Conversing with Hale-Ray nurse Kelly James

Editor’s note: Quinn Pramberger is a senior at Nathan Hale-Ray High School and is serving as an intern with the East Haddam News in conjunction with the Ray School Corporation (aka the “Ray Board”), which seeks to improve vocational educational opportunities for East Haddam students. This is his third article for the newspaper.

By Quinn Pramberger

We are at a very interesting time in this country. Thousands of people are losing their lives every day because of COVID-19. However, one of the bright spots has been our diligent nurses, who have been risk- ing their lives every day to come to work and treat the less fortunate. As a community, we are very lucky to have Kelly James, the school nurse at Nathan Hale-Ray High School, along with the other great nurses at both the Elementary and Middle School: Marty Dexter and Angela Oakes. They have been coming to school every day with smiles on their face, ready to treat anyone at any time.

I appreciate Nurse James as well as all of the other healthcare workers that are on the frontlines every day for the greater good. They are the real heroes of the pandemic, and we should all take time out of our day to thank them for their incredible work during this very challenging time.

I reached out to nurse James, who is an LPN and lives in East Haddam, to ask her a few questions about how this time has been for her. These were her responses:

Q: How has COVID-19 impacted your relationship with your students?
A: I think that after our time being remote last year and just everything going on globally, all of us are really very thankful to be here and to be together. A down side has been students and myself have so much worry with everything going on with COVID-19 and with social distancing; it is harder to have the traditional interactions we typically would.

Q: What was running through your mind when you first got word of the lockdown?
A: Back in March of last year when we were first sent home, I was most concerned about student/staff safety. As a school nurse, you feel responsible for the health of all your students, so there was a sense of helplessness with a new global

Continued on page EH6

Grocery store opens in Moodus

A full-service grocery store, Home-town Market, opened its doors on Monday in Moodus, featuring deli, produce, and meat departments, according to Muammar Abdullah, one of the owners. It will be open seven days a week from 7 a.m. to 8 p.m. in the building that once housed the Grist Mill Market, which closed in May 2019. See ad on Page EH2 for details.

In This Issue: Moodus in the media, Page EH3 • Classifieds, Page EH5 • Wild Things, Page EH8 and EH9

---------ECRWSS****

East Haddam News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING MOODUS, LAKE HAYWARD, HADLYME AND EAST HADDAM

March 4, 2021
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Moodus makes some noise in the regional media

Earlier this year, it was The New York Times discovering that East Haddam was a loveable place (see January 21 East Haddam News). Now it is Boston Magazine. The glossy monthly features Machimoodus State Park in Moodus as one of “Five Places to Find Quirky Acoustic Phenomena on a Road Trip from Boston.”

The Moodus noises clearly have been heard as far away as Boston. Here’s the short pitch on why Bostonsians should visit:

Machimoodus State Park
Location: East Haddam, Connecticut
Driving time from Boston: 2 hours

In the village of Moodus in East Haddam, you may hear bizarre sounds you’ve never heard before. The odd booms, crashes, and rumblings that reverberate across town terrified people for centuries and inspired many folklore tales. Native Americans named the area Machimoodus, meaning “Place of Bad Noises,” and believed the violent god Hobomoko was responsible for the noises. When settlers arrived in the late 1600s, they tied the sounds to witchcraft and the Devil. Since then, science has attributed these eerie noises to micro-earthquakes in the area, now Machimoodus State Park. There’s no guarantee you’ll hear the noises when you visit, but it’s a beautiful and worthwhile trip even without them.
‘Goodspeed on Demand’ debuts March 15

Artistic Director Donna Lynn Hilton and Managing Director David B. Byrd announced plans to extend Goodspeed Musicals’ reach globally with a new streaming initiative: “Goodspeed On Demand.” Beginning March 15, Goodspeed On Demand will offer musical theatre fans worldwide a variety of streaming content that ranges from never-before-seen archive recordings of past Goodspeed productions to filmed theatrical performances by musical theatre legends to unique concerts from some of the best and brightest performers on the stage today. Each production will be available for several weeks and new content will be added on a regular basis. Goodspeed On Demand is supported in part by Samuelson, Official Audio Sponsor, and Marquee Sponsor Susan Gonsalves.

Goodspeed On Demand launches with the archiving recording of the highly acclaimed new musical, “Passing Through” and additional offerings in the series will be announced at a later date. “Passing Through” premiered at Goodspeed’s Terris Theatre in the summer of 2019 and for the very first time, audiences can view the entire production from the comfort of their own home.

