

## Food for Thought: A Healthy Heart

By Janet Verney

As I sat down to write about a Healthy Heart, I struggled a bit with where to begin, as there is so much contradictory information out there. This can certainly leave you feeling a bit confused and maybe even overwhelmed. There are theories that tout adding a spoonful, or two of coconut oil to smoothies and those who say stay away from saturated fats all together. There are diet regimes that suggest eating lots of animal protein and no grains and those who say animal protein is a bad thing for the heart and to consume more vegetables. Believe it or not, nutrition is still a fledgling science and it is ever evolving as the latest research points us in a new direction.

Having studied integrative nutrition for many years, I consistently see that all the experts agree on **consuming more leafy greens and seasonal veggies; reducing or eliminating sugar from your daily diet; avoiding overly processed pre-packaged foods and preparing more whole foods at home; and to stop being a couch potato and to keep your body moving.** I agree with the experts, but will add my two cents below. As always, before starting any new diet or life-style change, be sure to consult with your doctor.

In previous columns I have alluded to overall inflammation in the body and how to reduce it and without sounding like a broken record, this is critical for a healthy heart. I believe it begins with a healthy, loving attitude towards life, which includes reducing day to day stress; to stop worrying over every little thing; to rephrase negative chatter to positive thinking, and to live from a place of gratitude & love. Fear and worry erodes health and hope leaves room for doubt that things will get better. When we believe in our ability to heal that is when the magic happens! I speak from personal experience on this front.

Once you have shifted to a positive mindset the rest is a piece of cake, or should I say "leafy green" ... I'm actually a big fan of many of the concepts in a Mediterranean diet, which include healthier fats like olive oil and avocado oil; lots of leafy greens and veggies; anti-inflammatory herbs like oregano, thyme, sage, & rosemary; organic nuts, seeds, and beans; less refined whole grains like sprouted whole wheat, quinoa, amaranth, & millet; wild caught fish from time to time; along with foods rich in polyphenols like organic berries, coffee, green tea, and even a little red wine & dark chocolate as tolerated.

I'm not a fan of dairy and feel this, for many, can trigger lots of inflammation. I will occasionally enjoy goat or sheep cheese, but avoid it otherwise. I believe some folks need a little animal protein in their diet and others do better being totally plant based. If you are a "meat" eater try reducing the portion size, keeping it lean, grass-fed, free-range, and making it less often and as a side dish to your veggies. Avoid those overly processed foods, especially those with sugar, bad fats, and yucky chemicals. Foods that sit on that fence of heart healthy or not, like coconut oil, butter, coffee, etc., I'm a big believer in moderation. It's kind of that 80/20 rule - if 80% of the time you eat/live a heart healthy lifestyle, then the 20% is just part of living all in!

## 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.*



Some of my go-to superfoods include fermented vegetables; nut milk yogurts; chia, fax, & hemp seeds; fermented tempeh; green juices and nutrient dense smoothies; ginger & turmeric root in teas or stir-fries, and living foods like sprouts and micro-greens. These are all super heart healthy and will support reduced inflammation in the body.

What I have consistently witnessed is when folks make these changes and are consistently practicing a heart healthy lifestyle (80% of the time) their doctors begin either reducing or even eliminating blood pressure, cholesterol, and blood sugar medications. As I like to say, LOVE yourself enough to \_\_\_\_\_ (you fill in the blank)!

### Some Heart Healthy Recipes:

#### Berry Nutty Smoothie:

1 cup frozen berries of choice  
¼ cup of mixed soaked/dehydrated nuts & seeds (chia, hemp, pumpkin, walnut)  
Juice of ½ of lemon

Organic almond milk or water  
Drops of stevia or pitted date for added sweetness (optional)  
¼ avocado and or banana (optional for a creamy texture and added nutrients)  
Blend on high until well mixed.

#### Walnut Tacos

3 cups walnuts (soaked & dehydrated)  
1 tsp. garlic powder  
2 T chili powder  
1 tsp. cumin  
1 tsp. paprika  
½ tsp. turmeric powder  
Dash of pink sea salt  
Place all ingredients in a food processor and pulse until chopped. Wrap in collard greens or romaine lettuce, top with sprouts and shredded & chopped veggies of choice

*Continued on page Hx*

# HVAS offers 2019 Spring Initial EMR Course

*By Haddam Volunteer Ambulance Service*

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This course will take place March 6 – May 1, 2019 (Wednesday evenings & every other weekend). The schedule is Wednesday evenings 7:00- 10:00 p.m. (3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1) and Saturday and Sunday 9:00 a.m. – 4:00 p.m. (3/9 & 3/10, 3/23 & 3/24, 4/6 & 4/7, 4/27 & 4/28). This will take place at Haddam Volunteer Fire Company Station #1 (439 Saybrook Road, Haddam).

Lead Instructor Dan Sullivan NRP, EMS-I, FSI has over 12 years of experience working in EMS from commercial to fire based. In addition to being a certified EMS Instructor, Dan is currently a Firefighter/Paramedic in the City of New Haven as-

signed to Emergency Company 1. Dan is also a Paramedic Field Instructor (PFI) for the Yale Center for EMS where he trains and mentors future paramedics as they leave the classroom and put their skills to use in the field.

