

Haddam Killingworth News

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

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January 9, 2020

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

Free weekly

Thank You Haddam & Killingworth for Your Generosity

As we approach the New Year, we want to thank you for the help and support provided to us especially over the last couple of months. The goal of our holiday giving program is to ensure that every family who reaches out to us for support can celebrate the Christmas season with their children in their home. This year twenty individual, family or Church donors adopted twenty families. And we received enough individual support through our November Stuff-a-Cruiser event, Troop F in Westbrook, the generosity of those who came to our office bearing gifts or donations and those who mailed in checks to be able to help two additional families (even one referred to us by a community

partner as late as December 19th). A total of sixty-one children and teens benefit from our program this year. The thanks expressed to us by one family was meant to be heard by all those who made this possible:

“Words can’t remotely express the level of gratitude we have for your acts of kindness. It means so very much to us that you made our children’s Christmas enjoyable and memorable... God Bless.”

We have been a staff of six going on five months now. Four of us experienced the holiday giving season last year when we were all new to Youth and Family Services. For two of us, new since July, this season was a first. When speaking about

life in Haddam and Killingworth, one of them summed it up this way, “what a fortunate place to raise kids.” We couldn’t agree more.

Thank you, Haddam and Killingworth, for being what is best about small town life, for your generosity of spirit and willingness to do so much for neighbors and their children though you may never know their names. Thank you for being a community that cares. Your acts of kindness will be remembered, forever.

Wishing you all a safe and healthy New Year.

*Laurie E. Ruderfer
and the Youth and Family Service
of Haddam Killingworth Team*

KWO: Calling Young Community Leaders!

*By Genie Dethloff,
Co-Chair of Publicity,
KWO*

The Killingworth Women’s Organization is pleased to announce it will be awarding its annual scholarship again in 2020. Please visit KWOCT.org for detailed scholarship application information.



HADDAM GARDEN CLUB: January Dreams



By Terry Twigg, Haddam Garden Club

The start of a new year is, traditionally, a time for New Year’s resolutions. Waking late on January first, possibly a wee bit hung over, nevertheless we approach the year with renewed determination to change things for the better. We’re going to lose ten pounds, finally clear out that basement, always remember to bring our own bags into the grocery store. All things are possible.

For gardeners, though, New Year’s resolutions are found in the pages of seed catalogs. Last year’s drought or rain, weeds, pests, and summer heat are forgotten. For us, this is the year we’ll finally venture beyond tomatoes to a real vegetable garden. (With kale! And herbs!) Flower borders will have something in bloom every single week, with no boring downtime, and they’ll be perfectly color-coordinated. Whatever a garden is today is only the beginning of what it will become. This year, we fondly imagine, the gardens in our yards will finally surpass the ones in our heads.

And so to the catalogs. You may begin with a plan, guided by last year’s notes about what bloomed when, what clashed with that purple shrub, which plants the aphids ate.

Or you may abandon yourself to the seduction of gorgeous photos of plants which, improbably, appear to grow to maturity almost overnight, bloom without

Make sure some of your choices are native plants. They co-evolved with our native insects, birds and animals and are their first choice—sometimes, their only choice—for food.

pausing for breath until frost, and then obligingly tidy themselves away for winter. Either way, you’re going to end up with more seeds than windowsills to accommodate them.

A few suggestions to keep in mind as you choose:

First, crack the seed catalog code. Seed company hype puts realtors to shame:

- “Vigorous” or “spreads easily” mean you’d better plant this in a wild corner or resign yourself to digging volunteers out of garden beds until the end of time. These descriptions may even be indicators of an invasive plant, which some companies, unburdened by scruples, continue to sell.
- “Cannot ship to states X, Y and Z” also may be a clue to a problem plant, even if our state hasn’t yet gotten around to banning it. If X, Y or Z is a Northeastern state, think twice.

- “Mulch heavily” means you’re rolling the dice, and it may not survive a harsh winter.
- “Nothing bothers it.” This one is particularly insidious. Another way of phrasing it is, “Not one of our native insects is able to use this plant for food.”

Make sure some of your choices are native plants. They co-evolved with our native insects, birds and animals and are their first choice—sometimes, their only choice—for food. Beauties like goldenrod, cardinal flower, or woodland phlox rival any showy import, and since they’re perfectly adapted to our soil and climate, they are more likely to thrive with a minimum of care.

