

# Haddam Killingworth News

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

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March 5, 2020

For breaking news go to [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) every day

Free weekly

## HKHS celebrates Senior Night, defeating Classical Magnet 61-59



Photo by Lori Clemente.

By Kristin Mazziotti

The Haddam Killingworth High School Boys Swim team defeated Classical Magnet High School at the last home meet of the season on Feb. 18. Senior Captains Zach Houlton, Eli Houlton, and Jimmy Clemente were honored for their hard work and dedication over the past four years as varsity swimmers on the HK Boys Swim Team. HK is now 9-1 for the season.

**Final Score:**

HK 61, Classical Magnet 59

**HK highlights:**

**200 Medley Relay**

- 1st Jack Ferguson (HK), Kyle Mazziotti (HK), Jimmy Clemente (HK), AJ Campo de la Vera (HK) 1:53.16
- 3rd Matt Scowronek (Valley), Egan Rothrock (Valley), Connor Levy (Morgan), Colby Kish (HK) 1:56.17

**200 Freestyle**

- 1st Zach Houlton (HK) 1:55.47
- 2nd Jack Ferguson (HK) 1:59.22

**200 Individual Medley**

- 1st Kyle Mazziotti (HK) 2:10.75
- 2nd Connor Levy (Morgan) 2:17.64

**50 Freestyle**

- 1st Eli Houlton (HK) 23.84
- 3rd Jimmy Clemente 25.12

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## HKHS Energy Project

By Jen Favalora,  
RSD 17 Board of Education

In 2016, the RSD 17 Board of Education brought to the residents of Haddam and Killingworth recommendations to address critical infrastructure needs at the High School. HKHS was a well maintained building, however the original 1974 roof and boilers had outlasted their expected lives and needed replacement. Additionally, the 45-year-old Auditorium was in dire need of upgrades to replace many broken or damaged seats, an unsafe stage, and provide ADA compliance for wheel chair access. Lastly, throughout the campus, energy conservation updates were needed. The lighting would be changed to LED, and Photovoltaic Panel Fields would be added to the roof in order to generate energy. The community voted in December 2016 to approve the projects mentioned.

In January 2017, a community-led Public Building Committee was formed



Photo courtesy of Friar Architecture.

by the BoE including Chairman, Tom Hogerty, and members Eric Couture, Joanne Nesti, Colleen Fitzpatrick, Karen Perry, Sue Williams, Bill Leahy, Robert Braren, Chip Frey, and Rob Albert. For nearly three years, the committee worked, often meeting weekly, with the Project Manager, Architects and Construction professionals to oversee the design, planned construction, installation and completion of the project.

The multi-faceted venture took place in stages with the roof renovated first, allowing time to identify and address potential problems such as leaks. A Firestone Rubber Roof was selected,

and the project included raising all of the air handlers, adding penthouse flashing work, installing extra ladders and replacing the complete field house window wall. Silk Town Roofing was chosen as the lead contractor for the roof and completed the project on-time and under budget during the summer of 2017.

In the summer of 2018, work began on the rest of the proposal. Renovations to the auditorium included new seating, carpeting, epoxy flooring, and stage sound dampening. The space was brought up to code with ADA bridge

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## Award Winning A Cappella Group to sing in Killingworth

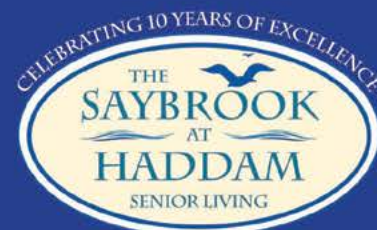
By Marie Field, Nathaniel B. Field  
Memorial Foundation

**Who are the Vassar Devils and what do they do?**

The Vassar Devils are a co-ed a cappella group that loves to perform music of all styles (pop songs, jazz standards, rock ballads, indie hits, etc.), as well as original music written by their members. Recently, they won a competition called Boston Sings, were named the Northeast Champions of the ICCA (International Championship of Collegiate A Cappella), and sang as one of the top 8 groups in the U.S. and U.K. at the Finals on Broadway! They also won the "Find Your Voice" a cappella songwriting competition held by The Vocal Company, were featured on POP TV's a cappella docu-series "Sing It On", and even gave a private performance for President and First Lady Obama at the White House in December of 2015.

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## Growing Older Doesn't Mean Growing Lonely

According to the National Poll on Aging, one in three older adults is lonely, *even those who live with their children.* It doesn't have to be this way.

The Saybrook at Haddam offers a carefree lifestyle and enrichment programs that lead to companionship and meaningful relationships.

Call 860-345-0090 or visit [www.TheSaybrookAtHaddam.com](http://www.TheSaybrookAtHaddam.com) to learn more.





Photos by Todd Hajek.

## KVFC has a busy weekend in February

By Todd Hajek

The Killingworth Volunteer Fire Company had an extremely busy weekend. Eight calls for service were answered since Friday. Sunday, crews dealt with two brush fires at private residences. A friendly reminder that with the lack of snow this winter



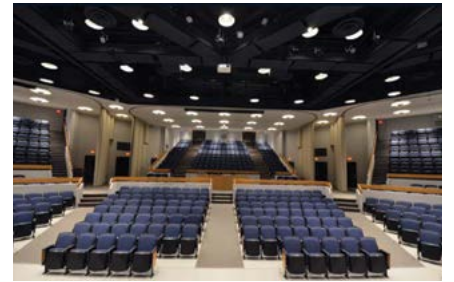
the ground is extremely dry on the top layer which promotes spreading.

