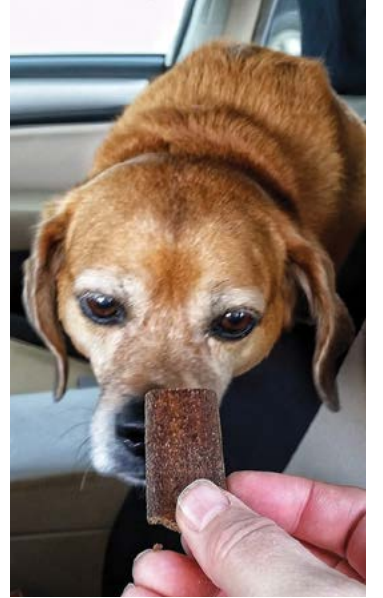


IT'S A DOG'S LIFE: CANINE COMPANIONSHIP IN NEW ENGLAND WINTER



This column has become a reader favorite. Here are some highlights from the last two weeks at the Haddam Transfer Station, where everyone loves to bring their dogs.

Town sustainability event March 6

By Kathy Brown

In September 2018, Haddam registered the town as a “participating community” in Sustainable CT. According to the minutes of the Sept. 10, 2018 Board of Selectmen meeting, “This resolution is an ongoing process looking at recycling, infrastructure, energy savings, within our community [to] help make Connecticut sustainable on many different levels . . . Sustainable CT is a comprehensive, statewide, action-oriented voluntary certification program, built by and for municipalities, with the vision that Sustainable CT communities strive to be thriving, resilient, collaborative, and forward looking. They build community and local economy. They equitably promote the health and well-being of current and future residents. And they respect the finite capacity of the natural environment.”

The committee hit the ground running. In just a few short months:

the plastic bag recycling initiative which was started in November has been very successful.

The committee is working on getting paint recycling at the Haddam Transfer Station.

the committee started spotlighting different areas of the Haddam Transfer Station to increase recycling.

A compost bin was installed at the Haddam Town Office Building. Another, more centrally located bin, is in the works.

“If we all take a small part, it is much easier,” said Kristin Battistoni, committee member and Haddam Tax Collector. She advises that if a company uses packaging that isn’t recyclable, contact them by Tweet, Facebook, or Instagram. “We have gotten some positive responses but we need help with this,” said Ms. Battistoni.

You are invited to attend a community gathering on March 6, 2019 to explore other opportunities within Haddam to strive to be thriving, resilient, healthy, and economically strong. There will be a guest speaker, Jessica LeClair of Sustainable CT. The event will be held at the Haddam Firehouse (439



Compost bin at Town Office Building. Photo by Robin Munster.

Saybrook Road, Higganum) starting at 6:30 p.m. Town, Service, & Community Organizations are encouraged to attend; all ages welcome. Light refreshments will be provided. RSVP to edccordinator@haddam.org or 860-345-8531 x202.



Cub Scout Pack 40 visits HVFCo.

By Olivia Drake, HVFCo.,
Public Information Officer

Wolf Scouts from the Connecticut Rivers Council Pack 40, Den 7 Higganum visited Haddam Volunteer Fire Company on Feb. 3, while working on a Hometown Heroes adventure. Lt. Tony Lafo spoke to the boys about firefighting and offered them a tour of Engine 6-13 and Rescue 5-13. Scouts had the opportunity to try on an air pack, sit inside a firetruck, and hold Hurst rescue equipment.

HKHS honor roll for second quarter of 2018–19

By Christine Smith, RSD17

High honors is awarded to students with a quarter Grade Point Average (GPA) of 3.7 or higher; Honors is awarded to students with a quarter GPA of 3.3 or higher (both refer to weighted GPAs, where AP/Honors level courses have an added point value over college prep courses).

HIGH HONORS ~ GRADE 12

Anziano, Emma Katherina
Beecher, Caleigh
Bell, Jane Sabina
Blodgett, Sally Elizabeth
Botteon, Troy William
Boyington, Elena Grace
Brown, Dalton Edward
Bruder, James Joseph
Carlson, Nate Richard
Cassidy, Hailey Elizabeth
Celano, Catherine Mary
Chan, Esmee Lin
Chute, Connor Anthony
Civiello, Jonathan Daniel
Coady, Autumn Nettleton
Conti, Rebecca Catherine
Criscuolo, Kyle J
Duval, Matthew Scott
Ferguson, Trent Erik
Figurelli, Erin Rae
Flaherty, Michaela Elizabeth
Giambanis, Dimitrios
Georgios
Herbst, Marianne K.
Hinds, Eleanor Rebecca
Johnson, Lindsey Anne
Knapp, Tyler David
Kubacka, Curtis J
Kuehn, Andrew Jonathan
Kulmacz, Gabriella L
Lavoie, Colton Clay
Mack, Chase
Marciniec, Zachary Robert

