

Haddam Killingworth News

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

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September 19, 2019

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Free weekly

PTO benefit features Harlem Wizards vs. H-K Basketball Game



Photo courtesy of the Harlem Wizards.

By *Christine Patterson*

Get ready Haddam-Killingworth: A high-flying, slam-dunking, rim-rattling basketball show is coming to town!

The world-famous Harlem Wizards will visit Haddam Killingworth High School Field House on Sunday, Sept. 29, at 2:00 p.m. for an afternoon of great fun and fundraising. The Wizards will play a game against a team of Haddam-Killingworth administrators, teachers, and staff. Proceeds will benefit the HKIMS PTO.

The event will feature a variety of fun interactive extras to complement the Wizards' dazzling demonstration of hoops artistry: Pre-game "Wiz Kids" warm-up, contests, comedy, awesome slam dunks, audience participation,

merchandise giveaways, and more. The game will conclude with the Wizards' signature dance extravaganza that will have the crowd on their feet!

"We are delighted to host the Wizards," says Jon Leiberman, HKIMS PTO President. "They are superb showmen who deliver fantastic all-ages entertainment for a great cause."

Founded in 1962, the Wizards have played over 15,000 games throughout the US that have raised over \$25 million for schools and charitable causes. The Wizards have also played in over 25 foreign countries on five continents.

Tickets are priced as follows:

Student Admission \$15

General Admission \$17

Courtside Plus \$35

Courtside Plus ticket holders receive first or second row seating and

meet privately with selected Wizard players before the game for a meet-and-greet and show. There are a limited number of Courtside Plus tickets available.

To purchase tickets, and for more information, visit www.harlemwizards.com.

The home team players will be thrilled to play in front of family, friends, and fans, and spectators will delight in seeing their beloved teachers, principals, and community leaders run the court. Come out and cheer – you will not want to miss this fantastic experience that will benefit our most precious resource: The kids!

About the Harlem Wizards: Howie Davis was a larger-than-life entrepreneur, impresario, promoter, and

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HKHS has successful start to season at the Big Red Invitational

By *Matt Diglio, Coach,*
HKHS Cross Country

On Saturday, Sept. 7, the Haddam Killingworth High School Boys and Girls Cross Country teams opened their season as they traveled to Somers, NY to compete at the Big Red Invitational. The teams competed on a challenging 5,000 meter course against over 30 schools from New York and Connecticut. Both teams began their season with a successful start as the boys team who is ranked 9th in the state of Connecticut won the Division 3 race with a score of 66 points. The boys were led by junior Matt Jennings who placed 2nd in a time of 16:28. He was followed across the line by senior tri-captain Christian Uzwiak who placed 10th in a time of 17:22, then junior Fisher Harris 15th (17:38), junior Sean Rutledge 17th (17:45) then a trio of tightly packed Cougars led by sophomore Caleb Freeman 22nd (18:03), junior Julian Spector 23rd (18:03) and senior tri-captain Griffin Robinson 24th (18:04).

The boys freshman team placed 2nd in their race as a team scoring 88 points and were led by Mason Gorham who placed 3rd overall in a time of 9:00 for the 1.5 mile course.

The Girls team placed 3rd overall in the Division 3 race, scoring 92 points. They were led by junior Meara Bodak, who placed 12th in the race in a time of 21:21 for the 3.1 mile course. She



Caleb Freeman, Julian Spector and Griffin Robinson crossing the finish line. Photos courtesy of Charles Lynskey.

was followed by senior tri-captain Julia Callis 16th (21:41), then a trio of sophomores: Ali Twachtman 22nd (22:31), Brianna Minervino 28th (23:07), Ava DiMatteo 30th (23:15); then senior tri-captain Lauren D'Amico 31st (23:16) and sophomore Charlotte Selmer 34th (23:37).

The girls freshman team placed 3rd in their race with a score 67 points and were led by Isabel Beradino who placed 7th with a time of 11:18 for the 1.5 mile course.

The cross country teams will next be in action on Saturday, Sept. 21 as the Varsity teams will travel to Bear Mountain, NY to compete at the Suffern Invitational while the JV squads will compete at the CT River Valley Invitational in Cromwell.

The girls freshman team placed 3rd in their race with a score 67 points and were led by Isabel Beradino who placed 7th with a time of 11:18 for the 1.5 mile course.



Lauren D'Amico and Brianna Minervino running up the hill.

Sailing the Connecticut Coast with Albert Einstein

By *Phil Devlin*

In the month of September, 1905, Einstein's paper on the special theory of relativity is published in the *Annalen der Physik*. The renowned physicist spent the summer of 1935 in Old Lyme, Conn., often sailing on the Connecticut coast.

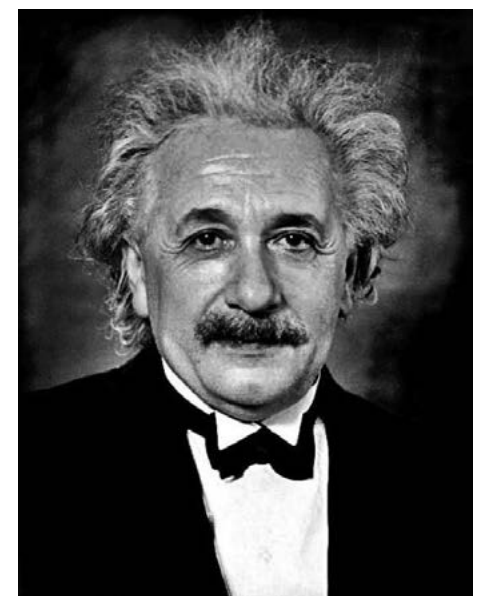
Henry David Thoreau and Albert Einstein had something in common: They both loved simplicity. Both also shared a love for nature. For Einstein, that love of nature found expression in sailing.

The simplicity of the interplay of boat, wind, and water appealed to him. He learned to sail in Switzerland as a young man and continued to do so for more than 50 years.

After fleeing the repression of Jews and intellectuals in Hitler's Germany and coming to Princeton in 1933, Einstein often spent the summers at the seashore. He rented a home called the "White House" in Old Lyme during the summer of 1935 and took his 17-foot sailboat named Tinef with him.

Despite sailing for over half a century, Einstein was not a very accomplished sailor. According to his biographers, he would lose his direction, his mast would often fall down, and he frequently ran aground and had near collisions with other vessels.

Often sailing near the mouth of the Connecticut River at Old Saybrook, Einstein ran aground on a sand bar once. The *New York Times* took note, running the following headline in the summer of 1935: "Relative Tide And Sand Bars Trap Einstein." Another newspaper put it this way: "Einstein's



Albert Einstein.

Miscalculation Leaves Him Stuck On Bar Of Lower Connecticut River."

Interestingly, Einstein seemed to be indifferent to the dangers of sailing, and the perils were particularly acute since he didn't know how to swim! It is rather amazing that he didn't drown. In 1944, for example, while sailing on Saranac Lake in the Adirondacks, Einstein's boat hit a rock and capsized. A rope entangled his leg, and he was trapped briefly underneath the sail, but he managed to find his way to the surface without panicking and was saved by a passing motorboat.

Those who knew Einstein claim that he always took a pencil and a pad of paper with him when he sailed, so that if he got stuck or if the wind died, he could write down his thoughts. Since he liked solitude and privacy, perhaps this was just another aspect

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Getting to know the Killingworth Board of Selectmen Candidates



Cathy Iino.

