

# Haddam Killingworth News

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

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June 4, 2020

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

Free weekly

## We're back!

Like much of the state of Connecticut, our business shut down due to COVID-19 for April and May. Luckily for us, we only had to pause our print edition, Haddam Killingworth News, while still maintaining an online presence with ever-chang-

ing up-to-the-minute news on Haddam-Killingworthnow.com. As of today, we resume publication of our print newspaper, and will be printing and distributing it bi-weekly to Haddam and Killingworth. As soon as we are able to, through our advertising income, we will resume weekly printing and distribution.

During the hiatus, we unfortunately had diffi-

culties with our online newspaper, and have since built a new one, HK-Now.com, where all of our news can now be found. If you like to stay current, on the front page of the online newspaper, you can subscribe to "HK-Now.com in Your Inbox" where you can sign up to get a daily email with links to any new articles. Check us out for more news and information.

## JUNE UPDATES FROM HADDAM, KILLINGWORTH FIRST SELECTPERSONS

### From Haddam First Selectman Bob McGarry

Haddam-Killingworth News staff member, Meghan Peterson, reached out to the First Selectman of Haddam and First Selectwoman of Killingworth for a June update. Below, Haddam First Selectman Bob McGarry has this to report:

I'm happy to see Haddam Killingworth Now is back in print. It's good to see diners enjoying outside seating at restaurants and I'm really looking forward to getting back to my barber. Things are slowly becoming closer to normal. That's true at the Town Office Building. This past Monday we opened for walk in business at the Town Clerk's Office. This is their busy time issuing dog licenses and selling transfer station stickers. While I encourage doing both by mail, you can do it in person without making an appointment Monday – Thursday 8:30 – 2:00, Friday 8:30 – 12:00. Next week we'll add senior (60 and older) hours on Monday and Wednesday from 8:00 – 10:00. All other offices will be open by appointment only. Assuming all goes well, the Land Use/Building

Department will open Monday, June 15th for walk-ins and the Tax Assessor's office and Tax Collector's office on July 1st. Now let me answer some questions from the paper.

MP: What has the Town of Haddam been up to during the coronavirus shutdown? What kinds of projects has it been able to work on in the meantime?

The pandemic has certainly put a crimp in some of our plans as I'm sure it has on yours. Unfortunately, the private school that was very interested in renting HES put their expansion plans on hold. However, we're still moving forward with the recommendations from the Higganum Center Report. We selected an engineering firm to conduct the environmental and structural assessment of the Scovil Hoe buildings (the DOT garage). Bill Warner, our town planner, recently posted some thoughts on work we could get started to open up Higganum Cove. We're continuing to work with the state DEEP, Department of Public Health and the town engineering firm to develop a plan for community septic system in Higganum Center. COVID-19 hasn't slowed down construction work. The Dublin Hill Bridge is finally completed. If you haven't seen it, go check it out. It looks good. The Tylerville Water project never stopped. They're working on paving Bridge Road and Saybrook

*Continued on page H4*

### From Killingworth First Selectwoman Cathy Iino

Below is an update from Killingworth First Selectwoman Cathy Iino:

*Shutdown* isn't exactly the word for life in Killingworth over the last three months. Scores of volunteers have helped their neighbors shop for groceries, haul their trash, and stay connected. Skilled craftswomen produced and donated thousands of face masks to medical workers and residents. The Killingworth Volunteer Fire Company and the Killingworth Ambulance Association have instituted new levels of protection from infection with the coronavirus. Library staff have produced on-line programming.

Our local restaurants quickly shifted to take-out meals and are now starting to reopen under state guidelines, with limited outdoor seating. Local retailers increased promotion of their existing on-line shopping options and even scheduled on-line events. Killingworth True Value actually did a booming business, as people could see what needed to be done around their homes and set out to do it!

Meanwhile, the town government is learning how to conduct business remotely and serve constituents safely. A few examples: The Town Clerk has reduced fees for online access to land

records. We adjusted Transfer Station hours to facilitate social distancing. We now conduct meetings and hearings on line. We equipped town hall staff to access our computers remotely, allowing us to work from home, and we have just put our first public works project out to bid electronically.

Back to the future. Until 1965, Killingworth's town offices were in the homes of the officials themselves. Now, of course, the population is four times as large, and many town records are stored in the Cloud instead of in shoeboxes. One of the biggest tasks facing Town Hall as we move forward is how to put systems in place to allow more remote access—for people paying taxes, applying for permits, doing research on real estate listings, and so on. These changes would have come anyway, but the COVID-19 pandemic makes them more urgent.

