

Haddam Killingworth News

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

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July 30, 2020

For breaking news go to HK-Now.com every day

Free weekly

KCC, Killingworth Library team up for Conservation Contest

By Laurie Prichard (Killingworth Library Director)
& Stephanie Warren (Chairperson, Killingworth
Conservation Commission)

The Killingworth Conservation Commission and the Killingworth Library Association are excited to be sponsoring a Wildlife Conservation contest for children ages 6 – 14.

The contest has two parts: a coloring art section,

and a writing section. The subjects for both include a squirrel, a white tail deer, and a black bear. All these animals live in and around Killingworth, and kids will have fun while learning more about wildlife and conservation.

There are three participant age groups: 6 – 8; 9 – 11 and 12 -14 years old.

Fun prizes will be awarded to the two best entries in each age group, and everyone who submits a fold-

er will get a surprise thank you swag bag!

Entry materials can be picked up curbside at the Library on Friday, Aug. 7, between 10:30 a.m. and noon or on Saturday, Aug. 8, 10:30 a.m. to noon.

The folder with completed entries must be returned to the library on FRIDAY, AUG. 21, between 10:00 a.m. – 6:00 p.m. OR SATURDAY, AUG. 22, between 10:00 a.m. – 1:00 p.m.

The Show Must Go On!

By Rebecca Degnan, Co-founder,
Blue Fire Stage Company

If you've walked the trails or played basketball at the former Haddam Elementary School this summer, you may have come across an unexpected sight – a group of adults singing and dancing in the parking lot! They are Blue Fire Stage Company, a brand new nonprofit theatre company formed in Haddam just last September. Their smash hit cabaret, *An Evening of Inappropriate Song*, took place at HES last February, right before the world shut down. Both performances sold out and the parking lots at HES were overflowing. And throughout this quarantine, the board members and production team of Blue Fire have continued to demonstrate their creativity and determination to bring the arts and laughter to the HK community in any way they can.

The 25th Annual Putnam County Spelling Bee,



Photos by Rebecca Degnan.

Blue Fire's first mainstage production, will take place outdoors at Parmelee Farm in Killingworth on July 30, Aug. 1, 2, 6, 7 and 8. The show is about six spelling bee contestants who are vying for the coveted trophy while sharing their personal stories and making new connections with one another. It's a show with heart, and full of laughter as well.

So how can it even be possible to put on a show during a time of social distancing? Blue Fire



is working closely with local health officials and following all recommendations for the safety of their cast, production team and audience. Show choice was an important consideration. With this show being set at a spelling bee, it lends itself well to social distancing in blocking. The small cast size is another element that makes this show a great choice. Cast and production team all wear masks

Continued on page H2

HKYFS wants to reward spontaneous Outdoor Activities to Remember

By Megan Humphrey,
Prevention Educator/Clinician, HKYFS

This summer Haddam Killingworth Youth and Family Services wants to reward your "Spontaneous Outdoor Activity to Remember" or SOA2R. You can win a \$25 gift certificate to a local business.

Instructions:

1. Do a fun outdoor activity with your family, friends, or on your own and take a picture of you doing the activity. Ex. Mini-golfing, hiking, swimming, helping mow a neighbor's lawn, etc.

2. Send that picture* to HKYFS (email below). Each picture submitted gets 1 raffle entry in to our drawing at the end of July and August.

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**Submissions automatically grant HKYFS permission to use pictures in future advertisements, if desired

In This Issue: Voting, Pandemics, and 2020 Elections, **Page H3** • HK Graduation, **Page H6** • To the Editor, **Page H9**

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Friday Higganum Farmer's Market off to a great start

By Kate Anderson, Haddam Board of Selectmen

The Higganum Farmer's Market kicked off Friday, July 10 and is off to a vivacious start. The market is running every Friday from 3:30 – 6:30pm outside at Haddam Elementary School until Oct. 9. Join us for fresh produce, tasty homemade goodies, handcrafted goods, food trucks, and more!

A different variety of vendors will be at the market each week. Follow us on Facebook at "Higganum Farmers Market" for an updated weekly vendor list and weather-related updates. Schedule and vendor information is also on our website, www.higgfarmersmarket.com.

There are still a few vendor spots remaining, and volunteers are always welcome, too. Also, a special

kids' market is being planned for August 14 where young entrepreneurs are encouraged to sell their homemade goods. Contact Market Master Kristy Benson of Bittersweet Farm at higgfarmersmarket@gmail.com or 860-918-2344 for more information.

Masks are required for entry, and we ask that you follow other social distancing guidelines to ensure a safe market for all. Thank you for your support!

CONTINUED FROM PAGE H1

Show must go on!

Continued from page H1

during outdoor rehearsals, and everyone is observing the 6-foot rule.

Rebecca Degnan, the show's Musical Director and one of the Founders of Blue Fire, explained, "Outdoor rehearsals certainly keep us on our toes in terms of heat, rain, thunderstorms, mosquitoes, etc, but we have learned to embrace the unpredictability and roll with the punches. We even had a rainbow during one of our rehearsals last week!" Linda Wilson, the show's Director, commented on her experience working with Blue Fire for the first time, during a pandemic. "I thought the challenge was going to be greater than it is. Not to say it isn't challenging, but Blue Fire is such a well-oiled machine, you would think they were in operation for many years. When everybody does their part and cares so much about the production, the people involved, and the audience, it's a beautiful thing."

During performances at Parmelee Farm, audience members will be required to wear masks except when they are in their seats. Individual seats are set 6 feet apart, and there is an option to purchase an entire table (6 seats) for groups who do not need to socially distance from each other. Performances are outside under the open-air pavilion. The audience will be seated at least 12 feet from the closest performer at all times. Bathrooms will be cleaned frequently and reminders to socially distance will be posted. There will be an option for an online program and an online, contactless, 50/50 raffle. Tickets are only available in advance, as per CDC guidelines, in order to limit the number of audience per performance.

