

# Haddam Killingworth News

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

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December 5, 2019

For breaking news go to [Haddam-KillingworthNow.com](http://Haddam-KillingworthNow.com) every day

Free weekly

## Justin Fornal explores the unexplored on Science Channel show



By Kathy Brown

Turn on Unexplained and Unexplored on Sunday nights at 10:00 p.m. on the Science Channel and you will see Justin Fornal (HKHS '96) and Emiliano Ruprah try to solve history's greatest mysteries. "It is very exciting to be working with Science Channel and Discovery Channel on this most recent project," said Justin. "They have been wonderful."

Justin got his start taking broadcasting classes with Connie Bombaci at Haddam Killingworth High School in the '90s. "The classes were won-

derful for both my creative development and production skill set," said Justin. "I produced a four part surrealistic novella called Shorty the Blimp." He also recalls producing "A Ballet of the Macabre which was banned from TV 17 for its controversial content" for Halloween.

"[Justin] was a student any teacher is proud to say that he was one of theirs," said Connie Bombaci. "He was always seeking to learn more and try new things in every aspect of television production. His goal was to perfectly implement every new skill." She went on to say, "He was filled

*Continued on page H11*

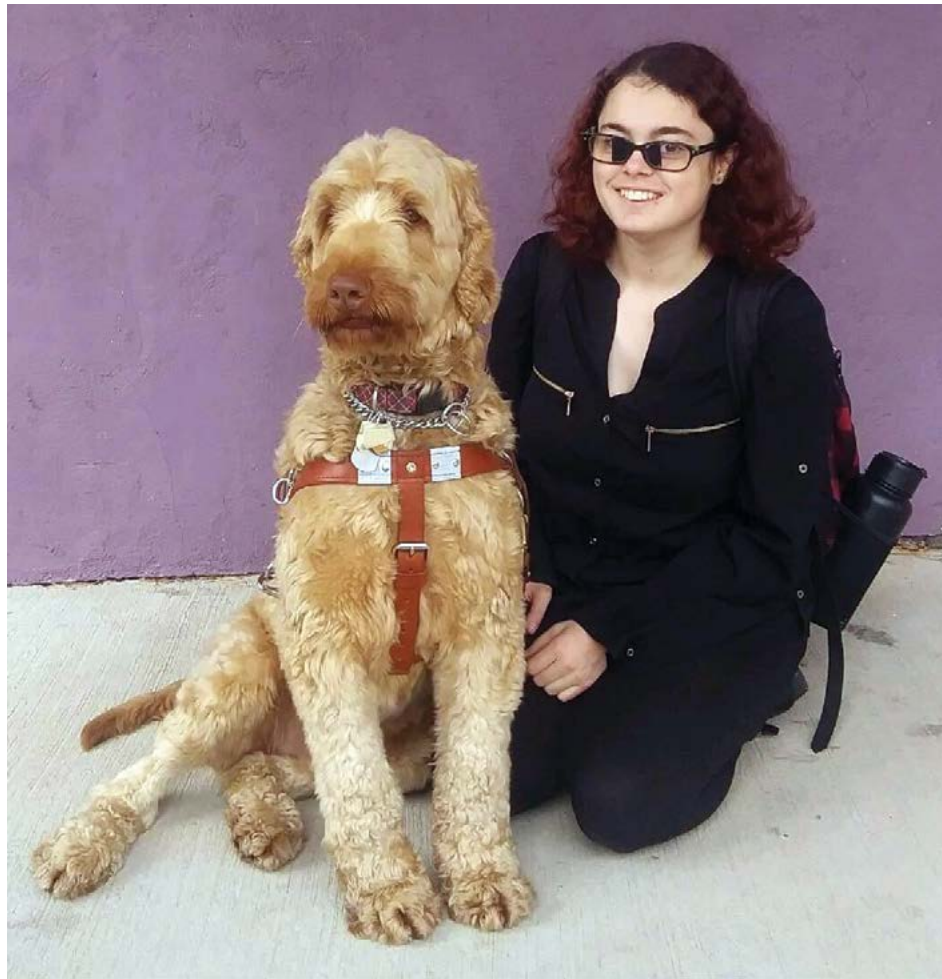
HKHS graduate Justin Fornal co-hosts the Science Channel's "Unexplained and Unexplored." Photo courtesy of Justin Fornal.

## Want to learn about guide dogs?

By Korrine Herlth

**Who qualifies for a guide dog?:** Did you know you don't need to be totally blind to get a guide dog? A lot of clients who receive guide dogs still have some remaining vision. In order to qualify for a guide dog, you must be legally blind (meet the requirements of being legally blind), have completed orientation and mobility training, and be physically and financially able to care for a guide dog. Each guide dog school has different requirements, but those are the most important/common qualifications. The age range for guide dog recipients can range from age 16 & up. Once accepted, the waiting list can be from 6 months to 2 years. It can be less or more depending on circumstances.

**What does a guide dog do?:** Guide dogs are a huge source of independence, confidence, security, freedom, and friendship for people who are blind or visually impaired. Guide



Korrine Herlth and Milo. Photo courtesy of Korrine Herlth.

dogs enable a blind/visually impaired individual to navigate safely, quickly, and independently throughout their environment. A guide dog navigates

their owner around obstacles. They can find inside/outside of buildings, follow people when needed, target/find

*Continued on page H5*

## HKMS makes Lions Contest peace posters

By Jill Thompson, HKMS Art Teacher

Haddam Killingworth Middle School seventh grade students recently participated in the Lion's Club Peace Poster Contest. Students worked with the theme



Olivia LaTorre and her ornament.

"Journey for Peace" and created original artwork in their medium of choice. Sofia Campo won first place, and Lauren Heath was runner up.

Sixth grade art students created ornaments for Governor and Mrs. Lamont's ornament design contest. Students were given the theme "Holiday in Connecticut: Past and Present," and used clay to make original work. Olivia LaTorre's snowglobe design was chosen by the school to be sent to the Governor's residence and displayed for the Holidays.

**In This Issue:** High School Update, Page H4-5 • Town & Community Calendar, Page H7 • School Sports, Page H12



HADDAM-KILLINGWORTH MIDDLE SCHOOL



# CRAFT FAIR

DEC. 7TH ~ 9 A.M. - 3 P.M.

451 Route 81, Killingworth



80 artists, raffle, kids activities, concessions, book fair

## HOLIDAYS 2019

### No time to bake cookies? Higganum Congregational Church can help

By Pamela Crum

Higganum Congregational Church Cookie Walk  
Don't have time to bake Holiday Cookies? WE CAN HELP!

Spent all day shopping and don't have time to cook supper? WE CAN HELP!

Need a quick thank you gift for a teacher or neighbor? WE CAN HELP!

Want to present a thoughtful hostess gift? WE CAN HELP!

Higganum Congregational Church will host their 13th Annual Christmas Cookie Walk on Saturday, Dec. 14, from 9:00 a.m. – 1:00 p.m. So what exactly is a "Cookie Walk" you ask? Well, during this busy and often hectic holiday season, it's an opportunity to "LET US DO YOUR HOLIDAY BAKING FOR YOU" – a chance for you to fill a box or two with your choice of an abundance of fresh, homemade Christmas Cookies lovingly baked by our locally celebrated HCC members. As an added bonus, we also offer yummy homemade soups for sale by the quart. The selection of cookies and soups varies from year to year, but it is definitely worth the trip.

This Church event is an occasion to provide a service for our community by helping our neighbors with their holiday cookie baking as well as offering them the option to take some of our home-cooked soup home for supper – a welcome contribution after a long day of shopping!

It is worth noting that funds raised from this event help us to continue our involvement in and support of local mission work. Your support of our events helps ensure continuity of assistance to members of our community.

So please make a point to stop by, say hello and check us out on Dec. 14. Come grab a box (or two or three) and fill them with your choice of delicious cookies and pick up a quart or two of your favorite soup. We know you'll be glad you did!

