

Haddam Killingworth News

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

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October 17, 2019

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Free weekly

HKHS shuts out Hale-Ray, 6-0

By Mike Shea, Coach, HKHS Girls Soccer

The Haddam Killingworth High School Girls Soccer team shut out Hale Ray 6-0 on Friday, Oct. 4. The score at the half was HK 4, HR 0.

Goals were made by Kedarjah Lewis (2), Hadley Commerford (2), Autumn Walton, and Yumi Imai. The Goalkeepers were HK: Kelsey Lonergan (5 saves), HR: Olivia Lavoie (13 saves). Assists were made by KK Parri (2), Yumi Imai, Morgan Mardore, and Morgan Schultz.

*Records: HK 7-2-1 HR: 1-6-0

*at time of publication.



Above: Goalkeeper Kelsey Lonergan sets up for the save. Below: Mia Rubino drives the ball into open space. Photos by Jason Lonergan.



Information on equine virus health concerns

Information provided by Middlesex Health

Those pesky mosquitoes can do more than make you itch. Sometimes, mosquitoes spread the Eastern Equine Encephalitis (EEE) virus, a virus carried by birds that live in freshwater swamps. When mosquitoes feed on birds that have the virus, they also become infected. In turn, people can also get the virus if they are bitten by an infected mosquito.

While the United States is seeing an uptick this year in the number of humans infected by the EEE virus, Dr. Alina Filozov, chief of Infectious Disease at Middlesex Health, says EEE is still rare, and national statistics support that statement. The Centers for Disease Control and Prevention says an average of seven cases are reported each year in the United States.

Getting the virus may be rare, but it is important to educate yourself about EEE and to know the symptoms.

Dr. Filozov says the EEE virus is a systemic infection with an abrupt onset and is characterized by chills, fever, malaise (overall feeling of discomfort and lack of wellbeing), joint and muscle pain. Generally, the illness lasts one to two weeks, and recovery is complete when there is no central nervous system involvement.

Not every EEE infection will lead to encephalitis, or brain inflammation. Encephalitis can develop after a few days of general illness in children and adults who have the EEE virus, and it can be life threatening.

Signs and symptoms of encephalitis include fever, headache, irritability, restlessness, drowsiness, anorexia, vomiting, diarrhea, convulsions and coma.

To protect yourself from mosquitoes, Dr. Filozov recommends wearing long sleeves and pants when weather permits, using bug spray and eliminating mosquito breeding sites by emptying standing water from flower pots, barrels and other containers.

If you have any unexplained EEE symptoms that are not accompanied by a headache, confusion or a seizure, you should seek medical care. Call your primary care physician. If they are not available, visit a Middlesex Health Emergency Department location or call 9-1-1.

Annual mental health forum held

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

Nathaniel B. Field Memorial Foundation, Inc. Vice President, Christiana Field, was a speaker at the Annual Forum on Suicide Prevention and Mental Health held at East Lyme High School on Sept. 30. The event, sponsored by the Brian Dagle Foundation, hosted a panel of speakers who provided insight, education, and inspiration on the issues surrounding mental health and suicide awareness. Christiana shared her personal journey since the loss of her brother Nathaniel to suicide in 2015. In addition,

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Speakers l to r: Connelly Clifford, Andrew Staunton, Christiana Field. Photo by Carole Drong.

In This Issue: Killingworth ZBA Candidates, H4-5, Local Autumn Events, H6 • Letters to Editor, H8 • Calendar, H10

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CONTINUED FROM H1

Forum on crisis help

Continued from page H1

Christiana provided an overview of the Crisis Text Line, and discussed her active role as a volunteer. After 6-weeks of intensive training she began working on text conversations. "The goal of any conversation is to move texters from a hot moment to a calm, safe place. Sometimes that means walking a texter through a grounding exercise, providing a referral for further help, and sometimes it just means being there and listening. I've typically found that the majority of my conversations last between 45 minutes and one hour. During the conversation, you move through 5 stages: In stage 1 you build rapport through good contact techniques like active listening and reflective language. In stage 2 you explore the issue at hand. It is during this stage that you conduct the ladder-up risk assessment, which involves 4 steps to assess if a texter is at imminent risk of suicide (desire, plan, means, timeframe). In stage 3 you work to identify the texters main goal, and in Stage 4 you work together to collaboratively problem-solve. Finally, you work to wrap up the conversation with a warm close."

On Sept. 6, the Crisis Text Line achieved an incredible milestone of 5,026 active Crisis Counselors in the past 28 days. During that time, counselors handled 83,252 conversations.

According to recent data from the Centers for Disease Control and Prevention, suicide is the 2nd leading cause of death among college students ages 18-24. It's important that people know they have someone to reach out to 24/7! Currently, only 6.4% of texters learn about Crisis Text Line at school (through their school counselor, posters, in health class, or a supportive teacher). That's why we're partnering with the American Foundation for Suicide Prevention (AFSP) to support the bi-partisan Improving Mental Health Access for Students Act (H.R. 3912 / S. 1782). The Crisis Text number in the United States is 741741.



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HMF FitKids Run: 12:15pm • 5K Run/Walk: 1:00pm

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Recap of Haddam BOS Candidate: October 2

By Meghan Peterson, PhD

Editor's Note: Part 2 will cover the Selectmen Candidates, Kate Anderson (Republican), Mark Lundgren (Petitioning); Sean Moriarty (Democrat) featured at the Forum.