Blue Fire Stage Company feels that despite the logistical challenges of putting on a production right now, this is the perfect time to be doing so. As Rebecca put it, "History is full of examples where theatre and the arts have helped people to temporarily forget about the difficult times they are in. Times like this are when we need the arts more than ever, to help us escape from our reality for a while, laugh and feel connected to our community." Rachel Balsaly (who will play Olive Ostrovski) agrees. "I didn't realize how starved I was for a creative outlet during these few months of quarantine. My deepest gratitude to the production staff and the cast for filling that void and allowing theatre to happen safely!"

The show's actors do not feel that the unusual structure of rehearsals and performances have had any negative impact on their experience in the show. Garth West (who will play Mitch Mahoney), shared, "Blue Fire Stage Company is one of the best theatre experiences I've had. Bringing such a hilarious show to life in these very new and interesting conditions isn't easy yet we are doing it and loving every minute at the Bee." HK graduate Johanna Regan (who will play Marcy Park), shared, "I feel so fortunate to be a part of Blue Fire's first production. With everything going on in the world, this process, this show, these people: this is exactly what I needed. They are the light that is helping me through these dark times. I'm so thankful to everyone involved."

Spelling Bee also marks the start of Blue Fire's Apprenticeship program, a major component of the company's vision. Through this program, students or adults who want to gain experience in certain areas of theatre are paired up with a professional who acts as their mentor and trains them in that area. For this show, Blue Fire has apprentices for costume design, props, choreography, stage managing and

pit orchestra performance. Apprentices range in age from 12 to 25. Olivia Tempesta, a professional musician and local music teacher who is playing reeds in the pit orchestra, is a mentor for sophomore Kristen Thebeau, who is also playing reeds for the show. Olivia spoke about her feelings about the Apprenticeship program: "Contributing to Blue Fire Stage Company's inaugural year as a pit musician mentor is no less than a professional dream come true! To have one of my former HKMS students pilot this program as my summer mentee makes the experience all the more memorable. I am hopeful for the longevity of the Blue Fire Apprenticeship Program in our community and I look forward to seeing it draw in young performers and artists from across Connecticut in future years." Her Apprentice, Kristen, says, "It is an honor to be given an opportunity to be an apprentice musician in the pit for Spelling Bee. It has been a wonderful experience learning from and playing alongside professional musicians and I am looking forward to the performances."

Blue Fire Stage Company dreams of having a permanent home somewhere in the HK community, where they can run classes and workshops for children and adults, and produce shows for children, teens and adults throughout the year. "This show is only the beginning," says Rebecca. "We hope that people will come to see Spelling Bee, and want to be involved, or to get their children involved in our company, once we are able to safely run classes and produce more shows."

You can find more information about Blue Fire and their upcoming production of Spelling Bee on their website at bluefirestage.org, or on their Facebook page at facebook.com/bluefirestage. Tickets can be purchased at bluefirestage.ticketleap.com/spellingbee.

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Voting, Pandemics, and Looking to 2020 Elections: Part 2

By Meghan Peterson, Ph.D.,
and Sharon Challenger

Editor's Note: This is Part 2 of a two-part series seeking to understand what voting will look like in the upcoming 2020 primary and general elections in Connecticut broadly; Haddam & Killingworth specifically.

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." United States Constitution, 15th Amendment

In Part 1 of this series, we explored some of the key features in CT Secretary of State Denise Merrill's 2020 election plans, such as increased attention to sanitation procedures at polling places, heightened cyber security, and expansion of the absentee ballot to every registered, eligible voter in the state for the Aug. 11 primaries. In this article, we explore further the idea of absentee ballot expansion, the topic of voter fraud, and the recent legal challenge filed in CT Supreme Court against Merrill and CT Governor Ned Lamont.

Absentee Ballot expansion in CT

As mentioned in Part 1, Merrill sent absentee ballot applications via mail to every registered, eligible voter for the Aug. 11 primaries for the president, House of Representatives, and CT General Assembly. Primaries in our state are closed, meaning that only registered Democrats and Republicans can vote in these elections. Unaffiliated voters cannot. They can, however, choose to join one of the two major parties if they want to participate in the primaries. The cut-off date for making such a decision is Monday, Aug. 10 at noon (last day before the primary).

According to various news reports, there are 1.2 million registered Democratic and Republican voters in CT; so 1.2 million absentee ballot applications were mailed. This mailing constitutes the first time absentee ballot applications have been sent en masse in Connecticut's recorded history.

Will absentee ballot applications also be sent to all registered, eligible

CT voters for the general elections on Nov. 3?

On the one hand, Merrill's authority under Gov. Lamont's executive order EO7QQQ to issue the absentee ballot applications ends when the order expires: Sept. 9. Without renewal, she will no longer have the power to expand the absentee ballot application. On the other hand, the state's legislative body, the General Assembly, can pass a law amending current CT voter legislation to expand the absentee ballot. For example, State Representative Christine Palm (D-36th District, which includes Haddam) is part of a working group seeking to write and pass legislation that would permit every eligible CT voter to vote via absentee in the general elections on Nov. 3 by expanding the reasons an individual can use an absentee ballot. Palm explains, "Our right to vote is foundational to democracy, and we can't let the coronavirus put our civic health at risk along with our physical health." The legislation was voted on during the special legislative session, which began on July 23. At time of publication, the CT House passed the bill 144-2 to permit all CT voters to vote by absentee on Nov. 3. It headed to the CT Senate on Tuesday, July 28, where passage is highly likely.

Voter fraud: phantom fear or tangible possibility?