The Higganum Congregational Church is located at 23 Parsonage Road, Higganum.

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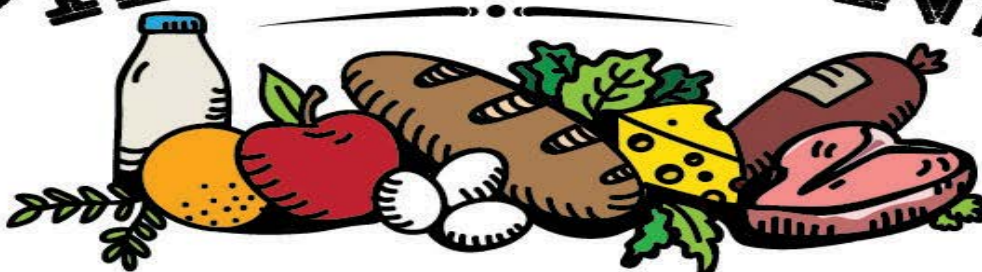
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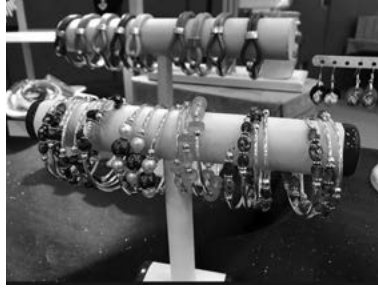
# December 7: HKMS PTO Craft Fair – 80 Crafters, lots of fun

By Jennifer Favalora

Dec. 7 marks the 32nd year our community has enjoyed the treasure of the Haddam-Killingworth Middle School PTO Craft Fair. Over the years this event has held many iterations, from a small fair in the old Middle School gym to what it is today; an artists' market with 80 crafters, a scavenger hunt for kids, a raffle, a book fair for all ages, and concessions and bake sale serving breakfast and lunch. The wide assortment of artists and crafters are the highlight of the show with unique, handcrafted wares including jewelry, photography, handbags, knitted items, soaps, candles, dog treats, and much more.

Since its inception, many well-known community members have carried the torch as Craft Fair Chairman and added their own personal touch to the event including Laura Roman, who ran the event from 2010-2015. "When I took over, we just had vendors in the gym and we had to turn away vendors... That's when we came up with the idea of putting vendors in the cafeteria."

Last year the PTO asked Bridget Marshall, owner of Oh Fudge! And More and a parent at HKMS, to take the lead. Bridget attends over 150 fairs, festivals and markets a year, giving her better insight as an organizer. "My experience at so many fairs gives me an understanding of both what the shopper and the artisan need to make an event successful. We hand pick our artisans for variety to make sure that shoppers have diversity to fulfill their wish lists. However, no matter how great the vendors are, without shoppers there is no success. Last year we had over 1,200 people who came to shop because not only do we spend a great deal of time getting the word out, our crafters and the public shares how much they love our show."



Photos by Jennifer Favalora.

This year's craft fair sold out of available spaces in a matter of weeks and presently has a waitlist of 60 vendors. Teri Everett with Holiday House Creations has been selling jewelry at the HKMS Craft Fair for 25 years. She credits her many happy returns to the consistency of the fair and the variety and quality of the vendors. "This fair is not heavy on one craft versus another. We have been to fairs where there have been 65% crafters were jewelry. Those we do not attend again."

The crafters appreciate the attention, quality and organization of the show. Lisa Reck creator of Lisa Maree Designs, attended as an artist for the first time last year. She was drawn by the quality of all the participants in the show. "I enjoy participating in handmade only events because the customer knows that they are going to find quality handmade merchandise and are willing to spend the money on top

notch goods." Reck adds, "Overall, it's a well run, well attended event. I like how organized it was. Volunteers and staff are super friendly and worked hard to drive traffic to the event."

Students volunteers are the added touch that makes this fair stand out from the rest. Members of the HKMS Student Council take on many of the responsibilities. They are integral in the set up of the event by assisting the crafters with their heavy lifting, and throughout the day they work at all of the stations. Haddam resident Jane Sibley, owner of Auntie Arwen's Spices appreciates the work the students put in. "I've been going to the HK Holiday Fair I think since it began. Having student help in setting up and breaking down has been a godsend."

PTO President Jon Lieberman is grateful for all of the support. "This event takes an army of parents, students and teachers to make happen. Hundreds of man hours go into the planning and execution of the craft fair and it's a huge credit to our school community that the event seemingly always goes off without a hitch. To me, this event showcases the best the community has to offer for a wonderful holiday celebration."

The proceeds of the craft fair benefit the students at the Intermediate and Middle Schools by funding enrichment opportunities, field trip scholarships, and educational programs for the 738 students at the two schools. The HKMS Craft Fair will be open on Dec. 7, from 9:00 a.m. – 3:00 p.m. Visit their Facebook or Instagram Pages for a full list of all of the artists and crafters attending, and to get a sneak peak at what they will be bringing to fair. (Facebook: Haddam Killingworth Middle School Craft Fair, Instagram: hkms\_craft\_fair)



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## Estate Planning Tips for People with Minor Children

Getting a will done doesn't have to be complicated.

Distribution of property is only one part of an estate plan. Remember, the Will is the means for naming your choice of legal guardians of minor children:

The Guardian of person is responsible for physical control and care of the minor child, including residency, health, and educational decisions. The Guardian of estate is responsible for managing the property of the minor in excess of \$10,000.00. These do not need to be the same person.

It is wise to consider whether guardianship of a minor's funds child should continue beyond age of majority (18 in Connecticut) – if so, a provision in the Will can continue custodianship up until age 21 or create a minor's trust going beyond 21 years of age.

Consider designating a standby guardian.

This allows an existing parent or guardian to name a standby guardian to deal with child's health and education matters in the event of the incapacity of the parents which might be needed because of physical debilitation, unavailability or death. A standby guardian may consent to minor child's emergency health or medical, psychiatric or surgical treatment decisions if neither parent is available or able to make treatment decisions.

Don't leave the choice of guardian up to chance!

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## Bulimia ... Binge Eating

Binge eating is defined as consuming an amount of food that is definitely larger than most people would eat. The relative risk among family members of persons with binge-eating disorders significantly increases the occurrence. In a large study, the prevalence of binge eating in women increases with age, and peaks at 19 years of age. Women (2.3 - 3.1%) are more likely to develop a binge eating disorder than men (0.3 - 1%) who experience the condition usually between ages 16-21.

Additional Risk Factors-

A childhood history of emotional abuse is a factor increasing the risk of binge eating,

Substance misuse has been shown to be a frequent comorbidity disorder with binge eating,

Societal pressures, and loneliness are important factors in causation and in the solution during treatment of binge eating.

Medications are not the first line treatment for binge eating, although anti-epileptic medications are used to decrease obsessive and compulsive behaviors.

Awareness of symptoms, caring and positive continuous conversations supporting the individual is first-line defense, and getting your child or loved one to seek professional psychological treatment is necessary to resolve this very treatable disease.

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# HKHS update for November and December

By Donna Hayward, Principal, HKHS

Haddam Killingworth High School has seen a flurry of activity last month with our students very busy in this holiday season. As you can see, the common themes from HK news are the spirit of giving and caring for each other in the community as well as the continued celebration of student accomplishments.

## NEWS FROM THE HK FINE ARTS DEPARTMENT

Please join the HK Select Choirs for a very special event on Sunday, Dec. 8, at 4:00 p.m. as we join with the Shoreline Youth Symphony Orchestra and the Daniel Hand High School Select Choir for the annual ABC (A Better Chance) Holiday Concert that takes place at the First Congregational Church in Madison. Headlining the event is Yale University's acapella choir – "Red, Hot, and Blue." Admission is free — join us!

