

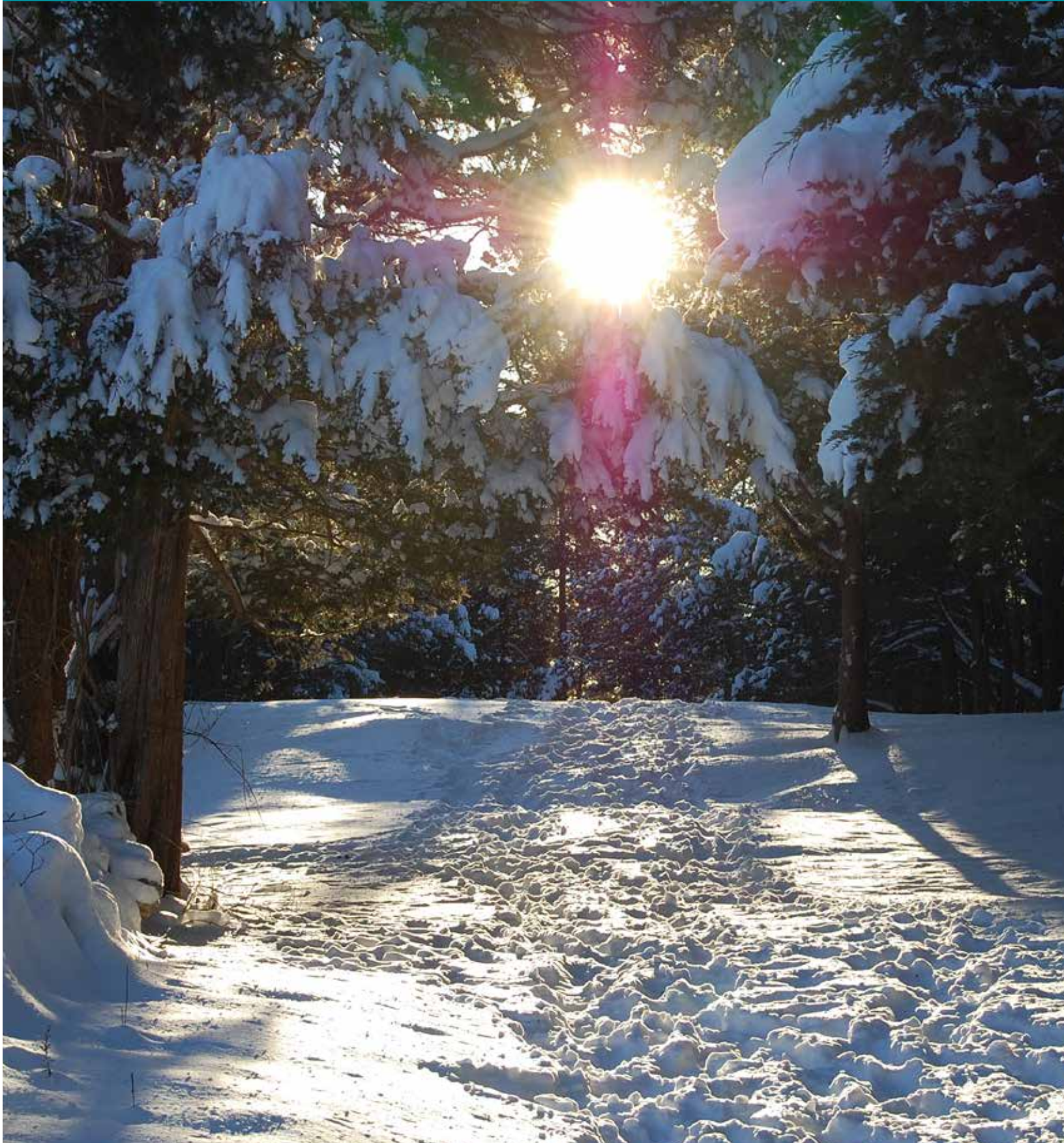
Haddam



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Volume 6 • Quarter 1 • 2013



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TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

The Holiday Season has come and gone and we can only hope that the positive effects are long lasting enough to cope with the flurry of demands that plague the first quarter of municipal life. For a short time, the Town budget was only a target to be dreaded, and the legislative battleground only a series of e-mails that were yet to be sorted and prioritized. Now, as you read this report, we are indeed knee deep into the business of cranking up our engine for another fiscal year, hoping that the pressures of the economy and state taxation have not lessened our timing and will not negatively influence our future performance.