We reached out to both the Killingworth Republican Town Committee and the Killingworth Democratic Town Committee and asked candidates to respond to a set of questions; if a candidate did not respond, their name is listed, so that you know who is running for each office. Updates from all candidates are welcome, and will be published as Letters to the Editor. The questions posed to the candidates were:

1. Tell us a little about yourself.
2. Why are you running for the position?
3. What do you see as the important issues facing Haddam and how would you address them in your role?
4. What are the key things you love about this town and its people?
5. Additional thoughts to leave voters with?

Cathy Iino (Democrat) – First Selectman

Cathy Iino has been living in Killingworth since 1996. Iino was attracted to Killingworth by the beauty of the town, and the quality of the schools.

She is running again for First Selectman because “the job is immensely satisfying, because I can actually make things happen, whether it’s a new stretch of curbing or a senior lunch program.” When she looks around, she sees “our volunteers are generous and talented; that moved me to get involved.” She thinks this time is important as the state looks for more regionalization of services, and she enjoys working with other towns in the region to find ways to improve services.

Iino loves the resources that Killingworth offers, from the trails at Chatfield



Francesco Lulaj.

Hollow, Cockaponset Forest, and Auer Park, to Parmelee Farm, and from the Farmers Market, to Sheldon Park with its paved, accessible trail.

Francesco Lulaj (Republican) – First Selectman

Born and raised in Albania, where he attended the military academy and was an accomplished athlete, Francesco arrived in the U.S. in 2002. He quickly built a string of successful businesses. He married his wife, Cassandra, in 2007. Two years later they moved to Killingworth.

After investing heavily in renovating a building on Route 81, in 2014 they opened the popular restaurant La Foresta, in Killingworth, which has earned worldwide awards and recognition.

Francesco proudly became a U.S. citizen in 2008. He and Cassandra have four beautiful children and make their home on Jacob Lane, in Killingworth.

Francesco wants to help protect Killingworth’s way of life for future generations. And he believes it’s time for a change.

For starters, he believes our government needs to be run more transparently. There have been too many instances recently of our town government taking positions on important matters with little or no public input. If the citizens will be faced with the bills, they should have more say in how the money is spent.

Among other things, Francesco cherishes the spirit of volunteerism in Killingworth. From the volunteer fire company, to the Parmelee Farm, Francesco understands that the backbone of our town is the willingness of neighbors to help their neighbors.

Francesco is not afraid of hard work. He’s self-made and has no obligations to



Lou Annino Jr.

anyone but the people of Killingworth. He can be counted on to be open, accessible, and honest at every turn.

Lou Annino Jr. (Democrat) – Selectman

I am Lou Annino, Jr. and I am running for the Board of Selectman. A lifelong, fourth generation resident of Killingworth, I have had the privilege of growing up in this town, attending its schools and later owning a home and raising my family here. I served as an officer in the United States Naval reserve for 12 years from 1982 to 1994. I have also had the honor of serving the people of Killingworth as Selectman for the past eight years.

I have spent better than half my life serving this community as a volunteer and an elected official. I served on The Emmanuel Church Council. I also was a soccer and baseball coach for the Killingworth Youth League.

As a Commissioner of Planning and Zoning for over twenty years, my record of balancing the growth needs of Killingworth along with maintaining its rural character speaks to my commitment to Killingworth. I was a recipient of a public service award in recognition for my years of Public Service acknowledging my 20+ years as a Commissioner for Planning & Zoning from Secretary of the State Susan Bysiewicz,

My experience as a Registered Professional Engineer and nearly 30 years of facilities management experience including Yale University, Bayer Corporation and currently as the Chief Facilities Officer at the University of New Haven combined with my experience in public service make me uniquely qualified for the position of Selectman. This experience includes budget and staff



Eileen Blewett.

management, strategic planning, road, facility and infrastructure planning and maintenance, emergency management as well as a track record of creativity, leadership and integrity.

I believe my record as Selectman speaks for itself. During my tenure as selectman, I have played a leadership role in fiscal responsibility. I led the charge for development of a strategic capital plan while carefully managing along with our First Selectwoman, Cathy Iino, our precious operating dollars (your taxes). This has led to a nearly flat operating budget over the same period while at the same time allowing for responsible capital planning that will insure the quality of our town roads, municipal facilities and services for the future. In addition, I have worked to strengthen municipal services through staff accountabilities and improvements in interdepartmental communication.

I am proud to be a resident of Killingworth and I am privileged to have had the opportunity to serve my neighbors as an elected official. I hope to continue and if reelected, my commitment as Selectman is straight forward and simple. It is to serve responsibly so that all of us (children through senior citizens) will have the opportunity to thrive and serve in Killingworth.

Eileen Blewett (Republican) – Selectman

My family has lived in Killingworth for 22 years. My 4 children are all graduates of HK. I am very proud to say that they started and finished their educational journey here in Killingworth. I have always been deeply involved in volunteering in my community. I strongly believe that his community is strong because

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Getting to know the Haddam P&Z Candidates

We reached out to both the Haddam Republican Town Committee and the Haddam Democratic Town Committee and asked candidates to respond to a set of questions; if a candidate did not respond, their name is listed, so that you know who is running for each office.

Peter Baird (Democrat)

My wife Jane and I moved to Haddam 17 years ago, and have raised two children in town. For the last twelve years, I have worked as a social and health policy researcher for a company called MDRC, evaluating ways to increase employment and improve the lives of veterans and people with disabilities.

I love Haddam for its character, people and natural beauty, and am a regular customer at all the businesses near my home in Higganum Center. Supporting our great local businesses is key to our town's health! You'll also frequently see me hiking and bicycling around town and enjoying our scenic beauty.

I previously served for six years on the town's planning and zoning commission, which made me very familiar with our zoning regulations and the challenges we face in encouraging and supporting growth while retaining our special atmosphere. Recently, I was deeply involved in the effort to save and protect Haddam Elementary School.

While restraining spending is a key to keep our taxes affordable, another part of that strategy must include developing lively, walkable, and livable spaces for our town centers in order to make it a desirable place to live. With the purchase of HES and the creative thinking about inexpensive public septic systems on that property, and



Peter Baird.

with clean water in Tylerville, we now need to consider important residential and commercial development that can make Haddam a more attractive place to live. I also firmly believe that we need a better location for the town garage, preferably outside of the town center. Haddam's natural beauty and access to our river is a key part of the town's renewal and growth.

I look forward to serving all of Haddam to the best of my ability and working with our new town planner and all Haddam citizens in building a better future for our town.

Liz Bazazi (Democrat)

I am an avid gardener, a lover of the outdoors and a registered architect. I founded Bazazi Design 30 years ago. Working as a sole practitioner, I have designed buildings in CT, RI and MA. As a mixed-use advisor, I have conducted stakeholder outreach and market research in anchor use feasibility for large-scale development.

I moved to Haddam in 1996 so that my then-10-year-old could benefit from the excellent schools. I quickly discovered I was in hiker's heaven. More importantly, I felt truly embraced by the community. I literally made friends over the garden fence, as my street is part of a popular neighborhood walking loop. My son & I swam in The Res with neighbors and, in a place where business-owners knew us by name, I was comfortable letting him walk or bike to the center alone. I was so smitten by my little bit of heaven that old friends said I sounded like a



Liz Bazazi.

commercial for Haddam. I love my town and my neighborhood!

The 1885 home that I bought and renovated is one of the many worker's cottages built on ¼-acre lots by Higganum Manufacturing in what was then the vibrant, walkable live-work-learn-play village we now strive for. There have only been 2 owners of my house, each living here for 50 years. I, too, plan to live out my days in this cozy home, this friendly neighborhood.

