

Applications for 2019 Haddam Scholarship Fund now available

By Beth Hartke

The applications for Haddam Scholarship Fund, Inc. are now available in the guidance offices of HKHS, Xavier High School, Mercy High School and Vinal Technical High School. HSF, Inc. will be awarding \$6000.00 in funds.

High School seniors who reside in Haddam, Higganum or Haddam Neck and are continuing their

education after graduation are eligible to apply for these awards.

The John Bertolini Memorial Scholarship in the amount of \$1000.00 is open to Haddam and Killingworth residents. This scholarship is based on financial need, accomplishments of the applicant, particularly in the area of community service beyond the requirements for graduation.

The Dr. Kate Mead Award in the amount of \$1000.00 is offered to a student who is pursuing a career in a health-related field.

Applications for all of the above should be sent postmarked by April 12, 2019 to:

Mrs. Beth Hartke
P.O. Box 177
Higganum, CT 06441-0177

Haddam supports Coast Guard during partial federal shutdown

By Editorial Staff

As many of you know, the US Coast Guard is the only branch of the US Military that is going without pay during the partial government shutdown, because it is part of Homeland Security rather than the Department of Defense. Many people across Connecticut are showing



their support for the Coast Guard, whose academy is located in New London, Connecticut. There have been stories of Flanders Fish Market offering free fish & chips to Coasties, restaurants offering



USCG Bollard. Photos by Neal Perron.

discounts to members of the Coast Guard, and a food bank was set up at the Academy. In Haddam, people are also collecting for the Coast Guard. Neal Perron, of Haddam Neck, is collecting items such as gift cards, non-perishable food, and health care items for the Coast Guard.

One place that will be a drop-off point will be Fireworks Hearth & Home at 112 Bridge Road, Haddam, between 9:00 a.m. and 4:30 p.m. Monday through Friday. If you cannot get there, but have something you would like to donate, please contact Neal Perron at 860-478-0370. The collected

items will be handed off to the Chief Petty Officers Association on Thursday night, though this can become a weekly donation as long as the government shutdown continues, if Haddam residents will support it.

According to a Jan. 17, 2019 Facebook post, Steady Habits Brewing Company, located in Tylerville, offers "a free beer to all furloughed government employees this weekend and every weekend while the shutdown continues. This extends to all Coast Guard personnel as well. Come in and have a drink on us."

HKMS: Cougar Celebrations December 2018

By Jennifer Olsen, Principal,
Haddam-Killingworth Middle School

Welcome to our December Cougar Celebrations! We recognize students and their achievements at our monthly Town Meetings and want to share these celebrations with you too. The last Friday of each month is our Town Meeting – a time for students and teachers from grades 5 and 6 and grades 7 and 8 to come together for performances, student recognition, and the announcement of our monthly Cougar Core Value awards.

Cougar Core Value Award Winners for December

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: Respect, Responsibility, Acceptance, Kindness, and Perseverance. These Core Values were developed and accepted by HKMS students, parents, faculty, and staff in 2016, and we recognize students each month.

We appreciate these students' commitment to upholding our core values and being role models at HKMS.

Team 5-1

Delaney Aronson: Kindness, Perseverance, Respect and Responsibility

Reagan Aronson: Kindness, Perseverance, Respect and Responsibility

Samuel Galvis Hamann: Acceptance, Kindness, Perseverance, Respect and Responsibility

Team 5-2

Lily Austin: Kindness, Respect and Responsibility

Grace Natanzon: Acceptance and Kindness

Ian Young: Kindness, Perseverance and Respect

Team 6-1

Sonya Luneau: Perseverance, Respect and Responsibility

Cora Rigg: Kindness, Respect and Responsibility

Hailey Willey: Perseverance, Respect and Responsibility

Team 6/7

James Inkel, Gr. 6: Kindness

Eduardo Karkutt-Kulak, Gr. 6: Perseverance

Jenna Coleman, Gr. 7: Perseverance, Respect and Responsibility

Brian Nguyen, Gr. 7: Perseverance, Respect and Responsibility

Team 7-1

Hailey Braun: Perseverance and Responsibility

Ella Commerford: Kindness, Perseverance and Responsibility

Alexander Blade: Respect and Responsibility

Team 8-1

Aleysha Brawley: Acceptance and Kindness

Payton Kasperzyk: Kindness and Respect

Tristan Schemmerling: Acceptance and Kindness

Team 8-2

Jayden Fulton: Kindness, Perseverance and Respect

Continued on page H2

Haddam News

PO Box 15
Higganum, CT 06441

Staff and Contact List

Anthony Giamei,
Managing Editor

Kathy Brown,
Senior Editor

Meghan Peterson, PhD,
Composition Editor

Maurice Adams,
Contributing Editor

Reporters:
Deb Thomas, Brenda Hunter,
Bob Herrmann-Keeling,
and Sally Haase

Ed Munster, Advertising Manager

To advertise in Haddam News,
call 860 345-2225.

Send all requests,
content and comments
to: editors@HaddamNews.org

* paper is affiliated with
Haddam-KillingworthNow.com
and the Haddam Civic League

CONTINUED FROM PAGE H1

HKMS: Cougar Celebrations, December

Continued from page H1

Jason (JJ) Maziarz: Kindness and Respect
Jenna Whitmer: Perseverance and Responsibility

Applied Academic and Fine Arts, Grade 5

Emerson Golden (Spanish): Perseverance and Responsibility
Nicholas Salamone (Band): Perseverance and Responsibility
Addison Harkin (Physical Education): Kindness and Respect

Applied Academic and Fine Arts, Grade 6

Grace LaConte (Spanish): Respect and Responsibility
Michael Burns (Art): Perseverance, Respect and Responsibility
Margaret Robinson (Technical Education): Perseverance and Responsibility
Grace Natanzon (Chorus): Respect and Responsibility

Applied Academic and Fine Arts, Grade 7

Natalie Houlton (French): Perseverance and Responsibility
Aleandra Morales (Band): Perseverance and Responsibility
Jonah Keithan-Resnick (Music Makerspace): Perse-

verance and Responsibility

Ryan Ruggiero (Life Skills): Kindness
Chase Lenart (Chorus): Acceptance, Kindness, Perseverance, Respect and Responsibility

Applied Academic and Fine Arts, Grade 8

Vincent Salamone (Computer Science & Coding): Respect and Responsibility
Juliana Gagliardi (Foods): Respect and Responsibility
Jayden Fulton (Health): Respect and Responsibility
Kristen Thebeau (Jazz Band): Perseverance, Respect and Responsibility

HKMS Support for Veterans

Thank you to Ashlen Ruocco, Payton Yazmer, Audra Yazmer, Lorin Danaher, Kaleigh Bodak, and Sarah Henderson for organizing the HKMS fundraiser to support the Rocky Hill Veterans Home. Congratulations to Joe Giaccone, Max Selmer, Colton Merola, Brooke Lloyd and Gillian Miller for participating in the Veterans Day 3 mile race. Thank you to Seamus Boots for representing the HKMS Music Department well as he played trumpet for the Veterans Day 3 Mile race.

Congratulations to our 8th grade students who were inducted into the National Junior Honor Society this year.

