

Haddam Killingworth News

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

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October 10, 2019

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Free weekly



Dr. Holly Hageman. Photo courtesy of Pamela Hensel.

Hageman named new superintendent

By Joanne Nesti, Chair,
RSD#17 Board of Education

It is with great pleasure that the Regional School District 17 Board of Education announces the appointment of Dr. Holly Hageman as its new Superintendent of Schools. Dr. Hageman's career in education spans more than three decades, with achievements and accolades at every level: classroom teacher, principal, Central Office administrator and, for the past five years, as Assistant Superintendent for RSD 17, where she has done outstanding work in Curric-

ulum and Instruction planning and development.

Her distinguished career includes positions as Assistant Superintendent in the Westport, Connecticut school system, Principal of Nayaug Elementary School in Glastonbury and as Teacher of the Year when she taught science at Haddam-Killingworth Middle School.

Our Board, our schools and our communities have enjoyed a positive and productive relationship with Dr. Hageman. The Board received numerous letters in support of her selection as Superintendent. In one of them, the

District's eight building Administrators praise her as "a strong and effective communicator" and "approachable, collaborative, reflective and student-focused."

Our Board agrees and enthusiastically endorses Dr. Hageman to lead our school system and continue the work of pursuing excellence in education for all of our students.

Dr. Hageman will receive a three-year contract, which will run through June 30, 2022. Our thanks to all in the school community and in Haddam and Killingworth who took part in assisting us with this search process.



Roster: Rowan Baucom, Anna Cassidy, Ella Comerford, Tu-Lanh Criscuolo, Meghan Freeman, Kelli Haggerty, Emerson Kehlenbach, Alyssa Lamarre, Vyvyan Laurenza, Clare Link, Elizabeth Murphy, Cora Rigg, Samantha Ruimerman, Seanna Ruimerman, Isabella Torrison, Leah Walton.



Back row left to right: Coach Kim Kaplowitz, Ally Iacobellis, Payton Rich, Delaney Aronson, Ryleigh Johnson, Payton Kaplowitz, Coach Jermei Burr

Front row left to right: Reagan Aronson, Chloe Felder, Avery Maxwell, Chloe Engler, Madeline Sanderson, Ali Miranda, Addison Burr, Addison Harkin.



Front Row from Left to right: Ethan Pitts, Jackson Bucko, Finn O'Hanlon, Benjamin Werner, Tyler Gagliardi, Jack Cozean, Ryan Ruggiero, Jaden Frank.

Second Row from Left to right: Owen Staskelunas, Luke Staskelunas, Kenny Batt, Samuel Greenwood, Sven Torrison, Kellen Cassidy, Brett Kohs, Liem Criscuoo, Cole Bruno, Spencer Neelans, Adrian Diaz

Third Row from Left to right: Asst. Coach Stefan Churyk, Dylan Churyk, Yan Zukowski, John Paul Dowling, Zachary Lloyd, Coach Ed Staskelunas

HK Soccer Club: Three Teams win the MIST Tournament

By Kim Kaplowitz

We had three teams finish first at the annual MIST tournament (Madison Invitational Soccer Tournament) the weekend of Sept. 14.

The U12 Girls earned top spot in their division by winning three of four games played. They tied the last game against Colchester, who also had a winning record, zero to zero. Since they allowed no goals against them all weekend they won based on the goal differential.

U14/15 Girls Team won two games and tied one game to clench first place overall. The girls only allowed one goal all weekend.

U13/14/15 Boys Team won all three of their games, only allowing one goal against them all weekend.

In This Issue: Haddam Land Trust, H3 • Killingworth P&Z, H4 • H-K Youth Football, H8 • Calendar, H12



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Transfer of HES properties complete

By Joanne Nesti, Chair,
RSD#17 Board of Education

Regional School District 17 has finalized the transfer of its Haddam Elementary School properties to the Town of Haddam and to the Haddam Land Trust. The 155-acre property is divided into two parcels. The parcel comprising the HES school building and approximately nine acres of land surrounding it is now owned by

the Town of Haddam, which will pay \$450,000 to RSD 17 over the next three years, beginning July 1, 2020. The remaining acreage is now owned by the Haddam Land Trust and will be maintained as open space in perpetuity. The conveyance to the HLT was a donation by the District to assure continued public use of the property's nature trails and wooded areas. The RSD 17 Board of Education wishes to express its thanks to all those who worked in cooperation with the District to bring about this transfer of ownership. We look forward to the future use of both properties being of great benefit to the people of Higganum and Haddam.

HUMC Events: Open Mic, Holiday Fair

Open Mic: sing, play an instrument, tell a joke or recite a poem, OR just come! FUN for all ages!! And FREE FOOD. The Higganum United Methodist Church's outreach, intergenerational, audience-participation hot spot invites musicians, singers, poets and comedians to the stage on Saturday, Oct. 12, from 6:00 – 9:00 p.m. Since HUMC opened the coffee house in April of 2012, its stage has been graced by ele-

mentary-aged children to senior citizen performers from all over the state and country! The average number at Soup and Song nights ranges between 20-80, with about a dozen performers. HUMC members and friends supply delicious food and baked goods! Our Annual Holiday Fair will be held on Saturday, Nov. 9, from 9:00 a.m.- 2:00 p.m. There will many tables this year including our Country Store, Cookies by the pound, Christmas Goodies, Handicraft, Sunday School, Baked Goods, Tea-Cup Auction, and this year one for our Vacation Bible School. As always, our kitchen will have a luncheon menu.



Take the train to the
PUMPKIN PATCH

NEW FOR 2019! Hop on board our historic steam train at Essex Station for a scenic ride to Deep River where the festivities begin! The pumpkin patch will be filled to the brim with fall atmosphere that you and your little ones will enjoy. At the patch, each child gets to select a pumpkin of their choosing and have their face painted with a fun fall design. With pumpkin in hand you will re-board the train back to Essex Station where we will have crafting stations for kids to decorate their finds, and apple cider and donuts for all! Tickets are sure to sell quickly, so visit essexsteamtrain.com today to reserve you space for this exciting new event!

