

# Haddam News

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May 30, 2019

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Free weekly

## Food For Thought: Add color to your plate

By Janet Verney

Consuming a Rainbow of Color adds years to your life and looks oh so pretty on your plate! Colorful fruits and veggies are jam packed with vitamins and minerals. All of these vitamins and minerals not only help clean-up your insides, all of the antioxidants and phytonutrients help prevent free radicals, they remove toxins, and help to douse the flames of inflammation.

Each color offers different nutrients, like the lycopene in tomatoes, the carotenoids in sweet potatoes and carrots, or the anthocyanin in blueberries. Nutritionally, these plant pigments go to work in your body reducing the risk of heart disease, type two diabetes, and cancer, among other illnesses. The phytochemical known as allicin, which is found in garlic, provides wonderful protection from viruses and bacteria.

*Continued on page H8*



Photos courtesy of Janet Verney.

## Exit polling offers clues to 'no' vote on RSD17 budget

By Katie Packtor

Residents of Haddam, Haddam Neck, and Killingworth took to the polls last Tuesday, May 7, 2019, to place their vote on Regional School District 17's proposed 2019-2020 budget. Turnout was high and many people made an extra effort this year to vote.

The past two years, Haddam voter turnout was within a few percentage points, with 19.8% in 2017 and 17.8% in 2018. This year, 26.8% of registered voters came to the polls – a gain of 9 percentage points.

Likewise, in Killingworth, voters participated at 23.4% this year; while turnout in 2017 was 16% and in 2018 it was 14.1%. Like Haddam, Killingworth saw a gain over 9 percentage points over last year.

Superintendent Howard Thiery stated that the results this year were “not atypical.” However, a closer look at the voting outcomes suggest that the results of this budget referendum were, in fact, unusual compared to the recent past. While the past several years have shown that Haddam is usually split about 50/50 on proposed budgets, Killingworth typically supports them at a rate of about 75%. This year, those in favor of RSD17's budget fell in both towns, by 6.2 percentage points in Killingworth, and a larger 21.7 percentage points in Haddam.

What is the explanation for this large drop in support in both towns, particularly in Haddam? The events leading up to this vote were among the most

*Continued on page H4*

## HKHS beats North Branford in conference semis

On Wednesday, May 22, the Haddam Killingworth High School Varsity Baseball team defeated North Branford in Higganum in the SLC Semifinal, with a final score of HK 4, N. Branford 2. Jon Civiello (7-0) pitched two hit ball to get the win for HK. Alec Erskine drove in the winning runs with a two run single in the 5th. Carl Jacobson drove in both runs with a double in the 6th for NB. HK will play at Palmer Field in the Shoreline Championship Friday, May 24, at 6:00 p.m. against Portland.

North Branford	0	0	0	0	0	2	0	2	2	2
HK	2	0	0	0	2	0	x	4	4	2

Batteries: HK- Jon Civiello and Sam Erskine. NB – Johnny Pollock and Carl Jacobson. WP Civiello LP Pollock

\*Records: HK 16-5, NB 14-8

\*at time of publication.



Jon Civiello on the mound. Photo by Sharon DiMauro.

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## UPCOMING VOTE

# Haddam Referenda June 4, 2019

By Raymond Skarsten and Saralyn Twomey,  
Haddam Certified Registrar of Voters

### Haddam's Next Voting Session will include Two Questions on the Referendum Ballot:

#### Question #1:

YES/NO Question: Shall we adopt Regional School District #17 Education gross budget of \$42,348,913.52 for the fiscal year beginning July 1, 2019?

#### Question #2:

YES/NO Question: Shall the Town of Haddam purchase from the Regional School District No. 17, the Haddam Elementary School building and surrounding 10 acres, more or less, for the purchase price of \$450,000.00 to be paid to the Regional School District No. 17 over a three year period in equal annual installments starting on July 1, 2020?

All Polling Locations will be open for this referendum. Remember, all property owners (who own Haddam taxable property of \$1,000 or more) are encouraged to vote, "Your Vote Matters".

To register to vote: The Registrars' Office is open on Wednesdays 9:00am to 1:00pm or register at Haddam Town Hall, Town Clerks office. You may also request the Registrar of Voters or Town Clerk send you a mail-in voter registration form, or visit our web-site [haddam.org/registrar-voters](http://haddam.org/registrar-voters). Your application must be received by mail or in-person by your Registrar of Voters or Town Clerk by 4:00PM on June 3, 2019.

The polls are open from 6:00am to 8:00pm. The three

polling places are:

#### \*District # 001

Haddam Firehouse  
Community Hall  
439 Saybrook Rd (Rte 154)

#### \*District #002

Regional School District #17  
Central Office  
57 Little City Rd  
Higganum, CT 06441

#### \*District #003

Haddam Neck Firehouse  
Central Office  
50 Rock Landing Rd  
Haddam Neck, CT 07624

\*Curb side voting is available for "voters with a disability"

Absentee ballot applications will be available starting on May 22, 2019 at:

Haddam Town Hall, Town Clerk's office, 860-345-8531 Ext. 212 or 211

30 Field Park Drive, Haddam, CT 06438

Hours: Mon.-Wed 8:30am - 4:00pm  
Thursday 8:30am - 6:30pm  
Friday 8:30am - 12:00 Noon

Phone: 860-345-0979, email: [registrar@haddam.org](mailto:registrar@haddam.org)

## Haddam News

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Higganum, CT 06441

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and the Haddam Civic League

## COMMUNITY / ARTS

### Shoreline Singers: Cabaret Program 2019

By Rebecca Degnan, Founder/Director,  
Shoreline Singer Choral Program

Registration is now open for the Shoreline Singers Summer Cabaret program! This year's cabaret will be Saturday, August 17, 2019 at 1:00 p.m. at the American Legion in Moodus. This program offers students private vocal instruction in order to prepare a song to perform in our student cabaret. It's a great opportunity for new performers to gain performance experience, and is

also great for more experienced singers to perform for the fun of it! The program is open to youth from rising fifth grade through adults. Click the links below for our Info/Policy notice which has further info, or our Registration Form. The registration deadline is June 1, 2019 but spaces do tend to fill every year so register early to reserve your spot! Email Rebecca Degnan with any questions at [shoresingers@yahoo.com](mailto:shoresingers@yahoo.com) or visit them online at their Facebook page or website.

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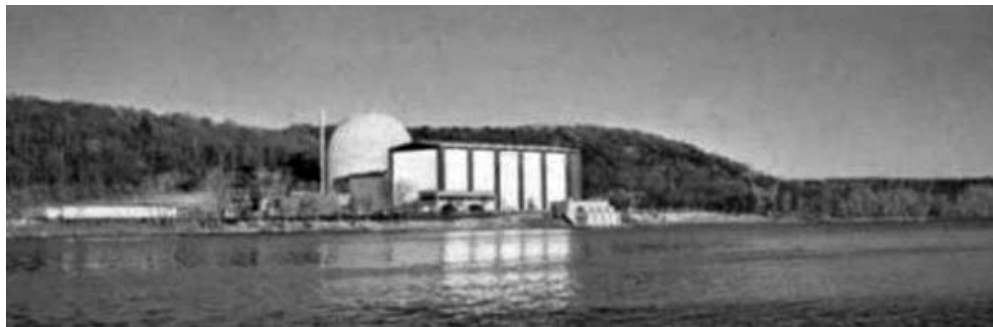
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# How is our Nuclear Fuel Rod Storage Site doing?

