

Haddam Killingworth News

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

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February 27, 2020

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

Free weekly



l to r: Mike O'Toole, Zach Hines, Christian Uzwiak, Don Dybick and Teacher Ryan Kish.

Street rod association gives \$1k to H-K Electrathon program

By Don Dybick,
CT Street Hot Rod Association

This year, Don Dybick, representing the Connecticut Street Rod Association, presented the association's check to students in the Electrathon Car program at Haddam Killingworth

High School. The check in the amount of \$1,000 is given out annually. CSRA also awards a scholarship to an Automotive Technologies student in the spring. The club is a group dedicated to the education and preservation of our automotive heritage.

Information about upcoming Haddam primaries, RSD#17 budget referendum

By Raymond Skarsten
and Saralyn D'Amato, Haddam
Certified Registrars of Voters

Haddam's next voting sessions will be the Democratic Presidential Preference Primary and the Republican Presidential Preference Primary both on April 28, 2020. The Regional School District #17 School Budget Referendum will be one week later on May 5, 2020.

January 28, 2020 was the last day to switch from one party to another to vote in the Democratic Presidential Preference Primary and the Republican Presidential Preference Primary. However, this does not apply when

switching from unaffiliated to party membership. If you are unaffiliated and want to vote in the Democratic or Republican Presidential Preference Primary you can switch up to 12:00 Noon on the last business day before the primary, which is Monday, April 27, 2020.

To register to vote: The Registrars' Office is open on Wednesdays 9:00am to 1:00pm or register at Haddam Town Hall, Town Clerk's Office (see Town Hall hours below). You may also request the Registrar of Voters or Town Clerk send you a mail-in voter registration form, or visit our website or email us at registrar@haddam.org.

Haddam Town Hall, Town Clerk's Office, 30 Field Park Drive, Haddam, CT 06438

Hours: Mon.-Wed. 8:30 a.m.-4:00 p.m.; Thurs. 8:30 a.m.-6:30 p.m.; Fri. 8:30 a.m.-12:00 p.m.

HKHS Boys win Shoreline, Runner Up at States; Girls 2nd at Shorelines, 7th at States

By Richard Dupuis, Coach

On Saturday, Feb. 8, the 12-team Shoreline Conference held its Indoor Track and Field Championship meet at Floyd Little Athletic Center in New Haven.

In recent years, the Old Saybrook Girls team has dominated the Shoreline Conference and this year was no exception as the Saybrook girls accumulated 164 points to win easily. What was different this year was the performance of the HK girls. For the previous two years, HK had placed third in close competition. The team's scoring had come from a handful of girls who did a great job, but they had moved on. This year's team was for the most part, young and inexperienced. Yet as the season progressed, the team started to develop. As they entered the league championship, it wasn't clear

where they would end up. Much to the surprise of many, the girls earned 96 points to outdistance East Hampton which had earned 72 points. It was a total team victory. Based on a scoring system of places 1-8, With the exception of the 4x400 relay, which HK did not enter, HK had one or more scorers in every event entered. In addition; over the course of the meet, HK relays and individuals achieved their personal best performances in more than 20 instances. Both of these statistics are testimony to the progress and effort of the girls collectively.

That being said, two individuals stood out for their first place finishes. One of the best performances of the meet was that of Kedarjah Lewis who won the 300 meter dash with a time of 42.67 which was fractions of a second from both the meet record

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Photos by Carol Dupuis and Charles Lynskey.

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HKHS track teams

Continued from page H1

and HK's school record. Kedarjah also placed second to Cromwell's Andraya Yearwood in the 55 meter dash with a time that was 1/100 of a second from the school record. HK's other gold medalist was Gabby Lester who won the Shot Put with a toss of 30'7". HK's top relay of the day was the 4x800 team of Isabel Beradino, Julia Callis, Charlotte Selmer and Ali Twachtman which finished second.

In recent years the boys' competition has seen a close battle between HK and Old Saybrook. This year there was no reason to expect otherwise, as the Rams had several outstanding athletes returning. However, the result demonstrated both the quality and depth of HK as the boys pulled away from the Rams scoring 170 points with Old Saybrook scoring 108 and the third place team, East Hampton 80. As with the girls, it was essentially a total team effort with HK placing at least one or more athletes in the top five in all of the events. Also, like the girls, about 20 of them had personal best performances.

The meet began with HK's 4x200 relay team of Dalton Modehn, Dmytri Mallon, Aidan Coleman and Seth Regan winning a time of 1:35.46. In addition, Dymtri and Seth were joined



Kedarjah Lewis.

by Luke Sodergren and Max Cozean to win the Sprint Medley Relay. The members of those two relays were able to collectively provide 46 points from individual events, for a combined 66 points towards the team total. In the process, Seth Regan won the 55 dash and Luke Sodergren won the 55 hurdles.

Also, Matt Jennings repeated his remarkable feat from last year winning all three distance races, the 1000M run, the 1600M run and the 3200M run. Matt's 1000M time of 2:32.94 broke the meet record demonstrating why the HK Junior is recognized

as among of the better distance runners in the State. Joining Matt in the 1000, 4th and the 3200 2nd was Sophomore Caleb Freeman.

Still another first place finish was provided by John Bruder in the Shot Put. John's throw of 43'8" surpassed his previous best by almost four feet.

John was joined in the Shot put by Colin and Jaden Mack and Dylan Champagne who contributed 8 additional points to the team score. Without diminishing the efforts of the remainder of the Cougar Boy's performances, one last individual contributor to HK's scoring was Eamon Sweeney, Earlier in the season he demonstrated his overall talent and skills placing third in the CT HS Pentathlon, where he also met the State individual qualifying standards in four of the five events contested. His versatility as a jumper was demonstrated in the Conference Championship as he was able to place second in the high jump and fourth in the long jump.

HK Co-Coaches, Sean Gallagher and Dick Dupuis wish to congratulate all of the girls and boys for their performances. They also wish to express their gratitude to Assistants Kristie Kaminski and Evan Woicik for their contributions to the success of the team.

Top 5 finishes for HK:

Men's Results:

55 Meter Dash

1. Seth Regan 6.68
4. Dalton Modehn 7.16

300 Meter

2. Dmytri Mallon 37.69
3. Aidan Coleman 38.84

600 Meter

5. Max Cozean 1:30.37

1000 Meter

1. Matthew Jennings 2:32.94
4. Caleb Freeman 2:47.47

1600 Meter

1. Matthew Jennings 4:38.14

3200 Meter

1. Matthew Jennings 10:23.40
2. Caleb Freeman 10:25.05

55 Meter Hurdles – 39"

1. Luke Sodergren 8.14

4x200 Relay

1. Dalton Modehn, Dmytri Mallon, Aidan Coleman, Seth Regan 1:35.46

4x400 Relay

5. Max Cozean, Luke Sodergren, Owen Howes, Lucas Kamoen 3:50.86

4x800 Relay

4. Lucas Kamoen, Jack Insalaco, Michael Coleman, Greyson Merola 9:04.09

SMR 1600 meter

1. Dmytri Mallon, Seth Regan, Luke Sodergren, Max Cozean 3:53.89

Shot Put

1. John Bruder 43'08.00
4. Colin Mack 38'07.50

High Jump

2. Eamon Sweeney 5'10.00

Pole Vault

5. Owen Howes 10'06.00

Long Jump

2. Dalton Modehn 19'07.00
4. Eamon Sweeney 19'01.00

Women's Results:

