

# Haddam Killingworth News

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

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February 11, 2021

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

Free weekly

## Connecticut Water Customer Advisory Council Representative needed

By JoAnn Ricciardelli,  
Assistant to First Selectman, Town of Haddam

\*\* Please see the message below from Connecticut Water\*\*

Connecticut Water is establishing a Customer Advisory Council (CAC) to enhance communications with our customers and communities and would like representation from each of the 59 towns that we serve. The CAC members will be looked to consult and advise on matters of local interest.

The requirements to be on the CAC:

Appointed by the town  
A customer of Connecticut Water  
Cannot be an employee of Connecticut Water

Among other things, we will be discussing our planned rate case filing that we notified you about in early December.

We believe the CAC will provide an opportunity for the company to update customer representatives from the towns about projects, policies and procedures that may impact water quality or service, and for us to receive feedback from the council members. This will help us improve communication, learn

about the needs and priorities of customers and better coordinate in the towns we serve.

The dates, times and locations of the CAC have not been determined but members will be contacted directly once we have received the local appointments. Our plan is to hold the first meeting by the start of summer.

Please contact JoAnn Ricciardelli at the Selectman's office if you are interested on being a representative on the Connecticut Water Customer Advisory Council. [selectasst@haddam.org](mailto:selectasst@haddam.org) or (860) 345-8531 Ext 204.

## Killingworth Ambulance Association calls increased in 2020, with these five leading the list

By Clark Judge, KAA

The Killingworth Ambulance Association last year answered more than one emergency call per day, with the pattern of responses slightly different from those in 2019.

According to information compiled by the association, EMTs were dispatched on 370 calls in 2020, a slight increase over the 355 the year before. The most prevalent response was for victims of falls, with the numbers consistent over the two years.

Where there were 71 last year there were 75 in 2019.



Photo by Clark Judge

But there were changes after that, with breathing problems the most notable. They ranked fifth in 2019, comprising 6.2 percent of all calls, but

jumped to second a year later – with 36 calls comprising 9.6 percent of the total.

*Continued on page HK2*

## Killingworth Library Association receives 'Peach' of a gift

By Laurie West Prichard, Director,  
Killingworth Library Association

Killingworth Library is pleased to share that it is one of eighteen Middlesex County libraries that saw 2020 end on a positive note – each library will be receiving a \$1,000 grant from the Peach Pit Foundation to spend on “something to create more fun during a time replete with challenges.” This won-

derful news was shared on Dec. 30, 2020 during a Zoom conference call hosted by the Community Foundation of Middlesex County. The attendees were not told the purpose of the call other than it was for a “surprise announcement” and the Zoom screen quickly filled with happy, smiling faces as Sharon Griffin, representative of her family's Peach Pit Foundation, made her announcement, noting that “Libraries are an integral part of the community;

they are a resource for all.”

The Killingworth Library wishes to thank the Peach Pit Foundation, whose generous gift is helping to fund the Take the Library to Your Child Celebration. The Library will also be adding new e-resources for tweens and teens, new games and jigsaw puzzles for family game nights, additional take and make crafts, and extending our increase of HOOPLA checkouts per patron.

**In This Issue:** Killingworth Charter revision, HK3 • Covid impact on our community, HK5 • Campus Corner, HK8

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# The Taste of Middlesex County: February 15-21 and June 21-27, 2021

By Sierra Lopez, PR, MCCC

The Middlesex County Chamber of Commerce announced that the sixth annual Taste of Middlesex County is here! Amidst the COVID-19 pandemic, the chamber is reinventing the Taste of Middlesex County in order to meet Connecticut Safety Guidelines and to help support our local restaurants by

offering two tasty weeks in 2021: Feb. 15-21 and June 21-27!

Like past years, this celebration of local food will allow residents to discover Middlesex County's award-winning food scene! While the flavors are sure to still impress, this year will look a little different as the chamber is leaving it up to the restaurants on what

they would like to offer.

These restaurant weeks are designed to highlight the numerous and diverse dining experiences within the greater Middlesex region. Participating restaurants have come up with ideas such as a fixed price menu (\$20.21 or \$30.21), meals for two, family meals, or dine-in/carry-out options.

