

# Haddam Killingworth News

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

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Free weekly

## Challenge of a lifetime: Bill Hevrin hikes Triple Crown

By Terrie Lynne

When local man, Bill Hevrin (HKHS '01), goes for a walk, he really goes for a walk.

In 2014 Bill thru-hiked the Appalachian Trail (AT) from Georgia to Maine. In 2017 he thru-hiked the Pacific Crest Trail (PCT) from Mexico to Canada. And in 2019, he thru-hiked the Continental Divide Trail (CDT) from Mexico to Canada. A thru-hiker is one who hikes the entire trail from beginning to end in one calendar year. The completion of all three trails is known as the Triple Crown. In accomplishing the Triple Crown, the hiker will have walked approximately 7,900 miles. This is quite a feat. As few as approximately 400 (as of 2018) have ever been able to complete all three.

On Bill's journey to the Triple Crown, there were the expected hardships...blisters, injuries, shin splints, exhaustion, hunger, thirst, exposure to some pretty harsh conditions and



Photos courtesy of Bill Hevrin.

terrain just to mention a few. Elevation changes, humidity, rain and rugged terrain on the AT made it tough going at times. The high amounts of snow melt from a particularly snowy winter made small streams into fast moving white

water on the PCT. High heat in the south and deep snow and blizzard conditions in Colorado created challenges on the CDT.

Bill began his first long distance hike (the AT) on Springer Mountain in



Georgia at the beginning of April in 2014. While in the Smoky Mountains he walked out onto the Balds (a range of mountains) on the Tennessee/North Carolina border. Also in North Carolina, two fellow hikers gave him tickets to a guided water rafting excursion. They didn't think that they would be able to make it there in time. Bill would have to hike all day to Max Patch, North Carolina then all night in order to make it to the location in time to join the group scheduled for the water rafting excursion. He did it and said that it was well worth the effort! In Virginia, he hiked out onto McAfee Knob, the most photographed spot on the trail. Further north in

Virginia he stopped at Priest Mountain shelter. Here hikers could "confess to the priest." It's one of the rites of passage, if you will, that most AT hikers are aware of. At most shelters along the trail, there can be found a journal in which hikers write whatever they want to about their AT experiences or pass along information to hikers traveling behind them. I'll bet the "confess to the priest" journal would make for some very interesting reading.

All three trails (the AT, the PCT and the CDT) have events known as "Trail Days." The AT Trail Days event takes place in Damascus, Virginia and is the largest trail hiker gathering in the world! Hikers set up their tents, trade stories, meet up with other hikers they know from various hikes, meet like-minded travelers, eat, drink and generally enjoy a few days off the

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## Killingworth Cub Scouts hold Pinewood Derby

By Eric Bergman,

Pack 18 Bears Den Leader

On Feb. 8, Killingworth Cub Scout Pack 18 held their annual Pinewood Derby at Killingworth Elementary School. The Scouts designed, shaped, and painted their pinewood cars with adult supervision. The first and second place winners will have the opportunity to race their cars at the regionals in Chester this April.

Pack 18 would like to thank the following sponsors:

- G & H Sales and Equipment, North Haven, CT
- Northstar Wealth Partners LLC, Old Saybrook, CT
- Carl Jordan Plumbing, Killingworth, CT
- Killingworth True Value, Killingworth, CT



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# Bill Hevrin hikes the Triple Crown: the challenge of a lifetime

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trail...a much needed respite.

Pennsylvania was rough in spots. The terrain was rocky, and that's putting it mildly. There are traditional challenges for hikers on each trail. One such challenge on the AT in Pennsylvania, is known as The Pine Grove Half Gallon Challenge. At the mid-way point of the AT, hikers are challenged to consume an entire half gallon of ice cream in one seating. (Think I'd like that one!)

In New York State, during a severe thunderstorm, Bill witnessed a lightning strike that was absolutely too close for comfort. Hiking through all kinds of weather, he made it to the top of Mt. Washington in New Hampshire. In Maine he trekked through the "100 mile wilderness," an isolated section with nowhere to restock food and water.

As far as wildlife along the way, on the AT Bill encountered White Tailed deer, foxes, rabbits, bear, snakes of various types and one particularly curious grouse that followed him for a while. In one section where there were switch-backs to get up a steep mountainside, Bill encountered a bear. As he zig-zagged his way up, the bear, who was going straight up, and he would cross each other at intervals. Yikes!

Finally, on a warm, sunny day at the end of August (coincidentally Bill's birthday) after having walked approximately 2,185 miles, he made it to the summit of Mt. Katahdin in Maine, the northern terminus of the AT.

Bill's next hike, the PCT from Mexico to Canada, began in late April of 2017. The landscape was vastly different from the AT. There were times when the



temperatures would soar over 100 degrees. Those were the times when hikers would find shade, which was not always easy in the desert, and hunker down to wait for the cooler part of the day to travel on. Water sources were not always the best. Sometimes the water from water supply areas was muddy and unhealthy looking. That's when hikers would carry large quantities of water and travel to better, safer water sources. Sometimes, good Samaritans,

known as Trail Angels, would stock water jugs for the hikers near areas where the trail would cross the public roads.

One trail tradition is the "24 in 24." Twenty-four beers in twenty-four hours. Because beer, hiking and dehydration don't make for a good time, Bill declined that challenge. At one hiker hostel known as Hiker Heaven in Agua Dulce, California, the hostel owner announced over the bullhorn early one morning "for those of you considering a 24 in 24, you better make it a 24 in 24 and add 24 hours because even though the hostel proprietor of Casa Deluna, approximately 24 miles away, is easy going, they don't want to see you show up drunk. So if you take the challenge...add 24 hours and sober up before you get there. Make it a 24 in 24 in 24."

The PCT had gentler grade changes than the AT. Overall, Bill said it was an easier trail to hike. There are some exceptions, however. One area near the Palm Desert in California was comprised of twenty miles of switchbacks. Twenty miles of zigzagging to descend Mt. San Jacinto!