55 Meter Dash

2. Kedarjah Lewis 7.45

300 Meter

1. Kedarjah Lewis 42.67

Continued on page H4



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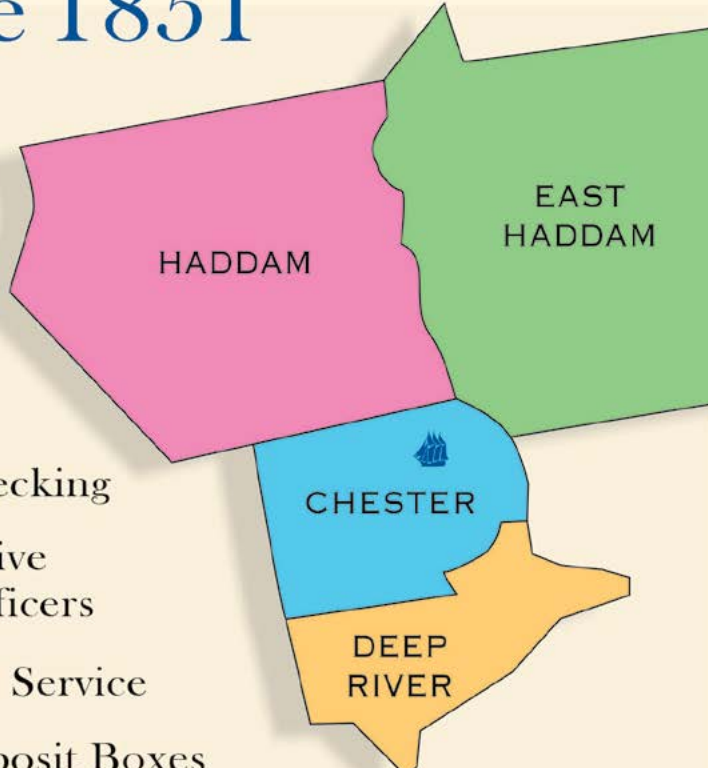







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2020 Haddam-Killingworth Area Scholarships available

By Editorial Staff

The following are scholarships that are available to students in the Haddam Killingworth area; some are only for Haddam Killingworth High School students specifically. Criteria and links are provided, as well as deadlines. In the past few years, some of these scholarships have gone unawarded because no one has applied for these scholarships. All of these scholarships (except Shoreline Arts and Haddam Neck Fair Association) are listed in Naviance, which is what Haddam Killingworth High School uses for college applications. See your guidance counselor for more information. If you are home schooled and live in these two towns, see links and websites for more information. Good luck!

The amounts shown after each scholarship are the maximum amount based on Naviance, the HKHS Guidance online system.

American Association of Family & Consumer Sciences (\$1,000) Deadline: 3/15/20 For students enrolling in 2 or 4 years of higher education, majoring in Family/Consumer Science field of study (family and consumer science, human development and family studies, early childhood education, food sciences, dietetics, nutrition, food production and services, hospitality, tourism and recreation, housing/interior design, textiles/apparel.

Belden Cougar Café Award (\$500) Deadline: 4/3/20 (part of Haddam Scholarship Fund) Applicant must be student of HKHS. Award based on need, scholastic standing, contribution to school and community, as well as citizenship. Majoring in food service field.

Big Sun Scholarship (\$500) Deadline: 6/19/20 Student athletes website: www.bigsunathletics.com

Cheerleader Scholarship (\$250) Deadline 3/15/20 Loud Energetic Noisy Award Cheerleader Scholarship Fund recognize cheerleaders from towns and cities in Middlesex County for their outstanding work on the team and in the classroom. Applicants must have cheered on a team for at least 2 consecutive years and have at least a 3.0 GPA.

Connecticut Water Works Association Scholarship (\$1000) Deadline 3/15/20 Applicants need to be a graduating High School Senior with a 3.0 or greater GPA. Preference will be given to applicants who are actively pursuing an approved course of study at an accredited higher education institution directly related to environmental science, water resources, public health or the water industry.

Dennis Malone Memorial Scholarship (\$1,000) Deadline 4/18/20 Scholarship open to applicants planning to attend 2 or 4 year college and pursuing a career in park management, forestry, horticulture, agronomy or a closely related field.

Dr. Kate Mead Award (part of Haddam Scholarship Fund) (\$1,000) Deadline 4/3/20 For a graduating

high school senior furthering education in a health related field. Student must be from Haddam (including Higganum and Haddam Neck). Award based on scholastic standing, community involvement and commitment to pursuing a career in health related field.

Ed Staskelunas IV Memorial Scholarship (\$500-750) Deadline: 3/31/20 Study in computer or art related major; ranked in middle of class.

Elizabeth Sonier Grant (\$750) Deadline 4/10/20 Awarded to senior pursuing a career in music education.

Elks National Foundation Most Valuable Student Scholarship Deadline 12/5/20 Student must have strong community service, leadership and extracurricular activities. Apply online [HERE](#).

Glenn Moon Scholarship Fund (\$2000) Deadline: 3/31/20 Majoring in education website: www.artct.org

Haddam Civic League (\$1000) Deadline: 4/15/20 For more information, see this [LINK](#).

Haddam Garden Club (\$500) Deadline: 4/1/20 Study in horticulture or environmental science, landscape design, agriculture; must be resident of Haddam, Higganum, Haddam Neck.

Haddam Historical Society (\$500) Deadline: 4/15/20 Interested in history; must be resident of Haddam, Higganum, Haddam Neck and attend HKHS.

Haddam Junior Women's Club Deadline: 4/15/20 Based on financial need, motivation and attitude, service to school and community; must be resident of Haddam, Higganum, or Haddam Neck.

Haddam Neck Fair Association (\$500) Deadline: 5/20/20. Student must have volunteered at the Haddam Neck Fair. For more information, see this [LINK](#).

Haddam Scholarship Fund (\$6000 available in scholarships) Deadline: 4/3/20 Open to Haddam, Higganum, and Haddam Neck residents.

Haddam Volunteer Fire Company Auxiliary scholarship Deadline: 4/15/20 Parent/guardian must be a member of HVFC or Auxiliary; may also be a member of Junior Fire Dept.

Hannah Griswold Grant (\$750) Deadline: 4/10/20 A minority senior planning to pursue a career in education. See this [LINK](#).

Harry H. S. Phillips Jr. Scholarship (\$5000) Deadline: 3/29/20 Award is based on need. A student who although is not top ranked academically, but is highly motivated, has a positive attitude toward learning, ranked high enough academically that acceptance in post secondary school is assured, has been involved in community service and has indicated the objec-

tives and purpose of seeking additional schooling is eligible.

Henry Hollister Robinson Memorial Scholarship Deadline: 3/31/20. Must be a resident of Haddam.

HK Hall of Fame (\$500) Deadline: 4/1/20. Applicants should have exemplary commitment to service of youth in Haddam or Killingworth or outstanding record of service to the community.

Isidore Wise Scholarship Program (\$7500) Deadline: 3/15/20. For patients and former patients of Connecticut Children's Medical Center and Newington Children's Hospital, and current and former students of the CCMC School, who will have completed high school by spring 2020 and will be attending college in fall 2020. For more information, see this [LINK](#).

James L. Goodwin Memorial Scholarship (\$1,000-5,000) Deadline: 3/20/20 Student must be enrolling in undergraduate or graduate in silviculture or forest resource management.

Jason Lantieri Memorial Scholarship Deadline: 3/31/20. Open to any HKHS graduating student needing financial assistance. The individual does not need to have chosen any specific area of study. The student should exhibit compassion and positive energy in all facets of life. Special consideration will be given to those who have overcome diversity or an obstacle in their life.

John A. Bertolini Memorial Scholarship Fund (\$1000) Deadline: 4/3/20 This scholarship is based on scholastic standing, contribution to school activities, strong community involvement and citizenship. Special consideration to high school senior who demonstrates leadership, character, scholarship and perseverance in the face of obstacles.

Killingworth Ambulance Association Deadline: 4/17/20 Applicant needs to be a resident of Killingworth, majoring in the medical, emergency services (fire, police, etc.) or other allied fields, have community service, and have maintained at least a 3.0 GPA.