Also, please contact the Town's open burning official, Ethan Drain, prior to burning. His contact info is on Town website: [www.townofkillingworth.com](http://www.townofkillingworth.com)

## HKHS energy project

Continued from page H1

access and a new wheel-chair lift. The auditorium stage curtains were removed and replaced, and three existing tracks were upgraded with machines for motorized operation. A lighting control booth was added and the walls and ceilings were painted.



Photos by Doug Rogers, CREC.

At the same time, the lead contractor, MJ Daly worked on removing the two large oil burners and replaced them with six smaller, more efficient dual-fuel burning boilers. The new Clever Brooks boilers can heat using either oil or natural gas, allowing for more cost saving options in the future. Circulation pumps, domestic hot water heaters and expansion tanks were also replaced and updates were made to the floor, drains, lighting and entrance to the facility.



Interior and exterior LED lighting upgrades took place throughout the campus. Energy efficient lights were placed in the media center, hallways, auditorium, main lobby, Field House, and Central Office gymnasium. Outside, energy saving updates were made to the lighting in the bus barn, parking lots and walkways.

And finally, 1,478 Photovoltaic Panels were added to the roof and RSD17 was accepted into the Eversource Energy 15-year Zero Emissions Renewable Energy Credit (ZREC) Program. The energy generated through the panels is being used by the high school, and the district earns \$65 per ZREC, with a payout from Eversource of over \$16,000 to date. In six months, the system has generated 504 MWh, saving 780,236 lbs. of CO2 emissions, which is equivalent to planting 19,651 trees.

As of December 2019, the HKHS Energy Project is considered successfully completed. As is common in large scale projects like this, not everything goes as planned. Some projects, such as the roof, finished on time and as planned. While others, such as the boilers, took more time and money than anticipated. In the end, the Board did not spend the full amount that was approved by the towns in the 2016 referendum. This past summer, the BoE provided final funding for this project with \$7.27 million in ten-year bonds. With energy savings continuing to be measured, and debt paid off in ten years, realization of the benefits from these upgrades can be expected for decades.

# TICKETS ON SALE NOW!

## April 25, 26 & May 2, 3

Toot toot!!! Thomas the Tank Engine, his buddy Percy, and Sir Topham Hatt are pulling into Essex Station for the "Celebration Tour!" in honor of Thomas's birthday this spring! After meeting Thomas, guests will also be able to meet Sir Topham Hatt, and Percy the Small Green Engine! But wait, there's more! You and your little ones have access to unlimited rides on 5 carnival rides, face art, Isle of Sodor storytelling, Thomas the Tank Engine video theater & magic show, and Thomas the Tank Engine play areas! PLUS, Caboose the Clown will be joining us and creating colorful balloon characters, while Sunny Train presents her beloved music show!

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## COMMUNITY BUSINESS SPOTLIGHT



Photos above and right by Kathy Brown.

Photo courtesy of the Middlesex County Chamber of Commerce.

## Kelly Family Orthodontics celebrates Grand Re-opening, Ribbon Cutting

By Kathy Brown

Kelly Family Orthodontics in Middletown (561 Saybrook Road) is owned by Drs. Michael and Gillian Kelly of Haddam. We profiled their business back in 2017 in this article. Since then, Dr. Jeffrey Bert, who started the business over 30 years ago, also of Haddam, retired in 2019.

According to the press release from the Middlesex Chamber of Commerce, "Fall 2019 brought the realization of another dream for Drs. Gillian and



Photo by Kathy Brown.

Mike. Recognizing a desire to re-invest in the Middletown community, and to provide their patients with an experience second to none, the doctors undertook a full-scale renovation and remodel of the Middletown office." Mike and Gillian decided that they "really wanted to put our own stamp on the space," explained Mike. "But the changes in the layout make it more functional as well. It is a modern, open look." To do that, they removed most of the attic, and opened up the ceilings for a vaulted look,

which makes everything feel bigger inside.

They celebrated a grand re-opening and ribbon cutting with the Middlesex County Chamber of Commerce on Wednesday, Feb. 19, 2020, then held an open house on Thursday, Feb. 20 for customers past and present, as well as the community.

The look is the only thing that changed. "Same team, same treatment, same business practices," said Mike. Two of my children had their orthodontics done when it was solely Dr. Bert's practice, and my youngest had her orthodontia completed after the business was purchased by the Kellys. I can attest that is the same warm and welcoming atmo-

*Continued on page H10*

## HADDAM SENIOR CENTER

### March activities and events

By Colleen Totman,  
Senior Center Activities Coordinator

Haddam Senior Center  
Located at 923 Saybrook Rd  
860-345-2480

#### Activity Highlights

Blood Pressure Management – Wednesday's for 4 consecutive weeks starting March 4, 1:00 p.m. Heart Healthy talk hosted by Sherry Carlson. Attend all 4 classes and receive a digital blood pressure cuff.

Craft- Cartooning 101-Monday

March 9, 1:00 p.m. Please sign up ahead of time. Learn the basics of cartooning and follow along with Debi's chalk talk.

Essential Oil Room Sprays Make & Take- Wednesday March 11, 10:30 a.m.

Cake for February Birthdays – Wednesday March 11, 1:00 p.m.

Brunch & CGX Testing Presentation – Thursday March 12, 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.

BINGO- Friday March 13, 1:00 p.m.

Club 60 – Monday March 16, 1:00 p.m.

Leather working for beginners- Wednesday March 18, 10:30 a.m.

St. Patrick's Day Luncheon – Thursday March 19, 12:00 p.m. Join us for the traditional corned beef & cabbage lunch. Wear your leprechaun colors!

Setback- Friday March 20, 1:00 p.m.

Toes on the Go – Friday March 20.

Please call the Senior center to make

your appointment.

Field Trip Day – Thursday March 26. TBD The HK Middle School has invited us to see their production of "Into the Woods" please sign up if you would like to attend.