On Oct. 2, a Haddam Board of Selectmen Candidate Forum was held, hosted by the Brainerd Memorial Library. Tom Piezzo, Director of the BML and Kent Jarrell, a Library Trustee and former journalist. Piezzo welcomed the First Selectman candidates, Brenda Buzzi (Democrat) and Bob McGarry (Republican).

Buzzi and McGarry first described their biographies and ties to Haddam. Buzzi explained that she is an HKHS graduate and part of a 4th generation family in tow; ran a large daycare and owned a pre-school in Higganum. She said that she has "ample leadership experience" and is currently serving on the Board of Education. Buzzi said that she will "listen to all residents;" "put people before politics;" "listen to your concerns and be your voice."

McGarry observed that many of the people serving on the town boards and commissions are volunteer. He noted that organizations such as the library, park and recreation would "cease to exist" without volunteers. McGarry described obtaining a degree in civil engineering at the Coast Guard Academy; his 20-years active duty in the Coast Guard, having graduated to rank of commander; and that "first job out of the Academy involved supervising 40 people on a ship deck force."

Below are a sampling of the questions the moderators asked Buzzi and McGarry:

What is your position on Haddam's use of long term bonds to pay for infrastructure and other projects? Are we increasing our debt burden to keep mil rate at its current level or are we just kicking the can down the road for future taxpayers to pay? McGarry cited a re-

cent piece by *Haddam Bulletin* author Alan Aronow, and expressed agreement with his concerns that "even though interest rates are low, bonding/borrowing costs money." McGarry continued, "As a rule, I do not like taking long-term loans out." McGarry said that there are times, however, when "long-term debt is appropriate." He pointed out the example of buying a house and getting a mortgage. It is a "fact of life that some things are extremely hard to save enough for." McGarry says that with capital projects topping at \$1.3M, \$1.8M, and that while "he does not like to use it, it is appropriate to do it" at specific times. Buzzi said that "there definitely is a place for bonding" during times of "financial woes" and that there is a place for "fixing and repairing roads and way to do that is to bond." She added that she is "not sure about bonding vehicles or buying them all at one time."

What are the most important projects for Haddam? Road repairs, moving the Public Works garage, senior citizen services, better cell service – how do you prioritize these? Buzzi said "those are very important. I think infrastructure is first and foremost. Seniors definitely need some attention." She mentioned the idea of having the Senior Center open five days a week. Likewise, McGarry stated that "infrastructure is a major concern," pointing to a town-commissioned road study identifying many of the roads are in "extremely bad conditions." He said that in terms of other infrastructure projects, there is an "opportunity to put in a septic system in Higganum center;" and the Town garage "to me is another infrastructure improvement," as it is "actually unsafe." McGarry added that "seniors need our support" and would like to "see what services can expand."

Remaining questions included *What should Haddam do with the old elementary school? Could Haddam benefit from regionalization/sharing public services?*

Should we have a full time town manager in Haddam? Buzzi and McGarry indicated they are hopeful for the upcoming community gatherings to discuss ideas and visions for future use of Haddam Elementary School (HES). McGarry stated that he looked at regionalization with "some degree of skepticism," and that he is "very skeptical of regional authority," as the town could "start to lose control over tax dollars" and that it must be done "wisely." Buzzi stated that she believes "100% that you can save a lot of money" by working with other towns to buy sand and soil together, for example, in the case of Public Works. McGarry said that he understands the reasons for thinking of a city manager, because when a first selectman just starts "figuring out the job, you have to run" in light of the two-year term. At the same time, he said that he is skeptical due to the available talent pool for a qualified manager. Buzzi stated "unequivocally no" to the idea of a town manager and that Haddam is "too small of a town to pay a large salary to pay a person to run the town for us." She added that she would like to see a change in the town charter to 5 selectman and 1 first selectman on the BOS.

Finally, Buzzi and McGarry responded to the question of *Name one weakness and one strength in our community.* Buzzi said that "one strong weakness is that our town is "very divided" and that the "nonsense on FB" needs to stop and stop being mean to each other. For the strength, Buzzi says that "we have a beautiful town" and we need to "use our resources more." McGarry said that he "would like to see the divisiveness go down" and that it is most important "we have to learn to work together." He added that the strength in Haddam is "the good people we have." At "Haddam River Days, the Haddam Neck Fair, we do come together. We're blessed with the CT River," and Haddam "has a lot to offer."

H-K COMMUNITIES

Drug Take Back Day: October 26

By Laura Shipman, HKYFS

Join us and take active steps to protect yourself, your children, your grandchildren, and the environment by turning in unused and expired medications on

Saturday, October 26, 2019, from 10:00 a.m. to 2:00 p.m. in the Nutmeg Pharmacy Parking Lot at 23 Killingworth Road, Higganum. For more information, visit www.hkyfs.org.

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Probiotics- For Your Health

So, you are telling me to ingest a microorganism to protect against the overgrowth of another organism!! That is the philosophy of the science of probiotics, and there has been a great deal of research that has taken place, but certainly more is necessary. Probiotics are live microorganisms that are intended to have health benefits, and probiotics exist not only as a dietary supplement, but also are included in foods, i.e. yogurt, and in products not just used orally, but for example, in skin cream. Many of the microorganisms in Over-the Counter probiotic products are the same or similar to microorganisms that naturally exist in our bodies. Some probiotics may be helpful with preventing diarrhea caused by antibiotics or relieving diarrhea caused by infections, however not all probiotics have the same effects. The FDA has not issued guidance on the approved dose for probiotics for preventing or treating any health problem.