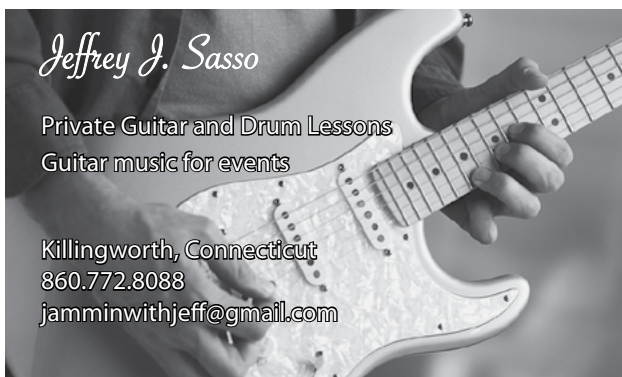
Killingworth Scholarship Association Deadline: 3/31/20 Applicant must be Killingworth resident. Scholarship based on a combination of academic achievement, character, leadership skills, community service and participation in school activities. Last year KSA awarded more than \$10,000 to 2019 graduating seniors.

Killingworth Women's Association Deadline: 4/1/20 For a young woman who resides in Killingworth. Scholarship based on the following criteria: community service, content of essay, letters of recommendation, GPA & timely/complete application.

Kline Family Community Service Scholarship Deadline: 4/20/20. For a student who is attending UCO-

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Jimmy Bobbi, Mr. HK 2020.

Jimmy Bobbi crowned Mr. HK 2020

By Anna Biondi

On Friday, Feb. 7, students involved with the HKTU program at the high school put on the 23rd Annual Mr. HK. Students at Haddam Killingworth High School competed and performed acts in front of a live audience and faculty judges, hoping to be crowned and claim the title of Mr. HK.

The contestants this year were: Freshman Nate Kelly; Juniors Julian Spector, Jaden Mack, Gabe Mar-

tone, and Fisher Harris; and Seniors Kevin Giuliani, Jimmy Bobbi, Luke Lamontagne, Arjun Badami, Colin Mack, Devin Gallant, and Kaisone Bounphakdy.

This year's show was hosted by Emily Bagnoli, Joe Formica, Haley Phelps and Morgan Shultz. It was directed by Anna Biondi and produced by Kasha Topa-Finberg and Jim Kane.

The money raised from the show will be given to the HKTU program to fundraise for the annual Student Television Network (STN) competition, which is held in Washington D.C. this year. At STN, students from all across the United States compete in various video competitions and get to learn from professionals in the media production business.

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 27

Toddler Tunes – Brainerd Memorial Library, 10:30-11:00 a.m.
 Pizza & Movie, Anchorman – Haddam Senior Center, 12:00 pm.
 Haddam Zoning Board of Appeals Meeting, 7:30-9:30 p.m.
 Haddam Public Information Meeting, Old Haddam Town Hall, 6:30-8:30 p.m.
 Bridge Road Sidewalk Project

Friday, February 28

Sit and be Fit – Haddam Senior Center, 10:30 a.m.-12:30 p.m.
 DVD exercise series.

Dungeons and Dragons – Killingworth Library, 4:00-6:00 p.m.

Teens: come play Dungeons and Dragons! Held on the 2nd and 4th Friday of every month.

Dungeon Master Josh will lead the way. Attendance is currently limited to six players, but if we get more interest, we will expand to more teams. So please register, even if you end up on the waiting list.

<https://killingworthlibrary.org/>

An Evening of Inappropriate Song – Blue Fire Stage Company, 7:00-9:00 p.m.

Location: HES All Purpose Room. Doors open at 6:15. Performance starts at 7 PM.

There is a snow date of Sunday, March 1. No refunds will be given for tickets not used due to rescheduling to the snow date. In the event of

inclement weather, please check our Facebook page before 4:30 that evening. Purchase tickets at bluefirestage.ticketleap.com/eois2020/

Saturday, February 29

Super Saturday Storytime – Killingworth Library, 10:15-10:45 a.m.
 Yoga for Kids – Killingworth Library, 10:45-11:30 a.m.
 Picture Day – Haddam Senior Center, 1:00-3:00 p.m.

Please bring in a handful of old pictures of yourself, through the years. We will have a fun afternoon guessing who's who!

Coffeehouse Open Mic Night – Higganum United Methodist Church, 6:00-9:00 p.m.

An Evening of Inappropriate Song – Blue Fire Stage Company, 7:00-9:00 p.m.

Sunday, March 1

Sundays with the Suffragists Part 3 – Killingworth Library 3:30 pm - 5:30 pm

Join us for a viewing of the film Suffragette (rated PG-13, running time 1 hour, 46 minutes). In 1912 London, a young working mother is galvanized into radical political activism supporting women's right to vote. Starring Carey Mulligan, Meryl Streep, and Helena Bonham Carter. All programs in this series are free, but space is limited. Please pre-register for this session by contacting the library at 860-663-2000. <https://killingworthlibrary.org/>

Monday, March 2

Early Childhood Wellness Works Series by HKYFS at Brainerd Memorial

Library, 6:00-7:00 p.m.

Please join us for an informative 4-part series on wellness presentation that are sure to provide you with helpful tools and tips. Register online at <http://www.brainerdlibrary.lioninc.org>

Benefits of Children's Yoga: Theresa Tovey, OT Regional School District 4
 Haddam Board of Finance Budget Review meeting, 6:30-8:30 p.m.

Tuesday, March 3

Preschool Storytime – Brainerd Memorial Library, 10:30-11:00 a.m.
 Lego Group – Brainerd Memorial Library, 5:00-7:00 p.m.
 The 1st Tuesday of the month will have a theme and the 3rd Tuesday will be a free build. Creations will be displayed until next session. For ages 5 & up. Registration is not necessary.

RSD17 – BOE Budget Presentation, 6:00-7:00 p.m.

RSD17 BOE Meeting, 7:00-9:00 p.m., Central Office

Thursday March 5

Music with Margie – Brainerd Mem. Library 10:30-11:00 a.m.
 March Theme: 3/5 & 3/19/20 'Windy Days & Things That Fly'
 Parmelee Farm Meeting, 7:00 p.m., Killingworth Town Office Building
 Haddam P&Z Meeting, 7:00-9:00 p.m.
 HKHS Presents "Broadway Review", 7:00 p.m., HKHS Auditorium. Tickets \$5.00
 RSD17 BOE Budget Workshop & Joint Meeting with Towns, 7:00-9:00 p.m.
 HKIS/MS Cafeteria



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What Should You Do If You Are Stopped By the Police?

By Attorney Makana A. Ellis

Getting stopped by the police can be a nerve wrecking and stressful experience. In order to ease the stress, here are some helpful tips:

1. When you see the police car's overhead lights and/or hear a siren, slow down and pull over in a safe location to the right.
2. Roll down your window, so you can communicate with the officer.
3. Stay in your car unless the officer advises otherwise. Encourage any passengers to remain calm and cooperative.
4. Stay calm and keep your hands on the steering wheel so the officer can see them.
5. Wait until the officer instructs you to hand over your license, registration, and insurance information. Then give the officer the documents. Connecticut law requires you to carry these items with you in your car.
6. Do not become argumentative. If you do not agree with the citation or violation, you will have an opportunity to address the matter in court.
7. If you feel your rights have been violated, write down everything you can remember, including the officer's name and/or badge number.
8. If you were given a ticket or arrested, call Dzialo, Pickett & Allen. You may have certain rights. We can tell you what to expect in court and how to build a strong defense.

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Jesus Said, Wide is the Gate and Broad is the Way THE WAY TO DESTRUCTION

The Narrow Gate

Jesus said, "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. ¹⁴ Because narrow is the gate and difficult is the way which leads to life, and there are few who find it" (Matthew 7:13-14). "For many are called, but few are chosen" (Matthew 22:14). "Then one said to Him, 'Lord, are there few who are saved?' And He said to them, ²⁴ 'Strive to enter through the narrow gate, for many, I say to you, will seek to enter and will not be able'" (Luke 13:23-24).

You Can Know You Have Eternal Life

"Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31). "These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal

life, and that you may continue to believe in the name of the Son of God" (1 John 5:13).

Trust Jesus

There is a way that seems right to a man, But its end is the way of death" (Proverbs 14:12). Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6).

Pray to God Like This

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



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Youth & Family Services of H-K needs YOUR help

By Carol Dupuis

Youth and Family Services of Haddam-Killingworth needs YOUR help. You may be retired, or you may still be actively working. We need a few folks who are willing to attend monthly meetings and help with agency events. We are basically a fundraising Board.

