

HVFCo Emergency Service Spring Fair a success

By Olivia Drake, HVFCo.
Public Information Officer, HVFCo.

In honor of National Volunteer Month in April, Haddam Volunteer Fire Company (HVFC) hosted its second Emergency Services Spring Fair and Open House on April 20, 2019.

Visitors met with representatives from HVFC, the HVFC Junior Division, the HVFC Auxiliary, Haddam Volunteer Ambulance, Inc., Connecticut State Police, HK Youth and Family Services, Relay for Life, and Homes for Heroes. Free food, refreshments, and giveaways were provided.

In addition, several children participated in the company's inaugural Easter egg hunt. They also had the opportunity to tour an ambulance, a fire engine, tanker truck, and rescue boat, and try on firefighting gear.

"Despite the rain, we're very thankful members of the community took the time to stop by and learn more about emergency services in town," said Lt. Tony Lafo, HVFC Membership



Photo by Olivia Drake.

Committee Chairperson.

The event also served as a recruiting opportunity for HVFC. In 2018, members responded to 581 calls for emergency services.

"There's no doubt we're a busy department, and we need more volun-

teers to help with the demand of calls," said HVFC Chief Sam Baber.

HVFC currently has openings for the role of Firefighter, Fire Police and Emergency Medical Service. Prior experience is not required and all training is provided. Firefighter candidates

must be 18 or older and have a valid Connecticut driver's license.

The HVFC Junior Division is comprised of 14- to 17-year-old cadets who learn alongside firefighters and perform support functions at calls.

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HKHS track teams mark victorious start to season

By Matt Diglio, Coach

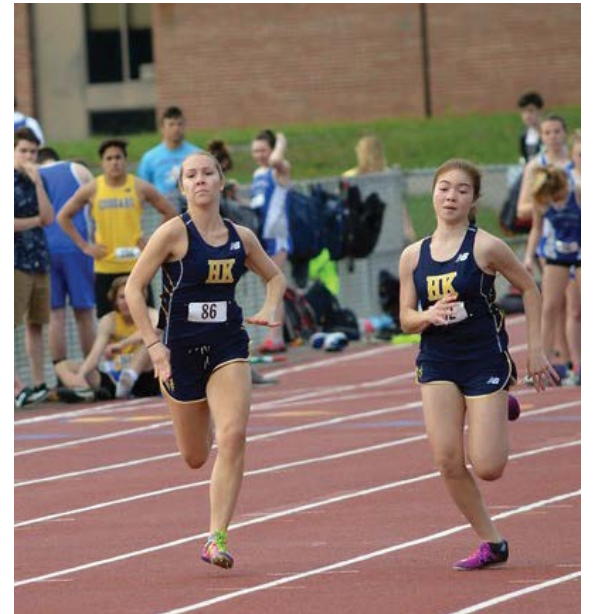
On Tuesday, April 23, the Haddam Killingworth boys and girls track teams opened their season as they competed in a tri-meet at home at the Richard Dupuis Track against East Hampton and North Branford. Both the boys and girls team came away with two victories on the day as the boys defeated North Branford by a score of 142-3 and beat East Hampton by a score of 108-42 to start their dual meet season 2-0.

Leading the way for the Cougars were the following event winners: Luke Sodergren 110 hurdles (16.0) and 300 hurdles (42.3), Seth Regan 100 (11.5) and 200 (23.8), Dalton Brown long jump (18'7") and triple jump (37'4"), Christian Uzwiak 3200 (10:30), Eamon Sweeney high jump (5'8"), Trey Callendar shot put (47'5"), Wally Sample javelin (126'8"), Tyler Knapp pole vault (12'0) and Colton Lavioe Discus (127'0"). The

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Matt Jennings and Seth Freeman leading the way in the boys 1600. Photos by the Minervinos.



Elena Boyington and Ly-Linh Criscuolo in the girls 100 dash.

In This Issue: Easter service, Page H4 • RSD #17 referendum ballot, Page H9 • School sports, Pages H4, H10

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HVFCo Emergency Service Spring Fair a success

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Juniors receive training and protective turnout gear. Once a Junior member is 18, he or she has the opportunity to join the regular membership.

Auxiliary members provide emergency support to on-scene firefighters and emergency responders, principally by supplying snacks, meals and beverages. Members plan and execute activities for the company and hold multiple fundraisers each year. Any resident over the age of 18 who resides in the Town of Haddam is eligible for membership. Affiliation with the fire service is not required.

HVAS is seeking volunteers to fill the role of Emergency Medical Technician. No experience is needed.



Photos by Olivia Drake.

For more information email membership@haddamfire.org.



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HKHS track wins

Continued from page H1

boys 4x800 and 4x400 relays were also victorious on the day helping the team score valuable points.

The H-K girls team also went 2-0 on the day to begin their dual meet as they beat North Branford by a score of 112-33 and defeated East Hampton by a score of 79-71. Leading the way for the Cougars were the following event winners: Autumn Coady won the 100 hurdles (17.0), Emma Anziano 800 (2:32), Gabby Lester shot put (26'11"), Reilly Jenkins javelin (83'7") and Grace-Ann Purcell triple jump (28'3"). The girls 4x800 and 4x400 relays were also victorious on the afternoon to propel the girls to their victories.

Classifieds

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

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Back row: Coach Sal LoGiudice, Payton Kaplowitz, Sam Evans, Gabe Blair, Axel Kolcio, Ian Pizzorusso and Coach Brian Blair. Front row: Nico Miller, Kyle Czarkowski, Tavio LoGiudice, Max Pizzorusso, Chase Insalaco and Luca Piacenti. Missing from the photo: Jack Coyle.