By Maurice D. Adams

How is our nuclear fuel rod storage site doing? The best way to find out is to attend the CT Yankee Fuel Storage Advisory Committee (FSAC) meeting, open to the public, held yearly. Such a meeting was on May 21, 2019 at The River House at Goodspeed Station in Haddam.



What the former CT Yankee Nuclear power plant looked like prior to dismantling.

Main observation, coincidentally, is from Maine. Maine Yankee had an inspection of its dry storage system in July of last year. Their storage system is very similar to CT Yankee's (ours), with the additional complication of being close to salt water. Two major points: the inspection system itself was "very successful," and the canister which was inspected appeared in "excellent condition." It bodes well for our CT Yankee renewal application which will have to be submitted in advance of the April 2020 expiration date; the term of

the renewal certificate is 40 years.

Ok, but why do we still have these Spent Nuclear Fuel rods (SNF) on-site at CT Yankee? Mainly because our U.S. Government, and affected States, have not been able to agree on a national storage facility. Although existing nuclear power plants are continually producing SNF (at the rate of some 2,000 metric tons/year), we as a country have not resolved whether we will ever construct the proposed Yucca Mountain geologic waste repository in Nevada, or some

substitute. Our "Three Yankees" as they are called (CT Yankee, Maine Yankee, and Yankee Rowe), together spend roughly \$30 million/year on dry storage of SNF. Staggering, but there is an offset: The Three Yankees just won a damage award lawsuit of \$103.2 million resulting from the federal government's ongoing failure to honor its contract obligations for SNF disposal for the 2013-2016 time-frame. State regulators overseeing the

consortium of affected utility owners will decide how these funds flow.

Future plans for CT Yankee? For now, the major project is an upgrade of the Security Software used at the Site, to be completed by 3Q of this year. Further information can be found at the [connyankee.com](http://connyankee.com) website.

The next FSAC meeting is scheduled for May 5, 2020.

## CONTINUED FROM FRONT PAGE

# RSD17 Proposed Budget Voting Results – exit polling analysis

Continued from page H1

controversial and heated in the recent history of the district. After the announcement that the Board of Education (BoE) had voted to close Haddam Elementary School (HES) and consolidate the schools in March of 2018, concerned citizens have been scrutinizing the work of the board. While the BoE felt they had justified their decision, constituents argued otherwise. Many questions have been raised by residents of both Haddam and Killingworth regarding the impact that HES closing will have on Haddam's economy, trepidation over moving fourth graders into a new intermediate school co-located with the middle school, and unease regarding the BOE's procedures, data, finances and planning.

To help understand why Haddam residents may have been voting no, a group of residents affiliated with the "Friends of HES" group conducted exit surveys at the Central Office at Haddam Firehouse polling places on voting day. 608 total surveys were completed by voters after exiting the polls. Among those, 533 responded to one of the three listed reasons on the survey for their "no" vote. Others filled out the comments section with various reasons for their "no" or "yes" vote.

Of the 533 who responded with one of the three listed reasons for their "no" vote:

129 (24.2%) listed the "budget too high" as their primary reason, and 302 (56.7%) as one of the reasons for their

no vote;

270 (50.7%) listed HES closing as their primary reason, with 423 (79.4%) listing it as one of the reasons for their no vote; and

165 (31%) listed restructuring as their primary reason, with 378 (70.9%) listing it as one of the reasons for their no vote.

Please note that the percentage listing a primary reason exceeds 100% because some people chose more than one category as a primary, or #1 reason, for their vote.

In a nutshell, while many voters were concerned about the budget amount, with nearly 57% listing it as a reason for their vote, a much higher percent listed Haddam Elementary School's closing and school restructuring as key reasons for their vote. 80% stated opposition to the school closing as a key factor in their vote, and slightly over 70% cited restructuring as a reason.

This polling was done with the intent to give input to the BOE on their plan. It was carried out as objectively as possible, with as much coverage as

volunteers could arrange. Any lapses in coverage were due strictly to shortages in manpower and were unintentional. It should be clear, though, that this was not a scientific polling effort. Nevertheless, over one-third of all people who voted in Haddam answered the survey. Among those, the level of opposition to closing of Haddam Elementary School and restructuring among voters is evident. Additionally, comments from the survey show that some who stated they voted "yes" to the budget also expressed concern over the school closing and restructuring.

Poll takers generally felt that voters they talked to were knowledgeable about recent decisions to restructure the school district and close Haddam Elementary School. Many voters stated that they were voting "no" on a school budget for the first time in their lives, as their only palpable input against the recent actions of our Board of Education.

The next vote for the revised budget is set for June 4, 2019 the same day Haddam residents will be deciding if the town should purchase the Haddam Elementary School property and surrounding 10 acres.

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# Town budget passes; capital improvement budget narrowly passes

By Meghan Peterson, PhD

*Editor's Note: This meeting can be viewed in its entirety on Valley Shore Community Television Channel 19 and at vsctv.com. All budget documents can be viewed at www.haddam.org.*

The annual town budget vote took place on Thursday, May 23, 2019 at the Haddam Volunteer Fire Company Station #1. The Pledge of Allegiance was recited. Tony Giamei was nominated to act as moderator. Ann Riebold, Assistant Town Clerk, read the legal call for the evening's proceedings.

Giamei asked if residents wanted to hear more details about the capital plan and budget from the Board of Finance (BOF). There was a question about the capital plan budget. BOF Chair, Joe Centofanti, explained that \$3.7 million was for roads, with the remainder of the \$10,861,350 total capital improvement budget comprising projects such as sidewalks, Dublin Hill Bridge reconstruction and town equipment and vehicles. Mark Lundgren, BOF member, made a motion to reduce the 2019-2020 capital plan budget by \$811,000 consisting of various proposed town plow and truck replacements as well as the

Haddam Volunteer Fire Station #2 parking lot paving.

Centofanti explained that the capital plan budget strategy is to "catch-up" on the replacement of equipment and vehicles, as the vehicles are beyond their use of life, ranging between 13 and 17 years old. Likewise, he noted that a town snow plow "consistently" goes out of commission each winter. The logic behind the bonding strategy is that costs will "level-out" to a more "manageable" and "reasonable" levels beginning FY 2023-24. BOF member, Sean Moriarty, expressed that he does not think the town should be bonding for trucks and equipment. Lundgren explained his position that the town should not replace the trucks/equipment in one year and said that he would prefer spreading the purchases over several years. Giamei described the "difference in opinion" as centering on a "pay now or pay later" situation. Centofanti emphasized that timing of bonding payments are tailored to the item. In addition, he noted that bonding is a strategy to help keep the mil rate relatively stable while addressing immediate equipment and vehicle needs.

Later during the budget vote, Maurice Adams

commented about a discrepancy in budget numbers described in publications throughout town as well as on the official town website. Ed Munster commented that the BOF-proposed budget does not raise the mil rate. Scott Larson commented that the Haddam Fire Station #2 parking lot was last paved in 1990. A couple residents commented that the BOF-proposed town budget did not attend to other priorities.