Chess – Friday March 27, 1:00 p.m.

Card Making – Monday March 30, 1:00 p.m.

#### Weekly regular programs

Ukulele Group / Mondays at 9:30 a.m.

Silver Threads (recorders) Wednesdays at 9:30 a.m.

Sit and be fit DVD exercise series. Friday mornings at 10:30 a.m.

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## March programs & events

By Laurie Gardner and Marissa Lehmacher, BML

### ADULT PROGRAMS

#### Gnomes!

Saturday, March 21, 10:30 a.m. to 2:20 p.m. at Brainerd Library

Friday, March 20, 2020 from 6:00 to 8:00 p.m. at East Haddam Free Public Library

Gnomes are everywhere! They have been sighted at Brainerd Memorial Library and East Haddam Free Public Library. Let's make some of these cute Nordic-Scandinavian gnomes. Come learn how to make these adorable home decorations using socks, felt and fake fur at either library. To make a gnome at Brainerd Memorial Library, please sign up for a time slot on March 21st on the Library's website; [www.brainerdlibrary.lioninc.org](http://www.brainerdlibrary.lioninc.org). To make a gnome at East Haddam Free Public Library call 860-873-8248 to register. We will see who has the best gnomes with a contest on our Facebook Pages. Space is limited.

#### Brainerd's Culinary Club

Monday, March 23, at 6:30 p.m.

Do you like to cook? Do you like reading cookbooks? Do the pictures make your mouth water and you want to try the recipes? Then come join us at Brainerd Memorial Library for our cookbook book club. The club will meet on the fourth Monday of the month at 6:30 p.m. For our March 23, 2020 gathering, we are making our favorite chocolate recipes. You may choose one of your own favorite chocolate recipes or the library will have a selection of cookbooks to choose from. Please stop by the library to sign up with your name and the recipe you have picked. You may also email your recipe choice to Laurie at [lgardner@brainerdlibrary.org](mailto:lgardner@brainerdlibrary.org). The Library will supply the plates, utensils, and a drink.

### CHILDREN'S PROGRAMS

#### Preschool Storytime

Preschool Storytime takes place every Tuesday at 10:30 a.m. Join us for themed stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

#### Music with Margie

In March, Music with Margie will take place on the following Thursdays: the 5th & the 19th. The theme

is "Windy Days and Things That Fly". Margie's multi-sensory program builds skills on a bi-weekly basis, in order for children to reach the developmental goals they need to enter Kindergarten. Margie brings items for children to play with such as beanbags, scarves, puppets, and instruments. Music with Margie is appropriate for children ages 2 to 6.

#### Toddler Tunes

Toddler Tunes is back! Mr. Dan leads this program along with his signature instrument, the keyboard! In March, Toddler Tunes will take place on the following Thursdays: the 12th and the 26th. Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Appropriate for children ages 1 to 3, but siblings are always welcome.

#### LEGO™ Club

Like playing with Legos? Come build with us at our drop-in Lego Club! Each month will feature one unique theme and one free build. Lego creations will be put on display until the next session. Lego Club meets on the 1st and 3rd Tuesdays of every month from 5:00 to 6:00 p.m. Appropriate for children ages 5 and up.

#### Nutmeg Book Club

The Nutmeg Book Club returns! If you are in grades 4 – 6, join us on the last Wednesday of each month from 6:00 to 7:00 p.m. for a lively discussion of a selected Nutmeg nominee. Be prepared to enjoy pizza, snacks, book-related activities, and trivia. March's meeting takes place on the 25th and the selection is Greetings From Witness Protection by Jake Burt. Please register by calling 860-345-2204 or visiting [www.brainerdlibrary.org](http://www.brainerdlibrary.org).

#### Super Smash Bros. Club

Whether you want to learn the basics or are looking to fine tune your skills, our Smash club has a place for you! Join us on Saturday, March 28, 2020 from 12:00 to 2:00 p.m. where we'll have Smash 64, Melee, and Ultimate. Play using our controllers or bring your own. Come learn techniques such as wave dashing and DI, try out new characters or practice your main, and enjoy playing friendlies in a welcoming environment. An experienced player will be there to guide newcomers. For ages 10 – 18. Refreshments will be served.

#### Early Childhood Wellness Works Series

Please join us for an informative 4-part series of wellness presentations that will be sure to provide



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you with helpful tools and tips for parenting your young children. Sessions will be held at the Brainerd Library in the Children's Department on the first 4 Mondays of March from 6:00 -7:00 p.m. with a light supper included. Teen volunteers will be available to do craft activities with young children and keep them entertained:

March 9: Positive Parenting with Barbara Vita, Early Childhood Specialist, CT Afterschool Network

March 16: Speech/Language Development with Mary Pope, SLP, Lyme/Old Lyme Public Schools

March 23: Healthy Eating with Kara Pachniuk, Certified Nutritionist-Nourish & Nosh, Madison

This program is offered by H/K Youth and Family Services in partnership with the Brainerd Memorial Library and Killingworth Library. Please see Brainerd's website for further information on each session and please register for any/all dates that you are interested in as space is limited: [www.brainerdlibrary.org](http://www.brainerdlibrary.org).

### TEEN PROGRAMS

#### Teen Advisory Board

Thursday, March 12, from 6:00 – 7:00 p.m. What can your library do for YOU? Voice your ideas for improved YA services, help plan events and activities in the Teen Lounge, help develop the YA collection, assist with Children's programming and so much more! New members are always welcome! For more information please contact Kristen at [kcarpentier@brainerdlibrary.org](mailto:kcarpentier@brainerdlibrary.org)

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

## COMMUNITY

### 3rd Annual Mental Health and Wellness Expo: March 21

By Melissa Ferrara

The Changing Minds Advocacy Group of Killingworth along with co-sponsor NAMI Shoreline invites residents of the CT River Valley and Shoreline communities to the 3rd Annual Mental Health and Wellness Expo. The Expo is free of charge and will be held on Saturday March 21, from 10:00 a.m. to 12 noon in the Green Room of the Clinton Town Hall located at 54 East Main Street in Clinton.

