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

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For breaking news go to Haddam-KillingworthNow.com every day

Free weekly

Preventing underage drinking and keeping our communities safe

By Meghan Peterson, Ph.D.

We recently spoke with Laurie Ruderfer, Executive Director of Haddam-Killingworth Youth & Family Services (HKYFS) about youth and underage drinking in our communities. With school back in session and the busy, festive autumn season well underway, we wanted to provide information on the topic of underage drinking, how to prevent it, and how to build up the youth in our communities.

MP: Do you see there being an issue of under-age drinking here in Haddam and Killingworth?

LR: Yes. There is an issue here just as there are issues elsewhere in the State and in the country. For the past 15 years, HK has received grant funding to address the issue of underage drinking-Federal grants in the past and we are now in the 5th year of a 5-year grant from the State to address this is-

The truth is that alcohol as a substance of choice has been on the decline in HK among youth over the past 10-15 years and the number of youths who report drinking significantly decreasing over the past 10-14 years. Reported alcohol use rates among HK 7-12th graders has decreased 13% since 2006 and we have seen a 54% decline in reported binge drinking rates over that time. We have been collecting data (self-report by youth) every other year since 2006 and in that time, we have seen positive trends: youth report increases in awareness that



Sign created by an HKHS student.

their parents and their peers would not approve of their drinking.

At the same time, youth in HK continue to report drinking alcohol at rates higher than regional and national averages with the percentages of youth reporting drinking increasing by grade and with age. A comparison of HK high school age youth with HS youth nationally (our Search Institute Attitudes and Behavior Survey in 2018 compared with a 2017 Youth Risk Behavior Survey-questions worded somewhat differently but closely enough that our evaluator cited these differences) highlights some of the differences.

Continued on page H10

Liberty Bank raising funds for Haddam Social Services this Thanksgiving

By Jessica Condil,

Director, Haddam Social Services & Senior Services

Every table deserves a holiday turkey. Over the past 15 years, more than 40 Rotary Clubs have joined the Liberty Bank Foundation in raising over \$2 million for Thanksgiving dinners, so all of our neighbors can savor the holiday. Please help us keep the tradition alive with turkeys on tables and smiles on faces again this year. We'll add 25 cents to every dollar you give. Proceeds will benefit the Haddam Food Bank, with assistance from the Haddam Lions Club.

They will be selling paper turkeys at the Higganum and Haddam branches of Liberty Bank from Oct. 15 to Nov. 23, to benefit Haddam Social Services.

KAA installs first **Bleeding Control** Station in town

By Clark Judge

For the past two years the Killingworth Ambulance Association has made "Stop the Bleed" classes available to the town. Now, it's gone a step farther.

It installed its first bleeding control station.

The location is the Killingworth library, and the site makes sense for two reasons: 1) It is a public gathering spot for people of all ages, and 2) the library hosted a "Stop the Bleed" class last year. In fact, it was because of that class that library director Laurie Prichard – who attended the one-hour session - was interested in having a bleeding control station installed.

"It's for the safety of our patrons," she said. "With everything that's going on today you want to make sure that, if someone needs help, you can provide it."

And the library can. The station is located on the wall immediately behind the library's front desk, with at least one staff member who attended last year's "Stop the Bleed" class always available. Assembled by the KAA's James Fretz, the storage case contains seven "Stop the Bleed" kits to treat traumatic blood loss - with each including a tourniquet, gauze, quick-clot and gloves.

The "Stop the Bleed" campaign, launched in 2015 by the White House and Department of Homeland

Continued on page H2



KAA's own James Fretz with the station he assembled.

In This Issue: Selectmen candidate forum, H3, Calendar, H4 • To the Editor, H6-7 • Sports, H11



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Join us on Sunday, October 27th for our first family Monster Bash – it's sure to be a graveyard smash!

Visit with characters the likes of Dracula, the Wolfman, the Mummy, the Bride of Frankenstein and Frankenstein's Monster during our Bootifully prepared brunch!

Kids can have their faces painted with fun fall designs and enjoy some trick-or-treat delights, while everyone aboard has a chance to enjoy the fall foliage surrounding the vessel! There will be no shortage of fun on this spooktacular adventure on the river!

Lady Katharine

ladykatecruises.com 866-867-4837

COMMUNITY

Extended hours passport event

By Michael Krukiell, Higganum Postmaster

On Nov. 16, from noon-2:00 p.m., the Higganum Post Office (26 Killingworth Road, Higganum) will be holding a Passport Event.

Passport applications can be downloaded from the web travel.state.gov

Bring the following documents to apply for a U.S. Passport Book and/or Card:

Application—Complete the DS-11 (U.S. Passport Application) form if you are a 1st time applicant, have lost your valid passport, were under the age of 16 when your previous passport was issued, or your most recent passport was issued more than 15 years ago

Citizenship Evidence—Certified birth certificate (raised seal– long form), Naturalization Certificate or Previous Passport

Photocopy of Citizenship Evidence

Identification—Driver's License or State ID (if your ID is from out of state, please bring a second form of ID—work ID, student ID, insurance card)

Photocopy of Identification—Front and back of IDs Passport Photo—Photo services available at event, \$15. RENEWALS ONLY: Complete the DS-82 (U.S. Passport Renewal Application) form if your passport was issued less than 15 years ago and it is in your possession (any name change must be accompanied by a certified name change document)

Total fee is dependent upon product(s), service type and delivery request. Please see travel.state.gov for fees.

CONTINUED FROM H1

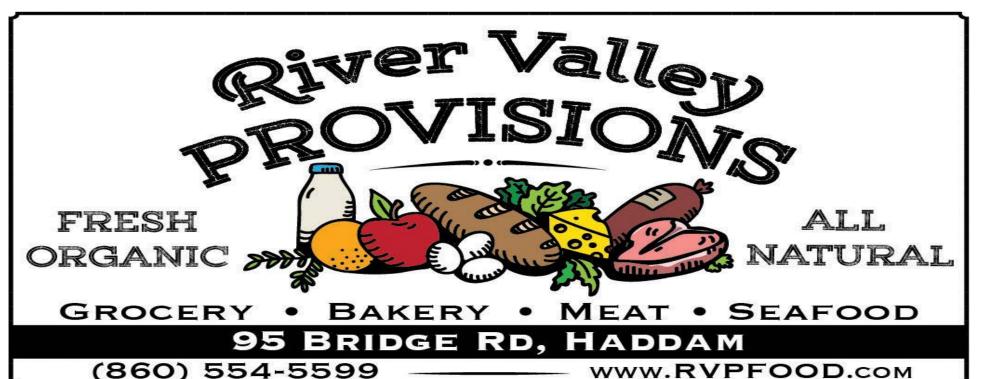
Bleeding control

Continued from page H1

Security, is designed to equip persons with the training to deal with emergency bleeding situations and with the tools to save lives. In fact, Killingworth two summers ago became the first town in Connecticut to have its citizens certified in the program, with 19 completing the course.