As we assess our ability to perform, I am struck by the ebb and flow of the process, which although in the short run can appear almost overwhelming, when taken in the context of time seems like a small blip on a very large television screen. The process of saying goodbye to a year that celebrated our 350th anniversary is a good case in point, as it causes us to put away a mind set of reflection and asks us to begin the journey toward the next milestone in our future. In so doing, I had the opportunity to create a document that freezes our Town in time. The document, in the form of a message to future Haddam citizens was placed in a time capsule and will hopefully be opened in fifty years at another anniversary celebration. As my report to you for this first quarter of 2013, I would like to share that document with you.

A View of Haddam through the Lens of Time "A Message of Hope"

Dear Citizens of Haddam:

I write this message as our beloved town completes the final days of her 350th anniversary. As I reflect on the celebrations, dedications, parades and historical re-enactments of the past twelve months, I cannot help feeling a sense of loss as I wonder if we will ever be able to duplicate the enthusiasm, excitement, and pride that took us over like a bride and groom beginning a new life together. Throughout the year, with gratitude and respect, we studied the lessons of the past, listened to the echoes of brave and steadfast forefathers, measured our lives, and prepared a path to the future. To those of you who are reading this message and have experienced this glorious year of celebration, it is my hope that the memory has remained vivid and that the experience has truly made a difference in your life.

In some ways, this letter to the future is much like placing a message into a bottle and setting it adrift into a massive sea,



First Selectman Paul DeStefano


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POLITO & QUINN


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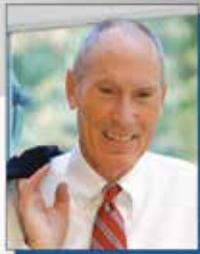
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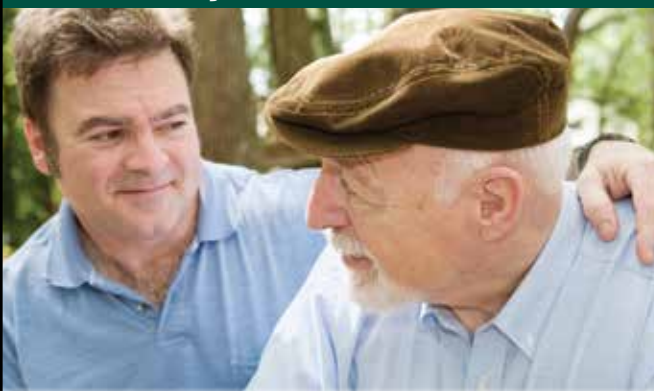


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• *Selectman's Corner continued from page 1* •

not knowing who will read it and not certain if it will indeed be relevant. So much has happened to our town over the past fifty years; it is truly mind boggling to contemplate just what might take place over the next fifty. The only fact that we can count on is that we are creatures of evolution and therefore change will beget change. Though our primary hope is that we will have learned from our mistakes and have prepared a path for a healthy future, we know that the winds of change are sometimes volatile and are unkind to some who cannot bend in their path. As neighbors and fellow citizens, it then becomes our responsibility to hold fast to the hands that may be weaker than ours.

A little over a hundred and fifty years ago, the great English novelist Charles Dickens reached into the darkness of The French Revolution and created a masterful study of human nature. In his classic "A Tale of Two Cities" he exposed the threat of a decaying decadence and foreshadowed the emergence of an unbridled spirit. In part he wrote:

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us."

Although the lessons to be taken from this masterpiece were vivid in their enterprise, the prose of the author's comparisons continues to ring clear as of this writing, a fact that is extremely concerning to a small town like ours that is rich in beauty and spirit but less than rich in her ability to coerce commerce. Haddam has weathered the tides of changing revolutions, having reaped many benefits from the industrial and scientific cycles that saw manufacturing peak and energy rise. During those periods the per-capita income soared and the town grew. With the closing of a major energy facility, the escalation of cost of living and education expenses, and an infrastructure that will not enable us to jump start significant economic development revenue, we have found ourselves in a holding pattern. The national economy is painfully weak and the State continues to step away from financially supporting policy mandates, putting more pressure on us to become more creative. Now, even with the influence of the information and communication cycles running high, we struggle to keep pace with the larger towns that comprise our region. We have therefore given great consideration to maximizing our strengths to solidify a steady, achievable plan for the future.