Maybe you are a philanthropist looking for a good cause in which you can make a difference, maybe you are someone who is terrific at fundraising events, maybe you are someone with grant writing experience or maybe you are someone who just wants to help make our communities even better places in which to live and raise children. If you are the least bit interested, please call our agency at (860) 345-7498. Leave your name, number or email and I will get back to you.

The staff and BOD of Youth and Family Services are ready to dive into a new year that will be busy and support our mission. The agency served a number of families, a total of 52 children. The generosity of our communities is such a blessing and the appreciation of the families is heartwarming.

We are so grateful for the financial support of the towns of Killingworth and Haddam. YFSHK is not a town agency. We are a non-profit 501-C3. The agency also receives support from the United Way and the Salvation Army. The Killingworth Lions Club has also been a great supporter. Many local businesses and individuals have also donated to YFSHK. Since the beginning, we have been the grateful recipients of Federal and State grants. These have been so well run by dedicated YFSHK staff for many years; resulting in renewals, whenever possible. However, our last one finishes up at the end of June 2020. Federal and State grants are no longer available. Consequently, we must generate other funding.

We also need the help of the communities at large. That help might be financial donations; attendance at our events such as a recent and timely one,

done in conjunction with the library: "Vaping-What Parents Should Know" on Jan. 16, at the Brainerd Library. Grandparents, guardians and caregivers are welcome at all our events. They are open to Haddam, Haddam Neck and Killingworth families and other events through the school year and summer. We will be having a Family Olympics event during May. Watch for info on the 2nd "Run A Muck" to be held neat the end of the school year. Movie nights during the summer, in our office yard, are great fun for families and they are FREE! Of course there is also our annual 5k Pumpkin Run, our largest fundraiser for the year, in the past. Keep an eye out for some new changes to make the event more attractive and excite new interest in it.

Our Counseling Department, directed by Katy Kennedy, LMFT is fast becoming self-supporting. Katy has increased the numbers of folks receiving counseling and has enabled us to collect more from insurance carriers. No one is turned away. We have a sliding fee scale down to zero, for those who have no coverage. She is able to see people in a room at Killingworth Town Hall. This was enabled by First Selectwoman, Cathy Iino. Katy is also able to see clients in an accessible room in the Haddam Social Services Building. That was enabled by former First Selectwoman Lizz Milardo and the town Social Services Director, Jessica Condil. We are very grateful for all of their help. Anyone needing a counseling appointment may call the agency at 860-345-7498.

During the school year, our Prevention Coordinator, Lindsey Lehet has been running after school groups at the Intermediate, Middle and High Schools. These groups are all focused on helping students make good decisions and become giving, kind members of our community. Some of our high school students have given presentations around the State. They have attended National and State level conferences on leadership in these areas.

Though Lindsey is no longer available during the school day, some of our other staff members and a teacher will continue these programs through the rest of the school year

Lindsey, along with Michele Ouellette, is the leader of the Healthy Communities-Healthy Kids Coalition. This is a group of adults and students who are trying to stem Alcohol, and other Drug Abuse. Lindsey will stay actively involved with the Coalition. This is such an important mission in these days of the Opioid crisis and the Vaping Crisis among our young people, as well as older members of our communities. Suicide prevention is another issue we need to address. None of these issues affect just teens. The Coalition is an area we can use help from concerned citizens. Please call the agency (860) 345-7498, if the Coalition interests you. You do not have to be a parent or connected to the schools. Being a concerned young adult to a senior citizen is the only qualifier. In an effort to reach a greater number of folks, we have switched meeting time to third Thursday EVENINGS, at 5:30 p.m. at the Haddam Killingworth Middle/Intermediate School library. Please join us at the next one, Feb. 20, 2020.

For our younger population, our Early Education Coordinator, Karen Pasiuk, will be having some educational playtime events for parents and little ones. Watch for announcements of her activities. The Killingworth Lions

work with us and the school nurses, to do special vision screenings. It is a valuable program to pick up possible vision issues, early.

Youth and Family Services also runs the Juvenile Review Board for our communities. It is a diversion program designed to give school age people who are arrested, an alternative to appearing in court. An intake interview of the student and their parent/guardian is done. Their cases are presented to a panel of volunteer members who ask questions of the student and parent/guardian and talk about what the offense was. The panel deliberates and comes up with recommendations for consequences. These must be completed satisfactorily within a certain amount of time. There is another appearance before the panel. If the plan has not been completed satisfactorily or the student has another offense, he or she will go before the Court. There is only one chance before JRB. Our JRB works on a Restorative Justice model. If you might be interested in serving on the JRB, call Laurie Ruderfer at the agency office. Obviously, this is a position that requires extreme confidentiality.

YFSHK is working on bringing back a mentoring program to our District. It is a work in progress. If you might be interested in becoming a mentor, please call the agency and one of the folks involved will get back to you.

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Dementia

Dementia is the loss of cognitive (thinking) functions, along with decreased behavioral abilities that affect daily life and sociability. The most common forms are Alzheimer's Disease, Vascular Dementia, Frontotemporal Dementia, and Dementia with Lewy Body (DLB), but in most cases, there are combinations of the above.

Daily functions such as language, problem-solving, memory, visual perceptions, and elements of self-management, where emotional control can be difficult and lead to personality changes.

Alzheimer's Disease (AD) is most common, and more common in black individuals versus white individuals, and in the population greater than 71 years old, the incidence is almost 2 to 1 compared to younger persons. Women have a higher risk than men, but we have to also factor in longevity, but this only pertains to AD. In 2017, 6.08 million Americans have been diagnosed with AD. It is a progressive deterioration of episodic memory, and no specific therapy has been proven to delay this progression.

Risk Factors to Alzheimer's Disease:

- 1) Advancing Age
- 2) Hypertension
- 3) Obesity
- 4) Insulin Resistance
- 5) Dyslipidemia
- 6) Down's Syndrome
- 7) Familial History- but this only represents 15-25% of late onset cases of AD.

Vascular Dementia has a greater amount of Severe Depression compared to Alzheimer's. Treatment of Vascular dementia involves prevention of new strokes, therefore Anti-platelet drugs are used, and it is also the only dementia where aspirin is recommended.

Dementia with Lewy Bodies (DLB) has more hallucinations and agitation, which is especially troublesome in DLB. Treatment with this type of dementia utilizes Anti-cholinesterase inhibitors such as donepezil, rivastigmine, or galatamine.

In all instances, the care of a physician is necessary, and care should begin as soon as symptoms begin.

Hours of Operation

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Saturday	8:30 AM-4:00 PM	Fax: 860-345-3611
Sunday	9:00 AM-3:00 PM	Web: www.nutmegpharmacy.com

Second Haddam Dog competed at Westminster

By Kathy Brown

Who knew that Haddam was such a popular town for show dogs? After we published the story about Oliver and Debby Dubay attending the Westminster Agility competition, someone told us about another dog who just competed at Westminster Kennel Club, this time with the show dogs, in the Best of Breed category.

Karen Gresham has lived in Haddam for the last ten years. She has Alistair (CH Khamis Rainbow Warrior), a 4 year old Afghan hound, LilliBelle, a 10 year old Afghan hound, and Bentley, a 10 year old rescue. She has been showing Alistair since he was about six months old. She participates in shows “a couple times a month.”

Afghan hounds are one of the oldest breeds of dogs, and come originally from the cold mountains of Afghanistan. Their history is filled with stories



Alistair and his handler, Erika Meindl.

that can't be confirmed: they were Noah's choice to represent dogs for the ark, they were the dogs of choice for nomadic people and kept hidden from people from other lands, Alexander the Great brought them to Afghanistan.

Similar looking dogs have been found in cave drawings. One thing is for sure: they love to run, and can run up to 40 mph! Their beautiful coat requires a lot of care and grooming, and the dog has a very elegant appearance, though

can be “goofy” as well. The breed is not as popular as it once was, possibly due to the amount of grooming they require. According to Karen, “there are only about 275 [Afghan hounds] born each year now.”

