In a rural town, it can be a shock to hear there might be a drug problem in some parts of the community. But it can be even more devastating for the families and loved ones involved, as well as the individual struggling with addiction.

“It’s a disease; their brain has been altered; they can’t control it,” said Ana Gopoian, founder and executive director of Tri-Circle Inc. and an advocate for systematic changes in recovery services. “And in many cases, the shift in brain chemistry could have happened while undergoing a prescribed treatment utilizing a narcotic. If a person is unaware of the potential dangers and side effects, they are more vulnerable.”

“The people that have become addicted are not bad people,” Gopoian said. Continued on page EH7

Town offices to be closed one week during move

By Emmett Lyman, First Selectman

The long-awaited move from the town offices in the East Haddam village to the newly renovated Municipal Office Complex at 1 Plains Road will begin at the close of business on Friday, February 16, and continue through Friday, February 23.

The town offices will be closed during this time period and will reopen to the public at our new location on Monday, February 26. We ask all residents, businesses, and the like to do what they can to plan around this closure. We do understand that situations will arise during the week we are closed that will necessitate some level of service. We will endeavor to accommodate these requests where possible.

We anticipate that our phone system will be operational through Sunday, February 18. Our communications contractor plans to transfer service on Monday, February 19, Presidents’ Day (which is a holiday during which the offices are normally closed). We expect phone service to be restored by Tuesday, February 20. Should you need to reach us during this week, please call the office you need to speak with and leave a message.

As with any best-laid plans, we always need to plan for the unexpected. Should we encounter issues with getting our phone system operational on February 19, callers should contact and leave a message with the Senior Center at 860-873-5034. This number will be used as the interim direct line to the Municipal Office Complex. We will coordinate with the department you need to transact with.

We apologize for any inconvenience caused during the move, but once you see the impressive new facility, you will know it was all worth it.

Updates will be provided each week to the East Haddam News and posted on our town website, www.easthaddam.org, and town Facebook page as moving plans evolve.

Stay tuned, and do not hesitate to contact me at 860-873-5021 should you have questions or concerns.

Jammed river draws ‘ice tourists,’ causes Coast Guard headaches

By Danielle Faipler

Warmer weather brought chunks of ice floating downriver last week, only to accumulate and jam up the waterway at the Swing Bridge (left). The jagged sheets of ice brought sightseers and press crews to the area to see the unusual sight. Residents across the river were less pleased as the ice caused flooding in Haddam. Layers of ice as much as 3 feet thick proved a challenge to Coast Guard ice-breaking cutters, which were still working at press time to break up ice farther down the river. The Holland out of New Haven required repairs over the weekend, delaying the work further as the Coast Guard brought in vessels from New Jersey and Boston.

Photos by Russell Shad- dox (left) and Debbie Dubay (above).

In This Issue: Obituary, Page EH4 • School sports, Page EH6 • Calendar, Page EH10 • Classifieds, Page EH11
## PREPARED FOOD