Assistant Instructor Charles Crocco, RN, BSN, EMT is a Registered Nurse at Yale New Haven Hospital in the Adult Emergency Department with experience in EMS ranging from volunteer to commercial based services. Charles is a graduate of Quinnipiac University with a BSN, and experience in a variety of specialties, and still active as an EMT in the field. He is also ACLS and PALS certified by the American Heart Association.

To sign up, or for more information, please contact Dan Sullivan at 860-759-2290 or sully665@com-cast.net. Course offered by Stat Academy LLC.

<b>MONDAYS:</b> HALF-PRICE WINE BOTTLES FROM 5:00PM – CLOSE	<b>TUESDAYS:</b> TACO TUESDAY FROM 5:00PM – CLOSE	<b>WEDNESDAYS:</b> LIVE MUSIC FROM 5:30PM – 8:30PM	<b>THURSDAYS:</b> LADIES NITE WITH DRINK & HAPPY HOUR SPECIALS FROM 3:00PM – CLOSE	<b>FRIDAYS:</b> PRIME RIB 5:00PM – CLOSE & LIVE MUSIC 8:00PM – 12:00AM	<b>SATURDAYS:</b> LIVE MUSIC FROM 8:00PM – 12:00AM	<b>SUNDAYS:</b> BRUNCH FROM 11:30AM – 3:00PM & LIVE MUSIC 3:00PM – 6:00PM
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# February 11, 2019 meeting recap

By Meghan Peterson, PhD

*Editors Note: The meeting can be viewed in its entirety at [vscvtv.org](http://vscvtv.org). When official minutes become available, they can be accessed at [www.haddam.org](http://www.haddam.org).*

The Board of Selectmen (BOS) held its regular meeting on Monday, February 11 at 6:30 p.m. All members of the BOS were present: First Selectwoman Lizz Milardo, Selectman Larry Maggi and Selectwoman Melissa Schlag. Assistant to First Selectwoman, JoAnn Ricciardelli, took minutes.

Residents filled the Old Town Hall building to the brim. Schlag said that she would like to add discussion of Haddam Elementary School in light of the "RFP" (Request For Proposal). Discussion ensued regarding the Request For Proposal (RFP) that the Regional District 17 Board of Education (BOE) received on Wednesday, Feb. 6. Milardo said that she "does not mind" doing so, but that she "did not have a copy of the RFP." Milardo continued that she "is happy to discuss HES" but that she could not answer "questions about the RFP" and had been informed that while a copy of the RFP was distributed to members of the BOE, the contents thereof were to remain "confidential" until the BOE members held their meeting on Feb. 26. During this discussion, Milardo and Maggi indicated that they had not yet received a copy.

For nearly two hours, numerous residents voiced opposition to the Regional School District 17's

planned closure of the Haddam Elementary School (HES) in Higganum Center. Based on the public comments, there appeared to be four categories or groupings of views/opinions: residents who want more data and information in terms of the cost-benefit analysis of said closure; residents who want the closure process paused for at least a year; residents who want the Town to purchase the school building and property from RSD17; residents who accept the closure while desiring the guarantee that the building will not be empty and that it will be part of development for Higganum Center. This latter genre of views also included a position that the Town consider purchasing the Swan Hill portion as open space for use by residents, as well as those who argued that development would bring in more families with children, necessitating a school after all – and that it would cost more money in the end. Members of the Save HES movement spoke about wanting to work with the Town to correct the "mistake" of the planned closure and that they want the Town to "work with us," according to resident Katie Packtor. Christine Palm, State Representative of the 36th District, spoke about wanting to assist with respect to this matter, noting that she has reached out to the Board of Education via e-mail and would send another.

There was mention by resident Ross Hanson of pursuing the possibility that the State Board of Education investigate the local RSD17 Board of

Education. There was also mention by resident Erik Hesselberg that he could look into the Towns of Haddam and Killingworth having first right of refusal for the property. Milardo indicated openness to exploring the facts where they lead on these fronts.

Throughout and in response to various public comments, Milardo emphasized that the Town has no legal mechanism by which to intervene or stop the RSD17 BOE's plan to close HES (*Editors Note: HES is not Town-owned; it is owned by RSD17*). Milardo iterated that she has sent a letter to the BOE, that she has sat down with the various individuals involved, but that "legally" she does not know what else "we can do." Selectman Maggi said that "we are here because we don't want to close the school... that is what it boils down to."

The next BOS meeting is scheduled for Monday, March 11, 2019 at 6:30 p.m. Hope to see you there!

## COMMUNITY

### Pruning Seminar: March 7

By Melissa Ferrara

The How, When and Why of Pruning Woody Shrubs and Trees

March 7, 6:00 p.m.

Haddam Old Town Hall, 21 Field Park Drive, Haddam, CT 06438

By Dr. Yonghao Li, Plant pathologist with CT Agricultural and Experimental Station (CAES).

Supper is included: Winter soups lovingly prepared by Haddam Garden Club chefs. Cornbread, rolls dessert, coffee or tea. BYOB. \$20

RSVP Lynne Cooper [lcooper13@comcast.net](mailto:lcooper13@comcast.net). Also check out: [www.haddamgardenclub.org/events](http://www.haddamgardenclub.org/events).

