

# Haddam Killingworth News

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April 8, 2021

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

Free weekly



Avo with thank you sign. Photo by Mikayla Castro.

## Golden Retriever 'Avo' Touched Our Hearts

By Sharon Challenger.

On March 24, 2021 at approximately 1:00 p.m. Mikayla Castro's 8-year-old Golden Retriever, "Avo" (pronounced like Avocado) took off on Schnoor Road (at end near Burr Hill Rd.) in Killingworth, CT.

Over social media, Mikayla asked people to, "Please check sheds, under porches and decks, garages and anywhere a dog might hide."

Photographs of Avo showed a loveable looking dog who clearly enjoyed his home and family.

It was not a "good news" day and people far and wide were moved to try and help Mikayla find her beloved Avo.

Pleas went out across Facebook pages, Vets and Police were called, and

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## Student led Protest Focuses on Sexual Assault & Harassment

By Kathy Brown.

In the United States, we have a long history of protests. In fact, the First Amendment declares, "Congress shall make no law . . . abridging . . . the right of the people peaceably to assemble . . ." The protest held on Friday, March 26, 2021 was peaceful, and led by students from Haddam Killingworth High School. The subject? Sexual assault and harassment.

Hannah Laird-Hoover, who lives in Haddam and is a senior at HKHS, led the protest after experiencing sexual assault and harassment on March 12 outside of school. Though the school is investigating the incident, and Hannah filed a police report, she spoke with friends, and found that many other students had also experienced sexual assault and harassment, and they decided to bring attention to the subject. Specifically, the rally was to "raise awareness for any victims of rape, sexual assault, and sexual harassment (male or female) with emphasis on the prevalence of victimization under the age of 18," explained Hannah.

"We fully support any students who have been victims of sexual harassment," said Donna Hayward, Principal of HKHS. "When the school receives a complaint of sexual harassment, we investigate fully and in accordance with Board of Education policy."

Hannah and other students at



Protests at Route 81 (top) and at bridge. Photos provided by Hannah Laird-Hoover.



HKHS felt very strongly about the cause "and needed a way to express their passion," said Hannah. They planned on holding a walkout at HK, but instead they decided to turn it into a town-wide rally in support of sexual assault awareness and education, and they extended the invitation to surrounding towns.

"Our goal is to spread awareness about how present sexual assault is in our society," explained Michael

Pascucci, a senior at HKHS. "We want to inspire change and to insure this, we need to start locally. We hope this event will spark this important conversation within our community."

Approximately 200 people attended the rally. Christine Palm, the State Representative for Haddam attended, as well as the Guidance department from HKHS. Members of Channel 3 and Channel 8 news were at the event

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# Car Fire; 'Live Burn' Training Exercise

By Olivia Drake, HVFCo

Haddam Volunteer Fire Company responded to a vehicle fire at 5 p.m. tonight (March 29) on Killingworth Road near the Mobil Higganum Service Station (see photo, top right). A driver heading northbound noticed smoke billowing from his vehicle and pulled off the road. He self-extricated with no injuries. Firefighters closed both lanes of traffic while they worked to extinguish the fire with a line of Engine 3-13. Crews also removed sections of the dash to access "hot spots" and smoldering areas. The northbound lane of Killingworth Road was later opened as crews worked to clean debris from the scene.



On March 20, Connecticut Fire Photographers Association member Johnny DeForest got this great shot (see photo, bottom right) of HVFC Firefighter Kris Proto during his Firefighter II class. The Hartford County Regional Fire School held its live burn there on March 20. Firefighters went through fire attack, rapid intervention team training, search and rescue, and incident command. Crews understood communication and teamwork during the exercise.



Above: Killingworth Firefighter Jeremy Adametz assisted with extinguishing the fire. *Photograph by Olivia Drake, HVFC*

Left: Firefighter training during March 20 live burn. View Johnny's other photos at: <https://johndeforest.smugmug.com/HCRFS-FF2-live-burn>. *Photograph by John DeForest.*

# Haddam Neck Covenant Church to Host Takeout Barbecue Dinner

By Linda A. Ursin.

Haddam Neck Covenant Church is hosting a BBQ Chicken Dinner Drive-Thru Takeout Event on April 10 by reservation only. This is the famous BBQ chicken the Church has sold at the Haddam Neck Fair for over 40 years. The dinner includes a BBQ thigh/leg chicken quarter, baked beans, coleslaw and corn bread for \$10.00 (cash only please).

Please call in your reservation to the HNCC Church office at 860-267-2336 and indicate your pick-up time: 12-1, 1-2, or 3-4, 4-5, 5-6 p.m.

Haddam Neck Covenant Church is located at 17 Haddam Neck Road in East Hampton, the road to the Haddam Neck Fairgrounds. Office hours are Monday through Friday from 12:30 to 4:30.

## CONTINUED FROM PAGE HK1

# Avo the Golden Retriever has been found

Continued from page HK1

friends neighbors rallied around to help her search.

HK-Now asked for permission to publicize Avo's story online in an attempt to be of help, and 917 readers helped to spread the word.

As each day dragged on for Mikayla, people from Haddam and Killingworth were trying their best to see how they could help. Neighbors kept their eyes open every time they went out, joggers also watched

the roadside for any sign of Avo. People shared the news on several social media pages in Haddam and Killingworth.

As each day passed without any good news, many began to worry. However, finally, on the 5th day of Avo's disappearance, Mikayla reported the good news, "After 5 long days, Avo would like to thank everyone for searching, praying, and sending good energy towards him! We are so lucky to have a community that supports each other when something

like losing your dog happens."

She posted photos of Avo sporting a "Thank you" sign, and one of him cheerfully playing with what looks to be a favored ball.

Avo will never quite understand what went on while he was missing, but I'm sure he'd be impressed to know that so many friends, family and neighbors pulled together to help find him. We all had been hoping for good news and were relieved to hear how things turned out.

