

Haddam Killingworth News

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

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November 5, 2020

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Medicare 2020: What YOU Need to Know

By Brian Scott-Smith – www.connecticut-east.com

The annual Medicare Open Enrollment Period is here once again and if you're a Medicare recipient you have until December 7th this year to review your plan for the upcoming year.

By now you should have received your Annual Notice of Change letter in the mail informing you what changes will be happening to your current Medicare Plan from your provider.

"This is a very important letter to read and understand," says Laura Crews, Director of Benefits Access

at Senior Resources Agency on Aging based in Norwich.

"It's going to explain the changes your current drug plan will be undertaking. And that could be simple things like the premium increase. It will also explain the changes to your co-pays that you pay towards certain drugs and of course the important formulary. The formulary is a list of drugs that your plan is willing to cover and help pay for."

Crews points out that people who use insulin need to pay particular attention as Medicare is making sig-

nificant changes to the cost of insulin in 2021 under a new program, but there are catches.

"The insulin savings program is meant to lower your insulin costs to no more than \$35 for a 30-day supply of certain insulin medications that you take. But, in order to sign up for one of these plans you will need to sign up during the Medicare Open Enrollment Period and it's also important to know that while there are 27 stand alone prescription drug plans available in Connecticut not all of them are partic-

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Above: Start of the 8 a.m. race. Photos by Kathy Brown.



Above: The Pac-Man Team.
At right: A trio of costumed runners.



2020 HKYFS Pumpkin Run: results & photos

By Kathy Brown

Before sunrise on Sunday, Oct. 25, Haddam Killingworth Youth & Family Services volunteers gathered to help set up an in-person road race in the time of COVID: the HKYFS 27th annual Pumpkin Run. Many races in Connecticut this year were changed to virtual races, but HKYFS and JB Sports did a great job of complying with all of the rules to make this in-person race COVID-safe.

There were two start times and within those two start times, the runners were staggered as well, with groups of three runners leaving from the start every 10 seconds. The chip that is in each runner's bib gives the start and end times when the runners cross the mat. The times from both races were combined for the final standing.

Unlike in past years, this year's 5K took place beginning and ending on the Haddam Killingworth High School track. The runners went through the parking lot and on to Little City Road, before returning to the high school track.

This year's race was managed by JB Sports. John Bysiewicz (the JB in JB Sports) was manning the microphone and managing the runners. Haddam Ambulance was on-site in case of an emergency, and volunteers made individual grab-and-go bags for each runner, which included water and snacks. Volunteers were also scattered along the course to direct runners.

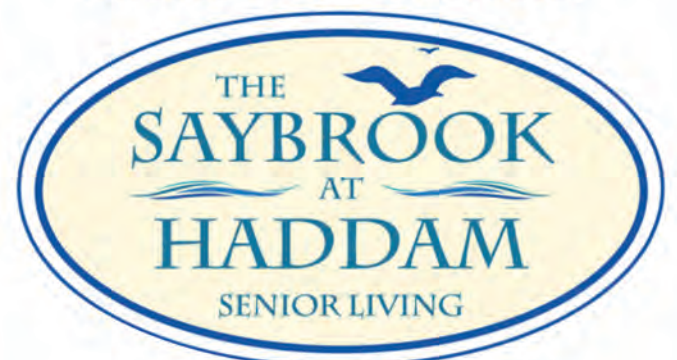
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2020 HKYFS Pumpkin Run: results & photos

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At the 8:00 a.m. start time there were many more costumed runners than the later start time, including a bumblebee, Pacman along with the ghosts chasing him, a clown, a piece of pizza, and more.

The first runner to cross the finish line in the first race was Mike Waterbury, age 30, who is currently a Branford resident, but grew up here, and graduated HKHS in 2008. The first woman in that race was Gabrielle White, age 14.

Twelve children ages 2 to 9 participated in the Kids Fun Run which took place on the HKHS track at noon.

For all race times, please go to the jbsports.com website. Below are some of the race times according to that website:

Top 5 Overall

1. William Sanders 15:35
2. Michael Waterbury 17:01
3. Christopher Foster 17:19
4. Kevin Goldstein 17:37
5. Matt Billington 18:05

Top 3 Female Overall

1. Sybil Sanders 18:23
2. Gabrielle White* 19:54
3. Katie Esposito 20:38



Pumpkin Run t-shirt design.