Participating restaurants so far include: 1741 Pub & Grill in Middlefield, Eli Cannons Tap Room in Middletown, Fire at the Ridge & Ridgeside Tavern in Middlefield, Scotch Plains

Tavern in Essex, and Water's Edge Resort & Spa in Westbrook.

If you love gourmet meals and scoring a bargain, the Middlesex Chamber encourages community members to save your appetite for these particular weeks!

To learn more or to register your restaurant to participate, please visit <https://www.middlesexchamber.com/pages/taste-of-middlesex-county>. You can also follow updates on social media by searching the hashtag #TasteOfMiddlesex.

## CONTINUED FROM PAGE HK1

# Killingworth ambulance calls up

Continued on page HK2

The explanation? Simple. The COVID-19 pandemic. It surged through the country in March and didn't recede as the year wore on, with the KAA responding to more persons complaining of breathing problems the second half of 2020.

But that's not all. What follows are the top five calls for 2019-20, with percentages of the totals in parentheses:

- Falls – 71 (19.2)
- Breathing problems – 36 (9.7)
- Sick person – 35 (9.5)
- Not entered – 32 (8.6)
- Traffic accident – 25 (6.8)

Now compare that to the five leading calls in 2019 ...

- Fall victims – 75 (21.1)
- Traffic accident – 35 (9.9)
- Sick person – 35 (9.9)
- Not entered – 31 (8.7)
- Breathing problems – 22 (6.2)

Of note are traffic accidents. They were down to 25 in 2020 from the prior year, or 6.8 percent of the calls, and that is not hard to explain, either. With the COVID pandemic forcing state and local shutdowns, persons traveled

less frequently. Hence, accidents declined.

"I'm not so interested in the different numbers," said the KAA's chief of service Mike Haaga, "as I am in how many responses we have, how long it takes us to get there and how long it takes to get off the scene to the hospital."

Of the other numbers, the most intriguing were calls made for persons who were unconscious or who had fainted. It dropped by over 50 percent. Where there were 11 in 2019, there were five a year later. Of equal interest is the drop in PEER (Police Emergency Evaluation Request) from one year to the other. There were nine in 2019 and four in 2020.

"The calls in the early months of the pandemic were down from last year," said KAA president Dan O'Sullivan, "as people were cautious about going to the hospital. However, as the year went on, calls increased a fair amount over last year, with the total modestly higher."

The KAA figures are recorded annually, with calls recorded electronically on patient care reports by EMTs on the scene.

## HADDAM COMMUNITY

### Voter Registration summary – released February 1

Information provided by the Town of Haddam Registrars

District	Democratic	Republican	Unaffiliated	Other	Total
001 Firehouse	958	801	1421	48	3228
002 Central Office	799	770	1350	39	2958
003 Haddam Neck	100	90	94	2	286
<b>Totals</b>	<b>1857 (29%)</b>	<b>1661 (26%)</b>	<b>2865 (44%)</b>	<b>89 (1.38%)</b>	<b>6472</b>



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Gillian R. Kelly, DMD, MSD  
Michael T. Kelly, DMD, MS

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# Killingworth Town Charter revision survey: call for resident input

By Cathy Iino, First Selectwoman, Town of Killingworth

As you may know, we have a Charter Revision Commission that is reviewing the Killingworth Town Charter and will recommend revisions later this year for the town to vote on. The commission is conducting an online survey, at [surveymonkey.com/r/PJ9Z3H2](https://surveymonkey.com/r/PJ9Z3H2). Please take a few minutes to share your thoughts on what works in the charter and what doesn't, and what could be better. The survey will be

open until Friday, Feb. 19, 2021.

For a paper copy of the survey, please call Town Hall at 860-663-1765.

There are many other opportunities to contribute to the charter revision process. The Commission's meetings are being held remotely, and you are welcome to attend. The schedule, agendas, and log-on information are all on the Town website (go to "Schedule of Meetings" in the Calendars section).

Members of the Commission would also be hap-

py to talk with you individually. Write to them at [killingworthcharterrevision@gmail.com](mailto:killingworthcharterrevision@gmail.com).

At least two public hearings will be scheduled, probably on line, before the charter revisions are put to a townwide vote.