Dates: October 13th, 14th, 19th, 20th, 26th, 27th
essexsteamtrain.com
800-377-3987

The Essex Steam Train & Riverboat

Haddam News

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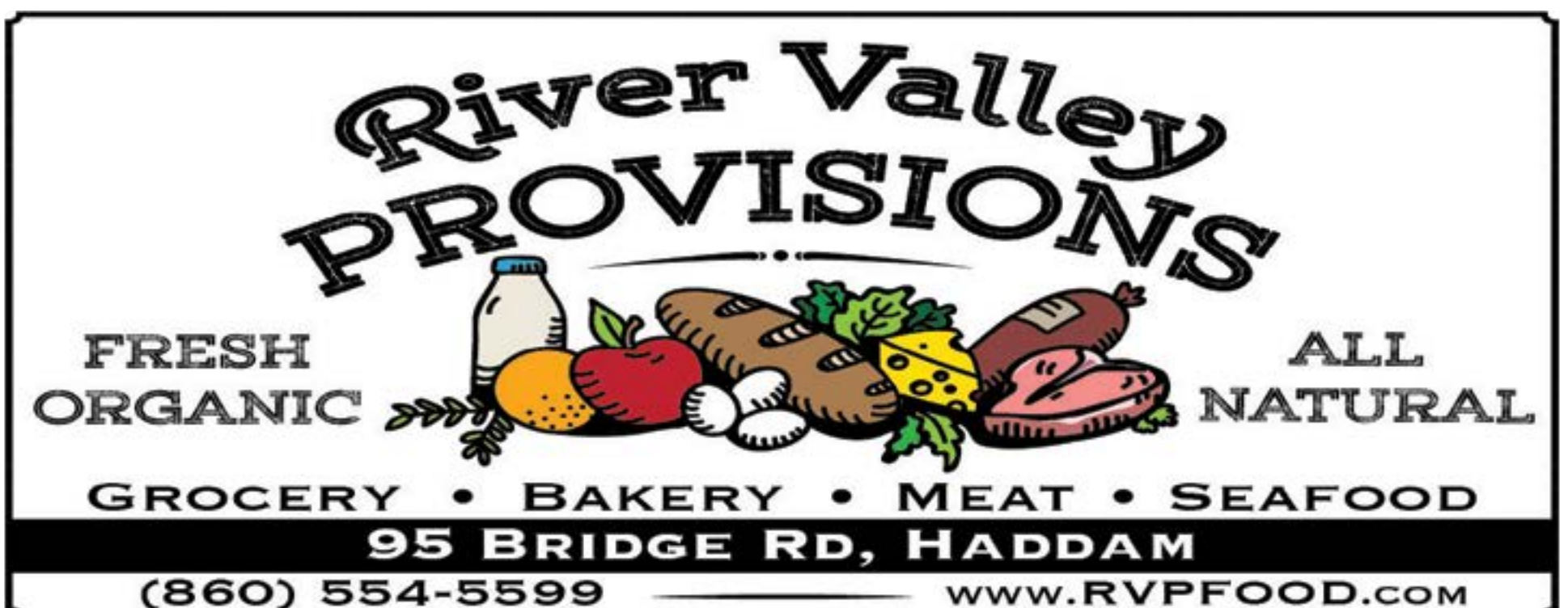
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Haddam Land Trust officially acquires Swan Hill

By Gail Reynolds, Haddam Land Trust

The Haddam Land Trust is pleased to announce the acquisition of Swan Hill, 146 +/- acres behind Haddam Elementary School, as a donation from Regional School District #17, after the closing on the morning of Tuesday, Sept. 24.

We thank the many citizens who wanted the popular Swan Hill natural area protected and preserved. Our community may continue to enjoy the trails and views of this exceptional natural area.

We encourage our community partners to work with us to manage Swan Hill! We may be contacted through our website, www.hltrust.org, and our Facebook page, www.facebook.com/haddamlandtrust/



Above: Land Trust President, Bill Cowan (l), and BOE Chair, Joanne Nesti (r), after the closing on Tuesday, Sept. 24. Photo by Gail Reynolds. Right: Swan Hill in spring. Photo by Peter Baird.



TO THE EDITOR

Dan Luisi, Haddam P&Z Candidate

I started Dan's Custom Counters over 30 years ago in the back of a 1979 station wagon in 1984 and then got my first 1000 square foot shop. After a few moves I'm now in 10,000 sq. ft. shop. I started servicing home centers such as Grossman and Hechingers. Now it is Home Depot and Lowes, as well as many lumber yards and kitchen dealers. Haddam became my home in 1993 because of the convenience of the commute to Newington where my shop is located and because I love living in the country. For fun, one of my hobbies is to restore old cars; you have probably seen me around town in one of them.

I decide to run for P&Z after seeing the simplest things in our town turn into major issues. I think we all want what is best for our town while still keeping its character and charm. We all need to be realistic.

Haddam needs development of businesses and manufacturing to support the needs of our population. With that in mind, we have to find ways to encourage growth, not just wish for it. It's nice to dream, but we have to be realistic and be willing to be creative with incentives. People seem to miss that when you give a tax abatement, it is for a few years to encourage a new business to settle in Haddam. The town is not giving away anything out of pocket. The tax incentive says to new businesses that we want you to get established

here and thrive. This will generate taxes and jobs.

Haddam has so much to offer in terms of its country wooded charm and recreational opportunities such as the Connecticut River and Cockaponsett forest. Our location on Route 9 makes access to the major cities of our state very easy. There is a lot to promote about our town.

I ask you to elect me to the Planning and Zoning Commission in November.

Sincerely,
Dan Luisi

Keep the Momentum Going and Invest in Cancer Research

We all know someone who has heard the words "you have cancer," and many of us have fought the disease ourselves. As a cancer survivor, I traveled to Washington, D.C. this month to let my voice be heard and to call on Congress to make investments in cancer research a top priority.

Lives are at risk. More than 600,000 Americans will die from cancer this year alone. But with over 16.9 million cancer survivors alive today, we know that past investments in cancer research have made a real difference for millions of Americans--and further investments in research hold the key to saving more lives and, one day, ending death from cancer. I met with Congressman Courtney and explained

to him that each dollar Congress puts toward cancer research offers hope to so many Americans. New breakthroughs in treatment and prevention won't sit idle in labs across the country; instead, they will be delivered to those who need it the most.

We are at a point where advancements in research are saving more lives than ever; and it's critical that we keep this momentum going forward. Now is not the time to turn back the clock on progress made. Now is the time to invest in lifesaving cancer research.

Congress must act now. By increasing medical research funding at the National Institutes of Health by \$2.5 billion, we can continue to make progress in the fight against cancer.

Donna Rogers
Volunteer, American Cancer Society
Cancer Action Network (ACS CAN)
Higganum, CT

Call for Haddam, Killingworth Candidates to Submit Letters

Open call for any/all candidates to submit Letters to the Editor to inform residents about their policy proposals and goals. They will be published throughout the coming weeks. Please submit letters (in accordance with our Letter to the Editor policy) to editors@haddamnews.org.

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Getting to know the Killingworth P&Z Candidates

We reached out to both the Killingworth Republican Town Committee and the Killingworth Democratic Town Committee and asked candidates to respond to a set of questions; if a candidate did not respond, their name is listed, so that you know who is running for each office. Updates from all candidates are welcome, and will be published as Letters to the Editor. The questions posed to the candidates were:

1. Tell us a little about yourself.
2. Why are you running for the position?
3. What do you see as the important issues facing Killingworth and how would you address them in your role?
4. What are the key things you love about this town and its people?
5. Additional thoughts to leave voters with?

Tom Hogarty (Democrat)

My wife Lucinda and I moved to Killingworth in 2013 from Chester. We have made so many connections here, met lots of good people largely due to Cathy Iino being so good at getting people involved. Lucinda is the president of the library board and I also serve as chair of the HK High School building committee. We are also very involved with the newly forming newcomers club.