But, like every town, Haddam has its challenges. In the mid-century, the many factories built on Higganum's waterways began to close, leaving a legacy of contaminated properties. Old Route 9 (now 154), which carried hordes of beachgoers and others to our shops, was replaced with a freeway that diverted our commercial traffic. At a time when urban renewal held sway, the old Farmers & Mechanics Bank razed critical Victorian mercantile buildings and built car-centric ones that turned their back to the public way and placed a drive thru at the primary intersection. Jobs, services, goods, and walkability were lost and with them social and economic vibrancy. Furthermore, to achieve a small dense build-out, modern health standards require community wastewater treatment. Speaking with a developer 10 years ago, I was told that attracting development to Higganum was unlikely because, "There's no there there."

The key to progress is keeping your eye on opportunities. Scovil IV, the long low brick forge, situated along candlewood brook and adjacent Hig-

ganum Green has been recognized by the CT Trust as an outstanding example of 19th century mill architecture. For 2 decades, its adaptive reuse has been viewed as the catalyst for revitalizing Higganum. With DOT finally gone and the contaminants identified we are stepping closer to creating a place that could bring both jobs and tourism to Town. Upstream, for example, Scovil III is fully leased, providing incubator space for entrepreneurs—I rented studio space there for 3 years. Similar concepts have been floated for Scovil IV.

While Higganum has long been the economic and social heart of Haddam, Tylerville has benefitted from Swing-bridge traffic but has yet to truly capitalize the potential that more closely associating with East Haddam village, could yield. Creating a mirror (in terms of scale and scope) of East Haddam on our bank would benefit both towns. The building of a pedestrian way on the bridge would stitch the 2 solidly together.

For over two decades, historic- and eco-tourism have been seen ways to achieve economic growth without forfeiting our small-town charm. The views of the Connecticut River from Swan's Hill and Valley Railroad state park are unparalleled in our state. We have made gradual but consistent progress on this front, as well.

Community service has been a big part in my life. In 1998, I was appointed to the Higganum Village Revitalization Committee, tasked with implementing the investigation of contamination on 4 key former industrial properties as a first step toward their eventual redevelopment. In 2006, I founded the Higganum Vision Group, a non-profit whose volunteers took on many projects, including: Higganum Farmers' Market; visioning sessions and an action forum, the results of which was incorporated into Haddam's 'Plan of Conservation & Development' (POCD); a plan for a pedestrian network linking Higganum Cove, Swan Hill, and Reservoir State Park; and Higganum Cove events that were

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Getting to know the Planning & Zoning Commission candidates



Steve Bull.

Continued from previous page

the impetus for the remediation of this superfund site. In 2013, I was appointed to the Higganum Master Plan Committee. In 2018 I joined the Save-HES effort, out of concern that closing a neighborhood school would have a negative social and economic impact on the village.

This past March I was appointed to fill a vacated alternate seat on Haddam's Planning and Zoning Commission. It takes decades to achieve a community's vision for the built environment. This position is the logical continuation of the work I've done for Haddam over the last 23 years. I've attended every meeting, rigorously research the issues before us, let our POCD inform my decisions, and remain a steadfast advocate for community engagement.

The SAVE HES movement showed that people from all corners of Haddam could transcend politics and come together to achieve a common good for the community. A common vision for Haddam was also apparent in the many visioning sessions conducted in 2012. I believe most of us want the same thing for Haddam—vibrant social and economic centers with our smalltown charm, our open space and historic buildings intact, a place where shopping, services and variety of housing needs are provided, where we find social connectedness. That's why I fully embrace the slogan, "Haddam Unite."



Garin C. Greenholt.

I ask you to support my bid for a regular seat on the Planning and Zoning Commissioner this November so that I may continue to work toward realizing our community's vision for Haddam.

Steve Bull (Republican)

Steve is a long-time resident of Higganum. He was born here and attended HES through 4th grade. In 1982, he returned with his then wife Marcie, and raised three children on Skunk Misery Road.

Steve has been a Planning & Zoning Commissioner since 2007, just in time to catch the tail end of the previous Plan of Conservation and Development. He chaired the most recent POCD, and currently heads up the POCD Implementation Committee.

The pleasure that Steve gets from serving as a Commissioner is hearing and meeting with many townspeople he would never have had the chance to meet and discuss their plans, suggestions, and arguments over various issues. Recently the P&Z Commission had the opportunity to write regulations for the Higganum and Tylerville villages. The process was not without its issues, but that process and the deliberations and compromises that were made resulted in regulations that we all can live with.

Liz Glidden implemented many great things for the town. Steve expects that our new town planner Bill Warner will do the same. He is looking



Jamin Laurenza.

forward to working with Bill so that there will be many more great things for this town.

Garin C. Greenholt (Democrat)

Since I moved to Haddam two years ago (From Hanover, Pennsylvania) with my wife, Rachel, I have quickly grown to love it. As we are now seriously looking to start a family and buy our first home in Haddam, my commitment to the future of this place is getting stronger every day. To help our town continue to move in a positive direction, I would be honored to serve on Haddam's Planning & Zoning Board.

I hold a dual bachelor's degree in economics and business, and I have a strong interest in city planning and environmental preservation. My experience with planning and zoning stems from volunteering with the City of Middletown throughout 2018. While there, I was helping to plan easier access routes to Harbor Park, researching eco-friendly transportation methods and how to incentivize businesses to support them (i.e. electric vehicle parking stations and bicycle friendly pathways/rental stations), as well as routinely updating their Plan of Conservation and Development.

With the issues facing Haddam today, I believe the first step is hearing what the citizens of Haddam desire and then developing an appropriate

game plan from there. The organized charrette in October should provide us with enough insight and feedback to figure out the best location for the Public Works expansion, the future of the HES property (whether it be senior/affordable housing or not), and the multitude of possibilities for empty buildings like Scovil Hoe in Higganum Center.

In closing, I firmly believe a small town like ours will benefit from a fresh point of view, and that is exactly what I would like to provide. If we work together, disregard political affiliations, and create an even stronger sense of community, I believe we could accomplish more than we ever thought imaginable.

Jamin Laurenza (Republican)

As current Chairman of the Planning and Zoning Commission, Jamin played an integral role in the interview process of the ARC Review Committee and hiring our new Town Planner. As a ten-year veteran to the Commission, the knowledge and experience that he brings to the table is instrumental as he continues to see Haddam move forward to a better balance of residential and commercial development.

Jamin takes pride in being a life-long resident of Haddam, it's where he and his wife call home and raise their family. He attended American International College in Springfield, MA earning a bachelor's degree in Business Management. He is very involved in the community and local youth sports. Jamin is a volunteer soccer coach and truly enjoys having a positive influence on his players.

Jamin is an influential member of the Commission; he works hard to keep lines of communication open with all applicants and residents, working towards a positive balance for both while keeping within regulations. He's proud to have businesses like GCI or otherwise remain in town and not

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Getting to know the Planning & Zoning Commission candidates

Continued from previous page

look elsewhere to expand. And while the closing of HES is upon us, Jamin looks forward to working with the town to move Higganum Center in a direction that will further prosper, as it once did. He supports our small-town USA status and feel, however there needs to be positive business growth and development to help with the tax base.

Dan Luisi (Republican)

Dan moved from West Hartford to Haddam 26 years ago. He chose Haddam for its rural country feel, yet with close access for commuting to his business. He started Dan's Customs Counters in 1984 when he was 24 years old, and had to survive in many different economies to keep the doors open for 35 years.

Dan is running for the Planning & Commission to try and keep to the values of our country town while still maintaining growth with a common sense approach. With Higganum Center, we have to be practical and do what makes sense for our town and its residents while keeping taxes down. With manufacturing all but gone in town, we have to think of new ways to create population to support more business while maintaining our town's charm. We all agree that we love our town.