**WINTER CHORUS CONCERT** The HK Music Department is proud to invite you to our 2019 Winter Chorus Concert on Thursday, Dec. 12, at 6:00 p.m. in the H-K Auditorium. Students will be sharing seasonal selections such as Carol of the Bells, Mary Did you Know, That's Christmas to Me, and God Rest Ye Merry Gentleman, in full 1800s costumes. Following the 45-minute concert there is a free preview of our winter drama production, "A Christmas Carol."

**THE HK PLAYERS PROUDLY PRESENT: A CHRISTMAS CAROL** Come see the H-K Players present "A Christmas Carol" on Friday, Dec. 13, and Saturday, Dec. 14, at 7:00 p.m. at the Haddam Killingworth High School Auditorium. Ticket Prices: \$10 per seat Box Office: Purchase tickets at the door or by calling 860-345-8541 X3240 For questions contact: Marcy Webster MWebster@rsd17.org or 860-

345-8541

Published 176 years ago, Dickens first conceived of his project as a pamphlet, which he planned on calling, "An Appeal to the People of England on behalf of the Poor Man's Child." But in less than a week of thinking about it, he decided instead to encapsulate the idea as a story which was the first time he published a complete book rather than a series found in a periodical. The first 6000 copies that were published on Dec. 19, 1843 sold out just five days later, on Christmas Eve. In his later years, A Christmas Carol would become one of his favorites to read aloud on the literary tours he embarked on in the late 1860s. Since then it has been adapted hundreds of times to nearly every medium possible including the first surviving film version in 1901; Orsen Wells on CBS Radio in 1938; an Opera; a Broadway Musical; and even a Muppets' movie. (Broich, 2016)

Starring: Arjun Badami (Ebenezer Scrooge), Devin Coon (Bob Cratchit), Hannah Laird-Hoover (Narrator and Janet Halloway), Payton Kasperzyk (Ghost of Christmas Past), Tyson Glazier (Ghost of Christmas Present), Tori Carlson (Ghost of Jacob Marley and Ghost of Christmas Yet-to-come), Michael Vaughn (Fred Halloway), Amanda Ketchedjian (Belle), Pooja Badami (Mrs. Dilber and Young Ebenezer), Katrin Wilson (Mrs. Fezziwig), Julia Thelan (Fan), Valleri Freibauer (Mrs. Cratchit), Charles Petrie (Peter Cratchit), Kateri Sonski (Martha Cratchit), Emma Peterson (Tiny Tim Cratchit), Luke Haase (Old Joe), Josh Kulak and Emma Sirignano (Various Townspeople)

## HK TUTOR CLUB

During the first Advisory period of quarter 2, students completed a reflection questionnaire about the in-

formation on their Q1 report cards. Students were asked to reflect on their grades and on their teachers' comments, and think about their next steps for success. Students then developed SMART goals for quarter 2 that would help them improve their performance.

If your student is struggling or would like help meeting their goals for quarter 2, we have a wonderful group of dedicated students who are willing to tutor their peers. Tutoring is available in many subject areas. To be matched with a peer tutor, they can see their guidance counselor, Fijare Plous, or Mrs. Adamczyk to schedule a meeting.

**GUEST SPEAKER IN CRIMINAL JUSTICE** On Nov. 7, Ray Miller, a federal prosecutor for the state of Connecticut visited the high school to speak to our criminal justice class. Criminal justice is a survey course that covers many topics dealing with the field of criminal justice. The course gives students an opportunity to study a variety of topics and potential career paths. Mr. Miller delivered an engrossing presentation on the responsibilities of a federal prosecutor. The presentation included the educational path necessary to enter this profession and the types of roles a current student could expect to be engaged in. It was fascinating to hear about some of the past cases Mr. Miller has been involved in adjudicating, in addition to the many ways that he participated in the cases. It was eye opening for students to see that the job involves more than just making a case in a courtroom. We want to thank Mr. Miller for his time and commitment and we look forward to having him back in the future.

**STUDENT COUNCIL BLOOD DRIVE** On Nov. 8, 39 students registered to give blood at a drive hosted by the Student Council with the American Red Cross. The day finished with 32 successful pints, which surpassed the Red Cross' goal of 26. Dozens of volunteers from Student Council pitched in to make the day a smooth and comfortable day for all involved.

**STUDENT COUNCIL HOMECOMING DANCE** On Nov. 22, hundreds of students packed into the cafeteria for a dance sponsored by the HK Student

Council. There was a bake sale that helped the organization to donate to the Connecticut Mental Health Foundation. The DJ kept things rocking all night and it was a fun time for all involved. A special thanks goes out to Ms. Hayward, Mr. Apicella, Mr. Hagewood, Ms. Flint, Mr. Pallatto, Ms. Kohs, Ms. Mayer, Ms. Zagata, Mr. Battista, Ms. Ramm, and Ms. Topa-Finberg for chaperoning the event.

## INTERNATIONAL CULTURE CLUB ACTIVITIES

The International Culture Club has participated in a number of activities in the past month to raise money for community service and expand the cultural awareness of the club members. As a part of our community service mission the International Culture Club has loaned \$200 this month through KIVA, a non-profit international microloan agency that works to improve conditions in developing countries. Microloans are a general term to describe financial services to low-income individuals or to those who do not have access to typical banking services. This year the club members voted to give the loan to Flordeliza, in the Philippines. Flordeliza is going to use the loan to buy galvanized roofing and ceramic tiles for her family's toilet.

ICC also ran a fundraiser to benefit Habitat for Humanity. Stickers to decorate water bottles or electronics were sold to raise money for the organization so that they can continue their mission to provide help to families in Connecticut to build affordable housing in order to create strong and stable communities. ICC hopes to work further with Habitat for Humanity later in the year as well.

Lastly, ICC held a Thanksgiving Food Festival to celebrate both the season and all of the club's hard work. Members brought in food and participated in a potluck style party.

## HKTV ANNOUNCES 31st ANNUAL HOLIDAY SHOW BENEFICIARY

This year marks the 31st anniversary of Haddam-Killingworth High School's annual Holiday Show. HKTV is excited to announce this year's ben-

*Continued on next page*



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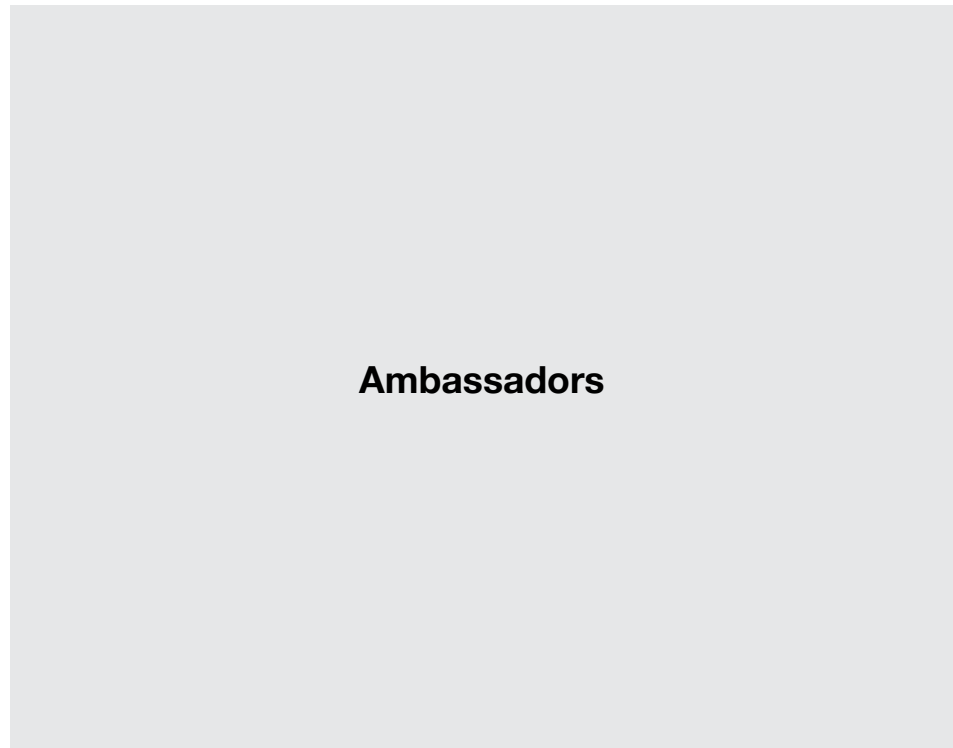
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# HKHS update for November and December

*Continued from previous page*

eficiary, "A Little Compassion Inc./The Nest Coffee House." HKTV students worked hard to find just the right fit for this year's telethon.