William Sanders, 15:35

Top 3 Females age 1-12

1. Grace Mitchell* 22:48
2. Charlotte Behnke* 24:09
3. Olivia Jackson 24:27

Top 3 Females age 13-19

1. Lena Nowaczek 24:15

2. Cameryn Hickey 24:55
3. Brigitte Battistoni* 26:31

Top 3 Females age 70-79

1. Claudia O'Connell 31:57
2. Janit Romayko 33:59

Costumed runners

Top 3 Males age 1-12

1. Tash Frusztajer 25:02
2. Lucas Packtor* 29:45
3. Liam Tietjen 30:42

Top 3 Males age 13-19

1. Julen Lujambio 18:13
2. Jack Ouellette 19:50
3. Carter Hayash 20:02

Top 3 Males age 70-79

1. Mark Turkington 29:24
2. Way Hedding 30:25
3. Wayne Hapgood 42:33

*denotes Haddam/Killingworth residents



Above: William Sanders had the top overall time.

Below: Michael Waterbury came in second overall. Photos by Kathy Brown.



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2020 Pumpkin Run: HKYFS thanks sponsors & donors

By Kathy Brown

The Haddam Killingworth Youth & Family Services annual Pumpkin Run would not run without the help of sponsors, donors, and volunteers.

“We are incredibly grateful for the runners, the sponsors, volunteers and JB Sports who worked with us this year to make the 2020 Pumpkin Run happen,” said Executive Director, Laurie Ruderfer. “Unlike other years, we had to pull this together in just a few months and it took teamwork, planning, and patience.

“The Pumpkin Run supports HKYFS in our work with and for local families. We cannot thank everyone enough for helping us make this work so we can continue to do ours. Thank you HK, friends of HKYFS,

the HKYFS Board of Directors, and the dedicated runners who made this day a success.”

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Medicare 2020

Continued from page H1

participating in the senior citizens saving model; in fact only about 9 of them are participating,” says Crews.

Another important factor when considering changing to a plan that, for example, gives cheaper insulin is that it could raise the costs of any other medications you’re also on, so you need to look closely at ALL your medications to see whether switching to another plan will benefit you or even save you money.

Shopping around for your health-care insurance isn’t something we’re very good about because it’s so complex, but there are lots of places you can get assistance from apart from the Medicare.gov website and their plan finder, which they have improved and now allows you to add in at least 5 pharmacies in your search so you can find those savings on your prescriptions.

And talking of pharmacies, many of them will do an analysis and review of your current Medicare plan part(D) drug coverage with you, either in person or via a telephone call to help make sure you’re getting the best value for your buck and to make sure you’re not taking extra medications you may not need.

People forget their local pharmacy that fills their prescriptions knows their health needs inside out and who better to talk to about that than say an insurance agent who may know the various policies but won’t really know about

your particular health needs.

Laura also points out the State has a FREE service as well called CHOICES that people can call a Statewide number to help them navigate the minefield that is Medicare.

“We provide free unbiased information on all Medicare related information including the Medicare prescription drug plans or Medicare Advantage Plans. We’re going to ask you a lot of questions about the drugs you take and the pharmacy you use as you could potentially save hundreds of dollars just by changing your pharmacy.”

Crews says two of the biggest issues she sees time and again are people not bothering to review their plan and also sticking with the same pharmacy too and it takes just an hour, at the end of the day, to review your Medicare plan with a professional and doing that could make a big difference for people, especially when, once the enrollment period closes, you’re stuck with your choice for another year.

For anyone looking to speak with the State’s CHOICES service the toll-free number is: 1-800-994 9422.

And for a full list of changes to Medicare for 2021, visit the official Medicare website at medicare.gov

Brian Scott-Smith is a local broadcast reporter and producer with over 20 years experience in the news, TV and Radio business.

HKHS GIRLS SOCCER

By Mike Shea, Coach

HKHS falls to Lyme-Old Lyme

The Haddam Killingworth High School Varsity Girls Soccer team lost their first game of the season on Monday, Oct. 26, giving the win to Lyme-Old Lyme by a score of 2-1.

Lyme-Old Lyme scored twice in the first half at 27:51 and 22:46 minute marks. The Cougars fought back hard in the second half. Rory Parri scored with 7:29 left in the game. Sophia Torrello handled the goalkeeping duties, making seven saves for HK.