HK U11 Soccer Team wins Championship

By Jennifer LoGiudice

The Haddam Killingworth U11 indoor travel soccer team beat Waterford 6-3 on Saturday, April 13,

at Wide World of Indoor Sports in Montville for the championship. The undefeated team was coached by Sal LoGiudice and Brian Blair. Great Job!

CT River Artisans Co-op Artisan of the Month: Sally Rothenhaus

By Linda Cave, Haddam, Conn.

Connecticut River Artisans is happy to begin our 2019 "Artist of the Month" series with Sally Rothenhaus, a photographer whose specialty is "Art for Outdoor Living."

A long-time professional photographer, Sally now

uses heat and pressure to transfer images onto metal. This is then used to cover her beautiful and very durable birdhouses. She recently brought the outdoors in, using similar materials to make unique clocks with the feel of a kaleidoscope. Like all of Sally's work, they are whimsical and beautiful!

Sally's work was showcased on WFSB's "Better Connecticut." However, there is no need to wait for reruns to meet Sally and see her amazing work. Sally's reception will take place on May 5, 2019 from 1:00 to 4:00 p.m. Join us for fun and refreshments at our store at 55 Main Street, Essex, Conn. There will be a 20% discount on her work that day.

Haddam News

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Community Easter Sunrise Service held



By Ed Munster

On Sunday, April 21, Christians from a number of Haddam's churches gathered at the river in Haddam

Meadows State Park to celebrate Easter at 6:30 a.m. for the Sunrise Service. The service was conducted by the Reverend Michelle Madsen-Bibeau and attended by early-rising parishioners who sang "Morning Has

Broken" and "Christ the Lord Is Risen Today" as part of the service. All in attendance were invited to Easter Breakfast at the First Congregational Church of Haddam in the Fellowship Hall.

SCHOOL SPORTS

HKHS golfers beat Valley Regional

By Josh Hagedwood, Coach

The Haddam Killingworth High School golf team defeated Valley Regional High School on Thursday, April 25, at the Black Hall Club (Course Rating 34.4) with a final score of HK 204, Valley 226.

Haddam-Killingworth:

- Colby Pendleton, 47 (Medalist)
- Andrew Kuehn, 50
- Greg Lynskey, 52
- Carter Chase, 55

Valley Regional:

- Henry McPherson, 52
- Sam Cracko, 56
- Logan Bellos, 57
- Chris Cook, 61

*HK Record: 3-3 (2-2 Conference)
*at time of publication.

REGISTRARS OF VOTERS

Last day to transfer Parties prior to 2019 Primaries: June 10

By Raymond Skarsten & Saralyn Twomey, Haddam Certified Registrars of Voters

TOWN OF HADDAM VOTERS - Monday, June 10, 2019 is the last day that an enrolled elector can transfer

from one party to another and be eligible to vote in the State and Municipal Primary of the new party on September 10, 2019.

NOTE: This does not apply when switching from unaffiliated to party membership.

COMMUNITY

HK Youth & Family Services 2019 Survey now available online

For the next two months Youth & Family Services of HK and the HCHK Coalition will be collecting adult survey data to guide our work for the next 18-24 months. Please take the time to guide the work of our coalition and thank you in advance for taking the time to join

us and help us grow. Visit: <https://www.surveymonkey.com/r/2019HC-HKCommunitySurvey>. If you would like to see what they learned from their Youth Survey, please go to their website, and click on the "Community" tab.

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TO THE EDITOR

BML thanks sponsors for "Taste of Haddam" event

The Brainerd Memorial Library would like to acknowledge the many sponsors and donors whose generosity made the evening possible:

Auction items by Country Framer, The Essex Steam Train, Dodie Ruimerman, Isabelle O'Hara, RubyBelle Vineyards, Lorraine Riess, Malloves Jewelers, Mansur Gavriel, and the Vera Bradley Outlet at Clinton Crossing.

Raffle Contributions by Acer Nursery, AJ's Pizza, Ballek's Garden Center, Blades International Salon, The Blue Oar, The Crum Family, Essence Salon, Fiore II, Fireworks Home & Hearth, The Gelston House, Goodspeed Musicals, HK Dairy Barn, It's Only Natural, Jack's Country Restaurant, Katz Hardware, La Vita, Madison Art Cinema, The Nook, Pasta Vita, Perkatory Coffee Roasters, River Valley Provisions, R.J. Julia Booksellers, Madison and Middletown, Savor Café & Bakery, Tony's Package Store, Town & Country Nurseries, Two Wrasslin' Cats, Vero Cucino, Village Court Florist, Wellstone Farms, The Wheatmarket, and Whole Harmony Apothecary.

Donated and sponsored food and beverage from Beach Tides, Cheryl's Cookie Jar, China City, The Cooking Company, Coyote Blue, Creative Cakes by Donna, Deb's Restaurant, Dough on Main, Fiore II, Grano Arso, Higganum Village Market, Higganum Wine & Spirits, Hi-Way Package Store, Mike's Rotisserie, Moonlight Sushi, Nino's Restaurant, Otto's Pizza, The Perfect Pear, Pizzeria Da Vinci, The Riverhouse at Goodspeed Station, Rustica Ristorante, Steady Habit Brewing Co., Sundial Herb Garden, Teri's Package Store, Udupi Bhavan, Wellstone Farms, Whistle Stop Café, and an anonymous donor.