In the Sierra Nevada mountains in California,

Bill encountered snow. At one point he had to ration his food supplies because the going was slower than expected due to deep snow. As that year's higher than normal snow accumulations began to melt, the streams and small rivers rose and coursed with rushing, cold water. Forging them was sometimes dangerous. A few hikers were swept downstream while attempting to cross.

In Northern California and the Pacific Northwest that year there were wildfires. From Bill's camping location one night, he could see the glow of the fires and smell the smoke.

On August 21st that year, there was a total eclipse of the sun that many hikers were able to observe near Mt. Jefferson in the state of Oregon.

When Bill reached Washington State his sister, Jennifer, joined him for a few days of hiking. About half way between Snoqualmie Pass and Stevens Pass, Bill and Jen came across a seventy year old hiker who was experiencing health problems and difficulty breathing. At this point on the trail there was no cell service. Bill climbed to higher ground to get service and called for rescue while Jen stayed with the ill man. For the emergency personnel, it was a twelve mile trek to the area where the sick hiker was. There was heavy smoke from the wildfires in Washington that year too; therefore, helicopters couldn't be dispatched. The rescuers arrived on horseback. The man who needed medical attention was a Trail Angel who in California had helped Bill get to a town to resupply. (Cue the Twilight Zone music.) I don't think that it was a coincidence that Bill was there to help a fellow hiker in need.

Trail Angels, like the hiker in distress mentioned above, are dedicated former hikers, nature enthusiasts, local residents and just good, caring people who help hikers along their journey. Trail Angels clear

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## CAMPUS CORNER

### Local student is state semifinalist in National Geographic GeoBee

By Dolores Bates, HKMS Principal

The results are in! The National Geographic Society named Joseph Castelli, a 6th grader at Haddam-Killingworth Middle School, as one of the semifinalists eligible to compete in the 2020 National Geographic GeoBee State Competition. Joseph is the son of Joseph and Karen Castelli. The contest will be held at Central Connecticut State University on Friday, March 27.

This is the second level of the National Geographic GeoBee competition, which is now in its 32nd year. To determine each school champion, GeoBee competitions were held in schools throughout the state with students in

the fourth through eighth grades. This year, an estimated 2.4 million students competed in the GeoBee, with 8,661 students becoming school champions. School champions also took an online qualifying test, which they submitted to the National Geographic Society. Up to 100 of the top-scoring students in each of the 50 states, the District of Columbia, Department of Defense Dependents Schools and U.S. territories were invited to compete in the State GeoBees.

State champions will receive a medal, \$1,000 in cash, and other prizes, as well as a trip to Washington, D.C., to represent their state in the National Championship where they will compete for additional cash, awards and college scholarships. The second- and third-place State GeoBee winners will receive cash awards of \$300 and \$100, respectively.

## HK PROJECT GRADUATION 2020

### Call for volunteers

By Jessica Jackson

Project Graduation will be held at the Middle School this year!

Our decorating committee could use your help! They meet Tuesdays at HKHS art room 6:00-8:00 p.m., enter in the auditorium doors. All are welcome!! If you are interested in chaperoning please contact Erin at erinlchester@gmail.com.

Over the next several months, we will be looking for volunteers to help with graduation night, food pick up, and decorating set up. If you are interested in helping, please contact one of our co-chairs: Liz: egriswold6@comcast.net, Marci: marcinieckidz@gmail.com, Diane: diane.phipps@comcast.net or Paige: paigebwink@comcast.net.

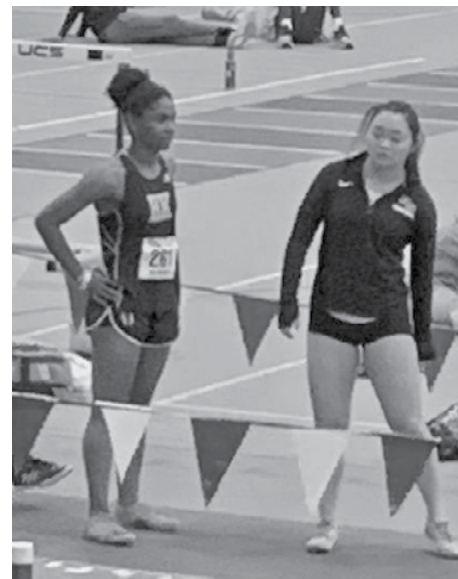
As always, thank you for your help in keeping OUR H-K kids safe on graduation night!

## HKHS TRACK

### HK's Lewis, Jennings compete in New England Championship

By Richard Dupuis, Head Coach, HKHS Track

Kedarjah Lewis entered her first New England Championship, held on Saturday, February 29, 2020, having qualified in three events: the 55 dash, the Long jump and the 300 Dash. Logistics prohibited her doing the 300 as she was in the middle of the long jump as the 300 was contested. She finished 13th in a field of 32 in the 55 Dash and 15th out of 32 in the long jump. She has come a long way in this, her first season of doing Track and Field.



Photos by Carol Dupuis.

On the Boy's side, Matt Jennings continued in his progress to being recognized among the best middle distance runners in Connecticut. He placed third in the 1000 meter run behind CT Open Champion Rhys Hammond and MA Open Champion Shane Grant. All three competitors established personal bests with a close finish. Matt's time of 2:28.80 also advanced the Cougars School Record. The race between Hammond and Jennings was closer than the CT Open with a difference of .68 seconds. His time has him ranked 6th in the nation according to Athletic.net. Matt will join with Aidan Coleman, Seth Regan and Dmytri Mallon to run in the Emerging Elite category of the New Balance National Championship on Friday, March 13, 2020 to compete in the Distance Medley Relay. In addition Matt will compete in the Championship category on Sunday, March 15.



