

HVFCo responds to kitchen fire at man's home

By Olivia Drake,
Public Information Officer, HVFCo

On Jan. 8, Haddam Volunteer Fire Company responded to a reported appliance/structure fire on Old Ponssett Road.

The homeowner realized that he had left cooking oil heating on the stove, which ignited and set off smoke detectors in his home. He immediately called 9-1-1 and reported a stove fire in his kitchen.

Upon arrival, firefighters first helped the elderly gentleman exit his home and EMS personnel evaluated him on the scene. Inside, firefighters used compressed foam and minimal water from Engine 6-13 to extinguish the fire, which had spread to the wall



behind the range, upper wooden cabinets, and a vent fan unit. Firefighters pulled the range away from the wall, and opened the wall and ceiling to check for extension. They also removed the burning vent fan unit from the home.

Firefighters vented the smoke-filled home by opening windows and Engine 6's positive pressure fan.

A family member is providing the homeowner care until his home is deemed safe.

Killingworth Volunteer Fire Department provided mutual aid at the scene. Durham, Haddam Neck, Chester and Middletown South District were requested but canceled in route. The Haddam Fire Marshal also arrived on scene to investigate.

Introduction to Reiki, a healing technique

By Cynthia MacNeil-Sola

I have been a Reiki Master Practitioner for some time now and I find a lot of people have not heard of Reiki and if they have they really are not sure what it is or what benefits it gives. I find when a client comes in for the first time they are nervous or unsure of what to expect from the session. The first thing they need to know is Reiki is natural and safe; nothing negative will happen.

Reiki was developed in Japan in 1922 by Mikao Usui and brought to the West in 1937 by Hawayo Takata.

Popularity of Reiki has grown exponentially in the past few decades, more people have been willing to schedule sessions and are finding some sort of benefit after just a session. The benefits differ for everyone, but the realization that Reiki works seems to be unanimous.

What is Reiki? It is a natural simple Japanese technique for stress reduction and relaxation which promotes natural healing of the emotional and physical body. It is a non-invasive hands on and off healing technique that will travel to where the healing is needed and to clear any blockage you may have. It is energy channeled through the hands of the Reiki practitioner that will work on four main levels of existence: Physical, Emotional, Mental and Spiritual. You will leave feeling more grounded, relaxed and a feeling of wholeness and well-being. It will

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Food for Thought: the 9 R's of managing a healthy weight

By Janet Verney

So by now you've likely seen oodles of ads, Facebook posts, and other promotions to shed those extra pounds. Everyone seems to have a shtick on how to lose weight... via the latest fad diet, a super cleanse, a magic pill, or one heck of a powerful detox. The problem I see with most of these "solutions" to weight loss is that they are usually temporary - the weight comes off and then creeps back on over time. Some like to call this the "yo-yo" effect!

To me the answer is quite clear, but for many not always easy. I find that most people know what they need to do, but are still seeking that quick fix. It may take some effort to make some important lifestyle changes, but it is so

worth it in the long run. Below I share some of what I have learned through the years in my own health journey and Integrative Nutrition Health education. I broke it into the 9 R's of managing a healthy weight.

I'm not promoting a product or selling a service. I'm sharing what I know to support your journey to better health! Before beginning any changes in your diet or exercise routines, it is best to consult your physician.

Relationship

Before setting out on a path to shed those pounds, it is critical for some to explore their relationship with food. I know there are health coaches out

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In This Issue: 100 Years Ago, **Page H3** • Community Health Corner, **Pages H2, H5** • To the Editor, **Page H6**

Vascular Health Presentation & Free Screening. How Healthy Are Your Veins?



Masonicare at Chester Village invites you to hear Bart Muhs, MD, board-certified vascular surgeon with The Vascular Experts in Old Saybrook and Middletown.

**Tuesday, January 29, 2019 - Masonicare at Chester Village
317 West Main Street, Chester**

2:00 p.m. - Presentation

1:00 - 5:00 p.m. - Free ultrasound screenings for vascular disease

Please call 860-526-6800 by January 25 to reserve a time slot.

Prior to joining the practice in 2014, Dr. Muhs was the Clinical Director of Vascular Surgery at Yale University School of Medicine and Co-director of Endovascular Surgery there. A graduate of the University of Chicago Pritzker School of Medicine and a Fulbright recipient, Dr. Muhs is Associate Editor of *The Journal of Vascular and Endovascular Therapy* and the journal *Aorta*. Dr. Muhs was the first physician in Connecticut to perform advanced aortic fenestrated repairs without incisions.



Learn about vascular disease.

What to look for, how it is diagnosed and some of the newest treatments!

**Masonicare
at Chester Village**

An introduction to Reiki

Continued from page H1

strengthen the immune system and balances the energies in the body to relieve pain, clear toxins and increase blood flow which in turn quickens the healing process. I have had reports of help with headaches, insomnia help with cancer treatments, GI issues, arthritis, addictions among many other things.