The amendment offered by Lundgren did not pass: 13 Yea; 19 Nay. The original motion to accept the capital improvement budget passed: 17 Yea; 12 Nay.

Residents also approved the issuance of bonds for a total of \$7,007,250 to fund projects that are designated "bond-funded" in the capital improvement budget: 19 Yea; 13 Nay.

In the capital nonrecurring fund, residents approved transferring \$300,000 that previously funded a radio system replacement project to the Haddam Volunteer Fire Department Rescue truck replacement line.

The annual town budget (\$8,271,000) as recommended by the BOF for FY 2019-2020 passed.

## TOWN HALL

# Dog license renewals, 2019 transfer station passes

### Dog license renewals

DOG LICENSE renewal is due in June. Please come in and register your dog so that you have the current tag. Our Animal Control Officer will be contacting you, if you are delinquent.

Fees: A neutered or spayed dog \$8.00 - An unneutered or unspayed dog \$19.00 Kennel License is \$51.00 - Beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at 30 Field Park Drive, Haddam, CT 06438, along with your fee, and a self-addressed stamped envelope. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call (860-345-8531 x 211 or 212) or email our office townclerk@haddam.org or townclerkasst@haddam.org.

\*\*We will be holding our annual Dog Contest for the number 1 dog tag in Haddam. It is easy to enter, just license your dog(s) during the month of June and your dog will be in the drawing. We will draw a winner in early July. The winning dog will get license number 1, a gift basket and get their picture in the Haddam Bulletin and on Haddam.now and on the Haddam Facebook page.

### Transfer station passes

2019 passes will be available June 1st. The Transfer Station is located on Route 154, just north of the Haddam Meadows State Park.

If you do not have a private trash collection service, trash and recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$75 fee for those under 65, if you are over 65 the fee is \$50.00. The stickers may be purchased from the Town Clerk at the Town Office building. The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law.

Hours: Wednesday, 8:00 am - 3:45pm, Saturday, 8:00am - 3:45pm, Sunday, 8:00am- 11:45am.

All Transfer Station permits expire July 1st. To insure that there is a clear understanding of the rules, please read below:

1. Permit must be clearly displayed and adhered to the driver's side window shield.
2. Registration must be written on the permit itself.
3. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station.
4. Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away.



In order to purchase a Transfer Station Permit, please come to the Town Clerk's Office and have the following available:

1. Proof of residency.
2. Automobile registration.

3. If over 65 \$50.00 payment Cash or Check NO Credit or Debit Cards
4. If under 65 \$75.00 payment. Cash or Check NO Credit or Debit Cards

Persons may purchase one additional sticker for their household with the following information:

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4. If under 65 \$75.00 payment. Cash or Check NO Credit or Debit Cards

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### Hypothyroidism

Hypothyroidism is a very common disease. It affects almost 20 million Americans, and typically develops because the thyroid cannot produce enough thyroid hormone. Worldwide, there are concerns that hypothyroidism is due more to iodine deficiency.

There are some medications that can cause hypothyroidism such as: Amiodarone, Lithium, Phenytoin, Phenobarbital, and Carbamazepine.

Common symptoms of Hypothyroidism are:

- Slowing of physical and mental activity (drowsiness, fatigue, sleepiness)
- Skin and hair becoming coarse and dry
- Muscle pains, joint pain, and weakness in the extremities
- Fullness in throat and hoarseness in voice
- Blurred vision

Screening for hypothyroidism is usually only done for neonates in order to check for cretinism, and in those non-pregnant people who are showing symptoms, otherwise your doctor typically would not check for hypothyroidism.

Levothyroxine is the drug of choice in treating hypothyroidism, and if the person also suffers with any gastrointestinal condition, such as ulcer or celiac, the dose might be a little higher. Dosage adjustments typically will not be made any sooner than 4-6 weeks, unless you may also have needed to start or change doses of medications such as phenobarbital, carbamazepine, or sertraline. Please do not hesitate to call your doctor if you notice any of the above symptoms, or if you are on levothyroxine and another physician prescribes another medication, as this disease is manageable if you stay in close contact with your physician.

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## New Rule for Haddam's Community Closet

There has been a change in policy for Haddam's Community Closet, which is located in the Town Annex building at 11 Jail Hill Road in Haddam.

Haddam's Community Closet has been located at the Annex Building since June 2017. It's like a swap shed for clothes. If you have clean, gently used clothing, drop them off during the hours of operation or at any time in the brown bin outside of the Social Services Office at the Annex. If you want or need clothing, come browse the gently used clothing and shoes for newborns to adults. They are open the first and third Saturday of each month from 9:00 a.m. to 12:00 p.m. Unfortunately, it appears there has been abuse of

the Clothing Closet.

"Unfortunately we are now in a position to have to limit the number of bags that shoppers can take from the Community Clothing Closet each visit. We have come to believe that clothing is being taken from the Closet and then consigned for profit. We are currently investigating with area consignment shops. It is theft and there will be repercussions. Sadly, the biggest victims are those in our community who are in need," it was announced on the Town of Haddam's Facebook page.

If you have a greater need than our new policy will allow for, please contact Jessica Condil at Social Ser-

vices (860-345-4621).

An important note to our generous donors:

*We are not accepting any Fall/Winter clothing at this time. Please save these for the Fall as we have no storage space.*

*We are not accepting any size SMALL women's clothing at this time.*

*We are not accepting any men's suits or sports coats at this time.*

*We are in desperate need of Spring and Summer clothing for children of all sizes.*

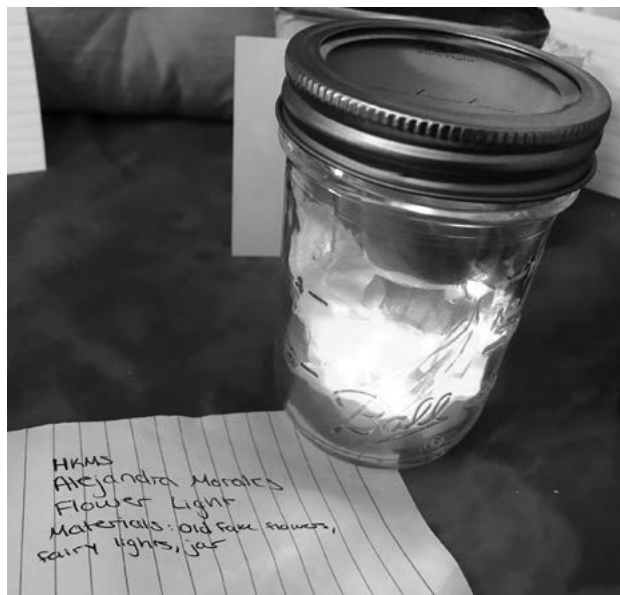
## COMMUNITY / HADDAM PROUD

## Recycled Art Show at Haddam Town Hall until June 6

By Kristin Battistoni,  
Sustainable CT Committee Member

If you get a chance to come into the Town Office Building during the next two weeks you will enjoy a wonderful display of the creativity from some of the seventh grade students in Mrs. Hanson's science class. Students from Haddam-Killingworth Middle School are learning about the environment and how to reuse and repurpose material instead of throwing it away. The Town of Haddam has become very active in recycling and we are very happy to be able to showcase some of our students' work.