If you’re trying to encourage pollinators, you want something in bloom from earliest spring until the winter solstice. Daisy-shaped flowers are usually the best bet: Did you know that the more petals a flower has, the less value it’s likely to have as a pollen source? That’s because double flowers often got that way by converting stamens (the pollen-producing male part of the flower) into extra petals. If all have been converted, no pollen can be produced. Even if the plant is still producing some pollen, too many petals may block access.

That doesn’t mean you shouldn’t plant big fluffy
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*13th Annual Bridal Showcase
At the Riverhouse
January 12, 2020 from 11:00am - 3:00pm*

Vaping — what every parent should know: January 16

By Laura Shipman, HKYFS

Join the Haddam Killingworth Youth & Family Services at the Brainerd Memorial Library on Thursday, Jan. 16, 2020 from 6:00-7:30 p.m. for a presentation on how vaping is affecting our youth. Parents will have an opportunity to see, and touch, various vaping materials helping them understand what they look like and how they affect their children. Following the presentation there will be a “sofa talk” discussion with local teens to assist parents in how to get the conversation started with their own children and young adults. This program is appropriate for parents of children ages 8 and up. Refreshments will be served, please register on our website www.brainerdlibrary.org or by emailing our Teen Services Coordinator, Kristen at kcarpentier@brainerdlibrary.org

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January dreams

Continued from page H1

flowers. I do; I can't imagine a garden without old roses, sumptuous peonies, or over-the-top dahlias. But plant the single varieties too, not too far away, so insects enticed by the glamour girls can find their way to easier meals. One advantage of life in our small town is that most of us have enough room to grow our old favorites and still have space to help sustain the circle of life.

When choosing vegetables to grow from seed, I follow three rules. First: if you don't like to eat it, don't bother growing it. Second: if you want to avoid spraying poison on your food, look for varieties noted for their disease resistance. This might be natural—it's how some prized heirloom varieties got their reputation—or a result of hybridization. Either way, you'll end up with a better crop. Third: Have fun! I want purple carrots, blue squash, rainbow chard, and pink popcorn. I want melons so big I can barely lift them, and salad greens I can't even pronounce. I want to grow black tomatoes, bright yellow pear tomatoes, and oh, do I want striped Green Zebra tomatoes, which make the best grilled cheese and tomato sandwiches ever. What I don't want is to grow the same boring varieties I'll find at every market next summer.

My New Year's resolution: This year's will be my best garden ever, even though (maybe even because) it will end up looking nothing like the imaginary garden that grows in a cold January. Some plants, like the dark red Cherry Brandy rudbeckia I tried last year, I will grow again and again, while others, like the supposed-to-be-red-but-really-a-drab-brown Velvet Queen sunflowers, will be consigned to the compost pile. It's not a failure; it's an experiment. I will learn. I will grow. I will garden.



The Riverhouse at Goodspeed Station is proud to announce our **13th Annual Bridal Showcase on January 12, 2020.**

The show will be open to the public from 11-3PM. Tickets will be available at the door for \$5.00 per guest. All Riverhouse, Society Room of Hartford & Riverhouse Catering couples will receive 2 complimentary tickets to use at our facilities.

Riverhouse Hospitality invites you to join our Photographers, Disc Jockeys, Hair Stylists, Florists, Limousines, Ice Carvers and Jewelers in assisting New England couples in creating the wedding of their dreams! Watch us transform our glorious ballroom into a spectacular display of wedding goods and services.

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860-345-4100 or email Kelley, krisatti@theriverhouse.com

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MIDDLESEX COUNTY
CHAMBER OF COMMERCE

5th Annual Taste of
Middlesex County
January 14-19, 2020

By Sierra Lopez,
Middlesex County Chamber of Commerce

The Middlesex County Chamber of Commerce announced that its restaurant week! The fifth annual Taste of Middlesex County will take place on Monday, January 13 through Sunday, January 19, 2020. This week will feature restaurants throughout Middlesex County, Connecticut and is sponsored by Comcast Business.

Restaurant week is designed to highlight the numerous and diverse dining experiences within the greater Middlesex region. All restaurants participating in the Taste of Middlesex County will feature a fixed price menu options three-course meal for just \$20.20, (does not include beverages, tax or gratuity). To include greater diversity of entree items, some restaurants will also provide \$30.20 fixed priced menus in addition to the menus that they are providing for \$20.18. All three course components include an appetizer, main entree, and dessert.