As is the case with discussion in any election cycle, the topic of voter fraud occasionally arises. With the expansion of absentee and/or mail-in balloting occurring nationwide, people may be wondering about the security and integrity of such methods. The concept of voter fraud is anything but new.

Signs of vote tampering date to 487 B.C. in ancient Greece. During that period, it is believed that Cleisthenes introduced Ostracism to the people of Greece. This practice allowed all eligible voters (free males only) to vote to remove a person deemed to be a threat to Democracy. It was an attempt to prevent any person from having ambitions to set himself up as a tyrant.

Archeologists found heaps of ostracon, pottery shards used as ballots, with the same person's name carved

into the surface by what appears to be one individual. It is speculated that individuals who could not read or write were coerced by others to vote for someone they deemed a threat.

Today in the U.S. some officials and voters are expressing concerns about the possibility of absentee ballot fraud in the upcoming elections. Are their concerns warranted? Many press outlets have reported that absentee ballot fraud does not occur. The two major political parties take a different position on this matter (within each party, there are of course a variety of nuanced views). Democrats believe that absentee ballots provide more voters access. Republicans do not trust that the absentee ballots will be handled properly.

In an ongoing sampling of election fraud instances within the United States, the Heritage Foundation reported that there have been 1,290 proven instances of voter fraud to date, with 1,112 convictions. 26 of those cases happened here in Connecticut between 1988 and 2018. Crimes ranged from false voter registrations to fraudulent use of absentee ballots.

Voter fraud in Connecticut: a sampling of examples

In April 2018, Bridgeport, Conn. resident Betty Chappell was charged with second degree forgery and making a

false statement on an absentee ballot application. Her boyfriend, Troy Stevenson was charged with second degree forgery and misuse of an absentee ballot. In 2017 the couple were working for Stratford Mayoral (Democratic) candidate, Stephanie Phillips. The couple forged the names on at least three ballots according to police. Chappell was reported to have requested 25 absentee ballot applications from the Town Clerk's Office. Were those mishandled as well? Police were investigating the possibility. Stevenson was found guilty of 2nd degree forgery (Class D felony). He was sentenced to three years in jail, execution suspended, conditional discharge 3 years. No fines or fees were levied against him. Chappell was found guilty and charged with Forgery 2nd degree. She was sentenced to five years jail, execution suspended, conditional discharge 3 years. No fines or fees were levied against her.

The New Haven Register reported that during the 2015 election, Vincent J. Spaduzzi, a Republican East Haven councilman, asked an East Haven resident who was working as a checker in the Election Day registration office to submit three absentee ballots to the town clerk's office, according to a witness statement given to SEEC legal investigator Scott Branfuhr. The resident agreed to meet Spaduzzi. The

Continued on page H4

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Anemia- It's not about your skin being pale!

Anemia is caused by a decrease in the number of Red Blood Cells (RBC) that carry oxygen to cells in your body and carry carbon dioxide to your lungs to have it leave your body. This decrease occurs due to: increased blood loss, internal destruction of RBC's, or decreased production.

There are many diseases including infection, inflammation, or cancers that have an association with anemia. Anemia is one of those conditions, much like a fever, that your doctor may want to investigate further. Albeit mild anemia may just be watched versus treated, your doctor must be the professional to combine their knowledge and experience to make this decision.

Nutritional causes for anemia include iron deficiency, vitamin B-12 deficiency, and folic acid deficiency, along with starvation and general malnutrition.

One external skin indicator your doctor will consider is the color of the creases in your palm, and if they are as pale as the surrounding skin, as this may indicate a drop in your hemoglobin concentration, which is one measure of anemia. Hemoglobin is the component of the blood that binds to oxygen. Other laboratory tests the doctor may order include: Hematocrit- which is the amount of RBC's; Mean Corpuscular Volume (MCV)-which measures the average volume of RBC's; and Mean Corpuscular Hemoglobin (MCH)- which measures the amount of hemoglobin per RBC. There are other lab tests as well.

Iron, Folic Acid, and B-12 deficiencies are diagnosed by lab tests, but a thorough physician exam will highlight the patient fatigue. All adult men and post-menopausal women with low iron should also be screened for GI issues as well.

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Voting, Pandemics, and Looking to the 2020 Elections: Part 2

Continued from page H3

witness stated she did not know nor was she related to the three absentee voters. The SEEC launched an investigation into the matter after the New Britain Democratic registrar of voters filed a complaint stating he identified an elector who allegedly voted in both New Britain and East Haven during the 2015 municipal elections, according to the SEEC complaint. The elector in question was identified as one of the absentee ballot voters in East Haven.

On Sept. 26, 2014, State Representative Christina Ayala, D-Bridgeport, surrendered to CT State Police on multiple charges of voting fraud. Ayala was charged with eight misdemeanor counts of fraudulent voting, ten felony counts of primary or enrollment violations and one felony count of tampering or fabricating physical evidence. She faced up to five years in prison on each of the felony counts and a \$500 fine. Ayala pleaded guilty to two counts of providing a false statement and was sentenced to a suspended one-year prison term followed by 2 years conditional discharge. No fines or fees were levied against her. As a condition of her plea deal, she was barred from seeking elected office for two years.

In 2009 the State Elections Enforcement Commission ruled that State Representative Minnie Gonzalez (D) was “knowingly present” while four voters fraudulently filled out absentee ballots at Bridgeport City Hall during the 2006 election. She was fined \$4,500 by the Commission. She appealed the fine but lost her case in Superior Court in 2019. She has been a State Representative since 1997 and is currently serving as Deputy Majority Leader in the General Assembly. She is

up for re-election in Nov. 2020.