What is a Reiki session like? The client is lying fully clothed on a massage table and assisted into a relaxed frame of mind by hearing soothing music, closing their eyes, and taking themselves to a place where they want to be; it could be a beach, forest, by a brook. The practitioner places hands at locations around the head and shoulders with a light touch, the hands will be above the client's body at the chest, stomach and abdomen area, they may touch legs and will touch the feet unless requested not to. The client will feel a warmth or vibration from the practitioner's hands, they will feel a glowing radiance that surrounds and fills them with relaxation, peace and well-being and this promotes healing where the body needs it. A session usually lasts 30-60 minutes.

Reiki has become popular with our hospitals as a standard part of care and the medical community. A research study was done at Hartford Hospital showing Reiki improved sleep by 86%, reduced pain by 78%, reduced nausea by 80%, and reduced anxiety during pregnancy by 94%. Nurses report Reiki has helped patients heal faster with less pain, reduces stress, improves mental attitude and will improve appetite and reduces the negative side effects of chemotherapy, radiation and other medical procedures.

Reiki is taught in 4 levels:

First Degree level is an entry level with the overview of the history of Reiki, hand placements and Reiki on one's self, it focuses on opening the energy

channels on a physical level allowing you to connect with life force energy with activation of Reiki in your hands. This is fulfilling and enough for personal needs.

Second degree Level is practicing Reiki on others, distant Reiki, expanded opening of the energy channels, and the student is given the three Reiki symbols to allow the practitioner to connect more deeply to the universal energy and they learn to clear energy blockages. This is a huge leap from level 1 and provides many new and exciting tools for the advanced practitioner. At this time the student through attunement is now a Reiki Practitioner. This is a certified course.

Some time should pass and practice is needed before moving onto the Master levels. Both level 3 & 4 are also certified courses.

Third degree Level is the Master level and final level of training for people interested in taking their Reiki practice to the highest level without the desire to teach Reiki to others. This workshop is a huge leap in personal and spiritual growth and represents a deep commitment to the Reiki practice. The student receives a more powerful attunement at completion.

Fourth degree level is the Master Teacher training and this is a review of everything the student has learned and it will prepare the student to teach and give attunements. This represents a deep personal commitment to the Reiki practice. The attunement is much stronger at this time.

Find a good Reiki practitioner and try it!

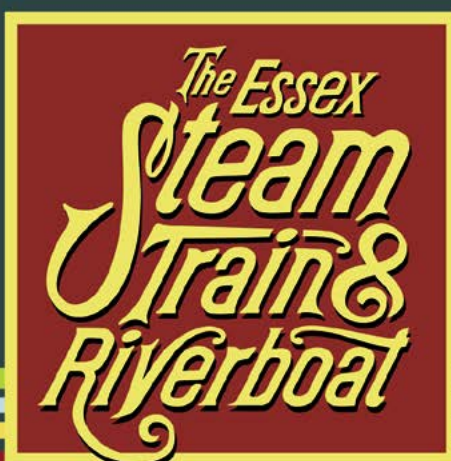
Cindy MacNeil-Sola, the owner of Spirit and Balance, LLC, located at Three Oaks Plaza in Higganum, is a Reiki Master Teacher, and psychic medium, who offers guided meditations, psychometry and Reiki.



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The Eagle Flyer is a unique 2-1/2 hour round trip eco-excursion in the Connecticut River Valley. Trees stripped of their foliage afford clear views of the forest and Connecticut River; wildlife can be observed from the cozy confines of heated vintage rail cars. Master Wildlife Conservationists share their knowledge of the wildlife that calls the Connecticut River Valley home.

We will also be able to pick up local passengers from any stations along the line, please contact the main office to inform our train crew of your desired pick up location.



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Talk on carpal tunnel

On Jan. 28, Dr. Martin White, of Shoreline Orthopedics & Sports Medicine Associates, will speak about carpal tunnel syndrome at the Acton Public Library, 60 Old Boston Post Road in Old Saybrook.

The event is free and open to the public. It will be held from 5:30 p.m. to 6:30 p.m. Light refreshments will be served. To register, call 860-358-6030.

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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In & Around The Haddams: Local News for January 1919

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

Killingworth, Jan. 3, 1919: Rev. G.B. Gilbert was down to Emmanuel church at the Christmas social where there were over forty people from Rockland, Killingworth Center, and Chestnut Hill district attended. Over \$30 was given to the Red Cross and also a sum was sent to the Armenian children.

There was a chopping bee at the Congregational church Tuesday. Several cords of wood were cut, sawed and split. The ladies met at the parsonage and did some cleaning.

Higganum, Jan. 3, 1919: The Red Cross knitters are asked to lay aside their knitting needles for the present as the supply of garment for the troops is sufficient. All yarn and finished articles should be returned to their branch.