Alistair's breeder lives in Scotland and is a show judge, as well as an artist. Karen saw a video on Facebook of an adorable puppy, and “his little face called to me, so we arranged the purchase and he flew from Edinburgh to Newark, and into my life,” said Karen.

When they aren't going to dog shows, Karen does marital, family, and individual therapy in Middletown. “[Alistair] is my co-therapist in my private practice,” said Karen. “He's a popular guy with my counseling clients.”

At Westminster on Sunday, Feb. 9, 2020, Alistair didn't win, “but we had a great time,” said Karen.

KILLINGWORTH WOMEN'S ORGANIZATION

KWO offers 2020 scholarship to local high school graduate

The Killingworth Women's Organization (KWO) will award a worthy, community-minded Killingworth woman (or women) a scholarship as she graduates from high school and heads towards higher education in the fall of 2020. Criteria to be considered include community service, letters of recommendation, an essay, and scholastic achieve-

ment (GPA).

Please visit KWOC.org/what-we-do/ to download the application. Applications can also be picked up at the high school guidance office.

To be eligible, applications must be postmarked by April 1, 2020. Questions, email sleightbarbara@gmail.com

CAMPUS CORNER

Tufts University names local students to Fall 2019 Dean's List

MEDFORD, MA (02/14/2020)– Tufts University recently announced the dean's list for the Fall 2019 semester.

Among students earning dean's list

honors are:

Kyle Cook of Higganum

Catherine Celano of Killingworth

Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Bryant University students named to Deans' List

SMITHFIELD, RI (02/19/2020)– Bryant University is committed to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans' List for the fall 2019 semester. Congratulations on this outstanding achievement!

Ethan Gromala, class of 2022, from Killingworth, CT.

Sterling Barbosa, class of 2021, from Haddam, CT.

Thomas Williams, class of 2023, from Haddam, CT.

Juliette Sasso, class of 2023, from Killingworth, CT.

University of Hartford names local students to Fall 2019 President's List

WEST HARTFORD, CT (02/19/2020)– The University of Hartford is pleased to recognize the following students who have been named to the President's List, signified by a 3.75 GPA or higher, for Fall 2019:

Evan Stock of Haddam

Gabriella Kulmacz of Higganum

Hattie Hall of Killingworth



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Tempeh Temptations!

By Janet Verney

Not all soy is created equal! There is much debate in the foodie world about eating soy and soy products, mostly due to the effects of phytoestrogens. Many who leave animal products in the dust, begin eating lots of pre-prepared soy products, like soy cheese, burgers, hot dogs, and soy-based protein powders. Generally, these pre-packaged foods have too many shady ingredients and are really not good for you. If a product states “soy protein isolate” don’t eat it! Of course, if you are allergic to soy, avoid it all together and be careful about reading labels, as it is added to many products.

Good sources of soy, eaten in moderation can be quite healthy and a great source of protein. They are low in fat and do not have any saturated fat. Best sources of soy include organic non-GMO tofu, edamame, miso, organic soy milk, and last but not least, tempeh, which is a fermented form of soy that hap-

pens to be one of my personal favorites. I especially like a grain-free tempeh made by Rhapsody in VT!

If you want to give tofu a try, look for locally made, organic, non-GMO brands. Many are not fans of tofu due to the texture. When done right, tofu takes on the flavor of whatever sauce or seasoning you use and the texture can be improved by baking it in small slices, on parchment paper until lightly browned and firm. Miso added to water or broth makes for a wonderful base for soups and stews. It can also be added to homemade bean or lentil patties for an added boost of protein.

Tempeh is wonderful in stir-fry’s or crumbled into your favorite ground beef recipes. Below are a few of my favorite ways to use tempeh. Make your next Monday meatless and let me know what you think!

Tempeh Stir-fry

- 2 T olive or avocado oil
- 1 package grain-free tempeh, cut into bite-sized chunks
- 1 small onion chopped
- 2 cups of assorted, colorful veggies of choice
- 2 heads of chopped bok choy
- 2 T Braggs amino acid, or GF soy sauce
- 1 T pure maple syrup
- 1 t dried or minced ginger root
- 2 minced cloves of garlic, or ½ tsp. garlic powder.

Heat oil over medium heat and sauté the tempeh and onion until lightly browned. Add all other ingredients and stir-fry for 5 minutes. Cover to allow the veggies to steam in the sauce. Watch closely to ensure there is enough liquid and nothing is sticking or burning. Stir often. Serve over a bed of lightly steamed greens.

Tempeh Stew

- 1 package of tempeh, chopped into bite size pieces
- 2 T chickpea or GF flour of choice
- Pinch of oregano
- Pinch of sea salt
- 2 T olive or avocado oil
- ½ t paprika
- ½ t allspice
- ¼ t cloves

- 1 T pure maple syrup
- 4 stalks of celery chopped
- 1 small onion chopped
- 2 T Worcestershire sauce (I use a vegan and GF brand)
- 2 cups water
- 1 bay leaf
- 1 sweet potato chopped, with skin on if organic
- 1 white potato chopped, with skin on if organic
- 2 carrots chopped, with skin on if organic

Place the flour, oregano and sea salt in a bowl and mix. Toss in the chopped tempeh to coat. Heat the olive oil over medium heat and sauté the floured tempeh, celery and onion until lightly browned. Add all other ingredients and simmer for 45 minutes, or transfer to a crockpot and leave on low for 5-6 hours, or until the potatoes are tender. This is wonderful reheated and freezes well!

Tempeh Chili

- 2 T olive or avocado oil
- 1 package of tempeh, crumbled
- 1 small onion, chopped
- 6 sundried tomatoes, soaked and chopped
- 1 garlic clove, minced
- 2 T chili powder
- 1 t cumin powder
- 1 t onion powder
- 1 t turmeric
- 1 can BPA-free red kidney beans
- 1 large can BPA-free chopped tomatoes, or 6 fresh, organic tomatoes, chopped
- 1 T pure maple syrup (optional)
- 1 T port wine (optional)

Heat oil over medium heat and sauté the tempeh onion, garlic, sundried tomatoes, and spices until lightly browned. Add all other ingredients and simmer for one hour, or transfer to a crockpot and cook on low for 4-6 hours. Awesome reheated and freezes well.

Janet E. Verney is an Author, Integrative Nutrition Health Coach, Wellness Designer, and Healthy Food Chef who resides in Higganum and loves helping others to “health-up” their lives! Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.

LEGAL NOTICES

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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2020 Haddam Garden Club scholarship information

By Susan Ritty

The Haddam Garden Club is offering a \$500. scholarship to graduating seniors from Haddam who will be pursuing an education in environmental, horticultural or agricultural science, landscape design or

related fields.

Any student attending local high schools or who are home schooled are encourage to apply.

Applications are due by April 1, 2020 for consideration. A transcript of the student's record is also required.

Presentation of the award will be at the Haddam Killingworth Senior Awards Night held in May.

Please contact Susan Ritty for an application and any questions you may have. Phone: 860-345-4049. Email: waynemrutty@msn.com

CONTINUED FROM PAGE H3

HK scholarships

Continued from page H3

NN next year and has demonstrated commitment to community service.

Lee Formica Grant (\$500) Deadline: 4/10/20 Awarded to senior entering a teacher education program.

Lorraine C. McHugh Scholarship (\$2000) Deadline: 3/30/20. This scholarship is awarded to a High School senior who will be attending one of the four CT State University System Schools (ECSU, CCSU, SCSU & WCSU, as well as UCONN). The criteria for selection is based on scholastic achievement, extra-curricular excellence and community service involvement. This individual should be highly motivated with a positive attitude toward learning.

Margaret Rose Nielsen Grant (\$500) Deadline 4/10/20 Awarded to a high school senior planning to pursue a degree in a teacher education program in math, science, or technology.