I am retired from the state police where I served for 23 years. I currently work part time as the zoning enforcement officer in North Branford. I previously held the same position in Wallingford and Norwich. I served on the planning and zoning commission in Brooklyn, CT for six years. I am now running for a second term on P & Z here in Killingworth.

The planning and zoning commission is extremely important to the development of the town. As a commission, I think we do a good job at putting applicants at ease and helping them through the process which can sometimes feel complicated.

I think the biggest issue now is that



Tom Hogarty.

the population of the town is projected to shrink considerably over the next 20 plus years by as much as 27%. That will have a huge impact on town finances. One way to help stem that trend is to develop housing that young adults can afford and seniors can down size to. I hear the complaint a lot that people are leaving town because of the lack of affordable housing.

This is a very friendly community with a lot of pride and people who are willing to step up and help others.

Tom Lentz (Republican)

The Planning and Zoning Commission is of great importance in determining the quality of life in town because it regulates land use and the nature and extent of future growth and development. I have tried to insure that planning and zoning regulations and the Town Plan of Conservation and Development preserve the rural-residential character of the town and protect ground water supplies so as to avoid a town-wide sewer system. I believe the Town should continue to acquire permanent open space for recreation and preservation of significant wildlife habitats. I also support efforts to stabilize the tax base by attracting high-quality commercial enterprises in harmony with the rural and historical character of the town.

I have served for 40 years on the Planning and Zoning Commission and can provide the experience and leadership necessary for a continued effective commission. I have lived in Killingworth since 1966 and am also



Tom Lentz.

the Municipal Historian for Killingworth and historian for the Congregational Church in Killingworth. I have authored books on the history of Killingworth including A Photographic History of Killingworth.

Mike Drew (Republican) Planning & Zoning Alternate

A Connecticut native, my family and I chose to settle in Killingworth a little more than four years ago. As our family grew to three children who are now ages 9, 7 and 5, my wife and I realized we wanted to live in a more rural area, with great schools and a strong sense of community. As a project manager at a large engineering & construction firm, I've always made decisions methodically with the end goal in mind. In this case, the end goal was to build a happy, healthy and safe future for my children. Killingworth's proximity to work, recreational activities, and shoreline made it an ideal location our family.

As I mentioned, I am a project manager at a large engineering & construction firm, where we manage billion-dollar capital programs. From my work on these projects, I understand the regulatory hurdles, opportunities and community interests associated with development and conservation. I chose to run for this position because I want to help shape the direction that our town progresses towards, without compromising the history, aesthetics and values of its citizens.

A thriving town center and op-



Mike Drew.

portunities for business development are two key areas of growth that I will focus on for Killingworth. As new generations of residents are looking to settle, it's important to stay on top of the factors that help shape their decisions when choosing a community. Connecticut's energy costs and current job market do not make it the easiest state to inhabit, however; the schools, sense of community, beauty and recreation are what draw in and keep people here. Killingworth is an excellent representation of a town that is home to those benefits. For us to keep progressing in that direction while never compromising the rural beauty of our town, we will need to focus on sustainable economic development. Development that includes input from both its residents, existing and prospective businesses to help ensure that the things we love most about Killingworth are preserved for future generations.

My wife and I could not be happier with the school system and sense of belonging we feel within the town. The rural nature but easy access to community and events are a perfect blend for our family life. In the four years I have lived here, I have had some of the best summers of my entire life in Connecticut, with such easy access to the shoreline and recreational activities.

I really look forward to the opportunity to serve this town on the Planning and Zoning Commission, and to be instrumental in creating new opportunities for our town to thrive, making it an example of how business and community can come together.



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JESUS SAID

“Out of the Heart Come Evil Thoughts”

“For all have sinned and fall short of the glory of God” (Romans 3:23). “...They are all under sin.”¹⁹ As it is written: “There is none righteous, no, not one...There is none who does good, no, not one” (Romans 3:9-12). “If we say that we have no sin, we deceive ourselves, and the truth is not in us.”⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”¹⁰ If we say that we have not sinned, we make Him a liar, and His word is not in us” (1 John 1:8-10). “For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander” (Matthew 15:19).

“Who then can be saved?”²⁷ But Jesus looked at them and said, “With men it is impossible, but not with God; for with God all things are possible” (Mark 10:26-27). “God demonstrates His own love toward us, in that while we were still sinners, Christ died for us” (Romans 5:8). I declare to you the gospel [the good news]...that Christ died for our sins according to the Scriptures,⁴ and that He was buried, and that He rose again the third day...” (1 Corinthians 15:1-6). “Believe on the Lord Jesus Christ, and you will be saved...” (Acts 16:30-31).

“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23). “He who believes in the Son [of God] has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him” (John 3:36). Jesus said, “...Repent, and believe the gospel” (Mark 1:15).

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Getting to know the Haddam Board of Assessment Appeals Candidates; Haddam Tax Collector Candidate

We reached out to both the Haddam Republican Town Committee and the Haddam Democratic Town Committee and asked candidates to respond to a set of questions; if a candidate did not respond, their name is listed, so that you know who is running for each office. Updates from all candidates are welcome, and will be published as Letters to the Editor. The questions posed to the candidates were:

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5. Additional thoughts to leave voters with?

David Beckman (Republican)

Jo Ann Woickelman (Democrat)

I came to Higganum in 1963 when I married the late Thomas "Butch" Woickelman. I have two grown sons, one of whom still lives in town.

After graduating from the Connecticut School of Finance and Management, I had a long career in banking. I retired from Liberty Bank as assistant treasurer and manager of the Haddam and Higganum branches.

I served for 26 years on Haddam's board of finance (BOF), many as chairperson. After leaving the BOF in 2007, I was elected to the board of assessment appeals and am currently the chair. I served on the 1987 charter revision committee. I still help out as Director/Auditor for The Haddam Scholarship Fund; Director for Rockfall Foundation of Middletown; Chairman of the deKoven House Committee and member of the finance committee; Treasurer for the East Haddam/Haddam/Killingworth Salvation Army Service unit; and am president of the



David Beckman.

Haddam Elderly Housing Corp which oversees High Meadow, a low income/disability housing facility in Haddam.

I feel that my background of dealing with the public and understanding the finances of Haddam continue to aid me in my duties on the board of assessment appeal.

I made a few positive changes while on the board of assessment appeals over the years. I have changed the hours of hearings in order to accommodate the seniors who have appeals, I have called applicants to make appointments that are convenient for them, not just assigning a time, I continue to educate the taxpayer in what the board legally can adjust, and I encourage attending workshops for board members.

I will continue to serve with openness and fairness, I ask for your support on November 5.