Our plan begins where it should, at the beginning. No structure can be built without a solid foundation, thus, our infrastructure must be strengthened to support a policy of smart growth. As of this writing, we have embarked on a path to secure potable water for the village of Tylerville and a waste removal sewage system for the center of Higganum. The second leg of the plan calls for providing needed services in a more cost efficient manner. To help achieve this,

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• *Selectman's Corner continued from page 1* •

we have joined a regional Council of Governments which will allow us to reap mutual assistance from the group through a service sharing system. The third component of the plan involves maximizing our bountiful natural resources for recreational and tourism purposes. To this end, we are modifying in force regulations and seeking out private-public alternatives to address conceptual changes to the landscape.

Any plan, however, no matter how well thought out or designed, is doomed unless it respects the need for flexibility; hence we probe, consolidate, study, then probe again, hoping not to lose focus on the core of our intentions, a better way of life for our citizens and a fulfillment of dreams for our youth. In so doing, we have come to recognize that even in the face of a winter of despair, we can experience a spring of hope. Indeed, Haddam at this writing is at a pivotal juncture. Her history has proven that she is courageous and disciplined; one has only to look at the zeal of her conservation efforts to see the value she places in land stewardship for future generations. In many ways, it is that commitment to the future... to you who read this message...that buoys the burden of the volatile swings that have been of recent caused by the foolishness of stubborn legislators and the selfishness of those too comfortable to care that an age of true wisdom is disappearing before their very eyes.

In like kind, a plan is worthless if it is diminished in its concert and harmony. One must believe that a plan can work for it to even stand the smallest chance of succeeding. Belief tainted by incredulity, in any century, is indeed a formula for disaster. Thus, we will continue to strive for understanding and public input as we move forward. We are fortunate that our size in population does not deny the open forum process, so exchanges of ideas and opinions can freely be part of a process of transparent dialogue. At the end of the day, it becomes our duty to you, the benefactor of the fields we hope to plant, to insure that this process is validated by the commitment to the conclusions brought about by our efforts; without that commitment, that which lies in front of us cannot be real.

History records will display the statistics of Haddam, CT for the year of 2012. They will show that she was the only town in the State that is divided by a major waterway. They will show that Haddam Neck remained agricultural in their roots and preferences. They will show that the love of history, culture and arts was proudly proclaimed and celebrated. They will show that her regional education system was one of the best in the state. They will mark a foundation of volunteerism that was like no other in the region. They will show a community that was built on trust, one that thrived on the sharing of its mutual talents to make the whole even greater than its parts.

continued on page 7

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Jake Shumbo

In December of 2011, our son Jake was snowboarding when he fell and hit his head. He was wearing a helmet but the blow to his head caused is brain to swell very quickly as well as having a small bleed. He went to multiple hospitals, and four months later, he was able to come home. He continues to slowly make progress. Fundraisers and donations to The Jake Shumbo Fund at Liberty Bank have allowed us to keep him going to the therapy that he so desperately needs. We thank everyone from the bottom of our hearts, as does Jake.

— Tom, Dawn, Ashley and Jake Shumbo

Donations can be made to any Liberty Bank in Connecticut. The original account was set up at the Liberty Bank in Moodus - 29 William F. Palmer Road, Moodus, CT 06469.

Notice from the Tax Office

The Tax Office would like to remind Haddam residence that the second installment for Real Estate and Motor Vehicle Supplemental Tax Bills are due January 1, 2013, with a grace period to February 1, 2013. If you registered a vehicle between October 1, 2011 and September 30, 2012 you will receive a supplemental bill this January for the 2011 Grand List. Taxes will become delinquent if payment is not received in the office or postmarked on or before February 1, 2013. Checks can be made payable to the Town of Haddam and mailed to: Town Office Building, Tax Office, 30 Field Park Drive, Haddam CT 06438-1196. If you would like a receipt, please include in a self-addressed stamped envelope with your payment.

Beginning in January, on-line payments can be made at Haddam.org using our new payment services provided by Invoice Cloud. There are many new payments options available. The Tax Office is opened Monday - Wednesday 8:30 a.m. to 4:00 p.m., Thursday 8:30 a.m. to 6:30 p.m. and Friday 8:30 a.m. to noon. The Town Office Building is closed daily from noon -1 p.m. If you have any questions please call the Tax Office at 860-345-8531 X 207.