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## February update

By Meghan Peterson, PhD

Haddam News recently caught up with First Selectwoman Milardo on various matters throughout Town.

### MP: Tylerville Water status?

LM: Coast Line Construction has begun laying the pipes for the water mains. The company has done this work on Eagle Landing, South Side Bluff, Brookes Court and Camp Bethel Road. There are a few easements from property owners the company is in the process of obtaining. We are making great progress and are moving right along. There are some areas that Coastline cannot move into quite yet, as they have to wait for the greenlight from DOT once the asphalt plant opens for the spring season again, as some roads require digging up. Finally, we are running into an issue at Little Meadow. and Coastline is stuck in terms of not being to lay the pipe down there, due to two property owners who are concerned that the Town is seeking to take over Little Meadow Road and make it a town road. However, that the Town has NO interest in doing that. As it stands, the Town has difficulty maintaining over 100 miles of road we maintain already. This hold-up will affect construction of the main in that area, possibly delaying the work until the prime summer season, when more people come to Haddam, and this disruption will impact more people. Moreover, the ordinance time frame in which property owners could file an application with the State Department of Public Health to opt out of the water main is over.

### MP: Update on Cell Phone Tower(s) coming to Town?

LM: The carrier is currently reviewing contracts to place two towers in the Tylerville area of Haddam.

### MP: Update on road work throughout Town?

LM: The pattern of horrible rains and wetness from 2018 seems to be sticking with us into the new year, but the crews are ready to continue road work as soon as the weather allows. We are calculating how much of the road bond has been used to determine what other roads can be done this upcoming season based on the road study conducted last year. In addition, I am happy to report that Haddam has received a \$2.9 Million grant (\$2,938,600) for roadway reconstruction. The Town had applied for this Local Transportation Capital Improvement Program grant (LOTICIP) via the Lower Connecticut River Valley COG (Council of Governments). Gregory M. Doro-



First Selectwoman Milardo helps breaks ground for Tylerville Water pipeline construction. From l to r: Shannon Pociu, of the state Department of Energy and Environmental Protection (DEEP), Vicky Carrier of the state Department of Public Health (DPH), Laurie Mathieu of DPH, Eric McPhee of Deep, First Selectwoman Lizz Milardo, Scott Martinson, Director of Health of Connecticut River Area Health District, Dan Lesnieski of CT Water. Photo by Robin Munster.

sh, Manager of Highway Design in the Bureau of Engineering and Construction of the State Department of Transportation (DOT) notified me of the good news at the end of December. Moreover, this is funding that the State has committed to us. In other words, regardless of what occurs with the State budget, this grant money cannot be rescinded. Finally, we received word that Haddam is also the recipient of a separate grant of \$400K, the "Community Connectivity Grant" (through the state DOT), which will help cover the costs of repairing sidewalks on Route 154 near Brainerd Memorial Library.

### MP: What about work on the Dublin Hill Bridge?

LM: Arborio will begin work on the bridge within the next month or so. This was the same company which built the beautiful bridge in Higganum Center. The Dublin Hill Bridge will also feature an arch design. They are in the process of coordinating work details with the DOT. A detour has already been planned in conjunction with all public safety/emergency entities in Town. We have all of our ducks in a row and are set to go as soon as the weather allows.

### MP: How is budget season going?

LM: Budget season is in full swing. The BOS has finished drawing up its operating budget and it has been forwarded to the Board of Finance (BOF). The BOF is in the process of finalizing the capital budget; this will be completed by the end of February.

### MP: What are your thoughts on the HES closure, the Save HES movement and other related matters?

LM: Our recent BOS meetings have been organized to encourage public comment on the subject, yielding hours of input by residents. The BOS has listened

carefully to the concerns of the Friends of HES and other residents which the folks have shared with us. While I am very sympathetic to the opinions and concerns shared by our residents, Haddam has no legal jurisdiction over the closure. Haddam Elementary is owned by RSD17. This is a decision that the Regional School District has made and one over which the Town has no control. I am not aware of any change in the direction by the District. Assuming that the RSD is going ahead with its plan, we as a town need to come together and focus on the future of Higganum Center and work together to make the very best out of this situation that we can. To that end, it is my belief and goal that the Town would like to retain Swan Hill on the HES property for enjoyment by the people of Haddam.

### MP: Finally, you met with the new Governor, Ned Lamont, recently. How did that go?

LM: We had a great visit with Governor Lamont. I spoke with the Governor for more than 30 minutes and shared with him my concerns on a range of issues including: Scovil Mill; financial oversight and checks & balances with the Board of Finance in terms of the Regional School District and their budget; pursuing more opportunities for tourism in Haddam such as utilizing Eagle Landing State Park; concerns about where we send our waste to Hartford; considering the Lower Connecticut River Valley COG as a "county" in order to secure federal dollars (not just state dollars which is what has always been done) for road work in Haddam; and infrastructure in Higganum Center. It was an extremely productive meeting. There is so much in store for Haddam. Let us continue to work together to make this Town that we love and cherish the best that it can be.