Set amidst the rich sounds and diverse tapestry of the American landscape, “Passing Through” tells the true story of a young man who journeys on foot from Pennsylvania to California. During his journey, he meets many strangers who share stories that guide him as he goes. When his trek brings to light an unresolved family crisis, he must use the lessons he’s gathered to finally confront his past.

“Passing Through” will premiere on March 15 and will be available for viewing any time On Demand until April 4, 2021. Tickets are $25 and are on sale now at goodspeed.org or by calling the Box Office at (860) 873.8668 (Monday–Thursday, 10–3). Once a ticket is purchased, viewers will be emailed a unique link and passcode that can be used any time during the streaming period. Once the viewer clicks the link to watch, they will have 72 hours to view the video. Viewers can watch the entire show or watch part and come back later.

Viewers will only need to purchase one ticket per household, but we ask everyone to please consider supporting Goodspeed and the performers by purchasing tickets for all those who will be enjoying the streaming event. Viewers are encouraged to join the virtual watch party and post on social media using #PassingThroughWatchParty and tag goodspeedmusicals.

CALENDAR

Editor’s note: To ensure timely publication, please send your event announcement to the newspaper at least two weeks prior to its date, to editor@easthaddamnews.org.

Now through March 20
An exhibition of Poems by Black Poets, a celebration of Black History Month 2021 at the Rathbun Free Library, from February 20 through March 20. The Rathbun Free Memorial Library, 36 Main Street, East Haddam, is open Monday, Wednesday, and Friday from 10 a.m. to 4 p.m., Thursday 10-7, and Saturday 9-1. For more information call (860) 873-8210 or go to the East Haddam Libraries website: easthaddamlibrarystem.org.

March 6
Animal Tracking presented by the Denison Pequotsepos Nature Center, behind from a hunt! Presented by the Lyme Public Library, you will learn to identify the tracks of local wildlife as well as how to interpret the stories they tell. In addition, you will also meet an owl that leaves telltale tracks behind from a hunt! Presented by the Denison Pequotsepos Nature Center in Mystic. Founded in 1946, it provides environmental education programming for all ages on a wide variety of natural history and environmental science topics. Please email programreg@lymepl.org to receive the Zoom link.

March 11
Asian Fusion Cooking Demonstration with Chef James Martell, Thursday, March 11, 5 p.m.
James Martell, the head chef at On the Rocks Restaurant at the Fox Hollow Golf Club in East Haddam will demonstrate how to prepare an Asian Fusion dinner as well as mocktails and cocktails to complement the dish. Learn how Chef Martell makes tuna rolls, quick kimchi, and Buffalo Chicken Rangoon. Please email programreg@lymepl.org to receive the Zoom link.

March 20
The Other Side of the Ice presented by Sprague Theobald, Saturday, March 20, 3 p.m.
Sprague Theobald, an award-winning documentary filmmaker and expert sailor, always considered the Northwest Passage—the sea route connecting the Atlantic to the Pacific—the ultimate uncharted territory. What Theobald couldn’t have known was just how life-changing his journey through the Passage would be. Unrelenting cold, hungry polar bears, and a haunting landscape littered with sobering artifacts from the tragic Franklin Expedition of 1845 make The Other Side of the Ice a harrowing story of survival, adventure, and, ultimately, redemption. Please email programreg@lymepl.org to receive the Zoom link.

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- Snow Plower Needed ing practiced. Please call Cory (860) 322-4367. (3/25)
- Always buying old tools: Old, used, vintage, and antique hand tools wanted. Machinist, woodworking, engraving, workbench tools and tool chests. Fair and honest offers made. Leave your home with social distancing practiced. Please call Cory (860) 322-4367. (3/25)
- Snow Plower Needed for any future storms for a residential driveway here in Moodus. Please leave a message at (860) 873-9976 (3/4)
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Local chef prepares Asian fusion on Zoom March 11

James Martell, head chef at On The Rocks Restaurant at Fox Hopyard Golf Club, is doing a Zoom presentation for the Lyme Library on Thursday March 11 at 5 p.m. on how to prepare an Asian Fusion dinner, as well as “mocktails” and cocktails to complement the dish. Participants can learn how he makes tuna rolls, quick kimchi, and Buffalo chicken Rangoon. Email programreg@lymepl.org to receive the Zoom link. The restaurant is still doing take-out family meals and gearing up for opening for in-person dining in April, he said. Martell said he has been preparing Asian Fusion meals for 15 years and has been cooking since he was 15-years-old, 25 years ago. He has been the chef at On The Rocks for seven years.

