

Haddam Killingworth News

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

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September 26, 2019

For breaking news go to Haddam-KillingworthNow.com every day

Free weekly

Three HKHS Seniors earn Girl Scout Gold Award

By Mary Callis

On Aug. 28, seniors Shelby Whitehead, Julia Callis, and Julia Sacchi of Killingworth's Girl Scout troop 63350, earned the honor of their Gold Award. This is the highest achievement earned in Girl scouting. These girls have been very active in scouting for 12 years and met the national standards of the GS of the USA. They each put in a minimum of 80 hours researching an issue, discussing it with community mentors, assembling a team, and leading this team to complete a sustainable project addressing a community need.

Shelby created a gluten free curriculum for the HKMS's foods class including videos showing how easy it is to cook gluten free meals. She purchased new pots and pans for the school that are safe for the students with Celiac disease. She also created a pamphlet to educate the students and the entire community about living with, and ways to cope with having Celiac disease at school, home, and even on class trips. Not only will this gluten free section be taught annually in the foods class to our students at HKMS, but her pamphlets are also available at the Youth and Family Services department for all individuals in our community.



Shelby Whitehead, Julia Callis, and Julia Sacchi.

Julia Callis made a mobile recipe board with 54 pockets filled with recipes for the Clinton Shoreline Soup Kitchen and Pantries. She had an opening day event in August with food samples for all to try. The recipes included all the produce and herbs that are available at the pantry which primarily have been grown at the Clinton Food For All Garden. These recipes are available to help teach the people receiving the fresh produce, ways to cook and eat the

unique options available at the pantry. Now each week all their produce will be chosen instead of just the familiar ones. The recipe book as well as a downloaded copy are available on the Shoreline Soup Kitchens and Pantries' website.

The goal of Julia Sacchi's project was to plant the seeds for positive self-esteem and acceptance of others for kindergarteners through games, art, and literature. Aided by a team of friends, Julia developed lesson plans using books and activities designed to help the youngsters embrace their uniqueness and accept others for theirs in Mrs Sullivan's kindergarten class. Julia's project culminated in her leading a workshop for all the kindergarten classes at KES during the school's day-long Festival of Arts and Sciences. Inspired by the book *Only One You* by Linda Kranz, the kindergarteners

Painted their own rocks and implemented them in a rock garden located at the school.

All three of these girls are also very active at HKHS in various sports and clubs, and each already earned hundreds of community service hours. They all are looking forward to attend college next fall and will soon be having their GS Gold pinning ceremony to celebrate this prestigious achievement.



Above: #68 Trey Callender forces a fumble while sacking the Panthers quarterback. Right: Defensive backs #84 Kevin Cavrell and #21 Matteo Piacenti break up a Cromwell pass. Photos by Chad Giuliani.



HKHS vs. Cromwell/Portland at first game of season

By Barth Keck,
Assistant Coach, HKHS Football

The Haddam Killingworth High School Varsity Football team was defeated at home last night in their first football game of the season against Cromwell/Portland. The final score was Cromwell/Portland 3, H-K 0. Matthew Pepe's 25-yard field goal in the third quarter proved the difference in Cromwell/Portland's victory over Haddam-Killingworth (0-1) in Higganum. The Panthers' other scoring chance was thwarted when H-K's Kevin Cavrell caused a fumble at the goal line that was recovered by Alex Riccitelli. The Cougars' best scoring chance ended when the Panthers (1-0) blocked Cavrell's 25-yard field goal attempt midway through the fourth quarter. The Cougars' Dalton Modehn led all rushers with 114 yards on 22 carries.

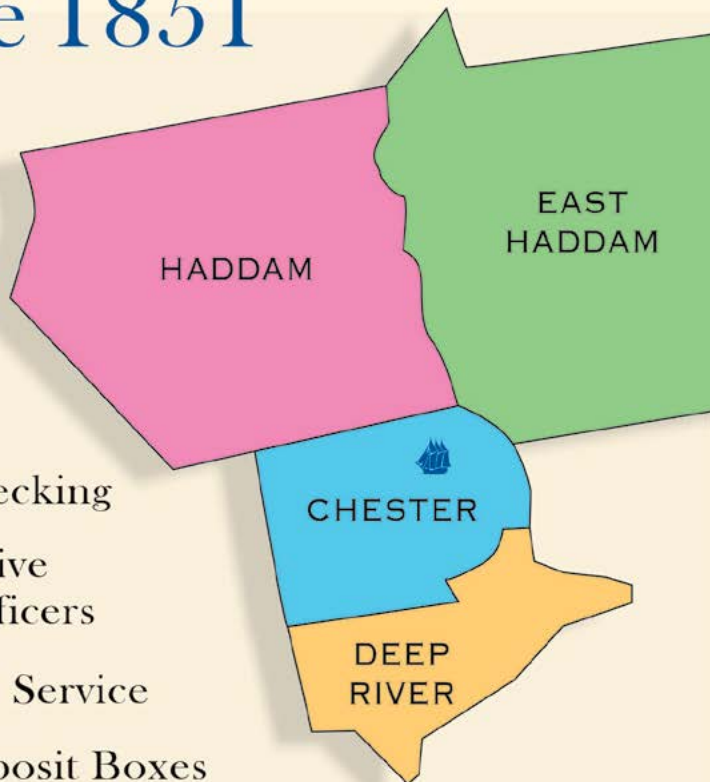
Game Summary:

Third Quarter: C/P – Matthew Pepe 25-yard field goal

H-K (0-1) 0 0 0 0
CP (1-0) 0 0 3 0 3

More sports on pages H10, H12

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HADDAM VOLUNTEER FIRE COMPANY



Photos courtesy of Olivia Drake.

HVFCo responds to house fire on Hidden Lake Road

By Olivia Drake, Public Information Officer, HVFCo.

Haddam Volunteer Fire Company responded to a reported structure fire on Hidden Lake Road at 8:10 p.m. Sept. 16, 2019.

Upon arrival, firefighters encountered smoky conditions and a small fire in the kitchen of a two-story single-family home. The homeowner and one dog were outside the home, and crews coaxed another dog to exit the premises.