In the overall healthy individual, probiotics may have only minor side effects, while in the person with a weakened immune system, serious complications have occasionally been reported. Certainly, in the healthy individual, ensuring the health of your GI track while taking an antibiotic is a very real reason to consider their use, but for the person with Ulcerative Colitis, you should only have the approval of your physician.

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Getting to know the Killingworth ZBA candidates

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?



Ben Charney.



Bruce Dodson.



Karen Vecchitto.

Ben Charney (Democrat)

My name is Ben Charney and I'm running for the Zoning Board of Appeals in Killingworth. I'm originally from Guilford and a graduate of UCONN. I've lived in Connecticut my whole life and moved to Killingworth with my wife a few years ago. I've spent my career in various aspects of the commercial building services and energy services field. I enjoy tinkering: anything with an engine that starts, runs, or perhaps should!

I presently serve as an elected alternate on the ZBA and having attended all meetings since being elected in 2017; I'm excited to become a full member of the Board. While parties nominate candidates for the ZBA, I've enjoyed the fact that this board operates in a non partisan fashion. We're neighbors helping neighbors achieve their goals while working to maintain Killingworth's rural beauty.

No matter where I go in town or whom I speak to, one thing seems clear: Killingworth residents love our rural and peaceful way of life, the historic homes and peaceful streets. With that in mind, our residents are more frequently working from home, caring for loved ones, doing more with less and supporting growing families. Serving on the ZBA has given me the chance to help fellow residents navigate the convergence of these issues by working within our mandate to help residents meet individual goals while preserving what we all love about this town.

What I love most about the people and culture of Killingworth is the sense of volunteerism that is so prevalent in Killingworth life. What I love most about the town itself is its rural beauty.

Elections have consequences and your vote matters, particularly in local elections. Never has this been more true.

Bruce Dodson (Republican)

Bruce has been a Killingworth resident for 45 years, and Chairman of the Zoning Board of Appeals for 24 years. He has also served on the Killingworth Land Conservation Trust Board of Directors since 1981, including President and Vice President, as well as serving on the Killingworth Historical Society Board of Directors.

Bruce has served on the Parmelee Farm Committee for nine years, and developed the trails at the farm, and has been a member of the Lions Club for over 30 years, and has received the Melvin Jones Award (the highest award of the international club). He has also received the CT Secretary of State Service Award in 2002.

Charles E. Martens Jr. (Democrat)

I am a retired teacher, presently half way through my sixth decade, as a Killingworth resident. During that time I have had many opportunities to serve my community, including membership on the Town Picnic Committee, the Inland Wetlands and Watercourses Commission, the Second Charter Revision Commission, the Housing Partnership, and the Lions Club. Taking advantage of those opportunities has been both educational and rewarding.

I feel I am well qualified to serve on the Zoning Board of Appeals. Being a three term incumbent of the ZBA and a former member of the Planning and

Zoning Commission, serving twenty years, fifteen as chairman, I have gained the knowledge and experience that will be helpful in fulfilling the responsibilities of a Board member.

Killingworth has a well conceived Plan of Conservation and Development and the Zoning Regulations in place to guide the implementation of the Plan. A well qualified and effective Zoning Board of Appeals is a necessary part of that process.

Killingworth has a cadre of volunteers that contribute their time, energy, and talents to staff the numerous municipal boards, commissions and civic

organizations that make the town such an attractive place to reside. The Democrats have selected a strong slate of candidates that has the knowledge and experience, especially at the top of the ticket, to continue to provide this town with effective and stable leadership.

Karen Vecchitto (Republican)

I have lived in Killingworth since 2002. I am married and both of my children have attended our wonderful school system. I have served my community as a volunteer coach with HK Rec and the H-K Soccer Club. I have also been a religious education instructor at St. Lawrence Church in the past. I currently belong to the Killingworth Lions Club.

I am running for the ZBA because I see this position as another way to serve this very special community that I call home.

ZBA is a small but very important component of our town government. The decisions made by the board impact real people, real families. I will learn all I can regarding the zoning regulations and make any decision fairly.

Killingworth is a wonderful small town. Even though we can't always see our neighbors, we know they are there. People are always willing to lend a helping hand. You can't get such a strong sense of community in city.

I possess a strong community spirit and am dedicated to making Killingworth a place where people want to live.

Continued on next page



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Getting to know the Killingworth ZBA candidates

Continued from previous page

Karen Perry (Republican) ZBA Alternate

A graduate of the University of Connecticut School of Law, Karen holds a Bachelor's degree, with an interdepartmental major in economics/math from Union College. Her undergraduate economics thesis was presented at a National Symposium at the Caltech Institute of Technology. She was a member of the Economics Honor Society. She also holds a teaching certificate in mathematics. Karen is a graduate of Wyoming Seminary, a college preparatory school in Kingston, Pennsylvania.



Karen Perry

Karen lives in Killingworth, Conn. with her family. She has been an active member of the community and has been a former Chair and member of Regional School District 17's Board of Education. She has also served on the Killingworth Wetlands Commission, and spent four years elected to the Killingworth Board of Assessment Appeals. Karen has also coached soccer for the Haddam Killingworth Soccer Club and baseball for the Killingworth Little League.