Until now, the KAA has continued that campaign through a series of free instructions, including one scheduled for Saturday, Nov. 9, at the KAA. But with the installation of its first emergency station in a public venue, it has expanded the program – hoping that others follow the lead of the Killingworth library.

"I'd recommend it," Prichard said, "because you don't know what could happen, and you don't want to be in a position when someone you care about didn't get the help they needed because one of these wasn't available."



Recap of BOS Candidate Forum: Part 2

By Meghan Peterson, PhD

Editor's Note: Part 1 covered the First Selectman Candidates, Brenda Buzzi (Democrat) and Bob McGarry (Republican). Part 2 covers the Selectman Candidates. The forum can be viewed in its entirety on Valley Shore Community TV, Channel 19 and at www.vsctv.com.

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. The first portion of the forum involved the First Selectman candidates; the second portion involved the Selectman candidates: Kate Anderson (Unafilliated; Republican-endorsed); Mark Lundgren (Petitioning candidate); Sean Moriarty (Democrat); Joe Rizzo (Democrat).

The order in which candidates spoke was determined by a drawing of names, as was the case for the First Selectman component of the forum. Rizzo introduced himself as an "educator at Hamden High School." He continued, "I teach environmental science and had never been really politically involved before now. I got involved with this politics in town with the closing of Haddam Elementary School, started going to BOE meetings." Rizzo noted that people are the "strong points in our town." Rizzo described his two young sons' involvement with little league and the life here in Haddam. "I want to help unite our town by focusing on outdoor resources as your selectman." He added, "I'll be here for life. We have a great property. We're here to stay."

Moriarty said that he has "lived in Haddam for little over 30 years with his wife and two children, both graduates of HKHS school system." He explained that he has been "involved in Haddam politics" by serving on a number of boards and committees, including the board of ethics and currently on the Board of Finance. Moriarty stated that he is a Gulf War veteran as well as a retired police captain of Middletown, where he managed over 80 people – both "sworn and civilian" and that he "helped develop" and "administer" the "police department's multi-million dollar budget." Moreover, he added that he "worked closely with many diverse community groups to reach a common goal."

Anderson noted that her "philosophy has always been to research with an open mind and vote the best person for the job." She graduated from HKHS in 2007, received a full scholarship from CCSU and earned a bachelor's degree in business marketing. Anderson talked about the activities and accomplishments she has pursued in town, including working for 9 years at the HK summer camps, purchasing her own house when she was 23 years old, and serving on the economic development, infrastructure, charter revision, and POCD implementation committees - emphasizing that she holds a "strong attendance record for all these committees." In addition, she listed her work on projects such as "revitalizing the farmer's market in town, decorating downtown for the holidays, coordinating the Haddam River Days, and running their social media pages" - all the while having a "full time job as a proposal and marketing communications specialist" and that her "experience, knowledge, commitment to our town make me the best choice for BOS."

Lundgren pointed out all of the volunteers from the fire department to board of finance to planning and zoning, saying that he thinks "that's wonderful." He described being "involved in town government for 40 years." As such, he says he brings "some experience to the job. There are a number of things I'd like to see us 'tighten up' if you will." Namely, Lundgren said that "I might help the most in initiating some civic pride" as "all civic pride begins with the BOS." He said that "we need to look after our own house first." Lundgren also indicated that he would like to see more meetings held in Haddam Neck. He closed by saying "my experience will help."

Questions asked of the First Selectman candidates were asked of the Selectman candidates, beginning with:

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 the mil rate at its current level or are we just kicking the can down the road for future taxpayers to pay? Moriarty said that he was one of the two "No" votes on the Board of Finance for bonding the [Public Works] trucks. He said "we can't keep borrowing money for things that aren't going to last," noting that one million dollars more in revenue than anticipated came in, "which is exactly what the trucks would cost." Moriarty added that bonding needs to be done "wisely, effectively." Anderson said that bonding is "appropriate in certain circumstances." She noted a great turnout at the bond hearing. She framed the issue as a "bigger question" of "how did we end up" in the situation of needing to buy vehicles all at once "in the first place" and that she would "really like to advocate a long-term plan and strategy" as well as "to make it affordable for everybody to stay in town and need to look hard at capital projects and appropriate wisely." Lundgren said, "I was the other No vote." He asked, "Why are we buying 6 trucks in one year?" He added, "I would rather see one or two trucks purchased a year" because "in 10, 15, 20 years, there will be a lot of trucks to buy at once." Rizzo said that, "he didn't agree with bonding" and voted no at the bond hearing. He said that he did not think the bonding ordinance should have combined the fire department equipment with the public works vehicle items.

The remaining ten minutes of the forum centered on the questions about which issues and projects to prioritize in town. To hear responses from the BOS candidates to these questions, visit www.vsctv.com or go to Valley Shore Community Television Channel 19.

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

Not just another Public Hearing or Town Meeting!!

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planners and designers
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Give your thoughts on:

A Vision for Higganum Center
What to do with HES now that we own it?
How to proceed without a \$12 million sewer plant?
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

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 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.

Friday, October 25

4th Annual Grim's Haunted House, 6:00-9:00 p.m., Higganum Community Center

Family-friendly event. Free, open to the public!

Saturday, October 26

Bamforth Preserve Work Party, 8:30 a.m.-12:00 p.m., Haddam

The Bamforth field at the Bamforth Preserve 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.

Drug Take Back Day, 10:00 a.m.-2:00 p.m., Nutmeg Pharmacy Parking Lot in Higganum

Join us and take active steps to protect yourself, your children, your grandchildren, and the environment by turning in unused and expired medications. For more info, visit www.hkyfs.org

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.

4th Annual Grim's Haunted House, 6:00-9:00 p.m., Higganum Community Center

Face Painting & Games for the little ones at Grim's Haunted House. This is a free event, open to the public.