Meggie Dawn Memorial Scholarship (\$1000) Deadline: 5/1/20. This scholarship is for a senior planning on attending a 4-year college in Education, Social Sciences or Therapy Services. Selection will be based on academic achievement, leadership, contributions to school and Community service, and interest in assisting others to reach their full potential in living a productive life.

Middlesex County Dental Society (\$2500) Deadline: 4/1/20. Students applying to a two or four year college,

in any course of study, are encouraged to apply. Applicants must show superior or academic standing, interest in community service, and involvement with extracurricular activities.

Middlesex County Farm Bureau Inc. Agricultural Scholarship (\$500) Deadline: 5/1/20. For a student who will attend a two or four year college of agriculture.

Middlesex Hospital Vocal Chords (\$2000) Deadline: 3/24/20. Qualified students must be planning a career in Nursing or Music and have been accepted at an accredited college or university with one of these majors. The review committee will consider academic record, extracurricular and community service activities, the student's ability to articulate his/her career goals and the recommendations of the references.

Middletown Rotary Club (Deadline: 3/13/20) Students should have a solid record of demonstrated commitment to the concept of Service Above Self, have a 3.0 GPA and above, demonstrated financial need as evidenced by a total household family net income of \$125,000 or less, the ability to communicate a positive attitude and sincere motivation.

Milton Fisher Scholarship (\$5000) Deadline 5/1/20 For students who have come up with a distinctive solution to a problem faced by your family, school, community or world or who have solved an artistic, scientific or technical problem in a new or unusual way.

Nathaniel B. Field Memorial Scholarship Deadline: 4/30/20. Created by the Field family in 2015, this scholarship honors Nathaniel Field. Requirements: current senior at HKHS continuing their education in Science, Technology, Engineering, and Mathematics (STEM) or mental health related field.

Patsy Kamercia Memorial Scholarship Deadline: 4/1/20. This award will be presented to a student who embodies Pasty Kameron, has a pioneer spirit, commitment to excellence and dedication to HKHS. Open to all graduating seniors.

Peter Ladd/Johnny Moran Memorial Scholarship (\$2500) Deadline 4/24/20 Graduating student who contributes to their community through volunteer service with children or adults with special needs. For more information, see this LINK.

Phi Delta Kappa Scholarship (\$750) 4/3/20 Public high school student who will be majoring in Education.

Purdy Family Technical Education/Engineering Scholarship (\$1000) Deadline: 4/30/20. This scholarship was created for students who have found their niche in the Technology Education department at Haddam Killingworth High School. It was created by a family who credits these courses and especially the teachers in the department with providing an engaging experience, opportunities for non-traditional learners to do hands on work, and inspiring an interest in technology and/or engineering. Requirements: Applicants must be a senior at Haddam Killingworth High School. Applicants must be accepted in an accredited undergraduate program or technical school. Applicants must have taken several courses in the Technology Education department. Applicants should have an interest in pursuing a career in a field inspired by courses taken in the

department.

PWC Scholarship (Professional Women in Construction) Deadline: 3/25/20 Students pursuing a degree in the designated fields of study: construction, construction management, interior design, architecture, landscape design or civil, mechanical, structural, or electrical engineering. For more information, see this LINK.

Raymond E. Baldwin Scholarship Deadline: 3/30/20. This scholarship is awarded in honor of the late Raymond E. Baldwin who served the State of CT as a Governor, US Senator and Supreme Court Justice. The criterion for selection of the recipient of this scholarship is Academic Achievement.

Ride 4 Justin Deadline: 4/1/20. For a firefighter (or spouse, (step) child or sibling of a firefighter). The scholarship is based totally on volunteerism. For more information, see this LINK.

Robert T. Kenney Scholarship Deadline: 3/31/20 Scholarship awarded primarily on financial need with consideration to academic achievement and community involvement, and may be renewed up to four years. For more information, see this LINK.

Shoreline Community Women (\$2500) Deadline 5/4/20 For a student who is a resident of Haddam or Killingworth (male or female).

Terrie Lusia Scholarship Deadline: 3/31/20. Arts major which may include performance (vocal or dance), stage and/or set design, lighting, theater or music education, theater or music business, etc.

Virginia R. Rollefson Environmental Leadership Scholarship (\$1000) Deadline 3/12/20 For recognition of high school junior or senior for his/her participation in program, project, or activity that benefits conservation, preservation, restoration, or environmental education.



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Donors brave weather for a pleasant reception at BML

By Scott Brinckerhoff

Heavy rain and high winds were not enough to deter 55 Brainerd Memorial Library supporters from attending a cabaret-style reception in their honor Jan. 25, 2020 at the library.

The two-hour event was highlighted by a dulcimer-playing troubadour and an impressive spread of hors d'oeuvres and beer and wine supplied by volunteers and local businesses.

The reception's purpose was to thank supporters for past service and to update them on the library's \$1.5 million renovation and expansion plan now under way.

Peter and Mary Aduskevich were singled out for their long history of financial support to the library, along with other service. Between them, they helped

restore the history room, manage the library trust fund, tutor children and work at book sales and the popular Taste of Haddam event.

Ed and Judy Munster were similarly honored; Ed for his long service as a trustee and his successful efforts to secure state aid for the library and Judy for "practically single handedly maintaining the lovely landscaped entry into the library," as Lynne Cooper, trustee, put it in her tribute.

Volunteers Elizabeth Adams and Debbie Karpf were among a dozen who helped make the evening a success.

Volunteers Elizabeth Adams and Debbie Karpf were among a dozen who helped make the evening a success. Photos by Donna Brinckerhoff.



Friends of BML announce Spring Book Sale: April 3, 4 & 6

By Robbie Marshall, BML

The Friends of Brainerd Memorial Library would like to announce our: Spring Book Sale planned for April 3, 4 & 6, 2020.

The Book sale will begin on Friday, April 3, at 10:00 a.m. until 6:00 p.m. The Book and Bake sale will continue on Saturday, April 4 until 4:00 p.m. On Monday, April 6, remaining items will be offered at special prices from 10:00 a.m. – 8:00 p.m.

The Friends always accept books and DVDs, but request patrons help contribute to the sale by bringing down their donations throughout the winter.

Please make sure that all items are saleable [not soiled, yellowed, moldy, or damaged] and gently used!

If you haven't seen it – the Friends of BML invite you to check out our bookstore, the Book Nook. The Nook is behind the non-fiction section of the Library at 920 Saybrook Rd in Haddam. Stop in and browse, relax in our comfy chairs, have a coffee or tea and take advantage of our monthly sales. DVDs, CDs, paperbacks and a large selection [over 4000 items!] of hardcover fiction and non-fiction are arranged by author and subject. There are always special items for purchase, like DVD TV series, unique books, and BML merchandise!

The Book Nook is open during library hours. We accept cash, checks, plastic, and PayPal. Friends' funds support library programs and events, and ma-

terials, technology, and furnishing purchases.

The BML website and Facebook pages post our sales and events.

The Friends will also require the assistance of some teens and adults to move books for the sale. Please email Robbie at rmarshall@brainerdlibrary.org to sign up.

Volunteers are always welcome! The Friends get together on Thursday mornings and for a monthly meeting. Stop in or contact us to join. <http://www.brainerdlibrary.lioninc.org/friends>

Thank you for your generous donations and we look forward to seeing everyone at the Spring Book Sale!

COMMUNITY TV

Valley Shore Community TV Schedule: February 27-March 4

By Chris Morgan, Public Access Coordinator, Valley Shore Community Television

Comcast Channel 18 – Valley Shore Educational Network

2/29 & 3/1 – 7pm HK Hall of Fame

Comcast Channel 19 – Valley Shore Community Television

2/27 – 1:00pm & 8:00pm UMC of Clinton Sunday Service 2/23/20

2/27 – 5:00pm Old Saybrook Meetings

2/28 – 6:00pm Veterans Views of Connecticut

2/28 – 7:00pm On The Other Hand: Joe Markley

2/29 – 3:00pm Durham Meetings

3/1 – 6:00pm Deep River Town Meetings 2/25/20

3/1 – 9:00pm The Steve Katsos Show

3/2 – 7:00pm Looking Back with Richard Makuck

3/2 – 8:00pm Poetry of Immigrants

3/3 – 4:00pm Clinton Meetings

3/3 – 7:00pm Pete Mezzetti Show: Meghan Deville

3/3 – 8:00pm Shoreline Music Monthly: Year Five Bonus Bits

3/4 – 5:00pm Haddam Meetings

For the complete schedule and to watch programs online, visit www.vstctv.com.

