

HVFCo honors Bob Kadrlle for 50 years of service

By Olivia Drake,
Public Information Officer, HVFCo

During Haddam Volunteer Fire Company's meeting on Jan. 7, Firefighter Robert "Bob" Kadrlle was honored for 50 years of service to the company. Bob is the first member in the company's 89 years of history to serve for this length of time.

In addition to receiving a 50-years-of-service pin from HVFC Chief Sam Baber, Bob was honored with a proclamation by Haddam First Selectwoman Lizz Milardo. She declared Jan. 8, 2019 as "Robert Kadrlle Day" for the Town of Haddam.

Bob joined Haddam Volunteer Fire Company in

1969 and has since voluntarily served on multiple committees including the Old Timer's Night Committee, the Children's Christmas Party Committee, and the Picnic Committee. He also served as a mechanic's assistant in the mid-70s.

In Haddam, he has volunteered on the Town of Haddam's Parade Committee and Veterans' Museum Committee for more than 25 years.

Bob served with the U.S. Army during the Vietnam War, where he was stationed in Korea. He retired as a mechanic for the State of Connecticut's Department of Transportation.

Congratulations Bob and thank you for your dedicated service to the Town of Haddam!



HKHS competes against Valley, Mercy, & Hamden



Photo by Mia Lawrence.

By Brianna Livingston, Team Captain, HKHS Gymnastics

The Haddam Killingworth High School gymnastics team attended a meet on Thursday, Jan. 3, and was defeated by Valley, Mercy, and Hamden. HKHS's final score was 81.20.

Vault

- Brianna Livingston, 8.0
- Emily Sorrentino, 7.4
- Chloe Totman, 7.1
- Anastasia, Intell, 6.8

Bars

- Emily Sorrentino, 4.7
- Chloe Totman, 4.2
- Brianna Livingston, 4.0

Beam

- Chloe Totman, 6.3
- Brianna Livingston, 6.3
- Anastasia Intell, 4.2

Floor

- Chloe Totman, 6.6
- Brianna Livingston, 6.0
- Emily Sorrentino, 5.2
- Anastasia Intell, 4.4

Recycling efforts gather momentum in Haddam

By Kristin Battistoni,
Tax Collector, Town of Haddam

The overwhelming support that the people of Haddam have shown with our plastic bag recycling is beyond our wildest dreams! What began as a "good idea" has evolved into a full-blown recycling campaign. At the time of this writing, we are a little over nine weeks into the campaign, and we have collected 823.2 pounds of plastic! To say we have exceeded expectations is an understatement.

The basic premise of the project is simple: collect and recycle soft plastic that is used by Trex in the manufacturing of their building material. They use plastic that cannot be traditionally taken in our single stream recycling. If the Town could collect 500 lbs. of plastic in a six-month period, Trex would give us a bench at the end of that challenge as a thank you. It's a win-win for everyone involved. What should

have taken us six months took a little under six weeks. If we keep this up, we are on target to collect over a ton of plastic in our first six months. According to Stephanie Hicks, Trex Materials Account Manager, "The Trex Company has hosted the Recycling Challenge since 2006, with the objective of educating public on the importance of plastic film recycling through school and community recycling programs."

Trex collects and reuses polyethylene plastic in their products. What exactly is this? According to some preliminary research I conducted, this material was developed in the 1960s and quickly became an environmental issue as quickly as its popularity grew. In fact, the United States uses about 300 bags per person annually! In 2014 California outlawed single-use plastic bags. Other states and local towns are following suit and banning the use of single-use plastic. See

Continued on page H2

Trex
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Community Collection Information Sheet

How does the Challenge work?

- Determine a 6 month collection period
- Recycle 500 pounds or exceed this amount in six months.
- Weigh and keep record of the amount of film collected each month
- Deliver the collected plastic film to a participating retailer
- Report collection totals to Stephanie Hicks each month (hicks@trex.com)
- The next collection cannot start until the end of the six month period

What does Trex provide?

- Three recycling bins
- One poster
- Bench if goal is met

What can be recycled?

- Pallet wrap and stretch film
- Grocery bags
- Bread bags
- Case overwrap
- Dry cleaning bags
- Newspaper sleeves
- Ice bags
- Wood pellet bags
- Ziplock and other reclosable food storage bags
- Produce bags
- Bubble wrap and air pillow
- Salt bags
- Cereal bags

All plastic must be clean, dry and free of food residue

In This Issue: HVFCo report, **Page H3** • Community Health Corner, **Page H5** • Recreation activities, **Page H6**

Masonicare

Recycling efforts gather momentum in Haddam

Continued from page H1

<https://www.trex.com/recycling/recycling-programs/> for more information.