Crews used a fire extinguisher to suppress the fire. Firefighters removed all burning debris and ventilated the home. Chester Hose Company, Durham

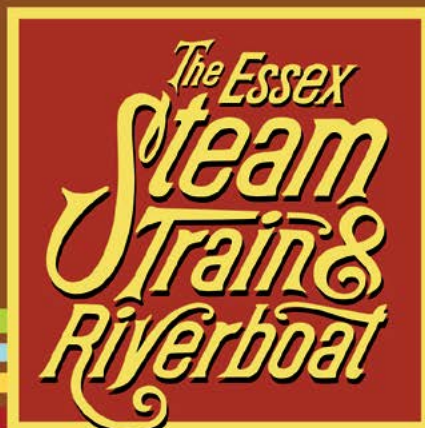


Volunteer Fire Department, Killingworth Volunteer Fire Department, and Middletown South District Fire Department responded as mutual aid.

The cause of the fire is under investigation with the Haddam Fire Marshal.



NEW FOR 2019! Hop on board our historic steam train at Essex Station for a scenic ride to Deep River where the festivities begin! The pumpkin patch will be filled to the brim with fall atmosphere that you and your little ones will enjoy. At the patch, each child gets to select a pumpkin of their choosing and have their face painted with a fun fall design. With pumpkin in hand you will re-board the train back to Essex Station where we will have crafting stations for kids to decorate their finds, and apple cider and donuts for all! Tickets are sure to sell quickly, so visit essexsteamtrain.com today to reserve you space for this exciting new event!



Dates: October 13th, 14th, 19th, 20th,
26th, 27th
essexsteamtrain.com
800-377-3987

Haddam News

PO Box 15
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Managing Editor

Kathy Brown,
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Meghan Peterson, PhD,
Composition Editor

Maurice Adams,
Contributing Editor

Reporters:
Deb Thomas, Brenda Hunter,
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Getting to know the Killingworth Board of Finance Candidates

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 Killingworth 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?

Marcel Couture (Democrat)

I am asking for your vote for re-election to the Board of Finance. My wife, Marsha, and I have lived in Killingworth since 1993. We raised two children who have graduated from our excellent regional school system. I volunteered as a leader in the local Cub Scout program and a coach in the Killingworth Youth League and thoroughly enjoyed both experiences.

I have an Associates Degree in business Administration from the University of New Haven. I worked at a global supplier of metals for the telecom/connector industry for 35 years in various managerial positions, serving as Materials/Purchasing Manager for the last eleven years before retiring. In that position I gained budgeting and cost-reducing skills that will help keep the town's finances in good order.



Marcel Couture.

As a homeowner I appreciate how the town has kept taxes low with no mil increases in the past 3 years. My past 4 years on the Board of Finance have provided me with extensive knowledge of Killingworth's finances and budgets. I will strive to continue the good work of the Board of Finance.

I love this town and hope to contribute to its continued success as a great place to live and raise children.

Andy O'Neill (Republican)

I am the 3rd of 8 children. Of necessity, I learned early how to fight for what I want and how to share. Connecticut is my adopted home state. My family moved here to CT from Maryland when I was a senior in High School; and except for law school I have not left! I met and married my wife, Betsy, a CT native and quickly learned the difference between jarred sauce and true homemade Italian sauce! My three children were all born in CT and attended and graduated from Killingworth/H-K schools. We have instilled in our children the importance of faith, family and country.

I want my children to be able to return to Killingworth and CT if they so choose. CT's financial house is in disarray. I want Killingworth to be the rural/nurturing community it has



Andy O'Neill.

been to my family and I don't want it to become more out of reach and needlessly expensive than it already is.

I will keep a "legal" eye on budget issues and fight for people to keep more of their hard earned money in their own pockets. Governments are a necessary evil as are taxes. By keeping a sharp eye on needless costs we can make Killingworth a more financially friendly community to come to live in.

I love the friendly, community feeling at the dump, at the library, at the circle, at church, at town parades, etc. This is what America was meant to be and these experiences and opportunities need to be preserved for future generations.

I try to give everyone the benefit of the doubt, from clients, to my catechism students, to the guy who cut me off on the road or to the person I disagree with. That being said I am thankful to my creator for all of the benefits he has poured upon me, my family and this country and town we are blessed to live in.

Rob Rimmer (Democrat)

My wife, Joann, and I have two daughters – Lena, a tenth grader at the Williams School and Josephine, a fifth grader at the Haddam Killingworth Intermediate School. We are active in our



Rob Rimmer.

church and I have been a member of the Board of Trustees of the Killingworth Congregational Church for the past several years. I am a graduate of Yale University and the University of Connecticut School of Law. I am a practicing attorney with an office in Old Saybrook and an emphasis on trial work.

I am running for re-election to a seat on the Killingworth Board of Finance. It has been my privilege to serve on the Board of Finance for the past four years. If re-elected, I will continue to work toward ensuring quality services to town residents while keeping the mil rate as low as possible.

The Board of Finance oversees the preparation of the town budget, monitors the budget throughout the year, oversees long-term financial planning and sets the town's mill rate. Killingworth's financial position is strong and the Board of Finance has worked to keep our mill rate as low as possible. The vast majority of the town's budget is comprised of expenses paid to RSD 17 as set by the Board of Education and the voters. Additionally, Killingworth receives various grants from the state and is obligated to meet various requirements set by the state. The most important issue facing the Killingworth Board of Finance over the next four

Continued on page H6



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Getting to know Haddam's Zoning Board of Appeals 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. Updates from all candidates are welcome, and will be published as Letters to the Editor. The questions posed to the candidates were:

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Margo Chase-Wells (Republican)

Margo has served two terms as a Commissioner on Planning and Zoning, and two terms on the Zoning Board of Appeals. Her experience deemed from these years of service well qualify her for another term on the ZBA.

Margo and her husband of 41 years have lived in Haddam since 1983, and have embraced its small-town intimate feel. Margo has served on several boards and as a coach in Haddam youth sports of baseball, football, and soccer. She is the founder of Haddam T-ball, and taught for Haddam Park & Rec. Margo is a retired physical education instructor with a BS degree and an MS degree from Southern Connecticut State University. She spent 14 years as Secretary of the Ct Association of Retired Teachers and President of the Middlesex County Retired Teachers Association.

Margo either has, or is currently running fundraisers for Breast Cancer Awareness, Cystic Fibrosis, Epilepsy Foundation, Red Cross, and Ct. State Employees' Charities. She currently serves on several church boards and teaches Pickleball to Veterans. She is also a busy Justice of the Peace. "I love being involved with the Haddam Community," she admits.

Marge DeBold (Democrat)

Many of you know me as a former teacher, as a Selectman, as a volunteer



Margo Chase-Wells.

with various groups, as a neighbor or as a community member you see around town. I am pleased to be running for the zoning board of appeals in November.