Lydia Martinez, a Bridgeport councilwoman admitted to illegally assisting in the filling out of absentee ballots as well as encouraging those not eligible to vote absentee to do so. Martinez targeted residents in the assisted living home, Harborview Towers in Bridgeport. She was ordered to pay a fine of \$500. Martinez has also been accused of targeting residents in the 2019 Democratic primary between Bridgeport Mayor Ganim and Marilyn Moore. A lawsuit was filed by an organization, known as Bridgeport Generation Now Votes. The lawsuit claims some of Ganim’s supporters pressured voters into voting for him. Bridgeport City Clerk Lydia Martinez is among the people named in the lawsuit, which alleges she targeted one of the city’s affordable housing complexes, where she sought absentee voters. Others named in the lawsuit include Bridgeport Democrat Registrar Santa Ayala, mother of convicted former State Rep. Christina Ayala. In 2014, Santa Ayala, was accused by the SEEC of possibly helping her daughter break the law in the 2014 elections. Despite these circumstances, Ayala was nominated by Bridgeport Democratic leaders in 2014 for another term as registrar. She retired in Dec. 2019.

In response to the lawsuit filed against him, Ganim was quick to point out that his opponent’s team included none other than Betty Chappell who was convicted of voter fraud in 2017. State election officials are currently investigating the claims.

Prenzina Holloway was convicted of using another person’s absentee ballot in the 2004 Democratic Primary. She was ordered to pay a fine of \$10,000; however, the fine was lowered to \$2,000 due to “financial hardship.” In 2006 she was working for Urban

Voter’s and Associates, a company hired by Senator Joe Lieberman when he was running for U.S. Senate. Her job was to do voter outreach in Hartford. She denied having any involvement in the company’s absentee ballot operation. In a signed agreement she pledged not to distribute absentee ballots or assist with ballot applications for a period of two years. She was later hired by the Hartford Democratic registrar to work in the 2009 municipal election.

In 2003, former State Representative Barnaby Horton D-Hartford, was charged with seven felony counts including fraudulent use of absentee ballots. He was caught inducing elderly residents in low income residences to cast absentee ballots for him. He was found guilty, fined \$10,000, sentenced to two years’ probation, and ordered to serve 1,000 hours of community service.

In 2001, Sybil Allen, a member of the Bridgeport Democratic Town Committee completed ballot applications in the name of residents, forged signatures, and manipulated a voter to forge a ballot registration form for a family member who did not live in the community. She was also accused to misleading voters, and watching voters fill in their ballots before taking them. She was fined \$5,000 and was barred from running for re-election for two years. She currently serves on the Bridgeport Board of Education.

During our examination of voter fraud cases in Connecticut, we observed that they were concentrated within the Democratic Party. It is important to note, however, that instances of voter fraud can arise from both major political parties throughout the nation.

Potential sites for voter fraud

On further inspection of the court records and convictions in Connecticut, we identify several sites in which voter fraud can become a possibility::

- observing voters fill in their absentee ballots and taking possession of them
- failing to co-sign the absentee ballots when a person has assisted a

voter

- coercing voters into voting for specific candidates
- forgery
- filling out ballots for people who no longer reside in the state (they are still on the CT voter rolls)
- Registering ineligible voters in order to receive absentee ballots
- Ballots ending up in the hands of people not authorized to handle them

Connecticut does not require identification for absentee ballot applications or the actual absentee ballots. Multiple applications can be taken out by those who want to encourage others to vote in elections. Killingworth Town Clerk Dawn Rees Mooney, in response to this scenario, replied, “any person who will distribute five or more absentee ballot applications to persons other than the individual’s immediate family must register with and obtain forms from the Town Clerk of the municipality where such forms will be distributed before distributing such forms.”

Will the statute prevent fraud? What happens when an individual goes directly to the State website and prints their own absentee ballot application? Is it possible that this application could subsequently be photocopied multiple times resulting in ballot applications that are not logged with the Town Clerks?

While access to absentee ballot applications is less restrictive, the actual ballots are more tightly controlled. Before the ballot applications are mailed to individuals, the Town Clerk checks the Registrars voter listing to ensure the voter is registered to vote in their community. That would assure everything is in order, correct? However, what if the voter has died or moved away, and the Registrar has not been notified? Could a person at the residence fill in the absentee ballot application for the deceased or relocated person, return it, receive an absentee ballot in the mail, fill it in and return it via mail, and then vote at the polls under their legal name? It seems they could; however, applicants have to sign the application and the ballot envelope. On the form under Section III

Continued on page H5



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Continued from page H4

- Applicant's Declaration, it states, "I declare under penalties of false statement in absentee balloting that the above statements are true and correct, and that I am the applicant named above." Violation of this declaration would constitute a Class D felony.

When a few absentee ballots are requested in an election, the possibility of fraud occurring should be minimal because Town Clerks can process the applications quickly. We have not had an election in CT in which every eligible voter in the state would be allowed to vote absentee. Could attempts at fraud rise?

Recent legal challenge filed

Fight Voter Fraud, Inc., a CT non-profit organization recently filed a legal challenge to Denise Merrill's absentee ballot expansion for the state primaries on Aug. 11 on behalf of several federal candidates in the Connecticut Supreme Court. A central contention of the challenge is that the electorate, not the Secretary of State, has the authority to change election law (vis-à-vis the General Assembly) – under both the Connecticut State Constitution and CT General Statutes.

The *CT Mirror* reported on July 20 that the "State Supreme Court Chief Justice Richard Robinson on Monday dismissed a challenge from four Republican congressional candidates who sought to stop an expansion of absentee voting in Connecticut's August 11 primary election...In dismissing the case, Robinson agreed with the state officials that the Supreme Court did not have jurisdiction over the issue." According to the article, Robinson wrote in his ruling

that "The Supreme Court ... is not a proper vehicle to challenge the ruling of an election official with respect to a primary, including one for federal congressional office," Robinson said."