Martin Kuchyt, a student of Mrs. Hanson explains the assignment, "In Science class we were assigned a task to make something out of old clothing or something that was going to be thrown away. The point



Photos by Kristin Battistoni.

of this project is to show me that I can recycle or repurpose almost anything. I took the back pocket off an old pair of jeans and sewed a strip of fabric onto the pocket. This created a small bag that I can use to carry small items, like, my cellphone or Post It notes. I learned that you can make something pretty cool by recycling. I think I might be looking at some of my stuff to see what I can make next instead of throwing it in the trash."



Stop by and see what our students have created. The Recycling Art Show will be on display until June 6, 2019. If you are interested in helping out, or have ideas for recycling in Haddam please contact Robin Munster at edccordinator@haddam.org.

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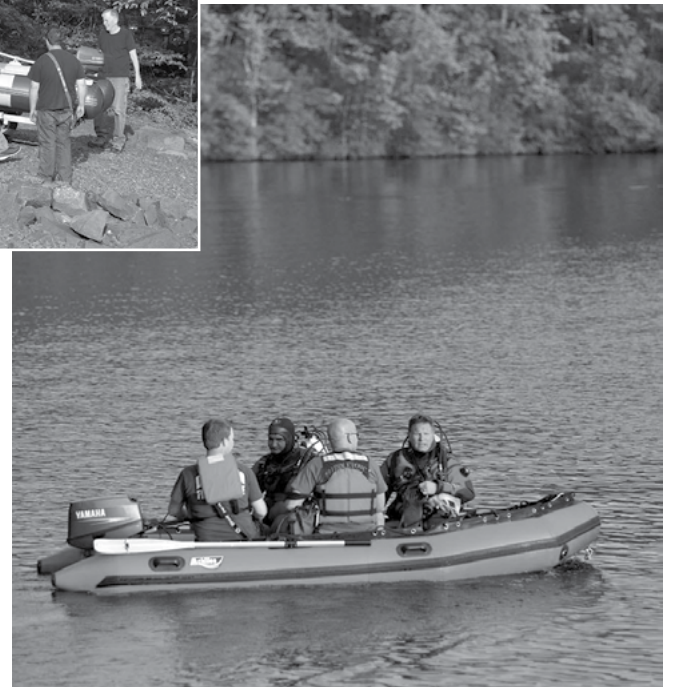
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# HVFCo participates in Water Rescue and Recovery Drill

By Olivia Drake,  
Public Information Officer, HVFCo.

Five local fire departments participated in a water rescue and recovery drill May 22, at Millers Pond State Park. Nine individuals have drowned in the pond since 2000; the most recent was in June 2018. Crews from Middletown, Middletown South District, Haddam, Durham and Portland fire departments gathered at the park and responded to two mock scenarios on the pond. "When we're called for a water rescue or recovery, it's imperative to work quickly and diligently with our mutual aid departments to make this a smooth process," said Haddam Volunteer Fire Co. Chief Sam Baber.

Millers Pond, which encompasses approximately 30 acres, is about 15-20 feet deep. Cold water springs and an underwater current can lead to difficult swimming conditions. While crews from Portland and Middletown's Dive Teams practiced gearing up and conducting water searches, crews from Haddam and Durham transported divers via boat and all-terrain vehicles. "Even if it's a recovery mission, the sooner we can locate the individual and bring peace to his or her family, the better," Baber said.



Photos by Olivia Drake.



Photos by Olivia Drake.

# Minor injuries result from two crashes into utility poles

By Olivia Drake,  
Public Information Officer, HVFCo.

Haddam Volunteer Fire Company recently responded to two motor vehicle accidents involving a utility pole.

On May 17, 2019, crews were dispatched to Beaver Meadow Road near the Killingworth Road intersection. A driver had lost control of his vehicle and

struck and snapped a utility pole. The operator of the vehicle self-extricated and was transported to Middlesex Hospital via Haddam Volunteer Ambulance Service. The scene was turned over to Eversource after the vehicle was towed away from the scene.

On May 21, 2019, HVFC was called to an accident on Candlewood Hill Road near the Scovill Road intersection. A driver struck a utility pole and damaged

the front passenger side of his vehicle. The driver was evaluated on scene by Haddam Volunteer Ambulance personnel and refused additional medical treatment. Eversource arrived on scene to evaluate the damaged pole. The scene was turned over to Eversource and the Connecticut State Police.

These were the second and third accidents involving utility poles this month.

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## Jesus said, "You Must be Born Again."

"...I say to you, unless one is born again [born from above], he cannot see the kingdom of God...Do not marvel that I said to you, 'You must be born again' (John 3:3-7). "...Be transformed by the renewing of your mind..." (Romans 12:2). "...We also should walk in newness of life" (Romans 6:4). "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Corinthians 5:17). "Being born again...by the word of God..." (1 Peter 1:23).

"As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. 3 For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. 5 But they will have to give account to Him who is ready to judge the living and the dead" (1 Peter 4:2-5 NIV). "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. 6 For to be carnally minded is death, but to be spiritually minded is life and peace" (Romans 8:5-6).

"If he turns from his sin...None of his sins which he has committed shall be remembered against him" (Ezekiel 33:14-16). "For all have sinned, and come short of the glory of God" (Romans 3:23). "...Turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins (Acts 26:18). "...The blood of Jesus Christ His Son cleanseth us from all sin. 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins [to God], He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:7-9). "You must be born again" (John 3:7).

For Information, prayer, or Bible Study contact:

**Ambassadors for Christ**  
P. O. Box 937, Madison, CT 06443  
email: EnterTheStraitGate@yahoo.com

## Food for thought: Add some color to your plate

Continued from page H1

Make ¼ of your plate an array of colorful veggies at each meal. The serving recommendation has always been 5-9 servings of fruits and veggies a day, but for the greatest benefits go for 10 a day! It is always a good idea to rotate your selection and your colors to gain the most variety of nutrients! Visit your local farmers market and try something new! Start with whole foods, preferably organic (check out EWG's clean fifteen and dirty dozen list: <https://www.ewg.org/foodnews/clean-fifteen.php>). Fresh and frozen are best, but canned (BPA free cans) will do in a pinch. Avoid pre-prepared veggies and fruits as they often have syrups, sauces, and preservatives added, which is not the healthiest option. Remember to read the stickers on your whole foods. If the label starts with a 4 it is conventionally grown and may contain pesticides and sprays. If the label starts with a 9 it is certified organic. If it starts with an 8 it is a GMO food and most likely contains Round-up, which is highly toxic to your body.

Although fruit has great nutritional value, it also has natural fructose which can raise blood sugar. There are high sweet fruits like pineapple, bananas and mangos; medium sweet fruits like apples, peaches, pears, and plums; and low sweet fruits like berries which are filled with vitamin C, potassium, fiber, and flavonoids. Fruit is best digested on an empty stomach and not with other foods, but for special occasions it can become a wonderful treat or delicious dessert. Two of my favorites are a Berry Crisp and Chocolate Drizzled Strawberries!