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# March events at the BML

By Marissa Lehmacher and Laurie Gardner, BML

## ADULT PROGRAM

### Mini Wooden Sign Painting Class

Saturday, March 30, 2019 – 10:30 a.m. to 12:30 p.m.

Creative Canvas will be leading a class on mini wooden painted signs. Reserve a seat to create a mini sign. Create any design on one of two available sizes of real pine wood planks: 8" x 32" or 12" x 16". These make the best keepsake or gift! We will be distressing, staining and building these signs from bare wood. You will receive a custom made stencil allowing you to create a professional quality piece of art. Our experienced instructor will guide you through the entire process to make sure you LOVE your sign! Please reserve your seat by going to the Brainerd Memorial Library website, click on the calendar and in the "Special Needs" section leave a message for your design no later than Sunday, March 24th! as Creative canvas will need time to prepare your design. Stain and color options are chosen during the event. If you need some inspiration, check out Creative Canvas Wood-Werx photo gallery at [www.creativecanvascolchester.com](http://www.creativecanvascolchester.com) or their Facebook page, The Creative Canvas Art Studio. Seating is limited to 12 so don't wait to sign up!

## CHILDREN'S PROGRAMS

### Preschool Storytime

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

### Saturday Storytime

Can't make preschool storytime during the week? Join us on the first Saturday of every month at 10:30 a.m. for stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

### Music with Margie

In March, Music with Margie will take place on March 14th and 28th at 10:30 a.m. and the theme is "Windy Days and Things That Fly". Margie's multi-sensory program builds skills on a bi-weekly basis, in order for children to reach the developmental goals they need to enter kindergarten. Margie

brings items for children to play with such as beanbags, scarves, puppets, and instruments. Music with Margie is appropriate for children ages 2 to 6.

### Toddler Tunes

Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Ms. Kelly brings musical instruments. In March, Toddler Tunes will meet on the 7th and 21st at 10:30 a.m. Appropriate for children ages 1 to 3, but siblings are always welcome.

### LEGO™ Club

Like playing with Legos? Come build with us! Each month will feature one unique theme and one free build. Lego creations will be put on display until the next session. Lego Group meets on the 1st and 3rd Tuesdays of every month from 5:00 to 6:00 p.m. Appropriate for children ages 5 and up.

### Brainerd Library's Little Sprouts

Spring is coming! Visit our greenhouse in the Children's Department where you can plant seeds and watch them grow. In the summer, we will transplant them together into our Brainerd Children's Veggie Patch. This is an ongoing drop-in event appropriate for all ages.

## TEEN PROGRAMS

### Teen Advisory Board

Is back for the rest of the school year! What can your library do for you? Join BML's Teen Advisory Board to find out! The TAB will meet on Thursday March 7th from 6:00 to 7:00 pm. Voice your ideas for improved young adult (YA) services, help plan YA events and activities, help develop the YA collection, and assist with Children's programming. Participation counts toward community services hours and looks great on college and job applications! Contact Kristen at [kcarpentier@brainerdlibrary.org](mailto:kcarpentier@brainerdlibrary.org) or call us at 860-345-2204. It's your library...make a difference! For tweens and teens grades 6 to 12.

### Cupcake Lab

No competition, just fun! We provide the cupcakes and decorating supplies, and you decorate them to create unique cupcakes. Each month has a new

science based theme! This month's theme is Entomology (the study of Insects)! Cupcake Lab will take place on Thursday, March 28th from 6:00 to 7:00 p.m. For tweens and teens grades 6 through 12.

### Teen Movie Matinee

On Saturday, March 9th from 12-2:30 p.m. drop by to catch an afternoon screening of The Hate U Give based on the award-winning novel by Angie Thomas. Enjoy the full movie theater experience on our large screen projector with popcorn, candy, and soda! Kristen, our Teen Coordinator, will be present as supervision, but please be advised, this movie is rated PG-13 and may be inappropriate for younger viewers. Please register via our website: [www.brainerdlibrary.org](http://www.brainerdlibrary.org)

*Movie description: "Starr Carter is constantly switching between two worlds — the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right."*

## COMMUNITY

### 2019 Mental Health and Wellness Expo: March 23

On Saturday, March 23, the Changing Minds Advocacy Group of Killingworth, Connecticut and the Henry Carter Hull Memorial Library are co-sponsoring a second annual Mental Health and Wellness Expo at the library located at 10 Killingworth Turnpike (Route 81) in Clinton, Connecticut from 2:00 p.m.-4:00 p.m. Admission is free as are refreshments and there is ample parking. Come and talk to a wide variety of providers from around the shoreline and CT valley area who offer both traditional and non-traditional mental health and wellness services to youth and adults. For any questions, contact Melissa Ferrara at 860-663-3482 or email at [changingmindsgroup@yahoo.com](mailto:changingmindsgroup@yahoo.com).

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# 2019 Haddam-Killingworth Area scholarships available

By Editorial Staff

The following are scholarships that are available to students in the Haddam Killingworth area. 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.

For more information on these scholarships, please visit the links provide at [www.haddam-killingworth-now.com](http://www.haddam-killingworth-now.com). Good luck!