Owl-O-Ween, 6:00-8:00 p.m., Parmelee Farm in Kill-

Owl-O-Ween is the annual fundraiser for A Place Called Hope that celebrates native Owls along with the Halloween Holiday traditions! Come out for an all ages two hour Meet and Greet to be introduced to some of our States native owl species to learn about ways to lessen some of the conflicts these birds face living so closely to mankind. Meet live birds at different stations in the outdoor pavilion at the Parmelee Farm. This is a great place to preview holiday costumes before the holiday and take photos near live owls! This is a great way to support APCH and the many birds in our care. Dress according to weather as this is an outdoor event.

HKYFS 26th Annual Pumpkin Run, 11:30 a.m.-2:00

The 26th annual Pumpkin Run, sponsored by the Youth & Family Services of Haddam Killingworth.

Monday, October 28

Killingworth BOS Meeting, 7:00-9:00 p.m., Town Office Building

Killingworth ZBA Meeting, 7:00-9:00 p.m., Town Office Building

Killingworth Library Association Meeting, 7:00-9:00

HVFC Auxiliary Meeting & Set-up for Whist, 7:00-8:30 p.m., Fire Station #1 in Higganum

The Haddam Volunteer Fire Auxiliary will hold its regular monthly meeting. Members will meet at 6 p.m. to set up for the Military Whist Card Party to be held the next evening. They will also finalize plans for their Nov. 3 Vendor Fair.

Tuesday, October 29

Haddam Registrar Voters Registration Session, 9:00 a.m.-8:00 p.m., Fire Station #1 in Higganum

Haddam Zoning Board of Appeals Meeting (change due to Halloween), 6:30-8:30 p.m.

HVFC Auxiliary Annual Military Whist Card Game, 6:30-9:30 p.m., Fire Station #1 in Higganum

The Haddam Volunteer Fire Auxiliary will hold its Annual Military Whist Card Party. 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.

Wednesday, October 30

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

Thursday, October 31

Toddler Tunes, 10:30-11:30 a.m., Haddam Brainerd 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.



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Getting to know the Killingworth assessment, tax 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:

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

Board of Assessment Appeals Carolyn Anderson (Democrat)

I have lived in Killingworth with my husband Steve for 24 years, and we have two daughters (Lizzy and Cailey) who attended Haddam-Killingworth High School. I was a member of the Killingworth Board of Finance from 2013 – 2017 where I gained valuable experience working with the town's budget policies and procedures. I hold a bachelor's degree from the Boston College School of Management and an MBA from UCONN.

I am looking forward to serving the town again! I believe my background combined with an understanding of the importance of listening to others' points of view will be a valuable asset to the Board of Assessment Appeals. I will follow regulations on a fair and consistent basis.

With so much negativity and divisiveness in the country, I think it's particularly important to continue to maintain respect and inclusiveness on the local level. I know first hand the needs of our residents and will work with other members of the board to arrive at fair and well-considered decisions. I feel that I will be a responsible addition to the town's Board of Assessment Appeals.

I love the small town feel and rural nature of Killingworth. I think it's amazing that we have so many agricultural treasures, such as Parmelee Farm, Chatfield Hollow Inn and Farm, and Lavender Pond Farm, to name a few. I have found the people in town to be very generous, not only to their neighbors but also to others who are less fortunate. I run the annual Hartford Kids Holiday Event, which provides low-income Hartford children the chance to give presents to their families. Most of the donations of new and gently used gifts have come from Killingworth and Haddam residents - supporting approximately 4,000 children throughout 12 years and counting.

Please make sure to get out and vote!







Jennifer Torello

Killingworth Tax Collector

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:

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

Michele Nuhn (Democrat)

My name is Michele Nuhn. I have served as the Tax Collector for the Town of Killingworth since 2007. I am a lifelong Killingworth resident and a graduate of Haddam-Killingworth High School. I hold an Associate's degree in Business Administration. As Tax Collector for the last 12 years, I have established a record of accuracy and efficiency. I am a Certified Connecticut Municipal Collector, which takes three years of classes and on the job training to achieve. In addition, I am currently taking classes towards becoming a Certified Connecticut Municipal Official. I am currently serving my second term as Treasurer for the Middlesex County Tax Collector's Association. I have 11 years of banking experience, including management positions. I also spent one year working as Assistant Town Clerk, ran a home daycare business for several years and taught preschool at the Killingworth Nursery School.

I have enjoyed working as Tax Collector for the last 12 years. I have always liked working with facts and figures and I enjoy working with the public. I would love to continue serving the Town of Killingworth in the position of Tax Collector.

I know that keeping the mill rate low is important to many residents. Some people may think that the Tax Collector's Office is able to dictate what taxes will be

paid and how much will be paid, but we really don't have a say in that. The Board of Finance sets the mill rate, the Assessor's Department sets the assessment, and that's how the taxes are calculated. The Tax Collector's Office adheres to CT State Statutes on how it collects the funds and turns them over each month to the Town Treasurer. I try to keep the office on a personal and friendly level, but still maintain professionalism and adhere to the statutes. I strive to administer the laws of Connecticut fairly and impartially. I take pride in doing my job efficiently and accurately in order to maintain a high

collection rate. Killingworth's high collection rate allows us to keep our mill rate down and our credit

As I mentioned, I am a lifelong Killingworth resident. Growing up in town, I knew that I wanted to be able to raise my family in town, as well. My husband Todd and I have enjoyed raising our daughters, Alexis and Mikayla, in Killingworth. We enjoy the rural nature of the town. But most of all we love the sense of community in town. People in town are always willing to set aside any differences they may have and work together to help others when needed.

Jennifer Torello (Republican)

My husband, Scott and I have four children, ages 17, 15 year old twins and a 9 year old who attend HKHS and KES. We moved to Killingworth from Rocky Hill along with my elderly parents, 5½ years ago.

When we were looking for a town to move to, we wanted one that was small and rural but provided our children with a solid education. When we visited Killingworth we liked the feel the town had and the quiet it provided. We knew this was a safe town for our big family.

I am a registered Republican running for Tax

When I was asked about being nominated for Tax Collector, I was very excited about the opportunity to serve the town of Killingworth. Even with no previous political experience, I have quickly gained much knowledge and am eager to continue learning.

I have been involved in many organizations over the years, including being a Girl Scout Leader, a CCD teacher, a lector for church, a PTO member along with volunteering for many sporting events.