## KILLINGWORTH COMMUNITY

### Help a Scout on March 15

By Leslie Judge

Join us for delicious food and a great cause on March 15, from 8:00 a.m. to

noon at the Congregational Church in Killingworth, 273 Route 81. This pancake breakfast will benefit Scout activities, as well as Preservation 2020. Cost for tickets is \$10 for adults, \$5 for children. Available online at [www.evereventgives.com/scouts](http://www.evereventgives.com/scouts) or at the door.

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# A Place Called Hope: a haven for injured raptors

By Sharon Challenger

Monday morning was full of promise. If the weather was mild, I was going to get a tour of A Place Called Hope (APCH), a Rehabilitation and Education Center for Birds of Prey, in Killingworth, CT. As luck had it, the sun was shining brightly, and the temps were in the upper 40's which is pretty good for a February morning in Connecticut.

As I approached the grounds I was struck by the openness of the property. Nestled on roughly ten acres of land, there are two long separate aviary buildings and a newly created Medical building where birds can recover from injuries in a quieter setting. Two of the aviaries are suitable for Bald Eagles. A courtyard between the two aviaries is a favorite spot for a Black Vulture couple who have claimed the place for themselves. If other vultures try to drop in, they are quickly sent packing! I noticed several Black Vultures perched in the trees surrounding the property. They all seemed quite content to be amongst other "birds of a feather."

Before paying a visit to the birds in residence, I sat down with President Christine Cummings, Co-Founder/Treasurer, Todd Secki, and VP, Grace Krick, to learn more about A Place Called Hope. I was curious to know what sort of tasks they had to accomplish daily.

One important and upcoming task is to "re-nest" Great Horned Owl



Photos by Todd Secki, Spirit Hawk Photography and A Place Called Hope.

chicks (late March) when they fall out of their nest. The Great Horned Owl adopts nests of other birds, or they use ledges, or cavities in live trees. When the chicks outgrow the nest, they often fall to the ground, so it is crucial to "re-nest" them quickly if they are to survive. It is important that they learn their survival skills from their parents. Sadly 80% do not survive.

I was stunned to learn that ninety-eight percent of bird deaths are caused by humans, other animals, poisons, or harsh winters. Birds often are

blanketed the news and social media outlets. Knowing that A Place Called Hope was involved in the rescue of the bird, I was curious to know how things had turned out. I was pleased to learn that she recovered and was recently released. However, when she returned to her nest, she found that another female had claimed her nest and her mate. The two fought for the nest, but due to her injuries, she was not strong enough to win the battle. She has since flown off to find another mate, but unfortunately, it is too late in the season for her to have any chicks this year.

The Bald Eagle has had a long and rocky road to recovering its numbers. Loss of habitat, along with the improper use of DDT led to the near extinction of the bird. From 1950 – 1992 there were no Bald Eagle nests to be found in Connecticut. However, in 1992 Connecticut's first nesting pair was spotted. In 2019 fourteen new territories were established, and there were forty-five active nests producing eighty-one chicks!

My tour began with the aviaries along the left side of the property. The buildings were constructed by Todd Secki and are quite impressive. Once inside I was introduced to Loki, a strikingly beautiful raven. Loki was illegally raised by a human, so she imprinted on the wrong species. She adores Todd, and thinks he is her sweetheart. It was quite humorous to see her flirting with him as he gave her some peanuts to munch on. As we walked on, I turned to look back at her and was amused to see her busily cracking open her treats.



The individual aviary rooms in both buildings house a variety of birds of prey. One aviary housed a Turkey

*Continued on next page*



injured by car collisions or flying into windows. A good tip to know is that UV Poster Paint is a solution to preventing window collisions. Many birds see in the ultraviolet light spectrum, the glow helps them recognize something solid is there.

Recently a female Bald Eagle was struck by a tractor trailer on I-95. A shocking video of the accident

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In the overall healthy individual, probiotics may have only minor side effects, while in the person with a weakened immune system, serious complications have occasionally been reported. Certainly, in the healthy individual, ensuring the health of your GI track while taking an antibiotic is a very real reason to consider their use, but for the person with Ulcerative Colitis, you should only have the approval of your physician.

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## A Place Called Hope: a haven for injured raptors

*Continued from previous page*

Vulture and a Black Vulture. I have often seen Turkey Vultures devouring dead animals along our roadsides. Their size along with their bright red heads make them quite easy to see. However, before I arrived at APCH, I was unaware that Black Vultures existed. While Christine was explaining the habits of the birds, the Turkey Vulture graciously spread its wings before me. I was stunned to see that the feathers on the underside are silvery in color. The Black Vulture does not have the same markings, but instead displays white wings tips called "Stars" on the underside of its wings.

Other resident birds include the American Kestrel, Peregrine Falcons, Northern Saw-whet Owls, Great Horned Owls, Eastern Screech Owls, Barred Owls, Red Shouldered Hawks, and Enapai, the Bald Eagle who took a moment to bow to us. Christine bowed back and explained that "In Eagle language, a bow is the body language which implies, I see you... I am aware of your presence; I mean you no harm." This reminded me of the Hindi greeting of "Namaste," which literally means "I bow to you," and it is a way of showing that your divine soul recognizes the divine soul in another.

Enapai has been a resident at since 2015. He tragically suffered wing tip damage after crashing into the Mississippi River in Wever, Iowa. Due to his injuries, he cannot grow flight feathers which prevents him from being released into the wild. As we approached the aviary where Enapai resides, I was surprised to see he shares the space with a Black Vulture by the name of Onyx. Two very different birds in many aspects, living together, was not something I expected to see. It's a reminder and a good lesson for us to take in, our friends don't have to



look, and act just like us.

Our next stop on the tour was the Medical Building which Todd recently refurbished from an old watershed. The building sits in a peaceful setting along a small river which flows gently by. It houses birds who have recently undergone surgery or need a quieter space where they can recover from injuries. It is a "shelter from the storm" space, so to speak. Individual cages line the walls, and each are covered to help keep the birds calm and out of drafts.