Higganum, Jan. 6, 1919: William O'Connor, who has seen duty overseas, is expected home today. Mr. O'Connor was wounded on October 10th.

Moodus, Jan. 7, 1919: Of late it has been discovered that cottages at Lake Basham have been entered and ransacked and articles left in a promiscuous manner. Later it was found to be the work of amateurs.

Haddam, Jan. 7, 1919: The vital statistics of Haddam for the year 1918 are as follows: Births, 37; marriages, 11; deaths, 33. There were no marriages in either of the "brides months," June and October, which is quite unusual.

Haddam, Jan. 8, 1919: Major and Mrs. Joseph Kitchell were in town yesterday to attend to the sale of White Birch Farm. They are moving their furniture [as Major Kitchell has been summoned to Washington to work on the demobilization for the war department.]

Haddam, Jan. 9 & 10, 1919: The people of the this place are pleased to know that we have a doctor in town, as there has been much need of one on account of the large amount of sickness. Though we have been without a local physician for some time,

the records show that 16 doctors have rendered medical assistance to the families of the town during the past year. Dr. Taylor is a physician and surgeon.

Higganum, Jan. 13, 1919: A large number of young people are enjoying the skating on the reservoir, which is excellent.

A letter has been received by the relatives of Michael, from overseas, stating that he is well.

Middletown, Jan. 15, 1919: The steamer Middletown made her last trip down the river for the season last night, arriving there hours late having great difficulty in breaking a passage through the ice. It was escorted down river by the tug boat Sachem, on account of the mass of ice that accumulated while unloading.

A. Brazos & Sons intended to ship 40 army horses here, which they bought, but were unable to get them on board. Instead they were able to ship them to New Haven and then will drive them up from there.

Hartford, Jan. 18, 1919: Radical changes in the automobile laws of the state were recommended by the Commissioner of Motor Vehicles. Among them: Authority to arrest drivers for violation of any law relating to carrying of lights on the highway. A law making a standard system of drivers' signals. A law limiting the width of load to be carried upon any motor vehicle and projecting beyond the vehicle. A law distinctly limiting the time during which a car with foreign license may be operated within the limits of the state. And, a law requiring applications for registrations of all classes to be made under oath.

Higganum, Jan. 21, 1919: Mrs. Ida Modehn has just received a letter from her son Godfrey saying he is in Germany and is situated comfortably, staying in a house there and sleeping in a real bed.

Higganum, Jan. 25, 1919: A new service flag was purchased some time ago to remember the boys that were members of the Higganum Grange. There are five: George Cross, John Scory, Lafayette Gladwin, Vernon Rich and Charles Church.

New Haven, Jan. 27, 1919: The first demonstration resulting from unemployment occurred in this city when about 200 persons out of work marched through the central streets to city hall, carrying placards labeled, "We want work." The burden of their complaint was that many of them had been discharged for refusal to work for reduced wages and that at some shops where they applied for employment women were being retained on men's jobs.

Boston, Jan. 27, 1919: Bolshevism and socialism are being taught to "infant student" in three schools of a new Boston institution. These institutions founded by Miss Rascha Starobin now have an enrollment of more than 200 students. A sample recitation is:

Hig-ley, hig-ley-de,
Boss Grab-it-all is free
To rob us of our labors,
Jack and Jill and me.
Hig-ley, hig-ley-de,
The boss he'll no longer be,
For we will take all that we make,
Jack and Jill and me

Bridgeport, Jan. 28, 1919: Blood, fire and dynamite are threatened in a circular received by mail by many residents here and it is believed throughout New England. From the "American anarchist." The circular reads: "The senile fossils ruling the United States see red. Smelling their destruction they have decided to check the storm by passing deportation laws affecting all foreign radicals. We, the American anarchist, do not protest, for it is futile to waste any energy on feeble-minded creatures led by His Majesty Phonograph Wilson. Do not think that only foreigners are anarchists. We are a great number right here at home." [Phonograph Wilson refers to a traveling Edison phonograph addressing American Indian tribes and speaking of the relationship of the American Indians and the federal government.]

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

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



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Recycling efforts gather momentum in Haddam

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there who specialize in this area of nutrition, so if you have struggled with this, reach out to an expert and get some help or all of your efforts will be for nothing. You may not even realize you have a relationship issue with food. One way to discover this is either working with someone who will ask the right questions, or keeping a food/mood journal. Without changing how you eat, keep a log of what you ate and when, along with how you were feeling before you ate and your mood after eating. You may see a trend that will help you change a stubborn habit or pattern of eating. Don't go it alone – get some support!

