

Haddam Killingworth News

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

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December 10, 2020

For breaking news go to HK-Now.com every day

Free weekly



Photo by Rivo Consulting Group.

Wonder Paws opens in Haddam

By Eric W. Voide

The furry friends of Haddam now have an option to “shop local” when it comes to getting pampered and styled.

Animal lover, longtime groomer and Middletown native Gemmina Magnano-Gorski has realized her dream of business ownership and despite the mounting obstacles of this year, started her own business.

Last Sunday marked the official ribbon-cutting of the newly renovated Wonder Paws Pet Spa located at 1610 Saybrook Road in Haddam. With themes of Lewis Carroll and Alice in Wonderland, Wonder Paws proves to be a beacon for

a well-intentioned entrepreneur, filling a market gap with a fun, friendly, and necessary service operation. Wonder Paws is happy to extend loving care, great products, and a personal touch related to dog grooming, as well as offering associated retail items with the knowledge and experience you can't find online or in a big box store.

Gemmina is feverishly booking appointments and looks forward to being a responsible member of the business community, helping to contribute to the local economy. Stop by and say “hi,” even if you don't have a dog. But if you do have a dog, or know someone who does and would love a great Christmas Gift, call 860-554-4237.

Haddam COVID-19 update

By Bob McGarry,
First Selectman, Haddam

Covid-19 cases continue to rise in town as they do throughout the state and country. We're experiencing a dramatic increase this month; 45 cases so far compared to 13 last month and the previous high of 19 in April. Granted some of the difference in case numbers between now and April is due to the increased availability of testing but that doesn't explain the surge this month compared to October and September. What concerns me most about the fall surge is that it is more widespread in both the state and country than the spring surge. This reduces the ability to move medical resources from low demand areas to higher ones simply because there are fewer low demand areas.

There is some good news on the pandemic front. I'm sure you've heard about the three vaccines that may soon be available. Pfizer has applied for an emer-

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Killingworth Copes: December 1 update

By Cathy Iino,
First Selectwoman, Killingworth

Today is Giving Tuesday, and I want to remind you of a provision in the CARES Act (the coronavirus relief bill Congress passed in the spring) that allows you to deduct up to \$300 in charitable gifts even if you do not itemize your federal income tax deductions.

Because of the pandemic, local nonprofit organizations have had to cancel many of the fundraising events they usually depend on. They need our support more than ever.

Here are some of the local organizations that keep

*Continued on Page HK2***In This Issue:** Calendar, Page HK3 • Health: Breathing, Page HK5 • Education News, Page HK8**PONDSIDE
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9 Town Transit offers free rides to area COVID testing sites

By Joseph Comerford, 9 Town Transit

The Estuary Transit District's Complimentary COVID Testing Transportation provides FREE accessible transportation to COVID test sites in the district 7 days per week. Trips must begin in Clinton, Chester, Durham, Essex, East Haddam, Deep River,

Haddam, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook and Westbrook and may be to any testing site in those towns. Any resident regardless of age or ability is eligible, and up to four people may travel together.

Trips must be booked at least one day in advance

by calling Curtin Transportation at 860-443-1655 between 9:00 a.m. and 1:30 p.m. Monday through Friday. Wheelchair accessible vehicles are available upon request. Face coverings are required when riding. Full program details are available at www.estuarytransit.org

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Haddam COVID-19 update

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agency use authorization from the FDA; Moderna and AstraZeneca are expected to do so shortly. Our health district is preparing to administer the vaccine as early as the middle of December. The first group of people to get the vaccine is likely to be people at high risk, health care workers and first responders.

More good news is that it appears this surge in cases isn't producing the same surge in hospitalizations and deaths the spring surge did. Yes, hospitalizations and deaths are increasing but not as fast as expected. You can see this in graphs The Connecticut Mirror

published in an article on November 23rd, COVID in CT: The data that tell the story (<https://ctmirror.org/2020/11/23/covid-in-ct-the-data-that-tell-the-story/>). It's unclear exactly why this is happening; it's probably a combination of factors.