2018-2019 National Junior Honor Society Inductees:

Isabel Berardino	Brenna Lonergan
Sasha Berardino	Grace McKenzie*
Kaleigh Bodak	Enea Matoshi
Georgia Brown	Gillian Miller
Leah Chester	Patrick Mitchell
Caroline Coleman	Sage Murray
Caroline Conte**	Kira O'Brien
Paige Corcoran	Katherine Overchuk
Serena Doyle	Adeline Packtor
Julia Favolora	Katherine Pavlou
Ellery Freeman	Tyler Perry**
Ellie Frith	Sarah Petrie
Juliana Gagliardi	Kelsie Piela
Ana Garcia	Callen Powers*
Aleia Goodison	Grace Quilliam
Mason Gorham	Sophia Ramino
Ani Gyorog	Ashlyn Ruocco
Catherine Haas	Sophia Schoen-New-
Emma Hanstead	some
Sarah Henderson	Vincent Scileppi
Johanna Houska	Maggie Singer
Paige Iacobellis	Laura Strick
Abigail Jones	Kristen Thebeau
Payton Kasperzyk	Olivia Tucker
Avery Kohs	Amy Wiknik
Chloe LaCoss	Audra Yazmer
Alex Lara	Peyton Yazmer
Owen Lelko	
Jenna LeMontagne	*NJHS Co-Presidents
Brooke Lloyd	** NJHS Co-Vice Presi-
Lucas Lomuntad	dents

SCOTCH PLAINS TAVERN
GREAT FOOD, DRINKS, MUSIC, SPORTS & MORE!
DINING SPECIALS, PRIVATE PARTIES, HAPPY HOUR MONDAY THROUGH FRIDAY AND LIVE MUSIC THREE NIGHTS A WEEK!

10% discount ON YOUR NEXT VISIT
EXCLUDING HOLIDAYS & SPECIAL EVENTS. UP TO \$20 DISCOUNT. EXPIRES 2/28/19.

MONDAYS: 1/2 PRICE WINE BOTTLES	TUESDAYS: TACO TUESDAY 5:00PM - CLOSE	WEDNESDAYS: LIVE MUSIC 5:30 - 8:30PM	THURSDAYS: PRIME RIB 5:00PM - CLOSE	FRIDAYS & SATURDAYS: LIVE MUSIC 8:30PM - 12:30AM	
---	---	--	---	--	--

SCOTCH PLAINS TAVERN • 124 WESTBROOK ROAD • ESSEX CT • 860.662.4032 • SCOTCHPLAINSTAVERN.COM

Middletown Toyota

Your Toyota truck headquarters.



TOYOTA 2019
TUNDRA



TOYOTA 2018
TACOMA

Middletown TOYOTA

"The People Pleasers"

634 NEWFIELD STREET, MIDDLETOWN • 877-347-7294 • MiddletownToyota.com

We Speak English, Spanish, Italian, Polish, Pakistani & Arabic
Sales: M-Th 9-8:30, F 9-6, Sat 9-5
Service: M-Th 7-7, F 7-5, Sat 7-2



YORK TREE SERVICE
HIGGANUM, CT LLC

860-754-7007

Tree Removal • Stump Grinding • Chipping
Brush Hogging/Clearing • 75ft Bucket Truck Service
Emergency Storm Work • Snow Plowing

860-754-7007

FULLY INSURED/LIC #HIC0648142
Garrick York, owner

In & Around The Haddams: National News January 1919

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

NY Open Wide For Soldiers. New York, Jan. 1, 1919:

After celebrating New Year's eve, New Yorkers turned over the "freedom of the city" to more than 100,000 soldiers, sailors and marines on furlough visits to the metropolis. Entertainments were provided for the soldiers in every section of the metropolitan district. Theatres, dances, and dinners predominated in the program. Clubs, armories, huts and many others arranged to keep open house throughout the day. At the Seventy-first regiment armory, 3,000 women are ready and willing to trip the light fantastic with all comers in uniform.

Army To Auction Horses And Mules. Washington, Jan. 1, 1919:

Camps at which the war department will auction 44,455 horses and mules were announced by Secretary Baker today. Among them, Camp Devens, Mass., will auction 2,200 animals.

Country In Need Of Skilled Workers. Washington, Jan. 1, 1919:

A shortage of skilled labor in many lines of work is given as a reason for urging demobilization of the army by trades and professions in the employment service bulletin of the department of labor. Many of these skilled workers are "key men" or those upon whom many hundreds of other workers depend for employment and until these men are returned to work there is bound to be a certain amount of unemployment in large industrial centers.

Paderewski Leads Fighting Poles. Amsterdam, Jan. 1, 1919:

Two hundred persons have been killed or wounded in the fighting between German and Polish soldiers in the Posen district, when the rebellious Poles surrounded the Germans. Ignace Jan Paderewski, the famous musician, is leading the fight against the Germans. It was reported that there was a movement of foot to make Paderewski president of the Polish republic.

Refugee Tells of Turkish Cruelty. Westbrook, Mass., Jan. 2, 1919:

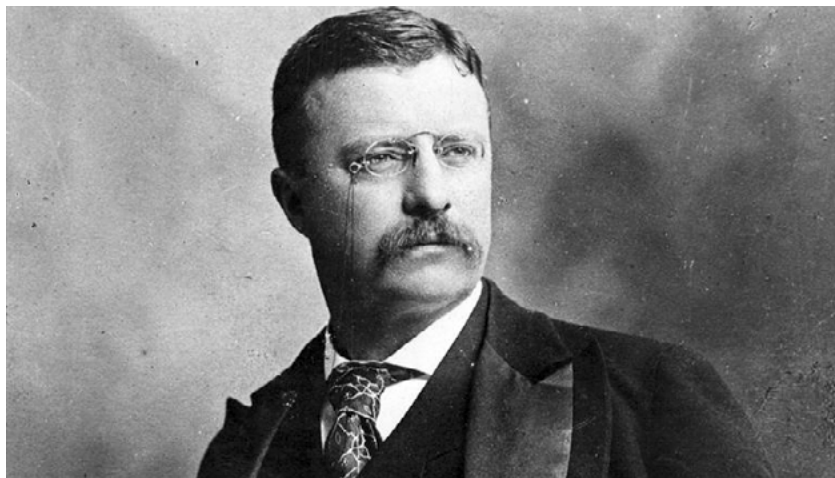
"Near Harpoot, Armenia, I saw 6,000 Armenian children placed in a cave on a hillside and covered over with dirt," declared Harutune Fashijam, a refugee from that worn -torn land. "[An Armenian-American,] I saw my mother, father, two brothers as well as my own son massacred. I, myself, escaped from a crowd of 8,000 Armenian men and boys who were being murdered. There was a Christian population of 100,000 in Harpoot and everyone was massacred. The women and girls were marched away in different groups from the men folks. The prettiest of the women and girls were taken to the Turkish harems, while the old women were killed two hours after leaving the city." [The Turks continue to deny the existence of the "Armenian Genocide," instead calling them traitors who were about to join the Russians in WWI. The West, including the US, to this day, has not formally challenged the Turks on this subject for fear of damaging our relationship with Turkey in this sensitive geographical location.]

An Army Of 500,000. Washington, Jan. 3, 1919:

A temporary volunteer army of 500,000 to replace the military establishment created for the war was advocated by Secretary Baker. Baker said he would ask congress to authorize the organization of this new army so that demobilization of America's



Above: Lloyd George, Clemenceau, Wilson. Below: Theodore Roosevelt.



present army could be more rapidly pushed.

Former-President Theodore Roosevelt Dies. Oyster Bay N.Y., Jan.6, 1919: Death came to Col. Theodore Roosevelt, the twenty-sixth president of the United

States, in his sleep as a result of a pulmonary embolism. He had been preparing a statement that he would not be a presidential candidate in 1920. The family announced that the funeral will be private.

Nation To Pay Tribute To Col. Roosevelt. Oyster Bay N.Y., Jan.7, 1919: While the nation is anxious to honor the memory of a great man, the family is firm that the funeral will remain simple. His son, Captain Archibald Roosevelt, explained the e-president's wished to be buried in Oyster Bay where he had so long happily lived. There will be no flowers, no music and no honorary pallbearers.

Trees To Honor Roosevelt. Washington, Jan.8, 1919: C. L. Pack, of the American Forestry Association, suggested a nation-wide planting of memorial trees and the naming of a great national highway to honor Theodore Roosevelt. "No finer tribute can be paid to a man who did so much to awaken the country to the value of our national resources," said Pack. "We want to take action that will prevent the advent of a woodless age."