The plaintiffs in the case are appealing the decision before the CT Supreme Court again.

Legality vs. Constitutionality?

The relevant instrument under which Secretary of State Merrill is operating is Gov. Ned Lamont's executive order, EO7QQQ, issued on May 20.

Part of the order states, "Absentee Voting Eligibility During COVID-19 Pandemic. Section 9-135 of the Connecticut General Statutes is modified to provide that, in addition to the enumerated eligibility criteria set forth in subsection (a) of that statute, an eligible elector may vote by absentee ballot for the August 11, 2020 primary election if he or she is unable to appear at his or her polling place during the hours of voting because of the sickness of COVID-19. **For purposes of this modification, a person shall be permitted to lawfully state he or she is unable to appear at a polling place because of COVID-19 if, at the time he or she applies for or casts an absentee ballot for the August 11, 2020 primary election, there is no federally approved and widely available vaccine for prevention of COVID-19. It shall not constitute a misrepresentation under subsection (b) of Section 9-135 of the General Statutes for any person to communicate the provisions of this modification to any elector or prospective absentee ballot applicant.**" (emphasis is the authors')

In effect, a CT voter can employ COVID-19 as a justification not to appear in person – even if he or she is not ill with the virus. Fear of the virus can

be utilized as a rationale for voting absentee. What about fear of war? Fear of violent rioting? What if a person fears being intimidated at polling places? Can they, too, vote absentee? Fear has never before served as a basis for absentee voting. Are constitutional rights now to be modified on the basis of fear and anxiety? And what of people's movement to and from grocery stores, Home Depot, Lowe's, farmers' markets, state parks? What is fundamentally different in terms of one physically shopping for household goods versus physically voting?

Under the executive order, the Secretary of State is granted authority to distribute an expanded definition of absentee ballot applications to the CT eligible voting population. Merrill, therefore, is acting in accordance with the order, which does constitute compliance with the Governor's action.

Yet, is an executive order the same as law? Can an official's actions that stem from an executive order be simultaneously legal and unconstitutional?

According to the CT State Constitution, only the General Assembly (legislative branch) can make, amend, and modify law – including election law. As noted previously, an effort is underway in the legislature to craft new law in the state that enables all eligible voters to vote via absentee ballot in the general elections on Nov. 3.

Looking ahead

We will keep readers abreast of developments on the election bill that will be voted on during the special session. With an eye toward Aug. 11 and Nov. 3, only time will tell whether voter fraud becomes a widespread concern or not.

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When Should I Revisit My Estate Plan?

An estate plan should not be static. Wills created when children were minors, or prior to a divorce may result in unforeseen consequences if not revised. The occurrence of certain "milestone events" typically merit a review of your estate planning documents.

Examples of milestone events that often precipitate the need for changes in a Will, Power of Attorney, or Advance Health Care Directives are:

- Newly married
- Newly divorced
- Newly widowed/loss of spouse
- Birth or adoption of a first child
- Contemplation of re-marriage
- Death or incapacity of your designated executor, health care or financial agent
- Purchase of real estate with an unmarried partner
- Beneficiary going through a divorce, bankruptcy, creditor problems
- Disabled child, grandchild or beneficiary
- Substantial change in wealth (up or down)
- Move to Connecticut or from Connecticut to a new state of domicile
- Purchase of out-of-state real estate
- Purchase or formation of a new business

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Haddam–Killingworth Town & Community Calendar

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

Thursday, July 30

Nature's Natural filters – Killingworth Library, 10:30 a.m.-12:30 p.m.

Session 2 of 2. To register call us 860 663-2000 or register online <https://killingworthlibrary.org/>

Haddam ZBA Meeting (remote access only), 7:30 p.m.

Friday, July 31

Higganum Farmer's Market – HES

The market will be hosted every Friday rain or shine** (**May be cancelled if weather predictions call for severe conditions). A variety of vendors will be available every week. This is the perfect opportunity to stock up on fresh produce, tasty dinner foods, homemade goods, and other treats!

Outdoor Summer Concert – Parmelee Farm, 7:00-8:30 p.m.

Free Outdoor Summer Concerts! Bring a blanket or a chair to enjoy an evening of live entertainment at our local town green. Fun for the whole family! Call the HK Recreation Hotline at 860-345-8334 in case of inclement weather or visit www.hkrec.com.

Saturday, August 1

Haddam Police/Patriots Rally, Higganum Town Green, 10:00 a.m.

Come show your support for our Law Enforcement and First Responders. Guest speakers will also be featured. Bring your flags and American pride!

Virtual Super Saturday Storytime – Killingworth Library, 10:30-11:00 a.m.

While the library remains closed, we will now be holding our Saturday Storytimes on our new YouTube channel! Every Saturday!

Family Drum Circle session 2 – Killingworth Library, 10:30 a.m.-12:00 p.m.

The Killingworth Library marches to the beat of its own drum, and now you can too! Come join us as we learn some basic drum rhythms and, of course, sing some songs and read a story. Appropriate for

ages 3 – 7. Adults must remain with their children during the duration of the event.

Monday, August 3

Rein It In – HKYFS, 3:30-5:30 p.m.

A life enrichment program for your 8 to 12-year-old child. Every Monday in August from at the Intermediate School. Call HKYFS office at 860-345-7498 or email clinicaldirector@hkyfs.org to sign up.

Charter Revision Meeting – Killingworth (remote access only), 7:00-9:00 p.m.

Tuesday, August 4

Create a Terrarium session one – Killingworth Library, 10:30 a.m.-12:00 p.m.

Appropriate for ages 8+. Adults must remain with their children during the duration of the event.

RSD17 BOE Meeting (remote access only), 7:00 p.m.