— Kristin Battistoni & Linda Walczak



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Healthy Eating through Healthier Habits for Seniors

As we age, the make-up of what we eat becomes more and more important to our bodies and our overall well being. With proper nutrition, we are better able to manage health issues such as high blood pressure, cholesterol and sugar levels. We also reduce or eliminate common ailments such as swelling and inflammation, poor digestion, and low energy. While many seniors find themselves on some type of "restrictive" diet, this does not have to mean the end of enjoying a good meal. In fact, with better food labeling and an increasing selection of healthier foods in grocery stores, eating better is really tastier than ever. Here are some tips to eating well: Fresh is best when it comes to fruits and vegetables, and frozen is second best (avoid high-salt or sugary canned foods). The fiber and vitamins in popular favorites such as apples, blueberries, plums, broccoli, cauliflower, and avocados provide countless benefits. Enjoy these foods raw, steamed or sautéed in a little olive oil. Brown (whole grain) is better when it comes to breads, pasta, rice and cereals. For potatoes, sweet ones are far more nutritious than white. Choose lean, high-protein foods such as fish, turkey, pork, beans, peas, nuts, for higher energy and better bone health. Eggs, cheese and milk have calcium that is also beneficial to bone health. However, these foods should be avoided if cholesterol levels are a concern. Use olive oils or soy-based margarines instead of butter whenever possible, to keep cholesterol counts down. Choose water over high-sugar drinks and fruit juices. Keep bagged salads, canned tuna, and low-fat yogurts on hand for quick meals. If you live in a retirement community, discuss your diet with the chef, nutritionist, or nurse. They will make recommendations for you and prepare foods that meet your special needs. By adopting better eating and shopping habits, we can find the best balance of foods that keep us healthy and help us enjoy a great (and delicious) quality of life.

— Kathy Ryan, Executive Director,
The Saybrook at Haddam

• *Selectman's Corner continued from page 5* •

If you are fortunate enough to view the photographs of our day, you will see spectacular landscapes, vivid sunrises and sunsets, and a breathtaking image of the mighty river that binds us together as one. You will see and sense the majesty of one of the most beautiful towns in the state. What you will not be able to see, however, is the soul of a people like no other, a soul that is filled with compassion, a soul that shines with the great light of hope.

Signed on this 31st day of December, in the 2012th year of our Lord.

— Paul J. DeStefano, First Selectman, Town of Haddam

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Town Clerk's Office

NEW OFFICE PROCEEDURE: ALL GUESTS TO THE TOWN CLERK'S OFFICE MUST SIGN OUR VISTOR'S LOG.

Office Hours: Monday thru Wednesday 8:30 am to 12 noon, 1:00 pm to 4:00 pm. Thursday 8:30 am to 12 noon, 1:00 pm to 6:30 pm, Friday 8:30 am to noon. Phone (860)345-8531 Ann ext. 212, Ann R. ext. 211 Fax (860)345-3730. Email: Ann Huffstetler, townclerk@haddam.org - Ann Riebold, townclerkasst@haddam.org

SPORTSMEN

2013 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/ firearms safety courses are available on line at <http://www.dep.state.ct.us>. DEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October 1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will

need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEP office or other participating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Conservation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEP Licensing and Revenue at (860) 424-3105.

TRANSFER STATION

The Transfer Station is located on Route 154, just north of the Haddam Meadows State Park. If you do not have a private trash collection service, trash and recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$50 fee from the Town Clerk at the Town Office building. The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law.

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• *Town Clerk continued from page 8* •

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

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

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

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

1. Proof of residency.
2. Automobile registration.
3. \$50 payment. Cash or check, no credit or debit cards.

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

1. Proof of residency.
2. Automobile registration.
3. \$50 payment. Cash or check, no credit or debit cards.

CLEAN RECYCLABLES ARE IMPORTANT!

Dirty materials can't be recycled and can attract nuisance insects and animals. Please take care in what you recycle so as not to contaminate the load. **WHAT TO RECYCLE:** Newspapers, magazines & catalogs, cardboard, mixed office paper, food and drink containers, telephone books, leaves, brush, motor oil, anti-freeze, tires, scrap metal, Electronics and some bulky waste.