You can find the full, searchable text of the current charter at <https://www.ecode360.com/12950651>

Catherine Iino  
First Selectwoman  
Town of Killingworth  
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Killingworth, Connecticut 06419  
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860-301-1398 (cell)  
[www.townofkillingworth.com](http://www.townofkillingworth.com)

## HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

Please visit [www.haddam.org](http://www.haddam.org), [www.townofkillingworth.com](http://www.townofkillingworth.com) or [hk-now.com](http://hk-now.com) for the most current information, including cancellations, location changes, time changes.

### Thursday, February 11

St. Peter Church hosts Blood Drive – Higganum 8:30 a.m. – 5:00 p.m.

Killingworth Board of Selectmen Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

Killingworth Conservation Commission Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

### Friday, February 12

Lincoln's Birthday

### Saturday, February 13

Virtual Super Saturday Storytime

While the Killingworth library remains closed, we will now be holding our Saturday Storytimes on our YouTube channel! <https://killingworthlibrary.org/>

### Monday, February 15

Washington's Birthday

### Tuesday, February 16

Haddam Board of Finance Budget review meeting (remote access only) 6:30 p.m. – 8:30 p.m.

Haddam Inland Wetlands Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

Killingworth Charter Revision Commission Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

### Wednesday, February 17

Killingworth Board of Selectmen Meeting (remote access only) 6:00 p.m. – 8:00 p.m.

Killingworth Committee on Alternative Housing Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

Learn How to Cross Stitch - (Zoom) Hosted by Brainerd Memorial Library 7:30 p.m. – 9:30 p.m.

### Thursday, February 18

Killingworth Board of Selectmen Meeting (remote access only) 6:00 p.m. – 8:00 p.m.

Mystery Book Club – Virtual meeting (hosted by Killingworth Library) 6:30 p.m. – 8:30 p.m.

Join us as we discuss The Keeper of Lost Causes by Jussi Adler-Olsen. This group will be meeting via Zoom. If you are interested in joining the group, please email the library at [mail@killingworthlibrary.org](mailto:mail@killingworthlibrary.org). Extra copies will be available at the library.

Haddam Planning & Zoning Meeting (remote access only) 7:00 p.m. – 9:00 p.m.



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### I GOT HURT AT WORK – NOW WHAT?

By Attorney Alexander J. Sarris

As is true with many things in life, most of us don't think about how we would cope with the frequently nerve-racking scenario of suffering an injury at the workplace until it actually happens to us. Below are some helpful pointers to know in advance that will help steer you in the right direction if you ever find yourself in this unenviable and difficult position.

- Immediately notify your supervisor or direct report of the work incident
- Request to complete a written Incident Report documenting all the fundamental details of the incident while it is fresh in your memory
- Request immediate medical attention if you suffered a physical injury from the incident
- If you require and ultimately receive medical attention, make sure to get a work status note from the medical provider to give to your employer so that they are aware of what – if any – work restrictions you may have following your work incident
- Remember that you have the right to choose your own treating physician should you need continued medical care

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# HKMS: Cougar Celebrations for January

By Debra Cumpstone, HKMS

We recognize students and their achievements and want to share these celebrations with you too. On Friday, Jan. 29, Haddam Killingworth Middle School held their Town Meeting where the following 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.

Charlotte Behnke	Responsibility, Respect, Acceptance
Ella Bessoni	Responsibility, Kindness, Perseverance
Ellie Crawford	Responsibility, Kindness
Riley Crotty	Respect, Responsibility
Ryleigh Degnan	Responsibility, Respect
Alisa Dorman	Responsibility, Perseverance, Respect
Anthony Fredrickson	Perseverance, Responsibility, Kindness, Acceptance, Respect
Samuel Galvis-Hamann	Responsibility, Perseverance, Respect
Emma Giaccone	Respect, Responsibility
Cordelia Giglio	Perseverance
Emmerson Goeden	Perseverance, Respect, Acceptance, Kindness
Pearce Goodison	Acceptance, Kindness, Perseverance, Responsibility
Jacob Gordon	Responsibility, Respect
Safina Hussain	Responsibility, Perseverance, Kindness
Ally Iacobellis	Responsibility, Kindness
Brielle Kent	Perseverance, Responsibility
Ashley Kukta	Perseverance, Kindness, Responsibility
Kody Lehert	Responsibility, Perseverance, Respect
Olivia Macaluso	Responsibility, Respect
Audrey Macy	Responsibility, Perseverance
Massimo Malangone	Respect, Kindness
Ian Masterson	Responsibility, Kindness, Respect
Noah Mathison	Kindness
Chloe Obama	Perseverance
Molly O'Rourke	Perseverance
Margaret Robinson	Respect, Kindness, Responsibility
Keira Sehl-Albert	Respect, Responsibility, Acceptance Kindness
Matthew Singer	Respect, Responsibility, Perseverance
Soren Tassmer	Kindness, Respect
Jeffrey Thebeau	Responsibility, Kindness, Perseverance
Shane VanderWiede	Kindness, Perseverance
Meghan Walsh	Respect, Responsibility, Acceptance, Kindness, Perseverance
Hailey Willey	Perseverance, Responsibility