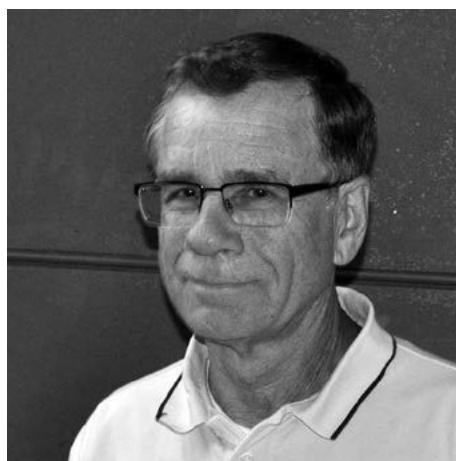


Dan Luisi.

Alan Chadwick (Republican) Planning & Zoning Alternate

Alan Chadwick is a retired Engineering and Facility Manager, having spent over thirty years working for a local turbine blade manufacturer. Starting as an apprentice tool and die worker, Alan returned to academia to earn an AS degree in Manufacturing Engineering from Waterbury State Technical College, a BS degree in Manufacturing Engineering from Utah State University, and an MBA degree from Rensselaer Polytechnic Institute in Hartford, Connecticut.

Alan and his wife Lori moved to Higganum in 1976 where they raised their family before moving to East Hampton in 2005. Last year they moved back to Haddam and are currently building a home in town to



Alan Chadwick.

be near their two children and five grand-children.

During his years in Higganum, Alan acted as his own General Contractor building two houses, remodeling three older homes, and building another home in East Hampton. Alan is a 40-year member of the Higganum Congregational Church where as a trustee, he worked with a team successfully adding classrooms and remodeling the social room of the church.

As a Planning and Zoning Commission Alternate, Alan's knowledge, background and experiences with construction would help the commission with the many challenges ahead restoring Higganum Center and other Planning and Zoning projects throughout Haddam.

Marie Lippincott (Democrat) Planning & Zoning Alternate

I'm a Connecticut native with a great love for historic New England. Haddam has stolen my heart with all that makes it unique and beautiful. When choosing a place to raise our family, my husband and I felt that Haddam was an easy choice. We are currently renovating our historic home in "Shailerville" and continuously exploring the



Marie Lippincott.

area and its history with our four-year-old son.



Now is a critical time and I believe listening to the people of our town is the first step, as we can benefit from the many creative minds and ideas. The new information regarding a community septic system, the prime soil of the HES property and the possibilities that alone affords is exciting. Through careful decision-making and smart planning, we have an opportunity to revitalize Higganum and attract the people and businesses that will help us to do that. Our POCD serves as an excellent guideline and resource as well.

I am eager to serve, if given the opportunity, to represent our community's vision for the future of Haddam.

Larry Maggi (Republican) Planning & Zoning Alternate

As our current Haddam Selectman, Larry Maggi has the relevant experience and knowledge to be well-qualified to serve as Alternate on the Planning & Zoning Commission. He is the owner and operator of Fireworks Hearth and Home and also All Equipment & Party Rental on Bridge Street in the Tylerville section of Haddam.

Continued on next page

Largest Papyrus Card/Gift Store in Middlesex County

Memory Loss

We have all at some point walked into a room and then wondered, "Why am I here?" Some memory loss is a natural part of aging, but it is one of the big worries we have as we age.

There are numerous medical conditions and medications that sensitize us to memory loss: head trauma, alcohol and drug abuse, sleep apnea, dementia, and thyroid related illnesses just to name a few. The statins, i.e., rosuvastatin, atorvastatin, may have a link to memory loss, because they reduce the brain's cholesterol which is responsible for forming connections to nerve cells, and while it only affects very few, it is reversed when stopping the medication.

Calorie reduction diets (those that are 30% less than recommended calorie intake) along with lifestyle changes such as increased exercise have shown to address some of the metabolic deficiencies and have produced positive results in slowing Alzheimer's onset. A recent German study showed as little as a 3-month calorie reduction resulted in an increase in verbal memory scores, decrease in fasting blood glucose, and decrease in C-reactive protein, implicated in heart issues. Memory loss in Alzheimer's affects women and men equally.

Migraines are associated with an increased risk in transient global amnesia (TGA), which is a transient loss of memory, but symptoms typically last less than 24 hours.

Patients with depression, and those with anxiety, can also experience higher incidence of memory issues, which can become significant as they age.

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Getting to know P&Z candidates

Continued from previous page

That makes him a successful local businessman for over 25 years.

Larry has served on numerous boards and organizations. He has been a member of the Middlesex County Chamber of Commerce, Haddam and East Haddam Division for about 15 years. As a 25-year member of the Haddam Lions Club, he acted as President and Vice-President. In addition, Larry served on the Haddam Youth Center Board of Directors, and was an Assistant Basketball Coach for Haddam Parks and Recreation. If you see new American flags flying along Haddam's Saybrook Road, Larry was instrumental in organizing the Flags Across Haddam project.

Larry Maggi loves the town he lives in. He believes that his experience as an established business owner and as a current Selectman help to foster good relationships between town businesses in Haddam and our town villages. There are a great many opportunities coming up for Haddam, and Larry believes that he can contribute to positive growth for Haddam, while keeping in mind the values and atmosphere of our lovely town.

Patrick Reardon (Democrat) Planning & Zoning Alternate

I've lived in town for the past 23 years with my wife and two sons. We enjoy the rural beauty and people of Haddam.

As an Army veteran, I know what it means



Larry Maggi.



Patrick Reardon.

to give back and serve the people. I decided to run for the planning and zoning commission because I believe in our town and want to use my expertise and experiences for the betterment of all residents. Haddam has many big decisions to make in the coming years.

As a director at Griffin Electrical Contractors, I have unique project management experience with both the municipal and private sector, and have managed multi-million dollar projects over the past 25 years. These experiences will lend a hand in tackling the biggest issues facing Haddam, most notably the planning in Higganum Center.

Soon the town will have to decide what to do with Haddam Elementary School, the town garage, and the Scovil mill property among others. My experiences can help smoothly guide

the process so that Haddam residents get the best possible outcome with the most input. I believe it's a balancing act between economic decisions and careful municipal planning.

With an open mind, I will listen to all residents and will reach out to you for your thoughts on our most pressing planning and zoning issues. Together we can make our town thrive, for current residents and for the future generations of Haddam.

However, a town can't thrive without a good plan. I ask for your vote so that I can help give back to my community and plan our way to a bright future.

Thank you for this opportunity.

Killingworth selectmen

Continued from page H3

of its strength in volunteers. I currently serve on the BOE, which has involved work on the Finance Committee, Executive Committee, Strategic Capital Planning Committee and Personal Committee. I spent 8 years working for RSD17 as a substitute teacher and a paraprofessional for special education. Currently, I work at Vista Innovation in Madison, working with adults with special need; prior to raising my family I worked as a Commodities Analyst in the financial industry.

Running for office is important to me because I feel that I have the leadership skills to serve this town to help build the bridge between town government and its residents. We need to work together to understand the needs of this community. We need to discuss ways to build a tax base without increasing taxes. We need to build a stronger relationship with the BOE and discuss ways to share services and be efficient in our spending. Collaboration is the key to Killingworth's success, being able to communicate effectively with all points of view.