Participating restaurants so far include: Baci Grill in Cromwell, Eli Cannon's in Middletown, Esca Restaurant & Wine Bar in Middletown, Mizzu Asian Bistro & Hibachi in Cromwell, On the Rocks at Fox Hopyard in East Haddam, Scotch Plains Tavern in Essex, Herd in Middletown, Tavern at the Armory in Middletown, The Gelston House in East Haddam, The Griswold Inn in Essex, Vero Cucina Rustico in Middletown, El Pulpo in Middletown, and Water's Edge Resort and Spa in Westbrook. They will offer a specific menu for Taste of Middlesex to highlight their diverse menus.

If you love gourmet meals and scoring a bargain, we encourage community members to save your appetite for this particular week!

Follow updates on social media by searching the hashtag #TasteOfMiddlesex and by visiting <https://www.middlesexchamber.com/pages/taste-of-middlesex-county> for more information.

If your restaurant would like to participate in the Taste of Middlesex County, please contact Sandy Heinly at (860)347-6924 or sandy@middlesexchamber.com.

KILLINGWORTH LIBRARY



Native Reptiles
and Amphibians of
Connecticut talk:
January 14

By Genie Dethloff,
Chair of Publicity, Killingworth Library

Please join us at the Killingworth Firehouse on Tuesday, Jan. 14 at 7pm for "Native Reptiles and Amphibians of Connecticut," presented by Ranger Russ Miller, the Director of Meigs Point Nature Center at Hammonasset State Park. Meet the reptiles and amphibians of Connecticut. Learn what is special about each of our 14 species of snakes, including how and what they eat, their habitats and natural history, and dispel myths about them. Also learn about the nearly 20 different amphibians living in Connecticut - what makes them an amphibian and what makes them unique. There will be a variety of live animals for comparison.

The Firehouse is at 333 CT-81. The program is free but advance sign-up is required by calling the Killingworth Library at 860.663.2000 or online www.killingworthlibrary.org.

KILLINGWORTH BUSINESS COMMUNITY

Killingworth CPA Firm
announces acquisition
& name change

By Darin L. Offerdahl

The full-service accounting firm MAWC, LLC — with offices in Killingworth and Shelton — has announced the acquisition of Lawrence P. Lemieux & Associates, LLC, effective January 1, 2020. The combined firm is now doing business under the new name of AO & Company, LLC, and the firm's new web address is www.aococpas.com

With an experienced and committed team of more than 20 accountants and consultants, AO & Company, LLC will offer a broad range of services ranging from tax planning and auditing to book-

keeping and business advisory services.

"We are excited to make this move, because we believe that a larger organization will allow us to strengthen our overall capabilities in serving our clients, particularly in the areas of audit, tax and business consultation, said John Accavallo, AO's Managing Partner. "This also allows us to add more depth to our team. Finding and retaining excellent people is a constant challenge for most CPA firms, and a larger organization will also mean our associates will benefit from stronger career growth opportunities."

All employees from both MAWC and Lemieux are being retained in their current roles, and some part-time employees will become full-time in the months ahead.

"We value the relationships we have built with our clients and we look forward to continuing to provide them with outstanding accounting services for many years to come," added Mr. Accavallo.

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Winter 2020 Programs at Oddfellows Playhouse

By Dic Wheeler

First out of the gate on January 6 is "The Complete Shakespearean", a six week intensive class in performing Shakespeare for ages 14 – 20. This winter training is being offered in preparation for a spring Teen Repertory Company production of "Romeo and Juliet". The class meets Monday evenings, 6:30 – 8:30 pm, January 6 – February 10. Auditions for Romeo and Juliet will be March 2 & 5. The class will be co-taught by ARTFARM Artistic Director Marcela Trowbridge and Oddfellows Artistic Director Dic Wheeler, with Guest Artists.

"Writing Plays", a seven week playwriting class taught by nationally-produced playwright Kristen Palmer, starts January 9. The class meets Thursdays, 6:30 – 8:30 pm, January 9 – February 22. The class culminates in a "New Plays Festival" on February 25 in which the students' plays will be performed by Teen Repertory Company members under the direction of local professionals.

"Teen Hip Hop Dance", led by local dancer and choreographer Felicia Goodwine, meets Thursdays, 5:45 – 7:00 pm, January 16 – March 5. The class is open to anyone ages 12 – 18; experience is not necessary.

Teens who prefer to be behind the scenes may join the "Technical Theater and Design" class which meets Wednesdays, 5:30 – 7:30 pm starting January

15. In this class kids ages 12 – 20 learn the ins and outs of stage carpentry, scenic design, stage lighting, costuming and other facets of theatrical design and technology.

In addition to these programs for teenagers, Oddfellows classes for ages 6 – 14 begin the week of January 13. Classes are offered every day after school and include theater, circus, hip hop dance, musical theater, music and visual arts.