## OUTREACH / COMMUNITY

### St. Peter's hosts ARC Blood Drive: February 11

Each day, the Red Cross must collect 14,000 blood donations for patients in need. Give now. Your donation is critical. Please sign up online for an appointment to give blood. Log onto [www.redcross-](http://www.redcross-)

blood.org or use the blood donor app to set an appointment. The following blood drive is scheduled: St. Peter Higganum Knights of Columbus Council #14590 will host an American Red Cross Connecticut blood drive on Thursday, Feb. 11, from 8:30 a.m.-5:00 p.m. at Saint Peters Church at 30 Saint Peter Lane in Higganum.

## LEGAL NOTICES

### ZONING BOARD OF APPEALS PUBLIC HEARING FEBRUARY 25, 2021

Zoning Board of Appeals, Haddam, Connecticut will hold a Public Hearing via GoTo Meeting  
<https://global.gotomeeting.com/join/664965853>.

**You can also dial in using your phone.**  
United States: +1 (646) 749-3112 **Access Code:** 664-965-853  
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<https://global.gotomeeting.com/install/664965853> on February 25, 2021 at 7:00 p.m. to act upon the following item (s):

- a. A variance to allow 26 foot encroachment into 100 foot setback from river as required in the Gateway Conservation zone, section 10.3. Property located at 1920 Saybrook Rd, map 66 lot 4.  
Applicant: Joseph Labacher

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

Zoning Board of Appeals, Haddam CT

### PUBLIC NOTICE TOWN OF HADDAM HADDAM CENTER SIDEWALK PROJECT FEBRUARY 4TH, 2021

Please be informed the Town of Haddam was awarded a Community Connectivity Grant from the State Department of Transportation to remove and replace the sidewalks on the east side of Saybrook Road in Haddam Center from Jail Hill Road northerly to the cemetery at the intersection of Saybrook and Walkley Hill Road. The project includes some landscaping and various decorative and traffic safety elements.

Plans are available in the Land Use Office in the Town Hall and on line at [www.haddam.org](http://www.haddam.org).

Additional information can be obtained by contacting:

Bill Warner  
Town Planner  
[townplanner@haddam.org](mailto:townplanner@haddam.org) or 860-345-8531

### PLANNING AND ZONING PUBLIC HEARING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Meeting at 30 Field Park Drive in Haddam, CT on February 18 at 7:00 p.m to act upon the following item(s):

- a. Request for special permit to allow 660sq ft in-law apartment.  
511 Foothills Rd – map 20 lot 7 Applicant: Gene Melansen
- b. Request for special permit to allow existing 10x11 room to be used as an in-home Medspa business.  
23 Devonshire Ln – map 16 lot 12-3 Applicant: Lauren Hebert

Said applications are on file in the Land Use Office of the Town of Haddam.

Planning and Zoning Commission, Haddam CT

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# Covid-19 among our friends, neighbors and loved ones

By Sharon Challenger

For many people, they are unsure of where they may have contracted Covid-19, and they also do not know if they may have spread it to others. In the beginning of the outbreak contact tracing was not in place. Even at this time, it is often difficult for the professionals to follow the patterns of contact people had before and during their illness.

As of January 29, 2021, six hundred and twenty people in Haddam and Killingworth have contracted Covid-19. In an effort to find out more about how it has impacted our loved ones, friends and neighbors,

HK News reached out to see if anyone would be willing to share their experiences.