Killingworth's issues: Finances and budgeting are the most important issue facing Killingworth. Now is a critical time for Killingworth and other small towns in the state. State budgets and therefore funding from the state back to small towns and school districts is in a constant state of turmoil, making it difficult for towns to plan. In parallel, the state is shifting pension burdens from the state back to



Nancy Gorski.

the towns. Along with those challenges, the town needs to implement a long term capital plan to address the aging infrastructure like the Town Hall and Fire Station.

What I love most about Killingworth are the people and sense of community. The people in town are kind, helpful and cherish our rural nature and small town values. We are all neighbors and dedicated to each other and it is incredible to see that amount of volunteerism and the things we are able to accomplish when we work together and help one another.

Like my running mate and friend Francesco Lulaj, I feel we must avoid the name calling and divisiveness. Killingworth is not a place for labels, it's a place where neighbors and friends work together for the betterment of all of us. I hope to have your vote at the Republican Primary on September 10th, and again in the general election on November 5th.

Nancy Gorski (Republican) – Selectman

ELECTIONS

Haddam Candidates Forum

By Scott Brinckerhoff

Brainerd Library is sponsoring a selectmen candidates forum on Wednesday, Oct. 2, at HKHS from 7:00 to 9:00 p.m. The public is encouraged to come hear their positions on timely issues facing the town.

Candidates, who are still in the process of declaring themselves, will answer pre-submitted questions from local groups, civic organizations, students and individuals.

Please presubmit questions to tpiezzo@brainerdlibrary.org or in person at the library. Following the event, candidates will stay to meet attendees and follow-up questions can be asked.

The event at HKHS auditorium will be moderated by Kent Jarrell, a former national television newsman, and Tom Piezzo, Brainerd Library director.

Coffee and light refreshments will be available.

Call for Haddam, Killingworth Candidates to Submit Letters

Open call for any/all candidates to submit Letters to the Editor to inform residents about their policy proposals and goals. They will be published throughout the coming weeks. Please submit letters (in accordance with our Letter to the Editor policy) to editors@haddamnews.org.

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Basketball game

Continued from page H1

visionary whose passion for sports, entertainment, and philanthropy culminated with his creation of the Harlem Wizards in 1962. The idea for the Wizards started in 1959, when legendary basketball showman Goose Tatum approached Howie to organize a tour for Goose's "Harlem Stars." The Stars had a short but successful run that opened Howie's eyes to the enormous potential of "show" basketball. Three years later, Howie launched the Wizards. Under Howie's leadership, the Wizards grew into a choice basketball destination for some of America's best basketball talent. As the team's reputation spread, professional athletes from across the sports spectrum took notice and joined the Wizards' roadshow.

Connie Hawkins, one of the top 50 NBA players of all time

Nate "Tiny" Archibald, a member of the NBA Hall of Fame

Elvin Hayes, one of the top 50 NBA players of all time

Hawthorne Wingo, a New York Knicks fan favorite

Mario Elie, a three-time NBA champion

Nancy Lieberman, a WNBA star and Hall of Fame member

NFL Hall of Famer Lawrence Taylor, World Series MVP Donn Clendenon, and Harlem Globetrotter superstar Marques Haynes also played for the Wizards.

Tojo Henderson, a Wizards great, holds the world record for career span in professional basketball. He started in 1965 and retired 50 years later in 2015. He still serves in a promotional capacity with the Wizards.

Howie was a champion of racial equality, and viewed the Wizards as a vehicle to provide economic opportunity to African Americans. He even was the first to break the color barrier with a football team playing in North Carolina.

Today's Wizards roster features an all-star lineup of master basketball showmen, including:

Eric "Broadway" Jones and Dwayne "Swoop" Simpson, former Globetrotter showmen

"King Arthur" Lewis, an Academic All-American at Bowie State University

Arnold "A-Train" Bernard, a highly acclaimed trickster and 7-year Globetrotter veteran who was featured in a

Nike commercial

James "The Roadrunner" Tyndal, a diminutive speedster who is fast enough to dribble through NY City traffic!

Devon "Livewire" Curry, FIBA'S former #1 ranked USA 3-on-3 player

Lamarvin "Showtime" Jackson, a world-class dunker

Leon "Space Jam" Sewell and Brandon "The Werm" Lacue, featured on TNT's "The Dunk King" reality competition series

Rashaan "The Rocket" Barner, one of the greatest dunkers in Wizards' history

The Wizards field four travelling squads which collectively will play over 500 games throughout the US and abroad during the 2017-18 season.

Since Howie Davis founded the Wizards 60 years ago, the team has undergone tremendous change. Howie's son Todd and grandson Rick now run the operation, fundraising revenue has grown exponentially, and the team has expanded into new geographic markets.

Through all the changes, the team's commitment to Howie's original mission has remained constant: to deliver world-class family-friendly entertainment while raising money for great causes.

Sailing the Connecticut Coast with Albert Einstein

Continued from page H1

of sailing that appealed to Einstein. Perhaps even aspects of his famous Theory of Relativity were formulated onboard a sailboat.

Here is how Einstein explained his theory in simplified fashion to members of the public: "Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. THAT'S relativity."

Here are some other interesting quotations from the renowned physicist with the fly-away hair:

"Any intelligent fool can make things bigger and more complex ... It takes a touch of genius and a lot

of courage to move in the opposite direction."

"The most incomprehensible thing about the world is that it is comprehensible."

"Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune intoned in the distance by an invisible player."

"I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones."

"Only a life lived for others is a life worthwhile."

"The hardest thing in the world to understand is the income tax."

"Only two things are infinite: the universe and hu-

man stupidity, and I'm not sure about the former."

"The most aggravating thing about the younger generation is that I no longer belong to it."

"The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

"Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."

"How strange is the lot of us mortals! Each of us is here for a brief sojourn; for what purpose we know not, though sometimes we sense it. But we know from daily life that we exist for other people first of all, for whose smiles and well-being our own happiness depends."

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Jesus is the Son of God and apart from Him there is no life. Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6). "I give them eternal life, and they shall never perish" (John 10:28-30). "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23). "For God so loved the world that He gave His only begotten Son [Jesus], that whoever believes

in Him should not perish but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. ¹⁸ He who believes in Him is not condemned; but **he who does not believe is condemned already**, because he has not believed in the name of the only begotten Son of God. ¹⁹ And **this is the condemnation, that the light has come into the world, and men loved darkness rather than light**, because their deeds were evil" (John 3:16-20). "He who believes in the Son [of God] has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him" (John 3:36).

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In Support of Dupuis for Killingworth Treasurer

I am the Town Treasurer of Killingworth having served for the past twelve years and will not be seeking re-election in November. I'm writing this letter in support of Donna Dupuis as the Democratic candidate for Treasurer.

She has lived in Killingworth with her husband Joe for 32 years. She has a Bachelor of Science degree in Human Services and Associate of Arts degree in Liberal Studies. Donna worked for AT&T for 36 years as a Computer Programmer, in Marketing, as Account Manager, and other customer related services. After leaving AT&T, she processed payroll for a company with 200 employees. She is a Volunteer District Coordinator and Instructor of the AARP Driver Safety program, a Volunteer Usher at the Ivoryton Playhouse, and an Associate Member of the Killingworth Historical Society.

Donna has demonstrated her willingness to help out all staff and has shown she is an independent thinker and highly motivated. She recognizes the important role the town Treasurer plays, overseeing all deposits and disbursements, reporting to the Board of Finance, and serving as a contact with the town's financial advisors, banking officials, and others.

With her strong interpersonal skills and detail-oriented work experience, I am confident she would act in the town's best interest and I enthusiastically recommend her for the position of the Killingworth Town Treasurer.