And if Avo could read, he'd see that 1,127 HK-Now readers were ecstatic to read the news of his return.

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# Chester & Tylerville Attempted Auto Theft/Break-ins

By Kathy Brown.

(March 29, 2021) There were posts all over Facebook and social media yesterday about an attempted auto theft in Chester in the early morning hours, where shots were fired, but no one was injured, and the suspects fled the scene. "The suspect vehicle is described as a light-colored four-door sedan, possibly a Honda. No plate," said Haddam Trooper DeAngelo. "Surveillance footage shows several occupants within the vehicle, however the footage was not clear enough to provide a good description of the occupants."

In the Tylerville section of Haddam on the same night, suspects attempted to get into vehicles that were

parked at Andrew's Marina on Bridge Road. "The vehicles were locked," said Trooper DeAngelo, "and they were unsuccessful." Troopers secured the video surveillance footage from the Marina incident, and are "actively working on gathering any additional surveillance footage from area residences/businesses."

"We are asking homeowners or business owners that may have any useful video footage to please contact Troop F," said Trooper DeAngelo. "Also, if any suspicious activity or vehicles are noticed anytime (but particularly during the overnight hours), please contact Troop F at 860-399-2100 or as always, 9-1-1 for emergencies."

Each spring there seems to be an increase in these types of incidents. Reminders:

*Always keep your vehicles locked no matter where you live and try to keep them in well-lit areas.*

*Do not leave firearms in your vehicle.*

*Set car alarms.*

*Do not hide keys or key fobs in your vehicle.*

*Consider installing or activating your vehicle GPS tracking units, i.e., On-Star.*

*Do not leave your car running unattended even if it is for a few minutes.*

## OUR REGION

# COVID-19 Vaccine News: Bill Extending Outdoor Dining

By Norm Needleman, State Senator.

I hope you and your family are staying safe and healthy. Before I go into an update on COVID-19 and investments in early childhood programs, I want to share about the state Senate's bipartisan approval of House Bill 6610, "An Act Concerning the Provision of Outdoor Food and Beverage Service by Restaurants." The bill, which has no fiscal impact, establishes a process by which local zoning officials can allow or expand outdoor dining at restaurants. It also specifies that any outdoor dining activity previously authorized by executive order will be approved through March 31, 2022.

I am proud to have introduced the bill on the Senate floor and voted in support.

As the COVID-19 pandemic struck last year, outdoor dining was a lifeline for many restaurants around the state, enabling them to stay afloat and even driving business on some Main Streets and downtown areas, desperately needed amid the economic downturn of the time. We need to continue to extend this lifeline to our restaurants and allow them to continue to benefit from this legislation, now and in the future, and I look forward to seeing the governor sign this bill into law.

### COVID-19 Update

All Connecticut residents age 16 and older will become eligible for vaccina-

tion appointments starting tomorrow, April 1. The new timeline will allow Connecticut adults to begin making vaccination appointments four days earlier than expected.

### Vaccination Access

Priority access to COVID-19 vaccinations will be extended to individuals between the ages of 16 and 44 beginning tomorrow, April 1 as the state extends access to the COVID-19 vaccine to all adults over the age of 16. After meeting with hospital leaders statewide, state officials have determined medically high-risk conditions including sickle cell disease, end stage renal disease on dialysis, active cancer treatment, solid organ transplant, Down syndrome and all patients of Connecticut Children's and Yale New Haven Children's Hospital will receive priority planning in the vaccination process. Hospitals will contact patients with those conditions directly. Additionally, individuals with intellectual and developmental disabilities will be able to receive vaccinations at dedicated clinics organized by the Department of Social Services.

### Early Childhood Programs

The state will invest \$210 million in federal funding, intended to support pandemic recovery efforts, into early childhood programs across Connecticut to aid business owners and child-



care experts through the end of the pandemic and beyond.

The funding will include a two-year \$50 million investment in child care through the Care 4 Kids program, supporting parents who have experienced loss of employment and will need care while they seek higher education or workforce training; \$120 million invested in operational stabilization grants for struggling child care businesses impacted by the pandemic; \$26 million over two years in high-quality child care programs; \$6 million in support and coaching to programs working to secure accreditation; and \$8

million to pay Care 4 Kids family fees from April 1 to September 30 this year.

### Transgender Visibility

Today, March 31, marks International Transgender Day of Visibility, dedicated to celebrating the accomplishments of transgender and gender-nonconforming people and raising awareness of the work still needed to achieve justice and true equality for the trans community. Today is a day of learning and understanding the challenges of others who have fought, and continue to fight, for their rights.

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**Vitamin B12 Deficiency-  
The Case of Pins & Needles**

We have all probably gone without all the right amount of vitamins at one time or another, and in the majority of occasions this is not an issue. But, take the case of this 62-year old man who'd developed numbness, pins & needle sensations in his hands, had trouble walking, along with joint pain, turning yellow, and experiencing shortness of breath. The cause was lack of Vitamin B12 in his bloodstream. As it turns out, it could have been worse, because B-12 deficiency can lead to deep depression, paranoia, delusions, memory loss, loss of taste & smell. The body need B-12 to make red blood cells, DNA, as well as other functions. B-12 is not made by the body, and can only come from food or supplements, and there are people who might eat enough, but their bodies cannot absorb enough. One source quotes that The National Institute of Health believes 3.2% of Adults over 50 have seriously low B-12 blood levels, and another 20% of adults have a borderline deficiency.

Various causes of Vitamin B-12 deficiency are: drugs such as Metformin, a mainstay of diabetes therapy, heartburn drugs, i.e.. - proton pump inhibitors such as omeprazole and H-2 blockers such as famotidine, vegetarian diet, weight loss surgery, and aging- because our bodies cut back on stomach acid production as we age, all just to name a few.

So symptoms to watch for: Strange sensations, numbness, tingling in hands, legs, or feet., difficulty walking (staggering/balance problems), swollen tongue, yellowed skin, difficulty in thinking, paranoia, weakness or fatigue. Call your doctor!! A blood test tells the story.