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Hale–Ray Nurse Kelly James

Continued from page EH1
pandemic and not knowing how it was going to affect all of us.

Q: What advice would you give people to contain the spread of the virus?
A: Follow all the protocols and mitigation strategies the CDC and Connecticut Department of Public Health has established, as well as for students or parents to communicate with their nurse or the administration if you have questions.

Q: Has COVID-19 made you appreciate being a nurse more?
A: It has made me appreciate every frontline worker. They are heroes in this situation. Our teachers are heroes as well!

Q: What drives you to come to school every day, ready to treat anyone who needs it?
A: I became a nurse because I love to help others, especially kids. Being the school nurse in my community is a dream job. Anyone who has been in my office knows it’s more to me than just an in-and-out visit. As far as during a pandemic, I saw how hard being home was for my kids and I’m just really thankful to be a part of safely getting others out and back with their peers and learning.

Q: Is this the toughest experience you have had in your career as a nurse?
A: Both as a nurse and personally, it has been very tough to worry about people you care about becoming ill or affected negatively by all that this pandemic has entailed.

Q: In what aspects did your work become more difficult due to the pandemic?
A: In every aspect honestly it has become more difficult. Nursing assessments and treatments while trying to maintain distance and prevent possible exposure. Triaging symptoms and explaining protocols has also become very in-depth; we now have contact tracing and quarantine times which need to be in place. People are under so much stress from the virus that all of these things have an added layer of difficulty.

Q: What has COVID-19 taught you?
A: To wash my hands often—joke. It has taught me the importance of adaptability and positivity. Of all the skills and experiences all of us here at Hale–Ray have, these two traits are what has not just gotten us through all of this but kept the school a very special place to be.

Q: Are you confident that we will get the virus under control soon?
A: I would say I am so grateful for all the measures that have been taken to fight this virus, and hopeful that it will be under control very soon.
Virtual pop-up grants are back for local nonprofits

From Community Foundation of Middlesex County

Since 1997, the Community Foundation of Middlesex County (CFMC) has helped people from all walks of life make great things happen throughout Middlesex County. They are our friends and neighbors who support local nonprofits and thus make our towns a little bit better every day. They are business owners who work in partnership with the Community Foundation to make an immediate and lasting difference. They are volunteers who reach out and give a hand up. They are community members who put their hearts and dollars to work to improve the quality of life for all, now, and forever.

They spread cheer during these new and challenging times through their extraordinary commitment to where they live, work, and play.

We start 2021 with a celebration and round of applause for our superb local nonprofits and community members. Did you follow the fun last summer when we took our pop-up grants virtual? Well, there is more to come! We are thrilled to announce that the CFMC Virtual Pop-Up Grants are back by popular demand. We are re-launching the program and inviting everyone to join the fun. It’s as simple as one...two...three! Visit the CFMC Virtual Pop-Up Grant webpage (middlesexcountycf.org/2021/01/submit-your-favorite-nonprofit) and submit the name of your favorite Middlesex County nonprofit organization. On the third Friday of each month, CFMC will draw the name of a nonprofit to receive a small grant award. Recipients to date include the East Haddam Historical Society, The Buttonwood Tree, Shared Harvest Garden at Parmelee Farm, Everyone Outside, Shoreline Soup Kitchens & Pantries, Shoreline Arts Alliance, Pandemonium Rainforest Project, Wesleyan Potters, and Artists for World Peace. Cast your vote and help us share the joy and applaud our worthy organizations.

Our celebration continues with a shout-out to a community collaboration that inspires us all. The Open-Air Meeting Space at Chester Elementary School in partnership with the Town of Chester, the school, and the Chester Leadership Fund at CFMC is one of note. This project will provide a space that can be used as an outdoor learning classroom for the students as well as a gathering place for community members. The structure will be built close proximity to the school to accommodate a wall-mounted monitor with access to Wi-Fi and electricity. This outdoor learning space will allow for learning with social distancing and will have lasting benefits long after COVID. Outdoor learning is proven to be beneficial for student engagement and this open-air meeting space will rise to this task and complement the other outdoor learning areas at Chester Elementary School.

