

## Personalized bricks for Memorial Day 2019

By Rick Annino, Haddam Veterans Museum

Each Memorial Day, the Museum places an order for 4 x 8 inch red engraved bricks to be placed in the Memorial Walk in front of the Museum. These bricks are to honor any Veteran that has been honorably discharged from any branch of the Armed

Services. They do not have to be a resident of the Town of Haddam and the bricks will be placed by Memorial Day.

The bricks are \$50.00 each. This is not a fundraiser and they are sold at cost. All orders must be received by April 1, 2019. Forms are available here by clicking on the link: [Veterans brick order form.](#)

Additional forms are available at the Town Hall or by contacting Rick Annino at 860-345-4802. Please make checks payable to the Haddam Veterans Museum and mail to Rick Annino, 671 Little City Road, Higganum, Conn., 06441. You may also call Rick if you have any questions.

## HKHS Graduate named Maine's new DEP Commissioner

By Phil Devlin

Jerry Reid, formerly of Killingworth and a 1987 HKHS graduate, was named by Governor Janet Mills of Maine to be the state's Department of Environmental Protection (DEP) Commissioner last month. Jerry was a terrific student/athlete at HK— a smart, dedicated individual with a deep sense of commitment to whatever he did; furthermore, he was a kind, generous, and loyal human being who always impressed his teachers and coaches. Jerry was a student of mine in both junior English as well as in Latin. He was also an outstanding baseball player for HK. I had the pleasure of coaching him in the 7th and 8th grade; in addition, he played 2nd base for Coach Mark Brookes for four years in high school.

Jerry is the son of James and Nancy Reid and formerly resided on Green Hill Rd in Killingworth. Jerry's dad was a longtime, beloved



Jerry Reid, formerly of Killingworth, is Maine's new DEP commissioner. Photo from Maine DEP website.

professor of mathematics at Wesleyan as well as a member of the Regional 17 Board of Education for several years. Jerry attended Wesleyan, where he majored in Latin and played baseball for the Cardinals. Following college, Reid attended the University of Maine Law School, where he grad-

uated cum laude in 1994.

Prior to being confirmed as DEP Commissioner, Jerry served in the environmental division of the Attorney General's Office in Maine for over two decades. He had been the chief of that office for the last 11 years. In a written statement of support, Governor Janet Mills had this to say about Jerry Reid: "The Department of Environmental Protection plays a crucial role in safeguarding the air we breathe, the water we drink, and our many other valuable natural resources. Jerry has worked tirelessly for decades to protect our environment and natural resources through his work in the Attorney General's Office, and I know firsthand from my experience working closely with him that he has the talent and ability to lead this important agency. I look forward to continuing to work with him in the years to come."

In a written statement, Reid said the following about his appointment: "I'm honored to be Governor-elect Mills' selection to lead the Department of Environmental Protection. I have been privileged to work on some of the most important environmental and natural resources issues facing Maine in the Attorney General's Office, and I'm excited by the opportunity to continue that work in a new role."

Those of us who knew Jerry Reid at HK are confident in his ability to serve the people of Maine well in his new job. Jerry currently lives in Harpswell, Maine with his wife and three daughters. Congratulations, Jerry!

## HCL Scholarship 2019: now accepting applications

Are you interested in the field of Journalism or Communication? Are you a graduating senior who is a resident of Haddam, Higganum, or Haddam Neck? Then maybe this scholarship is for you.

The Haddam Civic League Scholarship was established in 2015 to recognize students whose high school career reflects the values of good citizenship, respect and an appreciation of the role communications plays in our society. The Haddam Civic League is organized and operated for the purpose of collecting and disseminating news and information for the benefit of the citizens of Haddam through its on-line newspaper [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) and its print newspaper Haddam News. The organization is guided by a sense of impartiality including presentation of opposing views, devoid of conflicts of interest and supported by research.

Any graduating senior who is a resident of Hadd-

am, a member in good standing of his/her student body, a participant in extra-curricular activities and who has performed community service during his/her high school career is eligible for this scholarship. The student shall have participated in at least one aspect of communications in high school (school newspaper, TV, or other journalism activity). The student shall have contributed at least one (1) article to the [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) publication. The scholarship award is for use in the student's pursuit of secondary education in the field of journalism or communications. The student must complete the Application: HCL Scholarship Application (one can access the application here: [HCL Scholarship Application](#)), and submit two letters of recommendation and an essay (750 words or less) that addresses the following: What role should the media play in the dissemination of information? Why is accurate and

unbiased information important? How do you see your college major fitting into the values of proper journalism or communications?

The student may be required to interview with the Scholarship Committee and/or its representatives. Specifications can be found at the following link: [HCL Scholarship Specifications](#). Applications must be postmarked no later than April 15, mailed to The Haddam Civic League Scholarship Fund Committee, c/o William R. Bowles, Esq., PO Box 478, Higganum, CT 06441-0478.