The bottom line is it's still up to all of us to do what we can to limit the spread of the virus. The advice is still the same – wear a mask, maintain social distancing, wash your hands and limit your time with others in confined spaces. Stay safe and please continue to support our local businesses; they'll need our help through the months to come.

Killingworth Copes

Continued from page HK1

our town thriving. For most of them, you can click on the link and find a way to make an online donation on their website.

- HK Backpack Program
- HK Youth & Family Services
- Killingworth Ambulance Association
- Killingworth Community Fund
- Killingworth Historical Society
- Killingworth Land Conservation Trust
- Killingworth Library
- Killingworth Lions Club
- Killingworth Volunteer Fire Company
- Killingworth Women's Organization

You may also donate to the Helping Hands food pantry or to the Friendly Fund, which offers emergency assistance to Killingworth residents for fuel and other necessities by sending a contribution c/o the Town of Killingworth, 323 Route 81, Killingworth, CT 06419.

And don't forget the churches, the PTOs, and other local nonprofits. You can find a complete list of tax-exempt organizations in Killingworth here.

There is a light at the end of the COVID tunnel. We are not out of the dark yet, but with your continued vigilance, we can get there. Meanwhile, the thousand points of light in our community shine brightly.

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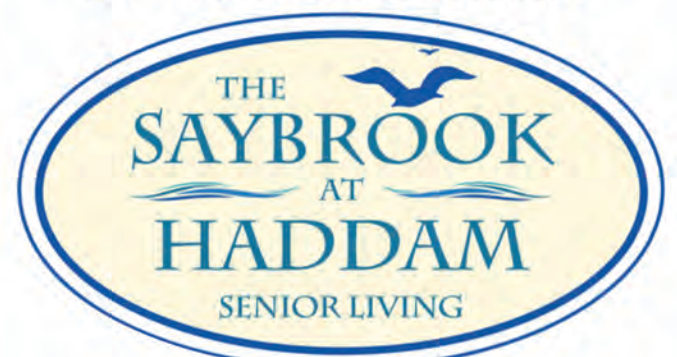
The Haddam Killingworth News wishes you and yours a safe and happy holiday season.

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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

Please visit www.haddam.org, www.town-ofkillingworth.com or hk-now.com for the most current information, including cancellations or changes in time or location.

Thursday, December 10

Santa's Mailbox through Dec. 18, Santa will be setting up two mailboxes in town. One will be at Nutmeg Pharmacy in Higganum and the second will be at the Haddam Post Office. Your child may write a letter to Santa and include a self-addressed stamped envelope and Santa will write a letter back! Hosted

by The Haddam Junior Women's Club.

Saturday, December 12

Santa at Jack's Country Restaurant 8:00-10:00 a.m.

HO HO HO!!!! Santa is coming back to Jack's! Things will look a little different this year to keep everyone safe and healthy, but he'll be sitting outside excited to greet you! If you'd like to bring a letter to give to him since we can't get close enough to tell him how our year was, he would love it.

Holiday Tree Book Folding – Zoom Brainerd Library, 10:00 a.m. – noon

Would you like to try book folding? It is an art form where pages of a book are folded to create a 3-dimensional piece of work. Join us on a Zoom meeting for this holiday tree book folding project. We will supply a paperback & embellishments for your tree. Call 860-345-2204 to receive your Zoom link. You can pick up the supplies via touchless pick up the week before. All supplies are handled with PPE and quarantined.

Super Saturday Storytime – Killingworth Library, 10:30-11:00 a.m.

Weekly family fun for kids of all ages! While the library remains closed, we will now be holding our Saturday Storytimes on our new YouTube channel! <https://www.youtube.com/channel/UC-FNx-ntCXn5xyj4ltJXj1XA/videos>

Killingworth Lions Club – Holiday Food Drive, Recycle Way, Killingworth, 9:00 am – 2:00 pm. Donations of non-perishable food, food gift cards and cash are needed.