Martino, James Robert
Martone, Daniel Martin
McGoey, Katherine E
McLeod, Hannah Rose
McManus, Elizabeth Anne
Murray, Carter Lee
Nelson, Kyle Christopher
Nuzzo, Sarah Grace
Peoples, Kerri Grace
Sample, Bryan Wallace
Sasso, Juliette Anastasia
Serbent, Nolan Matthew
Sleight, Alicia Rose
Snyder, Noah Andrew
Statkiewicz, Sierra Nicole
Strom, Sadie Ann
Tucker, Erin Kathleen
Tupay, Jordan Kayla
Wettemann, Karina Marie
Williams, Thomas Thesiger
Wright, Owen Thomas
Zanelli, Jared Alan

HIGH HONORS ~ GRADE 11

Adelberg, Jasmine Skyler
Andrews, Michelle Jeanne
Badami, Arjun Vikram
Barrueta Azaola, Gorka
Biondi, Adelle Marie
Bobbi, James Peter
Callis, Julia Elizabeth
Champagne, Dylan Thomas
Chrzanowski, Teagan Murphy
Conklin, Emersyn Patricia
Corey, Phoebe Ngoc Thao
Crandall, Kaitlin Gillespie
Dragoo, Schuyler Rae
Duncanson, Ashley E
Elkin, Matilyn Sage
Ellex, Jenna Marie
Erskine, Samuel James
Frohlich, Peyton Richard
Hazlett, Colton Jeffrey
Herrmann, Olivia Christine
Houlton, Elijah Henry
Houlton, Zachary Hobson
Jenkins, Reilly Margaret

Lamontagne, Luke Jacob
Lamoureux, Jordan Danielle
Leavitt, Hanna Rose
Lena, Dominic Anthony
Lentz, Crystal Marie
Lindell, Ava Deanna
Luneau, Evelyn Ann
Miller, Lauren Alexander
Morrell, Maranda Elizabeth
O'Toole, Michael Patton
Overchuk, Elizabeth Leia
Pattavina, Lillian Rose
Petras, Nathan Henry
Plous, Fijare
Pontbriand, Natalie Joan
Purcell, Grace-Anne Elizabeth
Regan, Seth Kyle
Robinson, Griffin Ellis
Ruocco, Corinne Marie
Sacchi, Julia Grace
Sevigny, Saige Emily
Tinker, David Taylor Hansen
Whitehead, Shelby Grace

HIGH HONORS ~ GRADE 10

Berardino, Katja Haley
Blair, Alexander J
Bodak, Meara Shea
Bosco, John Thomas
Braren, Cal David
Bruder, John Albert
Byrne, Jasmine Ann
Carter, Timothy John
Celano, Elizabeth Dwyere
Chester, Ethan Jay
Chute, Jonathan Gary
Cozean, Maxwell
Daley, Kristen Carol
Dinsmore, Tiel Shanning
Doxsee, Meghan Christine
Duffield, Jessica Elizabeth
Esposito, Caitlyn Rose
Flaherty, Gabrielle Mae
Giambanis, Antonios
Georgios
Gromala, Sophie Rose
Harris, Fisher Walker

Jennings, Matthew Jonathan
Jensen, Julia Rose
Kelsey, Spencer William
Laird-Hoover, Hannah
Maureen
Lawrence, Hayley
Lonergan, Kelsey Faith
Luther, Ryan Christopher
Luther, Samuel Christopher
Lynskey, Gregory Charles
Mack, Jaden Alistair
Mazziotti, Kyle Joseph
McGoey, James Francis
Mercier, Anna Sterling
Nystrom, Malin Claire
Parri, Kaitlyn Quinn
Pascucci, Michael Anthony
Perry, Thomas Edward
Pizzuto, Sally Kathryn
Pray, Matthew Joseph
Rakowski, Kaleigh Ann
Reinhardt, Sophie
Revis, Malone Jacob Lee
Rubino, Mia Angelina
Rutledge, Sean Edward
Spector, Julian Kyan
Walton, Autumn Marie
Williams, Kaylee Reese
Wills, Tessa Ann

HIGH HONORS ~ GRADE 9

Baird, Evan Thomas
Baucom, Wesley Marie
Beauchamp, Duncan Paul
Bredfeld, Alyssa Rose
Byrum, Kaitlyn Nicole
Carlson, Tori Lynn
Ceplenski, Eve Elizabeth
Commerford, Hadley Grayce
Conti, Andrew Thomas
Criscuolo, Ly-Linh Anh
Duncanson, Ryan Scott
Flaherty, Jacqueline Grace
Fleig, Andrew Steven
Goosen, Nicole Ann
Haase, Megan Elizabeth
Hajek, Sierra Marie