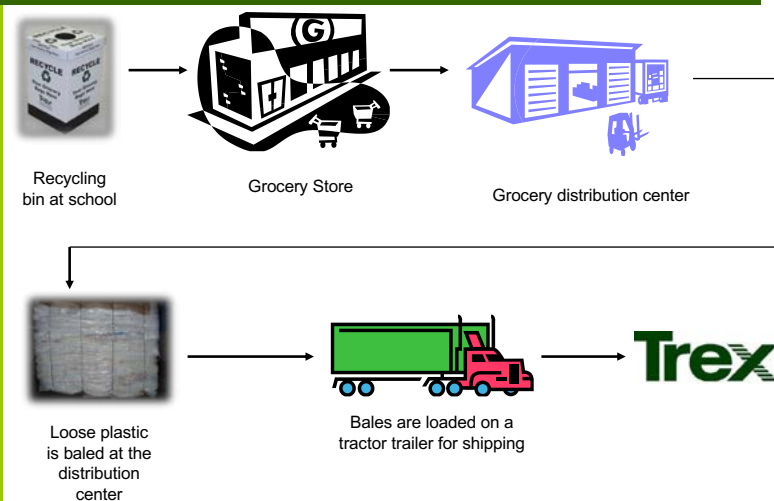
So the big question is what does this mean when I am trying to recycle my plastic at home or at work? Here are a few tips to make a decision on whether or not to throw it in the trash or recycle it. If the packaging will stretch when you pull, it can be included. If the packaging is shiny or makes a crinkly/crunchy sound, it is not acceptable. This includes, but not limited to, prewashed salad bags, animal food bags, anything that is metallic looking inside, chip bags and candy bags. If you are not sure about a bag just flip it over, many times they are labeled with a recycle number and can be included. Please make sure the bags are clean and dry. If bags have food or are wet we risk contaminating the whole batch

and it will end up in the regular trash.

What we are finding is that many times the bags that cannot be recycled will have a phone number or a website for customer service. Give them a call or send them a letter. Tell them you like their product but you would like it better if their packaging was recyclable. For example, it worked with Trader Joes. They are changing their packaging as a direct result of their consumers asking for the change!

Do you want to get involved? We are looking to get a good list of retail stores that will accept plastic specifically for the Trex program. They have given us a list of several chain stores that participate, but not all individual stores participate. We need people to take the bags to the participating stores. We are also looking for help on bringing the bags from the Transfer

Flow of plastic film from Recycling Bin to Trex:



Collection efforts at Town Hall. Photo courtesy of Kristin Battistoni.

Station on Wednesdays to the Town Office Building for weighing and storing. We have a shed out back that has easy access for people to grab a bag or two when they are headed to a participating store. Even if you can grab a bag or two, it is an immense help. This is a community project; the more people we can get involved, the better!

We collected in two months what we thought was going to take six months. We could stop now since we have reached our goal. But that is not going to happen! We have pulled

almost 900 lbs. of plastic from our landfills, oceans and parks in just nine weeks! Just imagine what we can do in 2019!

Keep the plastic coming in. We have collection bins at the Town Office Building, Town Annex Building, Transfer Station, Higganum Pharmacy, River Valley Provisions, Haddam Elementary School (for students only) and the Brainard Library.

If you would be willing to help with this project, please contact Kristin at 860-345-8531 X 207.

HADDAM SOCIAL SERVICES

December 2018 report

By Jessica Condil, Director, Haddam Social Services

*Report below includes Municipal Agent for the Elderly notes and totals. December was an excellent month filled with holiday cheer and giving.

Thank you to the community and everyone who participated in providing holiday help to those in need. We are so blessed to have a community as caring as ours.

The Haddam Emergency Food Bank has serviced a total of 11 Adults & 18 Children. We gave out a total of 24 Christmas baskets to High Meadow Community & a total of 44 Christmas

baskets throughout the community, of the 44 count- 20 were donated and delivered by the Lions Club and 6 from the Higganum United Methodist Church, 1 from The Old Cart Neighborhood.

The Haddam Emergency Fuel Bank has serviced a total of 2 families for electric, 3 families for oil, 1 family for propane.

The Haddam Emergency Clothing Bank has serviced 18 families this month with clothing and blankets.

3 Meals on Wheels applications have been processed, and 2 CRT applications have been assisted, along with 3 SNAP applications.

The Food Bank is in need of cereal, tuna fish, school snacks and peanut butter. Thank you for your support!