All raffle ticket sales and silent auction bids will be matched up to a \$1,000 limit. thanks to a generous donation by Christopher & Erin Smith. Music by Sal D'Alessandro.

And many thanks to Brainerd Memorial Library's Board of Trustees, staff and volunteers, whose months of hard work so professionally brought together this event, notably Marijean Conrad, Eliz-

abeth Adams, Doreen Staskelunas, Kristen Carpenter, Robbie Marshall, Lynne Cooper, Emily Smith, Myra Aronow, Donna Brinkerhoff, Terri Twigg and Isabelle Seggerman.

Tom Piezzo, Director, Brainerd Memorial Library

Forget "Saves HES," First Let's "Save the Kids"

Remember the article in Haddam-Killingworth Now titled "Motor Vehicle Accident in Front of HES April 23"? Including: "both vehicles were not drivable," and "the driver of the vehicle that had stopped [for the crossing guard] was transported to Middlesex Hospital via Haddam Volunteer Ambulance Service." So, it was right in front of HES, and it was a serious accident.

About 15 first graders were out of school at the time of the accident (3:40 pm.) and were active in the playground. They all heard the terrible screeching of tires, heard the very loud car crash, and then saw steam coming from the front of the rear colliding vehicle. Being a grandfather of one of the first graders there, I saw and heard the same things. Sad to see both driver's lives change so dramatically, so quickly.

But today (April 25th), I went to explore the scene of this accident.

Here's what a driver sees at the top of the hill on Hwy 154 (Saybrook Road), just before heading down the hill to HES and Higganum: A 35 mph Speed Limit sign; no sign of a School ahead.

And then, finally, right before the School crossing, a blinking sign. Notice: NO CHANGE IN SPEED LIMIT. And did I see anyone applying their brakes at this point, in spite of the blinking orange signals, and images of Kids Ahead? No. Did that make me mad? You bet it did! So what else could one do except locate the crossing guard and see if she had any comments/observations about this situation.

Yes, she was right at her post, the crossing guard Ms. LaTouche, and she has been doing this for almost 50 years. Her general comments included:

"Cars really speed through here"; "sometimes they don't even stop for me - I have to get out of the way"; "this particular accident did not hit me, but caused me to fall down - I'm ok."

Now I'm REALLY mad, because I'm remembering two general items:

First, regarding the high speeds and dangerous conditions on Hwy 154, my neighbor last year was rear-ended so hard that her [heavy] Ford Explorer was pushed over the guard rail and landed upside down; and that a bicyclist was killed, (KILLED) riding his bike at the intersection of Jail Hill Road and HWY 154.

And then I remember, in general, at one of the RSD17 presentations about consolidating the HES students into Burr Elementary, one of the stated reasons for doing so was that the access for students and buses is much safer at Burr than HES. Well, I'm a very firm believer in that now. It's time that we, as a community, face the realities of our ever-declining student population and the inherent risks for our kids of being located right on Hwy 154. The latter argument is the more important: "Save the KIDS."

Respectfully submitted,

Maurice D. Adams, Haddam

cc: Board of Selectmen: please solve this speeding traffic problem now!

Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

Haddam News, PO Box 1, Higganum, CT 06441

POLICE NEWS

PSA: Troopers warn of bicycle swerving trend

Editorial staff

Troopers warn of a trend in Connecticut, and all over the country, which actually started in 2017 according to news reports. Teenagers either ride their

bicycles swerving in and out of traffic, or ride their bikes directly toward vehicles, essentially "playing chicken," then swerving at the last possible moment. The drivers, sometimes panicking, swerve evasively, which has caused accidents,

injuring and sometimes killing people in the process. Parents should talk to their children and teenagers about bicycle safety. For a sampling of articles discussing the topic, see haddam-killingworth-now.com.



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Easy ways to Reduce, Reuse, and Recycle

By Kathy Brown

I really had no idea how much plastic was in my garbage until the town started collecting plastic bags. I started accumulating bags from a sleeve of bagels, frozen vegetables, Amazon packaging, etc. Soon I had a big bag of them. If that much plastic was just from bags, how much other plastic was I using? Here are just a few tips on decreasing waste:

When you bring your lunch from home for work, use glass containers (instead of plastic like Tupperware or Ziploc), a cloth napkin, and regular silverware that you can wash when you get home. Bring a thermos filled with water, or iced tea, or lemonade, instead of a plastic water bottle.

Use a bar of soap instead of liquid soap.

Use a razor with disposable blades, instead of a disposable razor.

If you want/need a straw, use a paper one, or better yet, use what I've been using for years: a stainless steel straw.

Bring your own shopping bags (about half of mine are insulated, so they work better than plastic anyway).

Stop using baggies. They make all sorts of cute little reusable bags, that are dishwasher safe for cleaning. It will save money in the long run as well.

Stop buying little snack bags of pretzels, chips, etc. Buy the big container and repackage into the reusable

smaller bags mentioned above. It'll reduce packaging/waste AND save you money.

Bring your refillable coffee container with you to Brewed Awakening or Dunkin' Donuts or wherever you buy your coffee.

If you buy online, ask them to stop sending you catalogs, and just look online when you want to shop. But if you do shop online, and you think it's saving you a little money, think about the added packaging, and delivery and the bigger carbon footprint, and decide which makes more of a difference to you. Shop local if you can.

Ask for electronic, instead of paper billing.

