

## Deck collapses on house in Haddam; 3 hospitalized

By Olivia Drake, Public Information Officer, HVFCo.

Three patients were transported to area hospitals following a deck collapse on a home located on Little Meadow Road in Haddam.

At 8:10 p.m. on June 17, 2019, HVFC was dispatched to the scene for a reported entrapment under a deck. Upon arrival, firefighters encountered three patients near a collapsed deck, all alert. Another woman and her toddler son also had fallen from the deck but were not injured.

The deck was located on the front of a 3-story gable-roofed home. A wooden support beam had collapsed and the deck broke free from the home's third story. The people fell



Photo by Olivia Drake.

about 15 feet.

Firefighters and EMS personnel quickly evaluated all three patients with injuries. One male patient and one female patient were transported to Hartford Hospital with injuries. Another male patient was transported to

Middlesex Hospital, also with injuries.

Crews from East Haddam Fire Department, Haddam Ambulance and Hunters Ambulance also assisted with patient care. The scene was turned over to the Haddam Building Inspector.

## Haddam-Killingworth High School Graduation

On June 11, 2019, under beautiful skies, the Haddam Killingworth High School Class of 2019 graduated, the 41st annual commencement for HKHS. The seniors marched into the tent, following Regional School District #17 Superintendent, Howard Thiery, Board Chair Joanne Nesti, and other members of the Board of Education and Faculty.

The night started with the Pledge of Allegiance, and then the National Anthem performed by senior Nolan Serbent.

District Retirees were recognized:

*Chuck Lewis, HKHS, 20 years*  
*Connie Magleby, HKHS, 8 years*  
*Paula Warner, HKHS, 13 years*  
*Gail Hanson, HKMS, 21 years*  
*Linda Monroe, HKMS, 18 years*  
*Joel Spinetti, HKMS, 19 years*  
*Mike Distefano, Central Office, 29 years*

Next, a member of the class leadership team, Curtis Kubacka, gave a message of welcome:

*"Thank you Mr. Thiery, Ms. Hayward, faculty, distinguished guests, and all of our friends and family for attending the class of 2019's commencement today. We offer a special welcome to First Selectwoman Catherine Ino, members of the Board of Education, and Board Chairperson Joann Nesti here on stage. On behalf of the Blue-Ribbon Class of 2019 and the Class of 2019 class officers, welcome to this year's commencement ceremony. While graduation may*

*Continued on page H6*

## Higganum's Brian Moskey named tournament MVP for Quinnipiac

By Austin Mirmina

Quinnipiac outfielder Brian Moskey stood warming up in centerfield in the last inning of what could possibly be the last baseball game he ever plays. But instead of tossing the ball into the dugout before the start of the inning, Moskey turned toward the bleachers and lofted the ball to the nearest child sitting beyond the centerfield fence.

It was a moment of reflection for Moskey in Quinnipiac's loss to #10 East Carolina in the NCAA Tournament Regional – a reminder that baseball provides more meaning than just the score.

"Sometimes you get lost in the game, and you're not able to have fun like you were as a kid," Moskey said. "It's not easy to take a step back and realize how much fun [baseball] is."

Moskey's dual approach to the game hasn't changed in his 17-year baseball career. He maintains a humble, business-like demeanor while also carrying a touch of youthfulness that allows him to keep things in perspective. It's an attitude admired by his family and teammates, and one that has propelled him to great heights throughout his baseball journey.

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Brian, with his parents, Frank and Cindy. Photos used with permission from Brian Moskey.

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# Area students make dean's list at University of Rhode Island

The University of Rhode Island is pleased to announce the Spring 2019 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

Note: Students who qualified for the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing. Students may adjust these restrictions on eCampus.

Maggie Fisher of Killingworth, CT (06419)

Alise Greco of Higganum, CT (06441)

Julie Hausherr of Killingworth, CT (06419)

Katie Hausherr of Killingworth, CT (06419)

Rose Keithan of Killingworth, CT (06419)

Mia Luzietti of Killingworth, CT (06419)

Allison Murphy of Killingworth, CT (06419)

Kaela Schumann of Killingworth, CT (06419)

Nate Snyder of Higganum, CT (06441)

The University of Rhode Island's pioneering research extends the University's influence well beyond its coastal borders, while its unique interdisciplinary courses provide its 16,637 undergraduate and graduate students with global opportunities in an intimate environment. In May 2019, more than 3,300 undergraduate and about 700 graduate degrees were awarded. The University now has more than 120,000 alumni worldwide.

**Yale**

# Our World War One heroes

By Sally Haase

On June 28th, 1919, the signing of the Treaty of Versailles officially ended the Great War. The State Library in Hartford lists 57 men from Haddam who served in the war overseas, on our coastline, in the states or in Panama. The monument in Killingworth lists 23. Haddam's war dead were: William T. Woodruff, Killed in Action, Hezekiah S. Porter, Killed in Action, and Hilmer O. Johnson, from the Flu. Killingworth claims one fallen soldier Camillo M. Malcarne, from pneumonia.

Returning service men were given a questionnaire which would become a permanent record of their service and experience. It said in part, "Your completed Questionnaire will convey to your children and to their children, your story in your own word, of the part you took in the great conflict." Below are excerpts of the Military Service Records from some of our local heroes.



Cephias Brainerd

Name: **Cephias Brainerd**, DOB: Not Found

Parents: Cephias Brainerd, Jr. & Harriet Tyler Arnold

Branch and Rank: U.S. Marine Corp, Private, Training Battalion, Paris Island, S.C.

Parents: Cephias Brainerd, Jr. & Harriet Tyler Arnold

Notes: *I was enabled to meet men of a different kind of life and to gain much information as to how the country is made up of a lot of differing types who can get along well together if they wish to.*

Post War Occupation: Business Manager, War Camp Community Service

Name: **Arthur Hennisey**, DOB: April 14, 1896

Parents: John & Mary Hennisey

Branch and Rank: First Provisional Convoy Co., Sergeant 1st Class

Injuries: Measles 3, 1919

Notes: *September 1, 1918 transferred to Motor Transport Corps, convoying trucks and touring cars between Detroit and New York. Transfer overseas was cancelled October 25, 1918.*

Post War Occupation: Chauffeur and Mechanic

Name: **Gustaf Andrew Carlson**, DOB: September 7, 1894

Parents: August Carlson & Charlotta Johnson

Branch and Rank: Sergeant, 53rd Infantry, 6th Division

Notes: *August 1918, All over France and Germany, Alsace-Lorraine Mountains then the Muse-Argonne Offensive*

Post War Occupation: Millwright



Fredrick Wilhelm Fredrickson

Name: **Fredrick Wilhelm Fredrickson**, DOB: March 1, 1896

Parents: Gustaf Fredrickson & Hannah Erickson

Branch and Rank: Co. H. 26th Infantry National Army, Private

Injuries: Gassed at Chemin De Dames, Marched 17, 1918

Notes: *Being a draftee, I had no choice of the matter, but having once entered the service I accepted it...and cannot really say that I am sorry for entering. I must admit, I'm much wiser than before.*