- **16 OZ PANETTA WINGS**
  - $4.99 LB

- **STROMBOLIS**
  - $5.99 LB

### DAIRY

- **59 OZ FLORIDA'S NATURAL ORANGE JUICE**
  - 2/$7

### GROCERY

- **18.8 OZ CAMPBELL'S CHUNKY SOUPS**
  - 2/$4

- **2/40 OZ V8 VEGETABLE JUICE**
  - 2/$5

- **16 OZ RONZONI PASTA**
  - 5/$5

- **60 OZ OCEAN SPRAY 100% CRANBERRY JUICE**
  - 2/$6

- **60 OZ 10 PK CAPRI SUN JUICE PACKS**
  - 2/$6

- **100 CT LIPTON TEA BAGS**
  - 2/$7

- **9.3-11.3 OZ FOLGER'S COFFEE**
  - $3.99

### FROZEN

- **STOUFFERS RED BOX ENTREES**
  - 4/$10

- **8-12 OZ TGIF APPETIZERS**
  - 2/$6

- **24 OZ YUMMY CHICKEN DINO NUGGETS**
  - $4.99

### MEAT

- **C.A.B. FLATIRON STEAKS**
  - $4.99 LB

- **C.A.B. COWBOY STEAKS**
  - $8.99 LB

- **C.A.B. 80% LEAN GROUND BEEF**
  - $3.79 LB

- **C.A.B. SHAVED STEAK**
  - $4.99 LB

### PRODUCE

- **8 OZ PKG BABY BELLA MUSHROOMS**
  - 2/$4

- **12 OZ APIO KALE SALAD KIT**
  - 2/$6

### BAKERY

- **4.5 OZ STORE-BAKED BAGELS**
  - $2.00

- **12.8-14.4 OZ DOLE CHOPPED SALADS**
  - 2/$6

- **WASHINGTON GALA APPLES**
  - $1.49 LB

### DELI

- **3 CT PKG CALIFORNIA ROMAINE HEARTS**
  - $2.99

- **C.A.B. COWBOY STEAKS (B/I RIBEYES)**
  - $499 LB

- **MOTHER GOOSE LIVERWURST**
  - $4.99 LB

- **MEAT**
  - **10 LB BAG FRESH GRADE A BONELESS CHICKEN BREAST**
    - $1.49 LB

- **EXTRA LARGE CANTALOUPES**
  - 2/$4

- **3 CT PKG CALIFORNIA ROMAINE HEARTS**
  - $2.99

- **WASHINGTON GALA APPLES**
  - $1.49 LB

### DOLLAR SALE

- **26 OZ YUMMY CHICKEN DINO NUGGETS**
  - $4.99

### STORE-MADE ROTISSERIE CHICKENS

- **USDA BONE-IN COUNTRY STYLE PORK RIBS**
  - $2.99 LB

- **USDA BABYBACK PORK RIBS**
  - $2.99 LB

- **10 LB BAG FRESH GRADE A BONELESS CHICKEN BREAST**
  - $1.49 LB

- **BACON SHAVED STEAKS**
  - $8.99 LB

- **CABOT SHARP SLICING CHEDDAR**
  - $6.99 LB

- **LAND O LAKES AMERICAN CHEESE**
  - $3.99 LB

- **KRETSCHMAR HONEY HAM**
  - $4.49

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Town meeting slated to accept grants, gifts

By Danielle Faipler

A town meeting will be held for citizens to approve the acceptance of a grant for the Rathbun Free Memorial Library, furniture for the new office building, and a gift from the town’s art league to enable the display of art in the new town office building.

The meeting will be held on Wednesday, January 31, at 8 p.m. at the Grange Hall, 488 Town St. The Board of Selectmen discussed the meeting during a regular meeting January 17.

Residents will vote to accept a $4,710 grant from the National Endowment for the Humanities for the purpose of storage shelving of archival volumes at the Rathbun Library at 36 Main St. They will also vote to accept a gift of furniture for the new municipal office building, which the town recently converted from the former Nathan Hale–Ray Middle School building on Town Street.

The gift includes filing cabinets, work stations with chairs, demountable walls, chairs for the main meeting room and other miscellaneous electronic equipment and furniture, valued at approximately $46,000 after depreciation, said First Selectman Emmett Lyman during the meeting.

The town will begin moving into the building on February 16 and close the town offices around noon that day. During that time, town employees will be scheduled to work; however, town offices will be closed from February 17 until February 25. The office complex will reopen February 26.

Residents will also vote to accept a $400 gift from the East Haddam Art League for an art display system in the municipal office complex.

In addition to the January 31 town meeting, there will be a 7 p.m. public hearing beforehand to discuss the codification of town ordinances. There will not be a vote on the codification project, which will allow residents to gather information and ask questions about the process.

The town is currently working to update its ordinances to bring them into compliance with the Connecticut General Statutes, eliminate obsolete ordinances, and make updates to referenced public acts or statutes. This will make it easier to upload the ordinances onto the town’s website.

Once the ordinances are updated, the selectmen will prioritize the ones requiring major revisions. The selectmen also discussed the state’s horizontal curve project. Although the project wrapped up in the fall, the state wants to verify signs are in the correct places and relocate other signs once the snow is melted, said Lyman.

“Hillson has been like running molasses. We can’t get it behind us,” said Lyman during the meeting.

Upon the project’s completion, the signs will be turned over to the town.

Residents have complained to the town about the placement of some signs, and Public Works Director Elizabeth Lunt was able to move a sign that was blocking a turnaround spot in a driveway on Clark Hill Road.

Residents of Honey Hill Road, where signs were also placed, told town officials that the signs decrease visibility because of the glare from headlight.

The project was started in June 2017 to replace horizontal curve signs and pavement markings throughout towns in Middlesex and New London counties, according to the state Department of Transportation.

Emergency response team schedules free training

Those who want to help their community during a disaster are urged to join the Community Emergency Response Team (CERT). A free training class will take place at Company No. 1 Firehouse, 440 Town St., on Thursday, February 15, starting at 6 p.m. and Saturday and Sunday, February 17 and 18, starting at 9 a.m. Participants must attend all three sessions.

For information, contact Jiffy Spencer at jiffer1102@yahoo.com.

Fall 2018 kindergarten registration

East Haddam Elementary School has begun its kindergarten fall 2018 registration. The registration process, including the pre-registration form, is on the school website at www.easthaddamschools.org. The school can also be reached by telephone at 860-873-5076.