Donate used clothing that is still good to the Haddam Community Closet, or in a drop box around town. If it is ripped or stained, put it in the textile recycling container at the Haddam Transfer Station.

Use LED lights instead of incandescent.

If you're getting rid of old magazines, see if a local group or school can reuse them for artwork.

Shop for recycled products. Look on the packaging and see if they use recycled or biodegradable materials.

If you don't return your cans/bottles to the store for a nickel, consider donating them to the Scouts bottle drive.

Compost your food and yard waste. You'll save on fertilizer.

Are you trying to downsize? Maybe you've gotten onto the Marie Kondo bandwagon. There are many places that take household goods: Goodwill, Salvation Army. The Vietnam Veterans will even schedule a time to pick up items from you.

My grandfather, who grew up during the Great Depression, often said, "Use it up, wear it out, make it do, or do without." I, on the other hand, grew up in a disposable society. I brought my lunch to school in a paper bag. But even that is better than the school where I work outside of RSD #17. If someone buys the school lunch, it is served on a Styrofoam tray, with plastic utensils, and little plastic cups holding the carrots, the ketchup, and the applesauce. So much waste. But we can make a difference. We can ask for change. Call manufacturers who use a lot of packaging waste, and ask them to cut down. Tell them you'll bring your business elsewhere.

Reduce. Reuse. Recycle.

LEGAL NOTICES

BRAINERD MEMORIAL LIBRARY BIDS FOR NORTH PARKING LOT, PEDESTRIAN PLAZA & ASSOCIATED WORK 920 SAYBROOK ROAD HADDAM, CONNECTICUT

Brainerd Memorial Library is seeking bids for a new parking lot and pedestrian plaza, part of a new accessible entrance to the lower floor of the library building. Sealed bids for the project will be received at Brainerd Memorial Library until Noon, Thursday, June 13, 2019. At 3 PM that day bids will be opened in public and read aloud.

Beginning Thursday, May 16, 2019 bid documents may be obtained from Brainerd Memorial Library, 920 Saybrook Road, Haddam, Connecticut. A twenty-five dollar (\$25) non-refundable deposit is required for each set of printed documents or electronically at no cost by emailing request to tpiezzo@brainerdlibrary.org. Any questions concerning the project named above should be directed to Thomas Piezzo, Brainerd Memorial Library Director, (860) 345-2204.

A pre-bid meeting will be held at Brainerd Memorial Library, 10 AM, Thursday, May 30, 2019.

The successful bidder WILL be required to post a performance bond. Connecticut prevailing fair wage law WILL NOT apply to the project named above. The successful bidder must file an approved Affirmative Action Plan to the Commission on Human Rights and Opportunities prior to the commencement of construction.

The project will be awarded to the lowest bid from a qualified bidder. Brainerd Memorial Library reserves the right to reject any or all of the bids received in the best interest of the Library. This project being paid for, in part, with state funds provided by the Connecticut State Library. Brainerd Memorial Library is an Affirmative Action and Equal Opportunity Employer.

Thomas Piezzo, Library Director, Brainerd Memorial Library

BRAINERD MEMORIAL LIBRARY BIDS FOR LOWER FLOOR ACCESSIBLE ENTRANCE & ASSOCIATED ALTERATIONS 920 SAYBROOK ROAD HADDAM, CONNECTICUT

Brainerd Memorial Library is seeking bids for interior alterations to portions of the lower floor of the library building. Sealed bids for the project will be received at Brainerd Memorial Library until Noon, Thursday, June 13, 2019. At 3 PM that day bids will be opened in public and read aloud.

Beginning Thursday, May 16, 2019 bid documents may be obtained from Brainerd Memorial Library, 920 Saybrook Road, Haddam, Connecticut. A twenty-five dollar (\$25) non-refundable deposit is required for each set of printed documents or electronically at no cost by emailing request to tpiezzo@brainerdlibrary.org. Any questions concerning the project named above should be directed to Thomas Piezzo, Brainerd Memorial Library Director, (860) 345-2204.

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Thomas Piezzo, Library Director, Brainerd Memorial Library

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.

OBITUARIES

Joseph "Al" Deag

According to Legacy.com and The Hartford Courant, Joseph "Al" Deag, age 90, passed away on Friday, April 19, 2019.

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Don't Be Fooled by -Free!

By Janet Verney

I know April Fool's Day has come and gone, but I thought it was a great time to dive into the "foolishness of -free." I'm not talking free as in it doesn't cost anything; I am referring to foods that say they are Fat-free, Gluten-free, Dairy-free, and Sugar-free. The food industry wants to fool you into thinking that if it's "-free" it's a health food and most people believe this to be the case. So let's break it down one by one.

For many years the "Fat-free" foods were all the rage, but then new studies came out claiming that fat doesn't make you fat and is in fact good for you. Whew, that was a mouthful!

There are still some pre-packaged foods out there touting their "Fat-free" status, but have you ever read the ingredients? Yikes, sometimes I've seen fake fats made from chemicals that are actually used to make yoga mats! I don't know about you, but I prefer to sit on my yoga mat and wouldn't consider consuming it no matter how hungry I got. Ok, so in all seriousness, the other ingredients can be quite alarming as well with higher sugar content, or even high fructose corn syrup, which is one of the primary culprits for our obesity epidemic and type II diabetes. I encourage you to read the food labels and if you can't pronounce it, or you don't know what an ingredient is, then it is likely not good for you.