On Saturdays, "Circobatics" classes are offered for ages 18 months to eight years. These classes, taught by the Children's Circus of Middletown's Teeny Tiny Circus Troupe director Megan Berritta, combine circus, acrobatics, movement and games in a unique, age-appropriate combination. Classes start January 11.

For details on individual classes and programs, and to register, go to www.oddfellows.org, email info@oddfellows.org, or call (860) 347-6143. Space is limited, and timely registration is advised.

All classes meet at Oddfellows Playhouse, which

is located at 128 Washington Street in Middletown. Tuition varies from program to program, from \$25 to \$150, and financial aid is available to any family that needs it.

Tuition partially covers Playhouse programs. Oddfellows Playhouse performing arts programs and financial aid are supported by the Connecticut Office of the Arts, the State of Connecticut Judicial Branch (Youth Violence Prevention), the Middletown Commission on the Arts, the City of Middletown Health Department, the Stare Fund, The Fund for Greater Hartford, the Neighborhood Assistance Act, Middlesex United Way, Community Foundation of Middlesex County, the George A. and Grace L. Long Foundation, Middletown Youth Services Bureau, Maximilian E. and Marion O. Hoffman Foundation, Thomas J. Atkins Memorial Trust Fund, Stop and Shop, Nihla and Bob Lapidus Foundation, Evan Knoll Memorial Fund, Price Chopper Golub Foundation, and many generous individual donors.

HADDAM FAITH / COMMUNITY

HUMC Coffeehouse/Open Mic Night: January 25

The Higganum United Methodist Church's outreach, intergenerational, audience-participation hot spot invites musicians, singers, poets and comedians to the stage on Saturday, Jan. 25, 2020, from 6:00 – 9:00 p.m. Since HUMC opened the coffee house in April of 2012, its stage has been graced by elementary-aged children to senior citizen performers from all over the state and country!! The average number at Soup

and Song nights ranges between 20-80, with about a dozen performers. HUMC members and friends supply delicious food and baked goods!

Open Mic: sing, play an instrument, tell a joke or recite a poem, OR just come! FUN for all ages!! And FREE FOOD. Located at 248 Saybrook Road, Higganum.

LEGAL NOTICES

LEGAL NOTICE TOWN OF HADDAM

Notice is hereby given that the financial statements of Regional School District #17 for the fiscal year July 1, 2018 to June 30, 2019 have been received by the Haddam Town Clerk. These statements are on file in the Haddam Town Clerk's Office for public inspection.

Scott R. Brookes
Haddam Town Clerk

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.

MIDDLESEX COUNTY CHAMBER OF COMMERCE

Sexual Harassment Prevention Training: Jan. 14

By Sierra Lopez

The Middlesex County Chamber of Commerce will host two Sexual Harassment Prevention Training sessions on Tuesday, January 14, 2020. The first session will begin at 8:00 a.m., and the second session at 10:15 a.m. The training sessions will take place at the Middlesex County Chamber of Commerce, 393 Main Street, Middletown, CT.

The definition of sexual harassment, liability (your own and your organization's), and the prevention of sexual harassment in the workplace will be discussed. Attorneys from the law firm Jackson Lewis,

P.C. will show you how to limit your company's exposure to charges of sexual harassment.

This session meets the State of Connecticut's requirement for two hours of sexual harassment training for businesses that have 3 or more employees. Cost is \$35 for Chamber Members and \$45 Non-Chamber Members.

Please arrive on time. Two hours mandatory attendance is required to receive certificate.

Register Online: www.middlesexchamber.com. For more information, please call 860-347-6924 or email info@middlesexchamber.com.

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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

Please visit www.haddam.org, www.townofkillingworth.com or haddam-killingworthnow.com for the most current information, including cancellations, location changes, time changes.

Thursday, January 9

RSD Kindergarten registration - Thursday January 9th from 9:00 a.m. to 3:00 p.m. at both elementary schools. (for more details see January 8 calendar entry above).

Love 2 Sign with Jaye – Sign Language for Children 6 mos. to 6 yrs. Killingworth Library

10:00 am - 10:30 am Space is limited, and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos - Bilingual Storytime for Preschool Children Thursdays 10 - 10:30 am from December 5 - February 6 at Killingworth Library Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Music with Margie – 10:30AM Brainerd Mem. Library - 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.

Killingworth Conservation Comm. Meeting 7:00pm – 9:00pm Town Office Bldg.