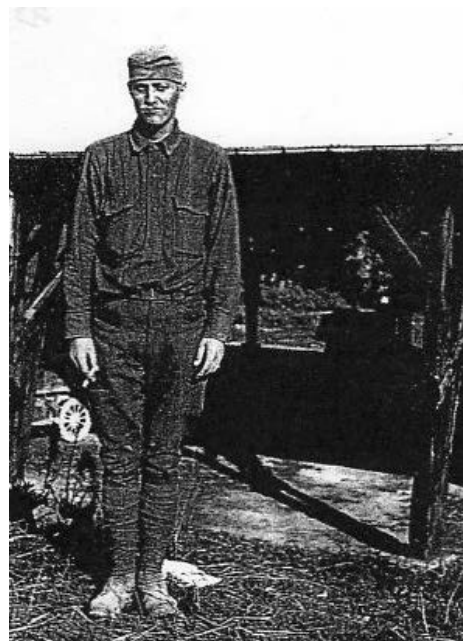
Post War Occupation: Machinist

Name: **William Taylor Woodruff**, DOB: October 5, 1890

Parents: Arthur E. Woodruff & Grace Beers

Branch and Rank: 10th Co. Dep. Brigade, National Army

Killed In Action: By a machine gun. Argonne Forest in France. While going over the top. October 16th, 1918.



Erland Anthony Lundgren

Name: **Erland Anthony Lundgren**, DOB: October 22, 1892

Parents: L. Alfred Lundgren & Albertina Anderson

Branch and Rank: U.S. Army Ambulance Medical Reserve Corps, Sergeant 1st Class

Notes: *Served: Viller-Cotere(Aisne) and Ypres offensive. Awarded the "Croix de Guerre on June 22, 1918. Example of Endurance and Devotion under fire - Aisne Offensive - Viller-Cotere June 1 - 5, 1918.*

Name: **Lafayette Gladwin**, DOB: May 13, 1896

Parents: Laville Gladwin and Abbie M. Jones

Branch and Rank: Infantry and Coast Artillery, Private

Post War Occupation: Farmer

Name: **Joseph Novotny**, DOB: February 14, 1878 in Bohemia

Parents: John Novotny and Katrina Horacek

Branch and Rank: Regular Army, Recruit Band, Musician

Injuries: Gassed near Fere-en-Tardenoise about August 10, 1918

Notes: *Participated in the Second Battle of the Muse, Chateau Thierry*

Post War Occupation: *Disabled with chronic bronchitis. Waiting to be notified from Federal Board to take up a course in music.*

Name: **Leonard Joseph Loewe**, DOB: November 14, 1870

Parents: Leonard & Margareth Loewe

Branch and Rank: 303rd Machine Gun Battalion, 304th Regiment, 76th Division, Captain (physician)

Notes: *I had been enrolled under the Colonel [Theodore] Roosevelt before... the war and felt it was my duty to help all I could. I took part in no Battles... excepting 'Influenza.'*

Post War Occupation: Practicing Physician

Name: **William David Brainerd**, DOB: October 12, 1894

Parents: Harvey Gillette & Jessie Adelia Alden

Branch and Rank: U.S. Navy, Coxswain



Walter Schutte

Name: **Walter Schutte**, DOB: May 9, 1897

Parents: Emil Schutte & Marie Link  
Branch and Rank: Coast Artillery Corps in the Regular Army, Panama Canal Zone, Private

Injuries: *With influenza then Pneumonia which caused Parercodic Heart or Displacement of the Heart.*

*...lighter work and can't follow carpenter trade on account of Heart Displacement.*

Post War Occupation: Ticket collector, Steamer Middletown



Julius Schutte

Name: **Julius Bernhard Schutte**, DOB: April 24, 1899

Parents: Emil Schutte & Marie Link

Branch and Rank: U.S. Navy, Fireman 1st Class

Notes: *Served aboard the USS Rhode Island along the East Coast*

Post War Occupation: Farmer

Name: **John Michael Traskos**, DOB: May 15, 1895

Parents: Michael Traskos & Mary Halibozek

Branch and Rank: Regular Army, Infantry, Private

Notes: *First saw action at Vosges Mountains*

Post War Occupation: Car maker

Name: **Elville Leroy Harris**, DOB: July 1, 1894

Parents: Myron Edgar Harris & Nellie Blance

Branch and Rank: Medical Corps, Regular Army Base Hospital, McClellan, Ala., Private

Notes: *From Killingworth, Harris was a farmer and worked in a wagon shop.*

*This article credits Phil Devlin for his endless research, Lisa Malloy of the Haddam Historical Society and Rick Annino of the Haddam Veteran Museum for sharing pictures and documents. Phil, Lisa and Rick would appreciate any photos, letters or documents you may have in your possession of veterans of this war or any conflict before or after WWI. As they say, "Lest We Forget."*

# Higganum project takes overall winner in energy challenge

By Kasara Newton

Eversource and AVANGRID, Inc. subsidiaries United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas, have selected three winners for the ninth annual Energize Connecticut Zero Energy Challenge (ZEC), a statewide design and build showcase for single and multi-family homes. The challenge featured nine homes from across the state built last year.

In this nationally recognized initiative, participants are challenged to construct high-efficiency homes that consume little to no energy by using sustainable building practices.

“Congratulations to our Zero Energy Challenge champions for going above and beyond to demonstrate the growing importance of sustainability

in Connecticut,” said Amanda Fargo-Johnson, Energy Efficiency Board Interim Chair. “It is an honor to recognize these homeowners and builders who are transforming the residential construction industry and proving that these homes are not only environmentally friendly, but also affordable and attainable.”

The 2018 Zero Energy Challenge winners include:

## Overall Winner

Project: Sean Holmes and Carla Waclawski Residence, Higganum, Conn.

Builder: Jamie Wolf and Janet Downey – Wolfworks, Avon, Conn.

“The story behind our house is one of persistence and vision. After falling in

love and buying land where we wanted to build our house, we were met with some challenges that prohibited us from beginning construction for five years,” said Sean Holmes. “Eversource and the Wolfworks team were instrumental in helping us overcome these obstacles – and now we have a place to call home!”

## Best Overall Envelope (Building Outer Shell) Winner

Project homeowner and builder: Eliza and Brian Martel Residence, Canterbury, Conn.

## Lowest Cost/Square Foot Winner

Project: Archana Khattar and Jeff Dean

Residence, Mansfield, Conn.

Builder: Nick Lehto – Lehto Design/Build, Danielson, Conn.

## Peter Harding Service Award for Dedication and Service to High Performance Housing

Nick Lehto – Lehto Design/Build, Danielson, Conn.

Specific project information for all entries can be found by visiting [EnergizeCT.com/ZEC](http://EnergizeCT.com/ZEC). The Connecticut Zero Energy Challenge is now seeking participants for its 2019 challenge. Homes must be completed by January 31, 2020. If interested in applying, please visit [EnergizeCT.com/ZEC](http://EnergizeCT.com/ZEC) for more details.

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# Brian Moskey of Higganum named Quinnipiac’s tournament MVP



Moskey at about 2½ years old.

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Moskey, an alumnus of Haddam Killingworth High School, is a dedicated player who prides himself on consistent preparation. He’s typically quiet and reserved – but every once in a while he’ll display a passionate outburst that shows how much he loves to compete.