Haddam has been my home for more than fifty years. My husband and I moved here in 1964. After growing up on the east coast and then in California, I was happy to settle down in this beautiful area and become part of the local community. For over twenty years, I taught school at Haddam Elementary School and Burr. During that time, and after I retired from teaching, I appreciated the opportunity to take part in several town activities. I was able to serve stints on the planning and zoning commission, the Board of Selectmen, the Board of Finance and the Zoning Board of Appeals. From 1993 to 1997, I was pleased to serve as the town's First Selectman. Currently I serve on the Committee on Aging and help the registrars of voters with their work. I have also enjoyed being part of several groups and organizations that add so much to our quality of life. Because I love the town and my life here, I hope to continue my involvement and to grow with the town.

I have chosen to run again for the Zoning Board of Appeals (ZBA) because I see the need to keep that board strong. When acting as a board member it is important to have a good understanding of the town's zoning regulations and of its Plan of Conservation and Development. It is also important to realize that ZBA, like other local boards and commissions, should be looking out for the health, safety and wellbeing of all of the town's residents. I care very strongly about the town and everyone who lives here and I will, if elected, try to be an active and positive part of the ZBA. As I seek office, I try to think about the importance of that board.



Marge DeBold.

The ZBA has a unique role in the town's government. As its name implies, the work of ZBA is tied in with considering requests for departures from zoning regulations. Zoning helps to keep compatible uses together, like keeping residential activities together and separating them from industrial and commercial uses, except in certain areas designed for combined uses. If there is a request to differ from the allowed activity in a particular area there might well be concern by ZBA.

Our zoning regulations tend to make new building activities in an area follow the same rules. Sometimes an application for activity, regulated by our zoning rules, indicates the need to deviate from the zoning code. Let me share an imagined situation. Properties in residential areas have certain regulations in common. Occasionally a resident wants to be allowed to do something that is not permitted in the zone involved. The property owner can request a variance of the regulations, perhaps feeling that following the town regulations would result in a hardship due to a unique condition. Such a situation might well be considered by the ZBA.

It seems to me that each application to ZBA is unique. If I get to serve on ZBA, I would see my role as working with other board members to understand the request of an applicant and to examine fairly that request in terms of our zoning regulations. Further, it would be imperative to consider any exceptional difficulties that would result if the regulations were to be followed and/or any unusual hardship that might occur because of the required activity. Working together the board would make its decision on any request.

As I anticipate running for public office, I recognize that I have a great affection for the town. I have been



Susan DeCarli.

helped by so many individuals recently, as well as in the past. I care strongly for the greenness we have all around us in our town with the river running through it. I value the fact that so many members of the community volunteer to make the town such a good place to live. I care for the compatibility of the town's residents, for the emphasis on preserving our history, for the way our small town runs, and for the friends I have made. There are still many pleasures I hope to share. That is because Haddam is home for me.

Susan DeCarli (Democrat)

My husband Dale and I are lifelong residents and my family goes back several generations. We raised our three sons here, two of which chose to live here after college.

I felt a strong sense of responsibility to run for the ZBA to give back to the community that I deeply care about.

One important issue facing Haddam is the growth in the center of town. We have many options; I would like to balance the desires of new and existing businesses with our regulations and to make sure development is within the framework of our Plan of Conservation and Development in order to preserve the small town charm that makes Haddam special.

Key things that I love about this town? First and foremost, my deep roots, my love of my family's history here, being able to have my sons know where they come from and hoping to one day have the next generation grow up here and have the same sense of pride of being here for so many generations. I love that I live on the very same road that my grandfather was born on in 1893. To be able to walk in every old cemetery in town and be

Continued on next page

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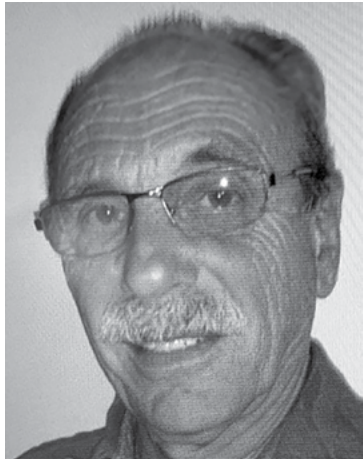
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Erik Hesselberg.



Joe Laurenza.



Ken Wendt.



Rachel Greenholt.



Tony Matterazzo.

Getting to know the Zoning Board of Appeals candidates

Continued from previous page

able to read and touch our ancestors stones. To walk in the center and touch the monument that carries my family's name. To look up at the eagle on top with pride, knowing that my grandfather placed it there with his own two hands. To know that even when my grandfather was growing old and ill he would make sure every vet had a flag on their grave.

I love Clark road, it is my family road and named for them. I love the generation of friendships between the old families here and the new friendships with people that choose to move here and share their newfound love of this town.

I would like you to know that I'm an honest person and will do my absolute best always for this town. I will strive to make my ancestors, and you, proud of what we do on the zoning board of appeals!

Erik Hesselberg (Democrat)

I've been a reporter and newspaper editor for 30 years, beginning as a stringer for an English language newspaper in Italy, where I lived for 10 years. I was an environmental reporter for the Middletown Press and Executive Editor of the Journal Register Company's Shoreline Division, overseeing 20 newspaper on the Connecticut coast.

I grew up in Haddam, attending Haddam-Killingworth High School, where I played football and basketball, and am proud to have my son Tristan attending the same school and playing football as well.

In the Haddam I knew, people disagreed, sometimes strongly, but they shook hands afterwards, said hello to each other at the dump, and maybe even shared a beer at the Hutch. I don't see much of that anymore, and that's

too bad, but I hope to bring back some of that spirit of cooperation and bipartisanship I remember to politics for the good of the town.

My work as a community journalist has taught me not only a lot about how small towns work, but also has given me a deep appreciation for the many dedicated citizens who give of themselves to make their communities better. It's also made me hopeful—getting out and talking to people gives one a certain faith in the human spirit and its potential. Haddam is blessed with a beautiful setting along New England's great waterway, as well as miles and miles of great hiking trails offering some of the most scenic vistas anywhere. But in the end, townspeople are our greatest asset. I look forward to meeting more of you and working for a better Haddam.

Joe Laurenza (Republican)

Joe Laurenza and his wife Wendy have lived in Haddam for over 40 years. They are the parents of Jamin (Chairman of the Planning & Zoning Commission) and Jody, and they have four grandchildren.

Joe has served on several town committees including the Inland Wetlands Commission, the Planning & Zoning Commission, the HK Pool Committee working on pool renovations, and the HK Booster Club. He was also President of the Middlesex County 4H Tractor Pullers.