It is important to consider the seasons in purchasing and preparing your veggies and fruits. In warmer weather months, consuming raw fruits and vegetables will provide super nutrients and help to keep you cool. In the cool weather months, it may be best to steam, sauté, simmer, bake, broil, or roast your seasonal produce to keep you warm! Keep in mind that we are all different and if your digestive track is out of balance it may not tolerate raw vegetables no matter the season. Adding herbs and healthy sauces will change a boring meal into a wowza meal! Try taking the same food and preparing it in different ways – need ideas, just email me at [connect@roots2wellness.com](mailto:connect@roots2wellness.com).

Eating seasonally and buying locally is the best way to keep your circadian rhythm in balance. This will vary based on your geographic location and your climate. Some areas experience four seasons while others only have two seasons. Chinese medicine and the Ayurvedic philosophy are big into eating based



Salads on the Go. Photo courtesy of Janet Verney.

on weather, climate, seasons, etc. It makes sense if you live in a hot climate to eat cooling foods and if you are in the dead of winter to eat warming foods. Eating cold smoothies and too many raw foods in cold weather can disrupt your circadian rhythm and throw you off balance causing an assortment of symptoms like digestive issues, fatigue, insomnia, achy joints, etc. These little signs and symptoms can lead to bigger issues down the road if they continue and are ignored for too long. Listen to what your body is telling you. When you buy local foods from your farmer's market, you will be eating what is in season at that time. Consider joining a CSA (Community Supported Agriculture) to get a share of local veggies, fruits, and herbs.

Our plant kingdom is so smart! Greens that grow in the spring time are wonderful for cleansing our bodies from the sluggishness of winter. Watermelon, berries, and cucumbers keep us cool in the heat of the summer. Apples, pumpkins, and cranberries in the fall prepare our bodies for the cold season to come. Root vegetables keep us grounded and hearty winter squash warms the bones in cold winter months. Also consider spice for cooling and warming the body. We commonly use warming spices like cinnamon, cloves, ginger and allspice in the cooler months and dill, basil, and cilantro in the warmer weather. Isn't it fascinating how this amazing plant kingdom provides for us just what we need when we need it?

If you are dealing with a lot of inflammation, you may want to consider eliminating night shade vegetables for a month to see how you feel. Then add one at a time and make a note of any symptoms or flare-ups of inflammation. Folks with arthritis and joint issues have had good results when they stop eating veggies in the night shade family. They include potatoes, peppers, tomatoes, eggplant, etc. A more comprehensive list can be found online.

As you begin to add more plants to your daily diet,

consider trying a "Meatless Monday" and making all plant-based meals for a day. For special occasions be the person who brings a plant-based dish to share – make it engaging and fun, especially for the children. Adding these colorful nutritional powerhouses to your daily diet will have you looking and feeling better in no time. So get out to your local farmer's markets and find some colorful treasures!

### Very Veggie Lasagna

This is a great gluten free and dairy free recipe for lasagna lovers!

- 2 medium zucchini
- 2 medium yellow squash
- 8 plum tomatoes
- 2 portabella mushrooms
- 1 vidalia onions
- 3 cloves of garlic
- 3 Sprigs of fresh basil & oregano
- Salt & pepper to taste
- 3-4 Tbs. olive oil
- Cashew Cheese (see recipe below)

Alternate slices of green zucchini and yellow squash, cut thinly the long way.

Next, add a layer of sliced red plum tomatoes, sliced brown portobello mushrooms and chopped onion and garlic.

Then, add a layer of fresh green herbs and then sprinkle with sea salt, pepper, and olive oil.

Add a layer of cashew cheese.

Repeat the above process two or three times, depending upon the depth of the pan. Finish the top layer with extra tomatoes, whole cashews, more herbs, and then drizzle with olive oil.

Bake at 350 degrees for about 30-45 minutes, until warm through and veggies are tender. Enjoy!

NOTE: You can swap veggies and use eggplant instead squash and zucchini.

#### Cashew Cheese:

- 2 cup raw, unsalted cashews
- ½ cup nutritional yeast
- 2 Tbs. lemon juice
- 2 Tbs. water

Soak cashews in a jar of water overnight. Drain cashews in morning and place them in food processor. Add the nutritional yeast, then just enough water and lemon juice to make it moist. Add the sea salt and pepper to taste.

Continued on next page

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# TOWN & COMMUNITY CALENDAR

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

## Saturday, June 1

Scout Troop Can & Bottle Drive, 9:00 a.m.-2:00 p.m.

Haddam Boy Scout Troop #44 will be holding a Can & Bottle Drive for all returnable cans & bottles.

Site Walk, 2:00-3:30 p.m.

Join Haddam Land Trust for a walk to the top of Higganum and down to the river (Higganum Cove, Swan Hill, and Shopboard Rock). Meet us at HES parking

lot. Be prepared for a strenuous walk to the top, down to Higganum Cove, and return. About 1 1/2 hours.

## Tuesday, June 4

Haddam School Referendum, 6:00 a.m.-8:00 p.m. (at all three district voting locations in town)

## Wednesday, June 5

Registrar of Voters Office Hours, 9:00 a.m.-1:00 p.m.

## Thursday, June 6

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

## Monday, June 10

Committee on Aging Meeting, 10:00 a.m.

Board of Selectmen's Meeting, 6:30 p.m.

## 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.

## CONTINUED FROM PREVIOUS PAGE

# Food for thought: Add some color to your plate

Continued from previous page

## Kitchen Sink Soup

It's always great to cook once, and eat two or three times. I love to repurpose food. Start by chopping a rainbow of colorful veggies with different tastes & textures.

You can use some of the veggies as a snack, add them to your salad for lunch, or as a side dish for your dinner. And of course you can add your veggies to soup!

- 4 cups of water, or veggie broth.
- 3-4 Tablespoons of Miso (a fermented soy typically found in the produce aisle).
- 2 cups of veggies you have on hand.
- Sea salt, pepper, herbs and olive oil to taste.

Simmer for 30 minutes on medium heat until veggies are slightly tender. So easy, so delicious and so amazing for you! Use an emersion blender or hand held masher for a creamier soup. This works well with cauliflower, broccoli, and/or sweet potato soups. You can make a big batch and freeze half for leftovers or cut the recipe in half.

## Salads on-the-go

These Mason jar salads can be made on a Sunday and will last about 4 days. Chopping everything on a Sunday and prepping the jars is a great way to keep a healthy salad handy for a busy week.

- Choose a legume, like chickpeas, or cooked quinoa. Another option is walnut taco meat (pulse walnuts in food processor with Braggs amino acid, lemon, and chili powder).

- Dressing of choice (simple recipe: Braggs amino acid, lemon juice, sesame oil, and grated or ground ginger). If using walnut taco meat, do not add dressing.
- Chopped veggies of choice
- Sprouts & microgreens

Place the first ingredient at the bottom of the jar. Add your dressing. Begin layering one veggie at a time, starting with the harder veggies first. Top with the sprouts and microgreens. Wrap a fork in a napkin and tie it to the jar with some twine and you are set to jet.

