Year

Congratulations to Head Softball Coach Jeff Talbott for being named the Connecticut High School Coach of the year! Talbott took over the program in 1999 and, is 300-169 in 21 seasons with one state championship and two Shoreline Conference titles. In 42 seasons, the Cougars have qualified for the State tournament 41 times. Pictured is the 2019 team with Coach after his 300th win.

Sportsperson of the Week: Juliana Gagliardi

Juliana Gagliardi was selected as the Sportsperson of the Week for The Source. She is having a great debut season on the high school gymnastics circuit this winter. A freshman, Juliana is one of three athletes from the HK/Morgan/Hale Ray co-op gymnastics team. Three meets into the season, Juliana has been recording scores in the high 8s and low 9s in all four of her events. Juliana is a Level 8 gymnast.

Culinary Arts

The culinary arts students were very busy throughout the fall semester. The basic food classes learned various cooking techniques such as sautéing, baking, roasting, pan frying, steaming and much more. They finished off the semester with another trip to CT Style showing off the winning gingerbread house from the annual gingerbread house competition.

The international cuisine class dove into recipes from many different countries, Italy, France, Poland, Greece to name a few. They finished off the semester with making food from different regions of the good ol' USA. A new semester has started with new students in the culinary classes. All are very excited to learn all the tricks of the trade in the culinary world.

Child Development News

Students in Early Childhood Internship and Laboratory Experience wrapped up the year with an in-school field trip to the HK Cubs Childcare Center. The field trip allowed the students to see how the Childcare Center operates throughout the school day. Students were able to assist in the routines of the day, see caregivers handle the achievements and challenges of each stage of early childhood (infant, toddler, and preschool) as well as the transitions between activities.

The children from the HK Cubs refer to the high school students as the "Big Kid Friends" and enjoy working with them in the Center as well as the child development classroom. High School students lead an activity with the toddlers or preschoolers on Thursdays and Fridays. This activity, known as "Big Kid Time," begins with a greeting, welcome song, read aloud, a fine motor activity (toddlers or preschoolers working the muscles in the hands and fingers) such as play dough, art, finger plays, and ends with a gross motor activity or exploration for toddlers (free play with toys that relate to the story and fine motor activity of the day.) Plans and preparations for the activity precede the delivery each week and a reflection and evaluation follows to discuss "Big Kid Time" outcomes.

Interns and the Laboratory Experience class also spend time in the Center working along with the caregivers to see the children in their regular routines.

In addition, Introduction to Child Development concluded in semester one. This class investigates

growth and development in childhood, heredity and environmental influences on the individual, family strengths and stresses, physical, social and emotional development, and intellectual development. Students researched a theory of development to share with the class. Weekly observations of children in the daycare center linked the class content to behavior.

News from the HK Players

This year, HK Seniors Devin Coon and Arjun Badami will be directing One-Act plays as a culmination of their careers on the HK Stage.

Arjun Badami will direct, The One-Act Play "Disaster," by Don Zolidis. Badami has been a member of the HK Players for four years, acting in eleven plays on the HK stage throughout his time in high school, including as the Cowardly Lion in The Wizard of Oz and as Scrooge in A Christmas Carol. The One-Act Play Disaster is the tale of a group of actors who attempt to put on a play about a thrilling heist, but fail miserably. The show includes such gags as furniture that falls and breaks, a smooth-talking con man who has stage fright, and a recent but still contemptuous breakup between one of the actors and the lighting person.

Devin Coon's Show, "The Internet is distract-OH LOOK, A KITTEN!" is also a mad-cap comedy. In it, main character Micah only has forty-five minutes to finish her paper on The Great Gatsby. She just needs to check a few facts on the internet first. Unfortunately, the Web is a nefariously wacky place where boxing cats, Russian spies, and competitive streaming services threaten to take over Micah's schoolwork, or worse. Will she finish her paper and escape with her life before the school bell rings? Come see the high-octane comedy that explores the rabbit hole of distraction we all go down every time we go online. The one-act plays are scheduled for Thursday, Feb. 20, at 7:00 p.m. in the HK High School auditorium. Admission is free.