Joe retired from SNET and AT&T after 30 years as a Lineman and Outside Plant Technician. He is a founding member of the Haddam Civic League which produces the daily website Haddam-KillingworthNow.com and the free local newspaper Haddam Killingworth News.

Ken Wendt (Republican)

Ken has resided in Higganum for the past 37 years since graduating from UConn with a degree in Electrical Engineering. He is currently self-employed in Color-control Instrument Sales and has a background in Product Management and Quality Measurement Technology.

Ken bought his home in 1982 because of its historic character and the quiet, rural Higganum community. His wife, Catherine, is a teacher at the Haddam-Killingworth Middle School, and his three children have all graduated from HK High School. Ken serves as Treasurer at Higganum Congregational Church.

Ken seeks to maintain his position on the Zoning Board of Appeals to preserve the attractive character of our rural community, while realizing the need for appropriate development to strengthen our tax base. It would be his privilege to serve the Town of Haddam on the Zoning Board of Appeals for another term following his participation as a member for the past 10 years.

Rachel Greenholt (Democrat) Zoning Board of Appeals Alternate

I have been a resident of Haddam for over 20 years. From its small-town charm to its strong sense of community, there are so many reasons to love our town. One aspect of Haddam my husband, Garin, and I love so much is the abundance of nature and wildlife. As avid hikers, we have enjoyed exploring countless trails in the area. Swan Hill is arguably one of our favorite places to be immersed in nature, and provides some of the greatest views of our town.

There is no place that truly com-

pires to Haddam, especially when starting a family. I consider myself very fortunate to have been raised in a community with caring and friendly residents, and exceptional schools. Some of my favorite memories as a child in Haddam involve attending the annual Memorial Day Parade. Still, to this day, I am proud to see so many people in our community come together on such an important day. The ceremony is always heartwarming and humbling, and with delicious New England clam chowder to enjoy while touring the Haddam Veteran's Museum afterwards. Overall, my husband and I could not be more excited to search for our first home in this community.

My primary focus as your future zoning board of appeals alternate is to maintain the integrity of our small, close-knit community. As a busy young professional beginning a career in the field of social work, I am extremely appreciative of this small opportunity and look forward to giving back to my town.

Tony Matterazzo (Republican) Zoning Board of Appeals Alternate

Tony is seeking re-election to the Zoning Board of Appeals as an Alternate. He and his wife have been Haddam residents for almost 40 years. He has been involved as Commissioner, Coach, and Equipment Manager for the Haddam Youth Football and Baseball Organizations.

Tony was employed as a Logistics and Materials Manager for over 25 years at a chemical company as well as working for another 6 years as Organizer and Business Manager at a Massachusetts corporation.

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Haddam Candidates Forum to take place October 2

By Scott Brinckerhoff

Brainerd Library is sponsoring a Selectmen candidates forum on Wednesday, Oct. 2, 2019 at Haddam Killingworth High School from 7:00 to 9:00 p.m. The public is encouraged to come hear their positions on timely issues facing Haddam.

Candidates will answer pre-submitted questions from local groups, civic organizations, students and individuals.

Please submit 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.

H-K COMMUNITIES

Save the date: October 6 – Senior Citizen Expo

By Laura Shipman, Office Administrator, HKYFS

Haddam Killingworth Youth & Family Services is sponsoring their 6th annual Senior Citizen Expo on October 16, 2019, from 9:00 a.m. to 1:00 p.m. at Haddam Killingworth High School.

There will be music and food, and a self-defense demonstration from Ed Ricciuti of Killingworth. Approximately 40 vendors of products and services will participate. There will be flu shots and blood pressure checks, along with prizes and giveaways.

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, September 26

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

Haddam's Economic Development Commission is sponsoring the Higganum Farmer's Market, which will be held every second and fourth Thursday until Oct.10.

Haddam Zoning Board of Appeals Meeting, 7:30 p.m.-9:30 p.m.

Saturday, September 28

Haddam Meadows State Park Clean-Up, 9:00 a.m.-12:00 p.m.

Come join the fun! Our first fall invasive plant clean-up will be held in conjunction with the CT River Conservancy's Source to Sea annual cleanup. The rain date is Saturday, Oct. 5. Participants are asked to meet in the picnic area to the left of the boat launch. Adults and youths, under 16 years of age accompanied by an adult, are encouraged to participate in removing oriental bittersweet and other invasives and/or picking up litter. Please dress for the weather, wear waterproof boots, bring garden loppers or saw, insect repellent, sunscreen, water and first aid supplies. Snacks will be provided. Do not bring pets. Volunteers with dump trucks and Haddam stickers are needed.

Sunday, September 29

Wizards vs. RSD #17 Basketball, 2:00 p.m.-4:00 p.m.,

HKHS Field House

The HKIMS PTO is sponsoring the basketball game between the Harlem Wizards and a team of HK teachers. Doors open at 1:00 p.m. (Game starts at 2:00 p.m.). There will be food, drink, and souvenirs available for purchase. Teachers/staff will represent all 5 schools in the district. Tickets can be purchased by going to www.HarlemWizards.com.

Tuesday, October 1

Killingworth Registrar of Voters, 3:30 p.m.-5:30 p.m., Town Office Building

RSD #17 Board of Education-Personnel & Evaluation Subcommittee, 5:00 p.m., HK Middle School

RSD #17 Board of Education, 7:00 p.m., Central Office

Wednesday, October 2

Haddam Board of Selectmen Candidates Forum, 7:00 p.m.-9:00 p.m., HKHS Auditorium

Brainerd Memorial Library is sponsoring the event. 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 pre-submit 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 Memorial Library Director. Coffee and light refreshments will be available.

2019 KILLINGWORTH MUNICIPAL ELECTIONS

Killingworth Board of Finance candidates

Continued from page H3

years will be the challenge to keep our costs low, our mill rate low and maintain the services that our residents deserve. I will continue the work that I have engaged in during the past four years to meet these challenges on behalf of the taxpayers of Killingworth.

My family and I have lived in Killingworth since

2008 and love this town. We love its rural character and the mix of long term residents and new residents. We enjoy walking our dog at Parmelee Farm – especially in the fall and winter. We have met many wonderful people through the schools, our church and our other volunteer activities. We appreciate the way that everyone welcomed us and made us feel at home here.