*Claudette Lagasse
Killingworth*

Haddam Board of Assessment Appeals Candidate Dave Beckman

My Name is Dave Beckman, I live at 205 Jackson Road, Higganum with my wife of 24 years, Jamie, son Hudson (8 years old) and yellow Lab Benny. I have lived in Higganum for the last 15 years. We lived in Killingworth previously but moved to Higganum for the family friendly neighborhood and loved the town vibe. I am a VP or Mortgage Lending / Branch Manager with Guaranteed Rate, a Nationwide Mortgage Lender and my office is in Madison and have been in the industry for over 17 years. Prior to that I owned and sold a successful Janitorial and Safety Supply Company. Between both careers, I feel I know a little bit of just about every aspect of a business. I also love to spend time with my family, having fun in the outdoors, particularly skiing, both down hill and cross country, mountain biking and trail running. I currently serve on the Higganum Congregational Church Board of Finance.

I like to volunteer and help out my town. I think my business background can help people understand the eventual outcome that arrives from an equitable decision process.

[The important issue facing Haddam is] TAXES, we obviously cannot run our town with tax collection. Since the domino effect from the Federal Government budget cuts, the State Government cuts places Haddam with a heavy burden to make it up with our town taxes. I believe I can be fair and sensitive through the Assessment Appeals process.

[The things I love about this town and its people are] the sense of community, the good old fashion fun this town has with our various events. The Memorial Day parade is my favorite with its solemn reflection on those who have served our great country and those who continue to serve. The vast acres of forest, the river and the historical charm is unique and we are lucky to be a part of it.

As your candidate for the Board of Assessment Appeals, I will try not to divide our community. I want to offer a balanced approach to the appeals process.

*Dave Beckman
Haddam Board of Assessment Appeals
Republican Candidate*

Lundgren as Petitioning Board of Selectmen Candidate

Hi, I am Mark Lundgren.

I am running for a seat on the Board of Selectmen as a Petitioning Candidate with no party affiliation.

This gives me the opportunity to represent all the people of my beloved Haddam. The signatures I've gathered and the support I have been honored to have truly knows no party line.

Haddam has been good to my family and I have tried to give back whenever possible. Forty years ago I started my career in Haddam's government by running for the Board of Finance (lost) and caught the 'bug'. I then was honored to be First Selectman for two terms with High Meadow Elderly Housing being a major high light (low lights were the Flood of '82 and Hurricane Gloria in '85). Three terms as Treasurer came next, a term on the BoS with Marge and most recently the Board of Finance (recently resigned from to run for BoS).

After retiring from the business world I have had two great part time jobs: Driving Bus for RSD17 and Senior Center Director and Municipal Agent for the Elderly.

Spent time volunteering with the Little League and Adult Softball but 38 years later I am still with

the non-profit Haddam Elderly Housing Corp.

I always loved the following Ronald Reagan quote, never thinking I would ever use it: "I will not make age an issue of this campaign. I am not going to exploit, for political purposes, my opponents' youth and inexperience."

My promises are simple, but are needed at this time. Just Good Government that goes by the rules but reduces the divides that seems to have overtaken us and Common Sense.

Common sense in spending may sound like a given, but it isn't. I am a fiscal conservative (you haven't heard that from anyone else running for the BoS) who has the record as such. My Dad taught me early on 'the difference between want and need'.

I want to represent all Haddam's Citizens as we tackle what to do with H.E.S., the Public Works Garage, traffic on Bridge Road, Cellphone Reception and other problems. I will watch closely as the Town transitions to all salt for winter road conditions, the ground settling at the Transfer Station and a little optimistically listen for that Steam Train Whistle. I will champion services upgrades for our growing Elderly population.

I'm a happy guy so in that vein another quote: "The difference between the people who are happy and the people that aren't is that the people who are happy choose to focus on a solution to the problems they face rather than the problems themselves." - Mat Wilson

Haddam, with the River running through, could not be a better place for me and my family. My goal is to make our Town the very best! May I have your vote on November 5th?

Thank You,

Mark Lundgren

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
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Classified ads

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.

CLASSIFIED ADS

Upright piano for sale

Koehler & Campbell. Excellent condition. \$1500. Thank you. Any questions please call Carl at: 860-227-5948.

Tag Sale in Killingworth, Sept. 21-22

34 Granite Hill Rd.; 8:00 a.m.-4:00 p.m. Furniture, Kitchen Appliances, Household items, Oriental Rugs, Glassware, Art Work, Lumber, Bluestone and more.

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September Activities & Events

By Laurie Gardner and Marissa Lehmacher, BML

Adult programs

Spirits of New England

On Wednesday, Oct. 2, at 6:30 p.m. Dustin Pari from SYFY's hit show "Ghost Hunters," "Ghost Hunters International" and "Destination Truth" will be bringing the paranormal to the library. Being a New England native has allowed Dustin to investigate some very interesting places rich with local history and folklore. His lecture chronicles some of his favorite New England investigations that he has been a part of. It even touches upon a legend with local roots that has become a world-wide phenomenon. A great bit of local history colored with some chilling tales of the supernatural. The author of numerous books, Dustin applies his knowledge and colorful personality to weave strange tales of the unknown, motivational tales of his own life, and random tales of his own mind. His mind is a bit of a mess, but it sure is a lot of fun!

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

Children's programs

Preschool Storytime

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

ries, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

Saturday Storytime

Can't make preschool storytime during the week? Join us on the first Saturday of every month at 10:30 a.m. for stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

Music with Margie

Music with Margie will meet on Thursday, Sept. 12 and Thursday, Sept. 26 at 10:30 a.m. The theme for September is "Getting to Know You". Margie's multi-sensory program builds skills on a bi-weekly basis, in order for children to reach the developmental goals they need to enter kindergarten. Margie brings items for children to play with such as beanbags, scarves, puppets, and instruments. Music with Margie is appropriate for children ages 2 to 6.

Toddler Tunes

Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Tuba Kelly brings a different musical instrument each week. Get ready to hear the guitar, saxophone, trombone and, of course, her signature tuba! In September, Toddler Tunes will take place on the following Thursdays at 10:30 a.m.: the 5th and the 19th. Appropriate for children ages 1 to 3, but

siblings are always welcome.

LEGO™ Club

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

Puzzle Club

Come put your skills to the test with challenges such as tangrams, pentominoes, and word puzzles. Stimulate your brain, sharpen your problem-solving skills, and learn effective strategies to impress your friends in Tetris. Puzzle club meets on 2nd and 4th Tuesday of each month from 6:00 to 7:00 p.m. Appropriate for ages 8 -12.

Teen programs

Teen Advisory Board

Is officially back for the school year! The first meeting takes place Thursday, Sept. 26 from 6:00 to 7:00 p.m. What can your library do for YOU? Voice your ideas for improved YA services, help plan events and activities in the Teen Lounge, help develop the YA collection, assist with Children's programming and so much more! New members are always welcome! For more information please contact Kristen at kcarpentier@brainerdlibrary.org

Friends of Library hold annual book sale this weekend

By Robbie Marshall

Don't Miss the Friends of Brainerd Memorial Library's Annual BIG Book Sale: Sept. 20, 21, 23

Volunteers Needed!

Volunteers are needed and always welcome. Teens can fulfill their community service requirement by helping out the week of the book sale [starting Sept. 16]. We need help moving the books and setting up the sale as well as other tasks.

The Friends get together Thursday mornings at 10 a.m. and for a monthly meeting. Stop in or con-

tact the library at 860-345-2204 to join.