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

Dr. Kate Mead Award (HSF) (\$1000) Deadline: 4/12/19 Study in health related field; must be from Haddam, Higganum, Haddam Neck.

Ed Staskelunas IV Memorial Scholarship (\$500-750) Deadline: 4/5/19 Study in computer or art related major; ranked in middle of class

Evergreen Garden Club of Killingworth Deadline: 5/1/19 Study in horticulture, botany, forestry, landscape design, ecology, environmental science; must be resident of Killingworth

Glenn Moon Scholarship Fund (\$1500-2000) Deadline: 3/30/19 Majoring in education website: [www.artct.org](http://www.artct.org)

Haddam Civic League (\$1000) Deadline: 4/15/19

Haddam Club 60 (\$750) Deadline: 3/29/19

Haddam Garden Club (\$500) Deadline: 4/1/19 Study in environmental science, landscape design, agriculture; must be resident of Haddam, Higganum, Haddam Neck

Haddam Historical Society (\$500) Deadline: 4/5/19 Interested in history; must be resident of Haddam, Higganum, Haddam Neck.

Haddam Junior Women's Club (\$1000) Deadline: 4/12/19 Based on financial need, motivation and attitude, service to school and community; must be resident of Haddam, Higganum, or Haddam Neck

Haddam Scholarship Fund (\$6000 available in scholarships) Deadline: 4/12/19 Open to Haddam, Higganum, and Haddam Neck residents.

Harry H. S. Phillips Jr. Scholarship (\$5000) Deadline: 3/29/19 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 objectives and purpose of seeking additional schooling is eligible.

Henry Hollister Robinson Memorial Scholarship Deadline: 4/5/19. Must be a resident of Haddam.

HK Hall of Fame (\$500) Deadline: 4/1/19. Applicants should have exemplary community service.

Isidore Wise Scholarship Program (\$7500) Deadline: 3/15/19. 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 2019 and will be attending college in fall 2019.

James S. Larkin Memorial Scholarship (\$2000) Deadline: 4/30/19 The James S. Larkin Memorial Scholarship was created to honor the memory of a beloved teacher and coach at Haddam Killingworth High School. Coach Larkin was a Physical Education and Health teacher who connected and built relationships with students of all talents and interests. Additionally, he coached the boys soccer team and girls golf team. The family has chosen to create a scholarship in his memory to enable students to pursue their post high school dreams. James was a supporter of the underdog and often saw promise in students that they themselves had yet to see. Requirements: Applicants must be a member of the senior class. Applicants must be accepted in an accredited undergraduate program or technical school.

Jason Lantieri Memorial Scholarship Deadline: 4/5/19. 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: 4/12/19 This scholarship is based on financial need, accomplishments of applicant, particularly in the area of community service beyond the requirements for graduation; open to Haddam and Killingworth residents.

Killingworth Ambulance Association Deadline: 4/19/19 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: 4/1/19 Applicant must be Killingworth resident. Scholarship based on a combination of academic achievement, character, leadership skills, community service and participation in school activities. Financial need is not a consideration. Last year KSA awarded more than \$8,000 to 2018 graduating seniors.

Killingworth Women's Association Deadline: 4/1/19 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

Lorraine C. McHugh Scholarship

Maggie Dawn Memorial Scholarship

Middlesex County Dental Society

Middlesex County Farm Bureau Inc. Agricultural Scholarship

Middlesex Hospital Vocal Chords

Middletown Rotary Club

Nathaniel B. Field Memorial Scholarship (\$1000) Deadline: 4/30/19 Continuing their education in Science, Technology, Engineering, and Mathematics (STEM) or mental health related studies.

New England Service Scholarship

Patsy Kamercia Memorial Scholarship

Purdy Family Technical Education/Engineering Scholarship

Raymond E. Baldwin Scholarship

Ride 4 Justin

Shoreline Arts Scholarship (\$1000) Deadline: 4/24/19 Open to residents of the 24 towns.

Terrie Lusia Scholarship

## Classifieds

Haddam News will print free classified ads for individuals and non-profit organizations. These must be 25 words or less and written in a publish-ready form. Publication is subject to space availability.



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# 2019 Lent worship schedule

By Editorial Staff

Schedules for the following churches/synagogues have been provided:

Emmanuel Episcopal Church, 50 Emanuel Church Road, Killingworth  
 First Congregational Church of Haddam, 905 Saybrook Road, Haddam

Haddam Neck Congregational Church, 408 Quarry Hill Road, Haddam Neck

Higganum Congregational Church, 23 Parsonage Road, Higganum

Higganum United Methodist Church, 248 Saybrook Road, Higganum

Killingworth Congregational Church, 273 Route 81, Killingworth

St. Peter Roman Catholic Church, 30 St. Peter Lane, Higganum

St. James Episcopal Church, 498 Killingworth Road, Higganum

St. Lawrence Catholic Church, 7 Hemlock Drive, Killingworth

Valley Bible Evangelical Free Church, 220 Turkey Hill Road, Haddam

## Ash Wednesday, March 6, 2019

8:30 a.m. Ash Wednesday Mass - St. Lawrence Catholic Church

12:00 noon Ash Distribution - St. Lawrence Catholic Church

6:30 p.m. Ash Wednesday Service - Emmanuel Episcopal Church

6:30 p.m. Ash Wednesday Service - St. James Episcopal Church

7:00 p.m. Ash Wednesday Service - Higganum United Methodist Church

7:00 p.m. Ash Wednesday Mass - St. Lawrence Catholic Church

## Sundays in Lent (March 10 - April 7)

10:00 a.m. Regular services with Janice Kahre will do a presentation of "Lenten Symbols" right after "Peace" - Emmanuel Episcopal Church