We do believe we will be able to handle town functions responsively with revised schedules and some physical changes. As recommended by the CDC and the state, about half of our staff will be in town offices at a time, with the others working from home. We are installing clear "sneeze

*Continued on page H4*

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# Grasso walks 22 miles through Higganum to raise funds and awareness

By Kathy Brown

Jonathan Grasso, who graduated from Haddam Killingworth High School in 2017, walked 22 miles through Haddam/Higganum on Memorial Day 2020 to both raise funds for the Haddam Veterans Museum, and bring awareness to suicides in the military. He lived in Killingworth until 2018, and currently lives in Higganum.

It says on his Facebook Fundraising page, "I am raising money for the Haddam Veterans Museum. With our town's Memorial Day Parade being cancelled, some friends and I plan to march 22 miles to raise awareness about 22 veterans we lose every day to suicide. As a student of a military college, enlisted infantryman, and family members serving in the armed forces, this truly means a lot to me. Whether



Photos by Nick Kanaras.

you donate \$5 or \$500 or even just spread the word about this fundraiser, every little bit helps and will help the Veterans of our town. Thank you for your support."

Jonathan currently attends Norwich University in Vermont. He joined the Vermont National Guard Alpha Company 3-172 Infantry as an infantryman in 2019. He will be a senior in the Corps of Cadets this fall, majoring in Psychology.

The fundraiser ran until May 29, and he has already raised over \$2,000 for the Veterans Museum. "I thought of the idea because the Memorial Day Parade has always been a huge part of my life and with a legacy of military service in my family, I felt it was time for me to show my support of the military and the veterans who served before me," said Jonathan.

Jonathan walked 22 miles yesterday, starting and ending at the monument in Higganum center, one mile for each veteran that is lost each day to suicide. In 2013, the US Department of Veterans Affairs released a study that showed approximately 22 veterans died by suicide each day. Reasons range from PTSD to the transition back to civilian life after the military to physical disabilities sustained in combat or training. Studies have shown that the numbers are improving, but veterans still have a suicide rate 50% higher than people who did not serve in the military.

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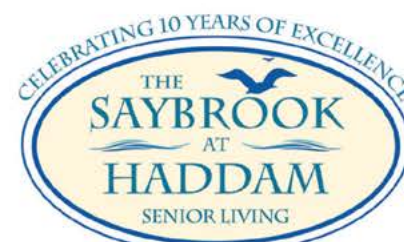
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# Haddam celebrates Memorial Day

By Kathy Brown

Unfortunately, because of the COVID-19 pandemic, Haddam's traditional Memorial Day parade was canceled, but that does not mean that the fallen were not honored. At 6:00 a.m. on Monday, May 25, Haddam veterans held a solemn service in Higanum center to honor local veterans who lost their lives in combat. The service included laying the traditional wreath and placing of flags.

Below is the speech that Haddam resident US Navy Yeoman Senior Chief Petty Officer Scott Jones, who is currently stationed at the submarine base in Groton, Conn., wrote the holiday's remembrance.

Good morning. It's an honor to be here speaking today. An honor to be standing here, in this land, surrounded by my fellow Americans who live free. Freedom – living free – these are words that we are hearing a lot of lately. These are words that are on every screen, big and small, on the lips of the pundits and citizens alike as we don our masks – or don't, shop amid empty shelves, and wonder when our lives and our world will return to normal. Many say our freedoms are being threatened, taken away; many are saying that we can't trade our freedoms for fear – trade them for control.

The very soul of our nation is crying out with millions of voices — all with different opinions, and all with the freedom to express those opinions. These freedoms that we cling to so strongly, so ferociously, came at a terrible cost — a cost of blood; the blood of our fathers, brothers, sons and daughters; our sisters and mothers — the blood of our young loved — shed freely for us and never in vain.

I had an experience this past winter that I would like to share. I was traveling home from Norfolk, Virginia and while on a layover, focused on delay frustrations and the crowded terminal, I suddenly noticed that all noise around me had gone silent. The next thing that happened took my breath away. As the passengers of the plane that just landed began to disembark, every person in the terminal stood and cheered for the World War II vets who were coming off of the plane. There was no one sitting, no one lost in the book they were reading, no one engrossed in what was on their phone screen; every man, woman, and child in my terminal, and the surrounding terminals, was on their feet and cheering like you would see at a baseball game. It was truly awe inspiring!