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In and About the Haddams and the Nation: September 1919

Selected from the pages of The Middletown Press and lightly annotated by Sally Haase

Wilson's Tour, Washington, Sept. 02, 1919: Leaving here on his 27 day western tour, the president intends to swing public sentiment behind his demand for a speedy ratification of the peace treaty.

Wilson's Tour Begins, Ohio, Sept. 04, 1919: Highlights of the President's Speech:

- "This treaty is not intended to end this single war but all wars."
- "Don't let men pull this treaty down."
- "The world is waiting on America today."
- "The treaty will be accepted. I have never doubted that fact."

Pershing Returns, NYC, Sept. 10, 1919: Pershing led his victorious overseas troops in a parade down Fifth avenue. The masses of humanity of 2,000,000 and five miles long shattered all cheering records.

Wilson's Tour, Bismarck, N.D.,

Sept. 10, 1919: The President enjoyed a very restful period today with only one stop. A good crowd was at the depot and the hall was filled. "Reject this treaty and we will have to send more than two million men to war within a generation," said the President. "Until the people of the world know that Americans will lead in the efforts of peace unrest will continue. The mind of the world is waiting for the verdict."

Wilson's Tour, Billing, Mont., Sept. 11, 1919: The president in his address declared that it would be impossible ever again to draft a treaty that would be accepted by all nations that participated in the negotiations. He charged that the right in the United States are "apostles of Lenine." "We must see that they cannot try to get possession of the government of the United States," he said.

Haddam, Sept. 13, 1919: At the Republican caucus the following candidates for Town officers were nominated: Assessors, Chauncey Dickenson, Myron G. Skinner, and John C. Russell. Board of Relief,

Elmer S. Hubbard. Selectmen, Bert G. Thompson, J. Jacob Johnson. Town Clerk, G.A. Dickinson. Town Treasurer, Albert H. Hubbard. Auditor, Leonard J. Selden. Collector of Taxes, John C. Knowles. Constables, John C. Knowles, Robert S Bailey, Frank Porkorny, Wilbert H. Gillette.

Storrs, Sept. 17, 1919: The Connecticut Agriculture College began its 1919-1920 year with the largest registration ever known at the college. Over 350 students, seventy-five of them girls, were enrolled at the dean's office.

Haddam, Sept. 20, 1919: The "Middletown Press" told its readers that the county jail at Haddam is empty ... [yet] the jail cannot be closed even though business is dull because there are likely to be prisoners held for trial. The county may welcome the suggestion that a tea-room should be opened in it.

Haddam, Sept. 20, 1919: At the caucus of the democratic party of the town, the following candidates were nominated for election: Assessors, Harvey G. Brainerd, Gaston L. Neff, and Walter Clark; Board of Relief, Whitney S. Porter; Selectman, Frederick Brooks, Francis A. House; Town Clerk, George A. Dickinson; Town Treasurer, Rutherford S. Chalker; Auditor, Eugene O. Burr; Collector of Taxes,

Walter W. Clarke; Constables, William Goff, Walter W. Clarke, William Brainerd, and Robert Bailey.

Hartford, Sept. 23, 1919: The White Plague claims 150,000 lives yearly. Over 1,200,000 men, women and children are its victims. Eight out of ten adults are at some time in their lives infected with the germs. The director of the National Tuberculosis Association "... women of the country can help by insisting upon proper housekeeping conditions. The cure for tuberculosis lies in nature's own gifts of sunlight, fresh air, good food and plenty of rest in cheerful surroundings under competent medical supervision."

Illness Cut Tour Short, Wichita, Kan., Sept. 26, 1919: Wilson's train stopped in Wichita to send word that the president was ill and that the trip had been called off.

Train En route to Washington, Sept. 27, 1919: Secluded in his private car, the Mayflower, the president was enroute to the White House. His condition is sufficiently grave as to cause both his personal physician and his devoted wife material concern.

Editor's Note: The full articles on September 1919 local and national news can be found at www.Haddam-KillingworthNow.com.

100 years ago, much has changed and, then again, nothing has changed.

HADDAM FAITH / COMMUNITY

St. Peter's Church hosts Cars & Clams benefit: October 6

By St. Peter's Church

Cars & Clams to benefit St. Peter's Church in Higganum on Oct. 6, 2019, 12 noon - 5:00 p.m. at St. Peter's Church (St. Peter's Lane, Higganum, Conn.). There will be live, local music, a car show with awards, and enter-

tainment and games for the children. Tickets are \$10 for all you can eat (kids under 12 eat free) and \$20 suggested donation to enter a car.

To enter a car or purchase tickets, please contact Glenn Salamone at 860-982-2853 or gcsalamone@yahoo.com.



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I Hate To Tell You- But, What You Eat And How Much Matters. (Part I)

While there are those lucky individuals who can eat whatever they like and as much as they like, these fortunate individuals still need to take notice of what they consume. There have recently been a few major studies that have analyzed how our daily food consumption, amount of exercise, and social interaction protects us against Alzheimers Disease. To provide the reader's digest conclusion- A diet good for your cardiovascular system is advantageous in helping you prevent Alzheimer's, but you also have to exercise, and stay socially active.

We have the Mediterranean Diet, the Atkins- high protein, low carb diet, and now the Canadian Medical Society and the Rush Medical Center in Chicago have come up with suggested diets that help in the prevention of Alzheimer's Disease. Cornell University physicians have focused on trying identify the early inflammatory conditions that are important in the control and prevention of heart and Alzheimer's Disease.

Over the next couple of weeks I am going to discuss each of these diets, and the impact on our cellular processes that stimulate unwanted inflammation. But, it is not just about what we eat, lifestyle changes that are helpful in the prevention of Alzheimer's include exercise of all our muscles daily including our mind.

Exercise does not have to be intense and requiring massive amounts of gym equipment, but it does to be consistent and for a period of time, and not just limited to when it is sunny, not too hot, not too cold, and even when rainy. So get on the treadmill, walk the meadows, and stay in contact with friends- make the phone calls.

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Spooky Fun: Grim's Haunted House Comes to Town Oct. 25-26

Haunted House, Oct. 25 and Face Painting & Games for the little ones @ Grim's Haunted House, Oct. 26 6:00 p.m.-9:00 p.m. Community Center, 7 Candlewood Hill Road, Higganum. This is a free event, open to the public.



Left & Center photos by Matthew Kabel Photography.



Right and bottom photos by Shannon Santos.

Artful Living presents Sleepy Hollow Lantern Tour, Oct. 11-13

By Chris Solimene, Producer, Artful Living

Experience an outdoor theatrical lantern tour with Artful Living at the Sleepy Hollow Lantern Tour at the Historic Parmelee Farm Homestead in Killingworth.