Kucharski makes SNHU honor list

Southern New Hampshire University student Grace Kucharski of East Haddam was recognized for making the fall 2017 president’s list. Eligibility requires that a student has at least a 3.7 grade-point average and earn 12 credits for the semester.

Adult ed offers free classes

Are you ready for a second chance to earn your high-school diploma? Middletown Adult Education offers free high-school completion programs and English as a second language classes to East Haddam and Moodus residents. Enrollment is free and students may register at any time. Day and evening classes are available in Old Saybrook, Killingworth, and Middletown. For more information, call 860-343-6044.
Event collects shoes to raise overdose awareness

By Jason Bogdan

To help support the Addiction Policy Forum’s Connecticut chapter’s upcoming “174aDay” event, the Two Wrasslin’ Cats Coffee House in East Haddam collected shoes throughout the month of January. The response was overwhelming, and the goal of obtaining 174 pairs has already been reached.

All the collected shoes will be displayed at the remembrance event to be held January 28 in Manchester, Conn. According to Addiction Policy Forum member Debbie Breton, the shoes signify the lives lost daily from substance use disorders.

Debbie Breton says the Addiction Policy Forum aims to “spread as much awareness and educate people” and “break the stigma attached to addiction” through ongoing projects like the 174aDay campaign. The forum, founded in 2015, released a four-year plan in October detailing their current plans for prevention, treatment, recovery, and criminal justice reform.

The January 28 remembrance event will be held at the Army Navy Club, 1090 Main St., Manchester, from 1 to 4 p.m. Activities will include a pot-luck dinner, Narcan training, music by various local artists, and the opportunity to add a loved one’s name to a remembrance quilt and “Today I Matter” memorial poster.

To find out more about this event, email Connecticut State Chair Jennifer Kelly at jkelly@addictionpolicy.org. To keep track of future events the Addiction Policy Forum supports, visit www.addictionpolicy.org/state-chapters.

The shoe collection piles up at Two Wrasslin’ Cats to commemorate the 174 people a day lost to drug overdose.
Land trust seeks calendar art

As the new year gets under way, the 2019 East Haddam Land Trust Nature Calendar is already in progress. Pen and ink illustrations are requested for this very popular publication. The deadline is February 28. Art entry forms are available online at EHLT.org or from various local businesses and both libraries. Entry rules are detailed on the entry forms.

Four age categories are included: Youth, ages 9-13; Teen, 13-19; Adult, 20-64; and Elder, over age 65. Three prizes are awarded in each age category: $75 for first, $50 for second and $25 for third. In addition, a $100 grand prize is awarded from any age category. Judges will consist of land trust directors and other neutral adults.

About 200 black and white illustrations are included in each 40-page wall calendar. The illustrations are limited to wild flora and fauna found in East Haddam; the artwork complements the nature notes and natural science articles in the calendar. Although anyone age 9 or older may submit their artwork, most are submitted by local students from Hale–Ray middle and high schools and local adult citizens. Frequently, home-schooled students and individuals from other towns submit illustrations.

All submitted pen and ink illustrations will appear in the calendar. More than 6,000 copies are published and one is sent to each participating artist and to East Haddam Land Trust members. The remainder are distributed to various areas in East Haddam, Moodus and Tylerville and available free to anyone who wants them.

Submit artwork by mail or personally deliver it to Martha McLaud-Tonucci, Calendar Editor, 16 Mt. Parnassus Road, East Haddam, CT 06423. Questions? Call Martha at 860-873-9187.

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Hale–Ray cagers fall to an undefeated East Hampton team

By Michael Davis

The Nathan Hale–Ray High School boys' basketball teams hosted Shoreline Conference rival East Hampton on January 9 in Moodus. The Little Noises faced tough competition and lost the contest 83–48. The Noises kept pace with the Bellringers during the first half, with East Hampton leading 37–28 at halftime.

According to Hale–Ray coach Nate Moses, his team needs to keep working on keeping the pressure on the opposing team. "Offensively we have composure, we took it to them," Moses said. "They are 7–0 and arguably one of the best teams we face, and we wanted to make them work for every basket. For the first half, we did, but sustaining that intensity for the full 32 minutes is kind of where we struggle."

During the second half, Hale–Ray tried using zone and man-to-man defense. "We tried to take a couple baskets away," Moses said. "They [East Hampton] shoot the ball really well. Our kids play hard, and you can't ask for more. We're always going to compete, and we're going to compete in every single game."

DJ White led the Noises with 18 points. Connor Egan added 10 and Alex Ricard chipped in with 7 points.

Above: Hale–Ray's DJ White fights through traffic during a recent home game against East Hampton.

Left: Hale–Ray coach Nate Moses reviews strategy during a timeout during a recent home game in Moodus.