If you ever get to sit and talk to a man or woman who served in combat, pay attention to their stories as they spin you a tapestry of bravery, excitement, and heroic acts beyond the dreams of Hollywood. Look into their eyes and see the shadows and ghosts pass behind them; the ones who didn't



Photos by Christina Mason.



come home; never got the ticker tape parades; never returned to the loving arms of their families – those who were asked much and gave all for the dream in which we now live.

From the fields, cities, and waters of Europe, to the hot sands of the Middle East, to the beaches and jungles of Asia, over 1.4 million sailors, Marines, airmen, and soldiers used their very lives as shields against tyranny, oppression, terrorism, and despair. Even on our own soil, our men and women spent their lives for freedom. Whether it was as colonies pursuing the dream of freedom from the Crown or our own brothers and neighbors taking up arms in the Union or Confederacy to fight for the ways they defined freedom, or for the rights of others to be free. Their sacrifices paved the way and laid the very foundation for the ground on which we stand today.

When you drive around you may see a black flag flying from a VFW hall, war memorial, from the back of a motorcycle, or carried in a parade; a black flag with the letters MIA and POW inscribed upon it. There remains nearly 82,000 Americans unaccounted for; thousands of families with no confirmation for closure, no finality for the ones who answered their country's call and never returned but lack the answer of why, how, or when; just Missing in Action, or Prisoner of War.

When you see a Veteran or a Ser-

vice Member in uniform, take a good look at the decorations worn, the stripes earned; they speak not just of that individual or that unit but of the legacy of those who came before. Every military tradition and service song, every medal and rank insignia, even the piping and cut of the uniforms themselves have a meaning rooted in dignity, honor, respect, and sacrifice.

As a community and nation we will move forward and face the challenges of tomorrow, and the next day, and the

day after that – let's face them together and cherish our freedoms; exercise them, respect them, and never take them for granted. They cost so much and are envied by so many who would strip them away. Teach your children about the war memorial in town; teach them why it's here and what it means. Teach them to be free and to love that freedom.

Elmer Davis wrote, "This nation will remain the land of the free only so long as it is the home of the brave."



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## Auto Repair Rights After a Collision

By Attorney AnnMarie Cienava Rocco

It may be obvious but certainly worth mentioning that one should never drive a car that could be unsafe because of damages incurred in a car crash. It is always best to have the car checked out by a competent and respected mechanic.

So, how do you choose the right mechanic or repair shop? First, and to be clear, insurance companies don't fix cars. They only pay for the cost to fix a car. There may be drawbacks to having your car repaired at a drive-in-claims center especially if the claims center is affiliated with the insurance carrier of the at-fault driver.

If you are not personally acquainted with a mechanic or repair shop based on a pre-existing relationship, or by a trusted referral, you could start by checking with the Auto Body Association of Connecticut (ABAC) at [www.abacconn.com](http://www.abacconn.com).

The following rights and considerations are recommended:

- Under Connecticut Law, you have the right to choose the repair facility of your choice.
- You do not have to take your car to a drive-in claims center or other insurance company facility.
- Your insurance company or the at-fault party's insurance company may try to pressure you into using its direct repair program (DRP) for repairs or to be appraised. You do not have to do this, and coverage will not be denied if you choose not to do this. A DRP is a contractual arrangement between the repair shop and the insurance company. DRP arrangements are controversial because they put pressure on the repairer to keep costs down, often at the expense of the customer. For example, they may not use genuine manufacturer (OEM) replacement parts.
- It is generally in your best interest to choose an independent repair shop that will be looking out for you, and will not have a conflict by its obligations to an insurance company.

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## June update from Haddam First Selectman Bob McGarry

*Continued from page H1*

Road. That should be done by the end of July and possibly sooner. Water connections will continue through the summer. They're about 80% complete now. Road work has started as planned. The town crew is working on drainage and other preparation work. Contractors have been working on roads in Haddam Neck.

MP: How do you see the coronavirus impacting life in town for the foreseeable future? What are some ways the Town of Haddam is preparing to address such changes?

We're going to be living with precautions, e.g. social distancing, mask, etc., for a long time. We need to learn how to live with the coronavirus while going on with our lives. My biggest concern is the financial impact of the virus. I know of one business that won't be re-opening. I'm afraid there will be more. Businesses have to re-open and we have to support

them. The Building Department worked with the restaurants making it easier for them to expand their outside seating. A long-term recovery committee is being formed to identify any special needs our business or residents have. The town is doing what we can to help and I'm open to any suggestions.