## Wednesdays in Lent (March 13 - April 10)

6:00 - 8:00 p.m. "Way of Love" Practice for a Jesus-Centered life facilitated by the Rev. Ellen Kennedy - Simple supper and discussion. Please RSVP by March 6 (860-345-0058 or wecluster@sbcglobal.net) - St. James Episcopal Church

## Fridays in Lent (March 8 - April 19)

7:00 p.m. (April 12 - 6:00 p.m.) Living Stations of the Cross by Teens in Action - St. Lawrence Catholic Church

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

## EDUCATION

### CT State Capitol 2019 Summer Intern applications

Applications for one summer intern tour guide position are now being accepted.

Capitol Information and Tours, operated by the League of Women Voters of Connecticut Education Fund, Inc., is now accepting applications for one paid summer intern tour guide position: Conduct tours of the Legislative Office Building and State Capitol focusing on the state legislative process, state history, and Capitol architecture. Provide information and directions to visitors interested in other Hartford and Connecticut sites. Research and write information pieces related to the tour and perform clerical tasks. Hours

will be Monday - Friday June 10 - late August.

Applicants must have completed one year of college or equivalent job experience. Must have an interest in state history and the legislative process, good public speaking skills, desire to learn, pleasing personality, average physical stamina, the ability to relate to people of all ages and be punctual and reliable.

Applications may be picked up at and returned to the LOB west entrance LWV tour desk or Room 101 of the Capitol.

The application deadline is March 19, 2019. Interviews will be conducted in late March and early April. Hiring will be decided by late April.

The application can be found by visiting [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com).

## TOWN CALENDAR

### Thursday, February 28

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

### Saturday, March 2

Community Closet, 9:00 a.m.-12:00 p.m.  
 11 Jail Hill Road, Haddam

Come check out our FREE, gently used clothing and shoes for newborns to adults. Questions? Contact us at [haddamcommunitycloset@gmail.com](mailto:haddamcommunitycloset@gmail.com). Donations welcome!

### Wednesday, March 6

HKYFS Family and Community Dinner Event, 6:00 p.m.-8:00 p.m.  
 H-K Middle School Caf 

Community Sustainability Event, 6:30 p.m.-8:30 p.m.  
 Haddam Firehouse, 439 Saybrook Road, Higganum

### Thursday, March 7

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

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

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

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### VAPING

A new generation of nicotine user has been born! Since 2015, the U.S. Surgeon General has reported a greater than 900 percent increase in use by high school students, and greater than 40% had never smoked original cigarettes. The reasons are clear: people find the lack of smoke appealing, the cost is lower than traditional cigarettes, and vape cartridges can be customized with flavorings and enhanced nicotine concentrations. The lack of the odor of smoke on the person has reduced the stigma.

So, let's discuss-

1)Vaping is thought to be less harmful than traditional smoking. E-cigarettes still have nicotine extracted from tobacco, along with chemicals for flavoring and creation of the water vapor. These chemicals are the wild card involved in vaping since there is no long term study of these vapor creating chemicals.

2)Vaping is still bad for your health! We all know nicotine is highly addictive and is responsible for the cravings and withdrawal symptoms. Nicotine raises your blood pressure and increases your heart rate.

3)E-Cigarettes are just as addictive as traditional cigarettes and you can get higher concentrations of nicotine with e-cigarettes.

4)E-Cigarettes are not the best smoking cessation tool, because you continue the hand to mouth habit that you really need to eliminate when looking to stop smoking.

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 Saturday 8:30 AM-4:00 PM  
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## Various updates from our Resident State Troopers

*Editors Note: Trooper reports reflect arrests, not convictions. Visit the State of Connecticut Judicial Branch website to learn the outcomes of criminal and motor vehicle arrests.*

Anthony Roy, 28, of Lori Lane, East Haddam, turned himself on an active arrest warrant and charged with Criminal mischief 2nd degree and Conspiracy to commit criminal mischief 2nd degree. Roy was released on a \$1,500 non-surety bond and is to appear at Middlesex Superior Court on February 21.

Paul Batzner, 18, of Skinner Road, Higganum, turned himself in on an active arrest warrant and charged with Criminal mischief 2nd degree and Conspiracy to commit criminal mischief 2nd degree. Batzner was released on a \$1,500 non-surety bond and is to appear at Middlesex Superior Court on February 21.

Monica Nowosadko, 29, of Cedar Lake Road, Haddam, was arrested subsequent to a traffic stop on Wallkley Hill Road, Haddam. Nowosadko was charged with Possession of drug paraphernalia, Operating a motor vehicle without insurance, and Operating an unregistered motor vehicle. Nowosadko was released on a \$2,500 non surety bond and is to appear at Middlesex Superior Court on March 7th.