While the main goal of APCH is to rescue birds who have suffered accidents, their desire is to nurse the birds back to health and release them back into the wild. Sometimes this is not possible, however. Some ac-

cidents leave the birds permanently handicapped. Two of the owls I saw had been injured. One lost an eye and the other was totally blind. Others have lost the ability to fly due to their injuries. In cases such as these, APCH becomes a haven for them to live out the remainder of their lives. Their becoming handicapped does not stop them from sharing their gifts, however.

Depending on their disposition, they may take on a new role, they can become teachers. APCH has been given special permission from US Fish and Wildlife, to house and train birds to become part of their educational programs. Programs include, "Meet and Greets," where audience members can ask questions about the birds being presented, "Storytime" for children, programs about Owls, and one which compares the styles of hunting in the different species.

As my tour came to an end, I was eager to know how others may contribute to the work that A Place Called Hope does. Their website lists several ways people can assist them in meeting the needs of the birds. There are options to donate directly, adopt a bird, provide food, building supplies, electric water bowls, medicine, and more.

Some of their upcoming events are as follows:

April 4, 2020 EARTH DAY Event — Meet APCH Ambassador Birds at the North Haven Conservation Commission Festival on April 4 from 11:30 a.m.-1:30 p.m. located at the North Haven High School, 221 Elm Street North Haven.

Touring the center is BY APPOINTMENT ONLY. Tour information can be found on the website under the "Programs" option. Also, check out their Facebook page, and their Instagram.



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### Motor Vehicle Claims: What to Expect from the Insurance Carrier

By Attorney AnnMarie Cienava Rocco

For the uninitiated, dealing with an automobile accident claim can be a daunting process. In Connecticut, since all drivers must be insured, it is the insurance companies who are holding the purse strings. Insurance companies are not in the habit of giving up their money despite advertising claims of being "in good hands" or being there, "like a good neighbor." To get what you are properly entitled to, you will likely need to enlist the help of a personal injury lawyer to protect your health care information, analyze liability, and fight for a fair settlement.

Even if the insurance company of an "at-fault" party (its insured) pays your property damage claim to have your car repaired, or replaced, that does not mean the same company will acknowledge the negligence of its insured in settling your personal injury claim. This is often the biggest surprise to clients who assume, that if they are injured, they can submit their medical bills or proof of lost wages to the company, and that company will pay those bills on a timely basis. Unfortunately, it doesn't happen that easily, and may only happen years later, long after they are paid by you, or in the worst of cases, after the bills go into collection.

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### *There is no other name by which we must be saved* **JESUS IS THE CHRIST, THE SON OF GOD**

"...He asked His disciples, saying, 'Who do men say that I, the Son of Man, am?'"  
14 So they said, "Some say John the Baptist... 15 He said to them, "But who do you say that I am?" 16 St. Peter answered and said, "You are the Christ, the Son of the living God." 17 Jesus answered and said to him, "Blessed are you...for flesh and blood has not revealed this to you, but My Father who is in heaven" (Matthew 16:13-17).

"Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved" (Acts 4:12). "...Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow... 11 and that every tongue should confess that Jesus Christ is Lord..." (Philippians 2:10-11). "If you

openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:8-10 NLT).

"Repent and believe the gospel!" (Mark 1:15). "Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31).

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*"Dear God, I believe Jesus died on the cross to pay for my sins, and that He arose alive again on the third day. I repent of my sins and ask Your forgiveness. I accept Jesus as my Savior and Lord, and ask that You save me from sin, death, and hell. Thank You God; in the name of Jesus. Amen."*



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# Cougar Celebrations for February

By Dolores Bates, HKMS Principal

We recognize students and their achievements at our monthly Town Meetings and want to share these celebrations with you too.

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: Respect, Responsibility, Acceptance, Kindness, and Perseverance. These Core Values were developed and accepted by Haddam Killingworth Middle School students, parents, faculty, and staff in 2016, and we recognize students each month. We appreciate these students' commitment to upholding our core values and being role models at HKMS.

The following students were recognized Friday, Feb. 28, for exhibiting Cougar Core Values during the month of February:

- Kaley Arbona: Perseverance, Kindness, Respect
- Liam Brown: Respect, Responsibility, Perseverance
- Madalynn Catalano Kindness, Responsibility
- Stephanie Coleman Perseverance, Responsibility
- Jameson Conte: Kindness, Respect
- Jaimey DiNapoli: Responsibility, Perseverance
- Zach Fong: Respect, Responsibility, Perseverance
- Brooke Hickman: Perseverance, Responsibility
- Maddie Hill: Kindness, Acceptance
- Liam Jordan: Perseverance, Acceptance, Responsibility
- Sajal Khalid: Perseverance, Responsibility, Respect
- Dana Kilroy: Perseverance, Responsibility
- Reba Larkin: Perseverance, Responsibility
- Kate Lomuntad: Responsibility, Respect, Perseverance
- Olivia Macaluso: Respect, Responsibility, Acceptance
- James Marchetti: Respect, Perseverance, Kindness
- Dylan Marshall: Perseverance, Responsibility
- Grace Mitchell: Perseverance, Kindness, Responsibility
- Sara Munz: Perseverance, Responsibility
- Ian Pizzoruzzo: Perseverance, Kindness
- Veronica Pypa: Perseverance, Respect, Kindness
- Mathias Schweitzer Kindness, Respect, Responsibility
- Luke Staskelunas Kindness, Responsibility
- Ben Werner: Perseverance, Responsibility
- Emma Wilkos: Perseverance, Respect, Responsibility
- Hailey Willey: Perseverance, Respect, Kindness

# H-K Hall of Fame names 2020 Inductees

By Elaine Jackson

The Haddam-Killingworth Hall of Fame is pleased to announce its Class of 2020 inductees, who will be honored at the 11th Annual Induction Dinner to be held on May 7, 2020. They are as follows:

Elizabeth "Betty" Cernan— Betty Cernan's service to her hometown of Higganum includes involvement in the Haddam Volunteer Fire Company Auxiliary since 1966, delivery of Meals on Wheels in Haddam, and serving on many committees as a lifetime member of United Methodist Church.