My education and background is in Engineering. I recently was employed by a First Aid CPR Training company and managed their Training Sites along the east coast. I also have experience in sales and was a substitute teacher for Regional School District 17 when we first moved to Killingworth.

I am an extremely hard working individual and strive to succeed in any position I hold. I enjoy working with people of all ages and have excellent communication skills. I believe these abilities will help me to be an outstanding tax collector for the town of Killingworth.







Killingworth finances and capital planning explained

Recently there has been a bit of confusing information circulating regarding our town's financing and capital planning. As your incumbent selectman, and as a champion for strong and transparent fiscal planning, I felt it important to clarify to the taxpayers how their money is carefully managed.

Killingworth maintains a ten-year rolling capital plan that is a matter of public record.

Each year this plan is evaluated and projects are selected, deferred, added and deleted based on priority including the input from all branches of our government and committees as well as input from the public.

Working closely with our Board of Finance, our current government leadership led by our First Selectwoman, Cathy Iino, has ensured a surplus of financial reserves is maintained. This reserve has routinely been called upon to offset unforeseen expenses or losses of revenue in order to minimize or avoid any impact to the taxpayers of the town.

In parallel our First Selectwoman leveraged her contacts with local, state and national representatives to advocate for minimizing the proposed state funding cuts to which she was largely successful.

Killingworth has a well-planned capital program with built in contingency to insure fiscal stability for our town that was well communicated to the taxpayers. Further, our First Selectwoman, Cathy Iino, demonstrated the leadership to take on our state to ensure our precious tax dollars do not only stay in Killingworth but, also, that the additional state funding due to Killingworth remains in place.

> Lou Annino, Jr. Killingworth

Killingworth is well served

About a year ago, Killingworth was dealing with washed out roads and bridges due to heavy rains. First Selectwoman Cathy Iino declared a state of emergency, allocated a quarter of a million dollars for needed repairs, alerted citizens of road closures and delays, and secured FEMA funds to repay the town

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for the repairs. I don't think much was made of all of this, but it couldn't have been handled any better.

There were a few hot-button issues that came up during the last year or so: the Venuti property and the proposed solar farm. These wedge issues were handled with honesty and the utmost respect for the general public. Nothing was pushed through. It wasn't easy going but in the end the town was well served by the process and how things were handled.

How does Killingworth fare locally? An online search brought up Patch.com and some statistics. These allowed me to compare Killingworth to five of its bordering towns. Killingworth's average 2018 household income ranked second only to Durham's while the town's enviable 2017 mill rate was just a hair shy of lowest Madison's. Admittedly this is all very unscientific, but it seems that Killingworth ranks high on the list one would want to rank high on and low on the list you'd want to rank low on.

The credit for all of this goes to both the citizens of the town and the town's elected officials. I'm hoping that Killingworth will continue in the positive direction that it's been heading and will support Cathy Iino and the local public servants that have served our town so well.

> Bill Tobelman Killingworth

Celebrate National Friends of Libraries Week

The 14th annual National Friends of Libraries Week is October 20 to 26, 2019, and it's the perfect opportunity to highlight the Brainerd Memorial Library Friends. Friends groups are non-profit organizations consisting of individual and business members who believe libraries are essential to their communities.

The Brainerd Memorial Library Friends promote education, programing, and advocacy. Through their fundraising, they help purchase equipment, support early literacy, provide book bags for summer reading, and contribute toward other library essentials such as the refurbishing of the outdoor book drop. The Friends provide many opportunities to make our community better and are always looking for new members and volunteers!

In September, the BML Friends and the library staff held a big book sale. It was a fun community event and it raised substantial funds for the library.

The Brainerd Friends volunteer on Thursday mornings to stock and organize Brainerd's Book

Jeffrey J. Sasso Private Guitar and Drum Lessons Guitar music for events Killingworth, Connecti 860.772.8088 jamminwithjeff@gmail.com

Nook, a used book store inside the library. Of course, all proceeds are used to benefit the library.

It's easy to join; call or visit the library for more information. Joining the Friends of the Library is a terrific way to make new friends, give back to your town, and make our library even better.

> Betty Devlin Brainerd Memorial Library Friends

In support of Bob McGarry for Haddam First Selectman

Shortly we will all have a say in who will be the next leader for our town, and how we determine who that person will be is serious business. We are the "employer" and we are looking for someone who will have a solid understanding of how to manage people, money, requests for assistance, emergency preparedness, legal matters, and more. We need a person who will be willing to listen carefully and act responsibly regarding the concerns of our community. They must have a proven track record of success and be versed in many areas. We live in complicated times, and we cannot afford to walk into the voting booth unprepared. Elections are serious matters, not popularity contests where people base their vote on emotions

So, what are the skills Bob McGarry possesses? For one, he has a degree in Civil Engineering which will be extremely helpful when it comes to managing work to be done on our roads, bridges, and infrastructure. Furthermore, he is a retired Coast Guard Commander which means he knows how to manage people to make sure things are done properly and safely. If you research what it takes to become a Commander in the Coast Guard you will come across terms such as "highly motivated individuals", "high moral character", and "solid leadership skills".

In addition, his experience includes working as the current Fire Chief of Haddam Neck Fire Dept., a Director for NE Utilities, a Senior Manager for two state agencies, and an Associate Professor at Post University where he teaches courses in Emergency Management and Homeland Security.

Given the lists of experiences he has had, it is easy to see that Bob McGarry has exactly what it takes to be our next First Selectmen. I urge you all to take the gift of voting very seriously - vote for Bob McGarry on November 5, 2019.

> Sharon Challenger Haddam





"You Shall Call His Name Jesus,

FOR HE WILL SAVE HIS PEOPLE FROM THEIR SINS" (Matthew 1:21).

"This is the 'stone which was rejected...which has become the chief cornerstone. 12Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved" (Acts 4:11-12).

"In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through Him, and without Him nothing was made that was made. 4 In Him was life, and the life was the light of men. 5 And the light shines in the darkness, and the darkness did not comprehend it...¹⁰ He was in the world, and the world was made through Him, and the world did not know Him. 11 He came to His own, and His own did not receive Him. 12 But as many as received Him, to them He gave the right to become children of God...¹⁴ And the Word became flesh [God in the flesh] and dwelt among us, and we beheld His glory..." (John 1:1-5, 10-14). "That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled...we

have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us... 4 And these things we write to you that your joy may be full" (1 John 1:1-4).