*The Cougars are now 5-1 (at time of publication).

HKHS defeats Westbrook, 7-2

On a beautiful day, the Haddam-Killingworth High School girls varsity soccer team defeated Westbrook High School by a score of 7-2.

Goals were scored by Morgan Madore (2), Kedarjah Lewis (2), Julia Favalora (2) and Yumi Imai. Assists were created by Hadley Commerford (2), Kedarjah Lewis (2), Yumi Imai (2). Kelsey Lonergan got the win in goal for the Cougars.

HK improved their record to 5-0 with the win.

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RSD #17 Board of Education: Summary of September meetings

By Jennifer Favalora,
RSD #17 Board of Education

Cougar Pride:

Amy Perry and Sharon Timek are recognized: The Board of Education and Superintendent Hageman recognized and thanked Amy Perry and Sharon Timek for coordinating over 50 volunteers to sew nearly 4,700 cloth face masks for the students and staff of HK. Amy began coordinating the effort in June to recruit volunteers and funding for the project and then distributed tote bags of supplies and materials to each of the community mask makers. The group created masks in both fun prints and school colors in various sizes that would fit pre-Kindergarten students through adults.

2020-2021 School Year:

School Reopening Plans: After months of planning, RSD17 was excited to welcome students back into schools for the first time since March 13th. The first four weeks in the hybrid model allowed for new systems and processes, such as distancing, technology, transportation and cleaning, to be smoothed out with minimal impact on students. On September 29th, grades K-8 returned to in-school learning five days a week with the option of remote learning still remaining a choice for families. The High School remains in the hybrid model until the

completion of the Field House due to space limitations with social distance protocols in place.

Food Services: RSD17 applied for and was awarded a USDA waiver making school meals free for students until December 31 or until funds run out. Students in K-5 will receive breakfast and lunch for free and Middle and High school students will receive free lunch. This waiver includes children under the age of 18 who attend HK schools, students who are remote learning, and children who are not enrolled in the school system but reside in either Haddam and Killingworth.

Facilities:

HKHS Field House: Renovations at the HKHS Field House were delayed again when structural deficiencies were found in the original concrete subfloor that was poured when the Field House was built over 40 years ago. Expansion joints were added and numerous cracks were filled. Leveling tests identified varying point-to-point measurements to be amended in the surface. Additional spending was approved by the Board for the necessary repairs and reimbursement from the State is expected for these additional steps. The additional work has delayed the completion of the Field House until mid December.

Playground Equipment: The annual inspection of playground equipment

noted safety issues with the wooden playground at KES and the preschool playground at BES. Both of these playgrounds were removed. KES still has its front playground intact and an outdoor play space exists for the Pre-K which is now located at KES.

COVID-19 Adjustments to Facilities: Required preparations were made to each of the buildings in accordance with rules and standards for building operations during the COVID-19 pandemic. Additional cleaning staff were outsourced, protective plexiglass guards were installed, and signage for distancing and precautionary measures were installed. Tents were set up outside some of the schools to allow for outdoor mask breaks in inclement weather. Excess furniture was removed from the buildings and stored in onsite containers and HVAC systems were adjusted and filters replaced.

Finance:

The Finance Subcommittee has been keeping track of expenses and savings strictly due to COVID-19. To date 2020-2021 COVID related expenses include mid-day bus runs for Kindergarten and first grade students, technology upgrades, instructional supplies, outsourcing custodial staff, and additional PPE. Expenses from July to September are at approximately \$222,000 and COVID relief grant money will offset some expenses.

Website:

You can review communications from the Superintendent, including information on how positive COVID cases would be communicated to the school community and the High School instructional model through December on the RSD17.org website under "School Re-Opening Updates."

HK TOWN/COMMUNITY CALENDAR

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

Thursday, November 5

P&Z meeting Haddam, 7:00 p.m. – 9:00 p.m. (remote access only)
Parmelee Farm Committee Meeting, 7:00 p.m. - 9:00 p.m. Parmelee Farm

Saturday, November 7

Super Saturday Storytime – Killingworth Library 10:30 a.m. - 11:00 a.m.
Weekly family fun for kids of all ages! Drop-in format, no registration necessary. Adult must accompany child.