Robert Kadrle— Robert "Bob" Kadrle has been a volunteer firefighter for the Town of Haddam for 51 years. He has volunteered on the Town of Haddam Parade Committee and Veterans Museum Committee since 2001. He has been on the Rifle Squad for the Memorial Day Parade for more than 30 years.

Betty Meyer—Betty Meyer has been a dedicated lifelong member of Higganum United Methodist Church. She served on many committees and outreach programs. She delivered Meals on Wheels for Haddam for many years, and has coordinated with Haddam Public Health/Social Services to donate baskets for Thanksgiving and Christmas for those in need.

Susan Rutty—Susan Rutty has been a dedicated member of Haddam Garden Club, Haddam Committee on Aging for several years. She is an active volunteer member of the Haddam Neck Fair committee. Susan has been a member of Haddam Club 60 for several years and is currently its recording secretary.

Carol Sheridan— Carol Sheridan has served the

Killingworth school children through an intergenerational pen pal program that she has spearheaded for more than 20 years. She has been involved with the Killingworth Library since it was located in the old school house at the circle. Carol is an active member of both the Killingworth Congregational Church and the Killingworth Senior Club.

Edward Yantosh—Edward "Ed" Yantosh of Higganum has spent many years serving and caring for his community. Ed was involved with Haddam Little League for many years. He is a lifelong member of St. Peter's Church and assisted on many committees. He has been involved with Haddam Killingworth Relay for Life since the beginning in 2007. He has been chairman since 2014.

The Hall of Fame Induction Dinner will be held at The Riverhouse in Haddam, on Thursday, May 7 2020, beginning at 6:00 p.m. Tickets are \$40.00 and are available at all school offices and at the Regional School District 17 Central Office. Further information is available at 860-345-4534 or at the <https://hkhallloffame.weebly.com>. The deadline for ticket purchases is May 1, 2020. PLEASE NOTE: Tickets will not be sold at the door.

In addition, congratulatory ads for the program booklet may be purchased by contacting Elaine Jackson at [hkhallloffame09@gmail.com](mailto:hkhallloffame09@gmail.com) or 860-424-6178.

Ads must be purchased no later than April 29.

The Haddam-Killingworth Hall of Fame was established in 2009 to honor individuals who exhibit an exemplary commitment to the service of children and/or an outstanding record of service to the community.

## HADDAM SENIOR & SOCIAL SERVICES

### February report

By Jessica Condil,

Director of Haddam Senior & Social Services

\*please note Social Services report includes totals for Municipal Agent.

#### Senior & Social Services:

The following programs have serviced the community:

Haddam Emergency Food Bank has serviced a total of 55 Adults & 17 Children.

Haddam Emergency Fuel Bank has serviced a total of 6 families- 2 oil, 2 wood & 2 for electric.

Haddam Emergency Clothing Bank has serviced 18 Adults & 5 Children.

Haddam Senior & Social Services has serviced individuals with paperwork assistance 6.

Haddam Social Services has serviced 6 families with blankets this month and is currently working with one individual and one family who are facing homelessness.

#### Senior Van:

The Senior Van has serviced a total of 16 medical appointments for the month of January. The weekly shopping trip has had a consistent average of 8 seniors weekly.

#### Haddam Senior Center:

The Haddam Senior Center has had a total of 304 visitors for the month of February. Of the 304, 185 have attended the CRT lunch program at the senior center. 11 attended for our special lunch "Pizza and a Movie", 11 for the monthly field trip and 6 for the leather working program. 13 attended the pallet painting activity.



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# HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

## Thursday, March 12

Love 2 Sign with Jaye – Killingworth Library, 10:00-10:30 a.m.

Sign language class for children ages 6 months through 6 years. Presented by Jaye Carlson. Registration is required. Priority will be given to Killingworth residents. Please register at Killingworth Library. <https://killingworthlibrary.org/> 860 663-2000.

Brunch & Genetic CGX Testing Presentation – Haddam Senior Center, 10:00 a.m.

Please sign up in advance. Genetic cancer screening can help determine if you're at risk for certain cancers. An early diagnosis can increase your survival rate by up to 85%. Your results can help your primary care physician make a preventative plan to keep you healthy.

ABC Amigos – Killingworth Library, 10:45-11:15 a.m.

Spanish class for toddlers, preschoolers, and early elementary school children. Presented by Aimee Dantas. Registration is required. Signups start Monday, March 2nd, and priority will be given to Killingworth residents. Please register at Killingworth Library. <http://www.killingworthlibrary.org>. 860 663-2000

Second Thursday Book Chat – Killingworth Library, 6:30-7:30 p.m.

Not big on assigned reading? Prefer to go with your own literary flow? Join us for our Second Thursday Book Chats! Participants are invited to bring a book they've enjoyed to share with the group (fiction, nonfiction, print, audio... your choice!), or you can just sit in and soak up the suggestions. No obligation to speak, just a love of books required! Tea and light refreshments will be served. No registration necessary ~ just drop in.

Killingworth Conservation Commission Meeting, 7:00-9:00 p.m., Town Office Building

Haddam Park & Recreation Meeting, 7:30-9:30 p.m., Town Hall Annex

## Friday, March 13

Sit and be fit – Haddam Senior Center, 10:30 a.m.

Bingo – Haddam Senior Center, 1:00 p.m.

Dungeons and Dragons – Killingworth Library, 4-6:00 p.m.

## Saturday March 14

Super Saturday Storytime – Killingworth Library, 10:30-11:00 a.m.

Weekly family fun for kids of all ages! Drop-in format, no registration necessary. Adult must accompany child.