CONTRACTOR BULKY WASTE VOUCHERS: You must have a Transfer station permit plus the bulky waste voucher. Bulky waste vouchers are available in the Town Clerk's Office at a cost of \$10/each or a book of 12 for \$100 – Limit two loads per day. In order to purchase bulky waste vouchers please come to the Town Clerk's Office and have the following available:

1. Proof of residency
2. Automobile registration
3. Transfer Station Permit and voucher payment. Cash or Check no Credit or Debit Cards

SWAP SHOP IS NOW OPEN!

REMINDER: If you have forgotten, please be sure to pay your **DOG LICENSE** fee so that you have the current tag. Our Animal Control Officer will be contacting you, if you are delinquent. Fees: A neutered or spayed dog \$8, an unneutered or unspayed dog \$19. Kennel License is \$51, beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at P.O. Box 87, Haddam, CT 06438, along with your fee. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call or email our office.

— Ann P. Huffstetler, CMC, CCMC, Town Clerk
Ann D. Riebold, Assistant Town Clerk

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25 CAT Swimmers Honored as Connecticut's Top 16

Twenty-five swimmers from the Cougar Aquatic Team (CAT) were honored at the annual Connecticut Swimming Awards Banquet held at the Aqua Turf Club in Plantsville on November 4, 2012. These CAT swimmers were recognized for their outstanding performance during the 2011-2012 season and for achieving the top 16 fastest times in Connecticut in each event. The Connecticut top times were compiled from all US swim meets during the 2011-2012 short and long course seasons.

CAT swimmers who achieved the Top 16 times in Connecticut were Marissa McNary (Westbrook) for 10/U Girls; Drew Donlan (Haddam) for 10/U Boys; Emma Donlan (Haddam), Cassie Garrelts (Killingworth), Brooke Perrotta (Killingworth) (Achieved the top CT time in 50Y Freestyle, 100Y Freestyle, 200Y Butterfly, 100Y IM, 200M IM), Caitlin McNary (Westbrook) and Caitlin VonFeldt (Killingworth) for 11/12 Girls; Brooke Perrotta (Killingworth), and Caitlin McNary (Westbrook) also achieved Top 16 Times in the 13/14 Girls age group.

CAT's 13/14 Top 16 Boys were Matthew Dagenais (Middletown), Cameron Garrelts (Killingworth), Jake Gibbons (Higganum), Garrett Mazziotti (Killingworth), Mason Revis (Higganum) (Achieved the top CT time in 1,000Y Freestyle, 1,650Y Freestyle, 400Y IM), Tristan Stritzel (Killingworth), and James Whaley (Deep River); The 15/16 year old girls were Abby Fusco (Glastonbury), Theresa Goehring (Essex), Claire Hendershot (Wallingford), Coral McNary (Westbrook) and Maggie Purvis (Old Saybrook); CAT's 15/16 Top 16 Boys were Matthew Dagenais (Middletown), Jake Gibbons (Higganum) (Achieved the top CT time in the 1,650 Y Freestyle, 800M Freestyle and 100M backstroke), Caius Mergy (Old Lyme), Neal Tyson (Haddam), Mason Revis (Higganum) (Achieved top CT time in 1,500M Freestyle), Tristan Stritzel (Killingworth); The 17/18 Girls age group were Theresa Goehring (Essex) and Claire Hendershot (Wallingford). CAT'S 17/18 Top 16 Boys were Chris Myers (Essex) and Ty Seymour (West Hartford).

CAT Swimmers who achieved the Top 16 Open Water Mile times in Connecticut were Emma Donlan (Haddam),



(l-r front row) Marissa McNary (Westbrook), Caitlin VonFeldt (Killingworth), Emma Donlan (Haddam) and Drew Donlan (Haddam). (l-r second row) Caitlin McNary (Westbrook), Brooke Perrotta (Killingworth), Cassie Garrelts (Killingworth), Ty Seymour (West Hartford). (l-r third row) Coral McNary (Westbrook), Abby Fusco (Glastonbury), James Whaley (Deep River), and Isaac Waide (East Haddam). (l-r fourth row) Cameron Garrelts (Killingworth), Jake Gibbons (Higganum), Mason Revis (Higganum), Garrett Mazziotti (Killingworth), and Claire Hendershot (Wallingford).

continued on page 11



PETER H. CHARBONNIER

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• CAT Swimmers continued from page 10 •

Caitlin McNary (Westbrook), Coral McNary (Westbrook), Claire Hendershot (Wallingford), Teresa Goehring (Essex) (Achieved top CT time in Open Water Mile), Caroline Wolek (Madison), Matt Dagenais (Middletown), Jake Gibbons (Haddam) (Achieved Top CT Time in Open Water Mile), and Isaac Waide (East Haddam). In addition, CAT swimmers Claire Hendershot (Wallingford), and Caius Mergy (Old Lyme) were recognized as Connecticut Scholar Athletes at the banquet.