HADDAM SENIORS

Haddam Seniors' Bus Service

By Elaine Jackson

The Senior van is a service provided by the Town of Haddam for all Senior residents over 60 and disabled individuals. You may call for a ride to a doctor's appointment, physical therapy or any type of medical or personal appointment. The service is available to any

location within the greater Middlesex area. You may call as late as the day before the appointment to schedule pick up. In addition, the van travels to Walmart in Cromwell every Tuesday morning for shopping.

On the third Thursday of each month a special trip is planned to a point of interest. This would include lunch at some type restaurant depending where the trip takes you. We ask that you reserve your seat a

few days in advance of the trip. Check the senior center calendar of events for details.

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

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

Haddam Killingworth 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 Haddam-KillingworthNow.com and the Haddam Civic League

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The 2020 Relay for Life of Haddam-Killingworth wants You!

By Elaine Jackson

Are you tired hearing about another cancer diagnosis? Are you fed up seeing good people battling a disease which shows no mercy? Young and old, rich or poor, regardless of religious beliefs or political affiliation, cancer does not discriminate.

Would you like to be inspired by individuals, while being extremely scared, continue to persevere in life one day at a time?

How about being a part of a group that takes pride in putting smiles on faces, if only for a few hours, of people who thought they would never smile again?

If you answered "yes" to any one of these questions, even if you thought about saying "yes" to any one of these questions, come join the fight by getting involved at this year's Relay for Life of Haddam-Killingworth. We are always looking for new faces with fresh ideas to make our event more successful.

Please consider joining our fight by attending this year's event on June 27, 2020 at the Haddam Killingworth High School from 12:00 noon until 10:00 p.m.

If you would like to help out, or just find out more about The Relay for Life, feel free to attend one of our meetings. To register a team, or find more information, visit our event website: www.relayforlife.org/hkct. Luminaria's will be available to purchase prior to event and day of event.

Meetings are held monthly and are open to all. See below:

- March 18, 2020
- April 22, 2020
- May 20, 2020
- June 24, 2020

All meetings are held at the Haddam-Killingworth High School, Little City Road, Room C112, 6:30 p.m. – 8:00 p.m.

Ed Yantosh, Event Lead, (c) 860-918-0962

CAMPUS CORNER

Local students shine at colleges, universities

Annelise Walsh named to Colby College's Fall 2019 Dean's List

WATERVILLE, ME (01/28/2020)– Annelise E. Walsh of Killingworth, Conn., was recently named to the highly selective Dean's List at Colby College in Waterville, Maine, for outstanding academic achievement during the fall semester of the 2019-20 academic year. Walsh is one of 566 Colby students, or 27 percent of the qualified student body, to make Dean's List last semester.

Walsh, a member of the Class of 2020, attended Haddam Killingworth High School and is the daughter of Sean and Diane Walsh of Killingworth, Conn. Walsh earned a semester grade point average of 3.75 or higher last fall to be included on Colby's Dean's List.

Jane Bell named to Snow College's Fall 2019 Dean's List

EPHRAIM, UT (01/29/2020)– Jane Bell, of Killingworth was named to Snow College's Fall 2019 Dean's List. Bell was among more than 900 students named to the Fall 2019

Dean's List.

To qualify, students must earn a GPA of 3.5 or higher and complete a minimum of 15 credit hours.

Christopher Walczak Named to Central Connecticut State University's Fall 2019 Dean's List

Christopher Walczak of Killingworth was recently named to the Fall 2019 Dean's List at Central Connecticut State University. Walczak earned a 3.7 GPA in the School of Engineering, Science and Technology at CCSU. He is studying the field of Mechanical Engineering.

Civiello named to Western New England University's Fall 2019 President's List

SPRINGFIELD, MA (02/11/2020)– Western New England University congratulates close to 500 students named to the Fall 2019 President's List.