Monday, November 9

Haddam BOS Meeting, 6:30 p.m. - 8:30 p.m. (remote access only)
Killingworth BOS Meeting, 7:00 p.m. - 9:00 p.m. (remote access only)

Killingworth Park & Recreation Meeting, 7:30 p.m. - 9:30 p.m. (remote access only)

Tuesday, November 10

Killingworth BOF Meeting, 7:00 p.m. - 9:00 p.m. (remote access only)
Killingworth Inland Wetlands Meeting, 5:30 p.m. - 7:30 p.m. (remote access only)
RSD 17 BOE Meeting, 7:00 p.m. - 9:00 p.m. (remote access only – for public viewing)

Tuesday Book Discussion, 1:00 p.m. – 2:00p.m., St. Lawrence Church in Killingworth

Wednesday, November 11

Veteran's Day

Thursday, November 12

Haddam Park & Recreation Meeting, 7:30 p.m. - 9:30 p.m. (remote access only)

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How Has the Pandemic Changed Family Court Proceedings?

By Attorney Makana A. Ellis

Since the pandemic started in 2020 and due to health concerns, family court proceedings have altered significantly. Instead of having the in court "Short Calendar" proceedings for general family law motions and non-emergency proceedings, the family courts have adopted the "Case Date" proceedings. A Case Date is held virtually using Microsoft Teams and gives parties designated court time of greater length than was generally available during short calendar.

During short calendar, the family courts typically limited the court to addressing the motions listed on the court's docket that day. A Case Date allows the court to address all pending motions and look at the case in a broader overview. Before the scheduled Case Date, parties will have a phone conference with Family Services, which mediates the case for a scheduled half hour. This is unlike short calendar, where parties would sign up to talk with Family Services to mediate their case, and Family Services would meet with the parties on a first-come first-serve basis without designated times. Typically, if parties do not have an agreement for their family law case by the time the scheduled Case Date begins, the court will either start a hearing on that day or schedule the hearing at a later date and a designated time to be held virtually.

If you have a family court case or plan to file a family law case and need assistance navigating these new Case Date proceedings, please contact Dzialo, Pickett & Allen, P.C. for a consultation.

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Not so fast: One Haddam couple's recent experience at the DMV

By Meghan Peterson, Ph.D.

Are any of you in Haddam or Killingworth needing to pay a visit to the CT Department of Motor Vehicles (DMV)? If so, budgeting for a lengthy wait time spent outdoors may be an important consideration, as one Haddam couple's recent experience illustrates.

According to the CT DMV website, various deadlines for expiring credentials, such as driver's permits and licenses, emissions tests and retests, motor vehicle and boat registrations, and disability placards were "extended due to Covid-19." As an example, this writer's vehicle emissions test was originally slated to be completed in April but received an automatic extension through July. Items that technically expired in the summer of 2020, however, are now coming up to their extended deadline date by the end of the year. As an example, for items that have an original expiration date between June 1, 2020 and Nov. 30, 2020, the credentials remain valid until Dec. 31, 2020.

David and Sharon Challenger of Haddam went to the Old Saybrook, Conn. branch of the DMV on Wednesday, Oct. 28. Both had to do a license renewal. They each made appointments via the DMV website under the "Make/Edit or Cancel an Appointment" option at the top of the left-hand menu bar. Known for their promptness, the Challengers arrived 10 minutes early. Sharon's appointment was for 10:00 a.m.; David's was for 10:10 a.m.

How did the license renewal go for them? The answer to that question should begin with an observation about the wait time for the Challengers. They were not called until noon. Sharon says, "we were there for 2 hours before we were called. We were outside



Photos courtesy of David and Sharon Challenger.

for at least one hour and inside for one hour." She continues, "We arrived at 9:50 [a.m.] and showed them our appointment was in ten minutes. We were told we had to go to the back of the line. Every person who came was put into the same line, no matter what they were there for. We did not know if the person in front of us was scheduled earlier or later than us." In addition, customers were not permitted to wait in their vehicles. Sharon points out that "everyone with appointments had to get in line outside." Moreover, only those with appointments are even allowed into the Old Saybrook DMV building. In other words, no walk-ins permitted. The Challengers were not informed of an expected wait time duration; not through the website nor upon arrival to the branch. Sharon estimates that 30 or so people were in line waiting, describing the situation as follows: "...the line ran down one side of the building and curved out to the street. By the time we left, [people] were way out to the street edge."