Photos by Michael Davis.
Group offers hope, support in struggle against addiction

Continued from EHI

said, "They might be doing bad things, but they’re just sick, doing what they must do because their norm has been altered.”

According to its web site, TriCircle, Inc. is a Connecticut-based, nonprofit organization founded in order to break the cycle of backsliding, which is common in the current system of addiction recovery; TriCircle, Inc. holds monthly meetings for family members of those who are sick, doing what they must do because their own life has been altered.

"The stigma and the isolation of this disease is just as detrimental as the disease itself. Everybody knows somebody (affected by it)," said Gopoian, adding that members of the Hope and Support Group are able to connect with each other and receive peer support and information in a safe and confidential space.

"It’s an honor and a privilege to watch what happens in these groups," said Gopoian. "When people show up, get well, they become another resource to the community where they live."

"In addition to allowing members to share their stories openly, the group teaches members how to manage the disease, how to be advocates for their loved one, how to test for $5 to use as a tool to build trust and confirm their loved one’s success, not to find fault, added Gopoian.

"We focus on the self-care of the group members,” said Gopoian. "If the loved one is focused on the affected family member, and not their own self-care, the whole family dynamic is affected, not just the person who has the substance use disorder, the whole family system shifts."

The group was started in East Haddam in September 2016 as part of a six-month pilot program, and the February 2018 meeting could be the last meeting in the town if the group does not warrant additional funding.

Currently, the program costs $2,610 and is funded through East Haddam Youth and Family Services.

"The Hope and Support Group … has helped local group members with giving them a safe and wonderful refuge to share without shame," wrote Kim Richards, founder of the Middlesex County chapter of the Roadway of Hope. "Families often feel isolated when dealing with a loved one’s addiction. This group brings comfort and through sharing, creates a bond amongst people who deal with similar situations."

Richards founded the group with Cindy Robichaude, after commenting on drug use in East Haddam on social media.

"My post resulted in a lot of backlash because I believe I hit a nerve with those in denial about their loved one's success, not to find fault, added Gopoian."

Gopoian, who has been in recovery for five years, added that members of the Hope and Support Group are able to connect with each other and receive peer support and information in a safe confidential space.

"It’s an honor and a privilege to watch what happens in these groups," said Gopoian. "When people show up, get well, they become another resource to the community where they live."

"In addition to allowing members to share their stories openly, the group teaches members how to identify the signs of substance abuse and how they can reestablish boundaries and enforce patterns of behavior," said Gopoian.

TriCircle, Inc. also makes available 12 panel drug tests for $5 to use as a tool to build trust and confirm their loved one’s success, not to find fault, added Gopoian.

"We focus on the self-care of the group members,” said Gopoian. "If the loved one is focused on the affected family member, and not their own self-care, the whole family dynamic is affected, not just the person who has the substance use disorder, the whole family system shifts."

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Richards founded the group with Cindy Robichaude, after commenting on drug use in East Haddam on social media.

"My post resulted in a lot of backlash because I believe I hit a nerve with those in denial about their town,” wrote Richards in an email. "Our town has had five drug-related deaths over the last 18 months — and those are just the ones we know about."

Despite East Haddam being a part of the Drug Free Communities Support Program, a federal aid program providing towns funding to prevent youth substance abuse, it is not free from the misuse of opioids or other substances.

According to East Haddam’s annual report, there were 13 arrests for the sale or possession of narcotics during the 2016–2017 fiscal year. Additionally, the report states there were 28 DUI arrests.

According to the Connecticut Office of the Chief Medical Examiner’s Accidental Drug Intoxication Deaths report, there were 917 fatal overdoses in 2016. From January to June 2017, there were 538 deaths, and the office projected 1,076 total deaths in 2017. Over the five years since 2012, when there were 357 fatal overdoses, the number of has increased 201 percent.

Police seek pickup driver who allegedly left scene

Police say they are seeking information to help identify the driver of a pickup truck that fled the scene of a collision at the 7–11 convenience store on Route 149 Wednesday afternoon, January 3.

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The East Haddam meetings are held at Two Wrasslin’ Cats, located at 374 Town St., on the last Wednesday of the month from 7 p.m. to 8:30 p.m. Although the meetings are held in East Haddam, they are open to any residents in the area with a loved one who may be struggling with addiction.

The support groups are free to attendees and are co-facilitated by a licensed professional and a para-professional with lived experiences.

"The stigma and the isolation of this disease is just as detrimental as the disease itself. Everybody knows somebody (affected by it),” said Gopoian, adding that members of the Hope and Support Group are able to connect with each other and receive peer support and information in a safe and confidential space.

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Thursday, January 25
10:30 a.m. Story Time, Rathbun Free Memorial Library, 36 Main St. "Mittem's"
6:30 p.m. Friends of Rathbun Library, Rathbun.