Payment of the scholarship proceeds will be made directly to the student upon verification of tuition payment via a cancelled check or a receipt from the recipient's choice of college or university.

*Haddam Civic League is the parent organization of [Haddam-Killingworthnow.com](http://Haddam-Killingworthnow.com) and Haddam News.*

**In This Issue:** 100 Years Ago, Page H3 • Invasive plant cleanup, Page H4 • The uses of witch hazel, Page H7

Visit [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) for the most up-to-date local news!

## TO THE EDITOR

### Senator Needleman, please help our Higganum Village

A recent Letter to the Editor in this newspaper (2.14.19), used 334 words advising you what was wrong with your Utilities Regulation, and what Not to vote for. This Letter will spend all 400 allowable words describing how the Senator's bill for a Central CT Loop Trail (described in Haddam-Killingworth-Now.com, 2.15.19) could help Higganum tremendously.

First, we need help. Our school district (RSD17) is consolidating our Haddam Elementary School (HES) into another – Burr Elementary, because of ever-declining student population. The population direction is clear, as evidenced by CtData.org, ages 5-9, Haddam and Killingworth. HES sits right at the major intersection of Higganum, next to our locally owned shops. Closing the school leaves a big hole in our community, so we need something great to re-

place it. Here are five possible building blocks, taken together, to help save Higganum, independent of the school building itself.

*re-inventing the historical Scovil Hoe Buildings;*

*protection for Swan Hill's 145 acres of preserve, which is attached to HES;*

*Essex Steam Train pushing on in to Higganum, with bike racks;*

*Rails-with-Trails from Higganum to Middletown, via the Valley Railroad scenic recreational corridor, connecting to the Central CT Loop Trail; and,*

*a public restroom in Higganum like in Essex's town center.*

Notes: The Scovil Hoe Buildings could be transformed into indoor ice skating, and indoor pickle ball courts; both for year-round use by the public, by the schools, and by H-K Recreation programs. There is plenty of commercial and residential space

available within Higganum and Haddam without forever losing to development 145 acres of Swan Hill's historical park preserve. The Essex Steam Train could bring passengers & visitors to Higganum, along with associated attention and business growth. The Rails-with-Trails from Higganum on to Middletown would provide a spectacular tie-in with the other trails, for young people, families, older folks, sports enthusiasts, and tourists. With all the people traffic into, and within, Higganum, we will need a Public Restroom facility for a comfortable break. All the above is consistent with Haddam's 2018 POCD:

*retain rural character & charm; keep our environment green and beautiful; and support economic development that leads to vibrant walkable/livable villages.*

Thank you in advance for all the ways you could help with the above.

Respectfully,  
Maurice D. Adams

## TOWN & COMMUNITY CALENDAR

### Thursday, March 7

How, When and Why of Pruning Woody Shrubs and Trees, 6:00 p.m.  
Haddam Old Town Hall

21 Field Park Drive  
By Dr. Yonghao Li

Plant pathologist with CT Agricultural and Experimental Station (CAES). Supper is included: Winter

soups lovingly prepared by Haddam Garden Club chefs. Cornbread, rolls dessert, coffee or tea. BYOB. \$20. RSVP Lynne Cooper at llcooper13@comcast.net.

Planning & Zoning Commission Meeting, 7:00 p.m.  
Saturday, March 9

St. James Corned Beef Dinner, 5:00 p.m.-7:00 p.m.  
St. James Church, Higganum

Dinner includes corned beef, cabbage, potatoes, carrots, home-made dessert, and beverage. Take out is available. \$15.00 adults; \$12.00 seniors, \$10.00 children ages 6-12, under age 6 free.

### Monday, March 11

Board of Selectmen Meeting, 6:30 p.m.  
Old Town Hall, 21 Field Park Drive, Haddam

\*Please visit [www.haddam.org](http://www.haddam.org) or [www.haddam-killingworthnow.com](http://www.haddam-killingworthnow.com) for the most current and complete information.

# Middletown Toyota

## Your Toyota truck headquarters.



TOYOTA 2019  
**TUNDRA**



TOYOTA 2018  
**TACOMA**

**Middletown TOYOTA**

"The People Pleasers"

634 NEWFIELD STREET, MIDDLETOWN • 877-347-7294 • [MiddletownToyota.com](http://MiddletownToyota.com)

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



## Marek Construction

EXCAVATING • CONCRETE  
SEPTIC TANK PUMPING  
SEPTIC INSTALLATION

**Vic Marek**



860-662-6253

## KNOCK. KNOCK.



The Care of a Hospital.  
The Comfort of Home.

Middlesex Hospital Homecare provides a full range of in-home services, including skilled nursing, physical and occupational therapy, and on-call staff available 24/7 throughout Middlesex County and beyond. Healing in the comfort of your own home—that's *The Smarter Choice for Care.*

For more information,  
call 860-358-5600.