The actual license renewal procedure of paying and having photos taken was "maybe five minutes tops," according to Sharon. Why, then, the two hour wait for a five-minute process – and one for which the Chal-



lengers had scheduled appointments? Why the long line of people forced to wait outside on a cold, rainy autumn day? It appears that the DMV may be understaffed. Sharon's conversation with a guard sheds some light. She explains, "At one point, I asked the guard why there were only two people and ten [service] windows. He told me the state had a freeze on hiring." Another employee Sharon spoke with said workers get two 15-minute breaks and a 30 minute break for lunch. Sharon inquired whether employees receive additional "mask breaks," as workers are required to wear them all day. It turns out that the employees do not get extra breaks. At various points in time, Sharon noted that five

DMV employees would drop down to two working the windows because they were rotating on breaks. Sharon adds that, "my husband spoke with the guard and mentioned it was going to rain hard today and tomorrow and asked what would happen to people with appointments. The guard glumly said, 'They'll get wet.'"

Moral of the story? If you make an appointment to visit the DMV, plan for a long field trip. And dress for cold temps. Contemplating going to AAA as an alternative? Think again. Sharon and David Challenger thought the same thing. "We were tempted to go to AAA, but when David looked it up, they were booked through December."

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Questions can be directed to the Superintendent's office at 860-873-5090.

Chamber of Commerce honors CT National Guard

By Sierra Lopez, Marketing & Public Relations,
Middlesex County Chamber of Commerce

Chairman Tom Byrne of the Middlesex County Chamber of Commerce announced that the chamber will honor the Connecticut National Guard with the AT&T Veteran Support Champion of the Year Award.

The award was presented at the 19th Annual Support the Troops and Honor the Veterans Member Breakfast Meeting on Monday, Nov. 2, The chamber looked forward to welcoming Major General Francis J. Evon, Jr. as keynote speaker.

The Member Breakfast Meeting, sponsored by Middlesex Health, was held virtually for the first time in its history.

The AT&T Veteran Support Champion of the Year Award is presented annually to a business or organization that supports active duty military personnel, veterans, and their families through employment, philanthropy, spousal support, and other means.

Chamber President Larry McHugh noted, "We are so proud of the work that the Connecticut National Guard has done during this very challenging 2020. From pandemic response, to storm response, and more, the guard has been there for the citizens of our state. We look forward to honoring their service, and are honored to have Gen. Evon as our speaker for the event."

Major General Evon is the Adjutant General of the Connecticut National Guard. He is responsible

to the Governor and the Chief, National Guard Bureau, for providing operationally trained, equipped and mission-ready forces to support both U.S. mobilization requirements and state emergency operations to include developing and coordinating counter terrorism and domestic preparedness contingencies for the State of Connecticut.

About the Chamber: The Middlesex County Chamber of Commerce is a dynamic business organization with over 2,175 members that employ over 50,000 people. Our chamber represents businesses of all sizes and industry sectors, from Fortune 500 companies to micro businesses, and we are committed to promoting a positive business climate in Middlesex County.

COVID-19

One COVID Case at HKMS & One Case at HK Cubs; Close Contacts Quarantining

By Editorial Staff

On Monday, Oct. 26, 2020, administration at Haddam Killingworth Middle School were notified that one student tested positive for COVID-19. HKMS was switched to full remote for students on Tuesday while contact tracing could be completed. Contact tracing is implemented to identify close contacts of a positive case. A close contact is someone who has been within six feet for 15 minutes or more.

On Wednesday, HKMS reopened. Two staff members and twenty students are teaching and learning remotely during their quarantine period.

On Friday, Oct. 30, 2020 administration was notified of a positive COVID-19 case in someone associated with the HK Cubs Daycare program. Contact

tracing was completed and one staff member and nine children/students associated with that program are now quarantining.

"Local health officials and I meet and speak on a regular basis and will continue to review case metrics together," said Holly Hageman, Superintendent of Regional School District 17 schools, in a recent message to parents in the district. "We will keep the safety of students, staff and the community at the center of all decision-making. We will make any necessary changes to the instructional model, including a return to hybrid or moving to a full remote model, only if necessary, by way of a careful look at the nature and extent of cases in our communities and the relationship or impact on schooling."

The Department of Public Health strongly advises exercising caution in social gatherings, including family gatherings, maintaining mask-wearing, hand-washing and appropriate social distancing if/when such gatherings occur. Please keep this in mind with Thanksgiving approaching.