## Collard Green Wraps

This is a great way to enjoy a quick bite that is packed with a rainbow of colors, it is very satisfying, and is easy to make ahead, leaving you with lots of energy!

- Collard Greens, lower stems removed
- Add a slice of soft green avocado for a good fat source & Protein.
- Add a few slices of roasted red peppers.
- Add in a few shavings of crunchy orange carrots.
- Add a few slices of crunchy purple cabbage.
- Add a few green pumpkin seeds for crunch, protein, and a little extra zinc.
- Add in some green broccoli sprouts for extra energy!

Roll up the ingredients, while folding in the sides of the wrap. Make a few at a time. Enjoy one or two. Chop ingredients ahead of time! Have your greens washed and stored in the refrigerator with a paper towel in a container for ready use. You can also prep veggies sticks in advance and store in an airtight glass container. If you are using large leaves, cut the rolls in

half. Serve with a dipping sauce or dressing of choice.

## Roasted Veggies

Roasted veggies are wonderful all year round and you can mix up types of veggies based on the seasons and what you have on hand in the fridge. Below is a powerhouse combo of veggies. Experiment with different combinations and added spice.

- 1 red beet skinned and chopped
- 2 large carrots chopped
- 1 small head of cauliflower chopped
- 1 small head of broccoli chopped
- 1 medium onion skinned and chopped
- 2-3 cloves of garlic minced
- 1 small bulb of fennel chopped
- 2 T olive or avocado oil
- Seasonings of choice: (cumin, turmeric, smoked paprika) or (rosemary, dill, oregano).
- Dash of sea salt (optional)

Preheat oven to 375 degrees. Wash and prepare all veggies. Drizzle with the oil, sprinkle with dried or fresh herbs and the sea salt. Toss to coat and roast for 30-45 minutes, stirring every 10-15 minutes.

If you have a topic you'd like to learn more about, please email me at [connect@roots2wellness.com](mailto:connect@roots2wellness.com). Until next time! - Janet

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](mailto:connect@roots2wellness.com). To learn more, visit her website at [roots2wellness.com](http://roots2wellness.com).

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# Kids, Cars, Crime: Part One

Understanding the who and why behind Connecticut's latest juvenile crime trend

By Meghan Peterson, PhD

*Editor's Note: We begin a new series examining juvenile involvement with auto-related crimes in Connecticut and the local impacts of this trend. A complete listing of sources for the material discussed below can be found in the online version at haddam-killingworthnow.com.*

May 13, 2019: Hartford police prepare to serve a juvenile warrant on one 16-year-old New Britain teen, who will be charged with "first-degree manslaughter, first-degree evading responsibility, reckless driving and third-degree larceny," according to Hartford Police Lt. Paul Cicero. The teen had been driving a stolen car which slammed into a SUV, killing its male driver, Jose "Tito" Mendoza as he drove to work in Hartford. The April 6, 2019 crash had involved a stolen car from Colchester, according to an earlier report.

April 11, 2019: A 15-year-old Stratford boy is arrested for stealing a Stratford Department of Public Works dump truck and remanded to custody by court order. The teen "refused to stop for officers and then struck another vehicle while feeling the area at a high rate of speed into Milford." Next, in order to get around traffic on the busy Post Road in Milford, the teen driver "crossed both lanes" in front of a woman driving with her 10 year-old in the car and subsequently smashed the "passenger side of her car in the process."

An April 3, 2019 Boston Globe headline reads: "Car chase ends at Taylor Swift's house." Perhaps more significant than the fact this pursuit terminated at the famous singer's beachfront home in Westerly, Rhode Island? The vehicle was stolen, the driver and passengers of the car ranged in age from 19 to 16 (4 individuals total), and the 19-year-old driver hails from Hartford, Conn.

March 20, 2019: 17-year-old Hartford teen died in a stolen vehicle (a Mercedes stolen from Madison) after it rolled over on Route 79 in Durham. According to the New Haven Register, "[t]he crash occurred at around 3:22 a.m." and involved a car "which had been stolen..."

December 17, 2018: Two teens under the age of 16 stole two vehicles from the Old Saybrook Ford dealership. The individuals, from Bridgeport, were subsequently apprehended by Old Saybrook police. According to the Fox61 story, "Typically, children are released to their parents' custody, but these two suspects' parents never showed up... The Department of Children and Families chose not to pick up the kids either. The teens were remanded to juvenile custody by a Superior Court Judge." [Old Saybrook Police] Chief Michael Spera told Fox61 that the juvenile laws

in Connecticut "don't carry many consequences."

The snapshots of news stories noted above encapsulate the stolen car-juvenile involvement combination we are seeing in our state.

From Colchester to Waterbury, Milford to Wallingford, Haddam to Wolcott, Durham to Old Saybrook, and areas in between, residents and local officials alike are witnessing a spike in auto break-ins and thefts. In Manchester alone, for example, there were 22 car thefts last June – a jump from eight the previous month. In Cheshire, NBC Connecticut reported that items were stolen from 114 vehicles during a six-month time period. Stamford and Wallingford police issued warnings of car thefts and break-ins during the months of September and October 2018, respectively. Meanwhile, Milford police warned residents to be aware and take steps to protect and lock their vehicles, following a "rash of break-ins" last fall. Toward the end of October, Wallingford town council officials convened a public meeting to discuss the issue of vehicle-related thefts with residents. According to police there, thefts of items in vehicles and break-ins are up 22% over previous years. In view of the urgency surrounding the public safety issue, Wallingford officials decided to hold monthly meetings to address the matter.

Last summer, Haddam Resident Troopers Enrico Milardo and Joseph Deangelo likewise issued warnings throughout the season advising residents to lock their vehicles, take in valuables with them at night and report suspicious activity. In this vein, *Haddam News* and *Haddam-Killingworthnow.com* have carried numerous public service announcements regarding thefts of personal property in vehicles as well as thefts of vehicles themselves.

A recent WTNH/Channel 8 report stated that law enforcement have expressed "they're drowning in car thefts overwhelmingly committed by juveniles." According to the article, Clinton Police Department Cpl. Christopher Varone said that characterizing the issue of this crime as "[a]n epidemic is probably accurate."

FOX61 notes:

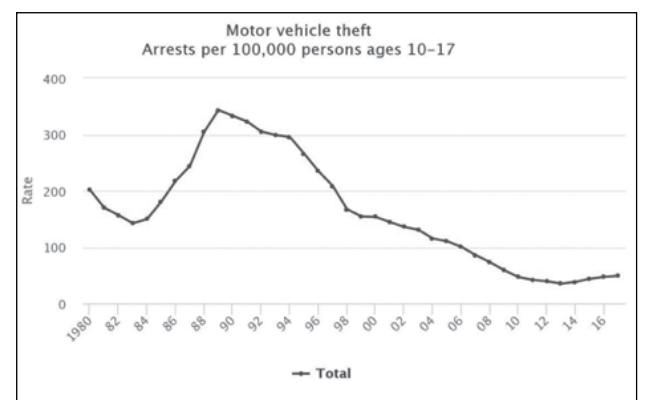
[m]any of the region's stolen cars end up on the streets of Hartford, where they are looking at a nearly 300 percent increase in 'out of town stolen car recovers' in just a few years. A difficult balancing act for police who have to weigh the dangers of high-speed pursuits, fatal crashes and potential deadly encounters with... a high number of stolen cars being driven around our roads.