The Smarter Choice for Care  
**MIDDLESEX HOSPITAL**  
Homecare

## END OF SEASON SALE

SAVE UP TO 25% OFF SELECT FIREPLACES & STOVES

*While supplies last. See store for details*



VERMONT  
REGENCY HAMPTON hearthstone Blaze King  
202 Main Street, Deep River  
860-526-9567 [pondsidekitchens.com](http://pondsidekitchens.com)

**PONDSIDE**  
KITCHENS  
AND HEARTH

# In & Around The Haddams: February 1919 – National News

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

**Pershing Defends His Soldiers.** Washington, Feb. 1, 1919: Reports that American soldiers are responsible for a crime wave in Paris are flatly denied by General Pershing in a cable to Secretary Baker. "Paris is offering attractions to men mischievously and criminally inclined. Naturally there are minor disturbances in Paris, but the American military police organization is excellent and these disturbances have been kept to a minimum.

**Abolish Submarines?** Washington, Feb. 1, 1919: Naval experts believe that a great fleet of under-water craft could successfully defend American shores from any attack. However, brief dispatches from Paris have indicated that England will demand at the peace conference a lasting ban on submarines. A British view by Sir Leo Chiozza explains: The British empire nearly perished by submarine – but not quite. But what of the future? The League of Nations will do its work ill if it does not order the destruction of all submarines and rule that no more be built for any purpose. The submarine, let us remember, is still in its technical infancy. Every year would see the conception and development of improvements in submarine attack and submarine defense. That we, on the British Isle, can attain to self-containment is an idle dream. Our growing population demands an ever increasing flow of imports. A self-contained Britain is a practical impossibility.

**Monroe Doctrine In Danger.** Washington, Feb. 7, 1919: "Save the Monroe Doctrine" is the slogan in senate circles that is the basis to the proposal that the United States should not be called to act as a sponsor to Armenia and Constantinople or at their financial regeneration. The feeling is that if the United States undertakes such mandatory powers, as suggested, it will be hard to maintain its century old stand upon the Monroe doctrine, and the rest of the world would be in position to imply that this country should stay out of Europe if it expects Europe to stay out of the American hemisphere.

**Suffrage Amendment Voted Down Again.** Washington, Feb. 10, 1919: The senate for the second time declined to submit the proposed suffrage amendment to the federal constitution to the states for ratification. The amendment was lost today by one vote.



The vote was just one year and a month after the resolution passed the house. Three times the senate has voted it down – in 1887, 1914, and 1918.

**Fly The Atlantic in 42 Hours.** London, Feb. 14, 1919: When peace has been established, a regular trans-Atlantic passenger-carrying traffic between American and England by dirigible is a possibility. Comfortably accommodating 100 passengers, the speed attainable with 2,400 horse power would be about 75 mph. At the end of the flight having consumed gasoline along the way, the air bus would be capable of reaching a height of 9,000 feet. The rigid dirigible is immune from danger to engine failure because it has many engines which can be repaired enroute.

**Home for Every Worker.** Washington, Feb. 12, 1919: Appointment of a federal commission to study ways and means of 'making every worker a home owner' was proposed in a bill by Senator Kenyon of Iowa. Kenyon said he believed some plan could be worked out where by federal aid could be extended to workmen wishing to own a home for themselves.


**5,000 Anarchists To Be Deported.** Washington, Feb. 12, 1919: Some 5,000 bolsheviks and I.W.W.'s [Inter-



national Workers of the World] are slated for deportation as soon as facilities for transporting them are available. The round-up of undesirables which had its beginning in the northwest and resulted in a batch of prisoners being taken to Ellis Island is waiting deportation under the alien anarchist act. Under its provisions agitators who preach the overthrow of the government may be rounded up and sent from the country even without the formality of a trial.

**League Of Nation's Constitution.** Washington, Feb. 14, 1919: A reduction of armaments, establishment

*Continued on next page*



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

**SERVING THE CONNECTICUT RIVER VALLEY & SHORELINE SINCE 1964**

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

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

WITH OFFICES CONVENIENTLY  
LOCATED IN MIDDLETOWN & OLD SAYBROOK

CALL US TODAY FOR A CONSULTATION:  
**(860) 316-2741**  
[www.dpapc.com](http://www.dpapc.com)

**Tony's Package Store**

860-345-4307

95 Bridge Street, Haddam CT

Mon-Sat 8:30 am- 9 pm

Sun 10am - 6pm



**CONNECTICUT'S OFFICIAL BEER CAVE**

**Antiques & Collectibles**  
Shopping Guide

**Shops at the Mill House**

5 WEST MAIN STREET, CHESTER 860-322-0699

Vintage, antique, repurposed  
and hand-crafted goods.