Hedges, Andrew Vincent
Imai, Yumiko Lillian
Izzo, Trevor Anthony
Keithan-Resnick, Madeline
May
Ketchedjian, Tobias Nathaniel
Lamy, Caitlin Elizabeth
Mack, Riley James
Manley, Melissa Lynn
Mazzotta, Kyla Reese
McCarthy, James Walker
Merola, Greyson Matthew
Minervino, Brianna Marie
Norman, Grayson William
Pacyna, Izabela Marta
Riggs, Libby
Smith, Hayden Phoenix
Snyder, Audrey Catherine
Sosnowski, Leah Grace
Strom, Scarlett Grace
Studzinski, Kylie Ann
Swanson, Olivia Lee
Thelen, Julia Florence
Timothy, Jessica
Twachtman, Alison Rose
Vaughn, Michael Francesco
Wettemann, Alexis Lori
Wettemann, Olivia Elaine
Williams, Benjamin Andrew
Wilson, Katrin Delaney
Zaitoun, Jayden Michael

HONORS ~ GRADE 12

Averill, Hannah Rose
Bagnoli, Abigail Davis
Bragdon, Kiera Grace
Civiello, Devin Michael
Diotaiuto, Ryan Michael
DiStasio, Chloe Louise
Eckert, Jack William
Edwards, Amber Rose
Evarts, Sarah Deborah
Figurelli, Kyra Lynn
Freeman, Jonah Ram
Freeman, Seth Lakhon
Hamilton, Ashley Rose
Harry, Bridget Elizabeth

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EDUCATION

Insall, Emily Jane
Izzo, Griffin Alexander
Jennings, Emily Patricia
Karam, Paul Robert
Kauffman, Zachary William
Liptak, Jhenna Drew
Maggi, Nicholas Joseph
Maher, Aiden Burke
Manley, Abigail Marie
Mauri, Faith Carolann
McHugh, Ian Michael
Mednick, Jordyn Nicole
Minervino, Amanda Marie
Nuhn, Mikayla Elisabeth
O'Sullivan, Siobhan Caitlin
Ouellette, Nicholas Ryan
Rich, Victoria Rose
Rogers, Spencer Michael
Sabovic, Fatima
Shipman, Brianna Whitney
Smith, Zoe Margaret
Teebagy, Juliana Diletta
Therrien, Sydni Grace
Williamson, Spencer James
Wilson, Katharine Laine
Yantosh, Grace Catherine
Yepes, Briana Lyn

HONORS ~ GRADE 11

Bagnoli, Emily Anna-Davis
Biondi, Anna Marie
Bounphakdy, Kaisone Toby
Bucko, Lily Yates
Burley, Lauren Elizabeth
Callender, Trey Robert
Carini, Benjamin T
Carini, Isabelle L.
Chase, Carter Jonathan
Clemente, James John
Coon, Devin Daniel
D'Ambra, William Anthony
D'Amico, Lauren Mitchell
Danaher, Nicholas John
Fisher, Rebecca Ashley
Fleig, Evan James
Gagliardi, Alyssa Ruth-Elyana
Gallant, Devin Elise
Giulini, Kevin Michael
Gyorog, Catalina Grace
Kaimoto, Hiroko

Kiely, Madalyn Rose
Lamb, Tara Anne
LiDonni, Kaylie Nicole
LiPuma, Maxwell Joseph
Luneau, Timothy Owen
Marinero, Tea' Francesca
O'Brien, Colin James
Phelps, Haley Margaret
Reinhardt, Lauryn
Rosa, Carmelo John
Saglio, Julia Marie
Sutton, Mackenzie Nicole
Talbot, Maisy Alanah
Thomas, Robert James
Trahan, Samuel Gabriel
Uzwiak, Christian Jeffrey
Walczak, Cody Robert
West, Brian Thomas
Zupan, Alexandra Elizabeth

HONORS ~ GRADE 10

Bernier, Brandon William
Boots, Patrick Lawrence
Brown, Rory John
Byrum, Cody Alexander
Coleman, Aidan D
Criscuolo, Mai-Ly Minh
DelVecchio, Rachel Elizabeth
DiMauro, Luke Edward
Duquette, Addison Rose
Erskine, Alec Douglas
Fialkoff, Spencer F.
Griffith, Jenna Rose
Guarino, Sofia Rose
Hall, Kaitlin Elizabeth
Hawkins, Adelaide Lennon
Henry, Jillian Mary
Hesselberg, Tristan Alexander
Houde, Jackson David
Huebner, Etienne TC
Klein, Abigail Elizabeth
Lester, Gabrielle
Lewis, Kedarjah
Lloyd, Alexis
Marchetti, Nathan John
Martino, Charles Matthew
McGlynn, Ella Rose
Murray, Hunter James
Nielsen, Brett William
O'Linn, Chase Alexander