Dancing Daffodils – Ribbon Cutting Halfinger Farms, 11:00 a.m.- 12:00 p.m.

Please join us in celebrating the Grand Opening of Connecticut's first pick your own daffodil farm, Dancing Daffodils. A classic ribbon cutting ceremony will be held at 11:15am. Hot drinks and hearty snacks for all immediately following.

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

Dinner includes: Corned beef, cabbage, potatoes and homemade desserts. Take out available. Tickets: Adults \$15.00, Seniors \$12.00, Children (6-12) \$10.00, Under 6 free. For take-out orders please call: 860 345-2445.

## Sunday, March 15

Scout Sunday Pancake Breakfast – Killingworth Congregational Church, 8:00 a.m.-12:00 p.m.

Come before or after our 10:00 service. Or both! Tickets are \$10.00 for adults and \$5.00 for children. Or Free Will Donation.

## Monday, March 16

Ukulele Group – Haddam Senior Center Mondays at 9:30 a.m.

Haddam Committee on Aging meeting, 10:00 a.m. – 12:00 p.m., Town Hall Annex.

Early Childhood Wellness Works Series – HKYFS 6 - 7:00 pm

Please join us for an informative 4-part series on wellness presentation that are sure to provide you with helpful tools and tips. Register online at <http://www.brainerdlibrary.lioninc.org>

March 16 Speech/Language development, Mary Pope, SLP, Lyme/Old Lyme Public Schools

Haddam BOF Budget Review meeting, 6:30-8:30 p.m., Town Hall Annex

Haddam Wetlands Commission Meeting, 7:00-9:00 p.m.

## Tuesday, March 17

Preschool Storytime – Haddam Brainerd Memorial Library, 10:00-10:30 a.m.

Lego Group – Haddam Brainerd Memorial Library, 5:00-7:00 p.m.

For ages 5 & up. Registration is not necessary.

RSD17 BOE – Community Input on School Budget 2020-2021, 6:30-8:30 p.m., HKHS Auditorium

Killingworth P&Z meeting, 7:00-9:00 p.m., Town Office Building

Killingworth BOF meeting, 7:00 p.m., Town Office Building

## Wednesday, March 18

Silver Threads (recorders) – Haddam Senior Center, 9:30 a.m.

Leather working for beginners - Haddam Senior Center, 10:30 a.m.

Blood Pressure Management – Haddam Senior Center, 1:00-2:00 p.m.

Relay for Life Meeting, 6:30-8:30 p.m.

If you would like to help out, or, just find out more about The Relay for Life, feel free to attend one of our meetings. To register a team, or, find more information, visit our event website: [www.relayforlife.org/hkct](http://www.relayforlife.org/hkct). Luminaria's will be available to purchase prior to event and day of event. All meetings are held at the Haddam-Killingworth High School, Little City Road, Room C112. Ed Yantosh, Event Lead, ( c ) 860.918.0962

## Thursday March 19

Love 2 Sign with Jaye – Killingworth Library 10:00-10:30 a.m.

Plant a Seed Day – Killingworth Library 10:00 am - 12:00 pm

Kids ~ come join the experts from the Shared Harvest Garden of Parmelee Farm and learn how to plant and care for your own small seed! Plant a Seed Day is a global movement. More than ever before, our "food" system relies on processed food, junk food, and fast food. Yuck! But here's the good news: access to real food can start with a single seed. Come plant that seed with us! No registration necessary, just drop in. Fun for the whole family!

Music with Margie – Haddam Brainerd Memorial Library, 10:30-11:00 a.m.

ABC Amigos – Killingworth Library, 10:45-11:15 a.m.

St. Patrick's Day Luncheon – Haddam Senior Center, 12:00 p.m.

Join us for the traditional corned beef & cabbage lunch. Wear your leprechaun colors!

Card Angels – Haddam Brainerd Memorial Library, 5:00-8:00 p.m.

Cards Angels is a group of volunteers who make homemade cards with happy messages to send to those in a rehabilitation facility or cancer treatment center. As always, just bring yourself (and any friends that want to join the fun). Dinner will be served.

Contact [cardangelsct@gmail.com](mailto:cardangelsct@gmail.com)

Killingworth Library Mystery Book Club, 6:30-8:00 p.m.

Join us as we discuss Robicheaux by James Lee Burke. Extra copies will be available at the circulation desk. Newcomers always welcome! For more info: <https://killingworthlibrary.org/>

Haddam P&Z Meeting, 7:00 p.m.

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# Toddler Clarity for a Confused Adult World

By Meghan Peterson, Ph.D.

*Editor's Note: The views stated here are those of the author and do not necessarily reflect those of the other editors or staff of this newspaper.*

## Clarity of Toddlerhood

I have noticed something about toddler behavior. OK; I have observed many somethings about toddlers, but I want to focus on one particular something for now. Specifically, I have come to appreciate the toddler's uncanny sense of, and need for, clarity.

Exhibit A: "Mommy!!" Toddler points enthusiastically to a letter he sees on the page. "That is the letter B," I reply. "B...B...B!!!" he says with an affirmative, confident, knowing shout. "Mommy!!" Toddler points to another object he sees on the page: "That is a green circle," I say. "Greeeeeen. Round!" he exclaims.

Exhibit B: I proceed to take a baking dish from the oven to let it cool. "HOT!!!" Toddler yells with jubilation and eagerness. "Yes. The dinner is very hot. We must let it cool down before we eat," I explain. Next, I open the fridge to take some dressing out. Toddler pronounces "COOOOLD!" To which I comment, "Yes. That is correct. Foods in the fridge are cold."

In both examples, the process of naming an object (i.e., a letter; a shape; a color) or identifying the quality of that object (i.e., the temperature of food) centers on clarifying what something is and how the common language between Toddler and Parent (in this case, it is English; although, it can any language) represents that something.

I will return to this concept in a moment...or two. My points that follow come full circle (or will it be a green circle?).