Alarming Drug Traffic In U.S. Washington, Jan.10, 1919: Startling revelations concerning the constant use of drugs by not less than 150,000 persons in the United States and suggestions for international control of the evil were made before the house subcommittee on appropriations today. Commissioner of Internal Revenue Daniel Roper told the committee, "There is an underground system about which little is known, by which drugs are introduced into this country. The excitement under which the people lived during war times resulted in the increased use
Continued on page H5



John Ahearn
William Riebold
860-345-2590
www.higganumseptic.com

- Septic Tank Cleaning
- Installations / Repairs
- Camera Inspections
- Sewer Rooter Service

Award Winning!

Creative Cakes
By Donna



if you can dream it...we can do it!

860.345.8847 • Call Us For Samples!
www.cakesbydonna.com



10% OFF
with this coupon

**Relax and rejuvenate
with an amazing massage!**

Book your appointment online at www.personalmassage.net
415 Killingworth Rd., Higganum, CT 06441
PH: 860-707-7370
www.personalmassage.net | contact@personalmassage.net



Riebold Sanitation, LLC

Septic Tank Pumping • Real Estate Inspections
Septic Repair and Installation • Neighborhood Discounts on Pumping

*Family owned and operated for 3 generations
from Fred to Richie to Eric since 1947*

Higganum, CT 860-345-2708
rieboldsanitation@yahoo.com rieboldsanitationllc.com

February activities and events

By Marissa Lehmacher and Laurie Gardner, Brainerd Memorial Library

Adult programs

The Softer Side of Celtic with Jeff Snow Wednesday, February 27, 6:30 p.m. The Softer Side of Celtic combines the music, stories and a wee bit of history from Scotland, Ireland and England into a program that will keep you on the edge of your seat. There will be singing, laughing, clapping and perhaps a bit of foot stomping. We might see a few tears as we hear the story of John Hunt who came to America in 1855. John settled in Aberdeen Maryland, found a job, got married, had children and spent the rest of his life in Aberdeen. He never returned to Ireland and never saw his family again. When John came to America he was 13. Their only communication was the annual family letter that told John the family news. The letters were discovered in the 1970's and became the foundation for the Ballad of Kilkelly Ireland.

Jeff Snow is a talented multi-instrumentalist who plays the music and tells the stories behind the songs. He plays six and twelve string guitar, autoharp, Celtic Bouzouki and Bodhran

As a skilled guitar player, Jeff has been featured in Acoustic Guitar Magazine and is a contributing writer to Acoustic Guitar Magazine and

Autoharp Quarterly.

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 February, Music with Margie will take place on Thursday, February 7 at 10:30 a.m. and the theme is "Friendship." 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

February, Toddler Tunes will meet on the 14th, 21st, and 28th 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.

Peppa Pig Party!

The Brainerd Children's Department is having a Peppa Pig Party to celebrate Take Your Child to the Library Day! Join us on Saturday, February 2 from 11:00 a.m. - 1:00 p.m. for Peppa Pig stories, crafts, snacks and a visit from a real pot-bellied pig! It'll be more fun than jumping in muddy puddles!

Teen programs

Teen Advisory Board

Is back for 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 February 7 from 6:00 p.m. to 7:00 p.m. 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 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, February 21 from 6:00 p.m. to 7:00 p.m. For tweens and teens grades 6 through 12.

Pop-Up Teen Craft Night



Drop in any time after school Thursday, February 14 to make your very own Valentine or card! Supplies will be in the teen space; feel free to get creative! This is appropriate for all tweens and teens grades 6-12.

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

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

HIGGANUM PHARMACY

Largest Papyrus Card/Gift Store in Middlesex County

Bulimia ... Binge Eating

Binge eating is defined as consuming an amount of food that is definitely larger than most people would eat. The relative risk among family members of persons with binge-eating disorders significantly increases the occurrence. In a large study, the prevalence of binge eating in women increases with age, and peaks at 19 years of age. Women (2.3 - 3.1%) are more likely to develop a binge eating disorder than men (0.3 - 1%) who experience the condition usually between ages 16-21.

Additional Risk Factors-
A childhood history of emotional abuse is a factor increasing the risk of binge eating,
Substance misuse has been shown to be a frequent comorbidity disorder with binge eating,
Societal pressures, and loneliness are important factors in causation and in the solution during treatment of binge eating.

Medications are not the first line treatment for binge eating, although anti-epileptic medications are used to decrease obsessive and compulsive behaviors.

Awareness of symptoms, caring and positive continuous conversations supporting the individual is first-line defense, and getting your child or loved one to seek professional psychological treatment is necessary to resolve this very treatable disease.

Vitamin Sale Coupon
10% off vitamins.

This cannot be combined with any other coupon or discounts.
Coupon good until March 2, 2019.

Hours of Operation		
Mon-Fri	8:30 AM-8:00 PM	Telephone: 860-345-3607
Saturday	8:30 AM-4:00 PM	Fax: 860-345-3611
Sunday	9:00 AM-3:00 PM	Web: www.higganumpharmacy.com

Teri's Package Store

8 Killingworth Rd.
Higganum, CT
860-345-4038

Higganum Wine & Spirits

968 Killingworth Rd.
Higganum, CT
860-345-4070



Owned & Operated by Teri & Chuck Everett



Kelly Family ORTHODONTICS

Jeffrey D. Bert, DDS, MDSc
Gillian R. Kelly, DMD, MSD
Michael T. Kelly, DMD, MS

MIDDLETOWN OFFICE
561 Saybrook Road
860.346.9259

CROMWELL OFFICE
26 Shunpike Road
860.635.2675

office@kellyfamilyortho.com
www.kellyfamilyortho.com



Smiles FROM OUR FAMILY TO YOURS

TOWN AND COMMUNITY CALENDAR

Thursday, January 31

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

Sunday, February 3

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

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, as space is limited. Admission is free. For further information, call Lisa at Haddam Historical Society 860-345-2400 or contact@haddamhistory.org.

Wednesday, February 6

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

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

EDUCATION / COMMUNITY

Haddam and Killingworth students make CCSU Dean's List for Fall 2018

By Kimberly Karas, CCSU

Central Connecticut State University President Zulma R. Toro is proud to announce the students who earned a spot on the Dean's List for the Fall 2018 semester. To achieve this academic distinction, an undergraduate student at CCSU must carry at least 12 academic

credits during the semester and earn at least a 3.50 GPA out of a possible 4.0 GPA.

The students in our area who earned a place on the Dean's List are:

Andrew Burr, Haddam
Nicholas Buzas, Haddam
Daniel Hamilton, Haddam
Connor Reardon, Haddam

Hannah Theriault, Haddam
Adrianna Aresco, Higganum
Nicholas Baccaro, Higganum
Zoey Corey, Higganum
Sheryl Mullaney, Higganum
Kyle Parmentier, Higganum
Paige Altman, Killingworth
Lawrence Sage, Killingworth
Anthony Stone, Killingworth

CONTINUED FROM PAGE H3

100 Years Ago

Continued from page H3

of drugs and the operation of the selective service act revealed many drug users who never would have had their secret exposed had it not been for the examinations they were compelled to undergo." Roper asked for an increased appropriation to fight the evil.

Doughboys Are Safe In Paris. Paris, Jan. 11, 1919: "American mothers need have no fear of the dangers and pitfalls lurking to ensnare their sons in Paris," said the commanding officer in Paris. The French capital is as moral and safe for a young man as any community in the United States. The cases of intoxication, disorderly conduct, and contraction of venereal diseases among the members of the American expeditionary forces in Paris is lower in proportion than that of camps and post in the states.