"A Little Compassion Inc./The Nest Coffee House" is a nonprofit organization founded by Jane Moen. The mission of A Little Compassion is to change the lives of young adults with autism, intellectual, and developmental disabilities by creating employment and social opportunities that nurture their unique skills, strengths, and preferences. In addition to employment at The Nest Coffee House, young adults are given the opportunity to join Nest Gatherings which provide a fun, non-judgmental, and safe environment for young adults. (More information about their organization can be found at <https://theneestcoffeehouse.org>.) Students are passionate about this year's cause because two of our HK students are currently employed at The Nest Coffee House and students want to show their support.

The Holiday Show is a highly anticipated event, as it is student-operated. The Holiday Show consists of performances, interviews and student produced content. If your group or organization would like to get involved by fundraising for this year's telethon, contact the show's Producer, Kasha Topa-Finberg via email at [ktopa-finberg@rsd17.org](mailto:ktopa-finberg@rsd17.org)

For more information about the Holiday Show and to donate or watch, please visit <http://holidayshow.rsd17.org>. This special event will occur "live" Friday, Dec. 20, from 8:00 a.m. to 12:00 p.m.

## TECHNOLOGY EDUCATION STUDENTS VISIT AEROSPACE TRADE SHOW

Technology Education students took a field trip to the ACM Aerospace Industry Future Workforce Opportunities Fair at the Hartford Convention Center this month. Students had the opportunity to speak to local Connecticut based Aerospace Manufacturers about Internships, Training, and Employment opportunities and programs. Representatives impressed upon students the exciting challenges and rewards of the industry and the dire need for young people to enter this growing field.

## HK ROBOTICS IS ALIVE AND WELL

HK Robotics club is alive and well in its 13th season! Robotics is a competitive club open to all students. Each year students are challenged with a new 'game' for which they must design, build and program a robot to compete against other schools from CT and New England. This year's game "Tower Takeover"

has teams stacking towers of cubes and placing them in elevated goals. Teams get two minutes of head to head competition to score the most points. Robotics Club is always on the lookout for local engineers who might be interested in mentoring. Please contact Ryan Kish for information [rkish@rsd17.org](mailto:rkish@rsd17.org)

Trailer Video: [https://www.youtube.com/watch?v=JVQOiw\\_OUU](https://www.youtube.com/watch?v=JVQOiw_OUU)

## COMPUTER SCIENCE GUEST SPEAKER

Computer Science students had the opportunity to hear a presentation from Bill Stamm, Vice President of General Digital. Bill is a local resident and came to talk to students about the interesting and diverse opportunities that companies such as his hold for young people who choose careers in Computer Science and Engineering. Students got a chance to get an up close and personal look at some of the technologies that Mr. Stamm's company develops. These include interfaces for the military, aviation technicians and biomedical devices, including a first of its kind, pain measurement device. Mr. Stamm talked about the rigorous process that all devices and designs must go through for military and medical approvals. Thanks again to Mr. Stamm for sharing his passion for technology and engineering with our students. Check out more on General Digital here <https://youtu.be/SGb3k5iFrGI>. HKHS engineering

classes are always on the lookout for guest speakers in technical fields. If you are interested in speaking, please contact Mr. Kish [rkish@rsd17.org](mailto:rkish@rsd17.org).

## ATHLETIC UPDATE

### GIRLS SOCCER WINS FIRST SHORELINE CHAMPIONSHIP

The Girls Soccer team defeated Valley Regional for the first Shoreline Championship in program history. The team made it to the semifinals of the Class M Tournament.

Nina Lamb set a new H-K school record of 1:11.11 in the 100-yard breaststroke at 2019 State Championships. Seven H-K swimmers swam personal best times at State Championships. From left to right: Grace Purcell (SR, captain), Johanna "Jo" Houska (FR), Kristen Thebeau (FR), Erin Marica (FR), Nina Lamb (JR), Tara Lamb (SR, captain), Adelaide "Addy" Hawkins (JR)

Winter Sports begin after Thanksgiving – please check the Athletics Website for more information specific to individual winter sports.

On behalf of the entire Haddam Killingworth High School community, I wish you and your family a warm and safe Thanksgiving and a joyous holiday season. All the best to you and yours in the New Year!

## HOLIDAYS 2019

### Killingworth holiday wish drive

*By Genie Dethloff, Publicity Chair, Killingworth Women's Organization*

The Killingworth Women's Organization (KWO) asks you to please consider helping others during the holiday season by participating in the 2019 Gregory Bousquet Holiday Wish Drive. Gregory Bousquet was the son of Jackie and Bob Bousquet, Killingworth residents for 35 years. After Gregory's tragic death in 1995, the drive was established in his living memory to reach out to those in our community who are less fortunate. Every year, the Killingworth community comes together to help its neighbors during the holidays by donating gifts to families in need.

On Nov. 14, Holiday Wish Drive gift lists will be posted in the front office of Killingworth Elementary School (KES) and at St. Lawrence Church. To participate:

1. Take a "neighbor in need" card, which will have a wish gift item on it.
2. Purchase the listed gift.
3. Return the "neighbor in need" card with the gift item to either the KES front office or St. Lawrence Church.

If your gift item is a gift card, you can mail it to the KWO, PO Box 952, Killingworth, CT 06419. For more info contact [info@kwoct.org](mailto:info@kwoct.org) or Teresa at 860 664-5652.

Toys and clothing should be new, in original packaging and unwrapped. All gifts must be delivered to the drop-off locations by December 12th. Donations can also be sent to the KWO and someone's wish gift will be purchased on your behalf. When submitting checks, please write "Wish Drive" in the memo line. KWO will send you a tax donation letter if you provide your name, address and/or email address with the gift. Presents will be given to families on December 15th.



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# HKMS: Cougar Celebrations for November

By Dolores Bates, Principal, HKMS

We recognize students and their achievements at our monthly Town Meetings and want to share these celebrations with you too.

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: Respect, Responsibility, Acceptance, Kindness, and Perseverance. These Core Values were developed and accepted by HKMS students, parents, faculty, and staff in 2016, and we recognize students each month. We appreciate these students' commitment to upholding our core values and being role models at HKMS.

The following students were recognized today, Nov. 27, 2019, for exhibiting Cougar Core Values during the month of November:

Brigitte Battistoni: Perseverance, Respect, Kindness  
Jackson Bottaro: Kindness, Acceptance

Josiah Bourne: Kindness, Acceptance  
Sarah Bradley: Responsibility, Respect, Perseverance  
Jameson Conte: Respect, Responsibility  
Julia Downing: Respect, Responsibility  
Claire Eighmy: Respect, Kindness, Responsibility  
Addison Harkin: Responsibility, Kindness, Acceptance  
Ava Harriman: Responsibility, Perseverance, Respect  
Brooke Hickman: Perseverance, Kindness and Respect  
Emily Joyner: Responsibility, Acceptance, Perseverance  
Blake Kamoen: Acceptance, Perseverance  
Axel Kolcio: Perseverance, Respect  
Martin Kuchyt: Responsibility, Acceptance, Kindness

Ian Masterson: Responsibility, Respect, Perseverance  
Ava Mazzotta: Kindness, Responsibility, Acceptance  
Brody Mitchill: Responsibility, Respect  
Maddie Moriarty: Responsibility, Respect  
Elizabeth Murphy: Responsibility, Perseverance  
Keely Parri: Perseverance, Respect  
Bella Richwine: Respect, Responsibility, Acceptance  
Margaret Robinson: Respect, Acceptance, Kindness  
Madalyn Seward: Perseverance, Respect  
Ben Werner: Kindness, Responsibility, Respect  
Anna Wessinger-Neumann: Responsibility, Acceptance  
Anna Wessinger-Neumann: Perseverance, Kindness  
Sydney Wrinn: Kindness, Acceptance

## HADDAM BRAINERD MEMORIAL LIBRARY

### Are you interested in a Book Club? Head to Brainerd Memorial Library

By Nancy Thompson

Did you know there's a monthly book group at the Brainerd Memorial Library? The group was started several years ago by Pat Coleman, who was the children's librarian there. Pat passed away earlier this year, and the group is looking for new members to share their love of reading.