MP: Do you see the Haddam Neck Fair running at the end of August?

Unfortunately, the Haddam Neck Fair Board of Directors announced on May 22 the fair won't be held this year. The fair was entering the period when contracts have to be signed and financial commitments made. Without knowing what the COVID-19 restrictions would be on Labor Day weekend or if people would come to the fair during the pandemic, they faced potential significant financial loss. They decided it would be better to not take the risk so they had the funds to continue the fair in the years to come. As it turns out, it looks like the COVID-19 restrictions will limit outside groups to no more

than 250 people. I look forward to the 2021 fair.

MP: What are some positive things you have witnessed in Haddam (people coming together, people helping others, etc.) during these challenging times?

We've all seen the best of us come out in these difficult times. I can't count the number of hearts I've seen showing support of our essential frontline workers. I think we all have a greater appreciation for the many people we've taken for granted. Support in our community is strong. The food bank has been serving more people but at the same time, its shelves are stocked. Haddam residents have been very generous with donations of food and money. A number of organizations have held food drives for the food bank and I thank them all. Church groups and individuals are shopping for their elderly neighbors and checking on them to ensure they're okay. I'm seeing what I knew I'd see – Haddam residents pulling together to help each other.

## June update from Killingworth First Selectwoman Cathy Iino

*Continued from page H1*

guards" and hand sanitizer dispensers. As much as possible, traffic flow through Town Hall will be one way; we have installed a temporary ramp to permit that.

The biggest change that residents will feel is that, for the near future, appointments will be required to visit Town Hall. We miss seeing the faces—and puppies—of townspeople! But we ask that everyone use the mail—email and snail mail—as much as possible. Tax payments and dog license applications can be sent electronically. We will mail dog licenses and receipts for payments. And, please, allow a little extra time for us to respond to your inquiries and requests.

The governor has issued an executive order permitting absentee voting by anyone who does not wish to appear at the polls in person for the August presidential primaries. In June, the state will mail an

absentee ballot application to every active voter registered as a Democrat or a Republican. Please mail that application back as quickly as possible, so that the actual ballot can be mailed back to you.

Building permit application forms can be downloaded from [TownofKillingworth.com](http://TownofKillingworth.com). Unfortunately, we can't accept the applications electronically yet. Nevertheless, our zoning, building, and health officials are all hard at work approving permits and conducting inspections as promptly as possible.

Over the last few years, sharing information with residents has become a bigger and bigger part of my work. Haddam-Killingworth News is a welcome addition to local media, but even this paper cannot afford to pay a staff of reporters. Since March, I have been emailing "Killingworth Copes: Coronavirus Update" several times a week to everyone who has signed up to receive town emails. If you want to

receive those updates, click "Email Signup" on the [TownofKillingworth.com](http://TownofKillingworth.com) home page. While you are there, sign up for CTAlert and AlertKW, which will provide emergency email, text, and phone messages when we need to reach you in a hurry.

We have never faced an emergency quite like this one—medically, socially, or economically. Our understanding of the disease and its consequences is evolving rapidly, although not as rapidly as we would like. Data and recommendations change almost daily. That's a hard thing to get used to. It doesn't mean that something has been concealed or that false information has been issued. It isn't a reason to stick with one course of action when a change in direction becomes warranted. If we continue to act as responsibly as possible, we may discover that we did more than was necessary, but at least we will not cause suffering and death that we could have avoided.

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# HK Local Heroes Project salutes three KAA members

By Clark Judge

Three members of the Killingworth Ambulance Association were honored Saturday, May 23, for their work during the COVID-19 pandemic.

Marguerite Haaga, Dan Siegel and Lisa Anderson – all EMTs – were given awards by the HK Local Heroes Project after it solicited nominations from local townspeople. The three were among 78 persons to receive gifts or gift certificates that Beth Gagliardi, who originated the HK Local Heroes Project, and friend Amy Armstrong Koepke handed out Saturday morning at Irene Sheldon Park.

The event was informal, with rewards spread out on picnic tables, and the weather was uncooperative. It was raining, forcing Gagliardi to seek shelter by moving the function to the Sheldon pavilion. What's more, Haaga was the only KAA member able to appear. Siegel was on an ambulance call, and Anderson was out of town.

Nevertheless, that didn't diminish the gratitude Haaga felt for being recognized.