First Session Of Peace Conference. Paris, Jan. 18, 1919: The World's greatest statesmen, representing twenty-five nations are to decide Germany's fate. Big crowds cheered the delegates as they arrived for the initial meeting. Members of the central powers were not represented at the preliminaries. Questions affecting all of the people of the earth including the creation of a league of nations designed to make war forever impossible will be settled before the conference comes to an end. Premier Clemenceau of France was elected president of the peace conference.

Trotzky's Iron Hand. Stockholm, Jan. 22, 1919: Iron discipline is being imposed upon the Bolshevik

armies by Leon Trotzky and in the past three months 2,000 soldiers have been shot for insubordination said a dispatch from Moscow quoting the secretly published bolshevik newspaper. Mutinies in the bolshevik armies are frequent but are attended with terrible punishment such as floggings and torture.

Birth Of Polish Nation. Washington, Jan. 25, 1919: "Polish day" is being celebrated here in America with the news of the general election from the great restored nation - Poland, fourth in Europe in population. It will include the partitions of Poland by Prussia, Austria, and Russian after a lapse of 125 years.

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

PIZZERIA

Da Vinci



Offering Pizza, Calzones, Salads, Subs, Panini's

**2 Large Cheese Pizzas
with 2 liter soda for
\$25 +tax**

Not to be combined with any other offer. Coupon must be present at time of purchase.

**Large Cheese Pizza
with your choice of tossed
salad or 6 mozzarella sticks
and 2 liter soda for
\$20 +tax**

Not to be combined with any other offer. Coupon must be present at time of purchase.

**Online ordering available at
davincict.com**

7 Killingworth Rd, Higganum
Hours: Mon-Sat 11am-9pm; Sun 3pm-9pm
davincict.com | 860-345-2251

Esposito Builders, Inc.



Additions & Alterations
Vinyl, Wood & Aluminum Siding & Trim
Storm Doors & Windows
Prime Replacement Windows
Sundecks, Porches & New Homes

Dave Esposito, Contractor
Phone: 860-345-8075
ebi7499@sbcglobal.net

123 Christian Hill Road
Higganum, CT 06441
CT Reg. #511083

COMMUNITY

Sustainable CT Fellowship 2019 applications now open

By Robin Munster, Economic Development Coordinator, Town of Haddam

The Sustainable CT Fellowship application process is now open. The Sustainable CT Fellowship Program will place highly qualified fellows at the state's Councils of Governments (COGs) to work with registered communities as they implement Sustainable CT.

In this program, fellows will assist cities and towns within the COGs' territories, as well as assist with COG projects that align with Sustainable CT goals. Fellows will gain valuable experience working within a professional setting and will be directly engaged with cutting-edge sustainability initiatives, local government operations, and regional coordination and operation.

Submission deadline to become a Sustainable CT fellow is February 25, 2019. Learn more and apply.

Antiques & Collectibles Shopping Guide

Shops at the Mill House

5 WEST MAIN STREET, CHESTER 860-322-0699

Vintage, antique, repurposed
and hand-crafted goods.

OPEN WED - SUN 10:30 - 5:30

www.shopsatthemillhouse.com

ANTIQUE GUNS WANTED

Winchester
Colt
Remington
Smith & Wesson
Western
Kairos & Swords
Revolutionary
& Civil War
Duck Decoys
& More

JEREMIAH JOHNSON TRADING
& SPEED SHOP
HOME OF THE
Lady Pinstriper

1618 SAYBROOK RD HADDAM CT (860).345.2100 (860).373.1092

Estate Services

134 Main Street Ext., Middletown, CT

860-344-0005

www.estatetreasuresandservices.com

Ed Margnelli - Owner

Moving & Clean-out Service

- Moving to or from Assisted Living, Senior Housing, Downsizing, etc.
- Complete Clean-out
- Attic, Cellar, Garage, Yard
- Dump Runs/Dumpster
- Property made "Realtor Ready"
- Resale Value Considered

Haddam Elementary School and Higganum Center, The Crossroads of a Decision

Editors Note: This letter may be read in its entirety at haddam-killingworthnow.com.

Perhaps you have seen or heard the activity opposing the Board of Education's decision to close HES and restructure our school system. There are many reasons for it.

First, due to its location, whatever happens with the HES property has the high potential to steer Higganum Center's transition and development.

Second, the installation of sewers will improve the viability of businesses in town. It follows, then, that this will make the HES property more valuable. No one knows how much since no recent appraisal has been done to determine its worth.

Third, the BOE is using enrollment estimates

to validate their plan for 10 years. However, they never commissioned an official agency to compile a report for this decision. Professional Demographer Ken Gronbach, a town resident, disagrees with their data. The BOE is roughly estimating a 1 million dollar annual savings over the life of their plan. If that money was saved, what would it buy? No one knows. There hasn't been any estimate done to determine future costs for this restructuring. Clinton's new High School is costing 42.8 million dollars in bonding. Shouldn't we at least put forth some effort to ensure this restructuring isn't going to cost us more in the future?

Fourth, the center of this restructuring creates a unique intermediate school, operating on an elementary time schedule, at HK Middle School in Killingworth, where the 6-8 graders will operate on a different time schedule. To sell this idea, the BOE changed the description of HKMS from a 4 "pod" building to a 4 "wing" 8 "pod" building. The logistics to make this possible are currently in

development. There is no guarantee that they will be complete before the acceptance of an HES proposal.

Fifth, the BOE has carefully stated that the standards for determining class size will not change. The restructuring will increase the number of kids in a classroom over current levels. Right now, the BOE has the space to do this, but some of that space consists of aging portable classrooms of unknown costs to maintain.

So, what to make of all this? The BOE stated savings would amount to roughly \$200 annually to each taxpayer. The BOE has stated that this money will be re-allocated in the budget, not returned to taxpayers. For that unrealized savings, we will be left with an unknown path for Higganum Center, an unknown value of any HES sale, and yet unknown logistics for our schools. The decision we face is whether to continue with these unanswered questions, or stop and take the time to do this right.

*Jeff Sturges
Higganum*

COMMUNITY

Haddam brewery releases Resilience IPA to benefit CA Camp Fire Relief Fund

By Kathy Brown

On Saturday, Jan. 26, Steady Habit Brewing Company (95 Bridge Road, Haddam – in Tylerville, behind Tony's Package Store) released "Resilience IPA," which will benefit the Camp Fire Relief Fund. On their Facebook event page, it says, "We're supporting those impacted by the Camp Fire by brewing Resilience IPA. 100% of the sales will go to Sierra Nevada Camp Fire Relief Fund to help Butte County rebuild its community." There was music provided by Bruce Gregori, from New Haven and Deadicated, from East Haddam.

What has come to be known as the Camp Fire, named after Camp Creek Road where the fire began, started in the hills above the Brewery on Nov. 8, 2018. It became the deadliest, most destructive, and most expensive wildfire in California history. It burned over 153,000 acres, killed at least 86 people, and destroyed over 18,000 structures. The total damage was \$16.5 billion. It reached 100% containment after 17 days, on Nov. 25, 2018. At the height of deployment, there were over 5,000 firefighters (of which 200 were prisoners), over 600 engines, over 100 bulldozers, and 36 aircraft

fighting the fires. 700 National Guard soldiers were activated to assist. The cause of the fire is still under investigation.

Shortly after the fire, the Sierra Nevada Brewery announced their plans to brew Resilience Butte County Proud IPA and asked every brewery in the country to join them. They asked for suppliers to donate ingredients, asked other breweries to donate their time and labor, and asked retailers to carry the beer for free. They asked, and people responded. More than 1400 breweries from around the country signed up to brew Resilience, and Steady Habits Brewing Company in Tylerville, is one of them.