Haddam Killingworth News

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FIND A FUR BABY

Rebel, a German Shepherd

By Judith Levin

What a Handsome Guy! My name is Rebel!

He was a real hit with everyone at a recent Pet Valu Event watching him perform some of his fabulous tricks. Sadly, no one has offered to come to his rescue and offer to give him a forever home.

He is a 2 to 3yr old German Shepherd (on the smaller size for a male). He needs to be the only dog in the house right now. He loves to work and needs an experienced handler that will stay consistent with him.

He is very well mannered, know tons of tricks and always eager to learn



more! Rebel loves the car, going on adventures, loves people and children!

Unfortunately he is getting very anxious and stressed in the kennel and believes there is a forever home for him out there. Will you be his new family?

If you are interested in meeting and possibly adopting this handsome fella, please fill out an application www.brasscityrescue.org

WORD SEARCH

Trees of New England

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O Y A F S H L U Y W O O A R N
W S R P T E A R T O G L L C I
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DOGWOOD

HOLLY

LARCH

PEAR

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SWEETFERN

WALNUT

GOVERNMENT NEWS

Courtney announces \$250k in federal funding to support Eastern CT Substance Use Prevention

By Patrick Cassidy, Communications Director, Courtney's Office

On Oct. 30, Rep. Joe Courtney (CT-02) hosted eastern Connecticut health care providers, addiction prevention experts, and leaders in the fight against the opioid epidemic for a virtual roundtable discussion on substance use prevention, treatment and recovery efforts amid COVID-19. Courtney also shared with participants a new \$250,000 in federal grant funding, announced just today, that will support prevention efforts across eastern Connecticut.

On the call, Rep. Courtney was joined by Rayallen Bergman (Drug

Free Communities Coordinator, Norwich Youth & Family Services), Miranda Mahoney (Project Coordinator, Griswold PRIDE), Michael Doyle (Unit Director, Penobscot Place Recovery Coach Program, Reliance Health), and Deanna Delaney (Norwich Recovery Coach, Reliance Health). He also welcomed to the discussion Kathleen Dufficy, the President and Founder of Matt's Mission—a non-profit organization located in Jewett City, CT, dedicated to ending the stigma of drug addiction and treating addiction as a disease. Kelly Barret (Vice President of Matt's Mission) also participated in today's discussion.

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Food for Thought: See What's Sprouting

By Janet Verney

As the weather gets chilly here in the northeast and we spend more time indoors, a fun project for all ages, is sprouting! I don't know about you, but it is this time of year that I truly miss my garden and being able to grow my own foods, so this gives me a bit of that indoors.

Sprouts and microgreens are considered the king & queen of all the greens. They are a raw, "LIVING" foods that are still growing when you eat them. They pack a positive nutritional punch and are filled with great protein. Some of the other praise I've heard over the years of these tiny greens include: high levels of phytonutrients, antioxidants, anti-cancer benefits, high in vitamins, minerals and fiber. Not a bad resume for a little sprout!

Below are three ways to grow these wonderful superfoods.

Sprouts: There are many varieties of sprouts available for growing (broccoli, onion, fenugreek, lentil, adzuki, radish, mung, clover, alfalfa, etc.). Try a new one from time to time and see which ones you like best. You can also purchase a blended variety pack. Each type has its own nutritional benefits, but they are all so good for you.



Photos by Janet Verney

Sprouting Instructions:

Soak 1-2 tablespoons of seeds overnight in a wide-mouth, 2-cup glass mason jar with a sprouting lid (lids can be found on Amazon, or often at your local health food store).

Drain and rinse seeds in the morning and turn

upside down onto a platter, slightly tilted to maintain airflow. At this stage it is best to keep them out of direct light.

Rinse and drain seeds twice daily for 3-4 days until you see a little tail emerge from the seed.

Now it's time to place them in a sunny window. Continue to rinse and drain for another day or two.

On the last day of rinsing, allow the sprouts to drain during the day or overnight, then cover with a solid lid and place in the refrigerator. The sprouts will continue to grow, but more slowly in the colder temperature of the fridge.