Meet colorful Sleepy Hollow residents as you seek out Ichabod. Partake in merry making at



a good old-fashioned fall frolic, complete with refreshments Might you glimpse a specter of the Headless Horseman himself? And what has befallen poor Ichabod? The legend continues... Legendary Fun appropriate for ages 8 and up!

Also Available: Autumnal Fare and Cider. Tour Times start at 7:00 p.m. Cost: \$15 per person. Reservations required. To purchase tickets, go to www.ArtfulLivingCT.com. Questions? Call 860-389-1363. This is an 'any weather' event so dress accordingly with proper footwear for walking uneven trails for short distances.

HADDAM-KILLINGWORTH RECREATION DEPARTMENT

Fall Recreation Programs & Sports Activities, Part Two

By Josselyn Salafia, Recreation Supervisor, Haddam-Killingworth Recreation Department

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.

Swim Lessons (Children)

The Haddam-Killingworth Recreation Department is offering Swim lessons this Fall for children. Classes are conducted at the HK High School Pool. Lessons meet Tuesdays and Thursdays evenings. Session 1 & 2 is from October 3 - 29. Children's Swim Lessons

(ages 4 and up) is from 6:00 - 6:40 p.m. or 6:50 - 7:30 p.m. The fee is \$75 / \$60 with pool membership. Non resident please add \$10. \$5 Sibling discount.

Adult Semi-Private Swim Lessons

The Haddam-Killingworth Recreation Department is offering Adult Semi-Private Swim Lessons at the HK High School Pool. Learn the basics including treading water, floating and stroke development such as crawl, breast, side and back.

Session 2 will be from October 3 - 29. Session 3 will be November 12 - December 10 (No 11/28), 7:50-

8:30 p.m. The fee is \$75/\$60 with a pool membership.

Aqua Aerobics

The Haddam-Killingworth Recreation Department is offering Aqua Aerobics at the HK High School Pool. Aqua Aerobics is a great cardio-vascular workout for all ages, all fitness levels, swimmers & non-swimmers. No equipment is required. This free-style class includes a variety of styles such as an active warm-up and aerobics, kickboxing, lunges, squats, abdominal work, training, water walking, and more.


Continued on page H12

He Gave Us His One and Only Son—The Lord Jesus "FOR GOD SO LOVED THE WORLD"

"God is love. ⁹ God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. ¹⁰ This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins" (1 John 4:8-10 NLT). "...Jesus Christ...the first to rise from the dead...All glory to him who loves us and has freed us from our sins by shedding his blood for us" (Revelation 1:5 NLT). "By this we know love, because He laid down His life for us" (1 John 3:16).

Jesus said, "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13). "...Jesus Christ, ⁴ who gave Himself for our sins, that He might deliver us from this present evil age..." (Galatians 1:3-4). "Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously,

and godly in the present age, ¹³ looking for...Jesus Christ, ¹⁴ who gave Himself for us, that He might redeem us..." (Titus 2:12-14). I declare to you the gospel [the good news]—"Christ died for our sins, just as the Scriptures said. ⁴ He was buried, and he was raised from the dead on the third day... he was seen by more than 500 of his followers at one time..." (1 Corinthians 15:3-8). "For God so loved the world that He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life" (John 3:16 NLT). "For whoever calls on the name of the Lord shall be saved." (Romans 10:13). "He who believes in the Son has everlasting life..." (John 3:36).

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HADDAM HISTORICAL SOCIETY



From left: Increase Brainerd House; Scovil; City Bench. Photos courtesy of Elizabeth Malloy.

Artistry & Architecture – Celebrating Entrepreneurial Spirit

By Elizabeth Malloy, Executive Director, Haddam Historical Society

On Saturday, Oct. 5, the Haddam Historical Society will host Artistry and Architecture House and Studio Tour from 10:00 a.m. to 4:00 p.m. Visit six architecturally distinct properties in Haddam and Higganum which convey both past and present creative entrepreneurship.

Visitors will tour the Ruby Belle Vineyard and Increase Brainerd House on Spencer Road, which is an amalgamation of structures dating from 1720 to 1972. The grounds feature a vineyard planted with seven types of grapes chosen for Connecticut's climate.

The Hull Pottery Studio, on Saybrook Road is located on the 18th century farm site of the Whitmore Ely. The property which overlooks the Connecticut River features an early silo and lovely gardens. May Callas Jester, a New York Broadway and movie set designer, lived here in the mid-20th century.

Another property on the tour is the hilltop home

of an impressionistic artist whose plein-air paintings capture the soul and heart of local scenes throughout the Connecticut River Valley. The home is a late 19th century dwelling updated in the Colonial Revival style and has recently been restored following a fire.

The Belle Bailey House in Higganum, which has been renovated for an active and artistic family, holds a surprise around every corner. The house was built for Belle Bailey and her husband Ira who worked at D. & H. Scovil Company, manufacturers of the world-famous planters hoe. Today the property is the heart and soul of City Bench, a unique business that creates exceptional handcrafted furniture from reclaimed trees. Each beautiful piece is a statement and has a story.

Tour goers will also see the Spirituality Center operated by the Apostles of the Sacred Heart on Candlewood Hill Road. Originally built by the D. and H. Scovil Hoe Company as Mill No. 2 between 1859 and 1860, the property has seen a number of transformations. In 1932 New York actors Earl and Catherine Benham purchased the property and renovated it to a weekend and summer haven where

they entertained friends and family. It has served as a religious retreat location since 1964.

Another stop on the tour is the Hart-Russell House, a stunning Victorian residence of a set designer and contemporary author and screen writer. Once the home to sea and river captains the house was later owned by well-known Haddam resident Belle Dickinson Russell, who is said to be the first woman in the United States to preside over a court after the passage of the 19th amendment.

The tour will run from 10:00 a.m. to 4:00 p.m. and tickets cost \$25 in advance and \$30 the day of the tour. The tour headquarters is the Haddam Old Town Hall at 21 Field Park Drive, Haddam where participants will pick up their programs and directions. A boxed lunch by the Wheat Market in Chester is available the day of the tour for \$15 and must be ordered in advance.

For additional information and to purchase tickets visit www.haddamhistory.org. For additional information email contact@haddamhistory.org or call 860-345-2400.

H-K YOUTH & FAMILY SERVICES

Mark your calendars for October 4: Kids Night Out

Youth & Family Services of Haddam Killingworth is sponsoring a Kids Night Out on Friday, Oct. 4, 5:30-8:30 p.m. in the Haddam Killingworth High School cafeteria. Dinner will be served.