O'Linn, Jordan Taylor
Pach, Nicholas Anthony
Petrus-Chapman, Hannah
Paige
Rice, James Dyson
Scarpa, Ronald John
Schultz, Morgan Elizabeth
Seward, Jenna Michelle
Sodergren, Audrey Mae
Stone, Grace Marie
Tucker, Emma Rose
Yazmer, Morgan Olivia
Yepes, Nicholas Frank
Zavaglia, Carmela Maria

HONORS ~ GRADE 9

Ackerman, Nikki Lynn
Altman, Henry David
Cardarelli, Michael Joseph
Cassidy, Grace Margaret
Cheverier, Sydney Nicole
Civiello, Caden Emmanuel
Connelly, Bryce Alexander
Daley, Joseph Philip
DiMatteo, Ava James
Freeman, Caleb Kanha
Freibauer, Valleri Elizabeth
Frith, Jared Thomas
Glynn, Nicholas Michael
Haas, Daniel Dillon
Leslie, Bryan Parmelee
Lopez, Emma Mykala
Mercier, Joseph A
Mercier, Sean Keller
Miller, Jaden Rose
Mucciacciaro, Ryan
Narducci, Kameron Shea
Nelligan, Lilianne Irene
Pastore, Christopher Michael

Phipps, Corey James
Phipps, Rhianna Marie
Piacenti, Matteo
Rankin, Emily Gail
Rauscher, Laura Jocelyn
Reinhardt, Sage Jillian
Rettberg, Carly Rose
Selmer, Charlotte George
Sorrentino, Emily Maria

Stall-Ryan, Jonathan Phillips
Stanford, Julian Thomas
Tassmer, Ava Rose
Torello, Sophia Catherine
Tousignant, Elanna Teresa
Virgulto, Isabella Ann
Welsch, Shelby Ann
Young, Samuel Michael

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Migraine Headaches

Migraines are a complex disorder characterized by recurrent episodes of headache, most often unilateral and in some cases associated with visual or sensory symptoms, collectively known as an aura, which arise most often before the head pain. Migraine is most common in women and has a strong genetic component.

Typical Signs and Symptoms

- Throbbing or pulsating headache, with moderate to severe pain that intensifies with physical activity,
- Unilateral and localized pain in the frontotemporal and ocular area, but may be felt anywhere around head or neck, with pain building over 1-2 hours, progressing to back of head and more spread out. With headache lasting 4-72 hours, with nausea and vomiting, and sensitivity to light and sound.

To be diagnosed as migraine the patient must have at least five headache attacks lasting 4-72 hours, along with two of the following characteristics: 1) Unilateral location, 2) Pulsating Quality, 3) Moderate or severe pain intensity, 4) Pain is aggravated by physical activity.

Treatment

Acute treatment aims to reverse, or at least stop the progression of a headache, and is most effective if medication can be started within 15 minutes. Triptans, analgesics, non-steroidal anti-inflammatory drugs, and antiemetics are used for the acute treatment.

But if frequency of attacks is greater than 2 per month, or each attack lasts longer than 24 hours then prophylactic treatment may be recommended. But, as always consult your physician for professional guidance.

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HKMS: Cougar Celebrations – January update

By Jennifer Olsen, HKMS Principal, HKMS

Welcome to our January Cougar Celebrations! We recognize students and their achievements at our monthly Town Meetings and want to share these celebrations with you too.

Cougar Spotlight for January

The Cougar Spotlight is a new recognition for students who are showing excellence in the classroom. Each month teachers will nominate students and each student will be visited by Dr. Olsen to talk about his/her work. Please come visit our main office to see our Cougar Spotlight bulletin board filled with examples of students' excellence. The following students were recognized for January:

Grade 6

Kaylee Benson for her Africa Political Map
Keira Sehl, Liam Brown, and Will Stolen for their model of the Water Cycle
Clare Link for her personal narrative

Grade 7

Jaimey DiNapoli for her essay on Thomas Jefferson
Johanna Thelen, Skylar DeGrasse, Caroline Ignatuk, Emma Sajus, McKenna Cawley, and Emily Alger for their cooperative challenge in PE
Laina Goodison and Emerson Kehlenbach for their Pythagorean Theorem PowerPoint
Brooke Hickman for her Pythagorean Theorem PowerPoint
Liza Murphy for her companion book to The Giver
Tyler Gagliardi for his companion book to The Testing
Emerson Kehlenbach for her companion book to The Doll People
Ben Cozean, Samantha Minickene, Samantha Ruimerman, and Bryce O'Linn for their Separation of Powers Constitution Project

Ella Connelly, Sofia Pepitone, Madison Moriarty, and Morgan Cook for their Federalism Constitution Project

Skylar DeGrasse, Louis Virgulto, and Kyle Hoynack for their Individual Rights Constitution Project

Grade 8

Ryan Botteon and Liam Hoddinott for their Hour of Code

In February, the Cougar Spotlight will feature students in Applied Academics and Fine Arts classes and eighth grade students.