"It's very nice," she said. "I was a little surprised it was going to be me. I like working under the radar."

That's not easy for someone as active as Haaga. Vice president of the Killingworth Ambulance Association's board of directors, she works with husband Mike as a paramedic in Bridgeport and joins him teaching EMT classes and American Heart Association courses. That puts her in the public domain, and the public has responded lately – with Haaga admitting she's been the recipient of unexpected salutes the past two months, often by persons she doesn't know.

"That's probably the biggest thing," she said. "Between Bridgeport and here there are a lot of thumbs-up and thank-yous, and that's what affects you the



KAA honoree Marguerite Haaga (l) and HK Local Heroes Project founder Beth Gagliardi (r).

most. It's people who drive up to you that you don't even know."

That happened last week when a driver she didn't recognize gained her attention, gave her a thumbs-up and blew a kiss through a mask. It happened in Bridgeport, but, as Haaga conceded, it could've been anywhere. Similar gestures of support are not uncommon, she said, and she is appreciative.

"You know people are thinking about you," she said, "and that they know you're working directly on patients."

Which is precisely the point of the HK Local Heroes Project. Gagliardi, a sixth-grade teacher at Haddam-Killingworth Middle School, began the Project to remind persons on the front lines of the COVID-19 pandemic – persons like Marguerite Haaga – that, as Haaga said, "people are thinking about you." With the help of her family, Gagliardi launched the HK Local Heroes Project on her personal Facebook page. The response was as enormous as it was immediate, so she expanded to town pages.

And then, as she put it, "it grew from there."

With dozens of nominations and donations from local businesses and individuals, Gagliardi and her family chose awards by lottery on Facebook Live. Donations ranged from gift certificates for local restaurants and fitness facilities to window cleaning and two heart-shaped blacksmith hooks. Haaga received a bracelet donated by Lynn Gallant.

"Very, very nice," she said. "They thought of me, and that's great."

Unfortunately, not all could receive prizes. There were over twice as many nominations (187) as awards (78). Hence the lottery. But those who didn't win were encouraged to swing by Sheldon Park and pick up one of the many Thirty-One bags donated by Cindy Pitts.

They're also told to stay tuned.

"Moving forward," said Gagliardi, "I would like to continue this, perhaps raffling off one gift certificate a week. All of the additional raffle numbers are still in the (lottery) bowl. I think it's important to maintain this support and momentum. What we can do will be contingent on donations."

## HADDAM TOWN REGISTRARS

# Connecticut to allow mail ballots if no vaccine ready by August

By Raymond Skarsten & Saralyn D'Amato, Haddam Registrars of Voters

Connecticut voters can cast mail-in ballots if no vaccine is available by August.

On May 20 Governor Lamont stated, "We're issuing an executive order today that says if we don't have a vaccine in time for our primary, then you're eligible for an absentee ballot if you feel your health may be a risk. I think that's the appropriate thing to do. I'm telling people over the age of 65, I'm telling people with preexisting conditions, stay home. And yet they don't give up their right to vote just 'cause I've got that order there."

Every registered voter in the state eligible to vote

in the Aug. 11 primary will be sent an absentee ballot application and the state will pay the postage for mailing their ballots. This is meant to limit the number of people lined up in-person at polling places on Election Day.

Also the Secretary of State's office will provide secure and tamper proof drop boxes manufactured specifically for the purpose of voting so the absentee voter can also drop off their ballots at their local

town clerk's office.

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## Former state rep Siegrist gets GOP nod for 36th District

By Ed Marcolini

Former State Representative Bob Siegrist, III (R-36) received the unanimous endorsement at the virtual 36th District Republican convention held tonight throughout the district.

Siegrist thanked the delegates after securing the nomination to seek the 36th House district seat in November. "I will actually listen to the concerns of

the residents in my district and fight for them when it comes to such critically important issues as taxes and state spending, unfunded state mandates and transportation and tolls to name a few."

Siegrist continued his remarks, "I am greatly encouraged by the groundswell of support from residents across the four-town district who are willing to work on my campaign and support my return to the General Assembly on their behalf."

Siegrist concluded by stating, "I will work hard in the coming months to earn your vote and bring back common sense policies that will improve the quality of life for the 36th District."

Former State Representative Bob Siegrist, III, represented the towns of Chester, Deep River, Essex and Haddam from January 2017 to January 2019. He had served on the Public Safety and Security, Insurance and Real Estate, and Veterans' Affairs committees.