Haddam Tax Collector

Kristin Battistoni (Republican)

Since moving to Haddam in 2003, Kristin and her husband Mike have made many wonderful friends in town. They both have become deeply involved in the community and volunteer for many organizations. Kristin first ran for the position of Tax Collector when her daughter Brigitte and son Alex began kindergarten. This was



Jo Ann Woickelman.

a way for her to get back into the work force after staying home with them. They are now starting their last year at Haddam-Killingworth Middle School.

Over the past eight years, Kristin has made some updates to how the office is run. You now have the capability to use credit cards not only on line, but also in the office. The website has been upgraded and you can now look up payment history for the past three years. An IRS function is added so you can see what was paid for that given year. She has also started using a lock box during collection time. With this change, we are able to have payments processed much quicker and have payments deposited in a timely manner during our busy time.

These technology changes have



Kristin Battistoni.

helped Kristin keep her collection rate close to 99%. Her focus over the past eight years has been to really get residents to understand the process of taxes. She wants you to know what needs to be done when dealing with the DMV, what needs to be done buying and selling a house or moving out of town.

Kristin loves working for you in the Tax Office. She loves meeting new residents and seeing friends that come for a visit every year. Working in the community of Haddam is a special opportunity that not many have the privilege of doing. She promises to work hard for the residents of Haddam, Higganum and Haddam Neck over the next four years.

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Diet For Our Minds (Part 3)

We see measurable results were derived by changing our diets- This is not some new idea, but what is new now- it has results. Our bodies, and as importantly our brains do respond to a healthy diet, consistent exercise, and social interaction.

The FINGER study, a Finnish Geriatric Intervention Study, had 631 participants in treatment group and 629 people in the control group, all between the ages of 60-77. In the treatment group, the people were given nutritional guidance, cognitive training, and physical exercise sessions. The control group received some health advice along with regular cardiovascular checkups.

The treatment group registered significant improvement, 83% better than the control group in executive brain functions, and 150% better scores in the speed of processing (time required to perform mental tasks), and a 40% performance increase in complex memory tasks, i.e. remembering long lists.

What became intriguing was all participants were screened for the gene variant (APOE e4), which highlights people at higher risk for developing Alzheimer's. Those in the treatment group who carried the risk gene had a slower rate of cellular aging, as measured by biological markers called telomeres, caps at the end of a chromosome.

The FINGER study, is now in its next phase where brain scans are being used to determine if good habits counteract the breakdown of neurons and stem atrophy in certain brain areas, which is a hallmark of Alzheimer's Disease. They are also using blood tests to pinpoint whether adopting good behaviors lessens inflammation, cellular stress, and a deficiency of the proteins that help to insure brain health.

The take home message is that it is never too early to take measures to prevent Alzheimer's, and fortunately it may never be too late to create changes to prevent cognitive decline.

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Food For Thought: It All Begins in the GUT! (Part 2)

Editor's Note: Part 1 can be found online at www.haddam-killingworthnow.com as well as in the September 26 edition of Haddam Killingworth News.

By Janet Verney

Here is some food for thought to support the gut (Remember small steps leads to big change!)

- Manage stress and improve vagal tone.
- Power up positive thinking and visualization.
- Set the stage and the table for a relaxing meal.
- Make the majority of your diet from local, organic, whole foods.
- Stick with whole grains and avoid over processed grains.
- Chew your juice and drink your food! Meaning chew, then chew some more to stimulate digestive enzymes. Remember, your stomach doesn't have teeth.
- Crowd out ultra-processed foods with additives, food dyes, and other chemicals.
- Steer clear of synthetic additives and emulsifiers in foods and other products.
- Get good doses of daily fiber.
- Slowly introduce fermented foods (not if you have SIBO).
- Allow for "Rest & Digest" and let the MMC (Migrating Motor Complex) to do its job, by not eating between meals and only drinking plain water. (may be exceptions to this rule if there are blood sugar issues).
- Choose healthy fats in moderation as tolerated (olive oil, avocado oils, sesame oil).
- Introduce herbs to support certain discomforts, like bloating & gas.
- Listen to your body and keep a food/mood/symptom journal (how do you feel after eating raw versus cooked veggies, do fats and proteins make you feel heavy or full of energy, etc).
- Explore different reputable diets to begin the healing process. Avoid any that are radical - that will only add more stress to the body.
- Pre-soaking grains, beans, and nuts can help to make them more digestible. In addition, while cooking, add an inch of the sea vegetable called Kombu - this helps decrease gas & bloating.
- Consider doing a quarterly seasonal cleanse. This does not mean juicing for days on end, but simply incorporating more of what's in season and locally grown - nature has a natural way of detoxifying the body if we allow it.
- Avoid refined sugar, caffeine and alcohol, especially in the healing phase.
- Eliminate high fructose corn syrup, partially hydrogenated oils and other chemically modified ingredients.
- Inquire about alternatives to NSAIDS and antibiotics as both are tough on the gut.
- Avoid acid blockers, which have been known to trigger SIBO with long term use.
- Seek a Naturopathic Doctor or a Functional Medicine Doctor to help you navigate a holistic approach to healing.
- Talk with a certified health coach who specializes in emotional eating if this is an issue for you. Getting to the root of the problem is critical.
- Stabilize blood sugar by eating veggies as the first part of your meal.
- Consider food combining practices for optimizing digestion. Body Ecology is a great resource.
- Include as tolerated, healthy forms of polyphenols (olive oil/green tea), flavonoids (apples/grapes/wine), and antioxidants (berries/red grapes).
- Make "body work" part of your routine with infrared saunas, massage, yoga, and a relaxing bath with Epsom salt (don't use Epsom salt with kidney issues). Avoid colon cleanses as it can also remove good bacteria and be a bit harsh and disruptive to your gut.
- Try rubbing a high quality essential oil mixed with a carrier oil onto your abdomen to ease stomach upset. Favorites include doTerra's Digest Zen and Lavender.
- Discuss high quality supplements with your practitioner. Look for whole food brands and work to minimize synthetic supplements with emulsifiers. Also do your homework to see if they are independently, third party tested for quality. A word of caution - many supplements will interact with medications, so be sure to discuss with you doctor first before starting anything new. Here are some good gut supplements for consideration:
 - o Probiotic
 - o Prebiotic (can also be through food)
 - o L Glutamine
 - o Berberine
 - o Gaia Oil of Oregano
 - o Digestive Enzymes
 - o Digestive Bitters
 - o Magnesium
 - o DGL
 - o Flax Water
 - o Aloe Vera Juice
 - o Triphala Plus
 - o Fennel
 - o Zinc
 - o Mucilaginous herbs, like slippery elm and marshmallow root
 - o Curcumin
 - o Herbal Teas like chamomile, mint, ginger, fennel, licorice, and golden milk.
 - o Psyllium husk and flax meal are wonderful sources of fiber. They can replace eggs in baked goods and can be mixed with water for added fiber.

This is by no means an all-inclusive list, but it offers some ideas and healthier alternatives to explore. So are you listening to your gut? What is it telling you about your health?