"...This is the witness of God...that God has given us eternal life, and this life is in His Son. ¹² He who has the Son has life; he who does not have the Son of God does not have life. 13 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life..." (1 John 5:9-13).

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life...that the world through Him might be saved. 18 He who believes in Him is not condemned..." (John 3:16-18). "Believe on the Lord Jesus Christ, and you will be saved..." (Acts 16:31).

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Unwavering commitment

Killingworth is extremely fortunate to have the unwavering commitment of Joel D'Angelo and Suzanne Sack who serve currently on the Board of Education. It has been a privilege to work side by side with Joel and Suzanne as a fellow board member for the last two years. I know firsthand their contributions to the Board. They are smart, insightful, dedicated and passionate to uphold the standards of the school district that we are so privileged to have in Killingworth.

Their knowledge of the fundamental workings of the Board is unparalleled when making well informed decisions. The BOE requires a great deal of time. Time Suzanne and Joel have unselfishly given and will continue to give to our community as they navigate every decision to maintain and prosper as a school district.

Their level of integrity and devotion to this task is commendable and essential to the BOE. Suzanne has served for 4 years and Joel 8 years. Both, Joel and Suzanne have the strong desire to continue this critical work. It is rare to have this level of commitment. It is this commitment that is crucial to the work that the BOE continues to do.

With great transition the need for loyalty and stability is imperative to the ongoing work of the Board of Education. I encourage all to cast their vote for both Joel D'Angelo and Suzanne Sack on November 5th.

Eileen Blewett Killingworth

*Blewett is running for a seat on the Killingworth Board of Selectmen (Republican).

In support of Cathy lino

Killingworth is fortunate to have Cathy Iino as our First Selectwoman. At a time when national politics and political leaders pit us against each other, it is so refreshing and gratifying to have a person who brings us together for the good of everyone. This spring, the quality of education in our town was threatened by the defeat of the HK school budget. Cathy reached out to Killingworth Democrats and Republicans alike to work together for the good of our town and children. She led a successful bipartisan effort to pass a fiscally responsible budget that will help maintain the high quality of the HK system going forward. Thank you, Cathy!

Fiscal responsibility extends to everything Cathy does for the town. She has kept our tax increases as low as possible (ZERO this year!) consistent with the need to deliver town services and quality education in an environment of constantly increasing costs. She and her team have worked tirelessly to chart a sensible path forward for our town that protects our unique character while supporting local businesses and growth.

Cathy is known for her intelligence, her strong commitment and her work ethic in support of Killingworth. She is a highly qualified and experienced public servant. But she is also known for her kindness, her compassion and, perhaps most importantly, her ability to listen. This amazing skill set is just what one wants in leadership at every level.

We have it right now in Killingworth. We urge everyone in town to come out on November 5 and say "Thank You" to Cathy with a vote for her and her Democratic team.

Bill & Paula Herbst Killingworth

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

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HKHS FIELD HOCKEY 2019



Photos by Coach Adamczyk.

HKHS Field Hockey holds memorial alumni game

By Wendy Adamczyk, Coach, HKHS Field Hockey

The Haddam Killingworth High School Field Hockey team has a 0-7-1 record so far this 2019 season. "Unfortunately, the team record does not accurately reflect the hard work, improved stick work, and smart game play that our girls have experienced this fall," said Head Coach, Wendy Adamczyk. "I have also been impressed by their resilience. They are able to reboot after a loss, and play with 100% effort and positive attitude at every game."

The 17th annual Carrie Ness Memorial Alumni Game was held recently. Players and coaches from 1979 to present attended, some traveling from Vermont and Massachusetts. Former coach Patsy Kamercia spearheaded this event in 2002, and following the loss of one of our players and coaches, it



became known as the Carrie Ness Memorial Alumni Game.

The best part of that day, according to Coach Adamczyk is "the family atmosphere and the shared love of this great game." Many of the alumni brought their families and attended a potluck lunch, provided by the parents of the current team members, following the game. The Alumni beat the HKHS team 4-0. "Still as competitive as they were in high school," commented Coach Adamczyk.





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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 her 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 attpolement, 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 dierrhes caused by antibiotics or relieving dierrhee caused by infections, however not all probiotics there are defects. The FDA has not issued guidence on the approved dose for probiotics for preventing or treating any health problem.

In the overall healthy individual, probiotics may have only minor aids 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 Ulcarative Colitis, you should only have the approval of your physician.

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HKHS SCHOOL SPORTS



#36 Ryder Wink runs after catching a pass from QB #7 Alex Riccitelli. *Photo by Chad Giulini*.

HKHS FOOTBALL 2019

HKHS defeated by Granby Memorial/Canton

By Barth Keck, Assistant Coach, HKHS Football

The Haddam Killingworth High School Varsity Football team was defeated by Granby Memorial/ Canton in Higganum on Friday, Oct. 11, with a final score of Granby/Canton 27, H-K 7. Quarterback Jackson Rome accounted for three of the Bears' four touchdowns as the co-op consisting of Granby Memorial and Canton (4-1) defeated Haddam-Killingworth (0-5) in Higganum on Friday (10/11). Rome threw touchdown passes of 83 yards and 14 yards, respectively, to Marquis Thomas and Samuel Attianese, and ran for another seven-yard score. Attianese also scored on a 51-yard run. H-K's sole touchdown came on a two-yard run by James Bobbi. Matteo Piancenti and Trey Callender each had an interception for the Cougars.

Game Summary

First Quarter:

GM/C – Marquis Thomas 83 pass from Jackson Rome (Samuel Attianese kick)

Third Quarter:

GM/C – Samuel Attianese 14 pass from Rome (Attianese kick)

HK – James Bobbi 2 run (Kevin Cavrell kick)

Fourth Quarter:

GM/C – Rome 7 run (kick failed)

GM/C – Attianese 51 run (Attianese kick)

GM/C (4-1) 7 0 713 27 HK (0-5) 0 0 7 07 Next game: Coginchaug/East Hampton/Hale Ray @ home on Friday, Oct. 25, 2019, 6:30 p.m.



Libby Riggs scores a point for H-K in the 100 backstroke.