Each person was asked how they contracted Covid-19 and what their experience was like. They were also asked if they had any advice to share for others who may fall ill. All chose to remain anonymous.

## 1st Respondent (Higganum, female age 45-55)

When asked how she contracted the virus, she said that her sons contracted it first on a Monday. She

promptly arranged to have a PCR and Rapid test done. Both tests came back negative. The following day, Tuesday, she developed a cough and a low-grade fever.

On Wednesday more symptoms appeared including sore throat, body aches, and headache. Another rapid test was performed which came back positive for Covid-19.

The following day, she lost her sense of taste and smell. All her symptoms progressed rapidly, the worst being extreme body aches. She was admitted into the hospital and received an infusion of man-made antibodies (bamlanivimab). <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-authorizes-monoclonal-antibody-treatment-covid-19>. Upon completion of the infusion, she returned home. Her physician ordered the use of a steroid inhaler along with Albuterol.

Five days after the diagnosis, she continued to suffer severe body aches. She was unable to sleep due to the pain and 1000mg Tylenol provided little relief.

Upon advice from Doctors and Nurses, she continued to take 1000 mg Tylenol every 8 hours, and 400 mg. Motrin at 4-hour intervals. An Albuterol inhaler was used every 2 hours, along with a Steroid inhaler twice daily. Over the counter medicine included daily doses of Vitamin C, Vitamin D3, Zinc, Airborne, and Mucinex DM.

She was advised NOT to lay on her back and

*Continued on page HK6*

## OBITUARIES

### Carol (Beckwith) Zanelli

According to Legacy.com and The Hartford Courant, Carol (Beckwith) Zanelli, 79, of Higganum, passed away on Jan. 28, 2021.

### Peter Joseph Lenart

According to Legacy.com and The Hartford Courant, Peter Joseph Lenart, age 80, of Killingworth, passed away on Tuesday, Jan. 19, 2021.

### Helen P. Jump

According to Legacy.com and The New Haven Register, Helen P. Jump, of Killingworth, passed away on Saturday, Jan. 23, 2020.

### John P. 'Chef' Thompson

According to Legacy.com and The Hartford Courant, John P. "Chef" Thompson, 63, of Haddam, recently passed away.

# Haddam Killingworth News

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Send all requests, content and comments to: **HK-NowEditors@outlook.com**

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# Covid-19 among our friends, neighbors and loved ones

*Continued from page HK5*

instead lay on her side or stomach when resting. To facilitate recovery from Covid-19, she stressed the importance of getting a lot of rest.

## 2nd Respondent (Haddam, male age 60-70)

When asked where he may have contracted the virus, he suspects it may have been from a co-worker. He self-quarantined immediately and does not believe he passed it along to anyone else.

Before falling ill, he followed the recommended precautions, wore a mask, and washed his hands frequently. However, he mentioned he often wiped sweat off his face after he removed his mask. As a result of the illness, he is more vigilant about hand washing.

His first symptom was a cough which he thought was simply a cold. The cough, however, was followed by a headache which appeared after a family gathering. When he took his temperature and learned it was 100.3, he self-isolated from others. There was a three day wait list at CVS for Covid testing, so his doctor referred him to Middlesex Urgent Care in Old Saybrook. They administered a PCR test, and the results were positive for Covid-19.

His symptoms progressed rapidly, and the dry cough continued to worsen. In addition, he suffered from body aches and fevers which would come and go. His temperatures ranged from 99.7 to 101.3 and would return to normal only to jump back up again. Breathing was difficult and inhalation felt like being squeezed. Feelings of exhaustion forced him to rest in a recliner for two weeks. Getting up and about was difficult and breathlessness occurred with the slightest exertion. He was advised by his physician to monitor breathing difficulties and if the condition worsened to report it immediately.

He did not get admitted into a hospital and received no specific treatment. To ease symptoms, he

relied on Tussin DM, Ibuprofen PM and lots of rest. Symptoms that continued to linger include cough, body aches, tiredness, and shortness of breath even with mild exertion.

When asked what advice he would give others who fall ill, he emphasized, "Wear your mask" and "Wash your hands!" In addition, "stay hydrated and get plenty of rest."