Remember, I am NOT a doctor, so before you start any new regime or supplement, be sure to consult with your practitioner. The ideas below are meant to provide you with some discussion points to make positive changes to support your health.

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! 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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Flags Across Haddam

By Meghan Peterson, Ph.D.

During your daily travels about town, have you noticed the American flags lining Saybrook Road/Route 154? Ever wonder where they come from and the unique story behind their presence along a primary corridor through our community?

As is the case with many happenings in Haddam, the flags along Route 154 are a direct result of everyday people banding together to make life just a little bit extraordinary and special.

During the summer of 2018, Haddam received state, national, and international attention for an impassioned debate that occurred within the context of an elected Haddam town official's decision to kneel during the Pledge of Allegiance. A topic whose origins stemmed from a national discourse about protesting law enforcement interactions with African-American males, the act of kneeling before the country's flag became an expression of political opposition to a variety of perceived social injustices, to U.S. President Donald Trump and to the federal administration's policies.

Conversation and opinions throughout the Haddam community were as fiery as the New England humidity that summer. In what they describe as an effort "to restore community calm and peace," Larry and Lori Maggi, residents and business owners (Fireworks Hearth & Home) in Haddam decided to do something. "As a family who has raised children in this town, we've seen some things that have deteriorated the fabric of this community. We wanted to make a small step toward repairing the community and bringing people together," Larry Maggi says, who also serves on the Haddam Board of Selectmen.

The Maggis explain that financial donations - from as far away as California and Oregon - came pouring in last summer from states across the country. The donations were specifically for the purpose of Haddam purchasing American flags. At first, the Maggis purchased 1,000 small American flags and placed them near people's mailboxes. Some complaints emerged regarding the placement of the flags on private property. After removing the small American flags, the Maggis were not disheartened. In fact, they saw a new opportunity.

Donations continued to flow to Haddam. In addition, inspired by the generous donation of a long-time Fireworks Hearth & Home customer, Robert Kanakal, the Maggis were able to place an order for



Photos by Sally Haase.



150 of the large (3x5) American flags. Larry adds, "It was very important to us that the American flags be made in this country, so we found a company that produces the flags in the U.S."

According to Larry, "Our ultimate goal is to have American flags line Route 154 from Exit 10 (off

Route 9) through Exit 7, down to Tylerville, part of Route 81, and down to the Connecticut River. We secured permission from Frontier to place the flags on the utility poles. People have volunteered their time and amazing efforts to help us place the flags. In many ways, this project has become a job in itself - a rewarding job. We go out and check on the flags, ensuring that they are in good condition, unwind from the utility poles during windy days, and take overall care of the flags."

Haddam-Killingworth Now/Haddam Killingworth News reached out to Selectman Melissa Schlag for comment on the flag project. She says, "Through coordination with the economic development commission, when I was first selectman I purchased flags for the center of town, which the public works department hung from Memorial Day through the summer. Mr. and Mrs. Maggi took this effort to a completely new level."

What began as a small-scale response to the local, state, and national politics of summer 2018 is now a full-fledged endeavor to adorn Route 154 with Old Glory. Larry describes the project as "Flags Across Haddam." The goal is to get this project started and keep it going." Specifically, Larry explains that "there is a section on Saybrook Road that we want to fill in with flags. In addition, for every flag purchased, I would like a second or third flag to be purchased for replacement as original flags become weathered."

"While people may disagree on many things, one thing that can bring people together is the beauty of our nation's flag to be proud of and to love this country. You normally don't see this kind of thing - perhaps on main streets, but for the flags to be on a main thoroughfare in Haddam, this is a substantial statement on how we want people to be proud of where we live. Lori, who has also worked very hard on this project, and I want to ensure that above all else. It is our hope that the people of Haddam take pride in this town and this community. It is our hope Flags Across Haddam brings people a little closer together."

People may donate and make a deposit to Flags Across Haddam in person at any Liberty Bank branch in the area (there are two locations here in town: 116 Bridge Road & 26 Killingworth Road). Donations to the Flags Across Haddam project can also be made via check at the Haddam Town Hall, 21 Field Park Drive, Haddam.

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C Squad.

Week Three wrap-up

By Victoria O'Brien

The Haddam Killingworth Youth Football teams welcomed East Hampton and South Windsor to Killingworth Recreational Park on Sunday, Sept. 22, for their first home games of the season. Once again, the A squad HK Youth Cougars scored in the opening minutes of their game to take an early lead over East Hampton and never looked back. The early 70 yd touchdown run by Michael Seward (6 carries 151 yds, 1 catch 25yds, 3TDs) was aided by some thunderous blocks by the bruising duo of Noah Conlon and Ben Cozean. Four plays later, Cozean blocked the punt by the Hawks and the ball was recovered on their 23 yard line. The drive started well with a quick strike from Nick Fox (6/12 passes for 95 yds, 1 TD) to Eric Vincent (1 catch, 5 yds). From there the Cougars couldn't connect on their next three passes and turned the ball over. After the teams traded a few three and outs the Cougars got going again with a nice punt return by Clark Burluson for 28 yds (2 returns, 62 yds). After a couple of nifty runs by Nick Fox (4 rushes, 46 yds) and a nice catch and run on a slant by Cooper Savoy (4 rec, 68 yds), the Cougars were in business when Fox hit Seward with a quick swing pass that Seward cutback and scored on.

East Hampton found some success in the second half with some strong running by their fullback #16. The Cougars stayed strong and had a "bend but don't break" attitude for much of the half. After the first East Hampton drive stalled deep in Cougar territory, HK started fast with the longest pass of the day from Fox to Savoy who made a great catch in stride moving the Cougars to midfield. On the same drive, Noah Conlon (1 car, 50yds) ran off the left side with Chris Frasco and Luke Dooley leading the way on a punishing run that saw some broken tackles up the sideline before turning back in for the TD. East Hampton was undeterred and scored on their next drive on a 25 yd touchdown pass. As the Cougars have done all year, they scored on their next possession after their opponent scores. The drive was set up by another shifty return by Clark Burluson. The ensuing play saw lead blocking by Conlon and Cozean with the addition of the right side of the line



(Cooper Pitts, Sully Rock and Carlee Harwood) that allowed Seward to run 50 yds up the sideline. However, the Cougars weren't done as Sullivan Rock on the next East Hampton pass intercepted the ball and took it to the house as he had a caravan of blockers consisting of Cozean and Seward. Final score was 39-7, moving the Cougars to 3-0.

There were many contributors on Sunday with all players recording at least one tackle. (Cozean 7 tkl, Seward 6 tkl, Conlon 6 tkl, Fox 4 tkl, Savoy 3 tkl, Pitts 3 tkl, Burluson 2 tkl, Rock 2 tkl, Dooley, 2 tkl). Additionally Nick Fox added his second QB sneak for a TD on the day and Ben Cozean and Wyatt Solosky (kick) added to point after touchdowns.

The Cougars B squad defense held South Windsor to only 65 yards total offense, including getting a safety. HK offense played very well. It started with great blocking from the line and hard running by 7 different players. Final score 21-0, earning HK B squad their first win of the season.