f i OPEN WED - SUN 10:30 - 5:30 p

[www.shopsatthemillhouse.com](http://www.shopsatthemillhouse.com)

**ANTIQUE GUNS WANTED**

Winchester  
Gold  
Remington  
Smith & Wesson  
Western



Knives & Swords  
Revolutionary  
& Civil War  
Duck Decoys  
& More

**JEREMIAH JOHNSON TRADING**  
& REPAIR SHOP  
HOME OF THE  
Lady PinStriper

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

**Estate Treasures**

134 Main Street Ext., Middletown, CT

**860-344-0005**

Ed Margnelli - Owner  
- Open 7 Days a Week -

- Home Furnishings, Vintage, Retro & Used
- Linens
- Outdoor Furniture
- Artwork
- Mattresses; Box Springs & Frames
- Frames
- T.V.'s - Electronics
- Jewelry
- Appliances
- Tools

**Health Care Equipment**

Hospital Beds - Lift Chairs - Wheelchairs  
Walkers - Canes - Scooters - Shower Benches

# Upcoming Spring 2019 Invasive Plant Clean-ups

By Cheryl Czuba

Come join the fun! Join an enthusiastic group of volunteers to save some trees and native plants at the beautiful Haddam Meadows State Park. Come to one or both spring invasive plant cleanups. Meet at the bench to the left of the boat launch. We will remove oriental bittersweet and other invasive plants and pick up litter. Adult and youth (under 16 years of age must be accompanied by an adult) should dress for the weather, bring garden loppers or a saw, sunscreen and first aid supplies. Snacks will be provided. Do not



bring pets. Volunteers are needed with dump trucks and Haddam Transfer Station stickers.

The dates are as follows:

Saturday, April 13, 2019, 9:00 am. – noon  
(rain date: April 20, 2019)

Saturday, May 11, 2019, 9:00 a.m. – noon  
(rain date May 18)

To volunteer, email Cheryl Czuba at [cheryl-czuba@comcast.net](mailto:cheryl-czuba@comcast.net). The event is being organized by CT DEEP Adopt-A-Park Volunteers, Mary Lou Heger, David Stiles, and Cheryl Czuba.

## HADDAM SOCIAL SERVICES

### Social Services January report

By Jessica Condil, Director of Haddam Social Services/  
Municipal Agent for the Elderly

The Haddam Emergency Food Bank serviced a total of 43 Adults and 29 Children. The Haddam Emergency Fuel Bank serviced a total of 3 families / 1 – electric & 2 – Oil. The Haddam Emergency Clothing Bank serviced a total of 8 Adults/ 6 Children/ 3 Families with blankets. 3 Meals on Wheels application were processed & 3 DSS renewal forms were

completed/ 1 of the three was a senior. The Haddam Senior Van transported 9 medicals for the month of January and transported a total of 52 seniors for January 2019.

The Food Bank is very low on personal items: toilet paper, deodorant, soap, shampoo, conditioner, toothpaste, toothbrushes, cotton balls, etc. School Snacks are always needed as well.

The Community Closet will be open 3/2/19 &

3/16/19 from 9:00 a.m.-12 noon to the community.  
Thank you for your support!

#### Hours:

Monday by appointment only between the hours of 9:00 a.m.-3:00 p.m.

Tuesday 9:00 a.m.-3:00 p.m.

Wednesday – closed

Thursday 10:00 a.m.-6:00 p.m.

Friday 9:00 a.m.-2:00 p.m.

And by appointment

## CONTINUED FROM PREVIOUS PAGE

### 100 Years Ago

Continued from previous page

of an international court of arbitration, the creation of an international military and naval force to police the world and protect the league's covenants, and the decision to effect a commercial and financial boycott against any power that disregards its agreements, were among the world-important measures provided in the constitution of the League of Nations and read to the plenary session of the peace conference by President Wilson, in Paris, today.

Germans Accept League O Nations. Weimar, via Berlin and London. Feb. 15, 1919: "The German people are prepared to submit to restrictions of sovereignty, involved in the League of Nations plan, including international arbitration and restriction

of armaments, providing our enemies and future neighbors do the same," declared Count Von Brodkdorft-Rantzau. "We do not recognize that Germany was solely responsible for the war and alone was guilty of barbarous methods of warfare... We hold fast to President Wilson's 14 principles and take the stand that no war cost be paid and no territory surrendered by the vanquished to the victors."

Senator Opens Attack On League Of Nations. Washington, Feb. 19, 1919: Instead of bringing universal and enduring peace, the League of Nation's constitution read in Paris by President Wilson, will multiply the opportunities for war, Senator Poindexter declared today, "There is an internationalism of the elite, and an internationalism of the proletariat ram-

pan in the world. There is internationalism at the top and internationalism at the bottom and both are moving forward through different means and methods to the same destination. Germany is supporting it. The idealists and peace at any price pacifists are approaching by one road. The I.W.W. and their bolshevik allies throughout the world are approaching upon another. Both involve the surrender of nationality and the setting up of a centralized despotism. It must be despotism, because no government in whose discretion is centered in the ultimate control of the affairs of the whole world can be free."