Congratulations to HKMS Students Chosen for the Connecticut Music Educators' Association Festival

The following students auditioned and were accepted into the Connecticut Music Educators' Association (CMEA) Festival to be held this spring. Students accepted into the festival rehearse with their peers from schools in the southern part of Connecticut and then perform for families and friends. We are so proud to have these outstanding musicians represent HKMS.

Band: Nicholas Frasco (Tuba), Abby Jones (Oboe), Alejandra Morales (Flute), Tyler Perry (Trombone), Laura Strick (Euphonium)

Orchestra: Jeffrey Thebeau (Percussion)

Choir: Pooja Badami (Alto), Olivia Campo (Soprano), Elizabeth Cawley (Alto), Bethany Chrystal (Soprano), Tyson Glazier (Tenor), Liam Hoddinott (Tenor), Natalie Houlton (Alto), Jamie House (Soprano), Liza Murphy (Alto), Grace Quilliam (Soprano), Olivia Tucker (Alto), Neveah Wikarska (Soprano)

Jazz Band: Kristen Thebeau (Alto Saxophone)

Cougar Core Value Award Winners for January

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: **Respect, Responsibility, Acceptance, Kindness, and Perseverance.** These Core Values were developed and accepted by HKMS students, parents, faculty, and staff in 2016, and we recognize students each month. We appreciate these students' commitment to upholding our core values and being role models at HKMS.

Team 5-1

Anthony Fredericksen: Kindness, Respect and Responsibility
Alison Miranda: Kindness, Perseverance and Respect
Isabella Torrison: Kindness, Perseverance, Respect and Responsibility

Team 5-2

Rowan Baucom: Acceptance and Kindness
Julian Gartner: Acceptance, Kindness, Perseverance and Respect
Catherine Nguyen: Acceptance and Kindness

Team 6-1

Jack Cozean: Respect and Responsibility
Claire Eighmy: Respect and Responsibility
Magnolia Willey: Kindness, Respect and Responsibility

Team 6/7

Ian Masterson, Gr. 6: Kindness
Caley Napoletano, Gr. 6: Perseverance
Alejandra Morales, Gr. 7: Perseverance and Responsibility
Meriel Weeks, Gr. 7: Kindness and Responsibility
Thomas Kekacs, Gr. 7: Acceptance, Kindness and Respect

Team 7-1

Morgan Cook: Acceptance, Kindness, Perseverance and Respect
Jacob McGoey: Respect and Responsibility
Jay Wikarska: Perseverance and Responsibility

Team 8-1

Pooja Badami: Acceptance and Kindness
Julia Favalora: Kindness and Responsibility
Anthony Maio: Kindness and Respect

Team 8-2

Owen Lelko: Perseverance and Responsibility
Laura Strick: Kindness, Respect and Responsibility
Audrey Wrinn: Kindness, Respect and Responsibility

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TOWN CALENDAR

Thursday, February 21

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

Friday, February 22

Haddam-Killingworth Youth & Family Services
Indoor Olympics & Movie Night, 5:30 p.m.-8:30 p.m.

Middle School Cafeteria

Saturday, February 23

Open Mic Night/Coffee House, 6:00 p.m.-9:00 p.m.

Higganum United Methodist Church, 248 Saybrook Road, Higganum

Tuesday, February 26

RSD #17 Board of Education Meeting, 7:00 p.m.

*Please visit www.haddam.org or www.haddam-killingworthnow.com for the most current and complete information.

COMMUNITY

Haddam Historical Society scholarships now available

By Elizabeth Hart Malloy, Executive Director, HHS

The Haddam Historical Society is pleased to announce it is again offering a \$500 scholarship to a resident of Haddam, Higganum, or Haddam Neck and senior student at Haddam-Killingworth High School. The application and instructions forms are

available at the Haddam-Killingworth High School Guidance Office.

Scholarship chairman, Susann Costa, notes that the 2019 award will be the 7th consecutive year the Haddam Historical Society has bestowed an award and is delighted to be able to help support the continued education of a deserving student and advocate for the importance of history both locally and globally.