Friday, January 26
6 to 8 p.m. Werewolf sponsored by East Haddam Leos, East Haddam Free Public Library, 18 Plans Rd.

Wednesday, January 31
6:30 p.m. Origami, EHFPL.

Monday, February 5
10:30 a.m. Story Time, Rathbun.

Tuesday, February 6
6:30 p.m. 6 p.m. Teen Game Night, Rathbun. Wednesday, February 7
6:30 p.m. Teen Game Night, Rathbun. Provided.

Your own if you have them. Coffee, tea and snacks

provided.

your own and meet new friends. Coloring sheets

6:30 p.m. Adult Coloring Group, Rathbun. Fun

and relaxing evening. Bring a friend or come on

your own and meet new friends. Coloring sheets

and pencils will be provided, but feel free to bring

your own if you have them. Coffee, tea and snacks

provided.

American Girl Club, Rathbun.

Thursday, February 8
10:30 a.m. Story Time, Rathbun.

Friday, February 9
6 p.m. Teen Game Night, EHFPL. Sponsored by East Haddam Leos.

THE ELECTORS AND CITIZENS OF THE TOWN OF EAST HADDAM, CONNECTICUT qualified to vote in Town Meeting are hereby warned and notified that a Special Town Meeting will be held in the Grange Hall on Town Street in the said Town of East Haddam at 6:00 p.m. on Wednesday, January 31, 2018 for the following purposes, to wit:

Item 1: To consider and act upon the recommendation of the Board of Selectmen and Board of Finance to accept a gift of $4,710.00 from the National Endowment for the Humanities for the purpose of storage shelving for the Rathbun Historical Room for archival volumes associated with the Town of East Haddam (revenue account 330050-43000-G1801 and expense ac-count 330101-58820-G1801).

Item 2: To consider and act upon the recommendation of the Board of Selectmen and the Board of Finance to accept a gift of various items of furniture to include cubes/work stations with chairs, demountable walls, file cabinets, conference room tables and chairs, chairs for main meeting room, several small round tables for offices, moveable tables for Park and Recreation and miscellaneous electronic equipment for the Municipal Office Complex valued at approximately $46,000.00 after depreciation.

Item 3: To consider and act upon the recommendation of the Board of Selectmen and the Board of Finance to accept a gift of fourteen 5 drawer lateral filing cabinets for the Municipal Office Complex valued at $2,100.00 from CitiFinancial.

Item 4: To consider and act upon the recommendation of the Board of Selectmen and the Board of Finance to accept a gift of $400.00 from the East Haddam Art League for an art display system for the Municipal Office Complex (revenue account 330410-43000 and expense ac-count 330410-54500).

Dated at East Haddam, Connecticut this 25th day of January, 2018
Emmett J. Lyman
Suzan C. Link
Robert R. Smith
Board of Selectmen

NOTICE
TOWN OF EAST HADDAM
PUBLIC HEARING
GRANGE HALL
7:00 P.M.
WEDNESDAY, JANUARY 31, 2017

The Board of Selectmen will hold a public hearing on Wednesday, January 31, 2017 at 7:00 p.m. at the Grange Hall. The purpose of the meeting is to review and discuss the proposed Code Adoption Ordinance project for the Town of East Haddam. This ordinance would put into effect the new organization of the town ordinances, along with the few substantive changes made during the course of the project. All residents of the Town of East Haddam are welcome to attend. For more information call the First Selectman’s Office, (860) 873-5021 or email admin@easthaddam.org.

Dated this 25th day of January, 2017
Emmett J. Lyman
First Selectman

LEGAL NOTICE
A certified list of thirty-nine (39) Democrat-endorsed party candidates For election as Members of the Town of East Haddam Town Committee at-large is on file in my office at 7 Main Street, East Haddam, Connecticut. The members and copies are available for public distribution. The number of Town Committee Members to be elected, under party rules, is fifty (50).

A Primary will be held date March 6, 2018, if thirteen (13) candidates which is at least 25% of the number of town committee members to be elected by such party in the municipality are filed in accordance with §§9-382 to 9-450, inclusive, of the General Statutes, by persons other than party-endorsed candidates, not later than 4:00 p.m. of January 31, 2018, provided the number of such candidates plus the number of endorsed candidates exceeds the number of town committee members to be elected. If the number of opposing candidates filed is reduced to less than such 25%, no primary will be held. Petition forms, instructions and information concerning the procedure for filing opposing candidates, may be obtained from Martha Hansen, Democratic Registrar of Voters, 7 Main Street, East Haddam, CT 06423.