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

## MAWC, LLC

Certified Public Accountants & Business Consultants

Tax Planning and Preparation for Businesses and Individuals

Estate and Retirement Planning

Auditing and Accounting

860-663-0110

203-925-9600

www.MAWCcpas.com

Offices located in Killingworth and Shelton

Working with Mother Nature  
for all your  
landscape needs.

860-345-0024

www.IPMLandscapes.com

Servicing Higganum/Haddam and surrounding towns.

Higganum Heating

Offering

Automatic Oil Deliveries

Price Protection Programs

Service Plans and more.

Visit our website at [www.higganumheating.com](http://www.higganumheating.com)

or call our office at 860-345-4401.

CT Lic. #S1-303161 HOD #1085

Gianna & Lou Milardo

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

(860) 345-8453

RiversEdgeCarpet@gmail.com • RiversEdgeHomeCenter.com

100 Bridge Road, Haddam, Connecticut 06438

# MEWS+ introduces new resources for Startups, Entrepreneurs

By Michael Fallon,  
Middlesex County Chamber of Commerce

Chairman Jay Polke of the Middlesex County Chamber of Commerce announced that the MEWS+, the Middletown Entrepreneur Work Space, has recently engaged in an agreement with Tim Laubacher, a local entrepreneur and experienced co-worker, to “animate” the MEWS space. Tim has worked with the Chamber to launch several initiatives designed to help startups, entrepreneurs and those wanting to start new businesses in Middlesex County.

Chamber Vice President Jeff Pugliese noted, “The MEWS+ represents the chamber’s effort to develop an innovation eco system in Middletown, with the larger goal of developing an innovation economy in Middlesex County. We are very excited about bringing Tim on board to help manage this critical effort for our organization.”

“The MEWS is a great co-working space that I enjoy using just about every day. But the networking, learning and collaboration opportunities are really what make an entrepreneurial community thrive!” says Tim Laubacher. “We’re excited to have launched

an Office Hours program where startups and entrepreneurs can get free legal, tech and business advice.”

Tim has also introduced several networking and learning opportunities for local entrepreneurs. They include monthly Lunch & Learn sessions where free lunch is provided as experienced founders talk about their journey and their advice for starting and growing a successful business. There is also a weekly Leads Group that meets to help each other find new customers and partners.

“Getting a new business off the ground is hard work. The Leads Group gives you a support network in the very important area of lead generation and sales. It really helps to have a group of people use their networks to spread the word about your business.” explains Tim.

This spring Tim, the Chamber and the MEWS+ members are organizing a one-of-a-kind pitching competition where participants can win cash to help grow their business or get their idea off the ground. The event will be called COLLISION and its goal is to connect people from different industries and perspectives in order to spur new types of collaborations.

In the fall, the Chamber converted the second floor of its Main Street facility into a co-working space for use by anyone in Middlesex County’s Entrepreneur community. The shared workspace environment is designed to attract a creative class of developers, designers, strategists, artisans, writers, inventors, engineers and professional office nomads. The MEWS+ space includes over 600+ Sq. ft. of dedicated co-working space, high speed WiFi, access to the Chamber’s conference rooms.

Chamber President Larry McHugh noted, “The MEWS+ would not be possible without our Founding Sponsors and the outstanding support of the community. I want to once again thank CT Next, The City of Middletown, Wesleyan University, Liberty Bank, and Middlesex Health for their strong and enduring support.”

For more information about the MEWS Co-Working Space, the MEWS+ programs or the community in general visit [www.themewsplus.co](http://www.themewsplus.co) or contact Tim Laubacher at 860-305-5690. Or, better yet, why not stop in for a visit or to use the co-working space for a few hours.

## COMMUNITY / EDUCATION

### Haddam-Killingworth Parents: do you have concerns about your preschooler’s development?

Cindy Sadlowski, RSD17

Join us for a preschool play group! Haddam Killingworth families, do you have concerns about your preschooler’s development? We are offering a developmental screening to look at the following areas: *Cognitive/readiness skills, Speech/language skills, Fine/Gross motor skills, Social Skills, Adaptive skills.*


This screening is for Haddam and Killingworth children ages 3-5.

Date: Friday, March 29, 2019

Time: 10:45-11:15 a.m.

Where: Burr Elementary School

Please RSVP to Cindy Sadlowski at 860-345-4584 or [csadlowski@rsd17.org](mailto:csadlowski@rsd17.org) by Wednesday, March 27, 2019.