Restore

The “GUT”, your microbiome, plays a huge role in managing your weight. Think of your gut like a garden. It needs to be well nourished with a balance of good & bad bacteria, along with a healthy level of yeast. Tend to your gut, weeding out the bad stuff and nourishing it with the good stuff, including lots of clean filtered water. When your gut is out of balance, you may not be absorbing nutrients properly, or you may feel overly bloated. Poor digestion can lead to an assortment of health issues and inflammation throughout the body. Not only do we need to feed our gut good food, we may need to restore good gut flora from bad eating habits. Ask your physician about a high quality prebiotic/probiotic. Consider eating more fermented vegetables and reducing pre-packaged foods filled with sugars and unhealthy fats. Be sure to CHEW, CHEW, CHEW – your stomach doesn't have teeth! Maybe you need a little more help than others and would benefit from a good digestive enzyme or bitters. Bottom line, a healthy gut means a healthy body!

Routine

Your day to day routines can make or break your efforts to maintaining a healthy weight. It is critical to get a good night's sleep. When we start our day without a good night's sleep we tend to reach for garbage food in the morning, which starts a trend for how the day will progress. If you are working full time, or simply have a hectic schedule, planning ahead is key. Set aside a couple of hours, two days a week to plan and prepare some healthy eats or some grab & go snacks. This is especially important for those who travel. If you know there are certain times during the day, or evening that you want to reach for that unhealthy snack, either have a substitute ready to rock, or make a plan at that time to call a friend, take a walk, or do something special just for you. Avoid eating when you are feeling stressed and do your best to eat your meals in a delightful setting, with gratitude. Yes, it's a bit of work, but YOU ARE WORTH IT!

Rejuvenate

Get your engine running and get moving! Start from where you are and take small steps to get your motor running. I personally love to walk and dance! If getting out and moving is something you have not done in a while, take it slow. Start by walking ten minutes, twice a day and increase each week as you feel comfortable. Don't go from zero to a five-mile marathon or one of those extreme exercise programs – this is when folks get hurt! If you are unable to walk, then talk to your physician about physical therapy and start with simple movements from sitting or lying in bed. Even good digestion depends on getting yourself moving! So grab a friend and set some time to do it together, keeping you and them accountable to rejuvenate your entire system.

Reset

I mentioned earlier that you may need some extra support if you are dealing with a stubborn weight issue and although I'm not one for fad diets, there are some wonderful programs out there. Do your homework, ask questions and see if it is right for you. Two bricks and mortar places that I am aware of and feel confident in their approach is Compass Weight Loss in CT and The Hippocrates Health In-

stitute in West Palm Beach FL. My favorite authors who support managing a healthy weight are Donna Gates, Body Ecology; Dr Mark Hyman; Dr. David Katz; and Kris Carr. They are all very different, so explore their websites and see what feels right for you. I always say, no one diet is right for every person, so find what will work for you to reset your system and get you on track to a healthier way of living.

Reduce

This may sound simple, but it can have a great effect on your efforts to lose, or gain weight. Reduce the pre-packaged foods that have all the hidden sugars, unhealthy fats, food dyes and preservatives and replace them with more whole, plant based foods. The more you add in the good, the more you crowd out the bad. Many diets encourage you to reduce your portions of food, or to cut out an entire food group, but if you have a plate filled with whole foods, especially leafy greens and other low starch veggies, you can eat till the cows come home! Take the time to makeover your pantry and fridge and get rid of the junk that may be tempting you and replace it with healthier options.

Restock

Restock your pantry and fridge with whole foods. When it comes to veggies, I like to get them locally and preferably organic so they are in season and packed with the most nutrients. For grains, I go for the less refined, like brown rice, quinoa, buckwheat, amaranth, and sprouted whole wheat. My go-to fats are cold pressed organic olive oil, avocado oil, organic sesame oil, and on occasion coconut oil. I steer clear of common sweeteners and never eat artificial ones. Instead, I use raw honey, pure maple syrup, coconut palm sugar, and organic stevia in moderation. I keep organic nuts and seeds on hand for a healthy, protein rich snack. I am a big fan of legumes for a high protein, low fat addition to my meals. For those meat eaters, I suggest getting free range, organic options and keeping the portion size super small, making it your “side-dish.” Choose low glycemic fruits like berries & grapefruits and save the moderate and sweeter fruits for treats. Be sure to spice things up! There is no reason for healthy foods to taste bland. Spices have many medicinal qualities and can even improve gut health, so try something new and you may just be surprised.

Remember

Remember, you are only human, so don't play the guilt card when you enjoy something not on your plan. It is what you do 80-90% of the time that counts. Having an occasional goodie when you are out and about will not sabotage your hard work, as long as it's not a daily routine. I love a good cookie, so rather than having a store bought version, I make a batch of my re-designed chocolate chip cookies and freeze them for my go to cookie fix. Feel free to email me at connect@roots2wellness.com if you would like the recipe.

Restrictive

Diets that are too restrictive for too long are the worst! This is what I call the rebound effect. If something is too restrictive, then you will not stick with it. I am not one for diets at all... I just enjoy good food that is good for me! Dr. Katz once said “Love food that loves you back” and that has been my go to motto, most of the time...