## CONTINUED FROM PAGE H1

## Food for Thought: A Healthy Heart

*Continued from page H1*

### Grain-Free Crackers/Crust

- 1 T ground chia seeds
- 1/4 C water
- 1 T olive oil
- 1/4 t baking soda (non-aluminum)
- 1/4 t pink sea salt
- 1/2 C ground flax meal
- 1 C ground almonds
- A pinch of rosemary, oregano, & sage

Whisk the chia seed with the water until it is “egg-like.” Add oil, baking soda, and sea salt and whisk until well blended. With a wooden spoon, stir in the flax meal and then the ground almonds. Mix until dough forms.

Place dough between two pieces of parchment paper and roll flat. Slide the dough that is between the parchment paper onto a large cookie sheet. Sprinkle with the spice blend. Bake at 350F for 15-20 minutes, or place in the dehydrator for 24-36 hours, or until crisp.

Can be used as a pizza crust or broken into small pieces for dipping or spreads.

### Hemp Hearts

- 6 large Medjool dates, cut in half the long way and pitted
- 3 Tbs. melted dark chocolate, preferably 85% dark
- 1 Tbs. hemp hearts

Cut a small triangle at the top of each date half and pinch the lower portion to make the shape of a heart. Place on a cookie sheet lined with wax paper. Spoon about 1/2 tablespoon of dark chocolate on each heart. Sprinkle with hemp hearts. Set in the refrigerator until set. They make a wonderful holiday or hostess gift. Great to have a batch in the refrigerator for when you just need something a little sweet and chocolaty.

If you have a topic you'd like to learn more about, please email me at [connect@roots2wellness.com](mailto:connect@roots2wellness.com). Until next time!

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

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

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### 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

### 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

### NOTICE OF ACTIONS HADDAM PLANNING & ZONING COMMISSION

At a regularly scheduled meeting dated February 21, 2019 the Haddam Planning and Zoning Commission took the following action:

1. Approved a special permit application for an 800 square foot accessory apartment above a new attached garage. Located at 420 Hidden Lake Rd Tax Map 72A-3 Lot 45.
2. Approved a special permit application for a 460 square foot accessory apartment in an existing detached building. Located at 188 Injun Hollow Rd Tax Map 12 Lot 16-1.

Dated at Haddam, CT this 22 day of February, 2019

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](http://www.haddam.org).

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# Proposal to create Central CT Loop Trail

By State Senator Norm Needleman, 33rd District

At a public hearing, the General Assembly's Transportation Committee held a public hearing where constituents and senators supported legislation that would not only create a new trail snaking from East Hampton through to Portland, Middletown, Meriden and Cheshire, but would create a connection between two additional trails as well, giving our region access to more than 100 total miles of interconnected paths.

Senate Bill No. 775, "An Act Concerning the Creation of the Central Connecticut Loop Trail," introduced by State Sen. Norm Needleman, State Sen. Matt Lesser (D-Middletown) and State Sen. Mary Abrams (D-Meriden), would start work on creating this new connection if approved.

The bill would require the commissioners of the Department of Transportation and the Department

of Energy and Environmental Protection to fund and coordinate the planning, design and construction of a trail starting in East Hampton, the western-most point of the Air Line Trail, and moving west through Portland, Middletown, Meriden and Cheshire. Eventually, this trail would connect to the Farmington Canal Heritage Trail in Cheshire. That trail runs north-south from Suffield to New Haven.

This represents a fantastic opportunity for our district, as it wouldn't just create a new trail for recreational use but create a link between two of the state's largest trails in the process, creating a loop between them that would stand at more than 100 total interconnected miles. In effect, the loop would connect a good portion of our state, expanding trail access for many.

My constituents would be able to run, walk and bike along the trail, whether they simply want to go for a mile or two or try to ride as far as they can

across the state. It would represent opportunities for exercise and provide options to walk or bike to work or school instead of driving, providing increased freedom of choice while increasing time in nature and reducing pollution. It could even expand economic development, and not just from the shops that could fix riders' bikes and serve hungry walkers. Having a trail like this would undoubtedly also increase regional tourism. When folks from around the state and beyond come to visit, they'll be minutes away from our Main Streets and our town centers, where they can enjoy shopping and dining. I'm happy to support this worthwhile endeavor.

Do you support this legislation? Do you want to talk about other proposed legislation, or inform me of issues in your community? Please contact my office at 1-800-842-1420 or <http://www.senatedems.ct.gov/needleman>.

## OBITUARIES

### Norman A. Weber

According to Legacy.com and The Middletown Press, Norman A. Weber, age 80, died on Wednesday, February 13, 2019.

### Michael Stephen Guzzio

According to Legacy.com and The New Haven Register, Michael Stephen Guzzio, age 65, passed away on Monday, February 11, 2019. For more information and service details, click here.

### Karol Lynn (Kraas) Cota

According to Legacy.com and Big Rapids Pioneer, Karol Lynn (Kraas) Cota, age 73, passed away on Friday, February 8, 2019.

### David W. Stickney

According to Legacy.com and The Hartford Courant, David W. Stickney passed away on Friday, February 8, 2019.