Saturday & Sunday, December 12 & 13

Tree sale, Killingworth Market parking lot (at the Rotary of Rt 81 & Rt 80), 9:00 a.m. – 4:00 p.m. The Killingworth Lions Club are selling beautiful Xmas trees to support local charities and service organizations.

Monday, December 14

Haddam BOS Meeting (remote access only) 6:30 p.m.

Killingworth BOS Meeting (remote access only) 7:00 p.m.

Killingworth Park & Recreation Meeting (remote access only) 7:30 p.m.

Tuesday, December 15

RSD17 BOE meeting; Intermediate School 7:00 p.m.

Killingworth P&Z Mtg. (remote access only) 7:00 p.m.

Wednesday, December 16

Free Covid-19 testing, 10:00 a.m.-12:00 p.m., Wesley Elementary, 10 Wesleyan Hills, Middletown, Conn.

Thursday, December 17

Blood Drive – St. Peter Church in Higganum, 8:30 a.m.-6:00 p.m.

St Peter Church is sponsoring a Red Cross blood drive Thursday, December 17, from 8:30 a.m. to 6:00 p.m. in the church hall. The need is constant. Please donate! To schedule an appointment, use <https://www.redcrossblood.org/give.html/drive-results...> or call 1-800-RED CROSS.

Teen Write Club – Zoom Killingworth Library, 4:30-5:30 p.m.

Join the Killingworth Library over Zoom as we work to create our own publication. Whether you have writing or artwork to share, or want to hone your skills as an editor, there is a place for you on our writing team! We will be creating an online collection of writing and other art from Killingworth Library patrons to be hosted on our library website and shared with the community.

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

Join us as we discuss *The Bitterroots* by C. J. Box. Former sheriff's investigator Cassie Dewell is trying to start her life over as in private practice. She's her own boss and answers to no one, and that's just the way she likes it after the past few tumultuous years. All that certainty changes when an old friend calls in a favor: she wants Cassie to help exonerate a man accused of assaulting a young woman from an influential family. This group will be meeting via Zoom. If you are interested in joining the group, please email the library at mail@killingworthlibrary.org.

Haddam P&Z Meeting (remote access only), 7:00 p.m.

COMMUNITY

RiverCOG to host Zoom Workshops on area issues

By Sharon Challenger

The Lower Connecticut River Valley Plan of Conservation and Development will be hosting regional workshops via Zoom to discuss your thoughts on issues and trends in the region.

Topic: Regional Workshop: Regional Branding & Visioning

Time: Dec. 15, 6:00 p.m. Eastern Time (US and Canada)

Topic: Regional Workshop: Future Land Use Map part 1

Time: Dec. 21, 6:00 p.m. Eastern Time (US and Canada)

Topic: Regional Workshop: Future

Land Use Map part 2

Time: Jan 5, 2021 6:00 p.m. Eastern Time (US and Canada)

To join in on the Zoom meetings, go to <https://rivercog.org/events-calendar/> and click on the date/meeting you wish to attend.

RiverCOG is the council of governments for the seventeen Lower Connecticut River Valley Region municipalities.

For more information contact: RiverCOG, 145 Dennison Road, Essex, Conn. 06426

860 581-8554 info@rivercog.org

RiverCog includes Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Lyme, Middlefield, Middletown, Old Lyme, Old Saybrook, Portland and Westbrook.

PETS



Find a Fur Baby: Lucy

By Judith Levin

I Love Lucy!

Sweet Lucy is looking for a forever home for the holidays! Look at this adorable baby girl!

She's a little bit older which means she's housebroken, generally calm, and so so loving. She is the greatest cuddler ever and just wants to be with you.

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What can breathing do?

By Cindy MacNeil Sola

The Breath of Life

Breathing {noun}: the act of taking air into and expelling it from the lungs.

Relaxation {noun}: the state of being free from tension and anxiety.

Both of those words sound wonderful. But did you know they're related?