Wishing a joyous and healthy New Year!

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

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How to protect yourself from flu and norovirus

Information courtesy of Middlesex Health (formerly known as Middlesex Hospital)

During the winter months, it can be difficult to stay healthy, especially when your family and friends get sick with the flu or the norovirus. Fortunately, Dr. Lavanya Jitendranath, a Middlesex Health infectious disease physician, offers some ways you can try to protect yourself.

The Flu

Influenza, or the flu, is a contagious respiratory illness caused by flu viruses, and it usually comes on suddenly. Symptoms may include some or all of the following:

- Fever (or feeling feverish with chills)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches

- Fatigue (tiredness)
- Vomiting and diarrhea (more common in children)

Flu season is usually between October and April, peaking in January and February. The flu mainly spreads by tiny droplets made when people who have the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people nearby. The duration of the illness is typically between three and seven days, and it can cause severe complications—even death.

Dr. Jitendranath says getting a flu shot is the most important step in protecting yourself against the flu. Getting a flu shot now can still be beneficial!

To protect yourself from the flu, Dr. Jitendranath says you can also:

- Avoid close contact with people who are sick
- Cover your coughs or sneezes with a tissue or your shirtsleeve

- Frequently wash your hands with soap and water or an alcohol-based hand sanitizer
- Clean and disinfect surfaces that could become contaminated with germs
- Stay home from work or school until at least 24 hours after your fever is gone

The Norovirus

The norovirus, often known as the stomach bug, is a very contagious virus. It is the most common cause of foodborne diarrhea and vomiting, and you can get it by having direct contact with someone who has the norovirus, by consuming contaminated food or water or by touching contaminated surfaces and then putting unwashed hands in your mouth.

Symptoms of the norovirus include:

- Sudden onset of nausea, vomiting and/or watery diarrhea with cramps
- Low-grade fever
- Chills and body aches

Dehydration is the most common complication of the norovirus, particularly among young children, older adults and people who have other illnesses. Most people who have the norovirus get better within one to three days.

To protect against the norovirus, Dr.

Jitendranath says to:

- Wash your hands with soap and water
- Carefully wash fruits and vegetables before preparing and eating them
- Stay home when sick and for two days after your symptoms stop
- Avoid preparing food for others when sick and for two days after symptoms stop

When to see your doctor

If you get the flu, stay home, rest and avoid contact with other people unless you are seeking medical care.

Most people who have the flu will not have complications and do not need to take antiviral medications. However, you should contact your doctor early in your illness if you are very sick, or in a high a high-risk group for complications. Those at high risk for complications include young children, adults older than 65, pregnant women and people with certain medical conditions.

If you have the norovirus, Dr. Jitendranath's best advice is to drink plenty of liquids to replace the fluid you are losing. Contact your doctor if you develop symptoms of dehydration, such as decreased urination, having a dry mouth and throat or feeling dizzy when standing up. Unlike the flu, there is no specific medicine to treat the norovirus.

HKHS GYMNASTICS

HKHS competes vs. Valley, Old Lyme, Mercy

On Thursday, Jan. 10, the Haddam Killingworth High School gymnastics team participated in a meet with Old Lyme, Mercy, and Valley at Flip Flop Gymnastics.

Vault

Brianna Livingston, 7.7
Emily Sorrentino, 7.4
Anastasia Intell, 7.15
Chloe Totman, 7.0

Bars

Brianna Livingston, 6.5
Emily Sorrentino, 4.5

Chloe Totman, 4.4

Beam

Brianna Livingston, 7.3
Chloe Totman, 5.3
Anastasia Intell, 4.6

Floor

Brianna Livingston 7.3
Emily Sorrentino, 6.5
Anastasia Intell, 6.0
Chloe Totman, 5.6

Mercy won the meet with 132.00, Lyme-Old Lyme 120.40, Valley 118.05, and HK 87.25.



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Diet For Our Minds (Part 3)

We can see measurable results as a result of changing our diets.³ This is not some new idea, but what is new now ... it has results. Our bodies, and as importantly our brains do respond to a healthy diet, consistent exercise, and social interaction.

The FINGER study, a Finnish Geriatric Intervention Study, had 631 participants in treatment group and 629 people in the control group, all between the ages of 60-77. In the treatment group, the people were given nutritional guidance, cognitive training, and physical exercise sessions. The control group received some health advice along with regular cardiovascular checkups.

The treatment group registered significant improvement, 83% better than the control group in executive brain functions, and 150% better scores in the speed of processing (time required to perform mental tasks), and a 40% performance increase in complex memory tasks, i.e. remembering long lists.

What became intriguing was all participants were screened for the gene variant (APOE e4), which highlights people at higher risk for developing Alzheimer's. Those in the treatment group who carried the risk gene had a slower rate of cellular aging, as measured by biological markers called telomeres, caps at the end of a chromosome.