I have lived in Killingworth 19 years and believe that in a small town we all need to pitch in and help each other and our town. I've served as Chair of the Board of Education, on the Wetlands Commission, and on the Board of Assessment Appeals.

Stephanie Warren (Democrat) ZBA Alternate

I moved to Killingworth over twenty years ago, attracted by its rural nature and the friendly and positive feel of the Killingworth community. My (adult) kids are amazed that I have lived in Killingworth for so long, as previously I have lived all over the country. Killingworth has proven to be a wonderful community, with all of the country features that make it so beautiful and peaceful, and neighbors and friends who give meaning to "community."



Stephanie Warren.

In order to give back to Killingworth, I have been serving on the Killingworth Conservation Commission (KCC) since 2001. In addition to working on conservation projects, I have also created Educational projects, displayed at the Killingworth Library. These have included information on Invasive plants, Dangerous (to wildlife) Discards, and several years of essay contests for children related to invasive insect issues. I've served as the KCC secretary for the past eight years.

Based on my work in that group, as well as my interest in protecting our area while also enhancing overall growth and development, I was appointed to the CT River Estuary Board (CREPA) and remained on that board until CREPA evolved in 2012 into the RiverCOG and the Lower Connecticut River Valley Regional Planning Committee (RPC), where I continue to be an active member. On these two commissions, I have logged in over 12 years. My focus is to ensure that Killingworth town needs are incorporated into regional planning and development projects. Part of that role, in relationship to regional needs, is to work with the other members of the RPC to identify regional needs and how those needs can be met with benefit to the 17 towns, including our Killingworth-Haddam area, in the River Cog/RPC region.

I was elected to the Killingworth Planning and Zoning Commission (KP&Z) and served a term from 2013-2017. I agreed to spear-head the Town Survey that was sent to all Killingworth residents and was responsible for content analysis and statistical compilation of the responses from that survey. Results of that survey were incorporated into the new Killingworth Town Plan of Conservation and Development, and reflect the areas of importance to the residents.

I am now up for election to the Killingworth Zoning Board of Appeals, as an Alternate member. To that role I will bring my many years of experience with town and regional planning, zoning and development as well as general growth and development of our town and region.

Haddam Residents

Don't Miss this Opportunity to be Heard!

Wednesday, October 30th, 6:30 – 9:30 PM
Saturday, November 2nd, 9:00 AM till Noon
Location: Haddam Elementary School

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- A Vision for Higganum Center
- What to do with HES now that we own it?
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- Do we need affordable apartments?
- How to connect the Center to the cove and the river?
- Potential for the rail right of way to bring visitors
- Should the Town buy Rossi Property?
- Should the town acquire old State garage (Scovil Hoe)?
- Should the Town Garage be in the Center?
- Everything is on the table to be discussed.

Dont' Miss this Opportunity to be Heard

OBITUARIES

Susan Ferguson Johnson

According to Legacy.com and The Hartford Courant, Susan Ferguson Johnson, age 83, passed away on Sept. 18.

Lorenzo "Renzy" Vallera

According to Legacy.com and The Hartford Courant, Lorenzo "Renzy" Vallera, age 91, passed away on Friday, Oct. 4.

Grim's Haunted House: Kids Games, and Trunk or Treat

By Chuck Cook

Grim's Haunted House is an event created by Chuck Cook and Frank Mucciacciaro here in Haddam. Now in its fourth consecutive year, we are happy to have Ryan Cleveland on our team with all of his Haunted creations. This is a safe family friendly event for the entire family. In addition, the fun coincides with a good cause effort: donations will be accepted for both the Haddam Food Bank and Fuel Banks.

The Haunted House Kids Games and Face Painting are the brainchild of Chuck Cook. Although the event began in 2016, the inspiration for it actually stemmed from the time he made a coffin for a Halloween party to celebrate with his then 10-year-old granddaughter. Fast forward 14 years later, the inspiration has expanded, and the event is growing in popularity every year. By the time 2016 came around, Chuck was in need for a "place to showcase it all." He took up someone's suggestion to contact Cindy MacNeil-Sola, then Economic Development Coordinator. Church says that "Cindy was very happy to let us use the Community Center for the event."



Photos by Matthew Kabel Photography.

In addition, "it was at this time I was also introduced to Frank Mucciacciaro who shared the same passion for Halloween as I did." As a result of having the "good fortune of being introduced to Frank," Chuck says that he and Frank have made many of the props. "Frank's sons Matt and Ryan are programming geniuses (in my opinion) and they program and come up



with all kinds of concepts."

What exactly goes into the Haunted House preparations? Chuck describes

how nearly a dozen volunteers have assisted in the past and the event could not be held without the help from those volunteers. It takes a full week to set up the space. Volunteers are needed to help set up, take down, and also work during the event. While the Haddam Park & Recreation handles the Trunk or Treat portion of the event, Chuck's wife Brenda and wife's daughter Linda Mik see to it that the face painting, games, candy, and prizes "for the little ones" are in ample supply!

The Haunted House is open both Friday, Oct. 25 and Saturday, Oct. 26, from 6:00 to 9:00 p.m. The Trunk or Treat, face painting, and kids games are only open on Saturday, Oct. 26, from 6:00 to 9:00 p.m. Bring the whole family down to the Higganum Community Center!

Worm Day: October 19

By Gail Reynolds, Middlesex County Extension (University of Connecticut)

Worm Day is a fun day dedicated to vermicomposting. The event is from 10:00 a.m. to 2:00 p.m. on Saturday, Oct. 19, here at the UConn Extension Center, 1066 Saybrook Road, Haddam. The event is also open to the public.