All of us breathe every day. Most of us try to relax every day. But few of us really think about either of those activities. Many of us only think about breathing if we struggle with allergies, asthma, bronchitis, pneumonia or COPD. Those conditions cause us physical discomfort and anxiety. Being short of breath for long periods of time is frightening. Because suffering from those conditions is awful, that's when breathing gets our attention. Sometimes when we concentrate or feel stressed, we tend to take a deep breath in and not let it out for a while. We do this because our bodies are trying to tell us something.

Otherwise, we don't think about our respiratory systems and what it can do for us. Our breathing system has muscles that work every minute of every day. When we inhale, oxygen is passed to our blood, pumped through our bodies, and delivered to all our cells. When we breath out, we exhale carbon dioxide. Job done, right? This is what our bodies are supposed to do, right?

In this stressful time of Covid-19, day-to-day events such as working from home while teaching your children school lessons — or losing a job and incurring the financial pressures

of buying food and making mortgage, car and other payments — it's the holiday, this provokes stress and anxiety. Plus, it's gotten cold outside. You can't be with family members, neighbors or friends. That causes more anxiety. Sometimes you don't even realize how much stress you are under, even when you're in it.

Breathe. Believe it or not, it helps. It calms your brain and your body. Nice deep breaths allow the body to fully exchange incoming oxygen and outgoing carbon dioxide and other toxins. That slows the heartbeat, lowers blood pressure, and lowers stress.

Yoga was the first discipline to incorporate breathing control. Now every relaxation technique — Meditation, Yoga, Reiki — all focus on breathing in different ways. If you concentrate on taking just three deep, slow breaths, being mindful of each one, you'll be amazed at how the body responds as you calm your nervous system and relax the muscles.

Breathing correctly improves our mood, keeps our energy levels up so we do our best, and can help us live longer, it makes our heart stronger, improves the capacity of our lungs, calms our nervous system, helps regulate blood pressure. It improves digestion, helps cells regenerate, boots energy levels and stamina, and elevates our moods. Controlled breathing also strengthens and tones the abdominal muscles, strengthens the immune system by supplying more oxygen to hemoglobin in red blood cells, and enriches our bodies helping to metabolize more nutrients and vitamins.

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A Season of Giving

By Terry Twigg, Haddam Garden Club

Holiday giving season is upon us. Somewhat muted this year; it may be that our awareness of the many among us who are struggling just to afford necessities has helped us realize that the path to happiness isn't paved with ribbons and wrapping paper. Curiously, as the desire to receive recedes, the joy of giving is magnified. Or maybe we're just growing up.

Gardeners are generous all year long, not just at holidays. We can't claim to be more unselfish than others, though, because we have a unique advantage: we get to keep our favorites, even as we give them away. We share cuttings, divisions, and seeds, and still the prized plant remains. Sometimes, with a particularly prolific plant, we can't share it fast enough! (I'm looking at you, Missouri sundrops.)

Despite the drought, my dahlias had a banner year. From late summer to frost my family received colorful bouquets, and by October, each of my smitten sisters declared her intention to grow them herself next summer. On Christmas morning they'll each get a box filled with colorful photos of dahlia blossoms. They'll have to wait until spring for the actual tubers, which I dug up last month and packed away to winter over in my basement. My next-door neighbor Gerry and I are also trading: he likes my burgundy "Arabian Nights" and orange-and-yellow "Motto," while I covet a nameless magenta red variety in his garden. And neither of us will be any poorer for the swap: in the course of one summer, little tubers the size of my thumb multiplied to whopping clumps. I'm sure there's a metaphor in there somewhere, about the blessings we share coming back to us manifold. Sentimental, maybe? But, hey, it's the holidays.