The Cougar Aquatic Team (CAT), founded in 1985, is a recognized USA swim team that practices at the Haddam-Killingworth High School pool.

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Haddam-Killingworth Recreation

WINTER/SPRING PROGRAMS

The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this winter and early spring. The brochure is posted on www.hkrec.com. On-line registration is available at <http://hkrec.recdesk.com/recdeskportal/>

Upcoming programs will include pre-school programs (all held at the HK Old MS) such as:

- Imagination Stations (Thursdays, 10 am, beginning January 17th)
- Pre-School Tech Tots (Fridays, 9:30 am, starting January 25th for 6 weeks)
- Tumble Tots (Tuesdays, 9:30 am, starting March 5th for 5 weeks)
- Pee Wee Soccer (Wednesdays, 3:45 pm, starting January 16th for 6 weeks)
- Critter Road Show (Wednesdays, 10:00 am, February 6th – Soft and Cuddly, March 6 – Wonderful Reptiles, April 3 – Bird Buddies)
- Our Unique World (Fridays, 9:30 am, starting April 5th for 6 weeks)

A variety of Youth programs will be offered such as:

- Airborne Jugglers Show and Workshop (Tuesday, February 19th at 1 pm at the HK HS Auditorium)
- Young Chefs of HK (1/16, 2/13, 3/6, 4/10, 5/1, 6/5 at 4:15 pm at the HK HS)
- Group Guitar Lessons (Mondays, 5:00 pm, starting January 28th 5:00 pm at the HK Old MS)
- Creative Art (Wednesdays at BES at 3:30 pm; January, March and May sessions)
- Dance Party Workshop (Thursday, February 7th at HES, 3:30 pm)
- Science in Motion - Bubble-ology (Wednesday, March 6th at HES, 3:30 pm)
- Science in Motion – Playing with Polymers (Wednesday, April 24th, at HES, 3:30 pm)
- Wizard School of Magic (Wednesday, January 30th at HES / February 27th at BES, 3:30 pm)
- Gymnastics (Tuesdays at BES, 3:30 pm, January and March sessions)
- Karate Kids (Mondays at HES, 3:30 pm, starting January 14th for 16 weeks)
- 2nd Grade Basketball (Saturdays, 10:30 am, starting January 26th for 6 weeks)
- Acting (Thursdays at BES starting February 28th for 7 weeks, 3:30 pm)
- Zumbatomic (Tuesdays at HES beginning January 24th for 6 weeks, 3:30 pm)
- Corkum Baseball Clinic (Thursday & Friday, April 18th and 19th from 9 - 12 pm)
- Skyhawks Capture the Flag (Wednesdays at HES, beginning May 15th, 5 pm)
- Babysitting Course (Thursday, February 21st from 8:30 – 2:30 pm at the HK Old MS or Thursdays, beginning March 7th for 3 weeks, 6:00 pm)
- Video Animation (Thurs. at HES beginning January 24th for 4 weeks, 3:30 pm)
- High Flying with K'Nex or LEGO (Thurs. at HES beginning March 14th for 4 weeks, 3:30 pm)
- Movie Making 101 with Heroes (Thur. At HES beginning May 2nd for 4 weeks, 3:30 pm)
- Play-Well LEGO Jedi Engineering (Mon. at BES beginning January 28th for 6 weeks, 3:30 pm)
- Play-Well LEGO Sports Bots (Mon. at BES beginning April 1st for 6 weeks, 3:30 pm)
- Gem Mining (Monday, April 29th at the HK Old MS courtyard, 4:15 pm)
- When I'm in Charge (Thursday, February 5th at 5:45 pm at the HK Old MS)
- Swim Lessons (Tuesdays & Thursdays at 7:00 pm starting January 17th)
- Swim Lessons (Tuesdays & Thursdays 6:00 or 6:50 pm starting in March)
- Parent/Tot Swim and Pre-School Swim (Tuesday & Thursdays starting in May)
- February and April Vacation camps will be held from 7 - 6 pm at the HK HS.