We usually meet on the fourth Wednesday of the

month at 6:30 p.m. at the library. We don't meet in December, and we sometimes change the date in November do we don't end up competing with the night before Thanksgiving.

We all suggest books and take turns facilitating the discussion and bringing light snacks that coordinate with the book of the month. When we read Lisa See's "Tea Girl of Hummingbird Lane" we sipped Pueh-er tea, which was featured prominently in the book.

If you're interested in joining our gathering starting in January, please send an email to Maureen.pierison3@gmail.com so she can add you to the mailing list and let you know what book we'll be reading for that month. We'd love to see you!

### BML: Political Meet and Greet – December 6

By Scott Brinckerhoff

State Rep. Christine Palm and newly elected Haddam town officials will participate in an informal reception at Brainerd Memorial Library, 920 Saybrook Road, Haddam, on Friday, Dec. 6, 2019 from 4:00 to 6:00 p.m. The public is invited to attend, ask questions and raise issues of interest.

"This is an opportunity for the public to meet some of our newly elected officials in an informal setting and discuss local issues that we all care about," said Tom Piezzo, library director.

Coffee and light refreshments will be served.

## HADDAM VOLUNTEER FIRE CO.

### HVFCo annual children's Christmas party Dec. 14

'Tis the season for Haddam Volunteer Fire Company's annual Children's Christmas Party on Saturday, Dec. 14! All children 10 and under will receive a gift from Santa, a photo with Santa, cookies and hot chocolate.

All residents in the Higganum/Haddam area are welcome! Doors open at 5:30 p.m. Santa arrives by fire truck at 6:00 p.m. While the kids are meeting Santa, parents and families may purchase tickets for the HVFC Auxiliary's basket raffle! The drawing will be at 8:00 p.m. Fire Station #1 is located at 439 Saybrook Road, Higganum.

## HK COMMUNITIES

### HKYFS Stuff a Cruiser 2019 a success

By Kathy Brown

Haddam Killingworth Youth & Family Services and Resident State Troopers participated in "Stuff a Cruiser" on Saturday, Nov. 23, on the Higganum Green. "The turnout was great and we collected a ton of toys and monetary donations which will go directly to families in need in Haddam and Killingworth," said Trooper DeAngelo.

"It was a great day, a great turnout, and a wonderful group of young people who were energetic," said Laurie Ruderfer, Executive Director of HK Youth & Family Services. "We even managed to raise a nice little sum of money for the Salvation Army at the same time, knowing that 90% of what



is donated will come back to the local community to support families with resource support."

For anyone who was not able to make it on Saturday, if you still want to make a donation, HK Youth & Family Services is accepting donations through December at their office at 91 Little City Road, Higganum.

"The generosity of those who made donations is very much appreciated by all," said Trooper DeAngelo.

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# HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

Please visit [haddam.org](http://haddam.org), [townofkillingworth.com](http://townofkillingworth.com) or [haddam-killingworthnow.com](http://haddam-killingworthnow.com) for the most current information, including cancellations, location changes, time changes.

## Thursday, December 5

Music with Margie, 10:30 a.m. Haddam Brainerd Memorial Library

Margie's multi-sensory program builds skills on a bi-weekly basis, in order for children to reach the developmental goals they need to enter kindergarten. Margie brings items for children to play with such as beanbags, scarves, puppets, and instruments. Music with Margie is appropriate for children ages 2 to 6.

Love 2 Sign with Jaye – Sign Language for Children 6 mos. to 6 yrs.

Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library. Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos – Bilingual Storytime for Preschool Children

Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library. Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Brainerd Memorial Library's Gingerbread House Wars!

Our popular gingerbread house competition is back for the 3rd year in a row! On Thursday Dec. 5, from 5:00pm – 7:00pm drop in to create a gingerbread house and enter it into our contest. Winners receive a small prize and bragging rights until next year. Library patrons will vote for their favorite on Facebook and Instagram the week following the event, so be sure to follow us to have your vote counted. This program is for ALL AGES, and no registration is required! All materials will be provided. Get ready for WAR!

Parmelee Farm Committee meeting, 7:00pm – 9:00pm Killingworth Town Office Bldg.

Haddam Planning & Zoning meeting 7:00pm – 9:00pm

## Friday, December 6

Reception for new Haddam Town officials, 4:00-6:00pm, Haddam Brainerd Memorial Library

Meet newly elected members of Haddam town boards at a drop-in event. Come to the library's History Rooms. Light refreshments served.

Cafe Nights – Wesleyan Potters, 5:00 pm – 8:00 pm

Music and the holidays seem to go together, so please join us on Friday evenings during our Annual Sale to enjoy some music, shopping and socializing. Guests may shop throughout the evening, mingle with a few of our artists, and enjoy some complimentary food and drink. A different music group will be featured each week, entertaining our guests from 7:00-8:00pm

Sirius Coyote – December 6, 2019 <https://www.wesleyanpotters.com/>

860 347-5925

St. James Annual Service of Remembrance, 6:30 pm – 8:30 pm

Annual Service of Remembrance and Support and Reception, Friday, December 6, 6:30 pm. The community is invited to attend this service, which recognizes that not everyone shares in the usual joyful celebration of the season. Some grieve the death of a spouse or a precious child. Others grieve the loss of a dear friend or a pet, a broken relationship or the loss of health or youth, while others struggle with unemployment or poverty. The service will include special prayers, candle lighting, scripture, and music. Prayer support for those who wish, and a reception will follow the service. For further information contact Cherry Czuba at [cherylczuba@comcast.net](mailto:cherylczuba@comcast.net).

Pallet Painting Night – Holiday Edition, 7:00 pm-9:00 pm

We do all the prep; you get to paint! \$40 per pallet – you choose the message in advance (accepting checks or Venmo for payment) Light refreshments served, BYOB... and bring your friends!

ADVANCED REGISTRATION REQUIRED:  
Sign up via Google form (preferred method): <http://bit.ly/HJWPalletHoliday>

Sign up via email: Debbi Norman ([mnorman01@snet.net](mailto:mnorman01@snet.net)) or Dawn Alger ([dawnalgerct@yahoo.com](mailto:dawnalgerct@yahoo.com))  
Questions? Call Debbi at 860/402-4948 or Dawn at 860/539-9334. All participants must choose a design in advance (deadline November 29):

<https://www.silhouettedesignstore.com/>  
Doors open at 7:00pm, painting starts at 7:30pm. All profits from this event will support the Haddam Junior Women's Club initiatives in our community: local food bank & backpack program support, donations to local charities, annual scholarships for college bound students and helping families in need.

## Saturday, December 7

Children's Holiday Party, 11:00am-1:00pm Haddam Brainerd Memorial Library

Come one, come all and join in the festivities! Santa and Mrs. Claus will be here at 11:30 a.m. to read stories, take photos, and spread holiday cheer! Make holiday crafts and enjoy a sing-a-long. Refreshments will be served.