Jim Venditti, owner of Steady Habit, said, "Our grain supplier, BSG, and our Hop supplier, Michigan Hop Alliance, donated the indigence we needed to produce the beer. Everyone is brewing the same recipe with the exception of the yeast. So, between the different yeasts being used, and the different water profiles, each brewery will have their own 'stamp' on the beer." He went on to say that this would be a limited run. "We are offering the beer in the brewery only until it runs out. We anticipate it will run out sometime in the next week."

SPORTS

HKHS defeats Lyman Hall/Coginchaug

By Kristin Mazziotti

The Haddam Killingworth High School Boys swim team defeated Lyman Hall/Coginchaug on Thursday, Jan. 24, with a final score of HK 94, Lyman Hall/Coginchaug 89.

HK highlights

200 Medley Relay 1st Kyle Mazziotti (SO), Malone Revis (SO), Eli Houlton (JR), Chris Garrelts (SO), 1:49.22

200 Freestyle 1st Zach Houlton (JR) 1:56.75 3rd Jonah Freeman 2:13.97

200 Individual Medley 1st Malone Revis (SO) 2:11.50 2nd Nate Carlson (SR) 2:28.28 3rd Christo Garrelts 2:32.66

50 Freestyle 1st Eli Houlton (SO) 22.72

100 Butterfly 1st Eli Houlton (JR) 58.50 2nd Jimmy Clemente (JR) 1:04.40

100 Freestyle 1st Kyle Mazziotti (SO) 51.34

500 Freestyle 1st Zach Houlton (JR) 5:03.72

200 Freestyle Relay 1st Malone Revis (SO), Jimmy Clemente (JR), Zach Houlton (JR), Christo Garrelts (SO), 1:42.22

100 Backstroke 1st Kyle Mazziotti (SO) 58.31 3rd Colby Kish (FR) 1:17.10

100 Breaststroke 1st Malone Revis 1:07.25

400 Freestyle Relay 1st Christo Garrelts (SO), Zach Houlton (JR), Eli Houlton (JR), Kyle Mazziotti (SO) 3:33.81

KJ Welding LLC

Mobile Services
Railings: Residential & Commercial
Equipment Repair
Aluminum, Stainless Steel
Pipe Certified, G9 Licensed

Office/Fax 860-345-8743
Cell 860-508-0611
kjwelder@att.net
HIC #0631508

Ken Pellegrini
116 Filley Rd
Haddam, CT 06438

WIESE Enterprises, llc.

Firewood
Cut, Split, Delivered

18 Leon Burr Road, Higganum, CT
Jack and Lisa • 860-345-2529

Free Estimates • No Job Too Small Over 25 Years Experience
Licensed & Insured E-1#103344

c&m electric, llc
Total Electrical Services
I WILL call you back!

Chip Frey • 860-345-4123 • 203-410-8258 • chipfrey@comcast.net

River's Edge Home Center **Gianna & Lou Milardo**

Carpet • Laminate • Vinyl • Tile • Solid & Engineered Wood
Cabinets • Vanities • Countertops • Free Estimates • Installation

(860) 345-8453
RiversEdgeCarpet@gmail.com • RiversEdgeHomeCenter.com
100 Bridge Road, Haddam, Connecticut 06438



Chip. Photo courtesy of Judith Levin.

Looking for a forever home: Chip

By Judith Levin, Vice President, CT Animal House

I am an American Staffordshire Terrier puppy. I am a male, Brindle/White in color, and weigh approximately 75 lbs. now. When I am full grown my weight can reach 100 lbs. I am a year old, neutered, up to date with shots, microchipped, and good with dogs and kids.

I admittedly have a little puppy brain and some young energy still but I am a super sweet, big boy. My sweetness held up even after dealing with an “unfun” home situation. I am happily enjoying my foster mom’s attention. I am learning leash manners, basic commands and am crate trained. I LOVE walks and hikes and am just thoroughly enjoying exploring my world. I really hope for a fenced yard so I can have some freedom to play safely. Apply to meet me – bring the whole gang!

Large breed experience is a plus for this handsome boy. A meet and greet of your family, kids and dogs would be required. Chip is a new foster for our team so we are still evaluating but we can tell you that he is a big, sweet dog with a puppy brain.

To be considered for adoption you MUST complete an adoption application for CT Animal House so the nice people who take care of me can start the adoption process. Additionally, a check of personal references and veterinarian will be completed. A phone interview and a video home check is also required. If you would like additional information, please contact 1-860-400-0165.

For more information about CT Animal House, visit ctanimalhouse.org.

January and two-faced jibes

By Meghan Peterson, PhD

Janus, the mythic god of the ancient Romans, is traditionally depicted in profile with his head facing backward and forward. January, the root of which stems from Janus, is appropriately a month in which not-so-ancient peoples mark the beginning of a new year as they reflect on an old one.

While the focus for many may be on this dual approach of retrospection and prospectation (inspired by the two-sided motif of Janus), I began thinking about duality on another front: hypocrisy, the idea of being two-faced, the notion of saying one thing and doing another.

More formally, Merriam-Webster defines hypocrisy as a “a feigning to be what one is not or to believe what one does not; behavior that contradicts what one claims to believe or feel.”

The millennial generation is becoming rather adept at the whole hypocrisy business, perhaps most visibly in the viral (and virulent) #MeToo campaign. For those who may not be familiar with it, #MeToo was a social media-based endeavor which encouraged victims of sexual assault and abuse to come forward publicly, stand in the face of their victimizers and call out the prevalence of sexual harassment and assault. Specifically, the social media hashtag surfaced following sexual assault allegations against Hollywood film production mogul Harvey Weinstein in 2017.

While taking a stand against sexual crimes is courageous and commendable, there is something bizarre about the ways in which we as millennials take to our highly curated Facebook pages or Twitter

feeds to decry wrongs – real as well as perceived.

This is not the site wherein the millennial-brand of hypocrisy lies, however. Nor does it lie in the jarring temptation that millennials demonstrate when they discard the iconic American ideal of due process and ancillary constitutional principles which comprise it, such as habeas corpus and presumption of innocence; fair trials and justice – all in a well-meaning effort to re-establish defense of the self, of self-protection, self-preservation, of personal boundaries. Yet, this quest to defend personal “safe spaces,” one’s physical sanctuary and the right to self-protection runs counter to the millennial-led onslaught against the concept of defending the legal borders of the United States.

On closer inspection, the #MeToo platform dissolves into hypocrisy: millennials demand self-valuation and self-respect while they simultaneously de-value the integrity of their nation’s sovereignty. In profile, the one side of the millennial Janus pleads for personal safety, fortress and justice. The other side screams for open borders at the risk of both safety and illegality.

If they are to be principled and consistent, the #MeToo millennials ought work for the protection of their nation, as much as the protection of their precious selves and safe spaces. Otherwise, millennials devolve into yet another batch of hypocrites whose two-faced behaviors render them socially annoying at best, destructive at worst.

**Peterson is Composition Editor of Haddam News. The views expressed in this column do not necessarily reflect those held by Haddam News staff.*

BRAINERD MEMORIAL LIBRARY

Book talk set for today, Jan. 31

On Thursday, January 31 at 6:30 p.m., the Library will host a book talk and signing by author and historian Marty Podskoch on his new book, *The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut*. The new travel book encourages travelers to visit all of the 169 towns and villages of our beautiful and unique state.

Marty has created the book to be a guide and a passport. Podskoch got someone from each town to write a short description highlighting their town’s location, history, and interesting places to visit. Elizabeth Malloy, Executive Director of the Haddam Historical Society, has written the chapter on Haddam. Podskoch did this because local residents knew more about their town than he. The book has a space for travelers to journal about their experiences and a place to get the book stamped or signed by a resident or business. Travelers will get to know the locals and perhaps learn about a good place to eat or an interesting local attraction. In this way they get to know a lot about Connecticut and its residents.