After hitting a game-tying homerun in the semifinals of the MAAC Tournament against Manhattan, Moskey fist pumped his way around the bases. He erupted again in the championship game against Fairfield, roaring toward the Quinnipiac dugout after swatting a leadoff homerun.

Moskey’s teammate and fellow outfielder Anthony Cruz has seen that raw emotion firsthand. “When he shows emotion, you know it’s so genuine,” Cruz said. “Not many people have the emotion that he has in a game because he just cares so much about the sport and the team.”

The ardent effort won Moskey MVP honors of the MAAC Tournament and sent Quinnipiac to the NCAA Tournament. The Bobcats were underdogs to East Carolina in the Greenville, North Carolina Regional, but stunned the Pirates by winning their opening round game. Moskey enjoyed every moment.

“If you see some of the pictures... you just see he gives every ounce of his body,” Brian’s mother, Cindy Moskey,

said. “He played with passion.”

Moskey credits his relaxed approach with helping him navigate the rigors of a grueling 56-game schedule in addition to completing his schoolwork. It also helped him correct his early season struggles at the plate – at one point his batting average dropped to an uncharacteristic .210. But then Moskey started slowing down and enjoying the game like a kid playing in the sandlot. It’s a mindset that he and Cruz constantly bring up in the outfield.

“Every moment when you’re not doing well, take a deep breath, take in the crowd, and take in the atmosphere,” Cruz said. “We just have fun with the game, and I think that’s why we won and upset [East Carolina].”

Moskey said he’s unsure if he’ll play baseball again – he just graduated from Quinnipiac with a degree in business management. He’ll spend his summer considering his options, while doing plenty of hunting, fishing, and working on the two family boats – High Flyer and Low Flyer.

But of course he’ll miss baseball, especially the little moments, like throwing a ball to a child in the outfield. It’s a souvenir he hopes will remind some young fan not to lose sight of having fun while playing.

“[Baseball] is a crazy ride, and one that will make memories last a lifetime.”

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Photos by Gwyneth Artkop

## Haddam Transfer Station: What's in and what's out

By Gwyneth Artkop

When you drive into the Haddam Transfer Station, the first drop-off spot you come to is the Household Trash (MSW: Municipal Solid Waste), Recycling, and Bulky station. There are two receptacles for garbage, one for recycling, and four for bulky waste. This is also where recyclable plastic bags are collected and past the bulky waste is where you should deposit 20 gallon propane tanks and tires with no rims. But do you know what should be put into those bins, and what shouldn't? It pays off to properly dispose of all of your waste, because it comes at a cost for the town. When waste is not properly disposed of, it costs the Town of Haddam more and this affects the price of the Haddam Transfer Station Pass. Passes currently cost \$75 for the fiscal year (July through June) for those under 65 years of age; if you are over 65, the price is \$50. This is the same price as last year, but transfer station staff said that hazardous waste materials are often carelessly left behind at the Haddam Transfer Station, thus increasing the likelihood of the price increasing.

More than that, improperly disposing of our waste comes at a cost for the cleanliness of our water and greenspaces, and our own quality of life. If hazardous chemicals are thrown in the trash, they seep into the ground and enter the groundwater. If trash is tossed on the ground or out of a car window, it pollutes our roadways and backyards and kills the animals that eat it. Local efforts are being made to make Haddam more sustainable, including the plastic bag recycling program, razor collection and compost bin at the Town Office Building. Another way we can all help keep Haddam clean, healthy, and beautiful is to properly dispose of the waste we generate.

To avoid an increase in price for Transfer Station passes and prevent harmful pollution, hazardous waste must be properly disposed of. What is considered hazardous waste?

- Cleaners*  
*Aerosols (if empty, it can be recycled)*  
*Mercury thermometers*  
*Fluorescent light bulbs*

- Gasoline*  
*Transmission fluid*  
*Brake fluid*  
*Waxes & polishes*  
*Wood strippers*  
*Paint*  
*Paint thinner*  
*Weed killer*  
*Insect sprays*  
*Pool chemicals*

And more! You can pick up a Household Hazardous Waste (HHW) brochure at the Haddam Transfer Station; just ask a staff member.

Upcoming Household Hazardous Waste Collections include: July 13 and August 10 at the Essex HHW Facility at 5 Dump Road in Essex. Identification is required, but there is no fee. Items that are hazardous, but not accepted by the Essex HHW Facility includes:

- Explosives*  
*Fire extinguishers*  
*Drugs*  
*Bottled gas*

For a full list and where to dispose of these items, pick up a Household Hazardous Waste (HHW) brochure at the Haddam Transfer Station; just ask a staff member.

For more information about Household Hazardous Waste Collections, visit: [www.rivercog.org](http://www.rivercog.org), contact [info@rivercog.org](mailto:info@rivercog.org), or call 860-581-8554.

Items that can be recycled should also be left out of the garbage. That includes soft plastic bags such as grocery bags, bread bags, and cereal bags but not crinkly bags such as chip bags, plastic containers (except black plastic, which the State of Connecticut does not recycle), mattresses (clean mattresses can be recycled and unclean mattresses should go in the bulky bin), fire alarms, steel, aluminum, propane tanks, textiles, yard waste, e-waste, and items that are in good condition that someone else could still use. You can also keep your produce scraps separate and bring them to the compost bin at the Haddam Town Office Building.

So, what should you actually throw into your

trash bin/bag? Items that should go in the trash include: disposable coffee cups, styrofoam, greasy pizza boxes (if clean, can be recycled), napkins, paper towels, Pyrex baking dishes, incandescent light bulbs, broken glass, window glass, corks, loose plastic caps (can be recycled when replaced on a clean container), shredded paper, chip bags, popcorn bags, dirty plastic bags, animal waste and bedding, balloons, blister packaging (pills often come packed this way so you can pop individual pills through foil), wax paper, used candles, candy, candy wrappers, CD cases, meat, cosmetics, cotton balls, padded envelopes (plastic bubble mailers can be recycled), old garden hoses, spent gift bags, ice cream containers, juice pouches, empty nail polish remover containers, plastic plates, dirty plastic wrap, receipts, spent ribbons or bows, spent 3-ring binders, six-pack rings (please cut first), spent string or twine, and more. If you want to find out if something can be recycled or should go in the trash, please visit <https://www.haddam.org/transfer-station>.

In Our Area: Middletown Public Works and Russell Library will present: What's In, What's Out? Learn all about recycling at this event: What goes in the bin? What stays out? Should I still recycle? Can I save money recycling? This event will be held on Monday, July 8, 2019, 6:30-7:30 p.m. in the Hubbard Room, at Russell Library, 123 Broad Street, Middletown.

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Hell was not created for you. Hell was created for the devil and his angels—not for you! “But because you are stubborn and refuse to turn from your sin, you are storing up terrible punishment for yourself. For a day of angry wrath is coming, when God’s righteous judgment will be revealed” (Romans 2:5 NLT). In that day, Jesus will say, “...Depart from me, you cursed, into everlasting fire, prepared for the devil and his angels” (Matthew 25:41).

This is why the apostle warns: “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8). The devil wants you in hell; however, God will not give you His permission to go there: “...He is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent” (2 Peter 3:9 NLT). Jesus said, “...If you do not believe that I am He [your savior], you will die in your sins” (John 8:24). He died for us to pay for our sins. It makes no sense to God that you should end up in hell when He has made a way to save you from it.