The FINGER study, is now in its next phase where brain scans are being used to determine if good habits counteract the breakdown of neurons and stem atrophy in certain brain areas, which is a hallmark of Alzheimer's Disease. They are also using blood tests to pinpoint whether adopting good behaviors lessens inflammation, cellular stress, and a deficiency of the proteins that help to insure brain health.

The take home message is that it is never too early to take measures to prevent Alzheimer's, and fortunately it may never be too late to create changes to prevent cognitive decline.

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Thank You to Haddam Residents

A Huge THANK YOU to our volunteers that worked so hard to make all of Haddam beautiful.

Anyone who drove through town in Higganum, Haddam and Tylerville during the month of December would have noticed the nights were shorter but getting a little brighter with all the Christmas lights. This was the 8th year that many volunteers worked hard to make the town glisten. This year we were short volunteers but we made it bigger and brighter with the addition of the snowflakes on Killingworth Road.

In Higganum Center Village, the Gazebo was done by Lynne Cooper & Lorraine Riess representing the Haddam Garden Club. The Rossi Property was done by Sue and Bruce & Val Kocsik. The new bridge was very welcoming as both sides beautifully done by the Higganum Haddam Sportsmans Club. The Higganum Village Market was done by Pat Hartman and Tommy Thompson along with the scouts decorating the windows. The Red Barn Feed Store was done by Paula Sheahan & Kathy Bremer. Higganum Congregational Church organized by Ginny Murphy did 310 Saybrook Road with lights and large paper snowflakes in all the windows. Larry & Lori Maggi, Lori & Brent Tharin, Cortney & John Scott Swokla, Doreen Staskelunas, Prem Aithal Kate Anderson & Josh Schilling, Cindy MacNeil Sola,

John Maziarz and Marc Perras from the Haddam Jr. Fire Department took on job of all the light poles in the center of Higganum. The Businesses did a great job with Hi-Way, Higganum Pharmacy, DaVinci, Teri's & Brewed Awakenings and Higganum Physical Therapy looking great another year. The VFW Museum was beautifully lit by Ron and Rick Annino, Bob Kadrla and Harold Edman. The holiday tree on the green has been done for over 40 years by Tom Carlson and his son Scot. The Haddam Fire Department supports the tree lighting and maintenance.

Along Rt.154 from Higganum to Tylerville it was great to see the Nehemiah Brainerd House, Town & Country Nurseries both looking beautiful along with many homes lit for the Christmas season.

As you entered Tylerville the drive toward the Haddam-East Haddam bridge was brightly lit again this year as the Businesses from Fireworks Hearth and Home, Alan's Small Engine Service, River's Edge Tile and Carpet, River Valley Provisions, Tony's Package, The Sibley Company, The River House, with Goodspeed Station, The Cluttered Coop, Village Court Florist, Creative Cakes by Donna with Mike's Auto & the Cooking Company looked so festive. The welcome signs coming into town that looked beautiful with lights, garland and bows thanks to the Haddam Garden Club.

The Tylerville Tree Lighting was held on Dec. 1, 2018 for everyone to celebrate the start of the Christmas holiday. A gathering of residents and businesses

had a bonfire, music, beverages and goodies along with Santa stopping by for a visit and surprising the children with a gift.

Next year we hope to work on more streetscape to bring more beauty into our little town, WE NEED VOLUNTEERS for next year and if you are interested please contact me. Another successful year! THANK YOU!

Cindy MacNeil-Sola,

Haddam Economic Development Commission

Letters to the Editor

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

Haddam News
PO Box 15
Higganum, CT 06441

LEGAL NOTICES

HADDAM LEGAL NOTICE

Legal Notice is hereby given to the Taxpayers of the Town of Haddam. The second installment for Personal Property, Real Estate and the total Supplemental Motor Vehicle bills on the October 1, 2017 Grand List becomes due and payable on January 1, 2019 with a grace period to February 1, 2019. After the grace period, if still unpaid, the bill becomes delinquent and is subject to interest from the original due date at a rate of 1.5% of such tax each month. A minimum interest charge of two dollars would apply to all delinquent taxes. Payments may be made to the order of TOWN OF HADDAM and sent to TOWN OFFICE BLDG., TAX OFFICE, 30 FIELD PARK DR., HADDAM CT 06438-1196 or use the preprinted envelope supplied with the first installment. If receipt is desired, please include a stamped self-addressed envelope and a phone number and mail to the Tax Office. Payments may also be made in person at the Haddam Tax Office room 202 or on our website Haddam.org. Office hours: Mon. through Wed. 8:30AM to 4PM; Thurs. 8:30AM to 6:00PM; Fri. 8:30AM to Noon. Call 860-345-8531 x 207 with questions.