There will be a wide variety of traditional and non-traditional providers of mental health, wellness, and substance abuse treatment services for both youth and adults. Residents of all area towns are welcome to come and find resources for themselves or friends and loved ones in an informal, relaxed setting. Ample parking in lot behind Town Hall.

For questions, please email [changingminds-group@yahoo.com](mailto:changingminds-group@yahoo.com) or call 860-663-3482.



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# Nonprofit offers therapy in exchange for public service

By Kathy Brown

After reading about the Nathaniel B. Field Foundation's donation to the Volunteers in Psychotherapy last year in this article, I got curious about the organization, so I contacted Dr. Richard Shulman, Director and licensed psychologist at VIP. It is an innovative approach that makes therapy accessible to people from all walks of life, because in exchange for therapy, all you have to do is donate your time to a nonprofit or government agency in a "pay it forward" kind of way.

Dr. Shulman worked on an oversight committee of a Connecticut hospital and saw medication chosen over therapy because of insurance and access to therapy becoming "increasingly rationed," said Dr. Shulman. "Insurers could demand from therapists who contracted with them, that they provide reports about people's private therapy discussions, in order to receive reimbursement. They also required psychiatric labels, which became part of people's permanent records — again, potentially problematic for people, and often quite misleading. Increasingly access to therapy was denied or rationed, people were shunted toward receipt of medications — even if they knew they wanted to talk about difficult, very private matters in their lives."

In 1999, Volunteers in Psychotherapy achieved nonprofit status by the IRS so that they could offer therapy for no fee, but in exchange for volunteer work for the nonprofit of their choice. "Through VIP, people are, in a way, 'paying for' their therapy by doing good work, helping other people in the community," explained Dr. Shulman. "Everyone contributes to the common good, through VIP, and everyone sacrifices a bit. Clients do substantial and documented volunteer work, and participating VIP therapists agree to receive roughly \$50 per session (a quarter to a half of what they might make in private practice). Plus, VIP clients get all the benefits of volunteering: a sense of pride in a job well done in helping others, they join with a team of others doing such good work, they're less isolated... and they're participating in a decent system of fair-exchange where everyone sacrifices a bit, and everyone benefits."

It isn't just Dr. Shulman giving back; it's a net-



Christiana Field and Dr. Shulman.

work of like-minded therapists, as well as a Board of Directors, and an Advisory Board. The therapists see clients — individuals, couples, or families — in their own private-practice offices, and get reimbursed out of donations and grants. There are doctoral clinical psychologists, as well as social workers, and other licensed therapists.

Clients get to choose what government agency or non-profit they volunteer for, and the agency doesn't know that they're volunteering to earn VIP therapy sessions. Privacy and confidentiality are maintained each step of the way. Clients have chosen to volunteer in hospitals, health clinics, programs that help the blind, disabled, the elderly, veterans, children, and organizations such as Big Brothers and Big Sisters, YMCA/YWCA, Boys and Girls Clubs, as well as medically-related groups which help people who've survived breast cancer. People have also volunteered in public schools, Habitat for Humanity, Veterans' homes, shelters, soup kitchens, or volunteer in a fire

company or ambulance corps.

Typically with therapy, the duration of the therapy is decided by how long an insurance company will cover sessions, but not with VIP. It's consumer driven, and the consumer is the client, or patient. "That should be decided by each person — and since they're doing substantial amounts of volunteer work to earn each session — they're clearly the consumer, in the driver seat making decisions for themselves ... and it doesn't feel like a 'handout,'" explained Dr. Shulman.

Right now, VIP provides therapy in the greater Hartford area, though therapists in other regions of the country have consulted with Dr. Shulman about setting up their own adaptations of the VIP approach elsewhere. VIP has even set up a service called the "Export Initiative" to work with others to build their own nonprofit service in their area.

Though I first heard about VIP when Haddam-Killingworthnow.com published the article about the local Nathaniel B. Field Foundation's donation, they are funded by about 40 charitable foundations, community organizations, and religious congregations. They've been supported by the Hartford Foundation for Public Giving, American Savings Foundation, Bank of America, as well as other foundations.

If someone wanted to donate to VIP, they could donate through their website. Likewise, if someone wanted to work with VIP as a therapist, or become a client, they could find out more information on the website, or call 860-233-5115. All therapists are screened thoroughly.

"It's a good model for human service philanthropy," said Dr. Shulman, "since people are helping other people to earn their VIP services — so that they feel good about themselves, the work they're doing helping others."

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# HKHS takes 2nd at Class S State Championship

By Val Williams

Just days before the Class S State Wrestling Championship, the Hartford Courant predicted the top three contenders for first place. They neglected to mention Haddam Killingworth High School as a threat for the top three positions. They were wrong.

On Feb. 21 and 22, thirty-four Class S schools from around the state gathered at Killingly High School to compete in the Class S State Wrestling Championship. For only the second time in Haddam Killingworth history, this HK team placed second. Coach Nick Adler beamed as he reported that "Each wrestler played their part and wrestled to their seed or better.



Photo by Val Williams.

It was a total team effort that got us to our second place finish." The top six wrestlers in each weight

class go on to the State Open next Saturday. Coach Adler added that "This year HK will be sending eight wrestlers to the State Open. This the most wrestlers HK has ever sent."