After Podskoch’s talks he will be available for a

book signing. The hardcover book has 376 pages with hundreds of photos & maps and sells for \$24.95. All are welcome to attend the talk.



Tony’s Package Store

860-345-4307
95 Bridge Street, Haddam CT
Mon-Sat 8:30 am- 9 pm
Sun 10am - 6pm

CONNECTICUT’S OFFICIAL
BEER CAVE

February and March

Winter Wildlife Eagle Viewing Cruises

Join us, observe and learn, as we cruise on the beautiful CT river in search of the majestic Bald Eagle, and other winter wildlife, ducks, hawks and maybe even a seal!

Information and Reservations:
ctriverquest.com
Phone: 860.662.0577
Cruises departs from ESSEX, Ct River Museum

Middletown
Rug Cleaning Co.

Save Gas!
Aerus-Electrolux
Vacuums
Local Sales &
Service

Let us help you with
SPRING CLEANING

15% OFF
All Walk-Ins

We Clean:
**Oriental Rugs • Wall to Wall
Upholstery • All Area Rugs**

860-345-RUGS (7847)

207 SAYBROOK RD. • HIGGANUM

February events at The Buttonwood Tree

Artist Exhibit- Cathy Valley February 1-March 1 (Free) "Be Love Now"

Ms. Valley has a Masters in Marriage & Family Therapy from Central CT State University, studied art at Swain School of Design in New Bedford, MA and attended The Educational Center for the Arts in New Haven, CT. Story City Troupe- "An Ah-Ha Moment" February 1, 8-10pm, (1st Fridays), \$10 Story City is a troupe of storytellers based in the Hartford, CT area. This month's theme is "An Aha Moment" and the cast will be: Mike Isko, Arnie Pritchard, Cynthia Rojas, Saul Fussiner, Sue Huggans, Jeff Freisner- a new face! All are true, personal stories, often funny, sometimes amazing, poignant, ironic and based on a single theme for the evening. Includes an opportunity for an audience member to tell a story as well.

Django's Reserve February 2, 8-10pm, \$15

An acoustic "Gypsy jazz" trio featuring guitarists playing European-style Selmer-Maccaferri guitars. The trio's repertoire consists of jazz standards popularized by Django Reinhardt in the 30s & 40s, as well as contemporary music ranging from video game themes to arrangements from other genres. Acoustic Open Mic with Bob Gotta February 7, 7-9pm, (1st Thursdays) \$5 The oldest continually running Open Mic in CT!! Hosted by Bob Gotta. Buttonwood offers a Steinway piano, full sound system, beverages, snacks, and a friendly community.

TJ Thompson Trio February 8, 8-10pm, \$15

Winner of the IMEA Jazz Artist of the Year for their recent album Take Two: The Sound of Playing, this group plays a combination of originals along with the Soul, Blues, and Jazz of New Orleans, Memphis, and beyond.

Stan Sullivan and Friends February 9, 8-10pm, \$20

Sea music master and Folk/Americana artist Don Sineti will perform a split-bill concert with award-winning singer- songwriter and guitar instrumentalist Stan Sullivan. Playing the banjo in oldtimey and claw hammer styles, Don will be joined by Steve Roys on the concertina and harmonicas. Special guest Cece Borjeson will sit in with Stan on banjo and harmony vocals. Cathy Valley Art Reception February 9, 4-6pm Cathy

borrowed the title for the show from a book by Ram Dass: "Be Love Now". The paintings represent a Love of Nature; a love between humans, a love of felines, a love of birds, and hopefully they also depict the invisible quality of Love that just is.

Simple Tai Chi February 13 to April 3 (Wednesday 6:30-7:30pm), February 14 to April 4 (Thursday 12-1pm) \$80 for 8 weeks

Preregistration only. Fun, informative and life-changing eight-week program with Mike McEwen. Complex movements of the Tai Chi form broken down and offered in a simplified version, easy to remember and incorporate into your day. At the end of this eight-week class, you'll be able to recognize and have a stronger understanding of the power of Qi energy. Wear comfortable clothing, 2 times offered per week with one registration. Valentine's Day with Jacquelyn and Friends February 14, 7-9pm A musical and visual presentation built around the biblical book of 1st Peter. Jacquelyn Contreras on piano, Daniel Saccardo on hand drums, and Joe Bartalotta on sax/ flute, will bring the text to the present to edify and strengthen each heart. The concert is free, cupcakes and punch will be served. "You will not leave without love. Love never fails" Waberi Jordan February 15, 8-10pm, \$10 Returning to the Buttonwood Tree for the 2nd time, Waberi Jordan celebrates Love. By popular demand she takes the stage, with music that speaks to the heart and warms the soul. And if all the stars align, there will be a few joyous surprises as well! If one were to describe Waberi's Sound, one might say that it is an Inter-Galactic fusion of deliciously playful rhythm splashed across a Cosmic canvas on which her voice shines through like a symphony of Angels dancing through the air.

The Brett Bottomley Trio February 16, 8-10pm, \$15

An All-star group featuring internationally renown Chapman Stick player Brett Bottomley. The Trio performs Latin, Original and Jazz standards. The All Star cast includes Ken Fischer on piano and Bob Ahern on drums. Teen Open Mic February 16, 3-5pm, \$5 (3rd Saturdays) Be a part of Buttonwood's first open mic specifically for performers ages 12-18. Perform any type of art and bands are welcome. Call for details. Whether it is your first time performing or you are an experienced musician, poet, or artist, The Buttonwood Tree is a positive, supporting environment for teens to perform. Funded in part by the Community Foundation of Middlesex County and Middletown's MCA. Jack Zaino hosts.

The Prodigals February 17, 4-5:30pm, \$8(Adult) \$5(Under 18)

William H. Foster III has been a writer since the age of eight and was first published at the age of twelve. Poet, essayist, filmmaker, playwright and short story writer, he has published 10 plays and 13 books. The Prodigals is based on the biblical proverb, The Prodigal Son and based on the African American Church. Crystal Bowl Sound Healing w/ Lou Sorrentino February 19, 7:30-8:30pm (3rd Tuesdays)

Donations Welcome Sound healing combines psychological therapies with music to heal the body. With instruments such as Crystal Bowls crafted for perfect resonance, Lou restores energy flows to their proper states and bring peace to our bodies. Shaking the Tree - Gong and Sound Meditation February 21, 7-9pm, (3rd Thursdays) \$10 Suggested Donation Andrew does his practice with many different sound tools and percussion affects including but not limited to: gongs, bells, ocarinas, drums, horns, shakers, and singing bowls. This will indeed be a night to remember! So tell a friend, bring the family, bring a blanket and pillow to lay down on. Sarah Hanahan Jazz Quartet February 22, 8-10pm, \$10 Sarah Hanahan- Alto Saxophone Mary DiPaola - Piano Matt Dwonsyk - Bass Corey Garcia - Drums Sarah is the proud owner of a beautiful Yanagisawa A-991 alto sax, currently mastering its technique at the Jackie McLean Institute of Jazz within the Hartt School of Music (University of Hartford). These four unique individuals have developed their own energetic spirit that aspires to match those of artists old. The quartet's repertoire consists of original music, but also of their own, swingin' interpretations of certain American standards.

Jarod Hadaway-The Other Favorites February 23, 8-10pm, \$20

The Other Favorites is the long time duo project of Carson McKee and Josh Turner. The Other Favorites are now based out of Brooklyn, NY, and together, Turner and McKee bring their shared influences of folk, bluegrass and classic rock into a modern framework; one distinguished by incisive songwriting, virtuosic guitar work and tight two-part harmony. Middlesex Drum Circle February 28, 7-9pm (4th Thursday) \$5 suggested donation Andrew Prue leads a fun and exhilarating session. Extra percussion instruments will be available, though you are encouraged to bring your own. No reservations necessary. Other Repeating Events Anything Goes Open Mic Mondays, 7-10pm, \$5 Sign up starts at 6:30pm, and the open mic starts at 7:00pm. From 8:00pm-8:15pm, we host Moments of Gratitude: Sharing our gratitude to build positive energy and encouragement! PIZZA included in admission.