POLICE NEWS

Troopers make larceny arrest

Editors Note: Trooper reports reflect arrests, not convictions. Visit this website to learn the outcomes of criminal and motor vehicle arrests. All trooper press releases are consistent with state and federal guidelines under the Public Information Act.

February 11, 2019: Erik Lafountain, 37, of Hayward-

ville Road, East Haddam, was taken into custody on an active arrest warrant, stemming from an investigation into a stolen portable generator from a residential driveway on Maple Avenue West, Higganum, on January 7, 2019. Lafountain was charged with Larceny 6th degree and Simple trespass. Lafountain was held on a \$1,000 non surety bond and into the custody of Connecticut Parole Division officers.

CONTINUED FROM PREVIOUS PAGE

HKMS Cougar Celebrations

Continued from previous page

Applied Academic and Fine Arts, Grade 5

Emilia Maziarz (Art): Kindness, Respect and Responsibility

Julia Battista (Band): Perseverance, Respect and Responsibility

Adam Livingston (French): Perseverance and Responsibility

Alana Gaines (Physical Education): Acceptance, Perseverance and Responsibility

Applied Academic and Fine Arts, Grade 6

Veronica Pypa (Band): Perseverance and Respect

Margaret Robinson (Health): Respect and Responsibility

Cole Szeszakow (Life Skills): Kindness, Perseverance and Respect

Julia Lelko (Spanish): Kindness, Respect and Responsibility

Applied Academic and Fine Arts, Grade 7

Caden Romegialli (Chorus): Perseverance, Respect and Responsibility

Sydney Adelberg (Health): Perseverance and Responsibility

Caden Romegialli (Spanish): Kindness, Respect and Responsibility

Applied Academic and Fine Arts, Grade 8

Jamison Cooke (Computer Science & Coding): Kindness, Perseverance and Responsibility

William Gordon (Media Production): Respect and Responsibility

Sophia Ramino (Physical Education): Perseverance

Grace McKenzie (Spanish): Kindness, Respect and Responsibility

Johanna Houska (Technical Education): Perseverance and Responsibility

Colton Whiteley (World Percussion): Respect and Responsibility

Brooklyn Bailey (Spanish): Respect and Responsibility

Thank you to Caley Napoletano and Seanna Ruimerman for raising money for the Connecticut Humane Society. HKMS raised \$481.50.

Thank you to Erin Marica and Kristen Thebeau for spearheading our Backpack Drive to collect new and slightly used backpacks for the Department of Children and Families. Please send in your backpack donation by the end of February. A collection box is located near Mr. Ferjak's desk.



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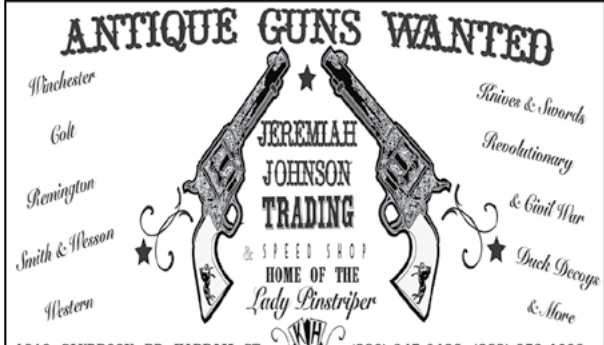
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February events & activities

By Shannon Morrison Buganski,
Director, Senior Center

Winter Hours:

The Senior Center will be open as follows:

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.)

***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!

Activity Highlights

2/21/19 (Thurs) – Free Handchime Workshop @ 10:30 a.m.

2/22/19 (Fri) – Pizza & A Movie @ 12:00 p.m. “Book Club” Note that this is in lieu of CRT meal. Suggested donation of \$3.00/pp.

2/27/19 (Wed) – CRT Celebrates February Birthdays with Monthly Raffle @ 12:00 p.m.

2/28/19 (Thurs) – Free Handchime Workshop @ 10:30 a.m.

2/28/19 (Thurs) – Health Session “Shingles” @ 12:30 p.m. followed by Brownie Sundaes

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

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 near future. 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.

CRT is pleased to announce that beginning January 2019, they 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 Wednesday of the month in conjunction with the birthday celebration. You must be present to win. The more you attend, the greater your chances are of winning!

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 offered 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. For more information or to schedule a ride call 860-682-3301.

Haddam CLUB 60

Please see Club President Mary Lou Pierce or contact the Senior Center for more info. Meetings are generally held the 1st and 3rd Mondays of the month (September through June) at 1:00pm. The first meeting of the month is a business meeting while the second meeting provides programming and entertainment. Upcoming schedule as follows:

Monday, February 25 – Entertainment by Jon Condie

Monday, March 4 – Business Meeting

Monday, March 18 – Superintendent of Schools

At a recent Club 60 meeting, Brooke Catalano, the

2018 recipient of the Haddam Club 60 Scholarship Award, received her check. She is attending Simmons College in Boston and is in the nursing program. Brooke is the daughter of Joseph and Tammy Catalano. Bruce and Carol Ricker, representing the Scholarship Committee, presented Brooke with the check.