There will be lectures on composting with worms and on invasive earthworms. If you would like to start a worm bin, there is a \$5 fee. You must supply the worm bin. We supply the worms and bedding.

Reserve a spot by emailing ladybug@uconn.edu For additional information, visit http://www.ladybug.uconn.edu/WhoCompost_29_2769324224.pdf

Worm Day Supplies: <http://www.ladybug.uconn.edu/Worm-Day-Supplies-Registration-2019.pdf>

EDUCATION / COMMUNITY

HKHS Project Graduation needs volunteers

By Jessica Jackson

Project Graduation planning has begun! To learn more about who we are, visit our LINK on the www.rsd17.org, where you will find information about us and contact information. Please consider joining our team of volunteers! We meet the 2nd Tuesday of each month in the lower level of the media room at the high school. We need to fill positions for the secretary and the direct mail.

Project Graduation is an all-night party for our graduating seniors. It is alcohol and substance free. It is held in the HKHS field house, beginning at 10:30 pm, the night of graduation and ends at approximately 4:30 am the next morning. Graduation

night used to be a night of celebrating that would get out of control with drinking and substance abuse. For 30 years, our towns have provided graduating seniors a place to go, have fun, spend one last night with their classmates and be safe.

One of our fundraisers is shopwothscrip.com where you can buy gift cards and we get a portion! Use enrollment code FL2CA1BF26374

For information please contact:

Liz Griswold. egriswold6@comcast.net

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Fork in the Road comes to Town

By Kathy Brown

There's a new food option in town: Fork in the Road, right at the traffic light in Higganum Center, where Route 154 meets Route 81 (310 Saybrook Road, Higganum). It will have prepared foods to "grab and go," as well as bakery items, pints of ice cream, and chocolate. It will also carry gifts.

"We are a foodie family, and enjoy antiquing, art, and woodworking," explained Lori Lloyd. Rob Lloyd, Lori's husband and owner of TechNet Computing, purchased 310 Saybrook Road about a year and a half ago when his computer business outgrew his home office of 14 years. Lori made the decision to become a small business owner so that the building wouldn't sit empty any longer and it would fill a need in the community. "Our store, Fork in the Road, will carry locally-sourced quality prepared meals, soups, pastas, breads, and bakery items including cupcakes, cookies, mousse, tarts, chocolates, and more! We are passionate about sharing all the things we love in our new store!" They will carry some vegan options, as well as some gluten free options. The soft opening of the new store was Friday, Sept. 6. Stop in and say hello!



From left to right: Rob Lloyd of TechNet Computing LLC, Haddam First Selectwoman Lizz Milardo, Owner Lori Lloyd, and Middlesex Chamber President Larry McHugh. Photo courtesy of Middlesex County Chamber of Commerce.

HADDAM LAND TRUST

Land trust plans work party

By Gail Reynolds, Haddam Land Trust

The Haddam Land Trust will be holding a work party at the Bamforth Preserve on Bamforth Road in Haddam on Saturday, Oct. 26, from 8:30 a.m. to noon. The Bamforth field is well overdue for a cleanup. With volunteer help, we will be pulling out invasive plants and cutting back the edges of the field. We will supply the necessary tools—volunteers should bring work gloves and bug spray.

There will be refreshments at noon and cold drinking water will be available throughout the morning.

Visit www.hltrust.org for additional information.

Fork in the Road holds Grand Opening

By Mike Fallon,
Middlesex County Chamber of Commerce

Chairman Don DeVivo of the Middlesex County Chamber of Commerce announced that a grand opening was held for Fork in the Road located at 10 Saybrook Rd, Higganum, CT on Sept. 26.

Fork in the Road carries locally-sourced quality prepared meals, soups, pastas, breads, and bakery items including cupcakes, cookies, mousse, tarts, chocolates, and more.

"Congratulations to the owner of this new Middlesex County business, Lori Lloyd, for creating a wonderful business in Higganum. We wish Lori nothing but the best, and look forward to working with her as we move forward." said Middlesex County Chamber of Commerce President Larry McHugh.

Regular hours will be:

Monday-Friday 11:00 a.m. – 8:00 p.m.
Saturday 10:00 a.m. – 7:00 p.m.
Sunday 10:00 a.m. – 5:00 p.m.



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**GREEN HILL
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Thank You from the Haddam Historical Society

The Haddam Historical Society would like to thank all the committee members and volunteers who made our Oct. 6 Artistry and Architecture Tour a great success. We would especially like to thank Sr. Doretta D'Albero, JSCJ and the Apostles of the Sacred Heart of Jesus, Anne Bingham and Ted Esselstyn, Stewart and Rogene Gillmor, Henry and Cheryl Holtzman, John and Kate Hull, and Paul and Ellen Ruimerman for their generous hospitality. We appreciate everyone's time, talent and commitment in sharing our community's entrepreneurial spirit and history.

*Elizabeth Hart Malloy
Executive Director
Haddam Historical Society*

Marc Adelberg, Candidate for Haddam Board of Finance

Hello, my name is Marc Adelberg. I am running for a position on the Board of Finance. By now you have seen articles on all the candidate's credentials and why we should get your vote. So, let me do something different and list my pledges to you. I am not a politician; however, I am a husband, a father, and a concerned neighbor. I am honored to be endorsed by the Haddam Republican Town Committee, since I am fiscally conservative, but I am an independent and will work hard for the entire town.