Almost any gardener will tell you

that her garden is filled with not just plants, but also the memories that arrived with them. The yellow mums I found growing at my first house, descendants of which I've planted everywhere I've lived since. Almost-white daylilies from my friend Ann. Eunice's red cannas, and the black walnuts I picked up in Dorena's yard and am trying to coax into sprouting. Sometimes the memories evoke mixed feelings, as when I shared my cherished blue pumpkin seedlings with my friend Malaine. She—the best vegetable gardener I know—harvested seven fat pumpkins. I, envious, had none. Cuttings from my sister's vibrant purple hydrangea grew, but since my soil's pH doesn't match hers, the flowers are an ordinary blue. My most giggle-provoking plant-sharing memory is of a coontie palm at Silver Springs in Florida. This prehistoric plant has fronds apparently made of bright green plastic and a seed cone that looks like a salmon-pink hand grenade. I wanted to see if I could get them to grow, so a helpful park ranger generously handed me some seeds. When I got home I looked them up, and learned two interesting facts: First, getting coontie to germinate is tricky, requiring long periods of heat and moisture. Second, it is illegal to harvest from the wild. Oops!

Of course, it's the wrong time of year to give away plants from your garden. But it's not too late to pot up divisions of your favorite houseplants, which would be extra-welcome gifts in this winter of homebound isolation. Shared windowsill herbs would be just the thing for pandemic-inspired cooking. Or follow my plan and give photos of summer glories, with promises of the real thing come spring. I promise you, it's extra-special to admire a plant and remember, "My friend gave me that."

Haddam Killingworth News

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HADDAM STRONG



TOGETHER

The pandemic has changed life for everyone in our community, and that includes Brainerd Library. It's been a hard couple of months here for everyone, but that doesn't mean we have nothing to celebrate.

Many in Haddam and around the nation feel a sense of unity and purpose as we face a common enemy and shared goal.

We feel it at Brainerd Memorial Library too. Even though we had to shut our doors to protect our visitors and staff, we were determined to continue to offer services including ZOOM book clubs, movie nights, and educational lectures.

We continued paying our staff and they recorded concerts for kids, offered yoga instruction, craft kits, initiated Haiku and Middle School essay contests, a poetry blog, a "book-face" challenge, and even provided remote tech instruction.

The Little Free Libraries are up and running in Higganum, Haddam Neck, Tylerville and Rte. 81 near the Dairy Barn. Many patrons

are now using our new touch-less pickup service at our Library building for books and other materials during the pandemic.

When the building re-opens, you will find an upgraded facility to meet the town's growing needs. With 17 new parking spaces, an outdoor plaza, an additional entrance, new rest rooms, including a kids-only bathroom, and a renovated lower lobby, we hope you will be impressed by the greater access and up-to-date finishes.

We recognize that today's personal financial stress has never been greater for many of us. But we are hopeful that you will, as you're able, continue to support the library.

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The breath of life

Continued from page HK5

Whether they choose Reiki, guided meditation, or exercises to relieve stress and anxiety and to ground yourself, I always have my clients do controlled breathing at the start of each session. I try to have them practice controlled breathing each day.

Try it: Sit or lie down in a quiet, comfortable place. Inhale through your nose while expanding the belly. Hold it a few seconds and feel your lungs full of that wonderful oxygen. Exhale fully through the mouth and feel all the toxins being released from your body. Do that three times. As you go back to normal breathing your body will start to relax. You'll feel cradled and safe. Put aside five minutes to do that each day, and you'll experience a difference in your energy levels and your mood. If you're having a stressful day, stop. Take a minute and just breathe. After four to five weeks of doing that, you'll find anxiety and depressive symptoms will significantly decrease.

Please note: Controlled breathing is not a replacement for medication or any other therapies that might be prescribed by your doctor. But in conjunction with other treatments, it will certainly help improve the way you feel and live.

So, when you feel your shoulders tighten and your head feels like it's going to explode, breathe...

Cindy MacNeil Sola is the owner of Spirit and Balance, LLC, located in Higganum, Conn.

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HKMS: Cougar Celebrations for October/November

By Debra Cumpstone, Guidance Secretary, HKMS

We recognize students and their achievements and want to share these celebrations with you too. On Wednesday, Nov. 25, HKMS held their Town Meeting where these students were recognized.