Scholarship applications for 2019 will be available at the guidance departments in February (HK, Xavier, Mercy, Vinal). This opportunity is open to Haddam, Higganum and Haddam Neck Residents only.

Committee on Aging (COA)

The Haddam Committee on Aging is a standing body created by the Board of Selectmen and enabled by State Statute to:

study conditions and needs among the senior residents of Haddam, Higganum, and Haddam Neck encourage and assist where possible the development of needed services

bring to the Board of Selectman those matters calling for attention.

Meetings are generally held on the third Monday of the month (September through June). They are open to the public with a comment period scheduled at the end of each meeting. Upcoming meetings are as follows:

February 25th @ 10:00 a.m. (Annex Building)

March 18th @ 10:00 a.m. (Annex Building)

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



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Questing for Eagles galore on lower Connecticut River

By Dave Holahan

A mid-February cruise from the dock at the Connecticut River Museum in Essex to Selden Island in Lyme was a brisk introduction to the wonders of the lower Connecticut River, where eagles soar and now nest.

Twenty-one bald eagles were spotted all told, including one that was testing out a former osprey nest and another flying past the boat with a fish in its large yellow talons. There were mature eagles with the telltale white

heads and tails and younger mottled-looking ones without. February is actually well into the breeding season for our national bird, which starts laying its eggs this month in Connecticut.

The RiverQuest outing started at 2 p.m. and before it was over two hours later, several dozen bird watchers had seen a dozen species, among them great cormorants, common mergansers, black vultures, and ring-billed gulls. The eagles were a mix of locals



Photo courtesy of RiverQuest.

Continued on next page

HKHS SWIM TEAM

HKHS loses to Suffield/East Windsor/Windsor Locks

By Kristin Mazziotti

On Friday, Feb. 8, the Haddam Killingworth High School Boys Swim team lost to Suffield/E. Windsor/Windsor Locks at home with a final score of HK 77, Suffield/E. Windsor/Windsor Locks 90.

HK HIGHLIGHTS (first place finishes denoted by asterisk):

200 Medley Relay

2nd Eli Houlton (JR), Malone Revis (SO), Christo Garrelts (SO), Zach Houlton (JR), 1:51.72

200 Freestyle

1st Kyle Mazziotti* (SO) 1:55.16

2nd Eli Houlton 1:56.55

200 Individual Medley

1st Malone Revis* (SO) 2:08.03

50 Freestyle

2nd Zach Houlton (JR) 23.88

100 Butterfly

1st Eli Houlton* (JR) 57.14

100 Freestyle

2nd Christo Garrelts (SO) 52.24

500 Freestyle

1st Zach Houlton* (JR) 5:05.86

200 Freestyle Relay

2nd Malone Revis (SO), Nate Carlson (SR), Jonah Freeman (SR), Christo Garrelts (SO) 1:44.51

100 Backstroke

2nd Kyle Mazziotti (SO) 55.37

100 Breaststroke

1st Malone Revis* 1:06.18

400 Freestyle Relay

1st Zach Houlton (JR), Eli Houlton (JR), Christo Garrelts (SO), Kyle Mazziotti* (SO) 3:31.57

3rd Nate Carlson (SR), Colby Kish (FR), Etienne Huebner (SO), Jonah Freeman (SR), 4:29.86

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Questing for eagles

Continued from previous page as well as northern interlopers “wintering” in balmy Connecticut, where the water is open and the fishing is easy.

An interior enclosure, with coffee and tea, cut the winter chill, although many hardy passengers spent the trip on the foredeck. Binoculars are available for those who didn't bring them. The commentary from the crew was timely and informative not only on birds but on points of interest along the river, such as

the old quarry on Selden Island that once supplied paving stones to New York City.

Once an endangered species, the bald eagle has bounced back after harmful pesticides like DDT were banned and conservation measures were undertaken. Last year, 38 nesting pairs in Connecticut produced a record 68 chicks, up from just 15 in 2007. Eagles returned to the state as a breeding species in 1992.

Reservations are required. For more information, visit ctriverquest.com.

St. James Church Corned Beef Dinner: March 9

By Melissa Ferrara

On Saturday, March 9, 5:00 p.m.-7:00 p.m. the St. James Episcopal Church in Higganum will be holding a Corned Beef Dinner. Dinner includes corned beef, cabbage, potatoes, carrots, home-made dessert, and beverage. Take out is available. \$15.00 adults; \$12.00 seniors, \$10.00 children ages 6-12, under age 6 free. The church hall is located at the corner of Little City Road and Route 81 in Higganum.