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# HKMS Honor Roll 2nd Trimester 2020-21

By Debra Cumpstone.

Principal, Dolores Bates, is pleased to announce the following honor roll listing for the second term of the 2020-2021 school year at Haddam-Killingworth Middle School.

## 8th grade High Honors

Benson, Kaylee Colleen  
Bessoni, Ella Grace  
Bradley, Sarah Yvonne  
Catalano, Madalynn Jeanne  
Criscuolo, Liem Long  
Eighmy, Claire Rose  
Jenkins, Morgan Tate  
LaConte, Grace Ann  
Leiberman, Bryce Daniel  
Lelko, Julia Rose  
Link, Clare Elizabeth  
Liot, William Andrew  
Lomuntad, Catherine Elizabeth  
Loughlin, Ava Rose  
Luneau, Sonya Rose  
Macaluso, Olivia Sage

Maier, Brielle Snow  
Mazzotta, Ava Grace  
McKenzie, Jake Thomas  
Mitchell, Colin  
Mitchill, Brody Paul  
Napoletano, Caley McGill  
Nieliwocki, Justin Walter  
Perry, Michael Gordon  
Petersen, Amelia  
Rigg, Cora Mae  
Robinson, Margaret  
Ruimerman, Seanna  
Schweitzer, Mathias Joseph  
Sehl-Albert, Keira  
Seward, Madalyn Rose  
Thebeau, Jeffrey Emile  
Thomen, Koen E  
Willey, Hailey Lynne  
Willey, Magnolia Riley  
Zajac, Maxwell Adam

## 8th grade honors

Bennett, Jayani  
Dixon, Trevor John  
Dorman, Alisya Louise  
Goeden, Emmerson Irene  
Greenwood, Samuel Charles  
Hale, Skylar Elizabeth  
Heath, Lauren Grace  
James, William Richard  
Joyner, Emily Reese  
Lara, Matthew Robert  
Lenart, Chase Jessica  
Madej, Kendra  
Masterson, Ian

Merola, Colton Edward  
Reilly, Hannah  
Richwine, Alexander James  
Robinson, Cody Grey  
Shea, Matthew Ian  
Smith, Jackson E  
Sweeney, Caoimhe  
VanderWiede, Shane Frank  
Wessinger-Neumann, Joseph  
Wiese, Lauren Elisabeth

## 7th grade high honors

Aronson, Delaney Ruth  
Battista, Julia Rose  
Baucom, Rowan Elyse  
Bruno, Chase  
Burr, Addison Joyce  
Castelli, Joseph Robert  
Coleman, Stephanie  
Conte, Jameson Charles  
Czarkowski, Kyle Mark  
Douyard, Elliott Christopher  
Downing, Julia Elizabeth  
Eddinger, Gavin Henry  
Engler, Chloe  
Felder, Chloe  
Frank, Jaden Taylor Joonyoung  
Freeman, Meghan Joy  
Frith, Joshua Daniel  
Giaccone, Emma Catherine  
Goodison, Pearce Russell  
Harkin, Addison Rachel  
Iacobellis, Allison Sarah

Imai, Tetsuya  
Kilroy, Dina Anita  
LaTorre, Olivia Eleanor  
Livingston, Adam  
Loria, Cael Austin  
Maxwell, Avery  
McCourt, Daniel Joseph  
McLean, Ian Stewart  
McNamara, Caden Peter  
Miller, Magdalen Elizabeth  
Minickene, Nola Arden  
Miranda, Alison Natalie  
Mitchell, Grace Elizabeth  
Nguyen, Catherine  
O'Hanlon, Finnegan  
Ortega, Briella Skye  
Parri, Keely Cole  
Riggs, Amelia Jennifer  
Ruggiero, Mikayla Mandy  
Salamone, Nicholas  
Sanderson, Madeline  
Santamaria, Faith A  
Savoy, Spencer Blake  
Smigel, Cash  
Stall-Ryan, Adam James

## 7th grade honors

Aronson, Reagan Elizabeth  
Austin, Lily Elizabeth  
Bailey, Jack William  
Carone, Sophia Emily  
Coyle, Jack Alexander  
Crawford, Ellie Grace  
Cretella, Alayna Emily  
Czaja, McKenzie  
Degnan, Ryleigh  
Dias, Lucas Wilson  
Evans, Jamien Matthew  
Green, Collin Phillip  
Insalaco, Chase Jeffrey  
Johnson, Emma  
Kaplowitz, Payton Tracy  
Kent, Brielle  
Larkin, Nathan  
Moore, Cameron

Patterson  
Moriarty, Declan Bradley  
Moyher, John  
Obama, Chloe Maria  
Pizzorusso, Ian Daniel  
Rich, Payton Simone  
Schuler, Brendon  
Sorrentino, Elijah Anthony  
Spong, Emily Amara  
Thompson, Kellen Daniel  
Wolfradt, Jake

## 6th grade high honors

Abarientos, Chloe Antoinette  
Abbott, Elena Cristina  
Bailey, Audrey  
Behnke, Charlotte  
Brown, Dylan Avery  
Catalano, Alexandra Claire  
Celentano, Molly Parker  
Dixon, Peyton Rose  
Edwards, Tristen Nelson  
Eighmy, Mason Lee  
Favalora, Jake Alexander  
Ferguson, Brody James  
Geissler, Ava  
Harriman, Juliette June  
Hickman, Timothy  
Hussain, Safina Fatima  
Irons, Maizie Rose  
Krahn, Eliot Michael  
Krasniqi, Elna  
Lamarre, Luc Stephen  
Langer, Sophia Lynn  
LaRosa, Audrey Grace  
Lena, Aidan Thomas  
Leone, Michael Gregory  
Lomuntad, Mia Minerva  
Macy, Audrey Quin  
Mitchell, Cali LeeAnn  
Murphy, Benjamin Cooke  
O'Rourke, Alexander Joseph  
Peese, Bruce Merrill