The 1-1 HK C squad also took on the South Windsor Panthers in what turned out to be a battle of the defenses. The Panthers were the first to put points on the board with a 70 yard jet sweep on their first play of their opening possession. However, from that moment and on, the Cougar defense went on to hold the opposing offense to negative 19 yards and zero first downs for the remainder of the afternoon. Leading the Cougar defense were Kyle House (2 fumble rec), Owen Hill (fumble rec), Willy Sulzbach, Tim Hickman, Jonathan Slane and Evan O'Neal

amongst many other tacklers. At the end of the 1st quarter, the Panthers were on top 7-0. A Cougar fumble recovery by Hill deep in Panther territory led to a Noah Soucie (11-37-1) 5 yard touchdown run, followed by a Lucas Norko (10-45) dive for the conversion to even the score 7-7. The Panthers went on to receive the ball to start the 3rd quarter but would yet again fumble the ball away on 4th down at their own 42 yard line. HK then went on a march towards the end zone and took their first lead of the game with a 16 yard touchdown by Marcel Inkel (15-79-1) and a Norko conversion. Unable to move the ball, the Panthers again turned over the ball on downs and HK was able to use up the majority of the 4th quarter. With the final score of 14-

7, HK improves their record to 2-1 on the season.

The HK D squad won their coin toss against South Windsor but unfortunately, that was one a few things that went their way on the day. The first snap on offense was a fumbled snap that was recovered by the defense. The South Windsor Panthers immediately capitalized on the turnover and scored on a reverse to take a 6-0 lead early in the first quarter. The Cougars responded on the very first play of the ensuing series with a 75yd TD gallop from Isaac Edwards. With the PAT no good the game was tied 6-6. The game came to a standstill with both defenses playing well through most of the first half. South Windsor scored a touchdown midway through the second quarter to make it 12-6. HK drove into Panther territory, but turned the ball over on downs with just seconds remaining in the half. The Panthers again turned to the trusty reverse, and a couple moves later, were into the end zone with no time remaining on the clock for an 18-6 halftime lead. The Cougars would not back down. HK came out strong on defense in the second half and only gave up one long TD run. The Cougars offense had another 75yd TD from Edwards to cut the deficit to 24-12 late in the third quarter. After the defense turned the Panthers over, with a fumble recovery by Maddox McNamara, the Cougars were primed to cut into the Panthers lead. With their heads held high the offense gave a strong effort, but couldn't muster a consistent drive late in the fourth quarter. Cougars were taken down by the Panthers 24-12.



Senior Michael Coleman leading a pack of Cougars. Photos courtesy of Charles Lynskey.



Freshman Isabel Berardino leading the pack of H-K girls to victory.

HKHS remains undefeated in dual meets

By Matt Diglio, Coach, HKHS Cross Country

On Tuesday, Oct. 1, the H-K boys and girls cross country teams traveled to Totoket Park in North Branford to compete in the Floyd Parness Invitational against Old Saybrook, Old Lyme, Morgan, North Branford and Valley Regional.

The boys team came away with five victories on the afternoon to improve their dual meet record to 10-0 for the season. They defeated Morgan, Old Lyme and North Branford by a score of 15-50, beat Valley 25-36 and defeated Old Saybrook by a score of 25-36. The boys ran as a pack and were led by senior Michael Coleman over 3.1 mile course and finished together with the same time of 18:55 for places 5th-13th in the race. They were: freshman Mason Gorham, sophomore Tyler Robinson, senior Christian Uzwiak, junior Matt Jennings, junior Sean Rutledge, junior Fisher Harris, senior Griffin Robinson and junior Julian Spector.

The girls team also came away undefeated on the afternoon as they improved their dual meet record

to 9-0 for the season. They defeated Morgan and North Branford by a score of 15-50, beat Old Lyme 15-49 and defeated Valley by a score of 20-41. The girls also ran as a pack at the front of the race led by freshman Isabel Berardino over the 5,000 meter course. The girls placed 2nd-7th in the race in the same time of 23:01: senior Julia Callis, junior Meara Bodak, senior Lauren D'Amico, sophomore Ava Di-Matteo and sophomore Brianna Minervino to round out the team scoring.

HKHS starts dual meet season 5-0

On Tuesday, Sept. 24, the Haddam Killingworth High School Boys and Girls Cross Country teams traveled to John Winthrop Middle School to compete in the Shoreline Conference Large School meet against Coginchaug, Cromwell, Morgan, North Branford, and Valley Regional.

The Boys team came away with five victories on the afternoon to begin their dual meet season with a 5-0 record. They defeated Morgan/Coginchaug and North Branford by a score of 15-50, beat Valley

21-40, and defeated Cromwell by a score of 25-34. The boys ran a tactical team race over the 3.1 mile course and were led by a pack of Cougars who ran together and finish in the same time of 18:58: senior Christian Uzwiak (4th), junior Matt Jennings (5th), sophomore Caleb Freeman (6th) and junior Sean Rutledge (7th). They were followed by junior Fisher Harris 9th (19:12) then senior Griffin Robinson 11th (19:21) and junior Julian Spector 12th (19:22).

The Girls team also came away undefeated as they also started their dual meet season with a 5-0 record. They defeated Morgan and North Branford by a score of 15-50, beat Coginchaug 20-41, defeated Cromwell 15-46, and beat Valley by a score of 25-33. The girls were led by senior tri-captain Julia Callis, who placed 3rd in a time of 23:26 and was closely followed by junior Meara Bodak who placed 4th in the race in a time of 23:28 for the 5,000 meter course. They were followed by senior tri-captain Lauren D'Amico 6th (23:33), sophomore Ava Di-Matteo 8th (23:48) and sophomore Brianna Minervino 9th (24:06) to round out the team scoring.

KILLINGWORTH LIBRARY

October 22 Talk: Preparing Your Home for Sale

Susan Cornell, Killingworth Library Association

In 2019, preparing your home for sale involves much more than just clearing out the clutter and de-personalizing your space. Today's digitally-savvy buyers will make a decision to see your home BEFORE they even step foot in your driveway.

On Tuesday, Oct. 22, at 7:00 p.m. at the Killingworth Library, 301 Route 81 in Killingworth, Realtor Fay Abrahamsson and Interior Design Consultant Rachel Schemmerling will help you prepare to sell your home in their presentation, "Declutter & Re-decorate: Preparing Your Home For Sale."

Learn how to turn your everyday living spaces

into marketable images and make the absolute best first impression online and in person. Join us to hear more about readying your home for today's real estate market and staging it to highlight its best features. You'll leave with solid take-aways you can begin implementing right away. Whether you plan to sell in two months or two years, this is a presentation not to miss!