What explanatory factors and reasons underlie the incidence of these crimes – in many cases committed by juveniles - throughout our state? In particular, why does nearly every town and city in Connecticut appear to be dealing with this crime in one form or another? In this new weekly series on juvenile involvement in auto-related crimes, we explore potential answers in an effort to better understand the trends we are seeing.

In 2017, the most recent year for which national data is available, there were 48.8 motor vehicle theft arrests per 100,000 persons within the 10-17-year-old range (juvenile offenders) in the United States. This number is significantly higher than in 2013, the year which marked the nation's lowest number of juvenile arrests for motor vehicle thefts (30.5 arrests per 100,000 juveniles) – having declined 90% from the

high point of 343.5 arrests per 100,000 juveniles for motor vehicle thefts in 1989. It is crucial to note that the discussion thus far centers on *arrests* as opposed to *complaints*. In other words, arrests are one piece of the larger crime/criminal justice system pie. There may be more – perhaps many more - incidences (occurrences) of motor vehicle theft committed by juveniles that are not captured in the documented arrest numbers.

Below, trends of national juvenile arrests for motor vehicle thefts between 1980 and 2017 are depicted in Graph 1.



Graph 1. Juvenile arrest trends for motor vehicle theft in the United States.

Source: OJJDP Statistical Briefing Book. Data source - Arrest estimates for 1980-2014 developed by the Bureau of Justice Statistics and disseminated through "Arrest Data Analysis Tool." Online. Available from the Bureau of Justice Statistics website. Arrest estimates for 2015 through 2017 developed by the National Center for Juvenile Justice based on data published in the FBI's *Crime in the United States* reports.

At the state level, motor vehicle theft arrests of juveniles are also on the rise in Connecticut. Hartford Courant has recently reported, for example, that "arrests of juveniles for car theft in Connecticut are up 37 percent over the past decade, the only category of juvenile crime, including robbery, burglary, larceny, vandalism and drug abuse, that hasn't radically decreased." The same article also indicates that according to data compiled by the Washington, D.C.-based Sentencing Project, "Auto thefts are up nationally and adults are stealing cars at rates equal to or greater than juveniles."

According to the Connecticut State Police "Crime in Connecticut 2017" report (2017 is the most recent year for which data is available), there were 7,310 motor vehicle thefts in 2017. Between 2008 and 2017, while the overall motor vehicle theft number has declined from the 2008 number of 8,823 offenses to 7,310 in 2017, the number of offenses has been increasing since 2015 (6,427 - up from 6,100 in 2014); and 2016 (7,105). In percentage terms, these offenses spiked 5% in 2015; 11% in 2016 and 3% in 2017 in the state. Trends of motor vehicle thefts at both the state and national level between 2008 and 2017 are depicted in Graph 2 (see next page).

Statewide, there were a total of 938 individuals arrested for motor vehicle theft in 2017. 330 of those were under the age of 18; 608 were 18 and up. In percentages, about 35% of persons arrested in Connecticut for motor vehicle theft were under the age of 18; and approximately 65% of arrestees were over the age of 18.

Digging deeper into those numbers, it is important to note that 412 individuals between the ages of 15

*Continued on next page*

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# Kids, cars, crime

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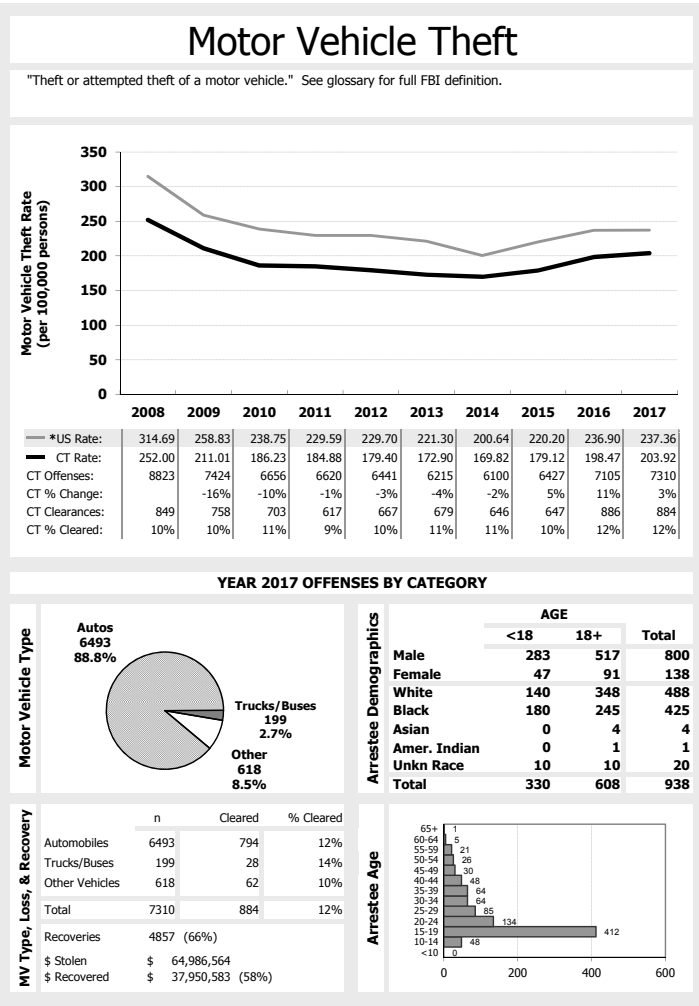
and 19 were arrested for motor vehicle theft in Connecticut – the single largest age category of arrestees for this offense in 2017. The next largest number (134) came from the 20-24 year-old range. Thus, 546 arrestees (of the 938 overall total) were between the ages of 15 and 24. In other words, roughly 58% of motor vehicle arrestees in Connecticut during 2017 were juvenile and or/young adult offenders.

Meanwhile, 800 arrestees were male; 138 were female. 488 arrestees were White; 425 were Black; 4 were Asian; 1 was American Indian; 20 were of Unknown Race.

The population in Middlesex County (MC), of which Haddam is a part, stood at 163,236 people in 2017. A total of 237 motor vehicle thefts were committed in the County in 2017, amounting to a value stolen over \$3.5 million (\$3,555,867). A total of 30 individuals under the age of 18 were arrested for motor vehicle theft that year as well, with 59 individuals ages 18 and up arrested for this offense category – for a total of 89 arrestees.

Given the focus on juvenile involvement in auto-related crimes, it is helpful to see a further parsing of the age of motor vehicle theft arrestees under age 18 for MC in 2017:

Crime in Connecticut 2017 Connecticut Summary Statistics



Graph 2. Motor Vehicle Thefts Rate: US & CT 2008-2017. From Connecticut State Police "Crime in Connecticut 2017" report.

- Age 13-14: 5
- Age 15: 5
- Age 16: 12
- Age 17: 8

Within the 18 and older age category for motor vehicle theft arrestees in MC, the highest number were those between ages 25-29 (12).