Haddam Tax Collector Kristin Battistoni, CCMC

ZONING BOARD OF APPEALS PUBLIC HEARING AND MEETING

The 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 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.
Zoning Board of Appeals, Haddam CT

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

COMMUNITY

Knitting circle February 3

By Elizabeth Malloy,
Director, Haddam Historical Society

Winter Woolies Knitting Circle:
Feb. 3, 1:00 p.m. to 3:00 p.m.

This event will be held at Thankful Arnold House Museum (14 Hayden Hill Road, Haddam, CT)

Do you have a knitting or needlework project that has been sitting around waiting for you to finish it? Join Beth Hartke to work on that neglected piece or start a new one and enjoy the company of others with NO modern-day intrusions. Registration is required, since space is limited. Admission is free.

For further information call Lisa at Haddam Historical Society 345-2400 or contact@haddamhistory.org.

The mission of the Haddam Historical Society is to preserve, collect, interpret and promote the history and heritage of Haddam for present and future generations.

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Calling all high-schoolers for visual arts competition

By Emily Whalen

Shoreline Arts Alliance, a regional Arts Council in Guilford, is hosting their 35th Annual Future Choices program, a Visual Arts Competition and Exhibition for High School Students. This competition and exhibition takes place on the Lyme Academy College of Fine Arts campus in Old Lyme, CT and features work from High School Students in our region. Shoreline Arts Alliance is currently seeking artwork from young artists for in person submissions on Feb. 4-6, at the Sill House Gallery.

High School Students within the 24 town region of CT are encouraged to submit artwork to the visual art competition. The 24 town region consists of all of Middlesex County, Lyme, Old Lyme, East Lyme, Salem, Madison, Guilford, North Branford, Branford, and East Haven.

Visual Art Categories that are accepted for

submission are Ceramics, Drawing, Mixed Media, Painting, Pastels, Photography, Prints, Sculpture, and Video. Submissions are made in person at the Sill House Gallery located on the Lyme Academy College of Fine Arts Campus at 84 Lyme St, Old Lyme, Conn. Submissions are on Feb. 4 – 6 from 2:30 p.m. to 5:00 p.m. each day. All work must be submitted during these times by either the artist, a teacher, or a responsible person as designated by the artist. For more detailed submission guidelines please visit the website at www.shorelinearts.org/future-choices.

Work accepted into the competition by our judges will be hung at the Sill House Gallery from Feb. 14 to March 5, 2019. The exhibition will be open to the public from 10:00 a.m. to 4:00 p.m. Monday through Saturday (no Sunday hours).

Students may have a chance to win cash rewards

from Shoreline Arts Alliance such as the Best in Show award and the Ruth Baxter-Tagliatela Award. Teachers and Schools may also win awards such as the Earl Grenville Killeen Founders Award, an award that recognizes the Best in Show's art teacher and allows that teacher to recognize a student in their class with a strong inclination and dedication to the arts. There is also the Judy Streeter Outstanding School Award given to an Art Department of a High School.

About Shoreline Arts Alliance: Shoreline Arts Alliance is a non-profit 501(c)3 and an arts council based in Guilford. Shoreline Arts Alliance's mission is to Transform Lives through the Arts by encouraging, engaging, enriching, and educating the community. Learn more about our programs and events by visiting www.shorelinearts.org.

Connecticut Spring Show to take place March 23-24

The 46th Annual Connecticut Spring Show – Arts and Objects Through the Ages

Offering a mix of antiques, fine and decorative arts, the Connecticut Spring Show returns to Hartford on March 23 and 24, 2019. Located in the historic Hartford Armory, the show celebrates its 46 th year with 50 of the best antiques and art dealers in the country. In order to stay relevant in a fast-paced, changing world the show will offer a more diverse selection of goods while staying true to its early American niche.

The 2019 Hartford Show will feature a millennials

perspective to the world of antiques and arts. Kate Avery, artist, furniture designer, painter, blogger and influencer, is on tap to share her knowledge and design savvy with a fresh twist. She will show how to incorporate that unique and special antique object into a 21 st century setting and how to curate a space as a reflection of your individuality and style. Although known for her re-furbished painted furniture, Kate has a deep understanding and respect for the exceptional and unique pieces found at the Connecticut Spring Show. Her talk "Fresh Design with Antiques" will take place Saturday, March 23 at 2:00 pm and is included in admission.

The weekend will feature other educational programs and on Sunday, March 24 visitor's age 35 and younger will receive free admission. Area museums will be showcased to highlight Hartford's numerous cultural venues which make the city a desirable destination.

The Connecticut Spring Show is a benefit for the Thankful Arnold House Museum and Haddam Historical Society. Additional information is available at www.ctspringshow.com. Or contact Elizabeth Malloy at contact@haddamhistory.org or call 860-345-2400.

HKHS BOYS SWIM

HKHS vs. Sheehan, 77–86

By Kristin Mazziotti

The Haddam Killingworth High School Boys Swim Team was defeated by Sheehan at home on Tuesday, Jan. 15, 2019, with a final score of HKHS 77, Sheehan 86.