**Spirit and Balance, LLC**  
415 Killingworth Rd.  
Suite 9A, Higganum, CT 06441  
[spiritandbalance@yahoo.com](mailto:spiritandbalance@yahoo.com)  
860-301-9683

**Cindy MacNeil Sola**  
Reiki Master  
Psychic Medium  
Psychometry  
Guided Meditation

Now is the time to take care of yourself physically, emotionally, mentally and spiritually.  
Gift Certificates available.

*Be the reason someone believes in the goodness of people.*



## HIGGANUM PHARMACY

Largest Papyrus Card/Gift Store in Middlesex County



### 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**  
10% off any skin product or  
Benzoyl Peroxide Product for acne.  
This cannot be combined with any other coupon.  
Coupon good until April 6, 2019

<b>Hours of Operation</b>		<b>Telephone: 860-345-3607</b>
Mon-Fri	8:30 AM-8:00 PM	<b>Fax: 860-345-3611</b>
Saturday	8:30 AM-4:00 PM	<b>Web: <a href="http://www.higganumpharmacy.com">www.higganumpharmacy.com</a></b>
Sunday	9:00 AM-3:00 PM	

### Teri’s Package Store

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

---

### Higganum Wine & Spirits

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



*Owned & Operated by Teri & Chuck Everett*



## REFLECTIONS CAR WASH

Salt & Sand is ‘Sn<sup>o</sup>w’ Match for our Rust Inhibitor

Protect Your Car from the Road Salt and Sand with our **Underbody Rust Inhibitor** In our Touchless Automatic!!

Try our **NEW Salt Removing Precept Presoak** in our Self Serve Bays

711 Saybrook Rd Middletown, CT  
860-347-WASH Open 24/7  
[www.reflectionscarwashct.com](http://www.reflectionscarwashct.com)

# 2019 Scholarship Applications now accepted

By Clark Judge

The Killingworth Ambulance Association is accepting applications for its 2019 collegiate scholarships, with money available to graduating seniors who are residents of Killingworth and who were enrolled in private or public high schools.

Applicants must plan on attending a continuing-education institution (two or four years) and

have been accepted at a school. They also must major in the medical, emergency services (fire, police, etc.) or other allied fields, have performed community service and maintained at least a 3.0 GPA.

Completed applications must be postmarked no later than Friday, April 19, 2019, with certificates of scholarships awarded in June. For more information, log on to the Killingworth Ambulance Association's

website (KillingworthAmbulance.org) or contact the KAA at (860) 663-2450.

Upon completion of the first semester in a continuing-education institution, please mail a copy of the grades to the address below and a check will be issued. The KAA last year made awards to five graduating seniors who are now enrolled in colleges across the country.

## Haddam News

PO Box 15  
Higganum, CT 06441

### Staff and Contact List

Anthony Giamei,  
Managing Editor

Kathy Brown,  
Senior Editor

Meghan Peterson, PhD,  
Composition Editor

Maurice Adams,  
Contributing Editor

Reporters:

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

Ed Munster, Advertising Manager

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

Send all requests,  
content and comments

to: [editors@HaddamNews.org](mailto:editors@HaddamNews.org)

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

### Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on any letters

published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

Haddam News  
PO Box 1  
Higganum, CT 06441

## LEGAL NOTICES

### TOWN OF HADDAM DECISIONS OF THE WETLAND ENFORCEMENT OFFICER

On February 27, 2019 the Wetlands Enforcement Officer approved a permit to:

Install 2 high tunnel removable greenhouses 30' X 96' and related work in an upland review area for property located on 356 Candlewood Hill Road and shown on Assessors Map 21 Lot 20.

Said Applications are on file and may be seen in the Land Use Office, of the Town Office Building.

James Puska  
Zoning Enforcement Officer, Haddam

### LEGAL NOTICE TOWN OF HADDAM NOTICE OF SPECIAL TOWN MEETING MARCH 14, 2019 AT 6:30PM

Notice is hereby given to all electors and others entitled to vote at town meetings of the Town of Haddam, Connecticut (the "Town") that a Special Town Meeting of the Town will be held at the **Haddam Volunteer Fire Company, Community Hall, 439 Saybrook Road, Higganum CT 06438** for the following purpose:

To choose a Moderator to preside over such meeting and to consider and vote on in accordance with Charter Section 3-8 and 3-9 upon a resolution to purchase easements for a water line at 69 Little Meadow Road and at 98 Little Meadow Road, and if necessary, commence legal proceedings for the acquisition of said easements in accordance with Connecticut law.

A complete copy of the above referenced Resolutions is available at the office of the Town Clerk.