Friday, January 10

Open Mic Night – Higher Grounds January 10, 2020 @ 5:00 pm - 9:00 pm

Come show off your talent at Open Mic Night with Armand! Dinner specials from 5pm-9pm! BYOB is free with a dinner purchase or \$5 without.

Saturday, January 11

Acoustic Breakfast with Rick Johnson, 11:00 am - 1:00 pm, at Higher grounds at 32 Main St East Haddam, CT

Monday, January 13

Haddam BOS meeting 6:30pm – 8:30pm

Killingworth BOS meeting 7:00pm – 9:00pm Killingworth Town Office Bldg.

Killingworth Park & Rec meeting 7:30pm – 9:30pm Killingworth Town Office Bldg.

Tuesday, January 14

Paws & Read – Killingworth Library, 1st and 2nd Graders read with a Pet Partners Therapy Dog

Tuesday evenings at Killingworth Library (by appointment): January 7, 14, 21, 28

Killingworth residents given priority. Contact the Children's Librarian at 860-663-2000 for more information.

Preschool Storytime – Brainerd Mem. Library, 10:30 am - 11:00 am

Preschool Storytime with Miss Marissa 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. Registration is not necessary.

Native Reptiles & Amphibians of CT, 7:00 pm - 9:00 pm

Please join us at the Killingworth Fire Department on Tuesday, January 14 at 7pm for "Native Reptiles and Amphibians of Connecticut," presented by Russ Miller, the ranger at Meigs

Point Nature Center at Hammonasset. The program is free but advance sign-up is required. Please call the Killingworth Library at 860.663.2000 or visit www.killingworthlibrary.org for additional details.

Special Mtg RSD17 – With H-K BOS & BOF, Joint Meeting with the Boards of Selectmen and Finance of the Towns of Haddam and Killingworth, 6:00pm – 8:00pm

LOCATION: Student Commons, Haddam-Killingworth Intermediate/Middle School

Killingworth BOF Meeting 7:00pm – 9:00pm Killingworth Town Office Bldg.

Killingworth Inland Wetlands Meeting 7:00pm – 9:00pm Killingworth Town Office Bldg.

Thursday, January 16

Love 2 Sign with Jaye – Killingworth Library, 10:00 am - 10:30 am– Sign Language for Children 6 mos. to 6 yrs. Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library

Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos Bilingual Story Time – Killingworth Library, 10:00 am - 10:30 am

Bilingual Storytime for Preschool Children. Thursdays 10 – 10:30 am

from December 5 – February 6 at Killingworth Library. Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Vaping: What Every Parent Should Know – Brainerd Mem. Library, 6:00 pm - 7:30 pm

Join us Thursday January 16 from 6-7:30pm for a presentation by HK Youth & Family Services on how vaping is affecting our youth. Parents will have an opportunity to see, and touch, various vaping materials helping them understand what they look like and how they affect their children. Following the presentation there will be a "sofa talk" discussion with local teens to assist parents in how to get the conversation started with their own children and young adults. This program is appropriate for parents of children ages 8 and up. Refreshments will be served, please register on our website www.brainerdlibrary.org or by emailing our Teen Services Coordinator, Kristen at kcarpentier@brainerdlibrary.org.

Killingworth Library Mystery Book Club @ 6:30 pm - 8:00 pm

Join us as we discuss Bottle Park by Joseph J. Bradley. Extra copies will be available at the circulation desk. Newcomers always welcome! For more info: <https://killingworthlibrary.org/>

Haddam Planning and Zoning meeting - 7:00pm - 9:00pm.



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Memory Loss

We have all at some point walked into a room and then wondered, "Why am I here?" Some memory loss is a natural part of aging, but it is one of the big worries we have as we age.

There are numerous medical conditions and medications that sensitize us to memory loss: head trauma, alcohol and drug abuse, sleep apnea, dementia, and thyroid related illnesses just to name a few. The statins, i.e., rosuvastatin, atorvastatin, may have a link to memory loss, because they reduce the brain's cholesterol which is responsible for forming connections to nerve cells, and while it only affects very few, it is reversed when stopping the medication.

Calorie reduction diets (those that are 30% less than recommended calorie intake) along with lifestyle changes such as increased exercise have shown to address some of the metabolic deficiencies and have produced positive results in slowing Alzheimer's onset. A recent German study showed as little as a 3-month calorie reduction resulted in an increase in verbal memory scores, decrease in fasting blood glucose, and decrease in C-reactive protein, implicated in heart issues. Memory loss in Alzheimer's affects women and men equally.