Fay Abrahamsson of Killingworth is a licensed Realtor with Page Taft Christie's International Real Estate. She has earned her Seniors Real Estate Specialist (SRES) and Masters of Real Estate (MORE) certifications. She is a former award-winning local news reporter with the Harbor News, Guilford Cou-

rier and Patch Media. She and her husband have purchased and "flipped" several homes including an investment house near the Guilford Green.

Rachel Schemmerling is an Interior Design Consultant, located in Killingworth. She specializes in working with those about to sell their homes as well as new homeowners. Rachel is known for her unique approach to design, with a keen eye for fashioning beautiful, comfortable surroundings while finding creative ways to work within a budget.

The event is free but advance sign up is required. Please call the Killingworth Library at 860.663.2000 or visit www.killingworthlibrary.org for additional details.

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October programs and events

By Laurie Gardner and Marissa Lehmacher, BML

ADULT PROGRAMS

Introduction to Chakradance

Tuesday, Oct. 15, at 6:00 p.m. If you tend to spontaneously move to music come join Anne Stamatakis, owner of Circle of Life Holistic Health, for an introduction to chakradance. Anne is a State Licensed Massage Therapist, Certified Healing Touch Practitioner and Breath Awareness Coach with 35 year of experience in complimentary holistic health therapies. Chakradance is a well-being practice helping to release blocked energy. It is like a moving meditation to music composed specifically to resonate with our internal energy centres. Liberating, fun, intuitive and spontaneous, chakradance will reveal more of you to yourself and help to find your own rhythm.

Retro Craft: Lap Loom Weaving

Wednesday Oct. 23, 6:00 p.m. Come learn how to weave on a lap loom! We will be making a small wall hanging and all supplies will be provided. This is a buddy program: parents and grandparents, older siblings, and caregivers work paired to help younger learners (ages 8 and up) learn the craft. Please note that space is limited for this program and registration is required.

CHILDREN'S PROGRAMS

Preschool Storytime

Preschool Storytime takes place every Tuesday at 10:30 a.m. Join us for themed stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

Saturday Storytime

Can't make preschool storytime during

the week? Join us on the first Saturday of every month at 10:30 a.m. for stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome.

Music with Margie

Music with Margie will meet on Thursday, Oct. 10 and Thursday, Oct. 24 at 10:30 a.m. The theme for October is "fall Color Cruise." Margie's multi-sensory program builds skills on a bi-weekly basis, in order for children to reach the developmental goals they need to enter kindergarten. Margie brings items for children to play with such as beanbags, scarves, puppets, and instruments. Music with Margie is appropriate for children ages 2 to 6.

Toddler Tunes

Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Tuba Kelly brings a different musical instrument each week. Get ready to hear the guitar, saxophone, trombone and, of course, her signature tuba! In October, Toddler Tunes will take place on the following Thursdays at 10:30 a.m.: the 3rd, 17th, and 31st. Appropriate for children ages 1 to 3, but siblings are always welcome.

LEGO™ Club

Like playing with Legos? Come build with us! Each month will feature one unique theme and one free build. Lego creations will be put on display until the next session. Lego Group meets on the 1st and 3rd Tuesdays of every month from 5:00 to 6:00 p.m. Appropriate for children ages 5 and up.

Puzzle Club

Come put your skills to the test with challenges such as tangrams, pentominoes, and word puzzles. Stimulate your brain, sharpen your problem-solving

skills, and learn effective strategies to impress your friends in Tetris. Puzzle club meets on 2nd and 4th Tuesday of each month from 6:00 to 7:00 p.m. Appropriate for ages 8 -12.

Halloween Party for Kids!

Join us on Saturday, Oct. 19th from 11:00 a.m. to 1:00 p.m. for ghoulish games, creepy crafts, terrifying treats, and spooky stories & songs. Wear your costume and paint a pumpkin! Happy Halloween!

Retro Craft: Lap Loom Weaving

On Wednesday, Oct. 23 at 6:00 p.m. come learn how to weave on a lap loom! We will be making a small wall hanging and all supplies will be provided. This is a buddy program: parents and grandparents, older siblings, and caregivers work paired to help younger learners (ages 8 and up) learn the craft. Please note that space is limited for this program and registration is required.

TEEN PROGRAMS

Teen Advisory Board

Thursday, Oct. 10th from 6:00 – 7:00 pm. What can your library do for YOU? Voice your ideas for improved YA services, help plan events and

activities in the Teen Lounge, help develop the YA collection, assist with Children's programming and so much more! New members are always welcome! For more information please contact Kristen at kcarpentier@brainerdlibrary.org

FREE College Financial Planning Workshop

The cost of college keeps increasing every year, and it gets more and more difficult for parents to afford to send their children to the school of their choice. Please join us on Thursday, October 17th 6:00 -7:30 p.m. where College4Less will demonstrate how to send your child to college without spending your life's savings or going broke. The educational workshop will discuss the FAFSA form and the CSS Profile form along with other important information parents need to understand in order to maximize the amount of financial aid they are eligible to receive. Registration is required as space is limited. Please register on our website www.brainerdlibrary.org or by emailing Kristen at kcarpentier@brainerdlibrary.org.

Registration is not required for programs unless specified in the description.

EDUCATION / COMMUNITY

Killingworth student joins Corps of Cadets at U. of North Georgia

Around 190 students transitioned from being civilians to cadets at Freshman Orientation Group (FROG) Week at the University of North Georgia (UNG), which ran Aug. 11-17, 2019 including Trent Ferguson of Killingworth, Conn.

UNG is one of only six senior military colleges in the nation. FROG Week is a tradition within the Corps of Cadets that dates back to the 1960s at UNG. This year, about 25 percent of those who completed the week were women while about 25 percent were minority students.

From rifle range training to an academics introduction, incoming cadets were presented with a great deal of information about UNG and how the Corps of Cadets fits within the university. They also completed grueling leadership exercises at Pine Valley, rappelled at the Army Rangers' Camp Frank D.

Merrill and capped off the week with the Crown Mountain Run the morning of the traditional FROG Week graduation.

Positioned in the fastest-growing region of the state, the University of North Georgia comprises five campuses united by a single mission focused on academic excellence and academic and co-curricular programs that develop students into leaders for a diverse and global society. The University of North Georgia is a University System of Georgia leadership institution and is The Military College of Georgia. With more than 20,000 students, the University of North Georgia is one of the state's largest public universities. The university offers more than 100 programs of study ranging from certificate and associate degrees to professional doctoral programs.

HADDAM COMMUNITY

Lions' Setback Tournaments this Fall

By Lori Maggi

The Haddam Lions Club sponsors monthly Setback tournaments at the Haddam Firehouse (439 Saybrook Road, Haddam). Doors open at 6:00 p.m., games start at 6:30 pm. \$10 per person; bring a partner. Light snacks will be provided. BYOB.