The theme: VINTAGE.

Local teens from the community will volunteer to play HUMAN board games with kids in grades

Kindergarten through 5th grade.

The cost is \$20 per child. If you bring one non-perishable food item, it will discount the cost to \$15 per child. Scholarships are available.

RSVP to Lindsay at preventioncoordinator@hkyfs.org or 860-345-7498.

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f i p

Food For Thought: It All Begins in the GUT! (Part 1)

By Janet Verney

Hippocrates once said "All disease begins in the gut" and I have seen enough to believe there is much truth to this statement! I chose to write about this because every time I chat with someone they or a loved one are having issues with IBS, IBD, leaky gut, SIBO, heartburn, reflux, etc. It seems to be an epidemic in the US. So here is some of my food for thought on this situation...

Think of the gut like a garden – it needs to be well tended. We need to fertilize the soil, weed out what doesn't belong, and nourish it daily.

Let's start with the many signs and symptoms of the gut being out of balance – see my list below with a few ideas about what can help. Did you know that from mouth to anus it is approximately 30 feet? Think of it like an internal tube – what goes in one end comes out the other. Okay, let's not get too graphic on this subject, but what I do know is that much can go wrong in this 30' journey.

Remember, I am NOT a doctor, so before you start any new regime or supplement, be sure to consult with your practitioner. The ideas below are meant to provide you with some discussion points to make positive changes to support your health.

- Constipation – more fiber, less protein, avoid dairy, hydrate, exercise, destress, rebound.
- Diarrhea – avoid greasy foods, eliminate artificial sweeteners, add good yogurt, check for lactose intolerance, avoid sugary foods, destress, add fiber slowly, drink coconut water for electrolytes.
- Irritable Bowel Syndrome – A collection of symptoms, not a disease. Low FOD MAP diet can help.
- Inflammatory Bowel Disease – An anti-inflammatory diet can help.
 - Ulcerative Colitis - An anti-

inflammatory diet can help with specific modifications.

- Crohn's Disease - An anti-inflammatory diet can help with specific modifications.
- Leaky Gut – GAP Diet can help.
- Autoimmune – An anti-inflammatory diet can help.
- SIBO – A low residue diet can help with small intestinal bacteria overgrowth.
- Diverticulosis – Fiber is critical, along with staying hydrated to keep things moving. Flare-ups are best handled with a vegetable juice fast.
- Food Allergies – Elimination diet can help identify specific allergies.
- Food Intolerances – Elimination diet can help identify triggers and sensitivities. Can be due to leaky gut issue.
- Celiac Disease – Complete GF diet
- Heartburn/GERD – Eliminating common acidic foods for a period of time, not eating before lying down, and keeping stress down is critical.
- Candida Overgrowth – The Body Ecology Diet is very helpful.
- Brain Related Issues (brain fog, dementia, anxiety, depression) A whole food diet, and elimination diet, and or an anti-inflammatory diet can greatly help, along with fish oils for those who tolerate.
- Thyroid Issues – adding iodine and selenium is very helpful. Sea veggies are great.
- Nutrient Deficiencies – Get blood work done. Leaky gut can play a role in this.
- Heavy Metal Toxicity – When the gut is out of balance it has a hard time detoxifying the body.

The good news is we can change the landscape of our gut and heal from the inside out! The study of epigenetics is showing us the power we have when we make positive diet and lifestyle changes to prevent and heal from disease!

When it comes to the chemical and mechanical aspects of good digestion, here are a few ideas to consider:

- Setting the stage for meal time, make it visually attractive and relaxing.
- Smelling something yummy triggers those important enzymes that assist you in breaking down foods properly.
- Chewing your food thoroughly is critical to stimulate those digestive enzymes/juices. This is often overlooked and we tend to swallow things in chunks. I have seen folks who have had great improvement by focusing on this one process!
- Your stomach needs acid to properly dissolve food. Acid blockers taken long term can create real issues for some.
- The liver breaks down fats and detoxifies the body.
- Your small Intestine is responsible for absorption of nutrients. We are not just what we eat, but what we absorb!
- The large intestine (Colon) takes out the trash.

- Your lymphatic system transfers fats.
- Last, but not least, your hormones regulate pH and triggers hunger, prevents overeating when working properly and stimulates the gallbladder to go to work.

Stay tuned for more on improving the landscape of your gut in next week's addition, or go to the online version for the full article at <http://www.haddam-killingworthnow.com/2019/09/18/food-for-thought-it-all-begins-in-the-gut/>.

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

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

HKHS GIRLS SOCCER 2019

HKHS soccer defeats North Branford in season opener

By Mike Shea, Coach, HKHS Girls Soccer

The Haddam Killingworth High School Girls Soccer team defeated North Branford in their season opener on Sept. 16, with a final score of H-K 5, North Branford 1. The score by half time was H-K 2, NB 0. For Haddam Killingworth, scores were made by

Yumi Imai (2), Leah Sosnowski, Kedarjah Lewis, and Hadley Commerford; for North Branford, the score was made by Olivia Ferreira. Goalkeepers for the game were Sophia Torello (HK), and Alexie Rosado (North Branford). Morgan Madore had an assist for HK.

Records: HK: 2-1-0; NB 0-1-1

FIELD HOCKEY

HKHS vs. Morgan at season's opener

By Wendy Adamczyk, Coach, HKHS Field Hockey

The Haddam Killingworth High School Field Hockey team lost its first game on Friday, Sept. 13. At Morgan High School at the Indian Rivers Complex, with a final score of Morgan 3, H-K 0.

HEALTH

Medicare 101

By Alice Lucas

The Healing Ministry at St. Lawrence Church (7 Hemlock Drive, Killingworth) is hosting a Medicare Basics Program on Sunday, Oct. 6, at 2:30 p.m. Speakers will be Keith Lyke, RPh (Killingworth Family Pharmacy) and Beverly Goodrich (Independent Broker, Chester). There will be time to answer questions and refreshments will be served.



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Growing Award Winning pumpkins in Higganum

By Kathy Brown

Jack O'Lanterns. Pumpkin Pie. Pumpkin spice everything. Fall makes you think of pumpkins. And Ryan Cleveland, of Higganum, grows pumpkins, or should I say PUMPKINS?!?

Ryan and his wife Chelsea only started growing giant pumpkins three years ago. Ryan had grown pumpkins when he was a child, and decided to try again as an adult. "I love being in the patch and teaching my girls as I go," Ryan said. They grow other vegetables as well, even attempting a giant tomato this year.