The Book Sale begins Friday, Sept. 20, 2019 at 10:00 a.m. until 6:00 p.m. It continues on Saturday, Sept. 21 at 10:00 a.m. with some tasty baked treats for sale. There will be free coffee and tea, with a local hotdog vendor and lemonade stand on the premises.

On Monday, Sept. 23, remaining items will be offered at special prices from 1:00 p.m. – 8:00 p.m.

The Friends also have a bookstore located in the library. The Book Nook holds over 3000 items and is open during library hours. Stop in to browse! Relax in our comfy chairs, have a coffee or tea and take ad-

vantage of our low prices.

The Nook features: DVDs, CDs, paperbacks, and hardcover fiction and non-fiction arranged by author and subject. And don't miss our special items, like DVD series, unique books, and BML merchandise.

We accept cash, checks, plastic, and PayPal.

Friends' funds support library programs and events, and materials, technology, and furnishing purchases.

Thank you for your generous donations and we look forward to seeing everyone at the BIG Book Sale!

HADDAM / KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

Thursday, Sept. 19

Haddam Planning & Zoning Commission, 7:00 p.m.
Old Town Hall Building, 21 Field Park Drive, Haddam

Friday, Sept. 20, 21, 23

Brainerd Memorial Library's Big Book Sale

St. James Church of Higganum Chicken BBQ, 5:00 p.m.-7:00 p.m.

498 Killingworth Turnpike, Higganum

Monday, Sept. 23

Haddam Volunteer Fire Company Auxiliary Meeting, 7:00-8:30 p.m.

The Haddam Volunteer Fire Auxiliary will hold its regular monthly meeting at Company #1, 439 Saybrook Road. Members will discuss plans for their upcoming events.

Killingworth Board of Selectmen meeting, 7:00 p.m.

Town Office Building

Killingworth Library Association Meeting, 7:00 p.m.

Killingworth Library

Killingworth Zoning Board of Appeals, 7:00 p.m.

Town Office Building

Tuesday, Sept. 24

Plastic Pollution Forum, 6:30 p.m.-8:00 p.m.

The Higganum Congregational Church and the First Congregational Church of Haddam, along with the Inter-religious Eco-Justice Network have scheduled a forum, "Drowning in Plastic: A Green Forum on Plastic Pollution." It will include viewing a 22-minute version of "A Plastic Ocean," an award winning documentary on the impact of plastics on our ocean and learning about a local recycling success story. Also, participants will hear about plastic pollution in Connecticut's rivers and clean-up efforts, upcoming state legislation to regulate single-use plastic and the moral imperative for addressing this issue. Panelists will include Lou Burch, CT Program Director, Citizen Campaign for the Environment and Board Members of the Town of Haddam Sustainability Committee Refreshments will be served. Free but RSVP required, RSVP at drowninginplastic.eventbrite.com

RSD #17 Board of Education-Finance Subcommittee Meeting, 3:00 p.m. – CANCELLED

Killingworth Registrar of Voters Hours, 3:30 p.m.-5:30 p.m.

Town Office Building

Wednesday, Sept. 25

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

Haddam Volunteer Fire Company Station #1, 439 Saybrook Road, Higganum

Killingworth Farmer's Market, 3:30 p.m.-6:30 p.m.

The Killingworth Farmers Market (next to Killingworth Public Library) is a family-friendly, open-air market where local farmers bring fresh, locally-grown produce and farm-processed foods to sell directly to you. Our market features fruits, vegetables, mushrooms, baked goods, fish, jams and preserves, juices, honey, meat, cheese, yogurt, ice cream, prepared foods, nursery plants, and flowers.

Haddam Conservation Commission Meeting, 7:00 p.m.

RSD #17 Board of Education-Public Building Committee Meeting, 6:30 p.m.

Central Office, 57 Little City Road, Higganum

Thursday, Sept. 26

Higganum Farmer's Market, 4:00 p.m.-6:30 p.m.

Haddam's Economic Development Commission is sponsoring the Higganum Farmer's Market, which will be held every second and fourth Thursday until Oct. 10, on the Higganum Green, from 4:00 p.m.-6:30 p.m.

Haddam Zoning Board of Appeals meeting, 7:30 p.m.

LEGAL NOTICES

TOWN OF HADDAM PLANNING AND ZONING PUBLIC HEARING AND MEETING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on October 3, 2019 at 7:00 p.m. to act upon the following item (s):

Public Hearing and Meeting:

A request for a one lot re-subdivision, and a special permit for an attached accessory apartment. Located at the corner of Park Road Ext. and Park Road, Map 30 Lot 11-1/A. Applicant/Agent: Bruce Mazzotta

Said application is on file in the Land Use Office of the Town of Haddam.

Planning and Zoning Commission, Haddam CT

TOWN OF HADDAM DECISIONS OF THE WETLAND ENFORCEMENT OFFICER

On September 12, 2019 the Wetlands Enforcement Officer approved a permit to:

1. Approve a wetland permit to install a 24 X 24 foot attached deck to the rear of the house in an upland review area for property located at 1752 Saybrook Road and shown on Assessors Map 65 Lot 19-2.

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

TOWN OF HADDAM DECISIONS OF THE WETLAND ENFORCEMENT OFFICER

On September 12, 2019 the Wetlands Enforcement Officer approved a permit to:

1. Approve a wetland permit to replace an existing block & timber wall to the front of the house in an upland review area for property located at 12 Shore Drive and shown on Assessors Map 72 A-3 Lot 47.

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

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.

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HKHS GIRLS SOCCER 2019



Above: Leah Sosnowski goes up to head the ball while teammate KK Parri supports. *Photos by Candace Williams.*

Left: KK Parri holds off a Saint Bernard player.

H-K girl's soccer wraps up preseason

By Mike Shea, Coach, HKHS Girls Soccer

The Haddam-Killingworth High School girls varsity soccer team is wrapping up their preseason under first year head coach Mike Shea. The girls took part in the First Annual 2019 Michele Bassett Memorial Jamboree at Saint Bernard School in Uncasville. The jamboree was held in honor of Michele Bassett, who passed away earlier this year after a six year battle with colon cancer. Her dedication to Saint Bernard School was very special. Saint Bernards wanted to start this event in her honor. Proceeds from the jamboree went to the Cactus Jack Foundation, which provides charitable aid to residents in Southeastern Connecticut. The Cougars were honored to accept an invite to the Jamboree. The team wanted to pay

tribute to Michele Bassett. They did so by wearing dark blue ribbons in their hair to support colon cancer awareness. Additionally, each team member contributed in a collection that was provided to the Cactus Jack Foundation in honor of Michele Bassett.

Coach Shea was very proud of their girls in their positive contribution to the Jamboree. Additionally, the girls had a very good outing. In the four games they played against Killingly, Wheeler, Saint Bernard, and Montville, HKHS won all four of their games. The Cougars scored 9 goals and only allowed one in the four games combined.

The preseason wrapped up against New Britain High School Tuesday, Sept. 10, before the regular season began on Thursday, Sept. 12.



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Fall Programs and Sports Activities, Part One

By Josselyn Salafia,
Recreation Supervisor, HK Rec. Dept.

For more information about any of these programs, please call the HK Recreation Department at 860-345-8334 or visit us on-line at www.hkrec.com.

Nature Class Experience

Fuzzy, Scaley, & Sticky – Learn about bunnies, snakes, and frogs in this interactive class with live animals. Visit with each critter and take a closer look into what makes them so unique. This program is for children ages 1 – 4 and meets on Wednesday, October 16, 2019 from 10:00 – 11:00 a.m. in the HK Central Office A-117. The fee is \$22 / \$17 2nd child and HK Cubs.