Teens can take SAT Preparation Courses, Lifeguard Training, Young Entrepreneurs, Confidence Building Workshops, and Crossroads Driving School. Many Adult

continued on page 16




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CAT Swimmers Dominate Event

Forty-nine CAT swimmers traveled to West Nyack, NY for The Patriots Holiday Classic which was held on December 7-9th. The CAT swimmers performed amazingly well against many strong teams from the Metro/NY swimming area. Seventeen team records were broken and three CAT swimmers received the High Point Award for their achievements.

Abbey Fusco (Glastonbury) dominated the 15/O Girls division placing 1st in the 50 Freestyle (24.68) and 100 Freestyle (53.33), 200 Freestyle (1:53.68), 500 Freestyle (5:02.86), 100 Backstroke (57.33), 200 Backstroke (2:03.53), and 100 Butterfly (58.91). Abby received the 15 & Over High Point Award for her achievements.

Caitlin McNary (Westbrook) earned the High Point Award for the 13/14 Girls age division. After winning the 500 Freestyle on Friday evening with a best time of 5:14.13, she returned for the rest of the weekend placing first in the 200 Freestyle (1:57.95), 100 Backstroke (1:01.21) and the 200 Backstroke (2:11.20).

CAT's 13/14 Boys High Point Award recipient was Cameron Garrelts (Killingworth). Cameron had an amazing meet winning the 100 Breaststroke (1:03.37), 200 Breaststroke (2:15.96), 200 IM (2:05.59), and 50 free (23.74).

Other CAT Championship Finalists (top 8) were: (**bold denotes 1st place finish**)

10/U Girls: Eloise Campbell (Old Lyme): 200 Free; Lauren Damico (Killingworth): 100 BR, 200 BR, 100 Fly

10/U Boys: Christopher Garrelts (Killingworth): 100 Free, 200 Free, 50 BR, 100 BR; Kyle Mazziotti (Killingworth): 50 BK, 100 BK; Malone Revis (Higganum): 200 Free

11/12 Boys: Drew Donlan (Haddam): 100 Fly

13/14 Girls: Jillian Clemente (Killingworth): 200 Fly; Jordan Clemente (Killingworth): 200 Fly; Kelly Dunn (Litchfield): 200 Free, 100 BK, 200 BK; Cassie Garrelts (Killingworth): 200 Free, 500 Free; Caitlin McNary (Westbrook): 50 Free, 100 Free, **200 Free, 500 Free, 100 BK, 200 BK**, 200 IM; Brooke Perrotta (Killingworth): **100 Free, 100 Fly, 200 IM**; Caitlyn VonFeldt (Killingworth): 100 BK, 200 BK

13/14 Boys: Cameron Garrelts (Killingworth): **50 Free**, 100 Free, 200 Free, **100 BR, 200 BR, 200 IM**, 400 IM

15/Over Girls: Abbey Fusco (Glastonbury): **50 Free, 100 Free, 200 Free, 500 Free, 100 BK, 200 BK, 100 Fly**; Claire Hendershot (Wallingford): 50 Free, 100 Free, 200 Free, 500 Free, 100 BK, 200 BK, 200 IM; Coral McNary (Westbrook): 100 BK, 200 BK, 200 IM, **400 IM**; Maggie Purvis (Old Saybrook): 50 Free, 200 Free, 100 BK, 200 BK, 200 IM

15/Over Boys: Jonathan Brodeur (Old Saybrook): 50 Free, 100 BR; Matt Dagenais (Middletown): 200 Free, 100 BK, 200 BK, 200 BR, 200 IM; Collin Dunn (Litchfield): 100 BR, 200 BR, 400 IM; Garrett Mazziotti (Killingworth): 100 Fly, 200 Fly; Caius Mergy (Old Lyme): 100 BR, 200 BR; Chris Myers (Essex): 100 Free, 200 Free, 100 BR, 200 BR, 200 IM; Mason Revis (Higganum): 100 Free, **200 Free, 1650 Free**, 200 BR, 100 Fly, **200 Fly, 200 IM**; Neal Tyson (Haddam): **50 Free, 100 Free**; Isaac Waide (East Haddam): 1650 Free

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Cougar Aquatic Team (CAT) Collected, Assembled & Donated over 40 Health Kits to the Eddy Shelter

This holiday season the Cougar Aquatic Team (CAT) collected soap, toothbrushes, toothpaste, washcloths, deodorant, combs, shampoos, and tissues and assembled over 40 health kits for the Eddy Shelter located in Middletown.