Debra H. Denette
East Haddam Town Clerk

LEGAL NOTICE
A certified list of forty-two (42) Republican party-endorsed candidates for the town of East Haddam for election as Members of the Town Committee at-large is on file in my office at 7 Main Street, East Haddam, Connecticut. The members and copies are available for public distribution. The number of Town Committee Members to be elected, under party rules, is sixty-five (65).

A Primary will be held date March 6, 2018, if seventeen (17) candidates which is at least 25% of the number of town committee members to be elected by such party in the municipality are filed in accordance with §§9-382 to 9-450, inclusive, of the General Statutes, by persons other than party-endorsed candidates, not later than 4:00 p.m. of January 31, 2018, provided the number of such candidates plus the number of endorsed candidates exceeds the number of town committee members to be elected. If the number of opposing candidates filed is reduced to less than such 25%, no primary will be held. Petition forms, instructions and information concerning the procedure for filing opposing candidates, may be obtained from Lucy Salicrup, Republican Registrar of Voters, 7 Main Street, East Haddam, CT 06423.

Debra H. Denette
East Haddam Town Clerk

The Town of East Haddam shall endeavor to post its Legal Notices with the East Haddam News publication. In the event that the weekly publication cannot meet the Town’s statutory requirements, the Hartford Courant shall be utilized to meet said statutory deadlines. Courtesy copies will be published to East Haddam News that may or may not be timely. The Town’s website is: www.easthaddam.org.

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(860) 346-9655
Fax (860) 346-2894
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SILVERADO
“Ask for Joe”

Yoga
Gift
TOWN CALENDAR

Thursday, January 25
10:30 a.m. Commission on Aging, Senior Center, 15 Great Hillwood Rd.
7 p.m. Municipal Office Building Committee, Grange Hall, 488 Town St.

Wednesday, January 31
7 p.m. Town meeting on Code Adoption Ordinance, Grange Hall. Review and discussion of the proposed Code Adoption Ordinance project for the Town of East Haddam. This ordinance would put into effect the new organization of the town ordinances, along with the few substantive changes made during the course of the project.
8 p.m. Special town meeting on accepting several gifts and grants, Grange Hall. See legal notice on page EH8 for further information.

Thursday, February 1
7 p.m. Economic Development Commission, Grange Hall.

Monday, February 5
7 p.m. Agriculture Commission, Town Office Annex, 7 Main St.

Tuesday, February 6
6 p.m. Board of Fire Commissioners, Company #1 Firehouse, 440 Town St.
7 p.m. Water Pollution Control Authority, Grange Hall.

COMMUNITY

Home care job fair
Hartford HealthCare Independence at Home is hosting a job fair for certified nursing assistants and personal care aides on Thursday, January 25, from 10 a.m. to 3 p.m. at Hartford HealthCare, 11 Stott Ave., Norwich, Conference Room 3. Positions are for full-time, per diem and live-in and include benefits, paid time off, vacation time, training, in-services and mileage reimbursement. New graduates are welcome. For more information, call recruiter Christine Bassi at 860-819-5289.

TOWN CALENDAR

Thursday, January 25
9 a.m. Tai chi
10 a.m. Knitting
10:30 a.m. C.O.A. meeting
10 a.m. to noon. Computer help
1:30 p.m. Blood drive

Friday, January 26
8:15 a.m. Pilates
Noon. Souper Bowl
1 p.m. Game Day

Monday, January 29
8:15 a.m. Pilates

Tuesday, January 30
8 a.m. Tai chi
10 a.m. Quilting
10 a.m. to noon. Computer help
12:30 Mah Jongg

Wednesday, January 31
8:15 a.m. Pilates
10 a.m. Coloring

SENIOR CENTER ACTIVITIES

Thursday, January 25
9 a.m. Tai chi
10 a.m. Knitting
10:30 a.m. C.O.A. meeting
10 a.m. to noon. Computer help
1:30 p.m. Blood drive

Friday, January 26
8:15 a.m. Pilates
Noon. Souper Bowl
1 p.m. Game Day

Monday, January 29
8:15 a.m. Pilates

Tuesday, January 30
8 a.m. Tai chi
10 a.m. Quilting
10 a.m. to noon. Computer help
12:30 Mah Jongg

Wednesday, January 31
8:15 a.m. Pilates
10 a.m. Coloring

SENIOR CENTER MEALS

Thursday, January 25
Teriyaki chicken
Roasted potatoes
Salad

Friday, January 26
Macaroni & cheese
Garden salad w/cherry tomatoes, cucumber & onions
Ranch dressing
Peas
Wheat dinner roll
Mandarin oranges

Monday, January 29
Grande cheese ravioli w/italian sauce
Mixed green with tomatoes and cucumbers
Raspberry vinaigrettes dressing
Caribbean blend vegetables
Italian bread
Fresh orange

Tuesday, January 30
Salisbury steak
Twice baked potato
Roasted veggies

Wednesday, January 31
Six-bean soup
Roast pork Hawaiian style
Brown & white rice medley
California normandy Saltine crackers
Peaches & pears

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses. Donations: $3.00 (or whatever you can afford).