God said, “The soul who sins shall die...<sup>21</sup> But if a wicked man turns from all his sins which he has committed...he shall surely live; he shall not die.<sup>22</sup> None of the transgressions which he has committed shall be remembered against him...<sup>23</sup> Do I have any pleasure at all that the wicked should die? says the Lord God, and not that he should turn from his ways and live?...<sup>31</sup> For why should you die...” (Ezekiel 18:20-23). “If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved” (Romans 10:9).

Believe in Jesus! “For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive [raised from the dead] by the Spirit...” (1 Peter 3:18). You can be certain of eternal life by faith in Christ. “Repent and believe the gospel!” (Mark 1:15).

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# Haddam-Killingworth High School graduation 2019

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be a more serious event, this speech is intended to be funny, so feel free to laugh. Graduation is a culmination of the past four years of hard work and dedication, so it is fitting to go over the highlights.

Let's start with the first day of freshman year. You're scared, anxious, and walking into this new environment and all you can think is...wow the Middle School looked so much better, and later the fact that the seniors look like grown adults, the school is a labyrinth, and wow is the roof leaking. As the year goes on, you hit the freshmen hurdles everyone else had hit in the past, prep for success and the dreaded swim unit. I would now like to digress and talk about how criminal it is that the new freshmen don't have to take this unit. The swim unit was a rite of passage, something that formed a necessary bond between all classes who had suffered through this unit.

Now we move onto the sophomore year, that weird in-between year where nothing really happens. As a sophomore you walk in on the first day of school with that undeniable confidence that ironically plagues this class. Because you are no longer a freshman, right? You think this year would be different and ultimately it was, one major change came, the roof was fixed. After a few short weeks of realizing that not even the freshmen trust your high school "expertise" you realize you are still an underclassman. The best way to describe sophomore year would be with the dance move that became famous during that year. Being a sophomore is very similar to dabbing [Preform the move], in that it is embarrassing to think that we ever thought it was cool.

Now we are onto Junior year "The Most Stressful Year." You walk in the first day with a new amount of confidence: you are an upperclassman, you know what high school is like. This year you will be told by

every teacher at some point that this is the most important year of high school, and that every moment should be spent studying for SAT. With Junior year comes the biggest drama causing event known to the school: prom. Just kidding; the Parking spot raffle. This raffle ultimately decided how your junior year would go. Would you be the cool kid who got to drive their rig to the school and accidentally park in a senior's spot and get an earful, or would you be the Junior who had to take the bus and spent their entire junior year annoyed. Ultimately, we can all say we are glad that year was over.

Finally, its Senior Year the year of questions. Some star examples being where are you going to college? what's your major? and what do you mean you want to get a degree in interpretive dancing? As you begin applying for schools you wonder why people don't say senior year is the most stressful, however, after being accepted and senioritis sets in, you understand why. Senior year is also the year when teachers become cooler, you are chronically late to class, and school sports begin to matter for some reason. Major accomplishments were made this year including our school earning the blue-ribbon award, let's have a round of applause for our amazing faculty, and secondly this year saw us beating Morgan twice in football as well as reaching the state championships. While we may have lost in other sports it is clear that with the blue-ribbon and our football victories, HK is undeniably better than Morgan.

On that note why don't we end this speech with a round of applause for our Morgan-defeating class of 2019."

Next came the salutatorian of the class of 2019, Nolan Serbent:

"As John Lennon once said, "Imagine there's no -end to high school, lol, wouldn't that be hilarious?" No, John, I think not. Unlike the last two seasons of Game of Thrones, I daresay it was quite long enough. I do not say that derogatorily, but rather matter of fact. These halls have gotten smaller, while time, and learning-and whatever they put in milk nowadays- has made us grow tall. So tall, in fact, that word on the street says students are concussing themselves on doorways. What dummies. It must really be time.

Parents, I am proud to say that your graduates stand strong today as individuals, and, as a class, undivided- due to our general inability to long divide. Thank you for supporting us, even if it seemed like sometimes we were deliberately not supporting ourselves. Thank you for teaching us about sacrifice, and discipline, and how to complain about gas prices.

Teachers, thank you for all that you do. Thank you for grading papers that nobody should have to read, and, consequently, learning two or more languages, whether it's "English" or "freshman." Thank you for being passionate about what you teach while also understanding and accommodating the fact that molecular chemistry doesn't get EVERYBODY "all riled up." Thank you most of all for the moments where you help us feel capable and impactful, whether it's engaging in a difficult discussion about topical content or, when

a student interrupts class with a great joke, as rare as that may be, scolding them with an unmistakable twinkle in your eye, so as to say, "you still can't do that, but, that was a good one."

My fellow students. Twelve years for some of us, eight for more, and four for most. We've 'wung it' together, danced poorly and cheered together, and been forced to grow up through some tough times, together. We certainly don't all dance to the same tune, in fact, some of you dance to what I have a hard time calling 'tunes' at all, yet, somehow, at any given moment, we've all given each other a chance- And most of us blew most of those chances, but, amazingly, we were given second and third chances too. Thank you for that. That's bigger than any of us. Yes, some of us go trucking through mud, some of us go trucking through defensive lines, some of us go around trucking textbooks to each other's houses and, others, trucking used guitar amps to basements. Regardless, you've all kept on trucking, and for that, you have my utmost respect. When Uncle Ben looked into Peter Parker's eyes and uttered the fateful words "With great power comes great responsibility," He was talking about Powerpoint. Yes, believe it or not, people can generally read for themselves. But, of course, our learning has just begun, as the great Taio Cruz will sing into the halls of eternity, "it goes on and on and on."

And, to avoid doing just that, I have but one piece of advice. People will believe any story that they tell themselves. Now, unfortunately for us, telling a good story takes practice, but, Thankfully, the same basic events passed can be told in new ways to mean entirely different things going forward. If there's anything you will have learned in high school, it probably wasn't what you want to do when you grow up. Adults, please. It was probably something more like, 'classic' literature does not necessarily mean 'exciting' or 'epic', or 'rad' or even... 'enjoyable'. That's step one. Hit you like a ton of books-I mean bricks. Probably even put you to sleep. But, when you eventually woke up, something beautiful just might've happened. Maybe You realized that some of the most important books are about the smallest stories, Almost like some of them were about nothing at all. Maybe the best stories aren't about what happened, or even how, but what it meant and how it was told. Maybe you set the record for the most false starts in the 200 yard dash, or, maybe, you tread where no person dare Inappropriately step before. Maybe you failed geometry, or maybe you're just too abstract to be confined by things like precision, and accuracy, and logic. Maybe you were third Tenor sax or maybe you played the most wholesome whole notes that nobody knew they needed to kinda hear. People will believe any story that they tell themselves.

So, be open to the fact that the past four years might not mean the same thing to you today, as they do tomorrow, or 2 months, years, or decades from now. And they shouldn't. Give yourself as many chances as you need, and be open to the fact that your story is as good as you dare tell it. Thank you all very much."