Gymnastics

The Haddam-Killingworth Recreation Department is offering gymnastics this fall for students in grades K – 5. Classes will be held on Tuesdays, September 24 – October 15 as well as October 29 – November 26 (No 11/5) at Burr Elementary School and on Fridays, October 4 – October 25 and November 8 – December 6 (No 11/29) at Killingworth Elementary School. Class will be from 3:30 – 4:15 p.m. The fee is \$77. Non-residents please add \$10. Students will be introduced to basic floor tumbling as well as some apparatus use. They will work on front rolls, back rolls, cartwheels, handstands and bridges. They will learn to walk front and back on the balance beam as well as hops, skips, and little jumps.

Archery

This beginner program will include the proper form, vocabulary, and techniques of utilizing and performing Archery. Also included is some historical information toward archery and the different styles of archery throughout various cultures. Learn background information towards creating and shaping your own bows. Individual Equipment will be provided. A second session will be offered October 30 – December 4 (No 11/27) at the HK High School Auxiliary Gym/Outside. The fee is \$65 each session (non-residents add \$10) and meets from 6:30 – 7:30 p.m.

Young Chefs of HK

The HK Recreation Department is offering some fun cooking classes this fall. Young Chefs is for boys and girls in grades 1 – 5. It meets from 4:15 – 5:45 p.m. at the HKHS B-112. The fee is \$28 each class (non-residents add \$5). It is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and cre-

ativity. Each visit will be a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills by employing the mantra, “Mise en Place” which, in the cooking world, translates into “Everything in its place.” Young chefs will learn basics in kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, and so much more! At the end of each workshop the young chef will leave with a packet of info on how to recreate what we made in class and tasty treats for their family to try.

Workshops include:

November 6 – gear up for Thanksgiving this month and make turkey cookie treats. We will start the class by making pumpkin muffins and while they bake we will create delicious edible turkeys.

December 4 – learn how to make snowman cupcakes and a stuffed shells for the family. This time of year is very busy so let’s learn how to make an entree and dessert we can serve for a holiday meal.

Babysitter’s Training Course

The Haddam-Killingworth Recreation Department is offering the American Red Cross Babysitting Course. Class will meet Wednesdays, October 16 – 30 and Mondays, November 18 – December 2 from 5:45 – 7:45 p.m. Both will be held in the HK Lower Media Center. The fee is \$75 and includes a Red Cross Babysitting Manual and Certificate. Non-residents please add \$10.

There will be a CPR for Babysitters session on Monday and Wednesday, November 4 & 6 from 5:45 – 7:45 p.m. at the HK Lower Media Center. The fee is \$55 (non-residents add \$10). Must have taken the Babysitter’s Training class in order to take the CPR section. The course is for students ages 10 – 15, and is designed to prepare them for babysitting.

This American Red Cross Program has been updated to include Basic Child Care, First Aid for breathing and bleeding emergencies, and injury prevention as well as covering other important topics to prepare young adults for babysitting. Students will not become certified in CPR or 1st Aid, but will gain knowledge. This class is an excellent opportunity to help students build self-confidence as well as job leadership, and decision-making skills.

Wizard’s School of Magic

The Haddam-Killingworth Recreation Department is offering a Magic Workshop for boys and girls grades K – 5 on Friday, October 18 at Burr Elementary School Library from 3:30 – 4:30 p.m. The fee is

\$22 each. Non-Residents please add \$5. Children will have fun learning basic introductory magic while building self-confidence and dexterity. Five different tricks will be taught in each session. Each child will receive a magic kit which includes 5 tricks, an instruction sheet describing each trick, and a magic wand. Kids will also be entertained by Tom O’Brien’s own act. Tom is a master at his craft and is a wonderful and entertaining teacher as well. New tricks this session!

Skyscrapers

The HK Recreation Department is offering Skyscraper Engineering this Fall. Participants will work individually and as a group to build a massive LEGO® skyscraper at least 6 ft tall! Students will learn about real-world construction techniques and vocabulary and even test the structural integrity through simulating an earthquake and hurricane! The program meets from 3:30 – 5:00 p.m. The fee is \$22 each session.

Session 1: Tuesday, October 22 at Killingworth Elementary Rm. 14

Session 2: Friday, October 25 at Burr Elementary School Library

STEM FUNDamentals with LEGO™

The Haddam-Killingworth Recreation Department is offering STEM Fundamentals with LEGO™ for students in grades K – 5. The class will be offered on Mondays, October 21 – December 9 (No 11/11) at Burr Elementary School Library from 3:30 – 5:00 p.m. The fee is \$148 (non-residents add \$10).

Power on your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course.

When I’m in Charge

The Haddam-Killingworth Recreation Department is offering the American Red Cross “When I’m in Charge” class this fall. Class will be held on Wednesday, September 25 from 5:45 – 7:45 pm at the HK HS Lower Media Center. The fee is \$26. Non-residents please add \$5. The course is for students ages 9 and up, and is designed to teach kids how to be responsible when at home. Topics include internet safety, gun safety, family communications, sibling care, basic emergency care & confidence building.

KILLINGWORTH COMMUNITY

Arts Center in Killingworth launches new Children’s Art Programs

By Barbara Nair, Executive Director,
Arts Center Killingworth

The Arts Center now offers an afterschool art program at their gallery, Spectrum Art Gallery, in Centerbrook for ages 7-11. In 3D Sculpture Fun young artists use a variety of art materials to create 3-dimensional forms. From paper-mâché fruit to ceramic animal bowls, they learn the skills and techniques to become comfortable with each medium. Additional projects include making salt dough, clay miniature tiles and pendants! Dates: Wednesdays, Sept. 25; Oct. 2, 9, 16, 23. Makeup Oct. 30 or Thursdays, Sept. 26; Oct. 3, 10, 17, 24. Makeup Oct.31. Time: 3:30-4:30 p.m. Cost: \$120 members save \$12.

Also offered is Drawing and Painting for Young Artists ages 7-11! Practice drawing and painting from

life as well as from the imagination using watercolor, acrylics and the tools and techniques associated with each. Explore traditional practices such as contour drawing, brush-play, still-life, as well as experimental methods and abstract art. Dates: Wednesdays, Sept. 25; Oct. 2, 9, 16, 23. Makeup Oct. 30 or Thursdays, Sept. 26; Oct. 3, 10, 17, 24. Makeup Oct. 31. Time: 4:45 -5:45 p.m. Cost: \$120 includes all materials except 9”x12” sketchbook which students bring to first class. Members save \$12.

For those children not available during the week the Arts Center has organized a new Saturday morning art program also offered at Spectrum Gallery in Centerbrook for ages 7-11. In 3D Sculpture Fun young artists use a variety of art materials to create 3-dimensional forms. From paper-mâché fruit to ceramic animal bowls, they learn the skills and tech-

niques to become comfortable with each medium. Additional projects include making salt dough, clay miniature tiles and pendants! Dates: Saturdays, Sept. 28; Oct. 5, 12, 19, 26. Makeup Nov. 2. Time: 10-11 a.m. Cost: \$120 members save \$12.

Also offered on Saturdays is The Sky is the Limit with Mixed Media for Ages 7-11! Here children learn important art elements and technical skills relevant to projects that include a variety of mediums such as Paper-Mâché Bowls, Clay Slab Weaving, Chihuly-Inspired Faux Glass Sculptures, and All about Me Collage. Be prepared to have fun, get messy, and express yourself through the fun of Mixed Media Art! Dates: Saturdays, Sept. 28; Oct. 5, 12, 19, 26. Makeup Nov. 2. Time: 11:15-12:15 p.m. Cost: \$115 members save \$11.