Migraines are associated with an increased risk in transient global amnesia (TGA), which is a transient loss of memory, but symptoms typically last less than 24 hours.

Patients with depression, and those with anxiety, can also experience higher incidence of memory issues, which can become significant as they age.

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You can be certain of eternal life. You can be sure you're going to heaven. You can know you're sins are forgiven and you're saved from Hell. You can have access to God in prayer, and know Jesus Christ as your personal Lord and Savior.

How can we be so sure? Because Jesus said so! He said, "My sheep hear My voice, and I know them, and they follow Me. ²⁸And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. ²⁹My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand. ³⁰I and My Father are one" (John 10: 27-30).

The apostles said so as well. Paul said, "For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord" (Romans 8:38-39). The Apostle John said, "These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God" (1 John 5:13).

"And this is the promise that He has promised us—eternal life" (1 John 2:25). "...Even so must the Son of Man be lifted up [crucified], ¹⁵that whoever believes in Him should not perish but have eternal life. ¹⁶For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3: 14-16). Saint Paul said, "Repent therefore and be converted, that your sins may be blotted out..." (Acts 3:19).

Pray to God like this: *Dear God, I believe Jesus died on the cross to pay for my sins, and that He arose again on the third day. I repent of my sins and ask Your forgiveness. I receive the gift of eternal life by faith in Christ. Thank You God; in Jesus name. Amen.*

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HADDAM BRAINERD MEMORIAL LIBRARY

By Laurie Gardner and Marissa Lehmacher

ADULT PROGRAMS

Crystals and Minerals of Connecticut on Saturday, Jan. 18, 2020 1:00 to 3:00 p.m.

Come join Nancy Najarian for a hands on program and discussion of the variety of minerals and crystals from Connecticut and around the world. Nancy will inform us of what crystals and minerals we can find in Connecticut and the various tests used to identify them. Nancy will bring some fluorescent samples and a geologic microscope to view the minerals and crystals up close. If you would like a sneak peek of some crystals and minerals stop by the Library to see a sampling of Nancy's collection in our display case by the circulation desk for the month of January.

Brainerd's Culinary Club on Monday, Jan. 27, 6:30 p.m.

Do you like to cook? Do you like reading cookbooks? Do the pictures make your mouth water and you want to try the recipes? Then come join us at Brainerd Memorial Library as we are starting a cookbook book club. The club will meet on the fourth Monday of the month at 6:30 p.m. Come by the Library to see what our first cookbook to cook from will be. Our first cookbook will be Jennifer Joyce's Small Bites. In this book are recipes for finger foods to wet our appetites and get us started. The cookbook will be located at the circulation desk with a sign up sheet to put your name on and which recipe you have chosen to make and bring in for everyone to sample. At our first meeting, we will also choose cookbooks to make future recipes from for following meetings. The Library will supply the plates, utensils and a drink.

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.

Music with Margie

In January, Music with Margie will meet on the following Thursdays: the 9th & the 23rd. The theme for January is "Rhymes and Circle Dances". 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. Appropriate for children ages 1 to 3, but siblings are always welcome. Please visit www.brainerdlibrary.org for future dates and times as we are restructuring this program.

LEGO™ Club

Like playing with Legos? Come build with us at our drop-in Lego Club! Each month will feature one unique theme and one free build. Lego creations will be put on display until the next session. Lego Club 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.

Nutmeg Book Club

The Nutmeg Book Club returns! If you are in grades 4-6, join us on the last Wednesday of each month from 6:00 to 7:00 p.m. for a lively discussion of a selected Nutmeg nominee. Be prepared to enjoy pizza, snacks, book-related activities, and trivia. Our first meeting is on January 29th and the selection is *Ban This Book* by Alan Gratz. Please register by calling 860-345-2204 or visiting www.brainerdlibrary.org.

Super Smash Bros. Club

Whether you want to learn the basics or are looking to fine tune your skills, our Smash club has a place for you! Join us on Saturday, January 25th from 12:00 to 2:00 p.m. where we'll have Smash 64, Melee, and Ultimate. Play using our controllers or bring your own. Come learn techniques such as wave dashing and DI, try out new characters or practice your main, and enjoy playing friendlies in a welcoming environment. An experienced player will be there to guide newcomers. For ages 10 – 14. Refreshments will be served.