Jonathan Civiello of Killingworth is working toward a BSE in Mechanical Engineering.

COMMUNITY

H-K Hall of Fame names 2020 honorees

By Elaine Jackson

This year's Eleventh Annual H-K Hall Of Fame Honorees celebration honors six individuals who have served their communities with distinction for many years.

Please join us for dinner as we honor Elizabeth "Betty" Cernan, Robert Kadrle, Betty Meyer, Susan Rutty, Carol Sheridan, Edward Yantosh with their induction into the HK Hall of Fame.

The dinner is on Thursday, May 7, 2020 at 6:00 p.m. at The Riverhouse, 55 Bridge Rd, Haddam, CT Tickets are \$40 for dinner. There will also be a Silent Auction which benefits the HK Hall of Fame Civic Achievement Award. To purchase tickets please call 860-345-4534, Sharon Shettleworth.

HADDAM KILLINGWORTH YOUTH & FAMILY SERVICES

HKYFS Prevention Coordinator Lindsey Lehet is leaving

By Carol Dupuis, HKYFS

It is with great sadness that we announce the good fortune of one of our very special staff members at Youth and Family Services of Haddam-Killingworth (YFSHK). Our Prevention Coordinator, Lindsey Lehet, has been given an opportunity she can't refuse. Our grant funding, which pays most of her salary, will be over at the end of June and she has found a new opportunity. She will be working for the Community Health Services in Middletown, starting the first week of February. Fortunately for us, Lindsey lives in Higganum and wants very much, along with her family, to remain active in our activities, as volunteers.

Lindsey has been with us for a year and a half and

in that short amount of time has done an amazing job in the area of education and prevention of drug and alcohol abuse, the opioid crisis, vaping and e-cigarettes for our young people and their families. She has become well known in the area for her vaping presentations. Lindsey has grown groups of students at each age level to become active in changing perceptions about vaping including the belief that "all the kids are doing it," which clearly is not true. The students have taken on after school activities to promote healthy choices and giving back to their communities. To fill the gap that Lindsey will leave, our agency staff, along with a couple of teachers, will be sure these activities and all our planned events will go on for the rest of this school year.

YFSHK Director, Laurie Ruderfer, has been work-

ing hard on planning for the future, with support from our Board of Directors. We are looking ahead to next school year to define how we will carry out our mission as we seek to generate a new funding stream to replace the grant that has supported Lindsey's work. We will explore ways to provide prevention services and the programs that we offer for our youth, including those we run in the schools.

In the meantime, we extend our best wishes to Lindsey, along with gratitude for all she has done for our community and the agency. We are very proud of the work she has done and look forward to having her continue her relationship with us. We also thank her husband Kevin, sons Max and Cody, her therapy dog Molly and her Mom, Barbara for their help with many activities.

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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

Thursday, February 20

Field Trip Day: Flower Show Hartford. – Haddam Senior Center, 9:15 am.

Admission is \$16 for Seniors.

Toddler Tunes is back! – Brainerd Memorial Library, 10:30 - 11:00 am.

Toddler Tunes is back! Mr. Dan will be leading this program along with his signature instrument, the keyboard! Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Appropriate for children ages 1 to 3, but siblings are always welcome. A music and movement program for toddlers and their caregivers. Sing, dance, make music, and read a simple story.

Card Angels – Brainerd Memorial Library, 5:00 - 8:00 p.m.

Card Angels are a group of volunteers who meet at the Library once a month to make cards with happy messages for those in cancer treatment centers and rehab/nursing homes. Please come out and help! All materials will be provided. No card making experience required. Refreshments are provided. Donations of glue sticks/adhesive, bright/colorful scrapbook paper and embellishments are accepted and appreciated. For more information, please contact Jessie at cardangelsct@gmail.com

Like us on Facebook/CardAngelsCT

Killingworth Board of Selectmen meeting 6:00 – 8:00 p.m.

Killingworth Library Mystery Club 6:30 – 8:00 p.m.