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December 2018 report

By Olivia Drake, Public Information Officer, HVFCo

Haddam Volunteer Fire Company responded to 46 calls for emergency services in December 2018. Of those:

- Fire/Alarms: 7
- Motor Vehicle Accidents: 7
- Medical: 27
- Other: 5

On Dec. 10, 2018, HVFC was dispatched to Wiese Albert Road for a chimney fire. Inside the home's basement, firefighters discovered creosote burning inside a wood stove's flue damper. The flue damper was too hot and too blocked to open, so firefighters used a dry chemical extinguish and smother the fire. Once cooled, crews were able to open the damper and knock burning creosote loose. From the rooftop, firefighters dropped chimney chains down the flue to remove more burning debris. The Haddam Fire Marshal instructed the homeowner not to use the wood stove again until the chimney was inspected by a professional.

Deer were responsible for two motor vehicle accidents this month on Saybrook Road. On Dec. 15, 2018 a driver was transported to Middlesex Hospital with chest pains after hitting a deer. HVFC closed one lane of traffic during the incident. On Dec. 23, 2018 HVFC responded to another car vs. deer inci-

dent. The patient had self-extricated and was evaluated on scene.

On Dec. 26, 2018 HVFC responded to a motor vehicle accident on Brainard Hill Road involving three patients. A driver had lost control of his vehicle and struck a tree head-on. Crews evaluated all three patients on scene, and Haddam Volunteer Ambulance Service transported the vehicle's passenger to Middlesex Hospital.

On Dec. 27, 2018 HVFC was dispatched to another motor vehicle accident on Killingworth Road near the Route 9 ramp intersection. All four patients involved in the accident were transported to area hospitals for treatment. A driver, who was evading police in a high-speed chase, had exited Route 9 at exit 9, failed to stop, and struck a vehicle traveling on Killingworth Road. That vehicle, which contained a driver and two passengers, rolled over upon impact. HVFC personnel provided care to the driver, who ultimately was transported to Hartford Hospital via Hunters Ambulance. The front seat passenger was transported to Hartford Hospital via Haddam Volunteer Ambulance Service, and the rear seat passenger also was transported to Hartford Hospital via Chester Ambulance with a paramedic from Middlesex Hospital. The other vehicle's operator, who is in custody of the Connecticut State Police, was transported to Middlesex Hospital via Hunters

Ambulance. According to a report issued by the CSP, the driver was observed traveling 89 MPH in a 65 MPH zone. He was arrested and charged with reckless driving, operating under suspension, failure to have minimum insurance, engaging in pursuit, evading responsibility, interfering with a police officer, reckless endangerment, possession of less than 1/2 ounce of marijuana, assault 2nd degree and assault 3rd degree.

On Dec. 25, 2018 HVFC was dispatched to the Haddam Elementary School to meet DEEP personnel and investigate a bright green liquid discovered in a nearby brook. Firefighters traced the substance back to a storm drain at the intersection of Saybrook Road and Christian Hill Road. They questioned a nearby homeowner, who stated that he used a non-toxic green tracer dye in his sump pump to locate a leak. Firefighters discovered that his sump pump drained directly into a basin at Saybrook Road and Christian Hill Road. The scene was turned over to DEEP with no hazards present.

In the Community

Haddam Volunteer Fire Company's Junior Division raised \$565 during a fill-the-boot event. The funds were donated to the 30th annual HKTU Holiday Telethon, which raised donations for Connecticut-based organization After the Storm.

COMMUNITY

Pet CPR & First Aid Class offered: February 24

By Judith Levin, Vice President, CT Animal House

Do you know how to help your pet in an emergency? Learn the life saving skills needed to help your pet in an emergency while supporting CT Animal House in their mission to help pets! Pet CPR & First Aid Class will be held on Sunday, Feb. 24, from noon - 4:00 p.m. at the Colchester Hayward Volunteer Fire Co. (52 Old Hartford Road, Colchester, CT 06415).

This class is designed for anyone with an interest in protecting the safety and wellness of animals. Training is geared toward Pet Parents, Pet Care Professionals (groomer, sitter, walker, vet tech), Animal Rescue Group Volunteers and Emergency Service Personnel (no prior training or experience is re-

quired). Taught by a 25+ year seasoned pre-hospital care provider and educator, the class includes lecture, demonstration, and an emphasis on hands-on skills practice to ensure your proficiency in the life saving skills presented.

Hands-on Skills Practice:

- emergency muzzling & restraint*
- vital signs assessment*
- CPR (canine & feline)*
- choking management (conscious & unconscious)*
- bleeding control/shock management*

Lecture:

- medical emergencies (seizures, bloat, allergic reaction*

- poisoning*
- environmental emergencies*
- pet safety & wellness*

You save \$10 off the regular \$75 registration fee with no further out-of-pocket expense on your part for this fundraiser class. \$65 per person includes handbook, certificate & emergency muzzle). To register, visit www.pawsnclaws911.com & click "Register Online." Questions? Call Tom Rinelli, Paws N Claws 911 at (631) 721-8129 (daily until 10:00 p.m.) Pre-registration is required. Sponsored by CT Animal House, a not-for-profit dedicated to ending the euthanasia of adoptable dogs in Connecticut pounds.