## Dems endorse Palm as state rep candidate for 36th District

By Christine Palm

State Representative Christine Palm has been unanimously endorsed for reelection as the Democratic candidate for the 36th General Assembly District covering the towns of Chester, Deep River, Essex and Haddam.

At the Democratic Convention for state offices held May 18, 16 delegates from the four towns voted to send Palm back to the State House for her second term.

In delivering the nominating speech, Chester resident Connor Riordan, a freshman at Harvard University, referred to Palm's campaign theme, saying, "Who leads matters. Representative Palm is a leader who makes all of us matter. Her leadership goes beyond public policy. Her humanity inspires all of us to be better people." Riordan, who was director of Palm's Roundtable on Young Earner Prosperity, an initiative in which young entrepreneurs from the 36th District were able to share their ideas and needs with the Governor, is one of a dozen Millennial and Gen. Z constituents who have banded together to help re-elect Palm, inspired by her dedication to environmental protection, economic and social equity, expanded voting rights, and healthcare reform.

Convention Chair Ed Tedeschi, chair of the Essex Democratic Town Committee, said, "Christine is unlike most politicians — she combines a strong moral code with brainpower and heart, and she works incredibly hard for our towns."

"Serving our beautiful towns has been the most challenging and rewarding experience of my lifetime," Palm said. "In these very difficult times, it's even more important for people to trust government, and to really have a connection to those in elected office. I'm going to continue to work as hard as I can for everyone who needs help, on issues ranging from unemployment compensation claims to businesses that need PPEs. As we head into a very uncertain and fraught campaign season, I'm going to focus on continuing that work for all my constituents regardless of party affiliation. If this pandemic has taught us anything, it's that we are connected to one another, and that we have a moral and economic obligation to look out for one another."

In addition to Riordan, delegates from Chester were DTC Chair LoriAnn Clymas and Kurt Ziemann; from Deep River: DTC Chair Charlie Brashears, Sarah Ficca and Claire Walsh; from Essex, in addition to Ed Tedeschi, George Wendell, Ellen Pfarr, Campbell Hudson, and Mark Bombaci; and from Haddam: DTC Chair Brenda Buzzi, Mike Farina, Elizabeth Bazazi, Linda Rigono, and Tim Teran.

Convention Secretary Clymas said, "Our towns are very fortunate to have Christine Palm as our State Representative as she has proven she really cares, through her dedication, working tirelessly daily to represent and fight for all of us and our interests in our four towns."

Palm, a House freshman who serves on the Environment, Judiciary, and Regulations Review Committees, has moved two environmental bills forward, created the Roundtable on Young Earner Prosperity (YEP), and is leading the effort in the House of Representatives for a special session vote on expanding absentee ballot provisions in the time of the Covid-19.

## GOP backs Saunders for 33rd district senate race

By Vanessa S. Lewis

At a recent district convention on Monday, May 18, Republicans confirmed that first-time Senate candidate for the 33rd district Brendan Saunders will run against incumbent Democratic Senator Norm Needleman come November.

In Saunders' acceptance speech, he said, "Ronald Reagan once said, 'the greatness of our nation lies within its people.' I believe that the greatness of this state lies within its residents. As your senator, I will fight to reverse the trend of raising taxes and fees. I will work to let you keep more of your hard-earned money. I will fight to make living and operating a business in this state less onerous."

"Saunders has the 'get up and go' and enthusiasm I love to see in a candidate," said Ed Munster of Haddam's RTC. Munster, who nominated Saunders said Monday, "He is a good speaker and someone who listens and is interested in what you have to say. Something voters want in people they elect to public office."

Saunders and Munster have a history of campaigning together. He helped Munster run for Congress in 1992. While this is Saunders' first time running for office, he has also helped Westbrook candidate State Representative Jesse MacLachlan, and State Senator Art Linares. Saunders "knows what he is getting into," said Munster.

Carolyn Kane, Chester RTC, seconded Saunders' nomination Monday. Kane proclaimed Saunders as dynamic and grounded with a lifetime of ties to his community. She also said that Saunders has an "approachable demeanor and commanding confidence. He came out of the gate ready to share his plan, vision, and how he would work in Hartford to ensure the 33rd district would be his priority."

"In the wake of COVID-19, Saunders retooled his campaign to include an active online presence, strategically using his District tour to highlight his technological savvy and command of communication avenues," she said.