Join us as we discuss Agatha Christie's *The Murder of Roger Ackroyd*. Extra copies will be available at the circulation desk. Newcomers always welcome! For more info: <https://killingworthlibrary.org/>

HKMS Winter Sports Awards, 6:30 – 8:00 p.m.

Haddam Planning and Zoning meeting, 7:00 – 9:00 p.m.

HKHS Presents One Act Plays 7:00 – 9:00 p.m., HKHS Auditorium.

(Snow date: Feb. 21, same time)

Friday, February 21

Toes on the Go – Haddam Senior Center. Please call to make your appointment 860 345-2480.

Sit and be fit DVD exercise series. Haddam Senior Center, 10:30 a.m.

Setback Game – Haddam Senior Center, 1:00 p.m.

Wingspan Game Night – Killingworth Library, 4:00 – 6:00 p.m.

Adults and older teens are invited to learn how to play the award-winning, engine-building board game *Wingspan*! Held on the 3rd Friday of every month. Participants play bird enthusiasts seeking to discover and attract the best birds to their wildlife preserves. You'll learn a lot about birds and their habitats, while having fun! Attendance is currently limited to four people, with guidance from staff

member Josh. If we get enough interest, we will expand to a second game board – so if the current session is full, don't hesitate to join the waiting list.

<https://killingworthlibrary.org/>

Saturday, February 22

Haddam Board of Finance Budget Workshop, 9:00 - 11:00 a.m. (Old Town Hall)

Super Saturday Storytime – Killingworth Library, 10:15 a.m. – 10:45 a.m.

Weekly family fun for kids of all ages! Drop-in format, no registration necessary. Adult must accompany child.

Yoga for Kids – Killingworth Library, 10:45 – 11:30 a.m.

Learn to stretch, relax, and unwind in these sessions led by Amy de Lucia-Ferri of Well Yoga & Mindfulness Studio of Clinton. Children must be accompanied by an adult. Space is limited, so please register through the Library.

<https://killingworthlibrary.org/>

Video Game Free Play – Brainerd Library, 12:00 – 2:00 p.m.

Looking to get away from the cold? Come hang out and play some video games for the afternoon! Try out a variety of systems like the Nintendo Switch, Nintendo 64, PlayStation 2, Sega Dreamcast, and more. Enjoy some classics or try your hand at something more modern and learn about how different consoles work. All ages are invited to join.

Sunday, February 23

Sundays with the Suffragists, Part Two – Killingworth Library, 3:30 – 5:30 p.m.

Join us for a viewing of the film *Iron Jawed Angels* (not rated, running time 2 hours 3 minutes). Not recommended for younger viewers, due to some scenes of violence. This film recreates the story of suffragist leader Alice Paul and activist Lucy Burns played by Hillary Swank and Frances O'Connor. All programs in this series are free, but space is limited. Please pre-register for this session by click the box below or contact the library at 860-663-2000.

Monday, February 24

HVFC Auxiliary Meeting, 7:00 p.m. – 8:30 p.m.

Regular monthly meeting at Company #1, 439 Saybrook Road. New members are always welcome.

Ukulele Group – Meets weekly on Mondays at Haddam Senior Center, 9:30 a.m.

Haddam Committee on Aging meeting, 10:00 a.m. – 12:00 p.m., Town Hall Annex Bldg.

Club 60 – Haddam Seniors, 1:00 pm.

Tech Time – Killingworth Library, 3:30 - 4:30 p.m.

Learn how to download audiobooks to your phone, using Overdrive and Hoopla! Do you want to try out the library's new expanded collection of downloadable audio books but just aren't sure how to do it? Join some tech savvy library staff and have your questions answered!

Bring your iPhone or smart phone with you and we will step you through the process (you will also need your library card #). This program is free, but advance signup is requested. Please contact the li-

brary at 860-663-2000.

Haddam Board of Finance Special/Regular Meeting and Budget review, 6:30 - 8:30 p.m.