Santa's mailbox will make its first appearance in Killingworth at the Parmelee Christmas at the Farm event on Dec. 7, from 3:00 - 4:30pm. It will then magically fly to the Killingworth Library, where it will stay until one week before Christmas. "Mailed" letters should be sent between Dec 7th - Dec 18th and addressed to Santa. Please include the child's name and full address, so Santa and his elves can send a response letter with the help of the Killingworth Women's Organization. After December 18th, Santa cannot guarantee a reply since it is such a busy time at the North Pole. Happy Holidays!

Killingworth Historical Society is transforming the historic Parmelee Farmhouse into a dazzling Christmas Wonderland, 8:30am – 3:00pm

HK Middle School Craft Fair, 9:00 am-3:00pm

Come visit our 32nd annual juried craft fair with over 80 vendors from near and far selling handcrafted jewelry, artwork, holiday decor, pottery, soaps, candles, and much more. Grab a bite at our concessions stand and bake sale, then take a stab at winning one of the 60 items in our raffle. Give yourself enough time to let your children enjoy a scavenger hunt while you look for the perfect gifts. FREE ADMISSION.

The First Congregational Church of Haddam at 905 Saybrook Road, Haddam, will be holding its ninth annual Yuletide Quilt Show & Holiday Bazaar on Saturday Dec. 7, from 9:30am to 3:30pm and Sunday December 8th from 12:00pm – 3:30pm.

Admission to view quilts is \$6.00, children under 12 are free.

For more info <http://www.haddamchurch.org>

Make It & Take It – Seasonal Crafts for Families

Saturday Mornings in December from 10:00am -12:00pm at Killingworth Library

Drop in format; no registration required but space is limited.

Christmas at the Farm – Parmelee Farm

Parmelee Farm's 8th Annual "Christmas At the Farm" celebration on Dec 7 from 3:00pm – 4:30pm. Tree lighting, Carol singing, Photos with Santa, Snacks & beverages.

## Sunday, December 8

Books & Bagels event at Congregation Beth Shalom Rodfe Zedek (CBSRZ) in Chester, CT. On Sunday, December 8th at 10:30 am, author and President of Wesleyan University, Dr. Michael Roth, will speak about his new book, "Safe Enough Spaces: A Pragmatist's Approach to Inclusion, Free Speech and Political Correctness on College Campuses."

Come to Books & Bagels at Congregation Beth Shalom Rodfe Zedek, in Chester, CT, on Sunday, Dec. 8, at 10:30 am, to meet Michael Roth and hear him talk about his book at the event that is open to the public and free of charge. Light refreshments will be provided. Copies of the book will be available for sale and for autographing after Dr. Roth's talk. Don't miss this Books & Bagels which zeroes in on a topic of critical importance for us all. For more information, visit [www.cbsrz.org](http://www.cbsrz.org) or call 860-526-8920.

The First Congregational Church of Haddam at 905 Saybrook Road, Haddam, will be holding its ninth  
*Continued on page H10*

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## Want to know more about guide dogs?

*Continued from page H1*

certain objects such as a seat, counter, elevator, stairs, etc., alert their owner to changes in elevation such as a ramp, curb, stairs, etc., and maneuver their owner safely around hazardous objects above/by head level and on the ground. A common misconception is that guide dogs can read street crossings and know when to cross. A dog cannot see the colors of the traffic light nor are they able to indicate when the crosswalk light changes. It is the handler's job to listen to traffic patterns and determine when they feel it is safe to cross. Guide dogs wait for their owner to listen to traffic patterns and will move forward once cued if they feel it is safe. If a guide dog feels it is unsafe to cross, they will refuse the forward command or if a car is approaching too close and causing potential danger, the dog will move the handler out of the way, this is called intelligent disobedience.

**Do guide dogs get to play & have fun?:** Yes, absolutely! Lots of people seem to think guide dogs are all work and no fun, but when they are off duty/out of harness, they get to play like regular dogs.

**About Guide Dog schools/programs/organizations:**

Most guide dog schools have on-campus training where the client stays for the amount of time of training which can range from 2 weeks to 1 month depending on the client's needs and progress as a guide dog team. Team training is typically adapted to working in areas in which the client typically travels (rural, urban, suburban), but in some other areas for practice as well. Some guide dog schools offer in-home training (the trainer & dog come to the client's hometown to train typically 1-on-1 in their familiar environment. This may be helpful to someone who can't leave their work schedule, have other commitments they can't travel away for, have other medical conditions that make traveling difficult, etc.) such as Guide Dogs of The Desert, Fidelco, Guiding Eyes for the Blind, Freedom Guide Dogs, Leader Dogs for the Blind, Custom Canines Service Dog Academy, & more.

Another option that some people do is owner training. This is very difficult for someone who is legally blind/has limited vision. Most people who owner train a guide dog seek help from professional trainers. Having resources helps a lot but having a professional guide dog trainer is a huge help/must for making it a smoother and safer training process. When I trained my dog, Max, for guide tasks, my vision was deteriorating, but I had some remaining and I had help from professionals. I did not do it all on my own. I started the process of targeting/finding things, following, the basic guide steps, etc. I had professional help with the more formal stages of guide training. It is not easy.

The most common breeds used as guide dogs are labs, goldens, lab/golden crosses, German shepherds, & occasionally poodles if a client has allergies. Some other breeds used are vizslas, Dobermans, poodle



Korrine Herlth and Max. *Photo courtesy of Korrine Herlth.*

mixes, collies, barbets, and more. Most guide dog schools have their own breeding program or get dogs from highly recommended/qualified breeders. Occasionally, some schools may receive a donated dog under special circumstances depending on certain needs of a client. Guide dog schools may offer other programs such as summer camps, orientation & mobility training, independent living skills, in home training (hometown training), cross training for service dog tasks in addition to guide work, & more. The average cost to breed, raise, care for and train a guide dog is \$50,000. Guide dogs from guide dog schools are provided with necessary equipment to blind/visually impaired clients at no cost/for free. It is the client's responsibility to take care of the dog financially for food, vet bills, grooming, etc. Some guide dog schools will cover vet bills & food in certain situations.

**What is the training process like?:** At around 8 weeks, puppies get placed with puppy raisers whose purpose is to socialize & expose the puppies to everything, such as different materials they can walk on, noises, smells, different types of people, etc. Puppy raisers take the puppies out with them to many places to get them acclimated to different surroundings. They also go to puppy classes to learn basic obedience and train around their doggy classmates. The pups stay with their raisers for many months before going on to formal training. Pups return for

formal training at around 16-18 months and work with a trainer for about 4 months before being matched. 70% of guide dog puppies don't make the cut when first assessed. When they return for formal training, typically another 20% or 25% get cut from formal training. Not every dog has what it takes to be a guide dog. They become career change dogs and can either can switch careers or be adopted out as a pet depending on why they get cut from training. A guide dog's working career with their handler typically lasts between 7-10 years but can be shorter or longer depending on the circumstances. After the dog retires, they can stay with the client or client's family as a pet or be placed with the puppy raisers as a pet or be adopted out by the school.

**How is a guide dog matched?:** A guide dog is carefully selected to match their owner's walking speed/style, lifestyle, physical needs, and personality. When a client has their interview, a trainer will take them on a Juno walk. Juno is a simulated walk with a guide dog. The trainer/instructor will hold the empty harness piece that would be the guide dog while the candidate holds the handle piece. They will walk around for a while. Sometimes they will introduce guiding principles. The candidate will be assessed mainly by their grip, as well as their gait, and speed.