The wrestlers who will be moving on the State Open include: Thomas Perry, first place and Class S Champion, Cameron Hines, third place, Nick Glynn, third place, Matt Carson, fourth place, Ben Williams, fourth place, Sam Young, fifth place, Ryan Duncanson, sixth place, and Ethan Wright, sixth place.

Parent, Scott Perry, summed up the two-day-long event best when he stated that, "Our kids wrestled tough as nails. We've had illnesses and injuries and still the boys fought hard for second place. It has been amazing to watch."

## HKHS INDOOR TRACK

# Boys' team ties for 4th in states; Lewis shines for girls

By Richard Dupuis, Coach

The State Open brings together the best athletes in each of the eleven individual and four relay events in track and field based on their performances in the four Divisional Championships. Haddam Killingworth High School had advanced two individuals, Seth Regan in the 55 dash and Matt Jennings in the 1000, and three relays, the 4x200, the Sprint Medley Relay and the 4x400 relay from the S State Championship to the Open. While Seth ran a personal best, his time missed qualifying for the finals by four tenths of a second. Matt Jennings entered the 1000 seeded second behind Ryhs Hammond from

Stonington. They had not met during the season and both were undefeated. Hammond managed to hold Matt off, winning by less than a second. Both qualified for the New England Championship next week and their times qualified them for the Championship category of the New Balance National Championship the weekend after New England. The National Championship has two categories, the Emerging Elite (EE) category and the Championship category, the standards of the former are hard to achieve and the latter even harder. According to Athletic.net, Matt's time of 2:29.56 has him ranked eighth in the nation. His time also set a school record.

The Sprint Medley Relay consists of four runners. The first two legs lead off with runs of two hundred meters each, followed by the third leg running four hundred meters and the anchor running 800 meters. HK was in a somewhat unique situation due to a trip and fall in the S Championship. Despite the fall, HK was able to win the event, and was advanced to the Open. On paper, Stonington looked like a lock to win the Sprint Medley relay with a seed time four seconds faster than second place seed time. HK's Spring Medley Relay entered the race with a seed time about seven seconds behind Stonington. Nonetheless, the opening two hundred legs of Aidan Coleman and Seth Regan, managed to put HK in the middle of a crowded pack as Regan handed off to Dymtri Mallon for the 400 leg. Dymtri advanced the team's position further as he handed the baton off to Matt Jennings for the 800 anchor. Despite having run the tough 1000 meter race earlier, Matt took over the lead about halfway through his leg. As he

made the turn for the last 50 meters, the anchor of the Stonington team, Rhys Hammond, who had held Matt off in the 1000 made a furious rush to the finish. In one of the most exciting finishes of the day with both falling across the finish line, the Cougars were able to pull out the victory in what appeared to be a photo finish with HK the apparent winner by thousands of a second. Nonetheless, both teams were concerned as a race that close needs to be reviewed carefully. However, it was soon determined that the Stonington team had been disqualified due to a lane violation earlier in the race. HK's winning time of 3:37.444 qualified the team for the Emerging Elite Category, narrowly missing the Championship category of 3:27.00. Their winning time also set a new school record. According to Athletic.net, HK is ranked twenty-fourth in the nation.

On the Girls side, HK's Kedarjah Lewis, HK's sole entry into the Open had a fantastic day. Kedarjah is an HK Junior and a successful soccer player,

*Continued on next page*

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God did not send His Son into the world to condemn the world, but that the world through Him might be saved. <sup>18</sup> He who believes in Him is not condemned..." (John 3:14-18). "Jesus answered..." "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God..." (John 3:3).

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# Meet Mac O'Moodus Creator: Roger Straub of Higganum

By Sharon Challenger

Behind every artist lies a story, and very often the story is a compilation of many adventures, experiences and even coincidence. Our lives have chapters, and within the chapters lie the keys to our spirit.

When I first spoke with Roger Straub on the phone about his artwork, I became keenly aware that he is a humble man, and a creative genius all rolled into one. Besides being a highly talented artist, Roger is also a musician, writer, and has worked as an Elementary Art teacher. He graduated from the University of Bridgeport with a degree in Art and went on to earn a master's degree in art education from Southern Connecticut State University.

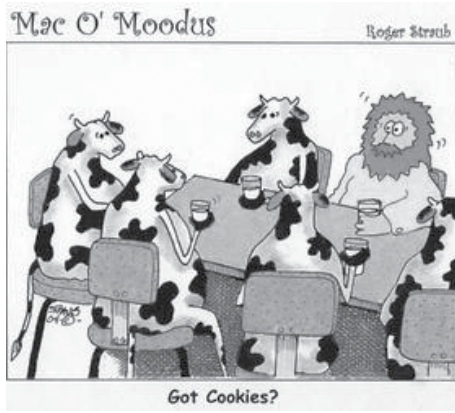
As we sat down in his kitchen to talk about his journey in the field of the Arts, his beloved dog Alex curled up alongside a warm wood stove to nap. In moments she was snoring gently as we discussed Roger's life experiences and work.

Originally from Wallingford, Connecticut, Roger spent his weekends



and summers at his grandmother's red waterfront cottage on the Moodus Reservoir. Today a smaller red shed studio also sits on the property, and is the inspiration for his business name, Red Shed Comics. He often spends time there to work, reflect, and recharge. The property holds many treasured childhood memories for Roger.

He spoke fondly about the adven-



tures he shared with his grandmother. They would go blueberry picking and crabbing along the Connecticut waterways. She taught him how to identify wild edible mushrooms and they would often go picking together. It was a simpler time when people were closer to nature; a time when skills like finding edible plants were passed down from generation to generation. The strong connection to nature and his past experiences in Moodus, can be seen in his artwork today.