Petersen, Frieda  
Piela, Josie Lea-Stone  
Poapst, Isla Grace  
Proulx, Adalyn Rose  
Racenet, April Elizabeth  
Richwine, Aaron Timothy  
Rimmer, Josephine Lynn  
Rubino, Lea Mikala  
Scileppi, Olivia Gabrielle  
Sidlow, Aoife Shelia Deanne  
Tenbrunsel, Aedan Matthew  
Therrien, Cole Jackson

## 6th grade honors

Berardino, Evan Thomas  
Boothroyd, Harlin  
Brault, Caleb Jackson  
Coppola, Mason  
Cortes, Myra Elysa  
Dooley, Alison Kay  
Hayward, Brady S  
Hoddinott, Molly Elizabeth  
Hughes, Nathan Edward  
Keeling, Chase Riley  
Lamarre, Allison Catherine  
Lisitano-Rode, Camryn June  
Malangone, Massimo Carmine  
Malangone, Samuel John  
Mandolfo, Ethan James  
Miconi, Benjamin Anthony  
Mitchell, Ella Sally  
Mitchell, Rebecca Diane  
Norko, Lucas Henry  
Reed, Harrison  
Ruiz, Camden  
Sargent, Evelyn  
Schweitzer, Emilia Anne  
Thompson, Desmond John  
Voegtli, Wyatt Evan

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# Killingworth Copes: March 31, 2021

By Cathy Iino, First Selectwoman, Killingworth.

I am sorry to say that, with the exception of the UConn women, there are not a lot of bright spots to report. As you may know, Connecticut's COVID positivity rate is up above 5 percent again, and we are one of the top five states in number of cases per 100,000 people.

Our own town remains stubbornly in the red alert zone, with 21.3 cases per 100,000 over the last two weeks. We can't stop taking the basic protective measures: Wear a mask. Keep your distance. Avoid crowds.

What is a positive is our vaccination rates. Connecticut still has one of the highest COVID vaccination rates in the country, and Middlesex County has the highest vaccination rate of any county in the state, with 22.8 percent fully vaccinated. More than 40 percent of Killingworth's adult population has had at least one COVID shot.

Like so many other anti-COVID measures, vaccination protects not just you but the community as a whole. The more people who are vaccinated, the

less chance there is of new, more virulent strains of the disease taking hold. And the only chance we have of really putting the disease behind us is to develop "herd immunity," which keeps a disease from spreading exponentially.

**Vaccination appointments in Old Saybrook.** The CT River Area Health District will open up 600 slots for anyone 18+ years old at 12 midnight tonight for a drive-through clinic that will be held tomorrow, Thursday, April 1, from 3:30 to 9:30 pm. CRAHD is administering the Moderna vaccine. Sign up is through VAMS. If you are not yet enrolled in VAMS, start that process right away, so you will be ready to go when the slots open. When in VAMS, search for the Old Saybrook location. The clinic is at the Old Saybrook Middle School.

**Killingworth vaccination clinic.** The Killingworth Health Department, in collaboration with the Community Health Center, Inc., will host a COVID-19 vaccination clinic for Killingworth residents on Tuesday, April 20. You can sign up for the clinic by calling the **Killingworth COVID-19 phone line: 860-663-1765, x220.** Supply of vaccine is limit-

ed, so appointments are first-come/first-served.

**Break-ins.** Last evening, someone attempted to break into a number of vehicles in town. Fortunately, almost all of them were locked, so the attempts were not successful. Good work, Killingworth! As the weather gets better, we can expect more of these incidents. Please continue to lock your vehicles, and don't leave valuables in them.

Criminals are attempting break-ins like these throughout the area, and some of the culprits are armed. Resident Trooper Mulhall urges you not to chase or confront anyone; if you see a break-in under way, call 911 immediately.

**Helping Hands needs you.** On a more positive note, the Killingworth Women's Organization distributed bags of holiday groceries to dozens of households last weekend. Many thanks to KWO! As a result, the shelves need restocking. Food and toiletary donations can be dropped off in the box outside the Center School at the traffic circle. Monetary donations can be sent to or dropped off at Town Hall.

Stay safe and carry on.

## TOWN & COMMUNITY CALENDAR

### Thursday, April 8

Killingworth Conservation Comm. Mtg. (remote access only) 7:00 p.m. – 9:00 p.m.

Haddam Park & Rec. Mtg. 7:30 p.m. – 9:30 p.m.

### Saturday, April 10

Spring Invasive Plant Cleanup and Trash Pickup 9:00 a.m. – 12:00 p.m. (rain date April 17)

Please register by emailing Cheryl Czuba at [cherylczuba@comcast.net](mailto:cherylczuba@comcast.net)

Haddam BOF Budget Workshop 9:00 a.m. - 11:00 a.m. via GoTo meeting.

Virtual Super Saturday Storytime 10:30 a.m. – 11:00 a.m.

Killingworth library remains closed. Join our Saturday Storytimes

on our YouTube channel! <https://killingworthlibrary.org>

### Monday, April 12

Haddam BOS Meeting 6:30 p.m. – 8:30 p.m.

Killingworth BOS Mtg. (remote access only) 7:00 p.m. – 9:00 p.m.

Killingworth Park & Rec. Mtg. (remote access only) 7:30 p.m. – 9:30 p.m.

### Tuesday, April 13

Killingworth Library Tuesday Book Discussion 1:00 p.m. – 2:00 p.m.

Details about meeting location coming soon! Join us as we discuss *Beartown* by Fredrik Backman. Extra copies will be available at the circulation desk. 860 663-2000.

Killingworth BOF Mtg. (remote access

only) 7:00 p.m. – 9:00 p.m.

Killingworth Inland Wetlands Mtg. (remote access only) 7:00 p.m. – 9:00 p.m.