**The Do's & Don'ts of interacting with a guide dog team:**

*Do ask questions*

*Do ask before petting*

*Do ask if they need help*

*Do ignore the guide dog*

*Do treat the team with respect*

*Do talk directly to the handler, not the dog*

*Do keep your pets leashed and away from the guide dog when nearby*

*Do offer your arm/elbow if the handler would prefer help by sighted guide (the dog goes in a heel)*

*Do give clear directions such as left, right, directly in front of you, or use clock reference like 12 o'clock (in front of you), distance (feet, inches, etc.) instead of "over there" or pointing*

*Don't grab the blind person*

*Don't yell or honk your horn*

*Don't grab the guide dog's handle*

*Don't let your dog approach and interact with a guide dog*

*Don't interfere when a handler is correcting their guide dog*

*Don't assume a dog is off duty if it is laying down or napping*

*Don't pet, feed, talk to, make noises at, or otherwise distract the dog*

*Don't talk to or interact with a team while they are at a crosswalk or crossing*

*Korrine Herlth (HKHS '16) owner-trained Max, who is now retired. Korrine recently received Milo from Freedom Guide Dogs.*

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**Holiday**



# Killingworth Mental Health First Aid Course a success

By *Howie & Marie Field, Nathaniel B. Field Memorial Foundation*

Killingworth based Changing Minds Advocacy Group (CMAG) recently sponsored a two-day course for Mental Health First Aid November 22-23, 2019 at the Killingworth Firehouse. Educator Janine Sullivan-Wiley guided 30 students, including Nathaniel B. Field Memorial Foundation, Inc. Board of Directors Cecile Haase, Dawn Earley, and Howie Field through the interactive course that provided participants with the knowledge to grow their recognition of the signs, symptoms and risk factors of mental illnesses and addictions, identify multiple types of professional



Photo by Laura Coffin.

and self-help resources for individuals with a mental illness or addiction, and increase their confidence and likelihood to help an individual in distress. The curriculum revolved around the Mental Health First Aid 5-Step Action Plan to Assess for risk of suicide

or harm, Listen nonjudgmentally, Give reassurance and information, Encourage appropriate professional help, Encourage self-help and other support strategies (ALGEE). For more information about Mental Health First Aid, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)

CMAG would like to thank the Killingworth Lions Club, HK Youth and Family Services, National Alliance on Mental Illness (NAMI) Shoreline, Nathaniel B. Field Memorial Foundation, St. Lawrence Church Healing Ministries and the Jared Coffin Memorial Fund for their support.

## CONTINUED FROM PAGE H7

# Haddam-Killingworth town and community calendar

Continued from page H7

annual Yuletide Quilt Show & Holiday Bazaar on Saturday December 7th from 9:30am to 3:30pm and Sunday December 8th from 12:00pm – 3:30pm.

Admission to view quilts is \$6.00, children under 12 are free. For more info: [www.haddamchurch.org](http://www.haddamchurch.org)

### Monday, December 9

Killingworth BOS meeting, 7:00pm – 9:00pm – Town Office Bldg.

Killingworth Park & Rec Commission meeting, 7:30pm – 9:30pm Killingworth Town Office Bldg.

Haddam BOS meeting, 6:30pm-8:30pm

### Tuesday, December 10

Killingworth BOF meeting, 7:00pm – 9:00pm Town office Bldg.

Killingworth Inland Wetlands & Waterways meeting, 7:00pm – 9:00pm Town Office Bldg.

### Wednesday, December 11

HKHS “A Christmas Carol” morning show, 9:30am – 11:00am

Haddam Economic Dev. Comm. Meeting, 6:30pm – 8:30pm Higganum Community Center

Killingworth Public Health Agency meeting, 7:00pm – 9:00pm Town Office Bldg.

HK Recreation Authority Meeting HK Rec Office, 7:30pm – 9:30pm

### Thursday, December 12

Toddler Tunes, 10:30am Haddam Brainerd

### Memorial Library

Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Tuba Kelly brings a different musical instrument each week. Get ready to hear the guitar, saxophone, trombone and, of course, her signature tuba!

Love 2 Sign with Jaye – Sign Language for Children 6 mos. to 6 yrs. Thursdays 10 – 10:30am from December 5 – February 6 at Killingworth Library

Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos – Bilingual Storytime for Preschool Children

Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library

Online sign up begins December 2. Space is limited and Killingworth residents are given priority.

Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Killingworth Conservation Commission meeting Town Office Bldg. 7:00pm – 9:00pm

HKHS Chorus Concert/Fall Show, 6:00pm – 7:00pm HKHS Auditorium

## Haddam News

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\* paper is affiliated with  
Haddam-KillingworthNow.com  
and the Haddam Civic League

## TRANSPORTATION

### Route 9 exit signs set to change

The exit signs for Route 9 exits 8, 9, and 10 will be changing soon to new numbers. If you would like to see the current and associated new signs to see the changes, please see the attached PDF available at [haddam-killingworthnow.com:route\\_9\\_signing\\_changes\\_in\\_haddam](http://haddam-killingworthnow.com:route_9_signing_changes_in_haddam).

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## Justin Fornal explores the unexplored

*Continued from page H1*

with great excitement about getting a new project completed and was extremely creative, always trying new things. His success is not a real surprise because of his hard work, desire to go beyond the limits of the studio, and positive approach to every challenge.”

“I am truly honored that he was one of my most accomplished students who evolved more into an intern – a mature, collaborative, and diligent producer,” continued Connie. “He is indeed an incredible person who exemplifies great work with a caring heart.”

Justin remembers his years at H-K fondly. “I loved any class that had to do with history, AP History with Mr. Traester, British Literature with Mrs. Miles.” He also has some advice for students: “I encourage all students to make sure you read material and don’t use Cliff Notes. You’re only cheating yourself out of a valuable experience. Later in life you will wish you had time to dive into the Classics.” When asked about his least favorite class, he answered, “All my teachers were great, but math has always been an uncomfortable subject for me. My brain doesn’t really do numbers very well.”

It’s clear though, that his brain does history and science very well. According to Justin, he and his cohost Emiliano use “both ancient maps and cutting edge technology such as LiDAR drones, side scan SONAR, and ground penetrating radar to search for lost cities, artifacts, and human remains” on his new show.

After H-K, Justin headed to University of Pittsburgh to study film and history. He went on to lead expeditions to “document vanishing cultural traditions and rare textiles.” He has written and produced for VICE, National Geographic, and Anthony Bourdain, as well as giving academic lectures, and writing. He lived in the Bronx for about 20 years, but recently moved to Yonkers to buy a house. He loves coming back to Killingworth “to walk in the woods and make birch beer with my dad,” he said. “We tap the birch trees on his property and make our brew using the sap in place of water.”

At HKHS, Justin swam on the swim team, under Coach Carla Reilly. He is listed on the All State Boys Swim banner from 1995 hung by the HKHS pool for the 100 Fly. He remembers his time on the swim team. “I swam for the HK team which is something I have always carried with me,” said Justin. “Every year I try to do at least one historic first swim. It started with the Bronx River and most recently was a circumnavigational swim around Islay Scotland through the north Atlantic. It was a 100 mile swim we did in 8 days.” For more information, see this link. His next swim will be in the Canadian Arctic for a Polar Bear conservation group. He is in training for that now.

In 2018, Justin was listed as the third “Most Adventurous Person” in the world by Men’s Journal.

And yet, Justin seems pretty down to earth. “I loved high school for the fashion as much as the academia and athletics,” he said. “It was always fun wearing suits and homburgs to school, and bringing in the occasional walking stick.” On his walk down memory lane, he recalled “one Halloween myself and my friend Jeff Leaf Liebowitz brought chainsaws to the school dance. We were revving them up in the parking lot after the dance. The state trooper showed up and we sped away and hid behind the church on 81.” He also remembers ordinary things. “It was always energizing to drive to school bumping



Justin Fornal (left) and Emiliano Ruprah on the Science Channel’s “Unexplained and Unexplored.” Photo courtesy of Justin Fornal.

old school funk music and just come in all charged up for the day,” recalled Justin. “My girlfriend had moved to HK from Meriden and had the largest and most ornate hairstyle in the school.”

Tune in to the Science Channel on Sundays at 10:00 p.m. if you want to see more of Justin!



Justin Fornal’s spot on the HKHS All State Boys Swim banner. Photo by Lynne Flint.