## 3rd Respondent (former Haddam resident age 73)

The details of his experience with Covid-19 were provided by his daughter. This gentleman had been living in a CT nursing home for five years before he fell ill in May 2020. The facility had been in lockdown for two months, but it is questionable as to how careful they were being. He reported to his daughter that not all the staff wore masks during the quarantine.

There wasn't a phone in his room and in order for him to call his family, he had to use a phone in a hallway which put him at risk of being in close contact with whoever was passing by.

When the first case of Covid appeared in the facility, the family was notified. Within a couple days, the number jumped from one to seven. Within a week there were over fifty cases.

She said the weekend her father contracted Covid, the staff assured her that he was fine. They reported that he did not have a fever but was on oxygen to help ease his breathing. An automated phone system was used to update families on their loved one's conditions.

The reports led the family to believe he was alright that, "he was stable." Then on a Monday her mother received a call from a nurse insisting she needed to come see her husband that day.

When mother and daughter arrived at the nursing home, they had to put on all the protective equipment before going in to visit. His daughter said her father was aware they were there, in spite

of going in and out of consciousness. Her mother tenderly cared for her husband by combing his hair and washing his face. She then trimmed his mustache and beard which had been neglected for two months.

Preparing to leave, her mother said goodbye and promised to return the following day. She then left to go speak with the nurses. While out of the room his daughter told her father that she loved him and that "if he was ready to go, he did not need to worry about mom," that she would take care of her.

Her father passed away before they got back home, less than one week after contracting the virus.

## 4th Respondent (Higginum male, age 65-75)

In spite of taking precautions, i.e., wearing a mask and good hygiene practices, he contracted Covid-19. His symptoms included shortness of breath, low oxygen levels, body aches, cough, congestion, low pulse, extreme fatigue, and blurry vision. The symptoms progressed rapidly and as a result a family member called an ambulance. He was admitted into a hospital where he remained for six days. While there he received oxygen treatments and Remdesivir. Doctors monitored his liver and kidney function after each injection of Remdesivir.

Weeks after returning home, he had to be readmitted into the hospital. Tests revealed that he has lesions on his pancreas and is suffering with Pancreatitis. It is not certain, but doctors think it might be a complication of Covid-19.

## 5th Respondent (Haddam female, age 70-75)

It remains a mystery as to where this resident contracted the virus. She explained, "I had been taking all of the recommended safety precautions – masks, safe distance from others, hand washing, limited ventures from the house. I did go to the grocery

*Continued on page HK8*

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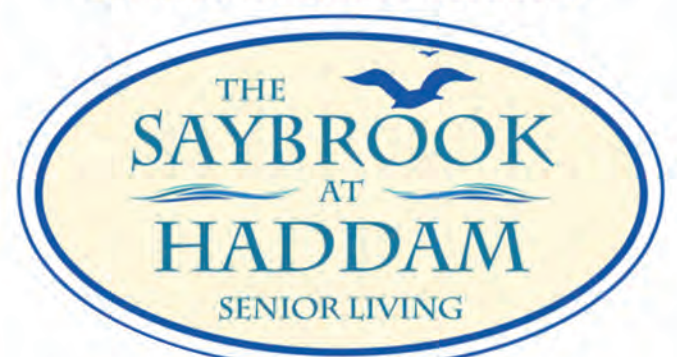
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## CAMPUS CORNER

*Editor's Note: Information courtesy of Merit Pages News unless otherwise noted*

### Jordan D. Lamoureux named to Husson University's President's List

BANGOR, ME (02/02/2021)– Higganum, Conn. resident, Jordan D. Lamoureux, has been named to Husson University's President's List for the Fall 2020 semester.

Lamoureux is a first-year student who is current-

ly enrolled in Husson's Bachelor of Science in Forensic Science program.

Students who make the President's List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.80 to 4.0 during the period.

### Jessica Santoro has been named to the Becker College Dean's List for the Fall 2020 semester

WORCESTER, MA (01/29/2021)– Becker College

is proud to announce that Jessica Santoro, of Higganum, Conn., has been named to the Dean's List for the Fall 2020 semester. Santoro is pursuing a Bachelor of Science in Business Administration, Marketing.

The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester – September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

## CONTINUED FROM PAGE HK1

# Covid-19 among friends, neighbors, loved ones

*Continued from page HK6*  
store and the gas station utilizing all of the above precautions."