H-K COMMUNITIES

H-K Project Graduation: February news

By Jessica Jackson

Project Graduation Committee can always use volunteers! Right now, decorating is in full swing. If you are at all interested in sharing your time in a stress-free, creative, friendly atmosphere, come and give it a shot.

No prior experience is necessary and no time commitment is needed! Come for an hour or stay for 2. Check our Facebook page for dates and times!

Over the next several months, we will be looking for volunteers to help with Graduation Night Chaperones, Food Pick up, and Decorating Set Up. If you

are interested in helping, please contact one of our co-chairs: Liz: egriswold6@comcas.net, Marci: marcinieckidz@gmail.com, Diane: diane.phipps@comcast.net or Paige: paigebwink@comcast.net.

Still curious about what Project Graduation is? Check out our FAQ on the www.rsd17.org web site, click on High School, then the link for Boosters & Support Groups where you will find the final link for HKHS Project Graduation. And LIKE us on Facebook: HKHS Project Graduation.

As always, thank you for your help in keeping OUR H-K kids safe on graduation night!

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In and About The Haddams: February 1920 National News

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

President Escapes the Flu. Washington, Feb. 03, 1920: President Wilson just escaped the "flu." During the past two weeks while Washington was in the grip of extreme cold weather, the president contracted a cold and Dr. Grayson insisted upon his remaining indoors. Dr. Grayson virtually mounted guard over the doors leading to the president's apartment, permitting no one to enter who sneezed or showed symptoms of influenza.

France Wants Babies. Paris, Feb. 04, 1920: "After five years of devoting all our energies to the destruction of life, France is now going to devote the next five years to the creation of life," stated France's first minister of hygiene and health. France proportionately had a higher toll in lost lives than any other country involved in the conflict. "We must endeavor... to make girls realize the nobility of motherhood: we must adopt measures to counteract infanticide and willful abandonment; we must also care for unmarried mothers while they are unable to work."

Per Capita Wealth. Washington, Feb. 07, 1920: The United States treasury figures that your share, based on the amount of cash in circulation is \$54.77. [Note: Feb. 12, 2020 per capita cash in circulation, reported by the Federal Reserve is \$5,352. So what's in your wallet?]

A Women's Party? Washington, Feb. 09, 1920: A women's party will be in the field after the ratification of the suffrage amendment, feminists here announced. Leaders, known as "extreme feminists," strongly advocate that the new party stand for "women only" as political candidates. They are in favor of placing women candidates in the field for every office from president on down.

Spanish Flu In Poland. Washington, Feb. 11, 1920: Spanish influenza, in a form so virulent that it is baffling medical authorities by the suddenness of its attack and its almost certain fatality, is swooping through Poland. This is the third influenza epidemic that has swept over Poland in the past year and the most severe. Patients seldom live more than 24 hours after they have contracted the disease and complications that bring on hemorrhage of the lungs. Warsaw is given over to continuous processions of funerals.

Lansing Resignation Astounds Congress. Washington, Feb. 14, 1920: Official Washington was astounded by Secretary of State Lansing's resignation following a sharp rebuke from President Wilson for having called cabinet meetings during his illness. Certain members of congress have already suggested that there should be an investigation as to the conduct of the government during these months. There was also considerable curiosity as to whether other resignations would follow. Secretary Lansing split with the president at the Paris peace conference and... was submitted to considerable embarrassment because he felt constrained to support the president's views. While his staunch supporters declared it was simply the climax of personal differences, there were others

who were bitter in their denunciation of the president's action.

The president's physician, Rear Admiral Grayson, had been invited to the first meeting for the purpose of determining the real condition of his patient. Informed of the meeting by Dr. Grayson, Wilson asked him to ask by what authority and to what purpose the meeting was called.

Villa Holds American For Ransom. Washington, Feb. 18, 1920: The Mexican bandit, Francisco (Pancho) Villa, is holding Joseph Askew, an American, for payment of ransom of \$20,000. Villa maintains that \$20,000 is an old debt owed by the state department by aiding an American mining concern to get a large amount of silver bullion out of Mexico during one of the periods of civil warfare and he was to receive \$40,000 for his service. He will hold Askew until the state department pays the remaining \$20,000.

Socialist Not Bolsheviki. Albany, N.Y., Feb. 18, 1920: A sweeping denial that the socialists of America are bolshevists or that they foster the adoption of a soviet government was made by Morris Hillquit, the party leader in America testifying as an expert in the proceedings against five suspended assemblymen. "We socialists in America are not bolsheviks," declared Hillquit. "We are in reality social democrats of the Marxian type."

Power To Decide Incapacity of President. Washington, Feb. 19, 1920: The cabinet is made the judge of the "physical, mental and moral inability of the president to perform the duties of his office, and upon a majority decision by the cabinet that there exists inability on the part of the president, the vice-president shall assume charge of the presidential office, by the provisions of a bill introduced in the house by Rep. Madden of Illinois. [Note: The issue was settled by the 25th Amendment in 1967.]

Get Down To Business! Washington, Feb. 23, 1920: Progressive republicans in congress made known their demands for immediate action for domestic legislation. The first open expression of the desire to speed up domestic legislation and do away with investigations and probes of the actions of the democratic administration insofar as they affect the passage of legislation for the future was from Senator Capper. He said, "While we have been probing, investigating and rambling over everything that was done or was not done during the war, including frauds and scandals, meriting the fullest publicity and promptest and most punishment... we have given scanty attention to such urgent and momentous matters as the railroad problem, reduction of government extravagance, the opening of European

markets, the adjustment of capital and labor... and other important matters. Let us get down to business."

More Hitting To Pep Up Baseball. New York, Feb. 23, 1920: Fandom's plea for more "hitting" in the major leagues has been heard at last. The "Powers That Be" in baseball lent their ears to the cry of the fans some time ago and took heed. They have paved the way for freer hitting by curbing the pitchers. The decision of both big leagues to abolish the various freak deliveries by means of which the pitchers kept down the hitting was halted with satisfaction by the fans. No more shine ball, no more licorice ball, no more emery or talcum powder ball! And no more spitters after this season. Pitchers like Eddie Cicotte and Harold Carlson who have gained reputations for the use of the "shiner" or other freaks will have to get along without them next summer.

As Little Legislation As Possible. Washington, Feb. 23, 1920: Never in the history of the nation has the individual Congressman been up against it quite so hard as now [and the June conventions.] He admits he has no idea what the public wants. So he intends to be very circumspect lest he offends by stepping upon unsuspected corns. Damned if they do, and damned if they don't, members confess they are in the position of the little boy who was warned to run away if he saw a snake. Instead, he began jumping up and down. "Why didn't you run?" he was asked. "I didn't know which way to run!" he protested. "Then what made you jump up and down?" asked again. "To keep him from biting me standing still." There you have Congress.

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

Haddam Killingworth News

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HKHS track teams

Continued from page H2

600 Meter

5. Ali Twachtman
1:54.18

1000 Meters

4. Brianna Minervino
3:25.11

1600 Meter

3. Meara Bodak 5:46.37
4. Isabel Berardino

6:00.36

3200 Meter

3. Meara Bodak 13:03.58
4. Ava DiMatteo
13:28.00

55 Meter Hurdles – 33"

4. Mai-ly Criscuolo 9.95

4×800 Relay

2. Julia Callis, Isabel Berardino, Charlotte Selmer, Ali Twachtman
10:53.26

SMR 1600 meter

4. Rebecca Fisher, Ly-Linh Criscuolo, Brianna Minervino, Julia Callis
4:50.00

Shot Put – 4kg

1. Gabrielle Lester
30'07.00

High Jump

3. Jessica Timothy
4'06.00

Pole Vault

5. Morgan Schultz
7'00.00

HK Boys Indoor Track team Runner Up in Class S State Championship

Following their Shoreline Championship on Saturday, the HK Boys Indoor Track team turned in another great effort, earning the CIAC Runner Up trophy in the Class S State Championship behind the perennial powerhouse Bloomfield on Friday, Feb. 14, 2020. Two other Shoreline Schools, East Hampton 3rd and Old Saybrook 4th followed HK.