## Heteroflexibility? It's in!

I opened a section of my Sunday newspaper to an eye-catching headline recently: "A new sexual orientation? Heteroflexible brings up health issues that need to be addressed"

What is heteroflexibility? What does it mean to say "I am a proud heteroflexible American." Is heteroflexibility similar to being bisexual? Not quite, according to the article. Researchers are advocating for a new category of sexual orientation (or perhaps, dis-orientation) to the mix. As the author reports, heteroflexibles are people "who identify as heterosexual but who are strongly attracted to or engage in sex with people of the same sex." What? How is that not being bi?

Now, I want to make clear: sexual orientation is up to the adult. Emphasis on adult. Be what you want, when you want, with whom you want. Just be sure your choice does not infringe on my deci-

sion-making and autonomy. I will do the same.

But I detect a dangerous degree of division and confusion in this path contemporary society is charting. First, how can it be healthy for any human – toddler, youth, adult – to continuously segment oneself into categories and boxes? Building a culture of minorities within minorities appears to be the modus operandi. Even the most intricate Russian nesting doll would be jealous.

For instance, here are the checkboxes society has built for me: I am Caucasian. I am female. I am Cisgender. I am a millennial. I live in a small town. I simultaneously engage in microaggressions due to my white privilege as well as am a recipient of them due to my gender. Heteroflexibility is another name for another box, contrived by academics. This is the division component; divide humans in order to fuel angst and animosity. The confusion emerges when sexual orientation becomes this disorienting process (in part exacerbated by an academe whose general mission is to segment humanity and subvert civility) in which humans do not know what to do, with whom, or when. Heteroflexible? Is this a parody? Is this a subject of serious academic study? Or is the joke contained within the fact that we are even discussing this topic? Perhaps that is the foible of it all.

## Transgender athletes: gender flexibility, it's in!

Female high school athletes playing against girls-who-used-to-be-boys-but-decided-to-be-girls sounds like fabulous material for a work of short fiction? Not quite. It is a real story in our real state of Connecticut. Year 2020.

Speaking of sexual orientation flexibility, how about a dash of gender fluidity? Why not? You think it, and it will be your path! Well, these stellar Cisgender (i.e., individuals who are born females biologically and are OK/happy with that) females are suing the Connecticut Interscholastic Athletic Conference for its 2013-implemented policy which permits trans athletes to compete in sports based on their gender identity. Specifically, the high school track athletes contend the policy violates Title IX, a federal civil rights act that prohibits discrimination on the basis of one's sex. In athletic contests, trans girls (girls who used to be boys) are besting the girls who, well, really are girls.

Now, I am all for pretend play and theatrical performance. I think children and youth thrive on imaginative, free play. When kids play and imagine, they engage their mental, physical, and emotional beings. But pretending to be a different gender – and then enacting that pretense in the form of a genitalia operation, particularly as a teenager or child – is delusional at best, exploitative and abusive at worst. Parental confusions about gender and sexuality are being foisted on younger humans. And these confusions are but one part of the macro-environment in which meaningless, purposeless, nothingness flourish. Friedrich Nietzsche, the father of nihilism (literally, the philosophy of nothingness), would be dumbfounded.

## Abortion and a baby's heart beat detected at 5 ½-6 weeks: infanticide-flexibility, it's in!

Today's technology is so cool and astounding. Check this out: a certain type of ultrasound can detect the

heartbeat of a baby between 5 ½-6 weeks after gestation. A heartbeat? Yes. And we are legislating our way around the question of life in this nation by aborting a "fetus" after 24 weeks (2nd trimester for the mom).

If we abort the baby/fetus/thing-that-has-a-heart-beat before 24 weeks, does that mean we are comfortable with snuffing life? If we abort "it" after 24 weeks, does that mean we are comfortable with snuffing life? Do we accept the implicit claim that a heartbeat does not signal life? If a heartbeat does not signal life, what does it indicate? Common sense always directed that a heart beating equals life. What does a heartbeat signify if not life? This life-death flexibility is the worst kind of contorted logic.

Perhaps the most frank conclusion is that abortion constitutes the taking of life. Perhaps another is that in this context, medical science and infanticide are intertwined.

## Family/government-flexibility- it's in!

One final topic: The state of Connecticut is coming to the rescue. For parents who play an active role in their children's health, do not get ahead of yourselves! Connecticut has the solution for parents who do not comply with The State's wishes. Connecticut lawmakers have come to Hartford on their high horse of state-centric righteousness and have passed through the public health committee (it awaits a full vote before the General Assembly) a bill that eliminates the religious exemption for vaccinations, while keeping the medical one intact. If the bill passes, parents who do not vaccinate their children due to religious reasons will soon see their children unable to attend private or public school.

There is a problem with this setup, however. Our state government is preoccupied with occupying the role of parent that it has forgotten the documents it is bound by: our Connecticut State Constitution, which guarantees a right to education and our federal Constitution, which codifies the right to free exercise of religion.

This bill smacks of prima facie unconstitutionality (unconstitutional on its face) on the state level. Moreover, it is a violation of the First Amendment provisions of free exercise, which has time and again been recognized by the U.S. Supreme Court. The state of Connecticut thought it could play parent and is flexing its muscle to do so. It is not a matter of whether there will be legal challenges to this bill; it is just a matter of when.

## Full Circle

Taken together, the above examples constitute one gobbledygook soup of societal confusion, moral distortion, and bald-faced illegality. Then again, when you have a culture in which defining sexual orientation, gender, life, and distinctions between government and family yields more questions than answers, it comes as no surprise or shock.

Consensus on concepts such as sex, gender, life, public and private life has become elusive. Confused human beings have made a mockery of basic truths. In turn, those truths have gone into hiding.

In the meantime, I'll be hanging out with my toddler and finding life's clarity in the ABCs, 1-2-3s, and calling things as they are, for what they are.