TEEN PROGRAMS

Teen Advisory Board

Thursday, January 23, 2020 from 6:00 – 7:00 p.m. What can your library do for YOU? Voice your ideas for improved YA services, help plan events and activities in the Teen Lounge, help develop the YA collection, assist with Children's programming and so much more! New members are always welcome! For more information please contact Kristen at kcarpentier@brainerdlibrary.org

Vaping: What Every Parent Should Know—Join us Thursday January 16, 2020 from 6:00-7:30 p.m. for a presentation by HK Youth & Family Services on

how vaping is affecting our youth. Parents will have an opportunity to see, and touch, various vaping materials helping them understand what they look like and how they affect their children. Following the presentation there will be a "sofa talk" discussion with local teens to assist parents in how to get the conversation started with their own children and young adults. This program is appropriate for parents of children ages 8 and up. Refreshments will be served, please register on our website www.brainerdlibrary.org or by emailing our Teen Services Coordinator, Kristen at kcarpentier@brainerdlibrary.org.

Registration is not required for programs unless specified in the description.

Haddam News

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HKHS GYMNASTICS

HKHS/Mercy/Valley Co-op vs. Hamden High School

Stats submitted by Katie Zimmer,
Mercy Gymnastics Manager

There was a gymnastics meet on Friday, Dec. 27, 2019 meet between Mercy High School/Haddam Killingworth High School/Valley Co-op, Valley Regional High School, and Hamden High School at Flip Flop Gymnastics located in Deep River.

Final Scores:

First Place: Mercy, Score: 131.30

Second Place: Hamden, Score: 108.15

HK and Valley did not qualify as teams.

Vault

Mia Lawrence (Mercy) 9.0
Julianna Gagliardi (HK) 8.4
Charlie Weaver (Mercy) 8.3
Katie Zimmer (Mercy) 8.2
Lexi Sangiovanni (Hamden) 8.1
Annie Berger (Mercy) 7.9
Emma Pfau (Mercy) 7.8
Kendra Cika (Valley) 7.7
Isabella Giuliano (Valley) 7.6

Ava Pesell (Hamden) 7.4
Misaki Clafin (Hamden) 7.1
Mariah Nuton (Hamden) 7.0
Ella Bankoski (Mercy) 6.8

Bars

Mia Lawrence (Mercy) 9.1
Julianna Gagliardi (HK) 8.4
Charlie Weaver (Mercy) 8.35
Lexi Sangiovanni (Hamden) 8.2
Annie Berger (Mercy) 8.15
Emma Pfau (Mercy) 7.95
Ava Pesell (Hamden) 6.0
Isabella Giuliano (Valley) 5.4
Kendra Cika (Valley) 5.3
Ella Bankoski (Mercy) 5.2
Misaki Clafin (Hamden) 4.9
Danya Marsh (Hamden) 4.3

Beam

Julianna Gagliardi (HK) 8.95
Mia Lawrence (Mercy) 8.9
Lexi Sangiovanni (Hamden) 8.25
Annie Berger (Mercy) 7.6
Mariah Nuton (Hamden) 7.6

Kendra Cika (Valley) 7.5
Charlie Weaver (Mercy) 7.45
Isabella Giuliano (Valley) 7.4
Lauren Turner (Mercy) 7.35
Danya Marsh (Hamden) 6.25
Emma Pfau (Mercy) 5.85
Ella Bankoski (Mercy) 5.75
Katie Zimmer (Mercy) 5.6
Ava Pesell (Hamden) 5.3
Julia DelGrego (Hamden) 4.9

Floor

Mia Lawrence (Mercy) 9.25
Julianna Gagliardi (HK) 8.6
Ella Bankoski (Mercy) 8.15
Charlie Weaver (Mercy) 8.15
Lexi Sangiovanni (Hamden) 7.75
Kendra Cika (Valley) 7.7
Emma Pfau (Mercy) 7.55
Annie Berger (Mercy) 7.5
Isabella Giuliano (Valley) 7.3
Mariah Nuton (Hamden) 7.1
Ava Pesell (Hamden) 6.5
Misaki Clafin (Hamden) 6.4
Julia DelGrego (Hamden) 5.7
Jadyn Zitser-Klein (Hamden) 3.8

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HKHS falls to Bacon Academy

By Ann Deibert, Assistant Coach, HKHS Girls Basketball

The Haddam Killingworth High School Girls Basketball team (2-1) dropped a tough game at Bacon Academy on Thursday, Dec. 26, 2019. The final score was 35-66. Bacon's Caitlyn Shea led all scorers with 18 points. HK's senior point guard, Anna Biondi led HK with 12 points. Biondi is now averaging 13 ppg for the Cougars, while senior guard Belle Carini (9.0 ppg) and freshman forward Kaleigh Bodak (8.7 ppg) continue to be major contributors to HK's offensive production. This is HK's first loss of the season, and they hope to rebound as they return to the Shoreline Conference later this week.