Standout performances were provided by Matt Jennings, who won the 1000, and then joined by Aidan Coleman, Seth Regan, Dmytri Mallon won the Sprint Medley Relay. Relays keyed much of the team's success providing HK with 29 of the team's 51 points. The 4×400 relay team of Aidan Coleman, Luke Sodergren, Owen Howes and Dmytri Mallon ran their best race of the season placing second. Earlier in the meet A. Coleman, Regan and Mallon joined by Dalton Modehn placed fourth in the 4X200 Relay less than one second from second place. That relay was followed by the 4×800 relay in which HK's team of Lucas Kamoen, Max Cozean, Michael Coleman and Caleb Freeman place third.

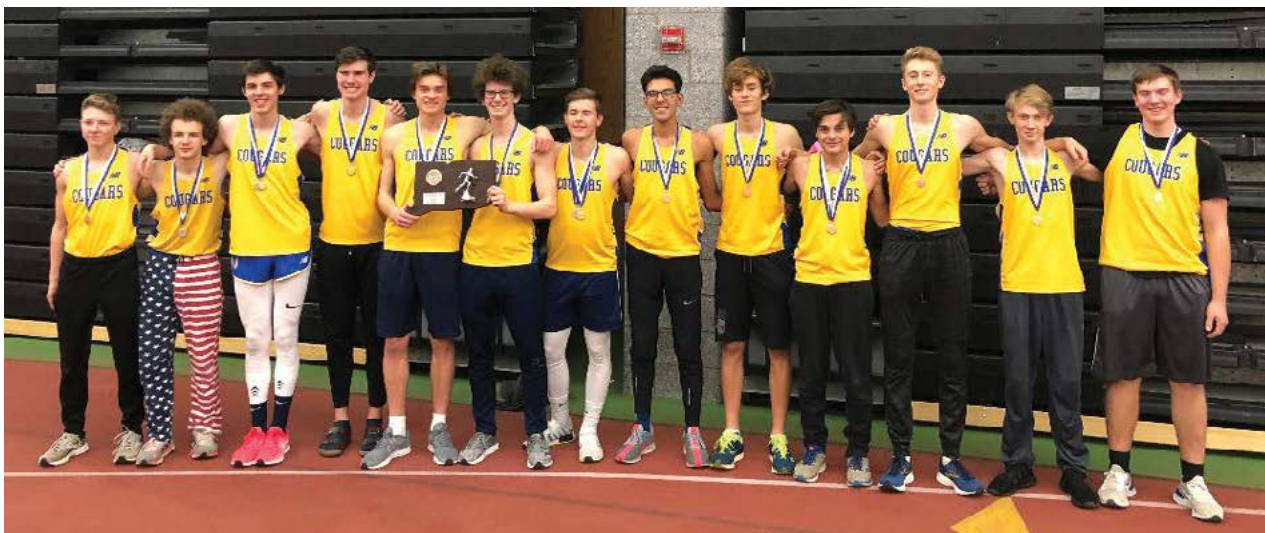
In addition to the relays, several of the boys fared well in individual events. HK's top individuals were: Caleb Freeman third, in the 3200 and Seth Regan, fourth in the 55 Dash. In addition, Eamon Sweeney, high jump, John Bruder, Shot Put and Luke Sodergren, 55 Hurdles each placed sixth.

The HK Girls finished seventh in the team standings

Kedarjah Lewis contributed 22 of the team's 24 points. With still another amazing day, the newcomer to the track and field scene managed second place finishes in the long jump and the 300 meter dash and a third place finish in the 55 meter Dash where she set a new school record 7.24. The remainder of the Girls' scoring resulted from the fifth place finish in the 4×800 relay team of Isabel Berardino, Julia Callis, Brianna Minervino and Ali Twachtman.



HKHS girls' track team at the Shorelines, where they posted a second-place team finish.



HKHS boys' track team at the state tournament, where they posted a runner-up finish.

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TOYOTA
Let's Go Places



LOCAL HISTORY

Shad museum opens April 5

By Dr. Joseph Zaiantz

The Haddam Shad Museum will be open on Sundays, 10:00 a.m. to 3:00 p.m. from April 5 – June 14, 2020. The museum, the only one of its kind in the United States, displays the history of shad fishing on the Connecticut River since colonial days. We will be glad to open it by appointment at other types for any groups interested. The museum directors are familiar with both commercial and sport shad fishing.

The museum is located at 212 Saybrook Road, behind the American Oil Gas Station in Higganum. For more information, please call 860-267-0388.

February update

By Jennifer Favalora, RSD #17 BOE

Summary of January 2020 Board of Education Meetings

Capital Improvements:

Recognition of HKHS Public Building Committee: A grateful Board recognized the work of the HKHS Energy Project Public Building Committee for their years of service overseeing the multi-faceted project. Thank you to Eric Couture, Joanne Nesti, Colleen Fitzpatrick, Karen Perry, Sue Williams, Bill Leahy, Robert Braren, Chip Frey, Rob Albert and Tom Horgarty.

Formation of a Standing Public Building Committee (PBC):

A Standing Public Building Committee has been formed with community members Graig Judge, Sean Donlan, and Jim Duffield, and Board members Eileen Blewett and Peter Sonski. First projects outlined are the HKHS Field House Project and the Oil Tank Removal and Replacement at both Burr and KES.

HKHS Field House Project:

The PBC evaluated two architect firms that responded to an RFP and recommended Hibbard and Rosa Architects, LLC of Middletown to provide design and construction administration for the potential Field House Project. The Board approved the recommendation and a timeline has been projected for the potential project. In February, the Board will consid-

er the scope of the project. If approved, work will begin in late April. More information will follow when it becomes available.

Joint Meeting: BOS/BOF/BOE

The Board hosted a pre-budget conversation to discuss the state of the schools and towns. It was shared that District enrollment continues to decline greater in Killingworth than Haddam. Thus Haddam's portion of next year's budget allocation will increase from 58.95% to 61.40% and Killingworth's decreases from 41.05% to 38.60%. The Board shared general information regarding the State Partnership Plan's impact to the District and employees, continued increases in Special Education costs, and the desire to continue to keep buildings maintained. Towns expressed a desire for the Board to constrain costs and the challenges with supporting an increasing District budget.

Other Business:

Introduction of New Administrators: The Board welcomed Ann Adrianni as the new Director of Fiscal Operations for RSD17, Jennifer Beermuender as the new Curriculum Coordinator for Literacy/Humanities, and Heather Rigatti as the new Curriculum Coordinator for Math, Science and Technology. The Curriculum Coordinator positions replace the Assistant Superintendent position (and their former positions will not be replaced), making the hires cost neutral to the District.

2019-20 Calendar Revision:

An update was made to this year's school calendar making June 10th the last day of school. In the event that there are further snow days, updates to the last day of school can be found on our website under "School Calendar."

Search Institute Survey:

HK Youth and Family Services requested, and was granted, Board approval to administer its bi-annual survey of 7th-12th graders to gather valuable data on our youth, which is shared with the schools and community. The survey will be conducted this Spring.

Curriculum Update:

Two new courses to next year's High School Curriculum were approved: Beginning Spanish Conversation – fulfills a new State World Language requirement, and The Modern Novel – a reading-intensive course studying literature from the last ten years.

On our RSD17.org Website:

Sub-Committee meeting dates for 2020 have been scheduled and are posted under "Board of Education", the new three year HK Administrators' Association contract signed this month will be posted under "Business Office" and BoE meeting videos are under "HKTV".

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er project options and determine if to proceed and

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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.