### Kurt T. Jensen

According to Legacy.com, Kurt T. Jensen, passed away on Sunday, February 2, 2019.

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Dr. Goodsell provides care for patients of all ages, including newborns. He was drawn to family medicine as it provides opportunities to create long-term relationships with patients as individuals and as families. Ryan Roth's experience in providing primary care services, combined with several years of acute inpatient care in nursing and nutrition, make her a great asset to the patient care team. She will provide care for patients age 18 and older.

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Timothy Buckley, DO • Jeffrey Goodsell, MD • Mario Amleto, MD  
Sarah Arseneault, APRN • Ryan Roth, APRN • Michelle Slavin, APRN

# Arts alliance exhibit showcases local students' work

*By Shoreline Arts Alliance*

Shoreline Arts Alliance is presents the 35th Annual Future Choices Exhibition from February 14, 2019 – March 5, 2019. Future Choices is a visual art competition for high school students in Shoreline Arts Alliance's twenty-four town region. These students have submitted work for review by five professional artists, Alice Chittenden (Sculptor), Joan McPherson (Painter), Mark Battista (Photographer), Whitney Lorenze (Painter), and John Tintori (Film Editor and Director). The judges then selected works for the show and gave awards to twenty-eight students, one art teacher, and one art department.

The exhibition is held at the Sill House Gallery on the Lyme Academy College of Fine Arts Campus at 84 Lyme St, Old Lyme, CT. The exhibition opens on Thursday, February 14, 2019 and runs until Tuesday, March 5, 2019. The Sill House Gallery is open Monday

– Friday from 10:00 a.m. to 4:00 p.m. (there are no Sunday hours). Shoreline Arts Alliance will also be hosting an opening reception on Thursday, February 21 at the Sill House Gallery in Old Lyme, CT starting at 6:00 p.m. with the award ceremony starting at 6:45 p.m. Members of the community are encouraged to join us in celebrating the creativity and inspiration of these young artists!

## Awards

**Best in Show and First Place in Ceramics** – Annie Cooper for The Three Graces, Valley Regional High School

**Ruth Baxter-Tagliatela Award** – Alexandra Burke for Rhinoceros Beetle, Nathan Hale-Ray High School

**Earl Grenville Killeen Founders Award** – Maryann Donagher, Art Teacher at Valley Regional High School

**Judy Streeter Outstanding School**

**Award** – Daniel Hand High School Art Department

## Ceramics

Second Place – Kelli Schaefer for Untitled, Set of Nine, Valley Regional High School

Third Place – Rebecca Conti for Plant-fire Driftwood, Haddam-Killingworth High School

## Drawing

First Place – Anna Mercier for Mikey, Haddam-Killingworth High School

Second Place – Angela Agnello for Roaring Anticipation, Guilford High School

Third Place – Kristina McNeish for Future, Old Saybrook High School

## Mixed Media

First Place – Peter Santoro for Race Hill Remodeled, Daniel Hand High School

Second Place – Gabriella Dollahite for Flower Vase Reworked, Daniel Hand High School

Third Place – Hannah Johnson for Self-Portrait, Valley Regional High School

## Painting

First Place – Sarah Conley for Throw That Wrench in There, Lyme-Old Lyme High School

Second Place – Sophia Irzyk for Branford River Landscape, Branford High School

Third Place – Dvora Redlich for Portrait: Ethan, Daniel Hand High School

## Pastel

First Place – Falyn Freitas for Self, Greater Hartford Academy for the Arts

Second Place – Jessica

Stanwood for Charlotte, Coginchaug Regional High School

## Photography

First Place – Jillian Jacek for Spearfishing, Coginchaug Regional High School

Second Place – Eric C. Dillner for Mossy Chain, Daniel Hand High School

Third Place – Kamryn Surprenant for Late August, Daniel Hand High School

## Prints

**First Place** – Tessa Willd for Focus, Haddam-Killingworth High School

**Second Place** – Emily Bagnoli for Heaven and Hell, Haddam-Killingworth High School

Third Place – Jane Scheiber for Buttercup, Lyme-Old Lyme High School

## Sculpture

First Place – Edward Lenz for Space Age Spire, Valley Regional High School

**Second Place** – Zoe Smith for Look and Listen, Haddam-Killingworth High School

Third Place – Carter Shannon for Sitting Bull, Branford High School

## Video and Animation

First Place – Sarah Conroy for A Girl Named May, Daniel Hand High School

Second Place – Kaitlyn MacCullum for The Fisherman, Daniel Hand High School

Third Place – Liz Schroeder for The Lady of the Night, Daniel Hand High School

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## HADDAM CLUB 60

### 2019 Scholarship Applications

*By Bruce Ricker*

This year, Haddam Club 60 is offering a \$750 scholarship to a high school senior who lives in Haddam, Higganum, or Haddam Neck. It is available to students at Haddam Killingworth High School, Mercy High School, Xavier High School, Vinal Regional School, or home schooled students. Applications should be interested in entering a medical field. Applications are in the guidance offices of the schools and are due by March 29, 2019.

For more information, please contact Bruce or Carol Ricker 860-345-8450.

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