HKHS GIRLS SWIM 2019

Narrow loss to Middletown

By Alison Karam, Coach, HKHS Girls Swim

The Haddam-Killingworth High School Girls Swim Team was narrowly defeated by Middletown on Oct. 10, at home, with a final score of H-K 80, Middletown 88. H-K swimmers had State Championship qualifying times in three individual events and several had lifetime fastest swims.

Top 3 finishes for H-K:

200 Medley Relay

2nd: A relay (Kristen Thebeau, Julia Dattilo, Johanna Houska, Tara Lamb)

200 Freestyle

1st: Erin Marica 2:18.75 3rd: Grace Purcell 2:35.69

50 Freestyle

1st: Nina Lamb 26.50 (time qualifies for State Championships)

100 Butterfly

2nd: Johanna Houska 1:18.56

3rd: Kristen Thebeau 1:25.72

100 Freestyle

1st: Nina Lamb 59.25 (time qualifies for State Championships)

500 Freestyle

2nd: Erin Marica 6:09.28 (time qualifies for State Championships)

3rd: Tara Lamb 6:43.31

200 Freestyle Relay

1st: A Relay (Grace Purcell, Julia Dattilo, Erin Marica, Nina Lamb)

100 Backstroke

3rd: Kristen Thebeau 1:15.28

100 Breaststroke

2nd: Julia Dattilo 1:27.44

400 Freestyle Relay

1st: A Relay (Johanna Houska, Tara Lamb, Erin Marica, Nina Lamb)



Photo by Kathy Brown.

HKHS GIRLS VOLLEYBALL 2019

HKHS loses to H-R in close sets

The Haddam Killingworth High School Varsity Volleyball team was defeated by Hale Ray on Thursday, Oct. 10, in a conference match in Higganum by a score of 3-1.

In set 1, the Hale Ray Noises defeated the H-K Cougars 25-21. Set 2 had H-K on top, defeating Hale Ray 25-20. Set 3 and 4 were close, with Hale Ray defeating H-K 25-23 in set 3, and 26-24 in set 4.

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LEGAL NOTICES

NOVEMBER 5, 2019 MUNICIPAL ELECTION

The Electors of the Town of Haddam are hereby warned to meet at their respective polling places in said town on Tuesday, November 5, 2019, for the following purposes:

To cast their votes for:

First Selectman Selectman

Tax Collector

Board of Finance Full Term

Board of Finance to Fill Vacancy for Four Years

Board of Finance to Fill Vacancy for Two Years

Board of Finance, Alternate Full Term

Board of Finance Alternate to Fill Vacancy for Two Years

Board of Assessment Appeals

Planning & Zoning Commission Full Term

Planning & Zoning Commission Alternate Full Term Planning & Zoning Commission Alternate to Fill Vacancy for

Zoning Board of Appeals

Zoning Board of Appeals, Alternate

Board of Education

Notice is hereby given that the location of the polling places is

Location of Polling Place

Higganum Firehouse Complex,

1st District

Voting District

439 Saybrook Road, Higganum Central Office, 57 Little City Road,

50 Rock Landing Road, Haddam Neck

2nd District

Higganum Haddam Neck Firehouse,

3rd District

Absentee Ballots will be counted at the following central location:

Higganum Firehouse Complex, 439 Saybrook Road, Higganum

Voting tabulators will be used. The polls will be opened at six o'clock in the morning (6:00 a.m.) and will remain open until eight o'clock in the evening (8:00 p.m.).

Dated at Haddam, Connecticut, this 24th day of October, 2019.

Scott R. Brookes, CCTC, Town Clerk

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

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.

REMEMBRANCE

A remembrance of Tom Furtado

By Phil Devlin

Higganum native Tom Furtado left Connecticut on the afternoon of August 30 to visit his mother in Florida, three days after his 62nd birthday. He flew into Miami where a friend of Mrs. Furtado, Roque (pronounced "Rocky") Martinez, 75, picked him up in his van and headed north on I-95 toward Port St. Lucie. While they were traveling in the middle lane of the three-lane highway near mile marker 98, a 1999 Lexus driven by Samuel Bell, a 40- year old Floridian, changed lanes abruptly from the right lane, hit the van, pushing it off the right side of the road into a ditch where it overturned. Tom died at the scene. Florida police continue to investigate the incident.

Besides his mom, Lucille (D'Orio) Furtado of Port St. Lucie, Tom leaves behind his beloved wife, Noel (Ege) Furtado and their two daughters, Megan (Jess) and Christina, as well as a recently born granddaughter, Mariel. Tom was pre-deceased by his dad, Thomas Furtado, in 2018 and his younger brother, David, in 2015.

We Will Miss the "Commissioner"

The Furtado family lived next door to my family for nearly fifteen years. Our kids were playmates. Tom and Noel were outstanding neighbors and have been friends of ours for nearly 35 years. Tom and I shared a passion for Boston sports teams, especially for the Red Sox and the Bruins. He



and I used to play pond hockey with many other friends from Haddam for over 20 years. Tom and I were mainly responsible for clearing snow off of the ice on the small pond behind Haddam Elementary and, more recently, at the Haddam Meadows. We all had a great time and joked that Tom was the "Com-



Photos by Phil Devlin.

missioner" of the HHL—the "Higganum Hockey League" due to his deep commitment to see that it worked.

This sense of commitment to a local hockey "league" mirrored the commitment that Tom brought to everything that he did in life. A committed member of the Catholic Church, Tom served on the Building and Grounds Committee of St. John's Church in Middletown and also occasionally helped to feed the homeless in Middletown. It was one of his great joys in life to have seen the Pope when he and Noel travelled to Italy in 2015. A close-up photo of Pope Francis proudly sits on his mantel.

Tom was a highly valued employee for many years of Ultra Electronics Measurement Systems, Inc. (MSI) in Wallingford, Conn. I have told many people that if I were ever to own a company, the first person that I would hire would have been Tom Furtado. He was as honest and as hard working a human being as I have ever known; in addition, he was very detail oriented, punctual, giving, thoughtful, and compassionate—just a great guy. His untimely death is a huge loss not only for his family and friends but also for the community that he loved so well.

There will be a memorial service for Tom Furtado at St. John's Catholic Church in Middletown on Saturday, Nov. 9, at 11:30 a.m.

Haddam News

PO Box 15 Higganum, CT 06441

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

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Keeping communities healthy, safe: preventing underage drinking

Continued from page H1

National Youth Risk Survey Drank alcohol one or more times in past 30 days 30% Binge Drinking 14% Rode in a car with someone who had been drinking 17% Drove after drinking

MP: What are some of the programs, ways, and strategies HKYFS engages the community to address youth drinking?