The Eddy Shelter is an emergency homeless shelter for single adult men and women in Middlesex County. Its mission is to provide leadership in identifying and promoting innovative solutions to ending homelessness, while allowing for each individual's unique capability. It accomplishes this by meeting basic human needs with a warm bed and hot shower, providing skills to live in the community, resources and referrals to end homelessness and support to decrease the return to homelessness by using prevention techniques. Located on the grounds of Connecticut Valley Hospital in Middletown, the shelter can house 30 adults.

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(Front Row, L-R) Kate Donlan (Haddam), Marissa McNary (Westbrook), Drew Donlan (Haddam), Kyle Mazziotti (Killingworth), Nick VonFeldt (Killingworth), Sean Rutledge (Haddam). Back Row, L-R) Katie Mathews (Higganum), Emma Donlan (Haddam), Caitlyn VonFeldt (Killingworth), Caitlin McNary (Westbrook), Coral McNary (Westbrook), Garrett Mazziotti (Killingworth), James Whaley (Deep River), and Isaac Waide (East Haddam).

CAT is open to swimmers with the desire and determination to succeed in a sport strongly dominated by outstanding student athletes. For more information go to www.catswim.com.

New Year, New You!

The winter season awakes temptation in most people to hit the couch instead of a gym or training room. Build your body and mind strong, and don't allow temptation to overpower you. Instead, use this time to get your body ready to tackle any fitness goal-whether it's increasing your speed and endurance, boosting your strength, sculpting muscles, or slimming down in time for the spring and summer. The key to scoring a healthy body year round is simple-you need to commit to healthy eating habits and fitness plan that is easy to fit into your busy schedule. So stop with the excuses, make a plan, and start the New Year with a New You!

Your plan should include a minimum of 30 minutes of physical activity every day. Three days of the week you should break a sweat through an effective planned workout, using your body weight, resistant bands, weights or medicine balls. Strength training has some amazing benefits; it increases lean muscle mass, which boosts metabolism and helps torch calories and shed stubborn fat. It also helps improve the quality of your sleep, relieve back pain, and protect you from diseases. Don't feel intimidated, instead ask for guidance. Knowledgeable Personal Trainers will help design exercise sessions you can use more effectively.

Don't forget to stretch for a longer body; you will walk stronger, look thinner, and feel better. Why is stretching so

important? Simply put, it makes your body perform. You'll gain a greater range of motion; flexible muscles also help prevent soreness and injury. Aesthetically, a well stretched and limber body appears leaner than a body with shortened, constantly contracted muscles. Stretching also undo a lot of the postural damage (slumping at your desk or while driving...) you inflict on yourself even when you're not working out. Stretching is a type of joint movement that is performed to the limit of the range of motion in specific direction. Stretching elongates muscles and connective tissue, and obtains muscle relaxation. Practical knowledge of the structure and the movement at each joint is essential to ensure the safety of the recipient during joint movements.

Sometimes we need a necessary spark to move us to vital action. Sometimes life is about baby steps towards a bigger goal. Never give up! The ability to move is a gift you need to cherish and use. Build your body and mind strong, and when things are harder to deal with simply adjust your routines. Be mindful that nothing long-lasting happens overnight. Start that new year-new you journey, with one step; be patient and persistent!

— *Maryla Radziszewski, LMT, CPT*
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• *HK Recreation continued from page 12* •

programs include Fitness Yoga, Zumba, Get Fit, Dog Obedience, Aqua Aerobics, Semi-Private Swim Lessons, Self-Care, Basic Boat Course, Visual Journaling, Aroma Therapy, Art with Sand, Adult/Child/Infant CPR, Sr. Exercise and Sr. Swim.

Excursions that will be offered include UConn Women's Basketball vs St. Johns (2/2) / The Inspiring Intrepid (5/4), and Splash Down in Boston (6/22). The HK Rec. Dept. also has discounted tickets to the CT Science Museum. For more information about any of our programs, please call the Haddam-Killingworth Recreation Dept. at 860-345-8334 or visit www.hkrec.com.

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