In terms of additional demographic information

for motor vehicle theft offenders arrested in Middlesex County, Males comprised 79 of the arrestees; 10 female arrestees made up the remainder. 47 of the arrestees were White; 39 were Black; 3 were of Unknown Race.

Through this weekly series focusing on juvenile involvement in auto-related crimes, we explore the various moving parts of this topic in order to better understand trends we are observing – and more importantly, the impacts of those trends.

Keeping in mind the ages of motor vehicle theft juvenile offenders, we will consider the following as we move forward in this series:

- Given that the teen brain is not fully developed until at least age 25,
- Given that the frontal lobe of the brain, which is significantly responsible for driving skills, is not fully developed until 25-30 years of age,
- Given that juveniles lack both the reasoning capacity and experiential knowledge requisite to driving safely at their developmental stage...

**What are the safety issues posed to the public: to other drivers? to pedestrians? to the juvenile driver's own life? to responding law enforcement?**

*In Part Two we will dive into the legal aspects surrounding this topic. For this ongoing*

*series, many thanks are in order for their expertise and assistance: Chief State's Attorney Kevin T. Kane; Supervisory Assistant State's Attorney, Francis J. Carino; Haddam Resident Trooper Enrico Milardo; Killingworth Resident Trooper Scott Wisner; William H. Carbone, Executive Director of the Tow Youth Justice Institute (University of New Haven).*

## LEGAL NOTICES

### PLANNING AND ZONING PUBLIC HEARING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on June 6th, 2019 at 7:00 p.m. to consider the following item(s):

1. Proposed zoning map amendment to change the zone of various publicly owned properties and Haddam Land Trust and Audubon Society properties to Conservation Zone. Properties include:

**State of CT DEEP**

- Clarkhurst Road Map/Lot 07 004
- Riverfront Map 13 Lot 004,007,010,013,016
- Map 26 Lot 001 & 002
- Map 48 001, 008 – 012
- Moodus road Map 10 Lot 004, 010

**Haddam Land Trust**

- Rocklanding Road Map 13 Lot 019,020,021
- Riverfront Map 12 Lot 008
- Pine Brook Road Map 09 Lot 00

**Audubon Society of CT**

- Clarkhurst Road Map 07 Lot 001B, Map 8 002 1A

**Property of United States of America**

- Moodus Road Map 10 Lot 005
- 215 Salmon Brook Road Map 11 Lot 15
- Pine Brook Road Map 09 Lot 005
- 117 Pine Brook Road Map 11, Lot 015A
- Salmon River Map 10 Lot 023
- 235 salmon River Road Map 11 Lot 016

A map displaying the parcels and the existing and proposed zoning is on file in the Town Clerks Office and the Land Use Office. Applicant - Haddam Planning and Zoning Commission.

Planning and Zoning Commission, Haddam CT

### ZONING BOARD OF APPEALS NOTICE OF DECISION

Zoning Board of Appeals, Haddam, Connecticut meeting on April 25th, 2019 acted upon the following item:

1. Approved a request for a side yard variance to Section 4 and Table 1 of the Zoning Code to authorize the construction of a detached garage to be within 7 feet and 5 feet of the side property lines rather than the required 10 feet and 15 feet at 40 Landing Road in the R1 zone. Applicant Carrah Kalat

Zoning Board of Appeals, Haddam CT

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

# Hey, Neighbors!

## Appreciation Weekend is coming!

Old Saybrook, Essex, Deep River, Chester, Haddam, and East Haddam Residents ride free on May 18 & 19, 2019! Neighbor Appreciation weekend includes free steam train and riverboat rides (coach seating) for residents in six towns along the Valley Railroad's operating line Essex, Deep River, Chester, Haddam, East Haddam and Old Saybrook. Tickets for "Neighbor Appreciation Weekend" are available for all four departures on a first-come, first-serve basis at the Essex Steam Train Ticket Window on the excursion date (sorry, no advance tickets) and are for COACH SEATING; Passengers wishing to ride First Class must purchase a full price ticket.

**essexsteamtrain.com**  
**800-377-3987**

## HKHS BASEBALL

### HKHS beats Lyme–Old Lyme

The Haddam Killingworth High School Varsity Baseball team defeated Lyme–Old Lyme in the SLC Quarterfinal in Higganum on Tuesday, May 21, with a final score of HK 11, LOL 4. Alden Halfinger pitched one hit ball in 2.1 innings of relief to get the win for HK. Luke DiMauro drove in the winning runs with a three run double in the 5th. Sam Erskine had 3 hits and 3 RBI for HK.

Lyme-Old Lyme	0	1	0	3	0	0	0	4	8	2
HK	0	0	4	0	4	3	x	11	10	2

Batteries: HK- Alec Erskine, Alden Halfinger(4), and



Photo by Mandy Miranda.

Sam Erskine. OL – Tait Sawden, Liam Holloway(5) and Alex Roth. WP Halfinger LP Holloway

\*Records: HK 15-5, Old Lyme 11-10

\*at time of publication.

### HKHS defeated by Coventry

The Haddam Killingworth High School Varsity Baseball team was defeated by Coventry in Higganum on Saturday, May 18, 2019, with a final score of Coventry 1, HK 0. Cole Lalli pitched a one hit shut-out striking out eight and Matt Cook had two hits and a run scored for Coventry. Alec Erskine had a hit in the first inning for HK.

Coventry	0	0	1	0	0	0	0	1	8	2
HK	0	0	0	0	0	0	0	0	1	0

Batteries: HK- Carm Rosa, Alden Halfinger(6), and Sam Erskine. Coventry – Cole Lalli and Josh Malcolm. WP Lalli LP Rosa

## FAITH / COMMUNITY

### HUMC & St. James Episcopal Church “Hero Central” Vacation Bible School 2019

By Cheryl Czuba

Plans are well underway for the Higganum United Methodist Church and St. James Episcopal Church's Hero Central Vacation Bible School. This superhero adventure experience includes music, bible fun, cool crafts, and hands-on mission work. Delicious dinner/snacks, games and more. Children, pre-school-

6th grade are invited to join us Monday-Friday, July 15-19, 2019 5:30-7:30 p.m. at the Higganum United Methodist Church.

To receive a registration form for VBS, go to vbsofhigganum@gmail.com or call 860-345-4622. Completed forms should be sent to Higganum United Methodist Church, 248 Saybrook Road, PO Box

475, Higganum, CT 06441. The deadline is open but we would prefer to have them by – June 15, 2019.







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## OBITUARIES

### June Hajek Parmelee

According to Legacy.com and Biega Funeral Home, June Hajek Parmelee passed away on Friday, May 17, 2019.

### Janice (Ford) Chambers

According to Legacy.com and The Hartford Courant, Janice (Ford) Chambers, age 84, passes away on Sunday, May 12, 2019.

### Raymond Ogorzalek

According to Legacy.com and Biega Funeral Home, Raymond Ogorzalek, age 78, passed away on Saturday, May 11, 2019.

### Kristen L. Ntoukiantzis

According to Legacy.com and The Record-Journal, Kristen L. Ntoukiantzis, age 37, passed away on Monday, May 6, 2019.

# Middletown Toyota

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