LR: Grant funding over the past decade has enabled Youth and Family Services of Haddam Killingworth to bring programming into the community to raise awareness of the issue of youth drinking and to address the public impacted by youth drinking. The issue is bigger than people may think it is and it involves more than just "those kids", the youth that so many parents assume isn't their child. Our grant funding has enabled us to enlist several strategies/programs:

As stated earlier, every other year we work with RSD17 to administer the Search Institute Survey on Attitudes and Behaviors. Questions asked on that survey each year pertain to youth reports of substance use, including alcohol.

From September – June we host monthly coalition meetings, a gathering of community people all interested in helping HK youth thrive. According to CADCA (a membership organization of hundreds of organizations like ours-the Community Anti-Drug Coalitions of America), community coalitions are a proven public health approach to reducing substance use and "an effective strategy for addressing alcohol, tobacco and other drug use and abuse and related problems. Coalitions connect multiple sectors of the community - including businesses, parents, media, law enforcement, schools, faith organizations, health providers, social service agencies and government - to collaborate and develop plans, policies and strategies to achieve reductions in the rates of consumption at the community level."

Educational programming for the community, parent-specific or geared toward youth that brings speakers and workshops into the school and into the community in the evening to address issues concerning youth substance use. We have introduced Drunk Driving Goggles with both middle and high school grades. And though it is always be fun to see how much ones' or ones' friend's judgement and ability to walk a straight line is impaired, the obviousness of the risk and concern are still hammered home.

Speaking with Drivers Educational classes to address parents and youth about the risks and dangers of alcohol consumption and driving

We have trained staff as a Tips trainer, a person who can work with all local businesses and retail establishments serving alcohol to train them for the responsible service, sale, and consumption of alcohol.

Working with the Resident State Troopers to implement compliance checks for all local businesses and retail establishments that serve alcohol to ensure that alcohol is not being provided to minors. A recent compliance check suggests that not all establishments in the two towns are consistently enforcing the law so we will be offering training in the hopes of increasing compliance to 100%.

And though this is not directly related, the reason we offer programming aimed at creating opportunities for youth and families is so that families come to know us, will see the value we bring to the community and know and trust the work that we do and our reach. When youth are engaged in programs and

clubs they not only benefit themselves but the larger community, too.

To connect youth with adults, and teachers, and businesses and the civic community we are making important connections. Social science research tells us that when youth are connected to family, friends, school and community they will be far less likely to engage in behaviors that can harm themselves or others. And we believe that once youth know us, once their families know and trust us, folks will be less likely to shy away from our doors when we offer educational programs, or they need to speak to someone about their teen who is experiencing a problem, or will reach out, sooner rather than later when they are confronted (as many of us are or have been), with an issue such as youth alcohol consumption.

MP: What are some key partners with which HKYFS collaborates to address this issue?

LR: Several examples of specific partnerships we do throughout the year:

Partnering with the Lions Club to introduce new after-school programming into the Middle School to engage youth with community service opportunities

Supporting a high school age coalition of youth called Ignite who work toward substance free experiences for other HS youth, advocate for community/school connections and provide community service opportunities for youth 9-12 grade

After-school clubs and outings for middle and high school age youth

Kids Night Out programming for families with young children to drop off their younger children (K-5) who get to know HK teenagers while their parents have a few hours to themselves

We also work with the State Department of Mental Health and Addiction Services who provides us our funding as well as the United Way of Middlesex County that also provides funding. We work with RSD 17, the Chamber of Commerce, the Resident State Troopers, members of the faith community, the CT Youth Service Association, PTO groups, local health and social service providers and community members without affiliations. I know it is cliché, but it truly does take a community.

MP: What are the laws on underage drinking (and parental involvement/culpability in CT)? Based on information provided by Haddam Resident Trooper Enrico Milardo (who retired Oct. 1), minors ticketed for possession of alcohol who also have a driver's license face mandatory suspension of their license, for example.

LR: Information is drawn from the Connecticut General Statutes:

Sec. 30-89(a) of the Connecticut General Statutes effectively prohibits any purchase of alcohol by a person under the age of 21, even instances in which the underage person is not carded by the seller.

Purchase of Alcohol by a Minor: The fine for the underage purchase of alcohol is \$200 to \$500. Sec. 30-88a prohibits the misrepresentation of age to purchase alcohol, which includes using a fake I.D., altered license or I.D. belonging to another person. This statute also imposes a \$200 to \$500 fine and authorizes up to 30 days in jail. This offense is a misdemeanor. This statute also imposes a \$200 to \$500 fine and authorizes up to 30 days in jail.

Possession of Alcohol by a Minor: This is classified as a violation in Connecticut. It is not a misdemeanor or felony and is therefore not a crime. Still, it carries serious consequences: fines and suspensions of driver's licenses and/or driving privileges. In addition to not being allowed to purchase alcoholic beverages, individuals under the age of 21 are not allowed to possess them either. Sec. 30-89(b) forbids minors from possessing "any alcoholic liquor (1) on any public street or highway, or (2) in any other public

or private location." That means that a minor cannot possess alcoholic beverages anywhere. The fine for initial and subsequent violations is in the same \$200 to \$500 range.

Exceptions to the rules, as there always are: Sec. 30-89(c) allows minors to possess alcohol for the following reasons:

- If they are 18 and work for a liquor permit holder (e.g. restaurant, bar, store that has a permit) and must possess alcohol in the course of their employment
- If they are accompanied by a parent, guardian or spouse of the minor, who is 21
- If they are ordered by a physician
- For religious practices (e.g. communion wine)

"Social Hosting" Law: 30(89a-89b) a) No person having possession of, or exercising dominion and control over, any dwelling unit or private property shall (1) knowingly, recklessly or with criminal negligence permit any minor to possess alcoholic liquor in violation of subsection (b) of section 30-89 in such dwelling unit or on such private property, or (2) knowing that any minor possesses alcoholic liquor in violation of subsection (b) of section 30-89 in such dwelling unit or on such private property, fail to make reasonable efforts to halt such possession. For the purposes of this subsection, "minor" means a person under twenty-one years of age. This is a Class A Misdemeanor.

MP: What key guidance and tips does HKYFS recommend that families use to address underage drinking?