"Brendan demonstrates new ways to connect on a personal level and proves his commitment to building lasting relationships with every interaction. His ability to build partnerships is one of the most important skills sets a State Senator must have," Kane also said.

To support Saunders' campaign with a donation and to learn more, visit [Saunders4Senate.com](http://Saunders4Senate.com).

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# ENGAGEMENT ANNOUNCEMENT



Photo by Neal Perron.

## Perron & Braun

Mr. Neal Perron of Haddam Neck & Ms. Tammy Perron of East Hampton are pleased to announce the engagement of their daughter, Dharma to Mr. Kevin Braun, son of Ms. Kelly Rogers Braun and Mr. Skipper Braun

of Cromwell. They met while working at the Cromwell Fire Department, and were high school sweethearts. Dharma is a senior at University of Vermont, in their nursing program; Kevin is a delivery driver for Delaware Valley Floral. A May 14, 2022 wedding is planned.

## LEGAL NOTICES

### TOWN OF HADDAM DECISION OF THE WETLANDS COMMISSION

On May 18, 2020 approved for permit:

The construction of a stream crossing located at 152 Silver Spring Dr, and shown on assessor's Map #22, assessors Lot #13-65.

Said application is on file and may be seen in the Land Use Office of the Town Office Building.

James Puska  
Zoning and Wetlands Enforcement Officer  
Town of Haddam

The Town of Haddam shall endeavor to post its Legal Notices with the Haddam News publication. In the event that the weekly publication cannot meet the Town's statutory requirements, the Middletown Press or Hartford Courant shall be utilized to meet said statutory deadlines. Courtesy copies will be published to Haddam News that may or may not be timely. The Town's website is: [www.haddam.org](http://www.haddam.org).



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# Food for Thought: Kale-tastic!

By Janet Verney

So why eat Kale? It is one of the most nutrient dense foods on the planet and is chockful of vitamins and minerals that go to work cleaning up your insides, helping your skin to glow and your hair to shine! In addition, kale is filled with antioxidants that slows down the aging process and can even help protect and fight against cancer. This green superfood is one of the best natural anti-inflammatories and you don't need a prescription to indulge!

Kale is a cruciferous vegetable and one of my all-time favorites! I think I have at least four varieties growing in my garden this spring. Cruciferous veggies have long been known for being superheroes when it comes to fighting disease. If you have a thyroid issue, be sure to cook your cruciferous veggies, versus eating them raw.

Let's look at two ways to serve up your kale:

**Raw:** Raw kale freshly picked still has that "life-force-energy" in it and the more energy in your food, the more energy in you! If you think about what would happen if you boiled a seed and then tried to plant it... would it grow? I highly doubt it, as the heat would certainly zap all the "life-force-energy" from the seed. Having said that raw kale may not be for everyone (see the note above about thyroid). Raw kale can be added to smoothies, blended in dressings, used as wraps, chopped in salads, and juiced for a powerful dose of nutrients.

**Cooked:** When you use a steamer to cook kale you lose some valuable nutrients in the water. Rather than throwing away the water, try steaming them directly in a small water bath that gets mostly absorbed and then there is no need to drain the greens and lose all the wonderful nutrients. Sautéing is another great option, as long as it is done on a medium to low heat with quality oil or broth. It is best not to brown greens and to not overcook them. You want them to retain their vibrant green color.

## Massaged Kale Salad

This is a raw kale salad that you can make early in the morning, or two to three hours before you're ready to serve. It is best fully "marinated."

1 bunch kale leaves, remove stems and tear leaves into bite size pieces, curly works best.

¼ cup olive oil, or your favorite dressing.

Juice of one lemon or orange, unless you are using a pre-prepared dressing.

¼ cup dried, fruit juice sweetened dried cranberries.

Organic pecans or walnuts, lightly sautéed in avocado oil with a drizzle of pure maple syrup.

Massage the kale leaves with the olive oil, using your hands. Add in other ingredients, except nuts and stir with a wooden spoon. Add the nuts just before serving to keep them crisp. Get creative with this. You can do a Mediterranean version with kalamata olives, capers, and chopped tomatoes.



**This green superfood is one of the best natural anti-inflammatories and you don't need a prescription to indulge!**

## Kale Chips

Kale chips make a great nutritious snack when you need something a little savory or salty.

1 bunch curly kale

2 T olive or avocado oil

Seasonings of choice: (cumin, turmeric, smoked paprika) (cinnamon, nutmeg, cloves) (rosemary, dill, oregano).