### Wednesday, April 14

Killingworth Public Health Agency Mtg. (remote access only) 7:00 p.m. – 9:00 p.m.

### Thursday, April 15

Killingworth Library Mystery Book Club 6:30 p.m. – 8:30 p.m.

Join us as we discuss *W is for Wasted* by Sue Grafton. Check back for meeting details.

Killingworth Board of Fire Commissioners Mtg. 8:00 a.m. – 10:00 a.m. Killingworth Fire HQ

## DEATHS

### Jacqueline (Corning) Miller

Jacqueline "Jackie" (Corning) Miller, 57, of Higganum, CT, wife of Scott Miller, passed away unexpectedly on

Thursday March 18, 2021.

### Edward Staskelunas

Edward "Stasky" Staskelunas, 88, formerly of Higganum, passed away on Friday March 26, 2021.

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**Ways to Protect Your Children From a Car Collision**

**Before your Next Road Trip**

**By Attorney Sylvia K. Rutkowska**

With spring in bloom and the summer approaching, many parents are venturing out more and even considering taking family road trips. Keep in mind, while no one expects to be in a car collision, according to the National Highway Traffic Safety Administration car collisions are the leading cause of child injury and death each year. Here are some ways to protect your children from serious injuries:

1. Have appropriate child safety seats – these can reduce fatal injury by up to 71%.
2. Ensure that children are placed in the car seat correctly.
3. Be an attentive driver – Whether kids making noise or your cell phone, it's easy to get distracted when you are behind the wheel. If there is a distraction, pull over in a safe area.
4. Buy the safest vehicle you can afford – some safety features to look for include stability control, antilock brakes, lane departure warnings and adaptive cruise control.
5. Don't drive late at night – starting a road trip late as kids sleep may be tempting, but being drowsy increases the risk of a collision.

If you or your child were injured in a car collision, the attorneys at **Dzialo, Pickett & Allen, P.C.** are available for a free consultation regarding your rights and options to protect your interests.

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## Sexual Assault, Harassment Protest

*Continued from page HK1*

as well, according to Hannah.

"The prevalence of sexual assault and harassment in our town has only grown since I've started high school," said Mia Rubino, senior at HKHS. "It has effected how I dress, how I use social media, and the people I talk to."

"Sexual harassment has impacted me in greater ways than words can explain," said Kathy Melgar, another senior at HKHS. "I felt like I didn't have a voice and only recently have I realized how powerful and clear my voice truly is. I want this rally to be the start of conversations; between friends, family, administration, etc. I want this to be the start of change and teaching children that consent should be held to its value and if it's not a yes, then it is not consent."

According to The Washington Post, "the [U.S.] Education Department found that reports of sexual violence at schools [across the nation] rose from about 9,600 in the 2015-16 school year to nearly 15,000 in the 2017-18 school year. That's an increase of more than 50 percent." They said that the numbers may be in part due to the #MeToo movement, which emboldened more people to come forward.

Unfortunately, in our country, many victims do not come forward. In an article on ABCnews.com, they talk about the reasons. "Victims are often too ashamed to come forward," said Beverly Engel, a psychotherapist and author of more than 20 self-help books who says "shame and self-blame are central reasons why survivors of assault don't report these crimes." She said, "We say things like, 'She shouldn't have been wearing that kind of outfit, she shouldn't have drank so much, why did she go to that party' We find some reason to blame the victim."

Donna Hayward said at HKHS specifically, "We have not identified an increase or trend in the frequency of reported allegations in recent years." She went on to explain the high school's education around sexual harassment/assault. "HKHS is proactive in educating our students on many topics

and our curriculum already includes effective communication, consent, refusal skills, and teen dating violence. Our students are informed annually of our sexual harassment policy and procedures. Further, as policies are updated and/or as the need arises, certain policies are reviews and discussed with students; most recently, as students are returning to full in-person instruction. The student voice is always an important factor in our continuous improvement efforts."

On March 23, Holly Hageman, Superintendent of Schools for Region 17, sent out an email to parents about the policies of sexual harassment at our schools because of the recent events. In part it said, "Victims of sex discrimination and/or sexual harassment are encouraged to report such claims and are guided in the process of how to file a report. . . A school's Title IX responsibilities also include contacting the alleged victim(s) and their parent(s) to develop supportive measures, which are available with or without the filing of a formal complaint." She went on to say that "both the middle school and high school health curricula include instruction on healthy relationships, effective communication and refusal skills, and teen dating violence."

At the protest, several students spoke out, and people waved signs at passersby on Route 154 and Route 81. Cars honked their support. Speakers talked about how assault is normalized in our society, how a parent hands their daughter pepper spray for college, as if handing them any other college-necessary item. They also spoke about how victims need more support, both in school and out. And they want our school system to do more.

"Principal Hayward has convened a group of students and staff to meet next week to hear ideas for steps that could be taken in school to reinforce the concepts taught in Health and through Advisory," said Holly Hageman. "We are hearing students indicating that more education would be helpful, and we are eager to do that."

"We are hoping this event will not only inspire other schools, students, and victims, but that it will show the youth of Connecticut that if you are passionate about a cause, you need to speak up," said Hannah. "Change will never happen if we keep waiting for someone else to act. We need to act."



## Haddam Garden Club April 2021: The Wait is Over

*By Terry Twigg.*

Has there ever been an April so eagerly awaited? It's now a year since I first mentioned COVID-19 in these pages. Back then, none of us knew how long we'd be living in its shadow, and that's probably a good thing. We've survived a year of uncertainty and isolation, punctuated by fear and loss. For so many of us, our connection to the natural world has provided the only, the most essential solace for our battered hearts. Last summer, we walked our dogs at the Meadows, and harvested whatever vegetables the deer didn't eat first. Last fall, we gloried in the vibrant foliage down at the Cove. While millions were cooped up in city apartments, how lucky we were to live here! Even through the winter we could find joy in the patterns of lacy bare branches, or that particular diamond sparkle of starlight that only appears on the coldest, clearest winter nights. But we've never waited so impatiently for spring.