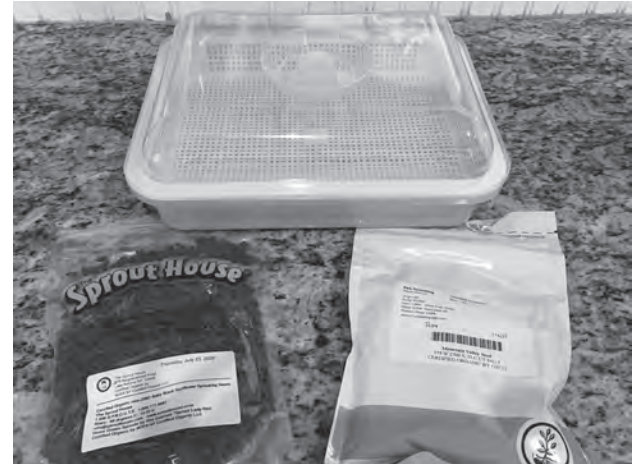
Sprouts usually keep well in the refrigerator for 4-5 days. Discard if they look slimy or start to get brown.

Shoots: My personal favorites are pea and sunflower shoots. They are wonderful in salads or for juicing. Together they make a complete amino acid and are super high in protein. To juice them, you will need a juicer, not a blender. I love my Omega, model 8006, which I bought on Amazon in 2013 and it's still going strong! Here is my go-to juicing recipe that I have first thing in the morning, on an empty stomach and at least a half hour before having anything to eat.



Green Smoothie

- 1 handful of pea-shoots
- 1 handful of sunflower-shoots
- 1 small organic cucumber
- 4 stalks of organic celery
- ¼ - ½ sliced organic green apple (optional)
- 1" piece of organic ginger, not peeled (optional)



Shoots Instructions:

Soak 1 cup of shoot seeds overnight in a wide-mouth, 4-cup glass mason jar with a sprouting lid. NOTE: sunflower shoots will float to the top so it is best to use a small cup to keep them submerged in the water for soaking overnight.

Drain and rinse seeds in the morning and turn upside down onto a platter, slightly tilted to maintain airflow. At this stage it is best to keep them out of direct light.

Rinse and drain seeds twice daily for 3-4 days until you see a little tail emerge from the seed.

Rinse one final time in the morning and allow to drain for 4-8 hours before planting, or placing in a water sprouting container.

If you are going with soil rather than the water method, add about one inch of organic potting soil to a 10x21" black plastic tray. Sprinkle the seeds on top of the soil and cover with about ¼ inch of soil. Mist with water and place the tray where it will get indirect light. For optimal growth, it needs to be kept in 70-80 degree temps.

If you choose to grow them with the water method, you will need to purchase the trays & the lid on

Continued on page H9

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Food for Thought: See What's Sprouting

Continued from page H8

Amazon and follow the enclosed instructions. I am new to this method and have found that the sunflower-shoots are prone to getting moldy with all the water, so I am still experimenting with this process.

Water lightly each day as needed, but you do not want soggy soil.

When the shoots are 3-4" high, give them a haircut, a section at a time, or all at once and store in the refrigerator. They keep about a week in the fridge.

Microgreens: These baby greens are far superior to their fully grown versions. They are filled with high levels of vitamins & minerals and phytonutrients. They are great in salads & wraps.

Add about one inch of organic potting soil to a 10x21" black plastic tray. Sprinkle the seeds on top of the soil and cover with a dusting of soil. Mist with water and place the tray where it will get indirect light. For optimal growth, it needs to be kept in 70-80 degree temps.

Water daily, but not soggy.

When the microgreens are 3-4" high, give them a

haircut a section at a time, or all at once and store in the refrigerator. They keep about a week in the fridge.

I hope you give this sprouting a try, have fun doing it, and enjoy the results!

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! Also known as the Gut Guru, Janet oversees IIN's advanced course in Gut Health. Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.



LEGAL NOTICES

**TOWN OF HADDAM
INVITATION TO BID
HIGGANUM COVE BRUSH CLEARING
MAINTENANCE
2020-2021**

Sealed bids for the cutting and removal of brush and downed trees at the Higganum Cove property, 19 Nosal Road, will be received at the Town Office Building, 30 Field Park Drive, in the First Selectman's Office until 10:00 a.m., on Friday, November 20, 2020, at which time and place said bids will be opened. Bid results will be available Monday, November 23, 2020, on the Town's website. Faxed or emailed bids will not be accepted. Bids received after this date and time will be invalid. Town reserves right to reject any and all bids. All bids shall be clearly labeled "Higganum Cove Brush Removal". Insurance certificate must be included.

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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