Our Cougar Core Value Awards are given to students who exemplify one or more of our Cougar Core Values: Respect, Responsibility, Acceptance, Kindness, and Perseverance. These Core Values were developed and accepted by Haddam Killingworth Middle School students, parents, faculty, and staff in 2016, and we recognize students each month. We appreciate these students' commitment to upholding our core values and being role models at HKMS.

Reagan Aronson: Responsibility

Paul Birkmeyer: Respect, Responsibility, Perseverance & Kindness

Chase Bruno: Perseverance, Responsibility

Addison Burr: Perseverance, Responsibility

Ethan Casini: Respect, Responsibility

Francesca Ciociola Perseverance, Responsibility, Kindness

Jameson Conte: Responsibility, Respect, Kindness

Jack Cozean: Perseverance, Responsibility

McKenzie Czaja: Responsibility, Respect

Kyle Czarkowski: Perseverance, Responsibility

Alisya Dorman: Kindness, Respect, Responsibility

Tristen Edwards: Responsibility

Claire Eighmy: Kindness, Respect, Responsibility, Acceptance

Jaden Fazzino: Acceptance, Kindness, Responsibility, Respect

Chloe Felder: Responsibility, Perseverance

Brody Ferguson: Kindness

Skylar Hale: Kindness, Respect, Perseverance

Addison Harkin: Responsibility, Perseverance

Lauren Heath: Responsibility, Respect, Perseverance

Maizie Irons: Perseverance, Responsibility

Emily Joyner: Respect, Kindness

Payton Kaplowicz: Kindness, Responsibility
Mackenzie Keating Acceptance, Kindness, Responsibility, Perseverance

Mitchell Kelsey: Responsibility, Respect

Grace LaConte: Responsibility, Acceptance, Kindness, Perseverance, Respect

Sophia Langer: Responsibility, Respect, Kindness, Acceptance

Julia Lelko: Respect, Responsibility, Kindness

Chase Lenart: Kindness, Perseverance, Respect

Hunter Leslie: Respect, Responsibility, Perseverance

Clare Link: : Respect, Responsibility, Kindness

Sean Link: : Kindness, Responsibility

Camryn Lisitano-Rode Perseverance, Responsibility

Mia Lomontaud: Responsibility

Cael Loria: : Perseverance, Responsibility

Audrey Macy: Respect, Responsibility, Perseverance

Sam Malangone: Responsibility

Ethan Mandolfo: Respect, Responsibility, Kindness

Emily Masterson: Respect, Responsibility

Kathryn Nguyen: Acceptance, Kindness, Perseverance, Responsibility

Justin Nieliwocki: Responsibility, Perseverance, Kindness

Finn O'Hanlon: Responsibility, Perseverance, Respect

Briella Ortega: Perseverance, Respect

Keely Parri: Responsibility, Perseverance

April Racenet: Perseverance, Responsibility

Josie Rimmer: Acceptance, Kindness, Perseverance, Responsibility

Jonathan Saraceno Responsibility, Respect

Spencer Savoy: Responsibility, Respect

Aoife Sidlow: Kindness, Responsibility, Perseverance

Jackson Snow: Responsibility, Perseverance, Acceptance

Emily Spong: Perseverance, Responsibility

Adam Stall-Ryan: Responsibility

Soren Tassmer: Respect, Perseverance, Acceptance

Andrew Tupay: Responsibility, Respect, Perseverance

Michael Turkington Respect, Responsibility, Perseverance

Magnolia Willey: Perseverance, Kindness

Gabriella Williams: Kindness, Respect, Acceptance

Nathan Zarra: Perseverance, Responsibility

Winter Sports

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

ALPINE-SKIING

BIATHION

DOG-SLED

ICE-FISHING

MILITARY-PATROL

SKIJORING

SNOW-BOWLING

ALPINISM

BOBSLEDDING

FIGURE-SKATING

ICE-SAILING

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