And finally the signs are here. My pond was quiet in the frozen months, and even quieter during last summer's drought, but now the stream from which it was carved is teeming, and the water rushes into the overflow pipe and continues downstream to join the river. The peepers' chorus begins with evensong and lasts through the newly mild nights. Strange: I go mad at the roar of leaf blowers (which don't belong in any civilized community), yet rejoice in the peepers' din echoing around my yard. Every year I play a game with myself, trying to identify the exact moment the trees leaf out, but it's a game I never win. The branches are bare and barren, and then the tiny nibs swell, and then one day I realize the whole hillside flushed with green when I wasn't looking.

Just this morning I saw a pair of ducks. This is a familiar ritual: They show up every year in early spring and spend about two weeks paddling around, occasionally venturing out onto the bank. Every year I start to hope I'll get to watch them raise their ducklings. I put seed near the edge to encourage them, but every year the faithless wretches eat the seed but break my heart and choose another neighborhood. Just as well, really; all the other pond creatures are roused from their winter's sleep, too, and that includes the snapping turtles, nemesis of duck parents everywhere.

[We've] been inside so long that even the worst  
*Continued on page HK7*

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# Girl Scout Brownies Learn How to Respond to Emergencies

By Clark Judge, KAA.

Quick, now, a show of hands by everyone who knows how to respond when there's an emergency and you must dial 911.

Someone? Anyone? Well, then, you have company.

The KAA's Lisa Anderson with members of Girl Scout Brownie Troop 60529

Eight girls from Girl Scout Brownie Troop 60529 – all [third graders] at the Killingworth Elementary School – didn't know, either. But they do now, thanks to a 35-minute primer given Wednesday afternoon by the Killingworth Ambulance Association's Lisa Anderson at Parmelee Farm.

Anderson was the ideal instructor. First, she's a former Girl Scout herself. Second, she instructed prior classes on emergency responses. Third, she's a friend of one of the Troop's co-leaders, Morgan Nairn, who asked if she could help the girls earn first-aid badges. And fourth, between California and Killingworth she's been an EMT the past 20 years.

So, she's experienced. She's knowledgeable. And she was available.

"I enjoy teaching people in town," said Anderson, "especially the kids, so they know what we do at the Ambulance Association, how we help our neighbors and how we help our townspeople."

But this was the first time Anderson taught Girl Scouts. Her previous sessions were with the Boy Scouts where she was joined by the KAA's Pat Miller



KAA's Lisa Anderson with members of Girl Scout Brownie Troop 60529. Photo provided by KAA.

and Dan Siegel. Furthermore, the events were held at the KAA's Route 81 headquarters, where she could use an ambulance for demonstrations.

But COVID restrictions necessitated moving Wednesday's class outdoors to the Parmelee pavilion, without an ambulance and with her audience covered by protective face masks.

No problem. The message got through.

"I feel like I covered my bases," Anderson said, "but I'm a hands-on person. If I can get in the back of the truck (ambulance) and let the kids touch something like the equipment or the radio, it's a good learning experience."

So was this.

The program was divided into three parts: First, with Anderson talking about the KAA, its EMTs and how they respond to emergencies; then, with

instruction on how to make 911 calls; and, finally, teaching the Brownies – plus Nairn and Troop co-leader Jen Catalano – how to use first-aid kits that included hand sanitizers, Band-Aids, gauze, hair ties, alcohol treatment and gloves.

Most of the instruction, however, centered on 911 calls. Anderson posed as a dispatcher, answering make-believe calls from five volunteers. Together, they went through a variety of imaginary emergencies, with Anderson asking her callers for their names, ages, the nature of the emergencies, the site of the emergencies and the conditions of the patients.

All followed the script and were sufficiently engaged that they asked follow-up questions:

"When you take someone to the hospital do you pass cars?"

"Is there a school where you go to become an EMT?"

"Is there an age when you have to stop because you're too old?"

"What do you do if you don't have a phone?"

In the end, it was mission accomplished. The girls earned their first-aid badges and, more important, learned how to respond to emergency situations.

"It was very knowledgeable for the girls," said Nairn. "Lisa did an amazing job teaching the girls basic first aid and what to do while calling 911 during an emergency."

## CONTINUED FROM PAGE HK6

### Garden Club

Continued from page HK6

spring garden chores are welcomed, as long as we get to be outdoors. Someone, decades ago, planted Forsythia in my front yard, and it spread into a thicket twenty feet around, strangled by miles of bittersweet vines. It's so overgrown that it hardly blooms, and so oversized that it completely obscures a stone retaining wall. Ever since I moved in I've been promising myself to get to it 'one of these days,' and on the first warm Sunday I hacked away with loppers and pruners. After an hour and a half I had built up a really quite impressive pile of branches, but the thicket still

looks barely touched. 'One of these days' looks like it will become 'one of these summers.' If you ask me (nobody ever does, but I can hope) an aggressive shrub that's nondescript fifty weeks of the year is too high a price to pay for a few weeks' worth of cheerful flowers, no matter how starved we are for spring color. I won't pull it all out, but I'd never choose to plant it. If you do, promise yourself that you'll stay ahead of pruning.

One spring chore I am looking forward to is the continuing transformation of lawn into meadow. I bought packets of native grass seeds at the Wild Ones sale in March, (<https://wildones.org>), and hope to have respectable stands of bottlebrush grass, northern dropseed, and Indian grass by the end of

the year. It's a happy coincidence of the importance of restoring native habitats and my desire to avoid maneuvering the Big Orange Machine on sloping lawn. You just don't realize how steep a hillside really is until you try to drive a riding mower across it. These grasses, once established, won't need much food or water, and no mowing at all. They form clumps that range from three to six feet tall, which should add a lot of interest in the winter, when the 'regular' grass is dormant. If I succeed, I'll be sharing seeds, plant divisions, and bragging rights in years to come.