His studio in Higganum is in a quiet room in the Victorian home, he and his wife Michelle have lived in for fifteen years. A spiral staircase leads up to a room filled with the tools of his craft. Atop his desk sits a lightboard, a collection of pencils, pens, markers, and Prismacolor pencils which he uses for his cartoon images.

For Roger, mornings are the best time for him to work. While he works, he enjoys listening to classical music

or talk radio. His process of creating a cartoon image involves first sketching the image in pencil. When satisfied with the image, he inks in the lines with a Pilot razor point pen. In the final steps, pencil lines are erased and Prismacolor pencils are used to fill in the image. He explained that he prefers doing single-panel cartoons rather than cartoon strips. He does not use balloons, with words inside his images. If he feels the image needs words, they are always placed below the drawing, outside of the frame. He emphasized that for him, "Art should be art – words should be words." He wants his art to remain a piece of art. I was curious to know what came first in his mind, the image or the words. "The words come first, always. Ninety-five percent begin with the words – then the images come," he explained.

His artwork is visible throughout his home, beautiful black and white portraits in pastels hang on walls in several rooms. They were created when he served as President for the Connecticut Pastel Society in 1998. As President, he had many responsibilities, one being that he had to attend and exhibit his work in galleries.

As fate would have it, during one of his exhibits, his drawings garnered the attention of Leland Morgan, owner of The Trumpeter newspaper. During the evening, Leland spent a lot of time photographing Roger's pastels. At the

*Continued on page H8*

## CONTINUED FROM H6

### HKHS track teams

Continued from previous page but she had never done Track and Field. Despite her lack of experience and having to learn on the job, she has stepped up to be one of the top sprinters and jumpers in the State. In the Open meet, she was entered in three events (three is the limit for all contestants) and advanced her pre-meet seeding in all three, placing second in the 55 dash, fourth in the Long Jump and Sixth in the 300 meter Dash. Her time in the 55 Dash and the 300 Dash

both set new school records. Kedarjah's performances scored 13 points for the HK Girls team, garnering 15th place. Kedarjah will join Matt Jennings in the New England Championship. She is qualified in all three events.

While the SMR is not contested in the New England Championship, HK's relay team will be competing in the New Balance Championship the weekend after the New England Championship.

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**Coronavirus Disease 2019**

Corona viruses have been identified since the 1960's, and are among the more common viruses that exist in our nose, sinuses, and upper throat, which get their name due to their crown-like shape, but this is not the common everyday Coronavirus. This virus originally identified as COVID-19 by the World Health Organization (WHO) after an outbreak was reported in Wuhan, China was just recently re-classified as SARS-2.

Symptoms can present from 2- 14 days post exposure. The CDC doesn't know exactly how the virus is spread, but there has been people to people transmission already. It is similar to other nasty Coronaviruses SARS-Cov, and MERS-COV, which are spread through droplets when someone sneezes or coughs. All three of these viruses have their origins from bats. Rarely, animal coronaviruses can infect people, and then spread between people such as these 3 viruses.

Symptoms present much like the common cold, but then the infected individual will see fever and shortness of breath as the virus begins to infect the lungs. It is with the onset of pneumonia like symptoms that the elderly or immunocompromised individual are affected.

At this time, although there are 57 cases in the United States, including the 40 passengers who traveled aboard the Japanese cruise ship -Diamond Princess, no one has died, and the first victim, has just recently been released from the hospital, after quarantine, and continuing to recover at home. Worldwide there are 80,000 cases, and 2,665 deaths.

Currently, the US is banning any foreign visitors entering the US who have come from China. US residents who have visited China's Hubei Province upon their return will face a 14 day quarantine.

Currently, there is no specific treatment for the virus, but the CDC has developed laboratory test kits to detect the virus, which U.S. state and local public health agencies are able to get, which will help identify cases and limit impact.

**Hours of Operation**

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Sunday	9:00 AM-3:00 PM

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## Higganum artist creates 'Mac O'Moodus'

Continued from page H7

end of the reception, he struck up a conversation with him, and the two hit it off. He asked if Roger would like to be the Art Editor for the Trumpeter, and Roger accepted the offer.

While working for the Trumpeter, the experiences Roger had, were quite remarkable. They brought him into contact with a variety of artists throughout Connecticut. He interviewed the musical group the Shangri-Las, Opera singer, Sarah Brightman, musicians at the CT Jazz Festival, an alligator mascot for a CT baseball team, and many more.

His role as Art Editor took a "coincidental" turn, when Leland paid a surprise visit to Roger at the Moodus cottage. He asked him if he would create a cartoon character for the Trumpeter. For Roger, this was an easy decision. He recalled an illustration assignment he had while working on his Art degree in college. By serendipity, he had the character, but he did not have a name for it. As he mulled it over, the name "Mac" came to mind, he liked it, but it needed something else, a second name. He tossed around several ideas, but none felt right.

However, one restless night in Moodus, around 3:00 a.m. the name "Machimoodus" popped into his mind. The Native people who roamed the lands where he spent so many wonderful summers, were the Machimoodus Indians. The name suited the character well, but Roger, who loves word play, decided to put a twist on it. He decided the character's name would be, Mac O' Moodus.

It seems fitting that Mac O' Moodus would reincarnate in Moodus, Connecticut. Originally drawn in black and white, he was fleshed out in Moodus, wearing a green beret, bright yellow shirt, blue trousers with a red patch on the knee, and brown shoes. Each color is significant. His green beret represents vegetation, his blue trousers, water, his yellow shirt,



the Sun, and his brown shoes, the earth. He also sports red hair and a red bushy beard. "Mac" is "an observer," a good role model, a kind person, someone who cares about nature, the planet, and animals.