HKHS GYMNASTICS

HS competes against Lyme-Old Lyme & Valley Regional

By Brianna Livingston,
Team Captain, HKHS Gymnastics

The Haddam Killingworth High School gymnastics team competed against Lyme-Old Lyme and Valley Regional, at ABC Gymnastics on Friday, Feb.

Bars	Floor
Brianna Livingston 6.8	Brianna Livingston 6.8
Chloe Totman 3.0	Anastasia Intell 6.6
Anastasia Intell 3.0	Chloe Totman 5.6
Vault	Beam
Brianna Livingston 7.7	Brianna Livingston 5.0
Chloe Totman 7.0	Chloe Totman 4.6
Anastasia Intell 6.8	Anastasia Intell 4.0

The final score for the day was 66.9 for H-K, following Valley Regional with 119.25 and Lyme-Old Lyme with 124.9.

OBITUARIES

Bernice G. Napierski

According to Legacy.com and The Hartford Courant, Bernice G. Napierski, age 69, passed away on Sunday, Feb. 3.

Suzanne Deecken Davenport

According to Legacy.com and The New Haven Register, Suzanne Deecken Davenport, age 70, passed away on Sunday, Jan. 27.

Helen Bernhardt

According to Legacy.com and The Middletown Press, Helen Bernhardt, age 91, of Higganum, passed away on Tuesday, Jan. 22.

LEGAL NOTICES

PLANNING AND ZONING PUBLIC HEARING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the Haddam Community Center, 7 Candlewood Road, Haddam, CT on March 7th, 2019 at 7:00 p.m. to consider the following item(s):

1. Proposed zoning text amendment to adopt Section 6A – Conservation Zones. A copy of the proposed text is on file in the Town Clerks Office and the Land Use Office. Applicant Haddam Planning and Zoning Commission.
2. Proposed zoning map amendment to change the zone on a portion of the Haddam Elementary School property to Conservation zone at 272 Saybrook Road / Map 06 Lot 009 A map displaying the existing and proposed zoning is on file in the Town Clerks Office and the Land Use Office. Applicant - Haddam Planning and Zoning Commission.
3. Proposed zoning map amendment to change the zone of various publicly owned properties and Haddam Land Trust properties to Conservation Zone. Properties include:

State of CT / Cockaponset State Forest

Ruth Hill Road Map 65 Lot 003
Tinker Road Map 68 Lot 001
17 Ranger Road Map 32 Lot 002
Brainard Hill Road – Map 17 Lot 001
Hubbard Road Map 45 Lot 003
Filley Road Map 52 Lot 001
Tinker Road Map 64 Lot 008
Wig Hill Road Map 64 Lot 033

Haddam Land Trust

Saybrook Road Map 50 Lot 024

A map displaying the parcels and the existing and proposed zoning is on file in the Town Clerks Office and the Land Use Office. Applicant - Haddam Planning and Zoning Commission.

Planning and Zoning Commission, Haddam CT

NOTICE OF ACTIONS HADDAM PLANNING & ZONING COMMISSION

At a regularly scheduled meeting dated January 17th, 2019 the Haddam Planning and Zoning Commission took the following action:

Approved a modification to an structure to create a one bedroom accessory apartment at 15 Hidden Lake Road, Haddam CT.

Dated February 13th, 2019
The Haddam Planning and Zoning Commission

PLANNING & 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 February 21, 2019 at 7:00 p.m. to consider the following item (s):

1. A special permit application for an 800 square foot accessory apartment above a new garage. Located at 420 Hidden Lake Rd, Higganum CT, map 72A3 lot 45. Applicant/Agent – Cindy and Philip Porriello.
2. A special permit application for a 460square foot accessory apartment in an existing detached building. Located at 188 Injun Hollow Road, Haddam, map 12 lot 16-1. Applicant/Owner – Winslow Custom Building/Jill and Chris Peterson.

Said applications are on file in the Land Use Office of the Town of Haddam.
Planning and Zoning Commission, Haddam CT

ZONING BOARD OF APPEALS PUBLIC HEARING AND MEETING

Zoning Board of Appeals Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on February 28 2019 at 7:00 p.m. to act upon the following item(s):

Public Hearing and Meeting:

1. Request for a variance to section 10 and 18 zoning code to authorize the removal of 8,000 cubic yards earth material at Midway Marina at 16 Snyder Road Haddam CT.

Said application is 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.

For breaking news and more articles on a variety of subjects, please see Haddam-KillingworthNow.com

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