H–K highlights

200 Medley Relay

1st Kyle Mazziotti (SO), Malone Revis (SO), Jimmy Clemente (JR), Nate Carlson (SR), 1:51.08

200 Freestyle

1st Christo Garrelts (SO) 2:04.50
2nd Jonah Freeman (SR) 2:10.31

200 Individual Medley

2nd Malone Revis (SO) 2:13.72

50 Freestyle

1st Kyle Mazziotti (SO) 23.52
3rd Jimmy Clemente (JR) 26.33

100 Butterfly

1st Jimmy Clemente (JR) 1:05.67

100 Freestyle

2nd Christo Garrelts (SO) 54.18

500 Freestyle

2nd Jonah Freeman (SR) 6:08.74
3rd Nate Carlson (SR) 6:08.97

200 Freestyle Relay

2nd Jimmy Clemente (JR), Colby Kish(FR), Malone Revis (SO), Christo Garrelts (SO), 1:51.32

100 Backstroke

1st Kyle Mazziotti (SO) 55.82

100 Breaststroke

2nd Malone Revis 1:06.76

400 Freestyle Relay

1st Nate Carlson (SR), Christo Garrelts (SO), Jonah Freeman (SR), Kyle Mazziotti (SO) 3:44.71

TOWN CALENDAR

Monday, January 28

Committee on Aging Meeting, 10:00 a.m.
Town Hall Annex Building, 11 Jail Hill Road, Haddam

Wednesday, January 30

Registrar of Voters Office Hours, 9:00 a.m.-1:00 p.m.
Haddam Volunteer Fire Company Station #1, 439

Saybrook Road, Higganum

Conservation Commission Meeting, 7:00 p.m.

Thursday, January 31

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

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

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Selectmen's letter to BOS regarding proposed HES closure

Editors Note: Below, we publish a letter sent from The Board of Selectman, Town of Haddam (First Selectwoman Lizz Milardo, Selectman Larry Maggi and Selectwoman Melissa Schlag) to the Regional School District #17 Board of Education Chair, Joanne Nesti on Jan. 16:

The purpose of this letter is to communicate and request information from the Board of Education on the closing of Haddam Elementary School.

After the recent BOE Capital Planning Committee meeting, Friends of HES contacted the Selectman's office, Economic Development and the Planning & Zoning Commission requesting town

leadership vote and support to keep HES open. This was an action they communicated was necessary for a "re-vote" or reconsideration from the BOE per the last committee meeting.

Friends of HES presented to the Board of Selectman a Power Point presentation of the economics of the Center and there was an hour or more spent on public comment. The Board was asked to support them to keep the school open as the "town leadership" would be the catalyst for a revote of the BOE.

After discussion of the Board of Selectmen, the board voted unanimously in requesting information

from the BOE and are asking the Board to pause the process until this information can be verified.

Therefore, we are requesting the following information:

Copy of the study indicating current and future enrollment in the next 5 to 10 years

Detailed or itemized cost savings on closing HES vs keeping HES open.

*Sincerely,
Lizz Milardo, Larry Maggi & Melissa Schlag
The Board of Selectmen, Town of Haddam*

*cc: Howard Thiery, Superintendent
Suzanne Sack, Board Vice Chair*

SPORTS

HKHS competes against Brookfield, 4 points shy of win

By Kristin Mazziotti

The Haddam Killingworth High School Boys Swim team suffered a tough 4-point loss to Brookfield on Friday, Jan. 18, at the HKHS pool, with a final score of HK 82, Brookfield 86.

HK highlights:

200 Medley Relay

1st Kyle Mazziotti (SO), Malone Revis (SO), Eli Houlton (JR), Chris Garrelts (SO), 1:46.67

200 Freestyle

1st Zach Houlton (JR) 1:53.30`

200 Individual Medley

1st Kyle Mazziotti (SO) 2:10.39

50 Freestyle

1st Christo Garrelts (SO) 23.62

100 Butterfly

1st Eli Houlton (JR) 57.08

100 Freestyle

1st Christo Garrelts (SO) 53.35

500 Freestyle

1st Zach Houlton (JR) 5:07.31

200 Freestyle Relay

2nd Nate Carlson (SR), Jimmy Clemente (JR), Zach

Houlton (JR), Christo Garrelts (SO), 1:41.24

100 Backstroke

1st Kyle Mazziotti (SO) 55.05

2nd Eli Houlton (JR) 59.81

100 Breaststroke

1st Malone Revis 1:07.37

400 Freestyle Relay

1st Kyle Mazziotti (SO), Zach Houlton (JR), Malone Revis (SO), Eli Houlton (JR) 3:30.99

Next meet is scheduled for Thursday, Jan. 24, against Lyman Hall/Coginchaug at the Sheehan pool.



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