Her initial symptoms, a sore throat, minor headache, and lethargy, led her to believe she was suffering with a cold. Both she and her husband were tested at her physician's office parking lot. Her test came back positive, his negative.

Her symptoms progressed moderately, and included, reduced appetite, total exhaustion, difficulty breathing, loss of taste, and a mild rash on her face. Her most severe symptom was the exhaustion.

She was not admitted to the hospital because her oxygen levels were within the low normal range. Her insurance company provided her with an oximeter which she used and recorded oxygen levels several times a day. A nurse called daily for 2 weeks to check on her progress. She remained in quarantine for 2 ½ weeks.

She explained, "To date I am fine with no lingering symptoms. It did take about 6 weeks to regain normal strength."

Her advice to others who are ill, "It is important to rest and not try to push yourself to do too much." She added, "Although I had a pretty full pantry a friend dropped off a daily paper, soup,

bread, and special drinks. This kindness was essential to my recovery."

### 6th Respondent (Higganum female, age 65-70)

Like the others, she suffered with fluctuating fevers, cough, sore throat, body aches and extreme fatigue. Her symptoms lasted for around ten days. While she never lost their sense of taste or smell, she had no appetite and as a result lost ten pounds. The fevers lasted for seven days and "could be 102 degrees at 3:00 a.m. and 99 degrees at 5:00 a.m."

Since recovering from Covid-19, she has noticed that she ability to walk several miles a day has been impacted. Prior to Covid-19, exercise never troubled her, but now she feels pain in her toes when walking.

In addition, she has suffered from copious amounts of hair loss, and break-through post-menopausal menstrual bleeding. She is trying to schedule an appointment with her physician for a check-up to find out if her symptoms are Covid related.

She remarked, "It was a scary experience overall but so glad that it's over. Lingering questions are can we get it again? Are we immune and for how

long? If we got it again would it be worse or easier to get through?"

For those who have suffered with and survived Covid-19, many questions remain unanswered. Even the experts do not know if those affected will have lingering side effects in the future. It will take time, patience, and a lot of research, to unravel the mysteries of Covid-19.

### 7th Respondent (Killingworth female, age 50-60)

Unlike many people who contracted Covid-19, this individual did not have the typical symptoms, of fever, cough, and body aches in the beginning. One of her co-workers fell ill on Wednesday, March 11, 2020 developed a fever and body aches and was sent home. On Saturday, March 14, she developed a headache, chills, and body aches, but she did not have a fever or a cough. She thought the aches might have been the result of working outdoors, and the headache, perhaps allergies. A slight tickle in her throat caused her to lightly cough, but it was not that bothersome. However, over the next few days her headaches worsened. She explained, "my head felt like it was going to explode with pressure"

On Tuesday March 17, she received notice that her co-worker had tested positive for Covid-19. Initially she hesitated about going for testing because she was already following her doctor's orders to self-quarantine. However as more of her co-workers began to fall ill, she decided to have her physician arrange for her to get tested.

The following day she traveled to

New London to receive the test. Coincidentally, she developed two of the typical symptoms, loss of smell and taste, the same day.

She received the results of her test on Friday March 20: positive for Covid-19. She reflected, "It was a terrible frightening feeling not knowing what the future was going to mean and to hear my family all together having dinner, watching TV together, and joking while I was isolated in another part of the house." In addition, she learned that her coworker had to be hospitalized due to respiratory distress. The news was overwhelming.

While not much in life is certain, one thing is certain, Covid-19 is one of the most mysterious viruses we have ever been faced with. A friend of mine is a physician who has published several articles in journals about the Coronaviruses. She told me that while researching Covid-19, she felt like she was "getting whiplash." Experts in the CDC, WHO, and NIH were issuing statements only to retract them hours later.

It may take many years before we know all the facts about this virus, and time is not on our side. We still have outstanding questions about the 1918 pandemic, so it seems we may have a long wait before we thoroughly understand Covid-19.

More information regarding Covid-19 and the lingering effects can be found below:

<https://www.bloomberg.com/news/articles/2020-08-26/brain-deficits-nerve-pain-as-covid-torments-infected-for-months>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351>

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