Wednesday, August 5

Alien Invasion session one — Killingworth Library @ 10:30 am - 12:00 pm

Appropriate for ages 3 – 7. Adults must remain with their children during the duration of the event.

Thursday, August 6

Create a Terrarium session two – Killingworth Library, 10:30 a.m.-12:00 p.m.

Learn about how ecosystems are formed and maintained and build your own at a small-scale terrarium to take home. Appropriate for ages 8+. Adults must remain with their children during the duration of the event.

Parmelee Farm Committee Meeting, 7:00 p.m.

Friday, August 7

Higganum Farmer's Market – HES @ 3:30 pm - 6:30 pm

The market will be hosted every Friday from 3:30 – 6:30 p.m. at the Haddam Elementary School grounds, rain** or shine. (**May be cancelled if weather predictions call for severe conditions)

Saturday, August 8

Virtual Super Saturday Storytime – Killingworth Library @ 10:30 am - 11:00 am

Alien Invasion session two – Killingworth Library, 10:30 aa.m.-12:00 p.m.

Monday, August 10

Dragon Storytime session one – Killingworth Library, 10:30 a.m.-12:00 p.m.

Join us at the library as we conclude our summer family programming by creating our own dragons. Appropriate for ages 3 – 10. Adults must remain with their children during the duration of the event. Call 860-663-2000 to reserve a space.

Rein It In – HKYFS, 3:30 p.m.-5:30 p.m.

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

Killingworth BOS Meeting, 7:00 p.m. (remote access only)

Killingworth Park & Recreation Meeting, 7:00 p.m. (remote access only)

Tuesday, August 11

Make a Bird Feeder session one – Killingworth Library, 10:30 a.m.-12:00 p.m.

Join us in our final week of Summer Science as we create bird feeders from scratch.

Killingworth BOF Meeting (remote access only), 7:00 p.m.

Killingworth Inland Wetlands Meeting (remote access only), 7:00 p.m.

Wednesday, August 12

Dragon Storytime session two – Killingworth Library, 10:30 a.m.-12:00 p.m.

Join us at the library as we conclude our summer family programming by creating our own dragons!

Book Discussion on ZOOM – Killingworth Library, 1:00-2:00 p.m.

A reminder: the August meeting will be held on Wednesday due to the Tuesday primary. Meet up on Zoom as we discuss Before We Were Yours by Lisa Wingate.

Haddam EDC Meeting (remote access only), 6:30 p.m.

Killingworth Public Health Agency Meeting (remote access only), 7:00 p.m.

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Summer Fun with Fruits & Flowers!

By Janet Verney

Yay, it's summer, so I'm keeping it light and keeping it fun! You already know that fruit is filled with lots of antioxidants, vitamins, and minerals! So, without rambling on, here are some of my "Health'd-Up" summer favorites using fresh fruit and edible flowers from my garden.

All of the recipes below are plant-based and they are gluten-free! I use organic ingredients whenever possible as well. I hope you spend a bit of time playing in your kitchen and try a few of these fun recipes. Stay safe, stay well, and enjoy your summer!

Shortbread Flower Cookies

- Assorted edible flowers
- 2 Tbs. water
- 2 Tbs. pure maples syrup or maple cream
- 1 Tbs. vanilla extract
- ½ cup avocado oil
- ½ tsp. sea salt
- ½ cup organic cane sugar
- 2 cups GF flour (my favorite is organic by Flour Farm)

Gently wash the edible flowers and dry them between paper towels. Place heavy books on top of the paper towels, over the flowers, and allow them to flatten on the counter for about an hour. Whisk the first six ingredients, stir in the cane sugar and then the flour. The batter will be crumbly. Use your hands to make a few grapefruit sized balls. Place one ball at a time between two pieces of parchment paper (below and above the dough). Using a rolling pin, press to flatten the dough to about 1/4" thick. Remove the top layer of the parchment paper and use a cookie cutter to make the desired shapes. Using a spatula, gently move the cut-out shapes to a cookie sheet lined with parchment paper. Bake at 350 degrees for about 13 minutes, or until lightly browned. As soon as they come out of the oven, gently press desired edible flowers into the center of the cookie. Allow the cookies to cool off the cookie sheet, but still on the parchment paper. Keep repeating the process until all the dough is used. A delightful cookie with a cup of tea! Makes approximately 32 cookies.

Special Note: Not all flowers are edible and even some of the edible ones have been sprayed or treated with pesticides, so know which ones are ok to eat and where they are coming from. Here is a great article that provides a list of edible flowers: <https://practicalselfreliance.com/edible-flowers/>

Watermelon Cake

- 1 small watermelon, preferably seedless
- Your favorite non-dairy whipped topping, spreadable
- Toppings of choice:
 - Berries
 - Shredded, unsweetened coconut

- Edible flowers
- Melted dark chocolate to drizzle

Cut the top and bottom part of the rind off the watermelon so it sits flat on a plate. Carefully cut the side rinds off, all the way around the watermelon. Spread the non-dairy whipped topping all over the watermelon. Arrange the various toppings all over the cake and drizzle with dark chocolate. Keep in the fridge until ready to serve. It is great fun to keep it a secret and watch when someone cuts this refreshing cake, only to realize it is just a yummy slice of watermelon with lots of fixings on top!

Chocolate Chia Strawberries

- 10 good sized strawberries
- ½ of 3oz dark chocolate bar (I love Theo's Sea Salt)
- ½ of 3oz white chocolate bar (optional)
- 1 Tbs. chia seeds

Wash and dry your strawberries well. Melt each chocolate in a small Pyrex or crock in a water bath on low-med heat. Keep stirring the chocolate until it is completely melted. Place the strawberries on a small cookie sheet lined with wax or parchment paper. With a spoon, drizzle the chocolate back and forth across the strawberries. You can also dip them, but you will need more chocolate and it will be more calories... Immediately sprinkle the chocolate with chia seeds for a little extra nutrition and some yummy protein! Place in the fridge until the chocolate sets. Enjoy!