Laughter Yoga Tuesdays, 6-7pm (Hosted by Myléne on 1st Tuesdays; Dawn on 3rd Tuesdays)

Laughter Yoga enables you to practice laughing so that when life gets difficult, you can laugh and change your state of mind. It involves child-like play with meditation and breathing exercises. Laughter has proven to decrease anxiety, blood pressure, and stress. Anyone can laugh without relying on humor. Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. This powerful experience often leads to a healthy emotional catharsis and a feeling of release and joyfulness that can last for days.

"Aligned with Source" Personal Development Workshop

Continued on page H9



Dzialo, Pickett & Allen, P.C.
ATTORNEYS AT LAW

SERVING THE CONNECTICUT RIVER VALLEY
& SHORELINE SINCE 1964

- Auto Accidents
- Defective Premises & Products
- Medical Malpractice
- Residential & Commercial Real Estate
- Elder Law & Estate Planning
- Probate Law
- Family Law
- General & Business Litigation

HADDAM RESIDENTS:
ATTORNEY ANNMARIE CIENAVA ROCCO
ATTORNEY D. JEANNE MESSICK

WITH OFFICES CONVENIENTLY
LOCATED IN MIDDLETOWN & OLD SAYBROOK

CALL US TODAY FOR A CONSULTATION:
(860) 316-2741
www.dpapc.com

**Working with Mother Nature
for all your
landscape needs.**



860-345-0024
www.IPMLandscapes.com



**HIGGANUM VETERINARY
CLINIC**

92 Saybrook Road, P.O. Box 598
Higganum, CT 06441
Phone: 860.345.3366
Fax: 860.345.2557
Office Hours By Appointment

**House Calls • Farm Calls
All Animals from
Cows to Chickens,
Reptiles, Cats, Dogs,
Goats, Pigs, Birds**

Follow us on Facebook
higganumvetclinic.com

Downward-facing Dave: Yoga for a sixty-something

By David Holahan

Various limbs are shaking violently. In such a contorted state, I could be posing for Picasso. Body parts are arranged in abnormal and unsettling configurations.

Human beings assume the position that is causing me to quiver on but two occasions: during enhanced interrogation by intelligence operatives or in yoga class.

Anna, our instructor, announces the incomprehensible foreign name for this particular torment, adding that we should all be mindful of (what sounds to me like) “piranha.”

This seems unduly cruel and unusual, combining yoga with flesh-eating fish. But at this point nothing surprises me.

Anna (in English this time) reminds me to breath (“Prana” in yoga-speak). It has come to this. I go to a class where someone has to prod me to keep breathing. Clearly the end is near.

I am rising 70 and way over my head – often quite literally, as in downward-facing dog (one pose I know the name of). I have been doing yoga for almost two years – Anna for decades, on several continents. Her shoulders are more flexible than my opposable thumbs.

Born and raised in Russia, Anna is a splendid person and teacher, but midway through class I start to view her as Queen of the Gulag. She is no nonsense, at least during class. I am all

nonsense most of the time.

It doesn't help matters that my fellow victims have been at it for years. They don't appear to quiver as they impersonate modern sculpture through their improbable gyrations, which may be illegal in some states. They can twist their torsos like Twizzlers and snake their arms around their bodies while breathing evenly and keeping their eyes closed. They almost seem to be enjoying themselves.

I am in this advanced class because I used to work with Anna, whom I used to like (I'm kidding, Anna), and it's free. What's not to like about free yoga?

For all of that, I was skeptical initially. My exercise routine is decidedly old school. I play senior hockey once a week, the benefits of which are canceled out by post-game libations and fast food. I work out when inspiration strikes – I qualify for “golden sneakers,” which means my gym membership is paid for by my health insurance. I could go three times a day if I wanted, as opposed to three times a month. I pedal my Schwinn around the neighborhood now and again.

I knew yoga would present challenges. I can't touch my toes even though I am closer to the ground than I used to be. I still have an old college football program where I am listed at five-foot-nine inches tall, which was a stretch. Now I'm five-seven, also a stretch: maybe on a good day, first

thing in the morning (before gravity kicks in).

Yoga, friends told me, would have a “lengthening effect.” That sounded promising.

I haven't measured myself lately, but I do feel better. My posture is improved and I am more flexible. I can spread my toes – I'm positively prehensile. When Anna first instructed us to widen our toes and press them into the mat, I thought she was joking. What next: wriggle our ears?

For all the pain and humiliation, I show up every week. I am getting better at some things, for example, standing on one foot like a stork. I can't do it with my eyes closed yet, or with arms straining overhead while staring into

space and being in the moment. I'm afraid if I get too far in the moment I won't be able to get out again before the next moment comes along.

At the end of class we assume a pose that is almost comfortable and thank somebody for something—who and for what remains unclear at this writing; perhaps for continuing to inhale and exhale.

There is, I must confess, a keen sense of accomplishment after an hour of doing something that is hard, even if you are not (and never will be) good at it. But the abnormal is becoming quasi-normal.

I am proud to report that, despite being under duress, I have not revealed any state secrets.

CONTINUED FROM H8

Buttonwood Tree

Continued from page H8

Saturdays, 10:30am-12pm, \$10 Suggested donation

Saturday, February 2 EXPRESSION of SELF Harness your Power, Be your fullest Self Saturday, February 9 NURTURING THE SOUL How complete within yourself do you feel? Do you see yourself as different, superior or lacking? Give yourself the gift of Acceptance. Saturday, February 16 REVERENCE How do we approach others & all things in our life? What does it mean to be in reverence? How does it change our lives? Saturday, February 23 EMBRACING EARTH & HER ELEMENTS Looking to Earth for your needs.

CAST IRON BEAUTY

That is Built To Last!

- » Heat up to 1,800 Sq. Ft.
- » Ultra Low Emission Hybrid-Fyre® Technology
- » Accepts 20" Wood Up To 10 Hour Burn Time
- » GreenStart™ Igniter Option



Lopi Rockport™
Cast Iron Wood Stove

emissions 0.80 gr/hr	burn times up to 10 hours	firebox size 2.15 cu. ft.	max log size 20"	efficiency 78.4%
-------------------------	------------------------------	------------------------------	---------------------	---------------------



112 Bridge Rd,
Haddam CT 06438
860 345-4221 • fax 203 779-1020
www.fireworksct.com



Voted

Best Mexican
Best Chili
Best Brunch

2018 Connecticut Magazine

Open 7 Days A Week, Year Round

1712 Boston Post Road - Old Saybrook, CT
Exit 66 off I-95 - 860-399-9060
www.cuckoosnest.biz

Welcoming Our Newest Providers!

ProHealth Physicians, part of OptumCare, is pleased to welcome **Jeffrey Goodsell, MD and Ryan Roth, APRN** to Higganum Family Medical Group and our ProHealth Physicians family.

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.