Dated in Haddam, Connecticut this 7th day of March 2019

Board of Selectmen

Lizz Milardo  
Larry Maggi  
Melissa Schlag

### NOTICE OF ACTIONS HADDAM ZONING BOARD OF APPEALS

At a regularly scheduled meeting dated February 28, 2019 the Haddam Zoning Board of Appeals took the following action:

1. To grant a variance to section 10 and 18 zoning code to authorize the removal of 8,000 cubic yards earth material at Midway Marina at 16 Snyder Road Haddam CT. Tax map 48 lot 40

Dated at Haddam, CT this 1 day of March, 2019

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).

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

**BARTON'S LANDSCAPING**  
Since 1989

Lawn Mowing & Maintenance  
Patios & Walkways  
Hydroseeding • Tree Work  
Mulching & Plantings  
Excavating

Brian Barton  
189 Turkey Hill Road, Haddam, CT 06438  
860-345-4052

**HIGGANUM**  
Septic Tank Co. Since 1975

John Ahearn  
William Riebold  
860-345-2590  
[www.higganumseptic.com](http://www.higganumseptic.com)

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

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

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

Follow us on Facebook  
[higganumvetclinic.com](http://higganumvetclinic.com)

**Bitgood's CROMWELL**  
COMPLETE AUTOMOTIVE SERVICES  
**AUTOMOTIVE**

Emissions Testing  
...Diesels TOO!

263 Main St Cromwell, CT 06416

**FISHER**  
GENUINE  
FACTORY-TOUGH  
PARTS AND ACCESSORIES

New Plows In-Stock  
& Installed  
SnowDogg  
BOSS  
(860) 613-2355

[WWW.CROMWELLAUTOMOTIVE.COM](http://WWW.CROMWELLAUTOMOTIVE.COM)

**Personal Fitness Solutions**  
Helping you reach your fitness goals

Save 10% with this ad!

**Unlimited Personal Training**

Minimum 3 month program required.  
New Clients only.

415 Killingworth Rd., Higganum, CT 06441  
PH: 860-554-5156 [www.personalfitnesssolution.com](http://www.personalfitnesssolution.com)

# Witch hazel: Stunning foliage — but also useful

By Cynthia Tillson

“Witch Hazel is one of the few products that is FDA approved and endorsed by real witches.” It is also a lovely native landscape bush or tree!

Witch hazel is a most unique plant. Bushes or trees, they all have stunning fall foliage and most notably, colorful tassel-like flowers that cling to the branches, blooming at very odd times. *Hamamelis virginiana* has bright yellow flowers in the fall after all the leaves have dropped. Imagine the surprise for the first person spotting that anomaly! If they missed that bloom, there are other varieties that bloom in the early spring before the leaves—a pleasant surprise like Pussywillows! These can grow 10-20 feet tall although there are more compact new varieties.

The preferred garden setting for both our native *Hamamelis* species is partial sun and moist, (not wet) slightly acidic, organically rich soils. Most varieties dislike clay soils. Individual plants are showy enough to stand on their own, but witch-hazel also works well when multiple specimens are planted together or in combination with viburnums, dogwoods or hollies. Many will sucker freely aiding in the informal hedge look. They are relatively care free and rarely bothered by pests, though the deer in our area like to challenge such assertions.

Chicago, IL (like us) is in USDA Hardiness Zone 5. The Chicago Botanical Garden lists the most Witch Hazel varieties that I have found. Besides their landscape value, Witch Hazel has some rather magical uses too. Branches of *H. virginiana* were used as “divining rods” to locate underground sources of water. The Mohegans are believed to be the first to introduce this to the English settlers. Curtis Strong of East Hampton, CT, has successfully used Y-shaped Witch Hazel sticks to dowse quite successfully for years.

Witch Hazel is also used medicinally and has been since the Native Americans used it to treat skin ulcers and sores, in sweat lodges to soothe sore muscles, and other topical applications as well. It is an astringent.

Witch Hazel has a strong Connecticut connection. The Atlantic interviewed the world’s largest maker of witch hazel products, American Distilling, which just happens to be located in East Hampton, CT.

Connecticut’s first distillery was in Essex, opened by T.N. Dickinson who collected witch hazel grown by area residents and distilled it. He branched out to



Witch Hazel.

several CT locations including East Hampton. Eventually he passed it on to his sons who disagreed and divided the company. It is now American Distilling located in East Hampton, CT. When not dowsing, Mr. Strong and his sons harvest 80 tons of witch Hazel each year and sell it to American Distilling.

On March 13, 2019 Adam Wheeler from Broken Arrow Nursery will present a program on witch hazels to the Haddam Garden Club at the Higganum Community Center. The program will begin around 11:30 a.m. and is open to the public. A \$5 donation is suggested.

Digging In recipe of the month:

## Food Processor Brownies

Submitted by Gail Christie

“Incredible easy and delicious” GC

Preheat oven to 350F. Grease 9” square pan with butter or margarine. The food processor equipped with chopping blade is used for the bowl. Simply add ingredients in order listed and process as directed.