Pledge #1 – Listening

I totally agree with Bob McGarry's message of "Listening, Learning, and Leading." We were given 2 eyes and 2 ears and only 1 mouth for a reason. I pledge to represent you, the town, and that means listening to your opinions.

Pledge #2 – Responding

I have been to town meetings and I am not happy that at times residents ask questions that seem to go unanswered. I pledge I will do my best to work with the other board members to make sure we do respond fully and promptly to questions asked by residents.

Pledge #3 – Transparency

I pledge that I will work hard for transparency regarding the financials of the town and how decisions are arrived at. There should be full and proper accounting of all revenues and expenses.

Pledge #4 – Communication

It has been said there is a divisiveness problem in town, but I would like to think it is more a communication problem that is solvable. I pledge to make the town finances more easily understandable for all by improving the way the information is presented. Improving communication has been my life passion and would welcome the opportunity to bring this service to our town.

Lastly, there has been a lot of discussion about the

Board of Finance being an independent body and not rubber stamping what the Board of Selectman wants, and I fully agree. I do not think it is proper that there is someone running for a seat both on the Board of Selectman and the Board of Finance. I hope you do too and vote accordingly.

I believe in stewardship which means I want to leave the town in better shape for the next generation. Please vote on November 5th and I thank you for your support.

*Marc Adelberg
Haddam*

In Support of Cathy Iino

I am writing in full support of Cathy Iino to continue to serve as Killingworth's First Selectwoman. Cathy is by far the most qualified candidate for the position. We should all view this election as the opportunity to make sure we "hire" the right person to lead our town. We need to:

Choose the candidate with the most experience and proven success in the position.

Cathy demonstrates that she can keep the town moving forward without losing the qualities that make Killingworth special—while keeping the budget under tight control. Cathy works with volunteers, residents, and elected officials throughout the state to support all of Killingworth's residents.

Consider the candidate's background and related experience.

Throughout the 23 years Cathy has lived in Killingworth, she has volunteered on many boards and committees. She served on the Board of Finance and one term as selectman before serving as our First Selectwoman.

Cathy's earlier successful career in communications is evident in the way she creatively connects with residents. She reaches out through email notifications, columns in local publications, and regular coffees at local breakfast places.

Review the candidate's references.

Congressman Joe Courtney called Cathy "a huge benefit to the people of Killingworth." Cathy's fellow municipal leaders unanimously elected her chair of our regional council of governments. Killingworth voters have chosen her over and over to lead our town.

Be sure the candidate is truly passionate about, and committed to, the job.

Cathy dedicates her days, nights, and weekends to the town. Whether it's an official town function or local volunteer event, Cathy's there to show her support for our residents. And she constantly looks for new ways to keep our town strong.

Please vote for Cathy on November 5th. She is clearly the right person to lead our town.

*Carolyn Anderson
Killingworth*

Is Killingworth Okay?

Is Killingworth OK? Sure. Can it be better? Absolutely! That's why we need to elect Francesco Lulaj for First Selectman and Eileen Blewett for Selectwoman.

Killingworth has kept the mill rate stable by using the town savings: our reserves. Like your own savings account, if money is continually withdrawn, the savings will be depleted. Savings are for future plans or when unexpected expenses are incurred. Killingworth cannot afford to keep dipping into reserve money to keep our mill rate level. It will take better management of projects and funds to ensure we can run the town and plan for the future.

The State of Connecticut will be placing additional burdens on all towns soon, including passing on teachers' pension obligations which will be a very costly expense. It is time to look for more efficient and cost effective ways to run Killingworth. Francesco and Eileen will examine our budget closely and look for ways to maintain our mill rate, without reducing services. Francesco's expertise at managing a successful business will be valuable skills in running our town. Eileen's term on the Board of Education has proven she knows how to look for every penny of savings in budgets while keeping the standard of excellence.

Please join me in electing the team of Francesco Lulaj and Eileen Blewett to the Killingworth Board of Selectmen. We cannot afford to wait for a change any longer.

*Linda M. Dudek
Killingworth*

Killingworth BOE Candidates

No one takes running for a position on the Board of Education lightly. They know it demands a commitment to long hours of diligent committee work. It requires a dedication to and an understanding of the dual demands of educational excellence and fiscal responsibility. It is a job for problem solvers, long range planners, and numbers crunchers. It is a job for those who know in their bones that only the best educational standards and practices will prepare our children for the futures we want them to have.

We have three such candidates running on our slate for the Board of Education. Joel D'Angelo is running for his third term, Suzanne Sack is running for her second term, and has recently been cross-endorsed by the Killingworth Republican Town Committee. Nelson Rivera, with a solid educational background is stepping up and running for the first time.

Joel D'Angelo has served the BOE for eight years now and is a teacher and administrator at the Hopkins School in New Haven. He has a Doctorate in Biology from Wesleyan and has served the Board as Treasurer, Chair of the Finance Committee and for two years as Chair of the BOE.

Suzanne Sack helped steer the BOE through a very difficult two years of planning for and presenting the RSD 17 reorganization plan. She has a Mas-

Continued on next page


**While We Were Still Sinners,
CHRIST DIED FOR US**

"God demonstrates His own love for us in that while we were still sinners, Christ died for us" (Romans 5:8). "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life" (John 3:16). "For when we were yet without strength, in due time Christ died for the ungodly" (Romans 5:6). "For Christ also suffered once for sins, the righteous for the unrighteous, that He might bring us to God, being put to death in the flesh but made alive in the spirit" (1 Peter 3:18).