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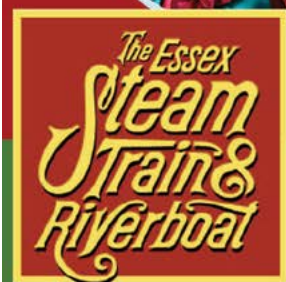
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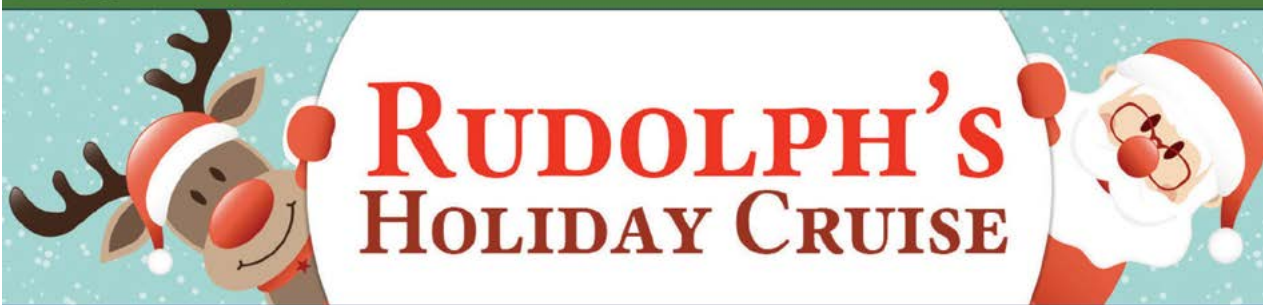
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One of Justin’s ice swims Photo courtesy of Justin Fornal.



# SCHOOL SPORTS

## HKHS GIRLS SWIM 2019

### At Class S State Championships, Nina Lamb breaks School Record

By Alison Karam, Coach, HKHS Girls Swim

Haddam-Killingworth High School Girls Swim Team competed in Division S State Championships last week, where seven swimmers had lifetime fastest swims and Nina Lamb (JR) broke a school record that had been standing since 1995!

Nina Lamb's new H-K school record of 1:11.11 in the 100-yard breaststroke during the State Championship Qualifying meet, placed her in the top heat of the Championship Finals, where she finished 7th overall. Lamb also qualified for Championship Finals in the 50-yard freestyle (26.21). Two freshmen also qualified for States in individual events: Erin Marica



From left to right: Grace Purcell (SR, captain), Johanna "Jo" Houska (FR), Kristen Thebeau (FR), Erin Marica (FR), Nina Lamb (JR), Tara Lamb (SR, captain), Adelaide "Addy" Hawkins (JR). Photos by Alison Karam.

swam personal best times in the 200-yard freestyle (2:15.07) in the Prelims and 5:58.57 in the 500-yard freestyle to make Finals; Kristen Thebeau swam her lifetime best of 1:11.36 in the 100-yard backstroke,

leapfrogging over several higher ranked swimmers in her Prelim swim to make Finals.

All three H-K relays beat their seed entry times, and every swimmer had at least one lifetime fastest swim, for strong State Championship finishes:

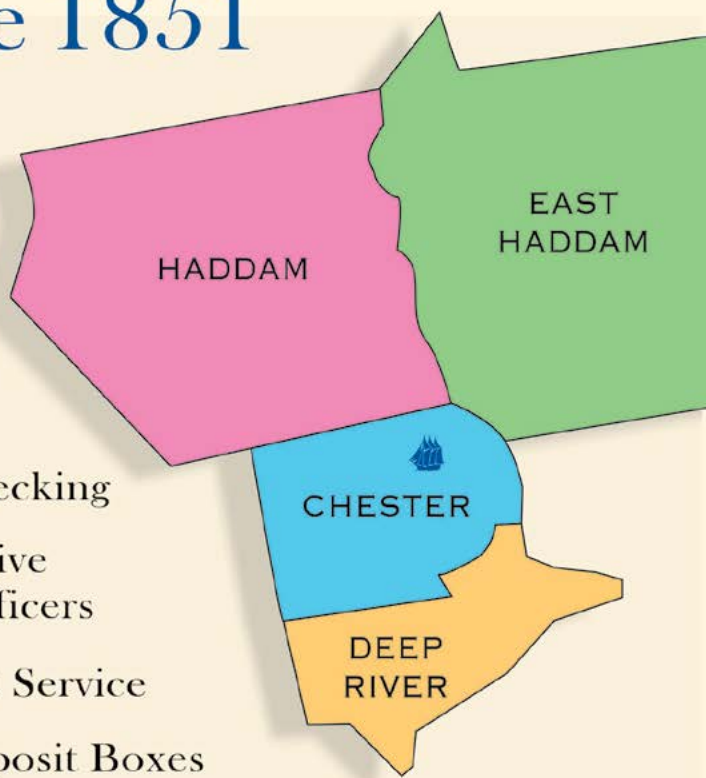
200 Medley Relay (2:07.53 in Finals, finished 14th): Addy Hawkins (JR), Nina Lamb (JR), Jo Houska (FR), Tara Lamb (SR)

200 Freestyle Relay (1:51.91 in Finals, finished 14th): Jo Houska (FR), Tara Lamb (SR), Erin Marica (FR), Nina Lamb (JR)

400 Freestyle Relay (4:16.45 in Finals, finished 14th): Jo Houska (FR), Grace Purcell (SR), Erin Marica (FR), Tara Lamb (SR)

H-K Swimmin' Women had a total of 108.5 points in the State Championships, finishing 16th out of 25 overall.

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Front row, holding the hammer is the offensive line left to right #52 John Bruder, #77 Thomas Perry, #72 Kevin Giulini, #68 Trey Callender, #76 Chris Moore. Second row middle, holding the game ball #41 Dalton Modehn. Photos by Chad Guilini.

## HKHS FOOTBALL 2019

### HKHS defeats Coventry/Windham Tech/Bolton/Lyman Memorial 55-43

By Barth Keck,  
Assistant Coach, HKHS Football  
The Haddam Killingworth High School Varsity Football team defeated Coventry/Windham/Bolton/Lyman Memorial on Thursday, Nov. 21, in Higganum, with a final score of H-K 55, Coventry/Windham Tech/Bolton/Lyman Memorial 43. HK's Dalton Modehn broke school records for total yards (404 yards on 46 carries) and touchdowns (6 rushing, 1 receiving) in the Cougars' home victory on Thursday night. Alex Riccitelli added 96 yards on 12 carries with one touchdown for HK. Jordan Smith scored four touchdowns for the co-op of Coventry/Windham Tech/Bolton/Lyman Memorial, including a 79-yard kickoff return.

#### Game Summary:

First Quarter:  
HK - Dalton Modehn 19 run (Kevin

Cavrell kick)  
C/WT/B/LM - Jordan Smith 6 run (Smith run)  
HK - Modehn 4 run (Modehn run)  
HK - Modehn 1 run (Alex Riccitelli run)

Second Quarter:  
C/WT/B/LM - Smith 10 run (Smith run)  
HK - Riccitelli 16 run (Cavrell kick)  
HK - Modehn 15 run (Cavrell kick)

Third Quarter:  
HK - Modehn 2 run (kick failed)  
C/WT/B/LM - Konnor Boucher 85 pass from Devin Grover (run failed)

Fourth Quarter:  
C/WT/B/LM - Boucher 37 pass from Grover (Justin Thoutte pass from Grover)  
HK - Modehn 11 pass from Riccitelli (kick failed)  
C/WT/B/LM - Smith 79 kickoff return (pass failed)  
HK - Modehn 76 run (kick failed)  
C/WT/B/LM - Smith 8 run (Glenn Farno kick)

C/WT/B/LM (2-8)	8	8	6	21	43
HK (2-7)	23	14	6	12	55

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RB #41 Dalton Modehn dives through a Patriots goal-line tackle for the Cougars third touchdown.



Dalton Modehn gets past a Patriots defender for the 5th Cougars score as the team and coaches watch from the sideline.