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Tips for Becoming a Home Maintenance Pro

Real Estate News items below provided by Julia Cordos of Keller Williams Realty

By Dixie Somers

Many homeowners don't think about home maintenance until something breaks, but that's not the best way to take care of your home. Whether you're a new homeowner or have been settled for years, it's never too late to cultivate some home maintenance habits. Here are three tips to help you protect your investment and keep your property in good shape for years to come:

Create and Follow a Maintenance Schedule

A good place to start is by following a home maintenance schedule. Just as your car needs to have an oil change, your home and yard will need some regular maintenance. Home maintenance schedule apps such as HomeZada and Centriq are an easy way to get yourself on track.

You'll need to mow your lawn, clean your gutters and perhaps even top your trees from time to time. For pest control, you may need to spray or have ground treatment performed a few times a year, too. When it comes to appliances, make sure to send in any warranties and follow the maintenance recommendations in your owner's manual. For older appliances, many

documents can be found online.

Don't be afraid to do some research and speak with professionals about maintenance specific to your location.

Have All Home Systems Checked Regularly

It's important to get your electrical, plumbing and HVAC systems checked annually to keep them in good shape. Some of these tasks can be done yourself; for instance, you might need to clean your air filters, remove debris from the vents and flush out your water heater.

For more technical inspections, check customer reviews on Yelp, Angie's List, Google, Facebook and the BBB when searching for a new company. Always go with one that is experienced, licensed, bonded and insured.

Follow a Cleaning Schedule

Home maintenance often focuses on repair work, but keeping your home clean can be just as important. In addition to once a week tasks such as vacuuming and dusting the shelves, deep cleaning every month or so can save you big in the long run. Moving furniture around, pulling out the washer and dryer to clean behind them and clearing out the garage gives you a chance to inspect for pest problems, water damage and similar issues that

can quickly escalate into expensive repairs.

Being a homeowner is very rewarding on many levels, but homeownership comes with a great deal of responsibility. As long as you put in some effort on a regular basis, you should have no problem keeping your home in good repair.

Homeowners: Look Out for Utility Scams

By John Voket

As we make our way through the winter season, utility companies want customers to be reminded about common utility scams. According to Utilities United Against Scams (UUAS), a growing number of gas, electricity, water and communications consumers are getting calls and visits from imposters out to steal personal and financial data.

A common utility con involves a caller posing as a utility billing representative claiming that you have an overdue bill, and in order to avoid an immediate shut-off, you must provide a credit card number or prepaid debit card.

Sadly, scammers are meeting with great success using this tactic. According to the Better Business Bureau (BBB), the median loss for a utility scam victim is \$500.

Here are a few reminders to keep yourself and your data protected:

All UUAS-affiliated utility employees carry photo identification. Field workers generally wear clothing with the company logo and drive company vehicles. When in doubt, do not allow them in – and if they persist, call 911.

UUAS utility representatives never demand instant payment in person or over the phone.

Utility representatives from UUAS companies do not require the use of prepaid debit cards (such as Green Dot MoneyPak, MyVanilla or Reloadit).

UUAS reps will never request customers meet them at a payment center, such as a department or grocery store, to make a payment.



The Utilities United Against Scams website provides more information on how to protect personal information and avoid becoming a victim of utility scams.

COMMUNITY

Applications sought for civic achievement award

An Award of \$500 is for High School seniors graduating in 2019 who reside in Haddam or Killingworth. Applicants must have demonstrated exemplary community service. Applications can be found on the Regional School

District #17 website www.rsd17.org
Home page: Community link-HK Hall of Fame (Link HERE). Applications can also be picked up at the Haddam Killingworth High School Guidance Office. Mail completed applications to Kati Farkas, HK Guidance Department, 95 Little City Rd., Higganum, CT 06441. Applications must be submitted to Kati Farkas in the Guidance Department no later than 3:00 p.m. on April 1, 2019.

HIGGANUM PHARMACY

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Diet For Our Minds (Part 2 Of A Series)

We are going to discuss the Canadian Brain Health Food Guide, and the Rush University Medical Center diets and their impact on delaying Alzheimer's. The Canadian Diet has yielded a dietary plan that is very similar to the Mediterranean diet, but is has been associated with a 36 percent reduction in developing Alzheimer's Disease, while the Rush University Medical Center diet, called the MIND diet has shown a 53 percent lower risk of developing Alzheimer's. The diet's differ:

	Canadian Diet	Rush University (MIND Diet)
Vegetables/day	5 servings	2 servings
Fish servings/week	3 servings	1 serving
Whole grains/day	No recommendation	3 servings
Fruit	4 servings/day	5- 1/2 cup of berries/week
Meat	1 serving/week	1 serving /week

What both diets agree on is that foods to be avoided or limited to once per week servings is saturated fats found in pastries, sweets, butter, red meat, and fried foods. There has been no decision as to dairy with the exception that all dairy was low fat versus a whole fat option.