"In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins [making peace with God]" (1 John 4:9-10). "By this we know love, that he laid down his life for us..." (1 John 3:16). "All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all" (Isaiah 53:6). "And this is the promise that he made to us—eternal life" (1 John 2:25 ESV). "...In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace..." (Ephesians 1:6-8). Jesus said, "Greater love has no man than this, that a man lay down his life for his friends" (John 15:13).

"Today, if you will hear His voice, Do not harden your hearts" (Hebrews 4:7). "For He says: 'In an acceptable time I have heard you, and in the day of salvation I have helped you.' Behold, now is the accepted time; behold, now is the day of salvation" (2 Corinthians 6:2). "Repent therefore and be converted, that your sins may be blotted out..." (Acts 3:19).

"...Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31).

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TO THE EDITOR

Continued from previous page

ters Degree from Columbia University's Teacher's College and will be seeking her second term. She has also served as Board Treasurer and Vice Chair. The twenty five years of experience in the financial world Suzanne brings to the BOE is invaluable.

Nelson Rivera holds a Masters of Education in Policy, Planning and Administration from Boston University and a Doctors degree with a concentration in Curriculum, Teaching, and Leadership from Northeastern University. He has twenty years of experience as a teacher and an administrator.

As a former educator myself, I very much appreciate what this team of candidates brings to the table. Although BOE positions are elected through the party system, doing what is educationally best for our children should always be viewed through a non partisan lens.

Our candidates share that view. I encourage you to vote for Joel D'Angelo, Suzanne Sack, and Nelson Rivera for the Board of Education on November 5.

Thank you,

*Kathleen Amoia
Killingworth Democratic Town
Committee Member, Killingworth*

HADDAM SENIOR AND SOCIAL SERVICES

September report

*By Jessica Condil, Director,
Haddam Senior & Social Services*

Please note Social Services report includes totals for Municipal Agent.

Senior & Social Services:

The following programs has serviced the community:

Haddam Emergency Food Bank has serviced a total of 27 Adults & 13 Children.

Haddam Emergency Fuel Bank has serviced 2 families for oil.

Haddam Emergency Clothing Bank has serviced 9 Adults & 11 Children.

Haddam Senior & Social Services has serviced 4 individuals with paperwork assistance.

One Wellness check was done in September.

One Family was serviced with newborn supplies.

Senior Van:

The Senior Van has serviced

a total of 8 medical appointments for September 2019.

The weekly shopping trip has had a consistent average of 8 seniors weekly.

Haddam Senior Center:

The Haddam Senior Center has had a total of 371 visitors for the month of September.

139 of the 317 have attended the CRT lunch program at the senior center.

The monthly Senior Center Field Trip was fully attended.

The Grandparents special lunch event had a total of 23 attend & Pizza and a movie had 18 attends.

Notable Donation:

The Lions Club proceeds from the 3rd Annual Duck Race were donated to Haddam Senior & Social Services to support the Haddam Emergency Food & Fuel Bank.

LEGAL NOTICES

TOWN OF HADDAM ZONING BOARD OF APPEALS PUBLIC HEARING AND MEETING

The Zoning Board of Appeals Haddam, Connecticut will hold a Public Hearing and Meeting at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on October 29, 2019 at 7:00 p.m. to act upon the following item (s):

Public Hearing and Meeting:

1. A variance of front setbacks from 30' to 18' for the purpose of connecting existing house and garage. Property located at map 15/lot 51, 107 Christian Hill Road, Higganum CT. Applicants: Laura and Dan Pittari
2. A variance requesting reduction of side setbacks from 20' to 12.1' to allow for new lot for re-subdivision for the purpose of converting a one bedroom apartment into a 3 bedroom residence. Property located at map 63/lot 13, 59 Wig Hill Rd, Haddam CT. Applicants: Ronald and Stephanie Borrelli

Said application is on file in the Land Use Office of the Town of Haddam.

Zoning Board of Appeals, Haddam CT

TOWN OF HADDAM PLANNING & ZONING PUBLIC NOTICE OF APPROVAL

The Planning and Zoning Commission of Haddam, Connecticut held a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on October 3, 2019 at 7:00 p.m. and approved the following item (s):

1. A special permit for a 576 square foot detached accessory suite. Located at 7 Larkspur Lane, Higganum CT, map 42 lot 15-39. Applicant/Agent – Ryan Summerall.
2. A special permit for a one lot re-subdivision, and a special permit for an attached accessory apartment. Located at the corner of Park Road Ext. and Park Road, Map 30 Lot 11-1/A. Applicant/Agent: Bruce Mazzotta

Planning and Zoning Commission, Haddam CT

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.



Haddam News

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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 17

Toddler Tunes, 10:30 a.m., Haddam Brainerd Memorial Library

Toddler Tunes is a music and movement program for toddlers and their caregivers. Join us to sing nursery rhymes, dance, make music, and read a simple story. Tuba Kelly brings a different musical instrument each week. Get ready to hear the guitar, saxophone, trombone and, of course, her signature tuba! Appropriate for children ages 1 to 3, but siblings are always welcome.

FREE College Financial Planning Workshop, 6:00-7:30 p.m., Haddam Brainerd Memorial Library

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. 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.