Continued on next page

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## Haddam–Killingworth High School graduation 2019

Continued from previous page

Following Nolan, was the valedictorian of the class of 2019, Michaela Flaherty:

*“When I was younger, my sisters and I got reading lights for Christmas. They were nothing fancy—just silver plastic with a metal clip on the back. The battery in mine died years ago, but I still like to keep it on my dresser.*

*There was a point in my life when I would use that light every night. My parents would tuck us in and tell us to go to bed. Instead, I would lie there and wait... and wait...and wait, until the coast was clear. And then I would read. Not that I couldn't read during the day; I could, and I did. But I always wanted more, needed more. More time spent in a unique world other than my own, more beautiful new words to test out the next day, more lessons to learn from the characters I grew up alongside. It was a truly magical phenomenon that I never grew tired of. Under my covers, reading light in one hand and a book in the other, everything else melted away. Hours would pass, but I would be too mesmerized to notice. To me, nothing is more powerful than a book that makes me lose my sense of time.*

*Obviously, not everyone agrees with my sentiment. But, you're all familiar with this feeling of pure clarity in some form. Maybe it's from soccer, photography, dance, guitar, math, or drama. Class of 2019, take a second to think about what brings you clarity.*

*Now, when was the last time this activity distracted you from everything else going on in the world?*

*Personally, I don't know when I last read for fun, and I'm reminded of it whenever I walk by my dresser. Somewhere in the hustle and bustle of high school and homework and extra curriculars and jobs, I lost touch with that part of myself. I stopped making time for reading.*

*There will come a point, if it hasn't happened yet, when life will tie you up, and you may neglect the activities that bring you clarity, too. After we leave this ceremony, a new chapter begins, and things will get far more complicated for each of us; we'll have to learn to manage money, find a job, take care of a home, and maybe even raise a family, to name a few. With independence certainly comes responsibility.*

*However, I am asking you to make a promise to yourself: never lose sight of what halts your sense of time. Both my biggest pride and my biggest regret from high school is working so hard; while I wouldn't necessarily take back the hours I devoted to my classes especially, I wish I'd found a better balance between work and play. I have learned from this, as I am hoping you will.*

*We have all toiled in one way or another and have so much on our shoulders—especially after today. So, despite each member of our graduating class bearing a different set of equally important obligations, we all share the gift of being able to make an active choice from this time moving forward—to either allow our responsibilities to limit our happiness, or to find a healthy balance between the two. Take care to pay a late-night visit to Wallingford Bowl, or binge-watch *The Office*. Go on hikes, pick up one (or two...or three...) new shirts at Goodwill, or stop by open gym. Life is far too short to put joy on the back burner, if even for a minute.*

*These past four years have taught me not just this lesson, but countless others. Thank you to my teachers*

*for always pushing me, even when I was unsure of what I had to give. In particular, I'm grateful to Mr. Pallatto for reminding me that it's okay to stop and breathe; to Mr. Hagedorn for encouraging me to never settle for less; and to Mr. Keck for helping me to find my voice.*

*Thank you to my friends for making me smile every day. I'm thrilled to see you all do big things in a big world.*

*Finally, thank you to my family. Gabby and Jackie: I am so lucky to be a big sister to you two—the most loyal best friends I could ever ask for. Don't steal too many clothes from my closet next year. Mom and Dad: you have instilled in me the importance of perseverance and integrity. Your unconditional love and support—even when it looks like a tornado hit my room—inspires me to reach higher. I hope I've made you proud.*

*Class of 2019, there is so much for us to do. Take the freedom and opportunity we now have and run with it. Build the life you want and make it a happy one.*

*I, for one, already have a book picked out that I'm looking forward to enjoying this summer. Maybe I'll grab some new batteries for my reading light while I'm at it.”*

Next, the Graduation Choir sang a song, entitled “For Good.” Donna Hayward, HKHS Principal, then spoke:

*“Good evening! It's a pleasure to be celebrating with the class of 2019 this evening on the earliest graduation date I can ever remember! And that's different – but right from the start, I have to tell you that this class has always been different. While I always say that each class definitely has its own personality, the characteristic that most marks this class is how wildly diverse you all are – from the remarkably academic to the ultra-artistic to the naturally athletic. From the precise engineering mind, to the stand-up comic to the metacognitive philosopher. Along with your uniqueness, the common thread that has always defined you as a group is how spirited you are, not in the traditional sense – but in how you react to your world and respond to adversity. From your first days as freshmen, we noticed. You were eager. You were all-in. You had strong opinions and weren't at all slow to share them. You were smart, active, and struggling to find yourselves. And frankly, we weren't really sure how that was going to go. But here you are, and I have to say we are so proud of who you have become.*

*So while I'm holding onto the piece about you being the most eclectic group of seniors we have ever graduated, I'm also struck by the significant challenges this class has faced. Real life challenges have come your way earlier than I would have wished (in fact, I wish they had never come) and we have stood by you as you have navigated through storms to find your way. You are spirited. You are strong. And you have each responded to challenge in your own way.*

*This year, we were so proud to be named a National Blue Ribbon School of Excellence. You will always be the class who led the school as seniors when we received this honor – and your hard work and success*

*helped to secure this recognition for your school, which has in turn fed your success. I was asked to describe what makes HK special when we received this award and of course I talked about the academics and the offerings, programs and the unique structures of HK – but more than anything else, I talked about how we are a family and how we, as a school community, respond to challenge. SOMETHING MAGICAL HAPPENS AT HK that only people who are here or are really close enough to watch can understand. We laugh together, grieve together, heal together, celebrate together – and our family thrives.*

*So as I thought about how to describe the Class of 2019 tonight, it struck me that we have this remarkable, colorful, class of individuals with all different interests and habits and talents which are like the textures of the group. And you have been nurtured in this strong family of HK – in turn nurturing each other – and us – and the underclassmen. I realized that it was in the times of challenge that the stitches tightened, the fabric that is this class wove together to be a fantastic tapestry of Cougar graduates. How fitting that YOU were the seniors in our Blue Ribbon Year. I will forever remember you for that.*

*It wasn't all roses and sunshine. But then, crafting something of quality never is. It's never without struggle and we had some real life yuck. But we came through it – and as you prepare to leave us, it seems important to remind you of how far you have come, and how you will get where you're going.*

*There's an old Cherokee legend – you've probably heard before – that may illustrate best:*

*An old Cherokee is teaching his grandson about life. “A fight is going on inside each of us,” he said to the boy.*

*“It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, ....., superiority, and ego.” He continued, “The other wolf is good – he is joy, ..., love, hope, ....., kindness, ....., empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”*

*The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”*

*[His grandfather] simply replied, “Whichever one you feed.”*

Continued on next page



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# Haddam-Killingworth High School graduation 2019

Continued from previous page

Feed the right wolf – which means knowing what to feed that right wolf. Feed him with resilience and your unwillingness to ever give up. Feed him by accepting help when you need it, and by keeping family and friends close. Your blood family, your musical family, your athletic family, your HK family. Feed him by reframing challenge as an opportunity. Feed him by remembering to laugh – at yourself and with others.