For A Healthy 2018...
Stock-up Sale
All Windmill Vitamins
Buy One, Get One FREE

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It’s Not Too Late...
Get Your Flu Shot Now!
Keep Your Family Healthy This Flu Season
Pneumonia Vaccine Is Also Recommended
For Adults 65 And Older
Stop in for your shots today.
No appointment needed. Covered by most insurance plans.

If you would like to discuss bubble packing of medication, or the setting up of med boxes, please speak with Jack. This is a free service that we are pleased to offer to make ones medication easy to take.

Nathan Hale Pharmacy is a proud HealthMart Pharmacy that carries a wide variety of Health & Beauty, Orthopedic Supplies, Home Health Care, Gifts & Cards, Film Developing and much more.

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If you would like to discuss bubble packing of medication, or the setting up of med boxes, please speak with Jack. This is a free service that we are pleased to offer to make ones medication easy to take.

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89 Main Street
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aab2u@snet.net
Thursday, January 25
1:30 to 6:15 p.m. Blood drive at the East Haddam Senior Center, 15 Great Hillwood Rd. Hosted by the Senior Center and American Red Cross. Hot soup available to warm up donors and volunteers. Call the Senior Center at 860-873-5034 to sign up to donate or volunteer.

Friday, January 26
4 to 8 p.m. Bob Raines performs live at Steady Habit Brewing Company, 95 Bridge Rd., Haddam. 5:30 p.m. JV boys' basketball vs. Haddam–Killingworth, Hale–Ray High School gymnasium. 7 p.m. Varsity boys' basketball vs. Haddam–Killingworth, Hale–Ray High School gymnasium. 6:30 to 9 p.m. Opening reception: “See Me, Feel Me,” Spectrum Gallery and Store, 61 Main St., Centerbrook. Through March 18. Original artwork featuring artists who integrate texture into their pieces using paint, collage, mixed media, fiber and/or sculptural elements. Gallery open Wednesday to Saturday, noon to 6, and Sunday, noon to 5. 860-767-0742; spectrumartgallery.org.

Sunday, January 28
5 to 6 p.m. Harvest House dinner. St. Stephen’s Parish Hall, 31 Main St. Information: www.ststeves.org/transform/harvest-house/

Wednesday, January 31
7 to 8:30 p.m. Hope & Support Group, 2 Wrasslin’ Cats Coffee House, 374 Town St. For parents, guardians and others concerned about a loved one’s substance use or addiction. Free; no registration required.

Friday, February 2
4 to 8 p.m. Coal Tattoo performs live at Steady Habit Brewing Company, 95 Bridge Rd., Haddam. 5:30 p.m. JV boys’ basketball vs. Old Saybrook, Hale–Ray High School gymnasium. 6:30 p.m. Groundhog Day Coffeehouse at First Church of Christ, Congregational, 499 Town St. Coffee and hot chocolate by Two Wrasslin’ Cats. An evening of music by local musicians; fellowship with friends and neighbors. Free—will offering welcomed to benefit IRIS.

7 p.m. Varsity boys’ basketball vs. Old Saybrook, Hale–Ray High School gymnasium.

Monday, February 5
5 to 6 p.m. JV Boys Basketball vs. Old Saybrook, Hale–Ray High School gymnasium. 5:30 p.m. JV girls’ basketball vs. Old Saybrook, Hale–Ray High School gymnasium. 6:30 p.m. Tri Lake Ice Fishing Derby, Moodus Reservoir, Lake Hayward and Bashan Lake. Fishing begins at 7 a.m.; food and refreshments served starting at 2 p.m.; final weigh-in at 2 p.m. $25/adult or $10/child for fishing and raffle ticket to win an 8” power auger. Prizes: $600 to biggest fish; $200 for next two biggest species; kids’ trophies for three biggest species. Sign up by mail at PO Box 11, Moodus, CT 06469 by February 5 or in person at the Moodus Sportsmen’s Club, 299 East Haddam–Colchester Turnpike on Saturday, February 10, from 5 to 7 p.m.

Tuesday, February 6
9:30 a.m. to noon. Moms Club of Moodus, First Church of Christ, 499 Town St.

Wednesday, February 7
5:30 to 8 p.m. JV girls’ basketball vs. Portland, Hale–Ray High School gymnasium. 7 p.m. Varsity girls’ basketball vs. Portland, Hale–Ray High School gymnasium.