Process on/off 20 seconds:

- 1 cup + 2 Tbsp sugar
- 1 stick of butter cut into small pieces

Add and turn on for 15 seconds:

- 2 eggs
- 1/8 tsp salt

Add and turn on/off until it disappears:

- 1/2 cup of cocoa
- 1 cup nuts

Finally add and process on/off until it disappears:

- 1/2 cup flour

Scrape into the greased pan and level with a spatula  
Bake at 350°F for 35 minutes

**LA FORESTA**  
Restaurant & Wine Bar

LA FORESTA RESTAURANT AND WINE BAR  
ITALIAN DINING AT ITS FINEST  
PRIVATE ROOMS FOR PARTIES AND CORPORATE EVENTS  
LADIES NIGHT SPECIALS EVERY WEDNESDAY  
ONLINE RESERVATIONS YELP OR CALL 860-663-1155  
163 ROUTE 81, KILLINGWORTH, CT 06419

**¡ CINCO DE MAYO!**

**Sunday, May 5**  
**Departs Eagle Landing State Park, Haddam**

Grab your amigos for an ice cold Margarita as we sail along the Connecticut river in style. As you enjoy your trip you’ll be treated to a great selection of mexican influenced cuisine including a taco bar, beef tips, stuffed chicken, and for dessert tres leches cake and churros. What better way to celebrate this holiday than with tacos, tequila, and dancing. Get ready for this Grand Fiesta and join us on our Cinco de Mayo Brunch Cruise!

**\$7.00 Margarita Special**

**Lady Katharine**  
**CRUISES**

**ladykatecruises.com**  
**866-867-4837**

## Valley Railroad offers free hi-rail rides throughout the month

The Friends of the Valley Railroad will be providing free rides (first come, first serve) in the Valley Railroad "Hi-Rail" van Saturdays in March (March 9, 16, 23) in 2019, between 11:00 a.m. and 2:00 p.m.

Parties of up to eight persons (age 4 and up) will enjoy a four mile round-trip on scenic trackage along the Connecticut River. Much of this is on the newly-opened trackage in the Shailerville section of Haddam. Bring binoculars for wildlife viewing. Parking is behind the Goodspeed Station Country Store in Haddam's Overlook Park. There are no restrooms available at this location or at the store. More information is on their website: [essexsteam-train.com](http://essexsteam-train.com).

## Troopers make arrests

*Editors Note: Trooper reports reflect arrests, not convictions. Visit this website to learn the outcomes of criminal and motor vehicle arrests. All trooper press releases are consistent with state and federal guidelines under the Public Information Act.*

**February 28, 2019**

Myles Crete, 50, of Maple Ave West, Higganum, was arrested after an alleged dispute with a staff member at the Haddam Elementary School after normal school hours. Crete was charged with Threatening 2nd degree and Breach of peace. Crete was released on a \$2,500 non surety bond and is to appear at Middlesex Superior Court on March 7.

**February 11, 2019**

Gerald Strums, 20, of Burnside Ave, East Hartford, was taken into custody on a arrest warrant stemming from an alleged threat made to a Higganum Dunkin Donuts employee in October 2018. Strums was charged with Threatening 2nd degree and Breach of peace. Strums was released on a \$2,500 non surety bond and to appear at Middlesex Superior court on February 26.

## OBITUARIES

### Janette Schuler

According to Legacy.com and The Hartford Courant, Janette Schuler, age 75, formerly of Higganum, passed away on Tuesday, February 26, 2019.

### Muriel Swanson

According to Legacy.com and The Hartford Courant, Muriel Swanson, age 88, passed away on Wednesday, February 13, 2019.

## 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.*

*Creative Cakes*  
By Donna

Award Winning!



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

860.345.8847 • Call Us For Samples!  
[www.cakesbydonna.com](http://www.cakesbydonna.com)

**YORK**

**TREE SERVICE**  
HIGGANUM, CT LLC

**860-754-7007**

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

**860-754-7007**

FULLY INSURED/LIC #HIC0648142  
Garrick York, owner

David Scovel  
Higganum  
Free Estimates  
Insured

**Hate Dirty Windows?**  
*We Love 'em!*

Window Cleaning  
Power Washing  
Roof Cleaning  
Solar Panel Cleaning

**860.301.2807**  
[david@ICanDoWindows.com](mailto:david@ICanDoWindows.com)  
**I Can Do Services, LLC**

  
**Riebold Sanitation, LLC**

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

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

Higganum, CT 860-345-2708  
[rieboldsanitation@yahoo.com](mailto:rieboldsanitation@yahoo.com) [rieboldsanitationllc.com](http://rieboldsanitationllc.com)

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

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

**Chip Frey • 860-345-4123 • 203-410-8258 • [chipfrey@comcast.net](mailto:chipfrey@comcast.net)**