Culinary Book Club – Brainerd Memorial Library, 6:30 – 8:30 p.m.

The Smitten Kitchen Cookbook by Deb Perelman (Review the book and share a dish)

Killingworth Board of Selectmen Meeting, 7:00 – 9:00 p.m.

Tuesday, February 25

Preschool Storytime – Brainerd Memorial Library, 10:30 - 11:00 a.m.

Preschool Storytime takes place every Tuesday at 10:30 a.m. Join us for themed stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

Hypertufa Workshop – Town & Country Nurseries, 5:00 - 7:30 p.m.

Join us for a hands-on workshop on February 25th! Get the chance to create your own hypertufa container. Create a perfect planter for your herbs, bedding plants or succulents. This is a fun and exciting workshop for the winter. Please make sure you wear appropriate clothing especially since this can be a messy project. You will be able to make 2-3 pots from hypertufa.

Class Fee: \$30. Please register in advance. Space is limited. Call 860-345-8581 or e-mail towmandcountryhaddam@gmail.com

Killingworth Elementary School LegoFest, 6:00 – 6:30 p.m., Killingworth Elementary School.

Setback Tournament 6:00 - 8:30 p.m. - Haddam Volunteer Fire Station.

\$10 pp, Doors open at 6:00 pm, game starts at 6:30 pm, light refreshments served, BYOB. Proceeds for Haddam Social Services. First come first served for tables/teams. Contact Lori to reserve your spot at lori.fireworks@comcast.net; or 860 345-4221.

RSD17 Board of Education meeting, 7:00 – 9:00 p.m.

Wednesday, February 26

Silver Threads (recorders) - Haddam Senior Center, 9:30 a.m.

Readers and Eaters – Killingworth Library, 4:30 – 5:30 p.m.

4th and 5th graders are invited to join us as we compare and contrast the NOVEL of *A Wrinkle in Time* by Madeline L'Engle with the GRAPHIC NOVEL of *A Wrinkle in Time*. A great choice made by our Readers and Eaters themselves, it's sure to be a fascinating discussion! Extra copies will be available at the circulation desk. Snacks will be provided at the program. (Please note the new day and time.) Space is limited, so reserve your space by calling the library at 860 663-2000

Nutmeg Book Club – Brainerd Memorial Library, 6:00 – 7:00 p.m.

The Nutmeg Book Club returns! If you are in grades 4 – 6, join us on the last Wednesday of each month from 6:00 to 7:00 p.m. for a lively discussion of a selected Nutmeg nominee. Be prepared to enjoy pizza, snacks, book-related activities, and trivia. February's meeting takes place on the 26th and the selection is *All Rise for the Honorable Perry T. Cook* by Leslie Connor. Please register by calling 860-345-2204 or visiting www.brainerdlibrary.org.

Haddam Conservation Commission meeting, 7:00 – 9:00 p.m. – Community Center



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HADDAM VOLUNTEER FIRE COMPANY



Photos by Olivia Drake.

HVFC responds to one-car crash on Route 9: February 6

By Donna Hayward, Principal, HKHS

Haddam Volunteer Fire Company and Middletown South District responded to a motor vehicle accident at 4:35 p.m. on Thursday, Feb. 6, on Route 9 near the

Exit 9 off ramp.

A driver lost control of his vehicle, struck a wire guard rail, went off the road, and stopped on the shoulder. The driver was evaluated on scene by EMS personnel from Haddam Ambulance Service. He

refused additional medical treatment. Firefighters blocked one lane of traffic during the incident for about 45 minutes and swept debris off the road.

The incident is under investigation by the Connecticut State Police.

MEMORIAL DAY 2020

Veterans' personalized bricks: order deadline is April 1

By Rick Annino

Each Memorial Day, the Museum places an order for 4 x 8 inch red engraved bricks to be placed in the Memorial Walk in front of the Museum. These bricks are to honor any Veteran that has been honorably discharged from any branch of the Armed

Services. They do not have to be a resident of the Town of Haddam and the bricks will be placed by Memorial Day.