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# Haddam Killingworth News

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[TheSaybrookAtHaddam.com](http://TheSaybrookAtHaddam.com)



# Please join us at The Riverhouse for Easter Sunday Brunch

April 12, 2020

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\$18.00 Children 4 to 13 years (under 3 complimentary)

**Reservations:** [theriverhouse.com](http://theriverhouse.com) or call 860-345-4100

## LEGAL NOTICES

### TOWN OF HADDAM ZONING BOARD OF APPEALS PUBLIC HEARING AND MEETING

The Zoning Board of Appeals Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on March 26, 2020 at 7:00 to act upon the following item (s):

Public Hearing and Meeting:

1. A variance to allow a third dwelling unit on a parcel in the R-2 A Zone. Property located at Map 46 Lot 025. 156 Jail Hill Rd, Haddam CT. Applicant: Carla Marino Marek
2. A variance to allow for the creation of a building lot with less than the required 200' of road frontage. Property located at Map 52 Lot 16. Cedar Lake Rd, Higganum CT. Applicant: Shawn Monroe

Said application is on file in the Land Use Office of the Town of Haddam. Zoning Board of Appeals, Haddam CT

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

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## Bill Hevrin hikes the Triple Crown: the challenge of a lifetime

Continued from page H2

trails, shuttle hikers to trail heads and from the trail to town so hikers can restock. Trail Angels also leave food and water (known as Trail Magic) at various places along the trail. Some Angels provide lodging for weary hikers...as well as laundry facilities, actual beds and SHOWERS!

Lizards, rattlesnakes, mule deer and marmots were among some of the wildlife Bill saw on the PCT. The scenery was so different...from desert floors to snowy mountain tops. In one single day near Independence, California Bill hiked down a mountain pass from 11,000 feet in elevation to 4000 feet.

In August, when Bill reached the northern terminus of the PCT, at the Canadian border, Bill had walked approximately 2,650 miles.

Bill completed his third hike, the CDT, this past



September 2019. He'd been gone from late April to late September.

Bill started this hike from Crazy Cook, New Mexico, the southern terminus of the CDT at the Mexican border in the Chihuahuan desert. This trail is not as well marked as the AT and the PCT trails partly due to the fact that it is not as popular and is less complete than the other two trails. In some areas hikers follow the footprints of previous hikers. Having a navigational device is vital. Sometimes Bill had to check his location every fifteen minutes, especially in the

southern desert and in areas of deep snow in Colorado.

One time Bill, who was traveling alone at this point, became disoriented on Craggy Mountain peak in a snow storm. He'd been following footprints...there were so many in this one area. It looked well traveled. So naturally he thought he was on the right

track. After a while of hiking, he realized something was wrong. He was off course. He then realized that the high amount of footprints he had seen a while back must have been hikers going up and then back-tracking and retracing their steps trying to get back on the trail. Since he had gone so far, he couldn't turn back. He climbed over a steep ridge line to re-connect with the trail. He had to go up...in the snow, hand over hand. There was risk of avalanche.

The CDT hosts probably the most (what we might perhaps call) "Wild West" lifestyle. Without fences, cattle free-range graze on leased land. Cattle drives still occur. Some cow-boys and girls still ride on horseback. Cows, horses, deer, antelope, etc. all graze on the same land. Bill said, if you are still and stare out across the Plains, you will see movement. At times it all seems to be moving...all those horses, cattle and antelope...all mingled, grazing together.

In Wyoming, Bill encountered herds of wild horses circling him from a distance...curious about this hiker. In Wyoming and Colorado he saw abandoned prospectors' mines and hiked through deserted ghost towns. In South Pass City, Wyoming, the ghost town buildings are maintained to preserve this part of the history of the west.

In Montana, a trail angel let Bill and another hiker stay at his family's home for a night. On the property there was a man-made canal that was originally intended for irrigation. It was a hot, sunny day so...with inner-tubes, the hikers jumped in and enjoyed a lazy, early evening float along the canal.

Some of the wildlife to be seen on the CDT include Picas, Marmots, various snakes (some poisonous), elk, antelope, cattle, buffalo, sheep and horses. Bill saw a large grizzly bear at a distance and a grizzly cub scurry up a tree.

In Montana, Bill saw sheep grazing. On further observation, he also saw a very protective sheep dog that rushed him trying to intimidate him. It worked. Best to leave the sheep dog to his work.

Bill saw several hikers he recognized and some he had hiked with on the AT. On the CDT, Bill hiked the second half of the trail with a fellow hiker he knew from the PCT. Sometimes it's funny how our lives cross.

There are a few "colorful" individuals on the trail too. One such individual was a con-man Bill met in Pie Town, New Mexico. This man was known to try to get money out of hikers and local residents by preying on their kind-hearted nature. He claimed that he was ill, dying of cancer, and this hike was on his bucket list. There is a "grapevine" of information that travels up and down the trail between hikers and local communities. So fortunately, hikers who had encountered this man previously, warned new hikers to beware and not be taken in by him. It was also rumored that this guy had kidnapped a woman hiker who was, thankfully, able to escape and survive. The con-man was taken into custody, but was eventually released. He was known to be a stalker with a violent and criminal history. Finally, a sheriff from Pie Town escorted the con-man to the border of Arizona and told him not to come back.

Trail hikers look out for one another. There is truly a close knit camaraderie between them that non-hikers cannot fully understand. This experience is unique only to a fellow hiker. There is an unspoken understanding...and an acquired knowledge of what a challenge a journey like this is, a knowledge of the sacrifices it takes to commit and follow through with an endeavor like this and a knowledge of how each hiker individually is changed forever. It's humbling. It breeds a deeper understanding of self. It teaches just how little in the way of material things are needed to enjoy what is all around us. In this country of so many different lifestyles, cultures, traditions and people, there is a vast diversity of landscapes and climates from one shore to the other that is just waiting for us to protect and enjoy. We could spend a lifetime exploring this country and still not have the time to see it all.

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