Friday, February 9
4 to 8 p.m. Denis & Jon perform live at Steady Habit Brewing Company, 95 Bridge Rd., Haddam.

Saturday, February 10
Noon. JV boys’ basketball vs. Lyman Memorial, Hale–Ray High School gymnasium.

Sunday, February 11
5 to 6 p.m. Harvest House dinner. St. Stephen’s Parish Hall, 31 Main St. Information: www.ststeves.org/transform/harvest-house/

un week you want your notice to appear.

Wooly Ram, Mixed Media, 20”x24”, Dawn Tyler. At “See

pleasure.

06421

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Brownies, Girls Scouts collect food bank donations

The Girl Scouts and Brownies at East Haddam Elementary School spend a lot of time and effort helping their community. Troop 62091 recently sponsored a food drive to benefit the East Haddam Food Bank. Over three weeks until December 19, the troop collected 18 large boxes of food donations, which were then picked up and delivered to the food bank in time for the holiday, with the help of several coordinators: Ms. Weaver, Ms. Cambi, Mr. Parkus, Ms. Kukta and Ms. Haight. The girls also led the town’s annual carol sing during December’s Family Night on Moodus Green. Photos courtesy of the East Haddam Schools.

CLASSIFIED ADS

Services

Housekeeper. Available Tuesdays, Thursdays, Fridays, and Saturdays. Two years’ experience. $20 per hour. If interested call or text 860-597-8227. [B1]

Wanted

Wanted: Jazz and rock LP records. I have been a collector for 35 years. I do not resell. Call Mike, 860-573-8678. [B1]

For sale

Ariens two-stage snow blower, 7HP 24-in, electric start. $225. Call Ray at 860-873-3476. [B1]

Small refrigerator with top freezer. Less than 2 years old. Cannot deliver. $250 (about half of original price). Hotpoint made by GE. 860-873-8121. [B1]

1990 Polaris 500 snowmobile, rebuilt carbs, fuel pump, 12-volt start, studded track, back rest. First $400 owns it. 860-873-1992. [B1]

Porcelain, lighted, miniature winter village sale: Six buildings, 1997–2003, approx. 8”–10” or smaller, including Lang & Wise (Villages of the Four Seasons Brick Revival Snow Party, Bear Toy Shop), O’Well (Post Office, Red Brick House/Silo), Dept56 (Turn the Time of Century) and Lemax (Dressmaker’s Shop, snowball). Also gazebo, ice rink, skating figures, five trees, two chairs. $195 takes it all, including white batting. Your children or grandkids will love it next year. (The L&W Brick Revival House alone is $85 online.) Email hcharov@sbcglobal.net for photos or more information. Leave message at 860-873-9752. [B1]


Tell everyone in town about your sale items with a free classified ad. (East Haddam residents only; one entry per resident; maximum 100 words; not to be used for commercial purposes.) Email your ad to editor@easthaddamnews.org by end of day on the Wednesday preceding the week you want your notice to appear. It will run for four weeks, or until we’re notified that the item has sold.

2018 Eagle Flyer

The Eagle Flyer is a unique 2-1/2 hour round trip eco-exursion in the Connecticut River Valley. Trees stripped of their foliage afford clear views of the surrounding forest and the Connecticut River; wildlife can be observed from the cozy confines of heated vintage rail cars. Master Wildlife Conservationists from CT’s Department of Energy and Environmental Protection (DEEP) will be on board to share their knowledge of the wildlife that calls the Connecticut River Valley home. For more information, visit our website: essexsteamtrain.com/seasonal-excursions/eagle-flyer/

February 17-19 & 24-25
Purchase tickets at essexsteamtrain.com or all 860-767-0103 On sale January 15
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Naval Oranges $5/$5

GROCERY
Bonzoni Pasta 5/$5 15.16 oz.
Knorr Sides 5/$5 8.5-5.1 oz.
College Inn Broth (Excludes Organic) 2/$4 32 oz.
Old El Paso Dinner Kits 2/$4 6.8-12.4 Oz.

DELI & BAKERY
Store Made Sausage All Flavors $3.99 lb.


DAIRY & FROZEN
Hatfield Bone-In Pork Chops $6.49 lb.
Stuffed Flounder Or Shrimp $3.99 ea.

Sargento Shreds & Cabot Bar Cheese 2/$4 8 oz.
Brooklyn Bred Breads All Varieties $1.07

Hatfield Bone-In Pork Chops $6.49 lb.

Stuffed Clams $3.00 ea.


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Jon’s Fish Fry from Colchester now at RVP every Friday 12-7pm!

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Old El Paso Dinner Kits 2/$4 6.8-12.4 Oz.

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Not responsible for typographical errors. Illustrations are for design purposes and do not necessarily depict featured items.