Schedule your first visit ▶ 1-855-CTMD-411



ProHealth Physicians, Higganum Family Medical Group
415 Killingworth Road, Higganum • 860-345-8535
ProHealthMD.com



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

Site walk and hearing scheduled on proposed solar farm: February 21

By Cathy Iino, First Selectwoman, Town of Killingworth

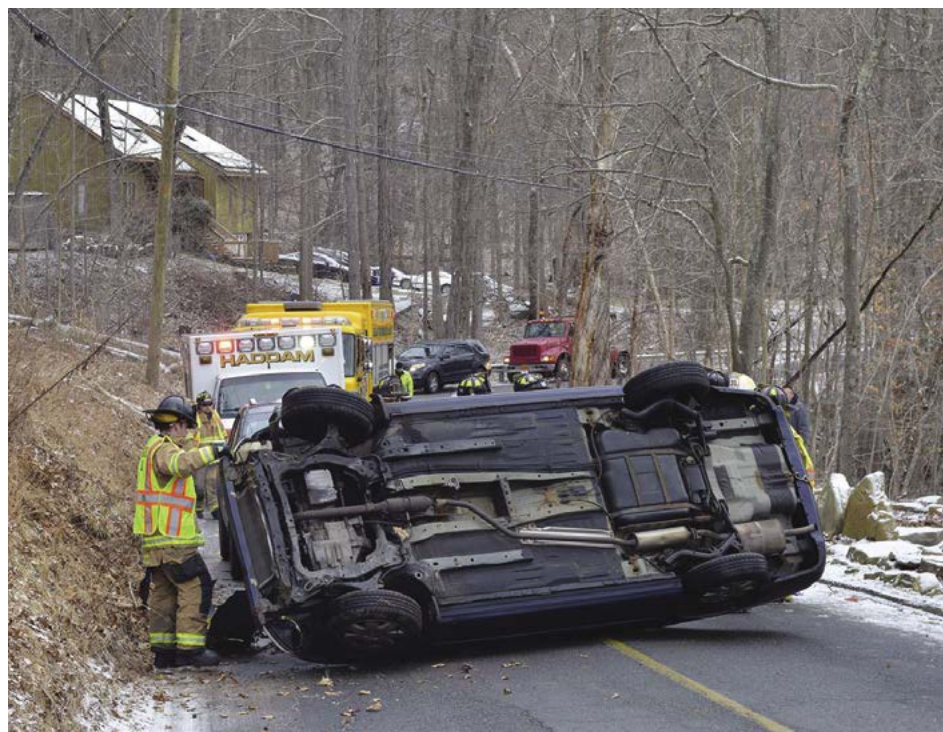
The Connecticut Siting Council has scheduled public hearing on the construction and operation of a 1.98-megawatt photovoltaic electric generating facility on a 25-acre site on the south side of Route 80 slightly east of Chestnut Hill. The hearing will take place on Thursday, Feb. 21, 2019, beginning with an evidentiary session at 3:00 p.m. and continuing with a public comment session at 6:30 p.m., at Killingworth Fire Station 1, 333 Route 81. A site walk will take place at 2:00 p.m. on February 21. Park on the south side of Route 80 and wear boots, as the site is entirely forested. The petition to the Siting Council and related documents can be found on the Connecticut Siting Council website.

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.



Photos by Olivia Drake.



Haddam, Killingworth fire crews respond to MVAs

By Olivia Drake, Public Information Officer, HVFCo.

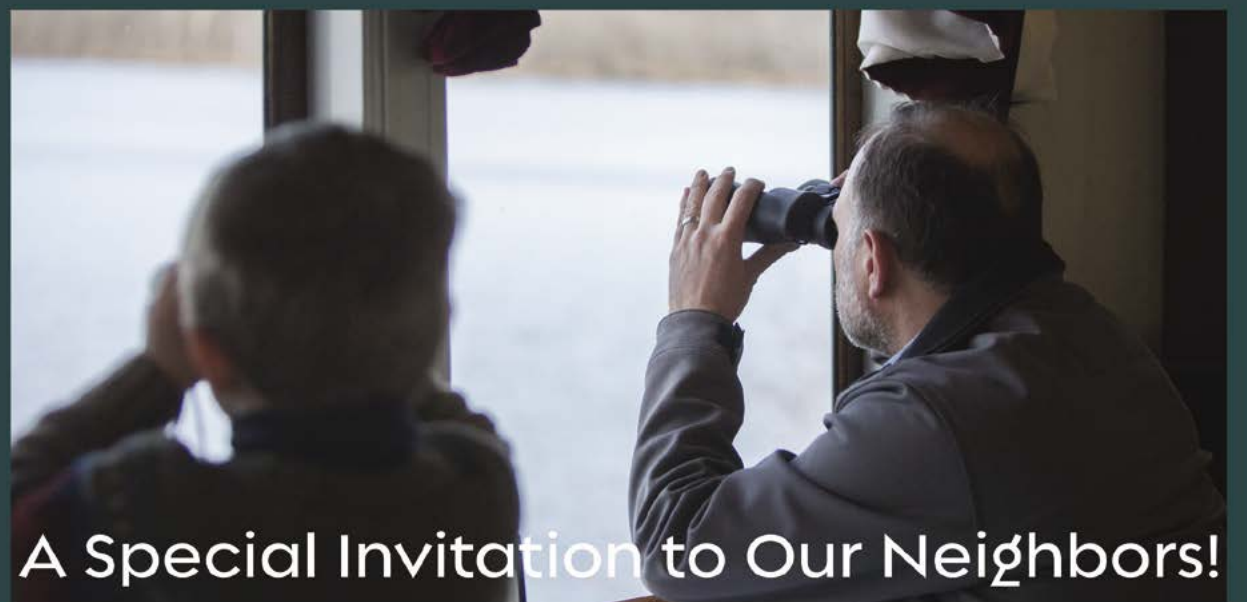
At 8:35 a.m. Jan. 18, 2019 Haddam Volunteer Fire Company was dispatched to a motor vehicle accident on Little City Road. A woman had lost control of her vehicle and struck an embankment, which caused the vehicle to flip onto the driver's side. Good Samaritans helped the occupant exit her vehicle prior to Fire and EMS arriving. The patient was evaluated on scene by Haddam Ambulance personnel and refused additional medical treatment. Firefighters stabilized the vehicle until it was removed by a wrecker.

At 1:40 p.m. Jan. 20, Killingworth Volunteer Fire Company responded to a motor vehicle accident on Route 80 near Hemlock Drive. A driver heading westbound lost control of his vehicle while traveling down an icy section of road and struck another vehicle heading eastbound. That vehicle, which received impact on the driver's side, slid sideways into a guard rail. The other vehicle continued on for about ¼ mile, stopping in a ditch.

The operators of both vehicles were evaluated on scene and received no additional medical treatment.

Crews blocked all westbound traffic at the Route 80 and Route 81 intersection during the incident.

This was the second motor vehicle accident that KVFCo. responded in one day.



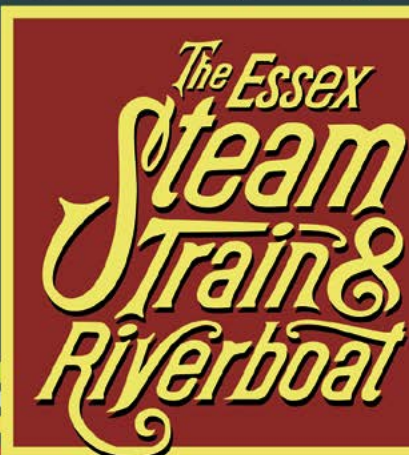
A Special Invitation to Our Neighbors!

EAGLE FLYER WILDLIFE EXCURSIONS FEB. 16-18th, FEB. 23-24th

You are invited to experience our "Cabin Fever Reliever" from the convenience of your local Train Station. Board your train from stations in Essex, Deep River, Chester, and Haddam - all with convenient, free, on-site parking (at Haddam, please use the CT River Overlook or Eagle Landing State Park for parking) Pay onboard with cash or credit card. Local riders

showing identification from towns along our line are eligible for Buy One/Get One free ticketing in Coach (higher ticket price prevails/adult vs child fare).

essexsteamtrain.com | 800-377-3987



PONDSIDE KITCHENS AND HEARTH

Cabinets, Countertops, Fireplaces and Stoves for the New England Home

ALL FIREPLACES AND STOVES ON SALE



202 Main Street, Deep River (860) 526-9567

www.PondsideKitchens.com