The plants -- Atlantic Giants -- get started indoors in March. The plants then get transferred outside near the end of April, into a very large screen house (approximately 50'x64'), which protects the plants from varmints and other damage. It isn't just a matter of moving the plants though. Ryan spends many hours preparing the ground by putting in heating cables and making hoop houses, which will protect the small plants from freezing. He also gets his soil tested each year, and then gives the soil whatever it needs: calcium or nitrogen or compost. He only plants four plants, and each plant only grows one pumpkin. He doesn't leave anything to chance though. When the main vine is approximately 15 feet long, he pollinates the pumpkin by taking a male flower and dusting all of the pollen off onto the female flower; that way he can control the genetics of the color and size, for example. Then he removes all the other blossoms so that all of the nutrients on that plant goes to just the one pumpkin.

The pumpkins require a lot of sunlight, "the more the better," said Ryan. He also feeds it according to the soil test. "As the season progresses," Ryan explained, "a pumpkin can grow an average of 40-50 pounds a day!"

Currently, he has three pumpkins growing, all



Photo by Ryan Cleveland.

measuring over 1000 pounds. The biggest pumpkin he has grown previously (2018) was 905.5. That pumpkin won second place at the Durham Fair in 2018. It also won the Howard Dill Award (given for the prettiest pumpkin). This year, he will enter at the Durham Fair, as well as two weigh offs in Topsfield, MA and Frerichs Farm in RI.

Not only does Ryan enter his pumpkins at the Durham Fair, but he and his wife also run the giant pumpkin exhibit at the Fair. Tuesday, Sept. 24, 2019 is the weigh off day, between 2:00-8:00 p.m. On Friday and Saturday they will have a professional pumpkin carver at the Fair.

And it isn't over at the Fair. The seeds are taken out of the pumpkin, washed off, sprayed with peroxide, then placed in a window screen with a fan until they are dry. After they are completely dry, they are stored in the freezer until next year, when the whole process starts all over again!



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Close Meet with Suffield; Two HK Swimmers Qualify for States

By Alison Karam, Coach,
HKHS Girls Swim

The Haddam Killingworth High School Girls Swim team was defeated by Suffield at home on Friday, Sept. 13, in their first dual meet of the 2019 season with a final score of Suffield 91, HK 78. Two HK swimmers qualified for State Championships in individual events: Nina Lamb in 200 Individual Medley and 100 Breaststroke, and Erin Marica in 200 Freestyle.

Top three finishers for H-K:

200 Medley Relay

2nd: A Relay (Kristen Thebeau, Nina Lamb, Johanna Houska, Tara Lamb)
3rd: B Relay (Addy Hawkins, Julia Dattilio, Nikki Ackerman, Grace Purcell)

200 Free

1st: Erin Marica 2:15.81 (time qualifies for State Championships)

200 Individual Medley

2nd: Nina Lamb 2:36.99 (time qualifies for State Championships)
3rd: Kristen Thebeau 2:53.55

50 Free

2nd: Erin Marica 29.83

100 Butterfly

3rd: Johanna Houska 1:24.85

100 Free

2nd: Grace Purcell 1:08.31

500 Free

2nd Aleia Goodison 6:50.78
3rd: Tara Lamb 6:56.22

200 Free Relay

1st: A Relay (Addy Hawkins, Julia Dattilio, Erin Marica, Nina Lamb)

100 Backstroke

2nd: Kristen Thebeau 1:13.92
3rd: Addy Hawkins 1:20.91

100 Breaststroke

1st: Nina Lamb 1:18.80 (time qualifies for State Championships)
3rd: Julia Dattilio 1:30.47

400 Free Relay

2nd: A Relay (Erin Marica, Johanna Houska, Tara Lamb, Addy Hawkins)
3rd: B Relay (Grace Purcell, Wesley Baucom, Aleia Goodison, Kristen Thebeau)

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Fall recreation, sports activities

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Session 2 will be held October 28 – December 11 (No 11/11, 11/27) 6:45-7:45 p.m. The fee is \$72/\$60 (2x per week) or \$42/\$36 (1x per week) with a current pool membership and Sr. Citizens each session. Drop-in for \$10 each class.

Men's Fall Basketball

The Haddam-Killingworth Recreation Department is offering Men's Fall Basketball on Sundays, October 6 – December 8, from 12:00 – 2:00 p.m. at the HK Central Office Gym. The fee is \$45. Non-residents please add \$10.

"Come Play in the Mud" Pottery

In this adult level introduction to pottery class, learn simple hand building techniques, allowing you to express yourself by making a wide variety of pottery

forms. The first 4 classes will focus on construction techniques and creation of forms. On week 5 you will be glazing your work, and week 6 will bring us a critique of your finished projects and celebration. The program will meet Thursdays, October 3 – November 14 from 5:30 – 8:30 p.m. at the Haddam-Killingworth High School Room B-114. The fee is \$165. Non-residents please add \$10.

Adult/Child CPR, AED & First Aid

This American Red Cross Program will teach you how to respond to a breathing or cardiac emergency for an Adult or Child. Participants will become certified in Adult and Child CPR as well as AED and First Aid upon completion of the class. This class also satisfies the requirements of CT Childcare providers.

This class meets on Monday, September 30 and Wednesday, October 2 from 5:45 -7:45 p.m. at

the HKHS Lower Media Center. The Fee for this program is \$55 (non-res. Add \$10).

Active Adult Exercise

The Haddam-Killingworth Recreation Department is offering an exciting new program this fall for Adults. Active Adult Exercise is an exercise and wellness program that is open to everyone. This program will be on-going through December 27, 2019 (No Holidays), Monday, Tuesday, Thursday and Friday, from 9:00 -10:00 a.m., at St. Lawrence Church, Killingworth. The fee is \$32 for a 16 class pass (good for 1 month) or \$2.50 each class payable to the instructor.

Are you recovering from an injury, have a desire to improve your health and mobility? By offering both aerobic and weight training, with stretch and core strengthening, this program covers all sides of the exercise spectrum.

Mondays/Thursdays will be a fast paced standing aerobic exercise routine, using multiple muscle movements & hand weights. Promotes brain stimulation, muscle regeneration, improved strength, circulation and heart rate. Tuesdays will be strength training using free weights that will build core, arm and legs. Fridays will be a circuit interval class done in sets of three. Lots of stretching and slower movements.

Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on

any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

Haddam News
PO Box 15
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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.

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

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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