Our bodies need fat to stay healthy, but only in moderation and a very small ratio to the rest of your diet. I prefer to get my fats through whole foods, like organic nuts and seeds; nut butters that do not have added sugars or salts; chia, flax, and hemp seeds; and the ever versatile avocado. On occasion for an added fat I will use olive, avocado, or sesame oil, but very

sparingly. Some folks believe in using coconut oil, but I'm on the fence, as the research goes both ways on this one, so it is on my only now and then list for special treats.

Gluten-free is on the rise and more and more products are popping up everywhere, even on menus at restaurants. We need to ask ourselves, why are so many people becoming sensitive or allergic to gluten, which is in most bread, pastry, and many other pre-packaged foods. Of course if you have celiac disease then gluten-free is a must, but that is only a small part of the population.

Just to be a bit radical here, I don't believe that in most cases that it is the gluten causing the problem. Bear with me here. I believe that in the US our grains have become so overly processed, overly refined, and chemically treated that it is greatly affecting our microbiome (your gut) from being able to properly digest your food, which in turn is causing unwanted and chronic inflammation throughout the body. This isn't a free license to indulge in a bunch of bread, it is simply raising a red flag that I think more folks need to be aware of.

So let's talk the good, the bad, and the ugly. Good "gluten" grains are best sprouted and in their whole form and may include wheat, rye, faro, spelt, einkorn, emmer, or barley (these are not suitable if you have celiac disease or a wheat/gluten allergy). If you have been off grains in general or following a gluten free diet then take it slowly introducing these sprouted whole grains a little at a time. A sampling of grains that are gluten-free, unless cross-contaminated via machines used to process grains with gluten, include rice, oats, quinoa, amaranth, millet, and

buckwheat. So another good alternative to grains is organic nut flours like almond, or a chickpea flour. I use these in baked goods or in yummy crusts. These have no added ingredients and are a minimally processed food.

Moving onto the bad and the ugly... The replacement flours that are pre-packaged and gluten-free are generally not organic and the grains are treated with chemicals and are full of overly refined white rice, a variety of starches, like potato, corn, and tapioca, and fillers & emulsifiers. These gluten-free substitutes wreak havoc on blood sugar and can cause a whole host of other digestive issues. Many of the gluten-free cookies, waffles, and other packaged foods have the same issue as the fat-free items, too much junk that simply put, it's not good for you! So if you want to try going gluten-free for a week or two, don't run out and fill your pantry with prepackaged gluten free foods that have ingredients bigger than your thumbnail.

MOOving on to dairy-free... Rather than getting into all the reasons why I don't think dairy is a good thing for anyone, I would like to chat a bit about the dairy-free options swamping the refrigerated section of your grocery store. Not to sound like a broken record, but we have much the same issue with too many ingredients that are commonly used as emulsifiers to thicken plant-based milks. I encourage you to not only consider the list of ingredients, but to look for organic options. Many of these plant-based

milks are made from almonds, which are treated with a chemical during growing and processing, unless they are organic. That's a hefty dose of not so good for you in a bottle. Making nut milks at home is easy-peasy and only requires some soaked nuts, clean water, a high-speed blender, a milk bag, a jar, and a wee bit of sea salt. You can watch a nut milk demo online for the "how to" of making nut milk. It is a cleaner and cheaper way to get a healthy plant-based milk!

Last, but not least is Sugar-free, or also known as "no sugar added." This usually means the product has been sweetened with an artificial sugar. As I'm sure you have heard by now, artificial sugars are a toxic ingredient and can cause all kinds of health issues. I am actually surprised that they are still allowed in our food supply. Common issues I have seen from consuming these artificial sugars include migraines, chronic headaches, fatigue, digestive upset, heart palpitations, and weight gain. Some artificial sugars have even been linked to cancer. In my opinion the only sweeteners that are safe, with little or no side effects and that do not raise blood sugar, are stevia (organic liquid is best - I like Stevita brand) and monk fruit. Two others that don't raise blood sugar and are generally safe to consume are erythritol and xylitol, but both of these may cause digestive upset if used regularly.

If you are not dealing with blood sugar issues and are not diabetic, then

Continued on page H10

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**Vitamin B12 Deficiency-
The Case of Pins & Needles**

We have all probably gone without all the right amount of vitamins at one time or another, and in the majority of occasions this is not an issue. But, take the case of this 62-year old man who'd developed numbness, pins & needle sensations in his hands, had trouble walking, along with joint pain, turning yellow, and experiencing shortness of breath. The cause was lack of Vitamin B12 in his bloodstream. As it turns out, it could have been worse, because B-12 deficiency can lead to deep depression, paranoia, delusions, memory loss, loss of taste & smell. The body need B-12 to make red blood cells, DNA, as well as other functions. B-12 is not made by the body, and can only come from food or supplements, and there are people who might eat enough, but their bodies cannot absorb enough. One source quotes that The National Institute of Health believes 3.2% of Adults over 50 have seriously low B-12 blood levels, and another 20% of adults have a borderline deficiency.

Various causes of Vitamin B-12 deficiency are: drugs such as Metformin, a mainstay of diabetes therapy, heartburn drugs, i.e.. - proton pump inhibitors such as omeprazole and H-2 blockers such as famotidine, vegetarian diet, weight loss surgery, and aging- because our bodies cut back on stomach acid production as we age, all just to name a few.

So symptoms to watch for: Strange sensations, numbness, tingling in hands, legs, or feet., difficulty walking (staggering/balance problems), swollen tongue, yellowed skin, difficulty in thinking, paranoia, weakness or fatigue. Call your doctor!! A blood test tells the story.