It's finally spring. Put down this paper and go outside.

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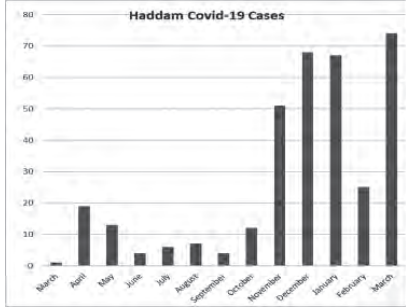
# April 1, 2021 COVID-19 Announcement

By Robert McGarry, First Selectman, Haddam.

I thought it was about time for another Covid-19 update. I started writing this early in March. I was going to highlight the improvement in our monthly case count from 68 in December and 67 in January to 25 in February. Still high compared to the summer but much improved. However, other issues demanded my time and the draft was put on a back burner.

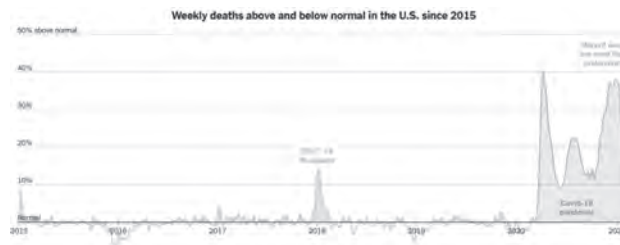
Then March happened and our case count skyrocketed (74).

Statewide except for the daily death count, all of the COVID indicators are going in the wrong direction. They started going back up in mid-March. (Deaths normally lags the other indicators by two to three weeks so they may begin to climb again.) The CT Mirror has a series of interactive graphs, showing indicator data for the state. The indicator I pay the most attention to is hospitalizations. It's less affected by other factors and you're seriously



sick if you're in the hospital. Here's the hospitalization graph as of March 31st. The good news is we're not in the dark days of last spring, hospitalizations are much lower. The bad news is they're rising again.

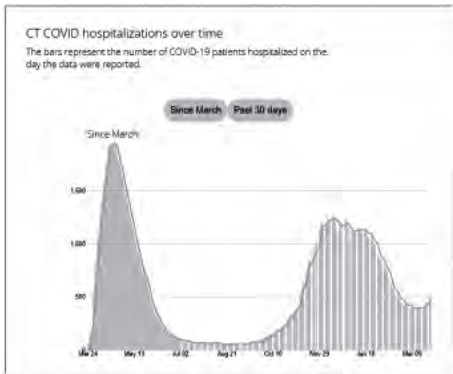
As explained in the NY Times, the graph shows the



percentage of deaths above or below the statistical average for the last five years. The deaths are from all causes not just Covid-19 but the impact of the disease is obvious.

On a positive note, vaccinations in Connecticut are going well. We've consistently ranked in the top five states for percentage of population vaccinated. Currently, only New Mexico has vaccinated a higher percentage than Connecticut. 20% of our population is fully vaccinated, 35% have received at least one shot. Everyone 16 and older is eligible. The number of places where you can get a shot is continuing to increase; Nutmeg Pharmacy and our health district are doing great work for us. Please get your vaccine. If you have trouble getting an appointment call our Social Service Department, (860)345-4621.

In closing, we're all tired of the pandemic, the restrictions, the inconveniences, and the precautions but we have to hang in there a little longer. Please wear a mask, keep your distance from others, wash your hands and avoid crowded situations.



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**BUDGET REFERENDUM**

The Electors of the Town of Haddam and all those qualified to vote at Town Meetings are hereby notified and warned to meet at their respective polling place in said town on Tuesday May 4, 2021 for the following purpose:

To cast their votes on the Regional School District Number 17 budget.

A copy of the proposed budget recommended for adoption by the district Board of Education is on file at the Haddam Town Clerk's Office.

**Locations of Polling Place**

**District #1 –**  
 Haddam Fire Company #1  
 Community Hall  
 439 Saybrook Road  
 Higganum, CT

**District #2 –**  
 Regional School District #17 Central Office  
 57 Little City Road  
 Higganum, CT

**District #3 –**  
 Haddam Neck Firehouse  
 50 Rock Landing Road  
 Haddam Neck, CT

The vote on the budget will be a yes/no vote. Voting tabulators will be used.

The Regional School District Board of Education will set the hours of voting at the Annual District Meeting to be held on May 3, 2021.

Per C.G.S. 7-7, the polls must be open from 12 noon to 8:00pm. The District Meeting will vote to open the polls at 6:00AM TO 8:00PM.

Absentee ballots are available at the Office of the Town Clerk. Please contact the Office of the Town Clerk at 860-345-8531 X211 or X212 FOR FURTHER INFORMATION.

Dated at Haddam, Connecticut this 8th day of April 2021.  
 Scott R. Brookes, CCTC, Haddam Town Clerk

**SPECIAL PLANNING AND ZONING PUBLIC HEARING**

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the former Haddam Elementary School, 272 Saybrook Road, Higganum CT on April 22, 2021 at 7:00 p.m. to act upon the following item(s):

- Request for Special Permit to allow conversion of a two car garage to an in-law apartment. 130 Pokorny Rd, Map43 lot26-6 Applicant: Jeff Shackett
- Request for approval for satellite med-spa in home office. 29 Devonshire Ln, Map16 lot 12-3 Applicant: Lauren Hebert
- Request for a special permit to allow for demolition of residential structure listed on Haddam Survey of Historical and Architectural Resources. 140 Dublin Hill Rd. Map 06/ Lot 042 Applicant: Tim Brewer
- Request to replace signs at Dunkin Donuts for rebranding, section 17.5. 82 Bridge Rd, Map 49 lot 34-1 Applicant: Poyant Signs
- Request for Special Permit to create 5 acre interior lot for single family residence, section 4.1 B.1 133 Injun Hollow Rd, Map 12 lot 13 Applicant: Carl Erlacher

Said application is on file in the Land Use Office of the Town of Haddam and on the web site at www.haddam.org.  
 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.