You have practiced this at HK. You have overcome significant stage fright to sing in the Holiday Show for a cause greater than yourself – while amazing all of us who didn't even know you could sing! You have overcome sadness and loss by creating your own non-profit organization to raise money for brain cancer and child cancer research, or by becoming an EMT to care for others in their most fragile moments, or by creating an



award-winning video which connects you with others and touches lives in a meaningful way. You have faced the challenge of adjudicated trials, spending your lunch periods and after school hours preparing and then far exceeded the previous records of students being accepted to regional and All State music festivals. Year after year, you worked hard on the football field to become state champion contenders this fall and to bring home the Principal's Cup for the first time in seven. You have overcome numerous concussions to breach the Ivy League. You have broken records in the pool, on the track and on the court. And amidst all of this, there have been challenges, injuries, setbacks and loss. But you showed up. You could have easily bailed, mailed it in, stayed home. But you didn't. You fed the right wolf. Please remember this as you leave HK and go on your way.

Here's where you are going. One hundred and twenty of you are headed to 57 colleges in 18 different states – and one all the way to London! One of you is headed to the military – thank you and be safe. Nine of you will start work right away and four will attend trade school for training in jobs that can never be outsourced. You are pursuing careers in communications, education, nursing, construction management, psychology, finance, history, STEM careers and political science – if ever you're a candidate, I will vote for you!

When Connor Chute put together a celebratory video to honor the spirit of HK, he rightly chose Jason Mraz's "Have it All" as the musical track. Watching our video with you, I had much the same feelings as I do each graduation day with the lyrics perfectly summing up my wishes for you:

May you know the meaning of the word happiness  
May you always lead from the beating in your chest.  
And may the best of your todays be the worst of your tomorrows.

Here's to the lives that you're gonna change.  
I want you to have it all.

It has been an honor and a privilege to be your principal. Thank you for everything you have taught met. Godspeed."

Superintendent for Regional School District No. 17, Howard Thiery, spoke next. Then Mr. Thiery granted the graduates their diplomas, saying, "I do hereby certify and confirm that the members of the Haddam Killingworth Class of 2019 have met the graduation requirements of the RSD 17 Board of Education and the State of Connecticut, and it is therefore my distinct privilege as Superintendent of Schools to officially present the Haddam Killingworth High School, Class of 2019, to the Board of Education for the awarding of diplomas. I am pleased to call upon class representative, Sadie Strom, to receive the first diploma."

The graduates were called up to the stage to receive their diplomas, then after they were all reseated, they turned their tassels from the right side of their graduation caps to the left side, then many of them threw their hats into the air! And commencement, for another year, was over.

## HVFCo.

### 9-Town Transit Bus strikes car; no injuries reported

By Olivia Drake, Public Information Officer, HVFCo.

No one was injured following a motor vehicle accident today involving a 9 Town Transit bus and car. At 12:37 p.m., on June 13, Volunteer Fire Co. was dispatched to Killingworth Road near the Mobile Higganum Service Station. The transit bus struck the vehicle in front of it causing significant damage to both the car and bus.

The operator of the car, the driver of the bus, and one bus passenger were evaluated on scene by EMS personnel and refused additional medical treatment.

One lane of traffic remained open throughout the incident. The call was cleared following the removal of both vehicles.

### Classifieds

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

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# Troopers: 5 most common factors in fatal vehicle crashes

The weekend of June 14-16 was a very tragic weekend on our roads. Across the state we had three motor vehicle fatalities, one involving a motorcycle in Haddam, one was a single vehicle accident and the third was a two car fatality. We also came frighteningly close to losing one of our own Troopers as his cruiser was struck by another driver on busy I-95 in Bridgeport. In light of this we thought it was a good time to talk to the State Police our CARS (Collision Analysis Reconstruction Squad) Unit Investigators whose primary job it is to investigate fatal and serious injury motor vehicle accidents, whether that accident involves the motoring public or our own Troopers (or both). We asked CARS investigators to provide us with the five things they see most often when they investigate fatal and serious injury accidents. Here is their response:

**Speed:** We've all heard the saying, speed kills. When you speed you have less opportunity to react, brake and avoid collisions. When your speed is too fast your impact with whatever object you strike has that

much greater force behind it, making it more likely to cause serious injury or fatality. This is the biggest reason that the CARS Unit is called to a fatality. TIP: Slow your speeds and you just may affect the outcome of whether you die in a crash or walk away.

**Inattention/Distracted Driving:** CARS Unit Troopers advise that distractions while driving, including texting and cell phone related distractions, as well as general inattention (yelling at the kids, letting the dog sit in your lap) often lead to crashes that end in serious injury or fatalities. TIP: Put the phone down and put the dog in the back seat, be aware of your surroundings and what the vehicles around you are doing.

**Poorly Maintained Vehicle:** Your tires, brakes, windshield wipers etc., should ALL be in good working order. Troopers say that you can have lightning fast reflexes, but if your tires are bald or your brakes are faulty it simply won't matter. TIP: Stay on top of vehicle maintenance, it may save your life.

**Driving Drunk:** This one seems pretty obvious but we are including it among our top five reasons Troopers have to investigate a serious injury or fatal accident. OF NOTE: Drunk drivers are also most often the ones who drive the wrong way on the road. TIP: Please. Just don't drive drunk.

**Size of Your Car:** In this case size does matter. Troopers say that they most often see fatalities in smaller vehicles that have impacted other vehicles and/or objects that are much larger. TIP: Not everyone wants a pickup or a big SUV, we get that. However, if you do have a smaller car make sure that you follow all of the other things listed here and your chances of survival in a crash will still increase.

**Also worth noting:** You are much more likely to survive a crash if you are inside the vehicle and not ejected from it at a high rate of speed, so buckle up! Another tip for those with children: CARS Unit Troopers advise that children who are in the middle seat of three are more likely to survive crashes with side impacts.

## CALENDAR

Please visit [www.haddam.org](http://www.haddam.org) or [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com) for the most current information, including cancellations, location changes, time changes.

### Thursday, June 27

HHS Talk, "Furniture Finishes, Past to Present" 7:00 p.m.  
Community Center, 7 Candlewood Hill Road, Higganum  
Zoning Board of Appeals Meeting, 7:30 p.m.

### Friday, June 28

Tax Office Closed



### Saturday, June 29

HK Relay for Life, 12:00 p.m.-10:00 p.m.  
The Relay For Life of Haddam Killingworth will be held Saturday, June 29, from noon to 10:00 p.m. at the Haddam Killingworth High School track. Relay for Life is a non-competitive community event and we are looking forward to walking with survivors, caregivers, and many teams of all ages to join in the fight against cancer.

### Monday, July 1

Tax Office Closed

### Thursday, July 4

Happy Independence Day!

## HADDAM NECK FAIR 2019

### Volunteers needed

By Dianne McHutchison

Since it began more than 100 years ago, the Haddam Neck Fair has been an entirely volunteer operation. It is supported by the funds it raises and by the hard work of its volunteers.

Summer work nights are held on Wednesday nights beginning at 6:00 p.m. and on every night the week before the Fair opens. The Fair is

held over the Labor Day weekend beginning on Friday, August 30, 2019 at 4:00 p.m.

Work nights are when the various maintenance and preparation chores are done to get ready for the Fair. Come and bring your tools and skills. Adults and kids are welcome and there are tasks for all age groups.

Please call Angie Tegge at 860-759-5334 or David Tozier at 860-416-4302 with any questions.