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Mon-Fri	8:30 AM-8:00 PM	Fax: 860-345-3611
Saturday	8:30 AM-4:00 PM	Web: www.nutmegpharmacy.com
Sunday	9:00 AM-3:00 PM	

May activities and events

By Shannon Morrison Buganski,
Director, Haddam Senior Center

Hours of Operation:

The Senior Center will be open as follows:

Mondays/Wednesdays/Fridays: 9:00 a.m. – 3:00 p.m.

Tuesdays/Thursdays: 10:00 a.m. – 2:00 p.m. (Tai Chi on Tuesdays til 2:30pm)

*Please note that the Center will be closed on 5/16/19 (monthly field trip) and 5/27/19 (Memorial Day).

Activity Highlights

New Fitness Program: We're introducing a series of seated workout videos to our monthly activities. Come try out our "Sit & Be Fit" DVD series, held on select Friday mornings, beginning at 10:30am. These exercises are designed to improve core strength, flexibility, balance, coordination and circulation. There is no instructor, no pressure, and no cost. Guaranteed to make you feel good and put a smile on your face!

Mother's Day Tea Party: Thursday, May 9

Sorry gentlemen, but this one is for the ladies only. Join us for a light luncheon, good conversation, and hot tea as we moms celebrate each other. RSVP by 3/6/19.

Painting Party "Cattails & Dragonflies": Wednesday, May 15

Join us for an afternoon of artful inspiration, led by local artist Christine Miller. By registering for this event, you'll have the opportunity to recreate your own version of one of Christine's original paintings. \$20/pp covers all materials and instruction.

Field trip: Gouveia Vineyards: Thursday, May 16

Join us for a traditional wine tasting at Gouveia Vineyards, located high atop 140 sun-kissed acres in Wallingford, CT. For \$12.00 you will sample five (5) pre-selected wines and one (1) of your choice from the wine list. Also included is a signature glass, yours to keep. Bring a bag lunch as food is not available on the premises. We will provide crackers, cheese, and fruit to share. Departure: 10:30am. Estimated Return: 2:00pm. Departure is from the Senior Center. A \$5.00 fee is collected to reserve your spot and will be returned to attendees the day of the trip. Space is limited so reserve early! If you need to be picked up and dropped off, please advise when registering. Register with Shannon at the Senior Center.

NEW! Mobile Foot Care Services by Toes on the Go: Friday, May 17

Schedule your routine foot care appointment today. Clinic rates are \$35.00 per person. Appointments are booked in half hour increments, 9:00am-1:00pm. Services include a nursing assessment, education on proper care and footwear, nail cutting and thinning, callous care, and referrals for more advanced foot care services. Services provided by Jennifer Bosco RN, Toes on the Go.

Haddam History Presentations at Burr Elementary School: Friday, May 17 @ 10:30 a.m.

Jodi Stupakevich, 3rd grade teacher at Burr Elementary, has invited us to once again join the 3rd grade classes as they present their Haddam History Projects. We promise you'll be impressed, and you might

even learn something new! Transportation may be available. Contact the Senior Center for more info.

Lunch & Learn "Fall Prevention": Wednesday, May 22 @ 12:00 p.m.

Presented by Jeff Piscitelli of Care One Security, this informative presentation will include fun raffle prizes and useful giveaways.

Handchime Workshop- LAST CALL!: Thursday, May 23 @ 10:30 a.m.

Come make some noise with Steve Mazeau and the Haddam/East Haddam Home School Group... there will be a brief demonstration of handchimes and ringing techniques, followed by an opportunity to play along. No musical experience required and you do not need to know how to read notes, so this is a great instrument for anybody to check out!

Pizza & A Movie "Parental Guidance": Friday, May 31 @ 12:00 p.m.

(2012) Starring Billy Crystal & Bette Midler, this family comedy captures the relationship between two old-fashioned grandparents and their sometimes unruly grandchildren. Suggested donation of \$3.00/pp. In lieu of CRT lunch service. Please sign up in advance.

Don't forget about our regularly scheduled programming. We have musical groups, fitness programs, card games, BINGO, etc. Make sure you check out our monthly activity calendar and our quarterly newsletter The Senior Scoop. Pick up your copy at the Senior Center or visit us online at www.haddam.org (Departments} Seniors).

Elderly Nutrition Program

The Haddam Senior Center is fortunate to offer the Elderly Nutrition Program by serving as a Community Café through Community Renewal Team (CRT). This program is a federally funded Title III grant that is administered by Senior Resources. As the grant does not cover all of the costs involved (i.e. product, preparation, distribution, service), a donation of \$2.50 per meal is requested.

To reserve your meal, please call the Center's main phone line, or you may sign up at the Center in advance. Please note that meal counts now need to be called in to CRT no later than 11:45am, one (1) business day ahead of time. Registering early will guarantee your meal, as we are not always able to accommodate last-minute requests.

Meals on Wheels: Homebound seniors can receive healthy meals delivered right to their door. If you are interested in learning more about this program or you believe you may be eligible, please contact the Senior Center or the Social Services office.