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## Part 2: Po's Rice & Spice – A Conversation with Po Fong

By Sharon Challenger.

After we finished our meals at Po's Rice & Spice restaurant, Higganum resident, Po Fong took time to speak to us about her business.



Po's family decided to move from NYC to CT in the late 1970's because they wanted a better life for their children. Her father worked for a friend, Mr. Shu at Wong's Restaurant on Washington St. in Middletown, CT.

In time, her family opened their own restaurant in a plaza in East Hampton, CT. This is where Po trained and worked as a young girl. It is where she learned some of the best techniques from her father and the chefs there. They taught her which ingredient made a dish spectacular.

Her parents closed their restaurant after 26 years, but years later the town asked her to come back and open a restaurant. She had just had her first child, but after months of planning decided it was time "to bite the bullet." She laughed saying, "Two days before Christmas! Who does that?"

She never thought she'd go into the business because she grew up with it. She didn't get to join school sports because she always had to work. Eventually, she moved to NYC. Oddly enough however, she found herself returning home every weekend to work with her family.

Today she wishes she had professional teaching. Yet, her food speaks volumes, she did have "professional" training, and it was from a Master, her father.

Wanting to learn some of her skills, I asked about her Tom Kha (A Thai soup) flavors because I had never had any that was as flavorful. The ingredients she uses include chili bean paste, lemon grass, lime leaf, coconut milk and Thai ginger. The chili bean paste adds another depth to the flavors and gives the soup a light peach color.

Her Egg Drop soup technique is to "gently pour" the scrambled egg in a circle around the edge of the pot. The stove must be off, so the broth is not boiling. After you pour the egg in, you

must let it set, and then gently stir the soup. She learned this technique from her father when she was young. She laughed as she recalled that if she tried to stir the soup too briskly, he'd gently tap her wrist and

say, "You have to be patient." Her father was a great Chef and made everything from scratch. She remarked, "he could make anything"

Her father told her, "if you open a restaurant you have to make your own bases and sauces." She begins with a base and adds a lot of ginger, scallion vinegar, hot oil, and chili peppers. The Duck dish I ordered came with a honey & ginger sauce. The Mongolian Beef comes with a Szechwan sauce, and the Peking pork chops have a sweet ginger and rice wine sauce.

Her staff is "like family" and has been with her a long time. The chefs do the cooking and she only steps "behind the line after 5:00 p.m. when it gets busy." After work, they sit and dine together. Her mom is often at the restaurant, but in spring and summer, she stays home to care for her large garden.

Po and her family live in Higganum. During Covid, her husband Mark suggested that they deliver meals to Higganum (HES) and Middletown. This helped to keep the business going, and they continue to do the deliveries weekly.

Mark, recently opened The Overcomer Training Center, a place where "at risk" youth can wrestle, exercise and be mentored, in Middletown, CT. He is also a teacher and coach at Middletown High School where he has worked for 25 years.

Their son Zach attends Xavier and is 14. Her daughter Samantha is 8 and attends Burr Elementary in Higganum. Po refers to her son as her "Rice" and her daughter as her "Spice."

I asked her if she cooks for her family when she is home and was surprised to hear that she only cooks Italian meals! She added that she loves cooking brunch when they have company.

She concluded, "If you are passionate about something, you can make it happen."



Po's Rice & Spice building. Photographs by David Challenger.

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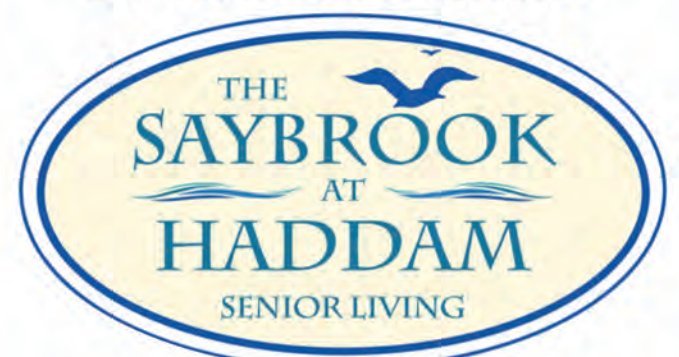
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 I A F I G R N N G L I N R H V  
 S E O N N R A E O N I L C C E  
 E S S O I D E W W B I R S B S  
 S I N X R G E E O A A R M E G  
 A Y F L P R O R N M L W P E O  
 E T E W S S P I L U T R S S R  
 R E T S A E P L A N T I N G F

ALLERGIES  
 APRIL  
 BASEBALL  
 BEES  
 CROCUSES  
 CYCLAMENS  
 DAFFODILS  
 DANDELIONS  
 EASTER  
 EQUINOX  
 FLOWERS  
 FROGS  
 GOLF  
 GRASS  
 GREEN  
 GROWTH  
 IRISES  
 LILIES  
 MARCH  
 MAY  
 NEW LEAVES  
 PLANTING  
 RAIN  
 RENEWAL  
 ROBINS  
 SEASON  
 SNOWMELT  
 SOFTBALL  
 SPRING  
 BREAK  
 SPRING  
 CLEANING  
 TULIPS  
 WARMER  
 WET

Mac O' Moodus

Roger Strub



Cloudy with showers

EDUCATION

Haddam Co-Operative Nursery School Fall 2021 Registration

By Kristi Boothroyd.

HCNS is very excited to announce that registration for the 2021-2022 school year is open & ongoing! We hope that you'll consider our program for your pre-school aged children!

**Three Year Old Program:** Tuesday/Thursday 9:00 a.m.-1:00 p.m.

**Four Year Old Program:** Monday/Wednesday/Friday 9:00 a.m.-1:00 p.m.

Call Crystal at 860 579-5110 or e-mail registration@haddamco-op.org to register/for more info!

Haddam Killingworth News

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