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### Acne and Its Treatment

Each year, up to 50 million people are affected by acne. The best treatments involve a variety of solutions including lifestyle management. OTC medications may be enough to treat the simpler cases, whereas a primary care doctor or dermatologist may be needed for the more severe cases. Acne occurs when the sebaceous glands in your skin get blocked, and then the oil that is produced by these glands builds up, and causes an inflammation which we call a pimple. It may take some Trial and Error to find the ideal treatment.

#### Lifestyle Stimulants That Impact Acne

- Stress and anxiety affect cortisol levels which definitely aggravate acne.
- Makeup that contain oils have been shown to trigger acne formation
- Greasy Hair, especially if using hair products with cocoa or coconut butter
- Some climates- especially when you sweat more, may worsen acne
- Hormone changes in the week prior to women's menstrual cycle

#### Things to do-

- Don't burst the pimple- as this forces the sebum further into the skin.
- Wash skin, and hands, but keep hands off of face.
- Clean glasses regularly as they get sebum on frames.
- Eat a healthy diet. Decrease high sugar foods, limit dairy products, and increase consumption of nuts, olive oil, while hydrating properly for good skin moisture.

OTC products with Benzoyl Peroxide may work, but will take a few days. There are prescription medications that combine benzoyl peroxide and an antibiotic. Do not overuse benzoyl peroxide as too much can damage your skin, and be careful not to get it on your clothes, as it is a bleaching agent.

If OTC products do not work, or you are not getting the results you wish, consult your doctor.

Laser and light therapy is controversial and not without problems. They work by damaging the sebaceous glands thereby decreasing the amount of oil produced.

### Healthy Skin Coupon

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# In And About The Haddams- June 1919 – National News

*Selected from the pages of the Penny Press and lightly annotated by Sally Haase*

**Wall Street Sees Treaty Before Senate. Washington, June 4:** The alleged discovery that copies of the peace treaty had reached powerful interests in New York City, while the senate was still denied an opportunity to peruse it, coupled with the statement of Acting Secretary of State Polk that probably certain of the cablegrams incorporated in the peace treaty had reached certain New York financial men through their Paris representatives. This has served to solidify the opposition in the senate to the proposed league of nations, it was stated by both republican and democratic senators, who are avowed anti-leaguers.

**Leaked Copy To Big Business. Washington, June 5:** Republican senators who charged that copies of the peace treaty had fallen into the hands of "big business" in New York "unfairly and unjustly insinuated" that the president possessed knowledge that the document had reached certain American financial interests, Senator Hitchcock, acting senate minority leader, declared.

**Senate Votes To Publish Text. Washington, June 9:** "Beyond question, the peace treaty is a matter of public record abroad," Senator Borah said. "It is being freely distributed [abroad] and there is no reason why it should not be presented here." Democrats raise protests, while five bankers are subpoenaed. President Wilson cables a demand for a full investigation. The president's belief is that it would be unwise to submit a document still under negotiations.

**Keep League Out Of Treaty. Washington, June 10:** A resolution which would in effect keep the United States out of the League of Nations except by diplomatic negotiations was presented in the senate today. The resolution would notify the peace conference that the United States reserves the right to take action on the League of Nations and would effectually separate the league from the signing of the peace treaty.

**Turks To Make Concessions. Paris, June 11:** Turkish peace delegates on route to France will concede the allies' right to occupy Armenia, Arabia and Trace. The Ottoman envoys are reported to be preparing to shift responsibility for Turkey's entrance into the war upon the Young Turks. [The Young Turks were a political revolutionary party who ushered the Ottoman Empire into WWI and who were accountable for the Armenian genocide.]

**Three Fourths of Males Killed in Asia Minor. Boston, June 11:** Dr. George Washburn of Boston returned home after serving with the American relief commission in the near east, declared that three fourths of the male population of Asia Minor has been killed since Turkey entered the war. "The Turks are still holding 300,000 Armenians in the mountains after driving them from their homes," he said. The Turks explain that it would involve too great an expense to return the [confiscated] property to the Armenians and intend to hold it for good."

**Chinese Boycott Treaty. Tokyo, June 13:** A Japanese cruiser and a gunboat have been rushed to Wu-Hu and Shanghai to protect Japanese interests against a boycott inaugurated by the Chinese, who are demanding an annulment of the peace treaty decision granting the Japanese territorial rights on the Shantung peninsula.

**Allied Armies Ready If Foe Refuses To Sign. London, June 20:** While Germans at Weimar wrestle with the Allied peace terms, the Allies themselves were perfecting final plans for swift action should Germany prove recalcitrant. Advices reaching London indicated that everything is prepared, territory to be invaded mapped out and measures completed to combat any local resistance which the populace might offer to the allied advance.

**Germany's Final Maneuvers Before Signing. Paris, June 23:**

- Asked Allies to include Germany's denial of war Responsibility in the treaty. *Request refused.*
- Asked Allies to nullify provision for handing over authors of the war for trial. *Request refused.*
- Protested against stripping Germany of her colonies. *Protest ignored.*
- Notified Allies that Germany cannot possibly fulfill the treaty's conditions. *Notification ignored.*
- Asked Allies to grant 48 hours more time. *Notified Germany that the armistice ends tonight.*

**Germans Planning Revenge. Berlin, June 25:** Disorders have broken out in Berlin following acceptance of the peace treaty. Mobs are looting shops. The telephone and Postal workers have quit work. Reports are that strike disturbances are country-wide. Feelings of revenge and hatred of the Allies are springing up alongside the chaos here.

The conservatives are stirring up trouble by issuing manifestoes, condemning the signing of the treaty that gives away German territory, reduces the

size of her army and surrenders her fleet and colonies. They openly proclaim that a day of reckoning is coming.

**The Treaty Of Versailles Signed. Versailles, June 28:** The Great War officially came to an end this afternoon with a treaty which officially brought peace again to the world. [The map of postwar Europe was redrawn with nine new nations while three disappeared. Alsace-Lorraine was returned to the French and Turkey was no longer an empire.] Premier Clemenceau invited the German delegates to come forward and sign. President Wilson was next to sign and was followed by Premier Lloyd-George of Great Britain, and then followed by Premier Clemenceau of France. Only two incidents marred the proceedings, General Smuts, of the South African delegation, protested against punishing the Kaiser. And, the Chinese delegation was not present, but sent word that it would not sign the treaty.

Immediately after the signing was complete the German delegates left the building and returned at once to Berlin.

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

## OBITUARIES

### Eleanor Alvord (Potter) Kimball

According to Legacy.com and The Middletown Press, Eleanor Alvord (Potter) Kimball, age 94, of Killingworth, passed away on Tuesday, June 18, 2019.

### Laura Rose Curry

According to Legacy.com and The Hartford Courant, Laura Rose Curry passed away on Saturday, June 1, 2019.

### Cora M. (Nichols) Rich

According to Legacy.com and The Middletown Press, Cora M. (Nichols) Rich, age 97, passed away on Tuesday, May 28, 2019.

### Marguerite Sullivan Drexler

According to Legacy.com and The Hartford Courant, Marguerite Sullivan Drexler, age 92, passed away on Friday, May 24, 2019.