CRT Sponsors Monthly Raffle: If you haven't joined us for lunch in a while, we encourage you to come back and try a meal or two. CRT has been providing a delicious menu selection... for the cost of only \$2.50, you can't beat it! To further encourage attendance and generate enthusiasm, CRT is sponsoring a monthly raffle. The prize will generally be food in nature and will compliment the monthly themed meal. Each day that a participant comes to a CRT-served lunch, their name will be entered into a "hat" for a prize drawing. The drawing will be held the last Wednesday of the month in conjunction with the Monthly Birthday Celebrations. You must be present

to win. The more you attend, the greater your chances are of winning!

Haddam CLUB 60

Please see Club President Mary Lou Pierce (860-345-2553) or contact the Senior Center for more info. Meetings are generally held the 1st and 3rd Mondays of the month (September through June) at 1:00 p.m. The first meeting of the month is a business meeting while the second meeting provides programming and entertainment. Upcoming schedule as follows:

Monday, May 6, 2019 – Business Meeting

Monday, May 20, 2019 – Jeannine Lewis, Judge of Probate & Ice Cream Social

Committee on Aging (COA)

The Haddam Committee on Aging is a standing body created by the Board of Selectmen and enabled by State Statute to:

study conditions and needs among the senior residents of Haddam, Higganum, and Haddam Neck

encourage and assist where possible the development of needed services

bring to the Board of Selectman those matters calling for attention.

Meetings are generally held on the third Monday of the month (September through June). They are open to the public with a comment period scheduled at the end of each meeting.

Upcoming meetings are as follows:

May 20, 2019 @ 10:00 a.m. (Haddam Neck Fairgrounds)

June 10, 2019 @ 10:00 a.m. (Annex Building)

Save the Date: Haddam Senior Picnic, Monday, June 17, 2019 at the Haddam Neck Fairgrounds, sponsored by the Haddam Committee on Aging.

Senior Van Transportation

If you have difficulty driving or limited transportation available, we encourage you to take advantage of the Senior Van Services. The Senior Van is available to residents 60 and older. In addition to weekly shopping trips, the service provides door to door transportation to medical appointments, as well as monthly field trips. Please note that we have expanded our medical transportation services to include appointments beyond Middlesex County.

To schedule a ride, please call Jessica Condil at the Social Services Office (860-345-4621). Last minute cancellations, please call 860-682-3301. Monthly Field Trip Reservations are to be made through the Senior Center.

Volunteers Needed

Tax-Aide Volunteers Needed Now!!!

We are so close to becoming a satellite site for the AARP Foundation Tax Aide Program. Unfortunately, due to lack of volunteers, we weren't quite able to get the program up and running this year, though we do hope to make it available to our seniors in 2020. If you think you might be interested in becoming a tax-aide volunteer, please don't wait. Note that AARP trains all program volunteers- no previous experience required.

We always have a need for volunteers. Whether

you have a gift you'd like to share or even a little time to spare, we welcome it all! Stop by the Senior Center to complete a Volunteer Information Form which will help us identify your interests and availability. Thank you for your consideration!

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HADDAM VOLUNTEER FIRE COMPANY

Crash at HES crosswalk injures one driver

By Olivia Drake, Public Information Officer, HVFCo.

On Tuesday, April 23, Haddam Volunteer Fire Company responded to a motor vehicle accident at 3:40 p.m. in front of Haddam Elementary School.

A crossing guard, who was monitoring traffic on Saybrook Road, asked traffic to stop at the crosswalk. A driver, who had yielded at the crosswalk per her direction, was struck from behind by another vehicle.

The crossing guard was evaluated on scene by firefighters and EMS personnel but was uninjured. The driver of the vehicle that had stopped was transported to Middlesex Hospital via Haddam Volunteer Ambulance Service.

A driver, who had failed to stop at the crosswalk was evaluated on scene but refused additional medical treatment.

Firefighters blocked both lanes of Saybrook Road during the incident and rerouted traffic.

Both vehicles were not drivable and were removed from the scene by New Image Auto LLC.



Photo courtesy of Olivia Drake.

TOWN & COMMUNITY CALENDAR

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

Thursday, May 2

Planning & Zoning Commission, 7:00 p.m.

Friday, May 3

HK Players presents "Wizard of Oz", 7:00 p.m.

Haddam-Killingworth High School, 95 Little City Road, Higganum

Click your heels and join us in the newly renovated Haddam-Killingworth High School Auditorium. You will enjoy hearing all your favorite songs including "Somewhere Over the Rainbow," "We're Off to See the Wizard," and "If I Only had a Brain." This timeless musical follows Dorothy, her little dog Toto, the Scarecrow, the Tin Woodsman, and the Cowardly Lion as they journey over the rainbow to the merry old land of Oz in search of the great and powerful Wizard - will he grant them their hearts' desires? Tickets \$15 Adults (18+) \$12 Children and 65+. Tickets can be purchased from any H-K Players Cast or Crew member or by calling HKHS at 860-345-8541.

Saturday, May 4

Town-Wide Tag Sale, 8:00 a.m.-3:00 p.m.

The Town-Wide Tag Sale, sponsored by the Haddam

Official Ballot Regional School District #17 Budget Referendum Haddam, Connecticut May 7, 2019

Sheet 1 of 1
Página 1 de 1 Páginas

INSTRUCTIONS TO VOTERS

To vote, fill in the oval completely next to your choice, like this .

Shall we adopt Regional School District #17 Education gross budget of \$42,565,814.85 for the fiscal year beginning July 1, 2019?

YES
NO

A copy of the referendum ballot.

Junior Women's Club will take place at the Haddam Elementary School on Saturday May 4, 2019 (rain date Sunday May 5). Maps of participating tag sales will be available at Haddam Elementary School.