Summer Smoothie Bowl

- ½ of a frozen banana
- 5 frozen strawberries
- 1 Tbs. organic almond butter
- Almond milk, or your favorite dairy free milk
- Assorted Toppings:
 - Berries
 - Chia seeds
 - Flax meal
 - Sunflower seeds
 - Shredded unsweetened coconut
 - Chopped cucumber
 - Chopped banana
 - Raw cacao nibs

Blend the first 4 ingredients in a highspeed blender. Start on low and add a wee drizzle of the milk, turn up the speed and use a blender plunger until it gets thick and creamy. Add more milk as needed, but try not to make it soupy. Top with your favorites!

Strawberry Banana Ice-cream

- 2 bananas cut into chunks and frozen
- 1 small bag of frozen strawberries
- 1 can (BPA-free) coconut milk, refrigerated
- 1 cup almond milk
- 2 large Tbs. of raw honey or pure maple syrup if

- vegan
- 1 Tbs. vanilla extract
- 1 pinch sea salt

Place all ingredients in high-speed blender and start on low, then high until completely smooth. After blending you can add sliced fresh strawberries for texture if you like. Place all ingredients in an ice-cream maker and churn for 15-20 minutes, until thick and creamy. Serve immediately or transfer to a glass Pyrex container and freeze. Stir every couple of hours to keep smooth, or simply thaw for 15-20 minutes before serving.

Note – if you are using fresh ingredients that are not frozen, refrigerate after blending for 2 hours, before churning. If you do not have an ice-cream maker, it is a wonderful investment to make whole food, clean, delicious ice-cream!

Very Berry Crisp

FILLING:

- ¼ cup pure maple syrup
- ½ lemon, juiced
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 tsp. arrowroot powder
- 1 pinch sea salt
- 4 cups of your favorite berries

TOPPING:

- ¼ cup avocado oil
- ¼ cup pure maple syrup
- 1 Tbs. pure vanilla extract
- 1 pinch of clove
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 pinch sea salt
- 2 cups organic almond flour

Preheat oven to 350 degrees. For the filling, whisk all ingredients in a large bowl, except the berries. Add the fruit and toss to coat. Pour into a 9" baking pan.

For the topping, using the same large bowl, whisk all the liquid ingredients, adding the spices and salt. Add in the almond flour and mix in with a wooden spoon until chunky bits form. Crumble it over the fruit mixture. Cover with parchment paper, bake for 30 minutes, remove parchment and bake for 10-15 minutes, or until bubbly and brown.

If you have a topic you'd like to learn more about, please email me at connect@roots2wellness.com. Until next time!

Janet E. Verney is an Author, Integrative Nutrition Health Coach, Wellness Designer, and Healthy Food Chef who resides in Higganum and loves helping others to "health-up" their lives! Also known as the Gut Guru, Janet oversees IIN's advanced course in Gut Health. Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.

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On the theft of lawn signs in Haddam & Killingworth

Dear Residents of Haddam and Killingworth:

As you may have heard, several Black Lives Matter lawn signs were stolen from people's property in Killingworth and Haddam in the last week.

This, of course, is theft of private property, and has implications for free speech rights. In these highly partisan times, it's important for people to be able to respectfully express their viewpoints, in conversations, in media and in any signs or messages that residents may choose to put on their own property. Stealing signs is not only an infringement on property rights, but is an attempt to silence free speech and political expressions, and exacerbates the divisions in our towns—we'd feel the same way about any signs that are taken, whether they be for Trump, for Biden, or for any mainstream political cause.

I'm sure many in our two communities are as upset at this news as we are. Please consider lending your voices and expressing the importance of respecting people's choices and rights to express their views, and that stealing signs is trespassing and is subject to police actions. And consider reporting stolen signs to our state troopers! It could help calm tensions and reinforce the joint values we share.

All of the signers of this letter are residents of our two communities. If you would like to add your name to the list, please contact Peter Baird at bairdp@mac.com.

We hope you are all healthy and well in these trying times. Thanks.

Jane Baird
 Peter Baird
 Liz Bazazi
 Aubrey Bingham
 Natalie Blodgett
 Gina Block
 Haldan Block
 Correne Boucher
 Lauren Brown Braren
 Brenda Buzzi
 Cary Chadwick
 Lisa Connelly
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 Kayleigh Schneider
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 Gretchen Spector
 Nicole Stevens
 Annie Stirna
 Jeff Sturges
 Jenny Stupakevich
 Kyle Sullivan
 Jan Sweet
 Cristina Tellechea
 Deb Thomas
 Jen Gero Voegli
 Bob Waller
 Sue Williams
 Arriana Zapor
 Cait Zinser

Stop destroying this country

The time has come to speak out regarding the shocking trashing of our wonderful country. The death of George Floyd was horrendous, but what has happened since then is hard to comprehend. His death seemed to trigger PLANNED violent unrest which has been left unchecked.

Who are these mayors and governors that are allowing this destruction? They are making the police back down; some politicians have even encouraged this deplorable behavior. Who will be paying for the rebuilding?

The radical left is gaining power.

The goal is confusion, division and the destruction of America: trying to make us feel guilty and fearful. And yes, black lives do matter but also all lives matter including children, the poor, the elderly, the sick and the police too. All citizens who have worked hard to start a business or own a home should feel protected by good police departments. How would this country be if we had no police forces to come to our aid? I cannot imagine how hard it must be to have a son, husband or wife on one of the police forces in New York City, Seattle or

Continued on page H10

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Nate Petras, Eagle Scout, sets off for Navy Bootcamp

By Kathy Brown

Six years ago, Jeff and Linda Petras moved their family to Higganum from Middletown. Their son Nate had many friends in Scouting, so he stayed with his Middletown Scouts BSA Troop #16.