Both studies have identified several important nutrients such as Vitamin E, a powerful antioxidant, which is also found in oils, nuts, seeds, whole grains and leafy green vegetables. Vitamin E attacks the free radicals that are thought to produce injury to brain cells. Vitamin B-12 is also a vitamin found to be important because as we become older our ability to absorb B-12 becomes compromised, and a deficiency in Vitamin B-12 can lead to confusion and memory problems. When combined with lower Folic Acid levels this can cause cognitive decline, and dementia. The brain has higher levels of Omega-3 Fatty Acids, and is found to be important in brain cell membranes, and in the transmission of signals between the cells. Next week, we will look at cellular inflammation, and the part that food, exercise and social interaction plays.

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Carbon monoxide dangers

Press release from the
Town of Killingworth Health Department

With cold weather approaching, the Killingworth Health Department reminds residents of the dangers of carbon monoxide (CO) and encourages residents to have their heating systems serviced and carbon monoxide detectors installed in their homes. Residents are also warned against the improper use of portable generators during power outages. Improper use of portable generators and charcoal grills lead to hospitalizations and deaths each year.

According to the State Health Department, every winter in Connecticut, hundreds of residents are taken to the emergency department and some are hospitalized and even die due to CO poisoning resulting from malfunctioning furnaces, improperly placed portable generators and indoor use of charcoal grills. Residents can take preventive measures such as having their furnace serviced annually, installing a CO detector near all sleeping areas, replacing the batteries annually, and placing portable generators well away from the house to prevent CO poisonings.

CO is an invisible odorless gas that can be fatal and forms when fuels do not burn completely. Breathing CO can deprive the body of oxygen, and may lead to illness, unconsciousness and death. Often times, CO detectors are the only way to know that the deadly gas is present. CO detectors should be installed near all sleeping areas in a home to alert occupants of the presence of CO.

To prevent CO poisoning, portable generators

should be placed at least 20 feet from the home and should never be used in enclosed spaces such as porches, carports, garages and basements, even with open windows and doors. Opening windows and doors, and using fans, is not sufficient to prevent the build-up of deadly levels of carbon monoxide.

The symptoms of CO poisoning mimic those of the flu, including headache, fatigue, dizziness, nausea, vomiting, or loss of consciousness. If several members of a household experience these symptoms when they are home, but feel better when they are away from the home, there may be a CO problem.

The following safety tips are offered to prevent CO poisoning:

- Install a carbon monoxide detector on each floor of your home and outside of each bedroom. Install new batteries at least once a year and replace detectors every five years as the sensors degrade.
- Have your heating systems, chimney flues, gas appliances and generators checked every year, and cleaned and serviced as needed by qualified heating/appliance contractors.
- Never use portable generators, pressure washer engines, or other gasoline-powered equipment (including tools) inside your home, garage, carport, basement or other enclosed spaces. Be sure to place portable generators at least 20 feet from your home.
- Use gasoline-powered equipment outside and away from doors, windows or air intake vents.

- Use grilling apparatus such as charcoal or gas grills outdoors only.
- Opening windows and doors, and operating fans is not sufficient to prevent buildup of CO in a home.
- Check that gas dryer vents and automobile tail pipes are not plugged up with snow.
- Make sure the exhaust pipe on your standby generator is pointing away from the house.
- Get out of the house and seek medical help immediately if you or a family member has unexplained/sudden onset of symptoms of CO poisoning. Symptoms include headache, fatigue, dizziness, nausea or vomiting, and loss of consciousness.
- Call 911 from a cell phone or neighbor's home and the Connecticut Poison Control Center at 1-800-222-1222.

For more information on carbon monoxide poisoning and prevention:

- CT DPH Environmental & Occupational Health Assessment Program
www.ct.gov/dph/co 860-509-7740
- Connecticut Poison Control Center
http://poisoncontrol.uchc.edu 800-222-1222
- Consumer Product Safety Commission
http://www.cpsc.gov

Information prepared by Paul Hutcheon, Director of Health, Town of Killingworth, phutcheon@townofkillingworth.com, 860-663-1765, x223.

EDUCATION / COMMUNITY

A chance for High School students to travel to France

Are you a high school student in grades 11 or 12 in Connecticut? Are you interested in history? According to their website, "Digging Into History will bring 15 Connecticut high school students on a community service trip to Seicheprey, France July 6-25, 2019. The students will spend July 7-20 in the village of Seicheprey where they will work with local historians to restore a section of trench last occupied by Connecticut soldiers. The goal of this work is to create a historic site where visitors can learn about this important battle and American (and Connecticut)

contributions to the war."