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# 'Healthed-up' picnics for summer enjoyment

By Janet Verney

Picnics here, picnics there, picnics everywhere... I don't know about you, but it seems there is one every weekend and sometimes in between. Don't get me wrong, I love picnics because it means getting together with friends & family, usually being outdoors, and kicking back to enjoy the summer season. Having said that I bring my own food to stay away from the ingredients that leave me feeling sluggish and heavy.

The classic picnic foods tend to be processed meats on the grill, salads with thick goopy dressings, and sugar laden desserts to sink a ship. You know what I'm talking about! Most of these foods are made with bad fats, like partially hydrogenated oils, or are high in saturated fat. In addition, they commonly have high fructose corn syrup or refined white sugar and flours, and if you've been following my monthly column then you know this can lead to chronic inflammation and ultimately disease.

Okay, so rather than go on and on about the bad stuff and even the good stuff, I wanted to focus this column on some healthier picnic recipes that I have "ReDesigned" using better options. To keep your creations super healthy, do your best to use organic or locally grown produce and ingredients. I hope you enjoy them and that you experiment with some of your favorite picnic fare, giving them a healthd-up makeover. As always, please don't hesitate to reach out to me with questions.

## Herbed Cauliflower Salad (like potato salad)

My friend introduced me to the idea of making a potato salad with cauliflower and so I decided to try it and I was ever so happy with the result! There's nothing wrong with using some good old fashioned organic potatoes as well, but if you are trying to reduce starchy carbs this is a wonderful option.

- 1 head cauliflower, chopped into bite size pieces
- ½ cup vegan, soy free mayo
- 1 Tbsp. olive oil



- 1 tsp. spicy brown mustard
- 1 tsp. lemon juice
- 1 tsp. onion powder
- 1 tsp. paprika
- 1 tsp. sea salt
- 4 stalks chopped celery
- ½ large red sweet pepper chopped
- Assorted fresh or dried herbs like chives, tarragon, dill, fennel, parsley, etc.

Steam the cauliflower in a small water bath for about 10 minutes or until just tender. In a large serving bowl, whisk all other ingredients, except the celery

and pepper. Add the celery and pepper and the cauliflower once it has been cooled, toss and stir until fully coated with the dressing. You can make this the morning of your picnic. It was delicious the next day as well, but gets a bit watery overnight.

## Sweet & Sour Broccoli and Carrot Salad

I love that sweet & sour flavor and over fresh broccoli & carrots it is so yummy! I like to make this in the morning the day of the picnic.

*Continued on next page*



## LEGAL NOTICES

### PLANNING AND ZONING NOTICE OF DECISION

The Planning and Zoning Commission of Haddam, Connecticut approved the following at its meeting on June 6th, 2019 :

1. Approved Zoning map amendment to change the zone of various publicly owned properties and Haddam Land Trust and Audubon Society properties to Conservation Zone. A map displaying the parcels to be changed is on file in the Town Clerks Office and the Land Use Office. Applicant - Haddam Planning and Zoning Commission.

Planning and Zoning Commission, Haddam CT

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

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## Food for Thought

*Continued from previous page*

- 1 head broccoli, chopped into bite size pieces
- 3 large carrots sliced into bite size chunks
- ¼ cup olive oil
- ¼ cup pure maple syrup
- ¼ cup apple cider vinegar
- 1 Tbsp. celery seed
- 1 tsp. sea salt
- 1 tsp. onion powder
- 1 tsp paprika

Place the chopped veggies in a serving bowl. Whisk, or shake in a jar the remaining ingredients and pour over the broccoli and carrots. Stir well, refrigerate and stir again before serving. Adjust flavors as preferred (more sweet, or sour).

### Curried Kale Slaw

This is so yummy, it is great leftover and it is a nutritional powerhouse with all the cruciferous veggies! This is one of my go to salads for potlucks and it always gets rave reviews!

- ¾ cup vegan, soy free mayo
- ½ cup lemon juice
- 3 Tbsp. olive oil
- 1 Tbsp. spicy mustard

- 2 Tbsp. pure maple syrup
- 2 tsp. curry powder
- 1 tsp. sea salt
- 1 tsp. ground cumin
- 1 tsp onion powder
- 1 bag organic veggie or broccoli slaw
- 1 bag baby kale, or large kale leaves chopped or torn off stems
- 1 chopped apple
- 1 can chickpeas (bpa free can)
- 1 cup raisins or fruit juiced sweetened cranberries
- ½ cup cilantro or parsley

Whisk the first 9 ingredients in a large serving bowl. Stir in the remaining ingredients. This can be made the morning of the event and lasts up to two days.

### Watermelon Fruit Salad

There is nothing more refreshing and hydrating on a hot summer day than watermelon! I like this recipe drizzled with a non-dairy vanilla yogurt sprinkled with cinnamon and nutmeg.

- 1 small water melon chopped into bite size pieces.
- Other assorted fruit chopped
- 1 non-dairy vanilla yogurt sprinkled with cinnamon and nutmeg

Toss the fruit in a bowl and drizzle with the yogurt or place the yogurt in a small bowl with the fruit around it.



### Lemon Infused Water

Staying hydrated on a hot summer day is so important. In place of sugary drink options, I like to have a big pitcher of lemon water available. This refreshing lemonade is so yummy and won't raise your blood sugar! Be sure to use organic lemons for this recipe.

- 2 lemons juiced
- 1 lemon sliced thin
- A large pitcher of filtered water
- 6 drops liquid stevia (I like Stevita brand), or even better fresh stevia leaves, slightly rolled to allow the plant oils to release. I place the leaves, stem and all into the water/lemon mix and it gives it just enough sweetness.
- A spring of lemon balm, optional, (looks oh so pretty and adds a bit more lemon flavor)
- 5 drops of lemon essential oil, optional (I use doTERRA brand)

Combine all ingredients into the pitcher, cover and refrigerate until ready to serve. I like to prepare this the night before for best flavor, but anytime is fine.

### Lemon Ginger Cookies

Last, but not least, I had to throw in a health'd-up dessert recipe! These cookies are vegan, gluten free, grain free, and nut free, but certainly not lacking in flavor! They are super easy to make, using only one bowl!

- 1 Tbsp. psyllium husk (this is an Indian herb – I buy an organic brand on Amazon)
- 1 Tbsp. avocado oil
- ¼ cup lemon juice
- 1 tsp. lemon or 5 drops of lemon essential oil
- ½ cup avocado oil
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. sea salt
- 1.5 cups coconut palm sugar
- Zest of one organic lemon
- 1 cup chopped crystalized ginger
- 2 ¼ cups chickpea or garbanzo bean flour

In a large bowl whisk the first 3 ingredients and allow to sit until thickened. Add the next seven ingredients and gently whisk. Stir in the chunks of crystalized ginger. Stir in the chickpea flour until blended. The dough will be thick and slightly sticky. Using two teaspoons, scoop onto a cookie sheet lined with unbleached parchment paper. Bake at 325 degrees for about 11-12 minutes. Cool on the counter. Store in a tin in the fridge. Make approximately 30 small cookies.

Okay, so there you have it, six new recipes to health-up your next picnic! Now I'm off to create something new in the kitchen. If you have a topic you'd like to learn more about, please email me at connect@roots2wellness.com. Until next time!

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

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