Box Score (12/26/19):

HK (35):

Anna Biondi 3 2 12, Belle Carini 3 0 6,



Photo by Steve Bodak.

Kaleigh Bodak 2 1 5, Tessa Wills 3 0 6, Leah Sosnowski 1 1 3, Peyton Yazmer 1 1 3, Audra Yazmer 0 0 0, Kelsey Loneragan 0 0 0, Jordan O'Linn 0 0 0, Julia Favalora 0 0 0, Kyla Mazzotta 0 0 0

Bacon (66):

Lizotte 0 0 0, Violette 2 1 7, LaSaracina 3 1 7, Burton 0 0 0, Nudd 4 1 9, Nair 0 1 3, Luzzi 5 1 13, Shea 5 2 2 18, Mancuso 2 0 4, Soloana 1 2 4

Final Score: HK 35 / Bacon 66

HKHS/Morgan/Hale-Ray Co-op Team vs. Valley, Stonington, Mercy

Stats provided by Juliana Gagliardi, Captain of HKHS/Morgan/Hale Ray Co-op Gymnastics Team

The Haddam Killingworth High School/Morgan/Hale Ray Co-op Team had a meet against Valley High School, Stonington High School, and Mercy High School on Saturday, Dec. 28, 2019 at Flip Flop Gymnastics in Deep River.

Final Scores:

First Place: Mercy, Score: 131.85

Second Place: Stonington, Score: 128.75

HK and Valley did not qualify as teams.

Vault

Mia Lawrence (Mercy) 8.8
 Charlie Weaver (Mercy) 8.5
 Lila Rich (Stonington) 8.4
 Dez Zaharie (Stonington) 8.4
 Katie Zimmer (Mercy) 8.4
 Hanna Laskey (Stonington) 8.3
 Katya Torruella (Stonington) 8.3
 Julianna Gagliardi (HK) 8.1
 Mercedes Sebastian (Stonington) 8.0
 Emma Pfau (Mercy) 7.9
 Isabella Giuliano (Valley) 7.9
 Lydia Laskey (Stonington) 7.3
 Kendra Cika (Valley) 7.3
 Ella Bankoski (Mercy) 7.2
 Lauren Turner (Mercy) 7.1

Bars

Mia Lawrence (Mercy) 9.05
 Katya Torruella (Stonington) 8.75
 Julianna Gagliardi (HK) 8.5
 Annie Berger (Mercy) 8.2
 Lydia Laskey (Stonington) 8.2

Charlie Weaver (Mercy) 8.1
 Dez Zaharie (Stonington) 7.9
 Emma Pfau (Mercy) 7.85
 Abby Remmert (Stonington) 7.8
 Lila Rich (Stonington) 7.8
 Hanna Laskey (Stonington) 7.3
 Isabella Giuliano (Valley) 7.3
 Ella Bankoski (Mercy) 6.5
 Kendra Cika (Valley) 6.4

Beam

Julianna Gagliardi (HK) 9.1
 Lydia Laskey (Stonington) 9.0
 Charlie Weaver (Mercy) 8.85
 Annie Berger (Mercy) 8.6
 Lauren Turner (Mercy) 8.4
 Lila Rich (Stonington) 8.3
 Mia Lawrence (Mercy) 8.0
 Kendra Cika (Valley) 8.0
 Emma Pfau (Mercy) 7.8
 Dez Zaharie (Stonington) 7.7
 Isabella Giuliano (Valley) 7.7
 Hanna Laskey (Stonington) 7.6
 Katie Zimmer (Mercy) 7.0
 Ella Bankoski (Mercy) 6.9
 Mercedes Sebastian (Stonington) 6.9

Floor

Mia Lawrence (Mercy) 9.0
 Julianna Gagliardi (HK) 8.7
 Lydia Laskey (Stonington) 8.0
 Charlie Weaver (Mercy) 7.8
 Annie Berger (Mercy) 7.6
 Hanna Laskey (Stonington) 7.4
 Lila Rich (Stonington) 7.4
 Abby Remmert (Stonington) 7.3
 Dez Zaharie (Stonington) 7.2
 Isabella Giuliano (Valley) 6.9
 Kendra Cika (Valley) 6.9
 Emma Pfau (Mercy) 6.8
 Ella Bankoski (Mercy) 6.8
 Jadyn Zitser-Klein (Hamden) 3.8

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