The bricks are \$55.00 each. This is not a fund raiser and they are sold at cost. All orders must be received by April 1, 2020. Forms are available here by clicking on the link: Engraved Brick Order Form

2020. Additional forms are available at the Town Hall or by contacting Rick Annino at 860-345-4802. Please make checks payable to the Haddam Veterans Museum and mail to Rick Annino, 671 Little City Road, Higganum, Conn., 06441. You may also call Rick if you have any questions.



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12:00pm - 3:00pm, Saturday, February 22nd, 2020

Taking place in MCV STAR and Common area
317 West Main Street, Chester, CT

Masonicare
at Chester Village



\$5.00 Fee. Kids under 12 FREE

All Proceeds will go to the Chester Hose Company
For more information and a list of participating restaurants go to masonicare-chestervillage.org



Photo provided by Juliana Gagliardi.

HK/Morgan/Hale-Ray Gymnastics Co-op vs. LOL & Valley Regional High School at Shorelines

By Juliana Gagliardi, HKHS Gymnastics Team Captain

The HK/Morgan/Hale-Ray Gymnastics Co-op had a meet on Friday, February 7, 2020 against Mercy and Valley Regional at Flip Flop Gymnastics for the Shoreline Conference.

First Place: Valley Regional: 111.95

Second Place: Lyme Old Lyme: 106.5

HK did not qualify as a team.

Vault

- Juliana Gagliardi (HK) 8.85
- Grace Jacaruso (VRHS) 8.3
- Maria Denya (LOL) 8.2
- Kendra Cika (VRHS) 8.0
- Summer Siefken (LOL) 7.85
- Katherine Bergman (HK) 7.75
- Julie Hartt (VRHS) 7.5
- Grace Arnold (LOL) 6.95
- Raquel Farray (VRHS) 6.7
- Sami Olsen (LOL) 6.1

Bars

- Maria Denya (LOL) 8.3
- Juliana Gagliardi (HK) 8.2
- Grace Arnold (LOL) 7.4
- Grace Jacaruso (VRHS) 7.2
- Julie Hartt (VRHS) 6.9
- Kendra Cika (VRHS) 5.9
- Summer Siefken (LOL) 5.25
- Sami Olsen (LOL) 5.1
- Katherine Bergman (HK) 5.0
- Raquel Farray (VRHS) 4.9

Beam

- Juliana Gagliardi (HK) 8.2
- Katherine Bergman (HK) 8.05
- Maria Denya (LOL) 7.9
- Grace Jacaruso (VRHS) 7.45
- Kendra Cika (VRHS) 7.3
- Julie Hartt (VRHS) 7.05
- Summer Siefken (LOL) 6.1
- Grace Arnold (LOL) 6.0
- Sami Olsen (LOL) 5.4
- Raquel Farray (VRHS) 4.8

Floor

- Juliana Gagliardi (HK) 8.9
- Maria Denya (LOL) 8.9
- Grace Jacaruso (VRHS) 8.05
- Kendra Cika (VRHS) 7.9
- Katherine Bergman (HK) 7.9
- Sami Olsen (LOL) 7.4
- Julie Hartt (VRHS) 7.4
- Grace Arnold (LOL) 7.35
- Summer Siefken (LOL) 7.3
- Raquel Farray (VRHS) 6.3

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EDUCATION

Haddam Killingworth High School holds 11th Annual College Fair: April 22, 2020

By Christine Smith, RSD #17

Haddam-Killingworth High School will host its 11th Annual College Fair on Wednesday, April 22, 2020, from 10:00 a.m. – 11:30 a.m. in the Fieldhouse. Representatives will be attending from two and four year colleges, technical schools, the military, and other local community organizations.

This is a great opportunity for families to ask questions and gather information about the college process! For further information, please contact Christine Smith at 860-345-8541 or csmith@rsd17.org, or visit our website – www.rsd17.org.



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