Even in the most challenging times, there is no shortage of creativity and compassion in Middlesex County. This enduring commitment to community in our area allows us to continue our focus on connecting valued donors with worthy causes, and provides us with constant reasons to celebrate. By combining resources, even the smallest gift has big impact through charitable funds that support animal welfare, arts and culture, health and social services, history, education, the environment, economic security, civic improvements, recreation and so much more. The opportunities to make a very real and personal difference are endless. We encourage you to learn more and help us share the joy. Give us a call at (860) 347-0025 or visit us online at MiddlesexCountyCF.org.

HONOR ROLL

Local scholars

Middlesex Community College has recognized the following East Haddam students who were named to the dean’s list for the fall 2020 semester: Jennifer N. Bell, Jacob C. Goodman, Tyler J. Levesque; John P. Linares; Jaylen R. Napolitano and Mercedes J. Smith. A part of the Connecticut State Colleges and Universities system, MCC offers more than 70 degree or certificate programs at the 35-acre campus in Middletown, MxCC@Platt in Meriden and online.

Olivia Pear of Moodus was inducted into the King-Swood Oxford School’s Cum Laude Society.

CONTINUED FROM PAGE EH1

Airport ‘fly-in’ in August

Continued from page EH1

new owners of the Goodspeed Airport. Eric Zipkin and East Haddam resident Bill McEnery own New England Airport Associates, LLC, which purchased the airport in November from Timothy Mellon.

At the time of the purchase McEnery said, “One of the things we are eager to do is to connect with people in town.” In December the new owners hosted a community walking tour of the 57-acre airport, which has nearly a half-mile of frontage on the Connecticut River, 35 hangers, and some 24 planes based there.

In an email, Luc Zipkin wrote, “Our hope is that this event will be the first of many that will help to revitalize the airport as a contributor to community, both economically and culturally.”

For more information on the Goodspeed Fly-In, visit: https://www.youngpilots.org/42bflyin

Zipkin, who is still in high school, is the president of Young Pilots USA, a new organization he founded in September. In June he is planning to take off from the Goodspeed Airport on a cross-country solo flight to draw attention to the new organization and to raise money for several charities: the Aircraft Owners and Pilots Association scholarship, the Gary Sinise Foundation that supports veterans, and the Barstool Fund for COVID-19 small business relief.

The young pilot will be flying a vintage (1946) Piper Cab and touch down at Flabob Airport in Riverside California.

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March 4, 2021
Ralph and Maria Torning sent in several photos of a red-shouldered hawk and this report: “These photos were taken a few days ago at our house on Acorn Drive. We saw one hawk landing on our deck railing close to the birdfeeder, and then a short time later, a second hawk landed next to the first one. They were about 10 feet away. One flew off after we took the photo through the kitchen window. The other sat for a short while longer, looking at the birdfeeder.”

Churck Martie of Landing Hill Road took the photo of a hawk with a view and wrote: “I was standing in our breezeway with our dog, Savvy, and I saw this beautiful hawk, perched on the birdfeeder post. I was no more than 20 feet from him. He stayed for several minutes, surveying the river and then flew off. Within minutes, two chickadees were right back at the feeder. I was glad to see them.”

Joene Hendry reports this interesting drama at her birdfeeder: “While watching the birds this morning we noticed three birds—two downy woodpeckers and a white-breasted nuthatch—that had frozen their positions at the feeders. The birds did not move a feather. We suspected a raptor was nearby and after a few minutes found a red-tailed hawk perched about 60-feet high in an oak tree that is about 200 feet from the feeders. As the hawk scanned the area, the birds remained absolutely still: the woodpeckers for 15 minutes, the nuthatch for about 20. All three birds managed to survive their experience and the hawk eventually swooped off to hunt elsewhere. I’ve never seen this behavior in feeder birds before. They usually just fly to cover and wait out the hawk’s presence.

Lynn Wilkinson took photos of her resident red-tailed hawk on Mitchell Road.

David Holahan saw a pair of common mergansers in the pond by the eighteenth hole of the Fox Hopyard Golf Club.
Welcome Meghan Monk, PA-C!

Middlesex Health Primary Care is excited to welcome Meghan Monk, PA-C to its East Haddam office location, joining Dr. Shelley Burchsted and Stephen D. Socha, family nurse practitioner.

Meghan is certified by the National Commission on Certification of Physician Assistants. She completed her Master of Physician Assistant Studies at the Massachusetts College of Pharmacy and Health Sciences and earned her Bachelor of Arts in biochemistry and molecular biology from Clark University.

Meghan offers **primary care** in East Haddam. Her special interests include dermatology – performing routine skin checks, skin biopsies and acne management – and weight management for a healthy lifestyle.

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