Roger is proud of the fact that "Mac" is hand drawn, not a computer-generated image so often found today. "Mac" is a character created in a style which has been passed down through generations. As I listened to Roger talk about Mac O' Moodus, I couldn't help but think that "Mac" is a man who has a lot in common with his creator.

Over the years, Mac O' Moodus has been featured in over 30 newspapers in Rhode Island, and throughout Connecticut. The image of Mac O' Moodus has appeared on t-shirts and coffee mugs. His first published book, "Mac O' Moodus Ticked Pink"

sold out, and a sequel is in the works. "The Alphabet with Mr. Mac," is a rhyming book for children where "Mac" appears with each letter of the alphabet. Roger's experience as a drummer plays a vital role in his books. As he put it, he "thinks in meter," so the lines in the books have a specific rhythm. "What Shall We Be, Mr. Mac," is about various careers' children can aspire to, is also completed. Each career is described using rhyming lines. The beautifully illustrated books will be available online in the future on the Red Shed Comics website (see below).

Roger's current work includes featured cartoon images of "Mac" visiting different places of interest in Connecticut. The hand drawn images are superimposed upon a real photograph of each location. In many of the images, viewers will note that "Mac" is not wearing his traditional outfit. Instead he appears sporting an outfit which reflects the place he is promoting. At the Deep River Landing, he is seen wearing a Captain's outfit as he welcomes people onto a river boat. Another image has him standing along the Connecticut River, where he appears in fisherman's garb.

Over the twenty plus years Roger Straub has been creating works of art, there have been many turns in the road. The adventures "Mac" and Roger have been on are quite amazing. His inspiration from the past, lives on and as Roger puts it, he "keeps turning over stones, keeps working." That is how things must go, there's a lot of observing to be done, and Roger and "Mac" will continue to keep their eyes and ears open.

Keep your eyes open for "Mac O' Moodus" in future publications, and in Haddam-Killingworth News!

For his latest website see: <http://www.redshedstudios.com/>

For more information about the artist see <http://redshedcomics.com/index.html>

Find Red Shed Comics on Facebook, <https://www.facebook.com/RedShedComics/>

## Haddam Killingworth News

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\* paper is affiliated with  
Haddam-KillingworthNow.com  
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## LEGAL NOTICES

### NOTICE OF DECISION

At the Town of Haddam Planning & Zoning Commission Meeting on February 6, 2020 at 7:00 p.m.

1. Approved Zoning Code text amendment to modify existing Section 7B, Tylerville Village District to allow multi-family residential in the Tylerville Village District. A copy of the approved text is on file in the Office of the Town Clerk and Haddam Land Use Department.

At the Town of Haddam Planning & Zoning Commission Meeting on February 20, 2020 at 7:00 p.m.

1. Approved special permit to add addition to garage for an in law apartment, not to exceed 800 sq. ft - 340 Hubbard Road, Map 33 Lot 9 / Application: Steve Albert

Town of Haddam Planning and Zoning Commission

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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# 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 5

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

Spanish class for toddlers, pre-schoolers, 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

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. Signups start Monday, March 2nd, and priority will be given to Killingworth residents. Please register at Killingworth Library

<https://killingworthlibrary.org/> 860 663-2000

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

Pizza & Movie – Haddam Senior Center, 12:00 p.m.

Parmelee Farm Meeting, 7:00 p.m., Killingworth Town Office Building

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

HKHS Presents “Broadway Review”,

7:00-8:00 p.m., HKHS Auditorium  
Tickets \$5.00

RSD17 BOE Budget Workshop & Joint Meeting with Towns, 7:00 p.m., HKIS Cafeteria.

## Friday, March 6

Women and Girls’ Day at the CT Capitol 8:30 a.m.-3:30 p.m.

Office of Lt. Gov. Susan Bysiewicz  
210 Capitol Ave, Hartford Conn.

Sit and be fit – Haddam Senior Center. DVD exercise series. Friday mornings 10:30 am.

First Friday Anime Night – Killingworth Library, 4:30-6:00 p.m.

Join us the first Friday of each month to unwind and hang with your friends while watching and talking about anime! We will continue the series with the next episodes of My Hero Academia, and discuss what we’d like to watch next. Suited for ages tween and up. Soda and pizza will be available

Virtual Reality Game Night – HKYFS, 5:30-8:30 p.m., HKHS Cafeteria

Attention 4th – 8th Graders Youth in Action and Ignite Youth Coalition brings you a special night out for 4th – 8th graders. Students will have the opportunity to play in a virtual reality game truck along with enjoying activities hosted by Empower Leadership.

## Saturday March 7

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

Every Tuesday at 10:30 AM and first Saturdays. Themed stories, songs,

finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome. Registration is not necessary

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.

St. Paddy’s Day Dinner – Haddam Neck Volunteer Fire Dept. , 5:00-7:00 p.m.

Haddam Neck Volunteer Fire Department’s St. Paddy Day Dinner. Corned Beef, Cabbage, Potatoes, Carrots, “Firehouse Horseradish Whip”, Homemade Deserts and Breads. Take-out available.

Pruning: how, when & why – Haddam Garden Club, 6:00-8:00 p.m., Haddam Old Town Hall, 21 Field Park Drive.

Join us for a light winter supper and a presentation by Dr. Yonghao Li, Plant Pathologist from the CT Agricultural and Experimental Station. Specific information on woody shrubs and trees. Bring your questions and concerns.

Board of Assessment Appeals – Killingworth, 10:00 a.m.

The Killingworth Board of Assessment Appeals will meet Saturday March 7, 2020 beginning at 10 A.M. in order to hear appeals on the October 1, 2019 Grand List as well as appeals on the October 1, 2018 Supplemental Motor

*Continued on page H10*

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## Calendar

*Continued from page H9*

Vehicle List and dates as allowed by the Connecticut General Statutes. Hearings are by appointment only.