Complete tables are on a first come, first served basis, so RSVP early to lori.fireworks@comcast.net or 860-345-4221. The dates for Fall 2019 are:

Tuesday, Oct. 15

Tuesday, Nov. 19

Tuesday, Dec. 17

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HADDAM BOY SCOUTS

Haddam Scouts BSA Pancake Breakfast: October 20

By Greg Nicholas, Troop #44 Committee

The Haddam BSA Troop #44 and #44G Scouts will be hosting their Annual Pancake Breakfast on Sunday, Oct. 20, at the Fire House located at 439 Saybrook Road in Higganum Center, from 7:00 a.m. to

11:00 a.m. Purchase tickets in advance for \$5 from any Scout or Leader and tickets purchased at the door \$6. Email Scoutmaster of Troop #44G, Kathy Brown, at kjbrown92@aol.com or Scoutmaster of Troop #44, Mark Pach, at markcp571@gmail.com for tickets or more information.

CLASSIFIED ADS

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Sturdy Bookcase 4 1/2' (H) X 3' (W) X 16" (D), -\$100.00, Swivel Black Leather Office Chair -\$50.00, CYBEX Arc Trainer, Elliptical Trainer (arms) \$350.00, & Precor Elliptical Trainer, \$300.00. Flexible, No Delivery. Call Kate 860-227-3500.

HADDAM VOLUNTEER FIRE AUXILIARY

Save the date for Military Whist Card Party: October 28

By Betty Cernan

The Haddam Volunteer Fire Auxiliary will hold its Annual Military Whist Card Party on Tuesday, Oct. 29, at the new firehouse, 439 Saybrook Road. Doors open at 6:30 p.m., refreshments will be served at 7:00

p.m., and the game starts promptly at 7:30 p.m. Tickets are \$7.00 and \$6.00 for seniors and will be sold at the door on a first-come basis. If you have questions, call 860-345-8894. Save the date!

Classified ads

Haddam News will print free classified ads for individuals and non-profit organizations. These must be 25 words or less and written in a publish-ready form. Publication is subject to space availability.

OBITUARIES

Duane Wellington Brookes

According to The Cromwell Funeral Home, Duane Wellington Brookes, 94, passed away on Sunday, Sept. 22.



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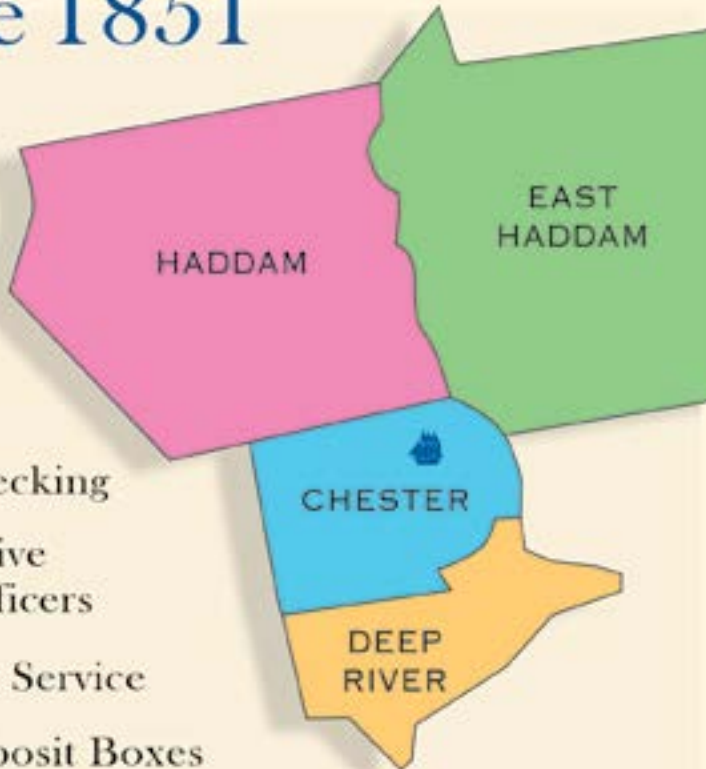
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11:00am Caregiver Dementia Support Group & Lunch

Are you a caregiver for a loved one with dementia? Come and take some time for yourself. Tai Chi combines gentle exercise, stretching, and mindfulness, improving strength, balance, and flexibility. No experience is necessary. Followed by a Caregiver Dementia Support Group and lunch.

Please RSVP to Kathy Hallett at 860-345-3779.
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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

Thursday, October 10

Higganum Farmer's Market, 4:00 p.m.-6:30 p.m., Higganum Green
LAST ONE OF THE SEASON!

Killingworth Conservation Commission Meeting, 7:00 p.m.-9:00 p.m.

Lyme Art Association Lecture, 6:30 p.m.-9:00 p.m., 90 Lyme Street Old Lyme

Bob Potter will continue exploring how the American West has inspired artists during the 20th century through the art of Georgia O'Keeffe, Ansel Adams, Richard Diebenkorn, and Ed Ruscha.

Friday, October 11- Sunday, October 13

Sleepy Hollow Lantern Tour

Saturday, October 12

Chicken BBQ, 2:00 p.m.-6:00 p.m., Haddam Neck Covenant Church,

The Haddam Neck Covenant Church will host a family, fun BBQ chicken event on the Church grounds. We will have our world famous BBQ chicken that we offer at the Haddam Neck Fair. The full meal of a 1/4 BBQ chicken with cole slaw, baked beans, corn bread, cider and desserts is \$10. For children ten and under, a hot dog and sides is \$5. Take out is available. The event will include music, a bounce house, and games including corn hole competition. If possible, please RSVP with the number of people in your party to Joel in the Church office, 860-267-2336.

Tuesday, October 15

Setback Tournament, 6:00 p.m.-8:30 p.m., Fire Station #1, 439 Saybrook Road, Higganum

The Haddam Lions Club sponsors monthly Setback tournaments at the Haddam Firehouse (439 Saybrook Road, Haddam). Doors open at 6:00 p.m., games start at 6:30 pm. \$10 per person; bring a partner. Light snacks will be provided. BYOB.

Book Talk/Signing, 7:00 p.m., Killingworth Fire Station

The Killingworth Library will host a Power Point presentation and book signing by author and historian Marty Podskoch and his new book, *The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut*.

Killingworth Board of Selectmen Meeting, 7:00 p.m., Town Office Building

Killingworth Planning & Zoning Meeting, 7:00 p.m., Town Office Building

Killingworth Board of Fire Commissioners, 7:00 p.m., Killingworth Firehouse

RSD#17 Board of Education Meeting, 7:00 p.m. HKMS

Wednesday, October 16

Senior Expo, 9:00 a.m. - 1:00 p.m., Haddam-Killingworth High School

Youth & Family Services of Haddam Killingworth is sponsoring their 6th annual Senior Citizen Expo. There will be music and food, and a self-defense demonstration from Ed Ricciuti of Killingworth. Approximately 40 vendors of products and services will participate. There will be flu shots and blood pressure checks, along with prizes and giveaways.

Thursday, October 17

Haddam Planning & Zoning Commission Meeting, 7:00 p.m., Town Hall

Letters to the Editor

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be: civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 400 words. The editors reserve the final decision on any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials.

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