A local historian Phillipe Dourthe, will lead the work. Students will clear the area, excavate, and build the revetments using period materials, just as Connecticut soldiers would have done. Some archaeological excavation is expected. While the work will be focused on the trench restoration, during their free time students will also have the opportunity to interact with French students who will be working with them as well as to immerse themselves in French culture. The local community has planned a series of cultural

enrichment activities for the students during their two week stay.

At the end of their stay, students will present their work to the community, then head to Paris for four days where they will see the sights and take a special trip to the Asemblée Nationale and the Senat with representatives from the Seicheprey community.

The cost is \$3406 (a limited number of scholarships will be available). The online application, essay, and two recommendations are due by Jan. 20, 2019. For more information, see this website: ctinworldwar1.org.

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Winter programs and events

By Josselyn Salafia, Recreation Supervisor,
HK Recreation Department

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

LIFEGUARD TRAINING

The Haddam-Killingworth Recreation Department is offering Lifeguard Training this winter! The pre-course will be held on February 11, 2019 from 3:30 – 4:15 p.m. Training meets on Mondays February 25 – April 1 (6:45 – 9:00 p.m.) and Saturday March 9 (9:00 a.m.-12:30 p.m.) at HKHS Rm. C-101/Pool. The fee is \$215. Non-residents can register for an additional \$10.

Become a certified Lifeguard! Students will also become certified in CPR for the Professional Rescuer, AED, & Standard First Aid. Fee includes book, pocket mask, & certifications. Must be able to swim 300 yards continuously of crawl & breast strokes; swim 20 yards, retrieve a 10 lb. object from a depth of 7 feet, & swim back with object.

Swim Lessons (Children and Adult)

The Haddam-Killingworth Recreation Department is offering Swim lessons this winter for children and adults. Classes are conducted at the HK High School Pool. Lessons meet Tuesday and Thursday evenings. Session 2 & Session 3 are from February 26 – March 21, 2019 Children's Swim Lessons (ages 4 and up) are from 6:00 – 6:40 p.m. or 6:50 – 7:30 p.m. and Adult Semi-Private Swim Lessons are from 7:50 – 8:30 p.m. The fee is \$74/ \$58 with pool membership / and \$84 for non-residents each session. \$5 Sibling discount.

Nature Class Experience

The Haddam-Killingworth Recreation Department

is offering a new program this winter. Nature Class Experience will take your children through fun educational experiences. February 6 will feature Squirrels. March 13 will feature a Spring Rains. The presentation is hands-on, interactive, educational and entertaining. The program is for boys and girls ages 1-4 years old and meets from 10:00 – 11:00 a.m. at the HK Central Office A-117. The fee is \$22 each / \$17 2nd child and HK Cubs (non-residents add \$5).

Young Chefs of HK

The HK Recreation Department is offering some fun cooking classes this winter. Young Chefs is for boys and girls in grades 1 – 5. It meets from 4:15 – 5:45 p.m. at the HKHS B-112. The fee is \$26 each class (non-residents add \$10). It is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit will be a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills by employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Young chefs will learn basics in kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, and so much more! At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

Workshops include:

- February 6, 2019: Make chocolate covered apples!
- March 6, 2019: Make Shamrock pretzels!
- April 3, 2019: Homemade Ravioli & English Muffin Pizza!
- May 2, 2019: Make homemade Pizza! /
- June 6, 2019: Baked chicken nuggets yummy fruit smoothies.

Engineering Workshops

The Haddam-Killingworth Recreation Department welcomes Engineering Imagination. These programs are a mix of Engineering and hands-on activities for students in grades K – 4. The fee is \$22 each session (\$18 if you sign up for 2 or more) (non-residents add \$10). The topics include:

Motorized Bridges- Moving bridges are fascinating to

observe! Young engineers in this program will be even more fascinated by building functioning models! Students will learn about and build model swing-bridges and drawbridges in this fun & educational S.T.E.A.M. activity. This workshop will be held on Friday, February 8 at Burr Elementary School, Wednesday, February 20 at Haddam Elementary School and Tuesday, February 26 at Killingworth Elementary School. Sessions will be held from 3:30 – 5:00 p.m.

Theme Park Engineering – Spinning swings, carousels, roller coasters, excitement and fun are all things we think about at theme parks – but what about the engineering?! Many people don't give it a second thought, but in this exciting class students will learn about, design and build a LEGO® theme park, complete with motorized rides! This workshop will be held on Tuesday, March 26 at Killingworth Elementary School, Friday, March 29 at Burr Elementary School and Wednesday, April 3 at Haddam Elementary School. Sessions will be held from 3:30 – 5:00 p.m.