### Sunday, March 8

Sundays with the Suffragists part 4, 4:00-5:30 p.m., Killingworth Library

Join us for a combination movie viewing and book discussion. The session will start with the documentary Not for Ourselves Alone, part of the American Lives Series by Ken Burns. We will then discuss Votes for Women: American Suffragists and the Battle for the Ballot, a nonfiction young adult book by Winifred Conkling. Extra copies will be available in advance at the circulation desk. All programs in this series are free, but space is limited. Please pre-register for this session by contacting the library at 860-663-2000.

### Monday, March 9

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

Craft Cartooning 101 – Haddam Senior Center, 1:00-3:00 p.m.

Please sign up ahead of time. Learn the basics of cartooning and follow along with Debi's chalk talk. 860 345-2580

Early Childhood Wellness Works Series – HKYFS, 6:00-7:00 p.m.

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>

Positive Parenting: Barbara Vita, Early Childhood Specialist, CT Afterschool Network

Haddam BOS meeting, 6:30 p.m.

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

Killingworth Park & Rec Commission meeting, 7:30 p.m.

### Tuesday, March 10

Preschool Storytime, Brainerd Memorial Library, 10:30-11:00 a.m.

Tuesday Book Discussion – Killingworth Library 1:00 pm - 2:30 pm

Join us as we discuss The Source of Self-Regard: Selected Essays, Speeches and Meditation by Toni Morrison. The book opens with a tribute to the 9/11 victims and closes with a eulogy for writer and activist James Baldwin. Extra copies are available at the circulation desk. Newcomers always welcome!

RSD17 BOE Budget Workshop Meeting, 6:30 p.m., Central Office

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

Killingworth Inland Wetlands Meeting, 7:00 p.m., Town office Building

### Wednesday, March 11

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

### What brings the Vassar Devils to Connecticut?

Their Music Director, Lily Carmichael, attended school with Nathaniel Field at Haddam-Killingworth High School, and the Nathaniel B. Field Memorial Foundation, Inc. has a special place in her heart. They will be performing at the Killingworth Congregational Church, 273 Rt. 81, Killingworth, on Sunday, March 8, 2020 from 5:00 to 6:00 pm in support of the Foundation's mission, and in honor of Nathaniel's legacy. Our Foundation is honored by the group's generosity and we look forward to an incredible evening of harmonies! All ages are welcome to attend. For more information about this event, call 860-301-9598. For more information about the Foundation visit [www.nathanielfield.org](http://www.nathanielfield.org).

Make & Take Essential Oil Room Spray – Haddam Senior Center, 10:30 a.m.

Haddam Garden Club – Moon Gardens, 11:30 a.m.

Nancy DuBrule of Natureworks will give a presentation on moon gardens. "A moon garden is simply a garden that is meant to be enjoyed by the light of the moon, or at nighttime. Moon garden designs include white or lightly colored blooms that open at night, plants that release sweet fragrances at night, and/or plant foliage that adds a unique texture, color or shape at night." This program is open to the public. A \$5 donation is suggested.

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

Cakes for March Birthdays – Haddam Senior Center, 1:00 p.m.

Haddam EDC meeting, 6:30 p.m.

Killingworth Public Health Agency Meeting, 7:00 p.m., Town office Bldg.

### Thursday March 12

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

Toddler Tunes, Brainerd Memorial Library, 10:30-11:00 a.m.

Brunch & Genetic CGX Testing Presentation – Haddam Senior Center 10:00 am

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%.

## A capella group

*Continued from page H1*

In May 2017, they released their first professional studio album, Coming Alive (available on iTunes and many streaming platforms!), which included various songs from their repertoire, spanning from pop, indie, classic rock, and even original music written by their own members! The process of recording and releasing Coming Alive was incredibly fulfilling—so much so that they have begun the process of recording their second professional album, which features the newest members of the group and some awesome arrangements by Devils past and present.

## Swim team

*Continued from page H1*

### 100 Butterfly

2nd Zach Houlton (HK) 58.81  
3rd Jimmy Clemente (HK) 1:00.02

### 100 Freestyle

2nd Egan Rothrock (Valley) 55.29  
3rd Colby Kish (HK) 57.38

### 500 Freestyle

1st Kyle Mazziotti (HK) 5:14.81  
2nd AJ Campo de la Vera (HK) 5:57.24

### 200 Freestyle Relay

1st Zach Houlton (HK), Eli Houlton (HK), Egan Rothrock (Valley), Kyle Mazziotti (HK) 1:41.19  
2nd Nolan Braren (HK), Connor Levy (Morgan), Connor Schipritt (HK), Colby Kish (HK) 1:55.10

### 100 Backstroke

1st Eli Houlton (HK) 59.88  
2nd Colby Kish (HK) 1:05.63  
3rd Connor Levy (Morgan) 1:06.74

### 100 Breaststroke

1st Jack Ferguson (HK) 1:08.79  
3rd Matt Scowronek (Valley) 1:19.08

### 400 Freestyle Relay

1st Zach Houlton (HK), Eli Houlton (HK), Jimmy Clemente (HK), Jack Ferguson (HK) 3:46.46

## Orthodontics

*Continued from page H3*

sphere, and the same attention to detail as before. If anything, the practice has become more friendly, though it was plenty friendly before. The staff is very professional, and explain what is happening each step on the way to giving you or your child their best smile.

If you're looking for orthodontia care in the area, stop by Kelly Family Orthodontics in Middletown. According to the press release, "Patients will realize the doctors' dream of being treated like 'part of the family' as they continue to receive the highest level of unique, individual orthodontic care, while enjoying an updated, comfortable space."

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