Dash of sea salt (optional)

Preheat oven to 250 degrees. Wash kale leaves and dry thoroughly. Remove stems and tear leaves into chip sized pieces. In a bowl, whisk oil with desired seasonings. Toss the kale pieces into the oil & seasoning mixture, best to use your hands for an even coating of all chips. Place chips on a cookie sheet lined with parchment paper. Keep chips from touching for best results and a crispy texture. Bake for 15 minutes, then toss and continue to bake for 5-10 minutes. Watch them closely so they do not burn. Best eaten right away, but they will store for 2-3 days in an airtight container after they are completely cooled.

## Curried Kale Slaw

This has to be one of my all-time favorite salads and it is great leftover. A wonderful and nutritional dish to bring to spring into summer pot luck when kale is at its best!

¾ cup vegan, soy free mayo

½ cup lemon juice

3 Tbsp. olive oil

1 Tbsp. spicy mustard

2 Tbsp. pure maple syrup

2 tsp. curry powder

1 tsp. sea salt

1 tsp. ground cumin

1 tsp onion powder

1 bag organic veggie or broccoli slaw

1 bag baby kale, or large kale leaves chopped or torn off stems

1 chopped apple

1 can chickpeas (bpa free can)

1 cup raisins or fruit juiced sweetened cranberries

½ cup fresh cilantro or parsley, chopped

Whisk the first 9 ingredients in a large serving bowl. Stir in the remaining ingredients. This can be made the morning of the event and lasts up to two days.

## Kale Pesto

2 packed cups shredded kale, or baby kale leaves

½ cup fresh basil or parsley (optional)

½ lemon, squeezed

½ cup walnuts or pine nuts

1 raw clove of peeled garlic, or ½ tsp. garlic powder

2 Tbsp. nutritional yeast or grated parmesan cheese

½ tsp sea salt, or less if using cheese.

Olive oil

Place all of the ingredients, except the olive oil into a food processor, as you begin to blend, drizzle the olive oil from

the top until it is the right consistency. Use on pasta, as a dip for veggie sticks, or spread on crackers.

## Kale Green Smoothie

1 handful of baby kale leaves, fresh or frozen.

½ small cucumber, chopped into large chunks.

1 small fresh banana, or ½ cup chopped frozen banana.

3-5 fresh or frozen strawberries.

¼ cup frozen pineapple chunks.

1 t spirulina algae powder.

1-2 cups non-dairy milk of choice or coconut water.

Wash all fresh ingredients. Place all ingredients in a high-speed blender until smooth.

If you have a topic you'd like to learn more about, please email me at [connect@roots2wellness.com](mailto: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! Have a burning health or nutrition question, write to Janet at [connect@roots2wellness.com](mailto:connect@roots2wellness.com). To learn more, visit her website at [roots2wellness.com](http://roots2wellness.com).*



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## Brave New Reality!

We have recently learned the Boy Scout model holds true: "be prepared". Whether this be as simple as "the toilet paper crisis" or more practically those important hygiene tips that our mothers taught us as we were growing up: wash your hands, cover your mouth when you cough, or if you're not feeling well— stay home and call your pharmacy—they'll deliver to you! We have also realized that we are in this together—that we need to be respectful of others to keep each other safe. We have witnessed the fortitude of a great nation with the determination to find a cure, as many companies are now fast tracking a vaccine in a parallel process that will create a result years quicker than had happened previously.

So, this year I will encourage you to get your flu shot early, which means by the first week of October. This is for multiple reasons: 1) if we remember, COVID-19 presented originally as a Flu/pneumonia of unknown origin, and since Covid presents with symptoms very similar to the flu we want to make sure we are protected, 2) If there is a Covid vaccine developed by the end of the year, we want to make sure that there will be no interactions with your flu shots. But, with this advice, comes the reality that you might need to get a second flu shot this year, because the flu shot titers originally take two weeks to build up after the shot, and then only last five months. So, if you get your first flu shot on October 1, 2020, as an example, you will not have your complete titers in place until October 15, 2020. And these titers will only be good until approximately March 15, 2021. Therefore, if you really want to be safe you would get a second flu shot on March 1, 2021. Unfortunately, Medicare and most insurances only pay for one flu shot per year, but, flu shots are very reasonable and worth the piece of mind.

Stay well, wash your hands, cover your mouth if you cough and enjoy this time with your family. Thank you for letting us serve you. Your friends at Nutmeg Pharmacy.

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