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

Friday, October 18

Red Cross Blood Drive, 1:00-6:00 p.m., Haddam Volunteer Fire Company Station #1

Saturday, October 19

Haddam Meadows State Park Fall Invasives Clean-Up, 9:00 a.m.-12:00 p.m.

Come join the fun! The rain date is Saturday, October 26. Participants are asked to meet in the picnic area to the left of the boat launch. Adults and youths, under 16 years of age accompanied by an adult, are encouraged to participate in removing oriental bittersweet and other invasives and/ or picking up litter. Please dress for the weather, wear waterproof boots, bring garden loppers or saw, insect repellent,

sunscreen, water and first aid supplies. Snacks will be provided. Do not bring pets. Volunteers with dump trucks and Haddam stickers are needed. To register, email Cherry Czuba at cherylczuba@comcast.net.

Children's/Family Halloween Party, 11:00 a.m.-1:00 p.m., Haddam Brainerd Memorial Library

Join us on Saturday, Oct. 19 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!

Historic Jail Tour, 1:00-4:00 p.m., Haddam Jail

The Haddam Historical Society will host a tour of the historic Haddam Jail cellblock. Visitors will meet some the famous and not so well-known historic prisoners who were incarcerated in the Haddam Jail in the 19th and 20th century. Local actors will portray real characters who were jailed for various crimes including forgery, bigamy and poisoning. Come and hear their stories, learn their fates. Admission is \$5 per person, children under 12 are free. For more information visit www.haddamhistory.org or call 860-345-2400.

Sunday, October 20

Pancake Breakfast, 7:00-11:00 a.m., Haddam Volunteer Fire Company Station #1

The Haddam BSA Troop #44 and #44G Scouts will be hosting their Annual Pancake Breakfast. 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.

Four Seasons Plus Autumn Concert, 4:00 p.m., Emmanuel Episcopal Church, Killingworth

Concert will feature works by Bach, Corelli and more. Admission \$15, Students \$10, Children free. Reception following concert. For information and directions call 860 663-1109 or visit www.churchinthewilderness.org.

Monday, October 21

Haddam Committee on Aging, 10:00 a.m.-12:00 p.m.

Haddam Board of Finance Meeting, 6:30 p.m., Haddam Town Hall Annex

Tuesday, October 22

Puzzle Club, 6-7:00 p.m., Haddam Brainerd Memorial Library

Library

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.

Declutter & Redecorate Talk, 7-8:30 p.m., Killingworth Library

Realtor Fay Abrahamsson and Interior Design Consultant Rachel Schemmerling will help you prepare to sell your home in their presentation, "Declutter & Redecorate: Preparing Your Home For Sale."

Meet the BOE Candidates, 7:00-8:30 p.m., HKHS Auditorium

The Haddam Killingworth Education Association (HKEA) would like to extend an invite to you to participate in Meet the Candidates Night. This year's event will be on Tuesday, October 22nd at 7PM in the Haddam-Killingworth High School Auditorium in Haddam.

This event will be recorded and will air on the Valley Shore Community Television, local cable channel 18. Refreshments will be served.

Wednesday, October 23

Retro Craft: Lap Loom Weaving, 6:00-8:00 p.m., Haddam Brainerd Memorial Library

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.

Haddam Killingworth Recreation Authority Meeting, 7:30 p.m., H-K Rec Office

Thursday, October 24

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

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.

H-K YOUTH & FAMILY SERVICES

Our Lives, Our Communities: Asset Building

By Katy Kennedy, Clinical Director, HKYFS

When we look at supporting our youth, we know that all support matters — no matter how "big" or "small," it all adds up. Many of us have memories of a kind neighbor who just always waved and said "Hello," or the friendly person behind the deli counter that noticed us and asked how we were doing. These contacts, youth interacting with caring positive adults, does make an impact.

Young people want to be noticed, and often de-

scribe feeling invisible by the adults around them. Sometimes adults are indeed wary of young people, and shy away from interaction, fearing it will go badly — or that the young person isn't interested. The evidence shows very clearly that adults noticing, interacting, and demonstrating care and interest does make a difference in a child's life. So, when you are out and about this week, notice the children around you. Make an effort to say "Hello," make a positive comment, or ask how they are doing. It will make a difference!

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HKHS bows to Gilbert/Northwestern

By Barth Keck,
Assistant Coach, HKHS Football

The Haddam Killingworth High School Varsity Football team was defeated by Gilbert/Northwestern in Winsted on Saturday, Oct. 5, with a final score of Gilbert/Northwestern 20, H-K 0. Anthony Carfiro threw two touchdown passes to lead the co-op of Gilbert/Northwestern (1-2) past Haddam-Killingworth (0-4). Carfiro hooked up with Fred Camp on a 56-yard TD pass in the first half, and with Chase Sanden on a 63-yard TD pass in the second half. Marco Folino had

the Yellowjackets other score on a one-yard run.

Game Summary:

Second Quarter:
G/NW – Marco Folino 1 run (Josh Hamel kick)
G/NW – Fred Camp 56 pass from Anthony Carfiro (Hamel kick)

Fourth Quarter:
G/NW – Chase Sanden 63 pass from Carfiro (kick failed)

HK	0	0	0	0	0
G/NW	0	14	0	6	20



Wide receiver #12 Andrew Wiese's 4th quarter reception for a big first down. Photo by Chad Giulini.

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