Rocket Cars – Students will design, build, and race model "Rocket Cars!" This workshop will explore the unique history of using jet engines to engineer extremely fast land-based cars. Students are sure to have fun while challenging themselves to make their vehicles more aerodynamic, efficient, and faster! Students will also take home the "Rocket Cars" that they engineered in class! This workshop will be held on Tuesday, May 7 at Killingworth Elementary School, Wednesday, May 8 at Haddam Elementary School and Friday, May 10 at Burr Elementary School. Sessions will be held from 3:30 – 5:00 p.m.

Skyhawks Basketball (K-1)

The Haddam-Killingworth Recreation Department is offering an Introductory Basketball for kids in Gr. K and 1 this winter. Skyhawks basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through fun games and exercises, focusing on ball handling, passing, shooting and defense. There is no pressure – just lots of fun while these young athletes participate through unique Skyhawks games. Our coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics. Session 3 will be on Thursday, February 28 – March 28 from 3:45 – 4:45 p.m. (Gr. 1) and from 5:00 – 6:00 p.m. (K) at Burr Elementary School. The fee is \$70 (non-residents add \$10).

Intro to Stem Lego™

The Haddam-Killingworth Recreation Department is offering Intro to Stem LEGO™ for students in grades K – 4. The class will be offered on Mondays, February 25 – April 22, 2019 (No 3/4, 4/15) at Burr Elementary School Library from 3:30 – 5:00 p.m. The fee is \$145 (non-residents add \$10).

Gear up your engineering skills with Play-Well Technologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: houseboats, mini-golf courses, forklifts, and the London Tower Bridge. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. New challenges will be available for repeat LEGO Engineers!

Wizard's School of Magic

The Haddam-Killingworth Recreation Department is offering a Magic Workshops for boys and girls ages 5 – 12 on Friday, February 15, 2019 at Haddam Elementary School Library, Friday, March 15, 2019 at Burr Elementary School Library, and Friday, April 5, 2019 at Killingworth Elementary School from 3:30 – 4:30 p.m. The fee is \$22 each. Non-Residents

Continued on next page

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Winter programs and events

Continued from previous page

please add \$5. Children will have fun learning basic introductory magic while building self-confidence and dexterity. Five different tricks will be taught in each session. Each child will receive a magic kit which includes 5 tricks, an instruction sheet describing each trick, and a magic wand. Kids will also be entertained by Tom O'Brien's own act. Tom is a master at his craft and is a wonderful and entertaining teacher as well. New tricks this session!

Indoor Soccer

The Haddam-Killingworth Recreation Department is offering Indoor Soccer for boys and girls in grades K - 2. The program is being held on Mondays at Killingworth Elementary School Gym from February 25 - April 8, 2019. The program is held from 3:30 - 4:30 p.m. The fee is \$75. Non-residents may register for an additional \$10. Young athletes will learn the basic fundamentals of soccer with some fun drills, skills, and small-sided game. Please wear sneakers and shinguards. Conducted by the UK International Soccer Camps.

Horseback Riding

The Haddam-Killingworth Recreation Department is offering Horseback Riding Lessons this Winter for ages 6 - 18. Classes run for 4 weeks. The fee is \$165 each session (non-residents add \$10). Session 1 lessons will meet on Tuesdays, February 26 - March 19, 2019, Session 2 lessons will meet on Wednesdays, February 27 - March 20, 2019 both session 1 & 2 will be at Greyledge Farm in Durham and will meet from 5:45 -6:45 p.m. (ages 6-12) or 7:00 - 8:00 p.m. (ages 13-18). Session 3 lessons will meet on Tuesdays, April 30 - May 21 and Session 4 lessons will meet on Wednesdays, May 1 - May 22. Both session 3 & 4 will be held at Sycamore Farm, 118 Christian Hill Road, Higganum and will meet from 5:45 -6:45 p.m. (ages 6-12) or 7:00 - 8:00 p.m. (ages 13-18). There is a max of 4 participants per time slot.

This beginner horseback riding class will cover grooming, saddling, riding, safety skills, as well as fun games. Lessons are geared for the novice rider. All equipment will be provided including Western and English saddle and Helmet. More advanced students are welcome. Facility is lighted. Participants should wear pants. A heeled shoe (boots) is preferred.

Basketball Shooting Contest

This state-wide event challenges a player's speed, shooting, dribbling, and rebounding ability. Each player will have one minute to shoot from "hotspots" placed on the court. The top scorer in each division will move on to the county level of the competition. Sponsored by the CT Recreation and Parks Association. For children ages 9 - 15 (Residents only), Tuesday February 19, 2:30 - 4:00 pm at the HK High School Fieldhouse. The fee is \$5 (pre-registered) / \$10 at the door.