LR: Underage drinking has been an issue affecting HK, and many other small towns, and cities, for many, many years. Though the drinking age was 18 once, it has always been illegal to serve minors and illegal to allow anyone who is not your child or under your care and who is underage to drink in your home. Sometimes, as we all know, it happens. Sometimes it feels easiest to let it be or look away. Many of us may even have partaken when we were teens and our memories are that nothing bad ever happened so maybe it isn't such a big deal. And most often that is true. Most often tragedy is avoided. But sometimes it is not. And if you are an adult, a parent, a friend, a guardian, a store owner, an aunt or an uncle, and you are responsible for providing the alcohol or allowing the alcohol and something tragic happens, it becomes your responsibility.

We all know that kids will be kids and that young adults, sometimes even very young adults, will work hard to find ways to do the things that we tell them not to do. But as parents or adult friends or family members, we do not have to make it easy for them to do so when it comes to alcohol.

We can stand up for what we know will keep them safe. We can push them to think about the future and to take better care of themselves. When a young adult turns 21 they are legally able to make and stand by their own decisions. But until then, it is our responsibility as parents, as adults, and as a community to talk about what we wish for our youth and explain the reasoning behind our sometimes 'uncool' demands. And we need to do that again, and again. Then we can only do what all parents learn they must so: hope that their young person will remember our words and take a moment to think before having that drink or allowing their friends to do the same or allowing themselves or others to get into a car with someone who has been drinking.

Sometimes people reach out to our office asking us what they can or should do when they know that their teens are drinking or heading to a party where they know they will be drinking. Our best advice? Talk to your kids. Talk to their friends. Talk to the parents of their friends. Talk to your neighbors, members of your faith community, the businesses that you frequent. Talk to your town leaders, the Resident Troopers. Don't be afraid to 'be that person'.

Continued on page H12

SCHOOL SPORTS

HKHS GIRLS SOCCER 2019

HKHS defeats Westbrook 5-0

By Mike Shea, Coach, HKHS Girls Soccer

The Haddam Killingworth High School Varsity Girls Soccer team defeated Westbrook on Tuesday, Oct. 15, with a final score of H-K 5, Westbrook 0 (score at Half was 1-0).

Goals were scored by Kedarjah Lewis (2), Leah Sosnowski, Yumi Imai, and Hadley Commerford. There were Assists by Autumn Walton, Morgan Madore, Morgan Schultz, and Mia Rubino. The Goalkeeper for HK was Kelsey Lonergan, with 4 saves, and for Westbrook Callie Newberg with 14 saves.

- *Records: HK: 9-3-1, W: 3-7-0
- *at time of publication.



Photo by Diane Phipps.

HKHS defeats Old Saybrook 3-2

By Mike Shea, Coach, HKHS Girls Soccer

The Haddam Killingworth High School Girls Soccer team defeated Old Saybrook on Thursday, Oct. 10, 2019 with a final score of H-K 3, Old Saybrook 2. Goals were made by Morgan Madore (2), and Hadley Commerford for H-K; goals were made by Lily Cody and Bella LaMatte for Old Saybrook. Goalkeepers Sophia Torello (H-K) had 10 saves, and Sophia Barker (Old Saybrook) had 8 saves.

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Keeping communities healthy, safe: preventing underage drinking

Continued from page H10

You would be surprised to learn how many others are thinking the same things you are.

A young person in our community recently cre-

ated a poster that now hangs in our office that reads "Alcohol. Temporary fun with permanent consequences." Our greatest wish is that no other young person ever has to understand the meaning behind those words.

MP: Other thoughts you would like to share with readers and communities of Haddam and Killingworth on this important topic?

LR: Our kids, yours, mine, ours, look to us. They hear us. They want to hear from us. They want us to be proud of them, to share their ideas, thoughts, dreams and fears with us. They watch us, they mirror us, they learn from our actions and from our words even when we don't realize we are teaching them anything. The Search Institute of Minneapolis sums it up this way:

"After decades of forming hypotheses, conducting surveys, crafting and rewriting definitions, analyzing data, and writing journal articles, Search Institute researchers and practitioners have arrived at a surprisingly simple conclusion: nothing—nothing—has more impact in the life of a child than a positive relationship."

And it can all begin with a conversation and reminder that we want them to make decisions that keep them safe, and healthy day after day after day. That as adults we not only want that for them but for their friends, their classmates, their teammates, even their rivals. They are our collective future. And they are all our kids.

Editor's Note: Links to additional information on the subject can be found at www.haddam-killingworth-now.com.

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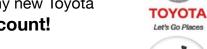




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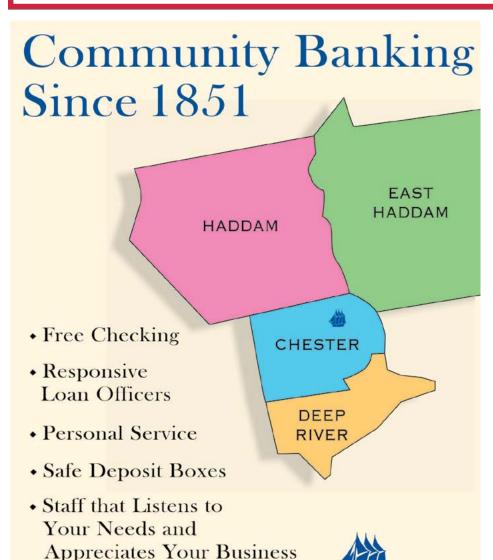
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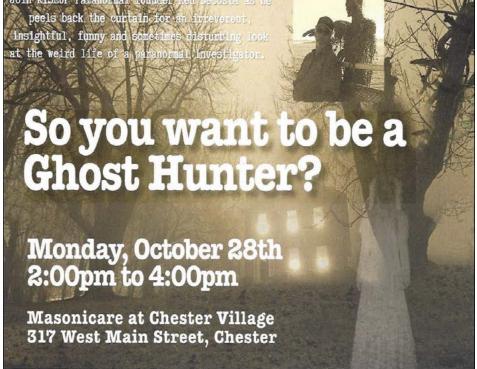
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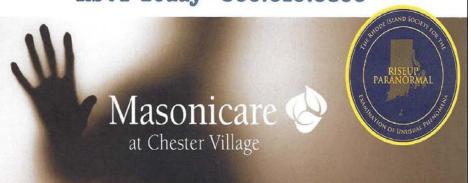


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