The Higganum-Haddam Sportsman's Club will once again be holding its annual Mulch Sale fundraiser. As we did last year, we will be offering Scott's bagged brown mulch for \$3 per bag. The sale will span the entire weekend of May 4th-5th (while supply lasts). The product can either be loaded into customer vehicles, or we will provide delivery for an additional donation. Find us in front of the red barn next to Hall's Power Equipment at 817 Saybrook Rd (Rt. 154) from 9 a.m. - 5 p.m. or until we sell-out! Spe-

cial thanks to the Scott's Company for their generous donation, and to Hall's for the use of their yard.

HK Players presents "Wizard of Oz", 7:00 p.m.

Haddam-Killingworth High School, 95 Little City Road, Higganum

Tuesday, May 7

RSD17 School Budget Referendum - 6:00 a.m.-8:00 p.m.

All voting district locations throughout town

HKHS Project Graduation Fundraiser hosted at Dino's Pizza Restaurant, 5:00 p.m.-8:00 p.m.

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SCHOOL SPORTS



Above: Darren Hiller. Right: Alec Erskine.

Photos by Sharon DiMauro.



Alden Halfinger on the mound.

HKHS defeats Cromwell, for 2nd straight road win

The Haddam Killingworth High School Varsity Baseball team defeated Cromwell at Cromwell on Thursday, April 25. Darren Hiller had two hits and scored a run to lead HK to its ninth win. Alden Halfinger struck out five in three innings of scoreless relief. Malcolm Mention had two hits for Cromwell.

HK	0	2	0	0	0	0	0	2	7	1
Cromwell	0	1	0	0	0	0	0	1	5	1

Batteries: HK- Jon Civiello, Alden Halfinger(5) and Sam Erskine. C – Ryan Blaney, Nick Polizonis (3), and Zach Zajak. 2b WP Civiello LP Blaney

*Records: HK 9-1, Cromwell 2-9

*at time of publication.

HKHS defeats Westbrook

The Haddam Killingworth High School varsity baseball team defeated Westbrook at Westbrook on Wednesday, April 24, with a final score of HK 14, Westbrook 0. Jon Civiello and Darren Hiller had three hits each to lead the fourteen hit attack. Christo Garrelts struck out seven to get the win. Zach True and Sam Freeman each had a hit for Westbrook.

HK	1	2	6	3	2	14	14	0
Westbrook	0	0	0	0	0	0	2	2

Batteries: HK- Christo Garrelts, Alden Halfinger(5) and Sam Erskine. WB – Kyle Robison, Trevor Hendrixson(5), and Jack Farrell. 2b HK- Jon Civiello, Darren Hiller, Ryan Kellenbach. 3b- Civiello, Hiller. WP Garrelts LP Robison

*Records: HK 8-1, Westbrook 3-8

*at time of publication.

CONTINUED FROM PAGE H7

Don't be fooled by '-free'

Continued from page H7

other natural sugars consumed in moderation are fine. My go-to favorites are pure maple syrup, raw local honey, and coconut palm sugar. The food industry is starting to catch on and you

can find some pre-made products in your local health food store with these natural sweeteners, so be a label reader, or better yet, make your own goodies and freeze them in small batches for that occasional sweet treat!

So my foolproof way to steer clear

of the “-free” phenomenon is to be a food detective and if you see free on the packaging, read the label and know what you are consuming, or buy simple, pure ingredients and make your own at home!

If you have a topic you'd like to learn more about, please email me at connect@roots2wellness.com. Until next time!

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



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LEISURE

New generation embraces family travel

A recent AAA Travel survey finds a new generation of Americans embracing family travel: almost 90 million Americans plan to take family vacations this year and, for the first time, millennials represent the greatest percentage of those packing up the kids or joining other family members and hitting the road. Forty-four percent of millennials are planning a family getaway, compared to 39 percent of Gen Xers and 32 percent of baby boomer.

Of families who will take a trip this year, 35 percent plan to visit an international destination – a nine-percent-

age point increase from just two years ago.

“We’ve seen increased demand for international travel overall, and that trend is now starting to appeal to families,” Aresco says.

For families staying stateside, the price of gas, which is as high as it has been since 2014, is not stopping vacation planners from packing up their cars for a road trip – this remains the most popular option for family vacations, with nearly two-thirds (64 percent) of those planning a trip expected to hit the roads.

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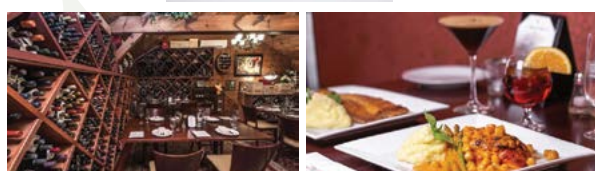
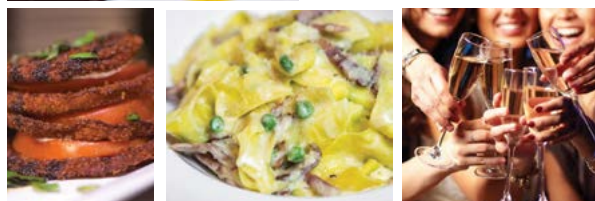
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April 20, 27, 28 & May 4, 5

Toot toot!!! Thomas the Tank Engine, his buddy Percy, and Sir Topham Hatt are pulling into Essex Station for the “Steam Team Tour!” this spring! After meeting Thomas, guests will also have the opportunity 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 painting, 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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