Aqua Aerobics

The Haddam-Killingworth Recreation Department is offering Aqua Aerobics at the HK High School Pool. Aqua Aerobics is a great cardio-vascular workout for all ages, all fitness levels, swimmers & non-swimmers. No equipment is required. This free-style class includes a variety of styles including kickboxing, water walking, strength training, & more. Noodles, kickboards, and hand bouys are used for a total body workout.

Session I will be held on Mondays and Wednesdays from February 11 - March 25 (No 2/18). There will be a second session from April 8 - May 22 (No 4/15, 4/17). The fee is \$72/\$60 with a new pool membership and Sr. Citizens each session. Register once a week for \$42/\$36. Drop-in for \$10 each class.

COMMUNITY / ARTS

Art exhibit in Westbrook

Exhibit: Victor Filepp, "Up and Down," January 10 - March 8

Experience the Community Gallery at Middlesex Health Shoreline Medical Center, 250 Flat Rock Place, Westbrook, CT 06498.

The Gallery is open during regular business hours.

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.

Killingworth Trooper makes burglary arrest

Editors Note: Trooper reports reflect arrests, not convictions. Visit www.jud2.ct.gov/crdockets/Search-ByDefDisp.aspx to learn the outcomes of criminal and motor vehicle arrests.

All Trooper press releases are consistent with state and federal guidelines under the Public Information Act.

On Nov. 30, 2018, there was a report of a burglary of a residence on Pond Meadow Road in Killingworth. On Jan. 4, 2019, Avery Auer, age 24, of Killingworth, was arrested on an outstanding arrest warrant issued by Middletown Superior Court for Burglary in the Third Degree and Larceny in the Third Degree after an investigation by Trooper Wisner. Auer is being held on a \$50,000 bond at Hartford Corrections Center pending arraignment.

Similar incidents in the area are still under investigation.

LEGAL NOTICES

PLANNING AND ZONING PUBLIC HEARING AND MEETING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on January 31, 2019 at 7:00 p.m. to act upon the following item (s):

Public Hearing and Meeting:

A request for a variance for an addition to the back of an existing garage: to be 17.5 feet from side yard setbacks where 20 feet is required. Property located at map 60, lot 7-12, 175 Burr Road Haddam CT.

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

LEGAL NOTICE

The Haddam Land Trust, Inc. will hold its annual meeting on Saturday, January 19, 2019 at 6:00 p.m. The meeting will be held at Haddam Firehouse #1, 439 Saybrook Road, Higganum, CT 06441.

William Cowan
President

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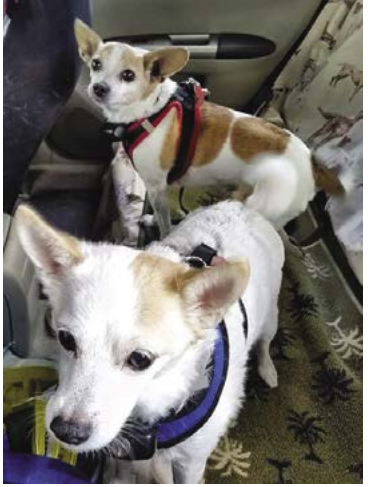
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A DOG'S LIFE: BEATING THE WINTER BLUES WITH CANINE FRIENDS



By Editorial Staff

Apparently the folks around town like a little compa-

ny when they head off to the Haddam Transfer Station to drop off their weekly garbage and dispose of their recyclables. Many folks choose a dog to accom-

pany them. Transfer station worker, Sabine, kindly takes photos of some of those companions. Does your dog enjoy the weekly transfer station run?

TOWN AND COMMUNITY CALENDAR

Thursday, January 17

Planning & Zoning Commission Meeting, 7:30 p.m.

Saturday, January 19

"Common Causes of Hand Numbness and Tingling" talk, 5:30 p.m.-6:30 p.m.

Dr. Sean O'Donnell, of Middlesex Orthopedic Surgeons, PC, will speak about carpal tunnel syndrome, cubital tunnel syndrome and cervical nerve com-

pression.

This event is open to the public and will be held from 5:30 p.m. to 6:30 p.m. at Middlesex Health Shoreline Medical Center, 250 Flat Rock Place in Westbrook. Light refreshments will be served. To register, call 860-358-8856.

Monday, January 21

Town Office Building Closed in observance of Mar-

tin Luther King, Jr. Day

Wednesday, January 23

Registrar of Voters Office Hours, 9:00 a.m.-1:00 p.m.

Plan of Conservation and Development Implementation Committee, 6:30 p.m.

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



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Letters to the Editor

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

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