Within Scouting, Nate was a member of the Order of the Arrow, which is an honor society within Scouting. The Order of the Arrow “recognizes Scouts who best exemplify the Scout Oath and Law in their daily lives,” according to their website. The Scout must be selected by their BSA Troop/Unit, and then must go through an induction ceremony, which is a multi-day experience. He worked his way up through the various ranks by completing activities and learning many skills.

While in Scouting, Nate served as a Patrol Leader, Assistant Senior Patrol Leader, as well as a Junior Assistant Scoutmaster.

In February 2020, Nate earned his Eagle Scout rank, as well as two Palms (these are achieved by earning an extra five merit badges — for each Palm — beyond the ones required for Eagle Scout rank).

To earn the rank of Eagle Scout, a Scout must



Bill Shea, Scoutmaster (l), and Nate (r) during Eagle ceremony. Photos by Linda Petras.

earn 21 merit badges, 13 of which are “Eagle required” (such as First Aid, Personal Fitness, Citizenship in the World), plus eight more merit badges of their own choosing.

Another element to earning an Eagle Scout rank is the Eagle Scout project, where the Scout has to lead a group of Scouts in a project that benefits



the community. Nate decided to build shelving units for Haddam Social Services’ Food Bank. He met with Jessica Condil, designed the shelving units to fit the space, then led a group of Scouts in building the shelving units. “Nate did an amazing job

building the food bank shelving,” said Jessica Condil, director of Haddam Social Services. “His dedication to the project and our community shows in all of his hard work. We are very grateful for his services.”

Because of COVID-19, the normal Eagle Scout ceremony couldn’t be held. Instead, Bill Shea, Nate’s Scoutmaster held a ceremony in the Petras’ backyard, with just Nate’s family.

“[Nate] has gained skills in Scouting that will serve him well in his service with the United States Navy,” said Bill Shea. “The values that Nate learned via Scouting closely align with the values of military service.”

While at Haddam Killingworth High School, Nate participated in Cross Country as well as Track & Field for all four years. He was also an honor student.

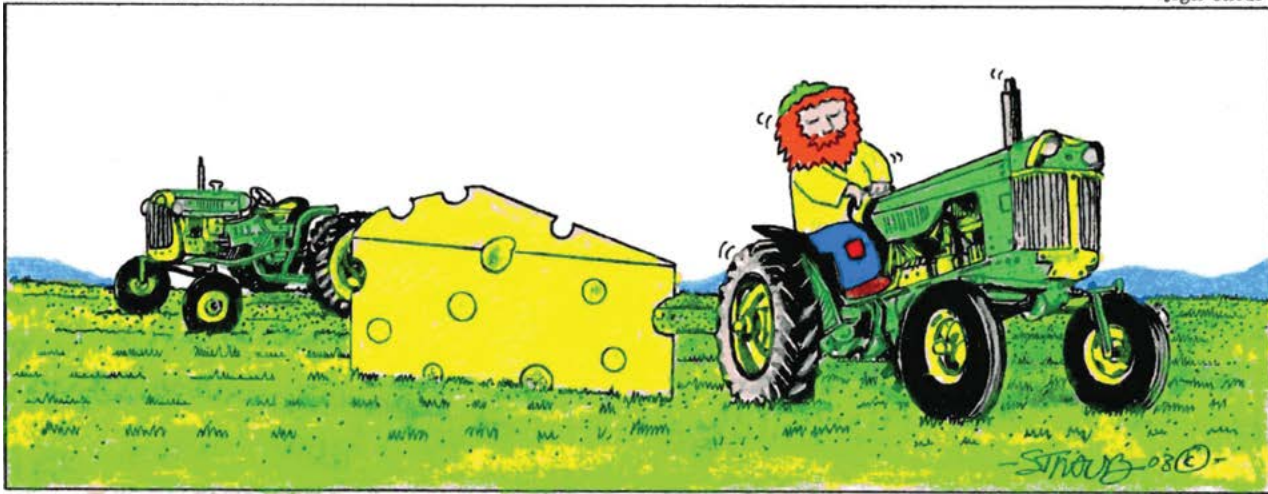
Nate’s next step is the Navy, where he has enlisted for six years, and will be entering the Nuclear Propulsion program after Boot Camp in Great Lakes in Illinois. According to his mother Linda, Nate hopes to work on an aircraft carrier when he completes his training.

To prepare for his departure for Boot Camp, Nate has been in quarantine for two weeks. His mother thought that he deserved something special since he missed out on so much due to the COVID-19 school closures, so she planned a “Sailors Send Off” surprise car parade for him on Saturday, July 18th, in which emergency services, friends, family, local veterans, and Nate’s Scout troop participated.

CARTOON

Mac O' Moodus

Roger Strub



Cheese and Tractors

CONTINUED FROM PAGE H9

To the Editor: Stop destroying our country

Continued from page H1

Chicago – some of the cities that are in chaos.

I do not feel that Haddam has a racial problem. Many wonderful black people have lived and still live in this town. I am sorry for the little girl who received the racial slur on her yearbook. Unfortunately-

ly this does happen. I have grandchildren who are black and hope they can handle things like this.

I love this country and I’m proud of our history: gaining our freedom, freeing slaves, helping people all around the world including 2 world wars. My ancestors arrived in the US in the bowels of ships with nothing, but were able to make a happy faith-filled

life for their families. I worry about the future of our country for my children and grandchildren.

Please pray for the United States of America and speak out if you are appalled by these events.

Mary Todzia
Haddam

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