

INCLUDES EAST HADDAM NEWS

Haddam Killingworth News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING HADDAM, HIGGANUM, HADDAM NECK AND KILLINGWORTH Copyright ©2021 Haddam Civic League LLC

February 18, 2021

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

Free weekly

Killingworth BSA Troop #18 gains new Eagle Scout: Evan Kamoen

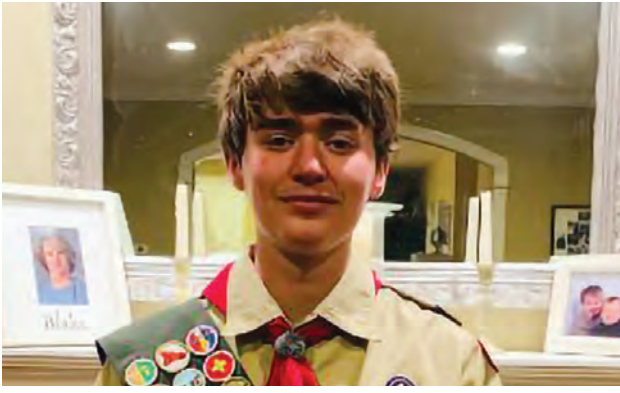


Photo provided by Jennifer Kamoen.

By Kathy Brown

Killingworth Scouts BSA Troop #18 has gained another Eagle Scout. Evan Kamoen, who is a Senior at Marine Science Magnet High School in Groton, completed his Eagle project, Mossback fishing structures for Forster's Pond, in August, and made Eagle Scout on January 8, 2021.

Evan is the son of Jennifer and Clement Kamoen of Killingworth. Evan has spent 12 years in Scouts, beginning as a Tiger Scout in first grade. He has been a Patrol Leader, as well as serving a year as his

troop's Assistant Senior Patrol Leader, also known as the ASPL.

"I've known Evan since he joined Cub Scout Pack 18, nearly 12 years ago," said Paul Pitts, Scoutmaster of Troop #18. "I eventually became his Scoutmaster and have seen his growth the last four years. He has grown and matured into a fine young man, living and following the tenets of the Scout law in and out of the troop."

Evan, with the help of his troop, built ten Mossback fishing structures which were put into Forster's
Continued on page HK2

Higganum student raises money for Haddam Animal Rescue

By Austin Mirmina

Higganum resident Delia, 8, has been selling homemade bracelets and necklaces to raise money for the Haddam Animal Rescue.

Delia, who attends OLM Prep, said she came up with the idea for a fundraiser, called Cause for the Paws, after noticing her school's fundraisers tended to focus more on people than animals.

"At school, we are doing a lot of fundraisers for people that are poor and don't have as much money," Delia said. "So I feel like making an animal [project] would be a lot different."

With help from her mom and friend Charlotte, Delia began making jewelry and selling it at school on a classroom cart. Bracelets, which cost \$1, and necklaces, which cost \$2, are made from different kinds of beads, string, ribbon, pearls, and other craft supplies. She has raised more than \$40 so far, and said she hopes the money will go toward food, medicine, and general maintenance of the animal rescue facility.

Delia is currently working on Valentine's Day and St. Patrick's Day-themed pieces. If you are interested in supporting Cause for the Paws and



Photos by Zina Crescenzi.

buying a piece of handmade jewelry, please send a Facebook message to Delia's mother, Zina Crescenzi, or email her at ZCrescenzi@yahoo.com. You can also donate directly to Haddam Animal Rescue by sending a check payable to:

Haddam Animal Rescue
c/o Sue Kautz
3 Beckwith Lane,
Haddam, CT 06438

In This Issue: Education news, HK3 • Calendar, HK5 • Food for Thought, HK8

CONNECTICUT'S EXCLUSIVE
CENTRAL BOILER DEALER
 FURNACES - PARTS - CHEMICALS

PONDSIDE
 WOOD HEAT
 SUPPLY

A DIVISION OF PONDSIDE KITCHENS AND HEARTH
 202 MAIN STREET DEEP RIVER, CT
 860.322.4016
www.PondsideWoodHeat.com

LONGER BURN TIMES*
 UP TO **60% LESS WOOD**

- Cutting
- Splitting
- Loading
- Free Time

Less Expense Work More Money

CENTRAL BOILER **CLASSIC EDGE**
 TITANIUM HDX Outdoor Wood Furnaces

THE MOST EFFICIENT
 EPA-Certified Stick Wood Burning Appliances™

90% EFFICIENT**
 EPA CERTIFICATION TEST (4HV)

26% tax credit*
 on qualified models & installation

Titanium-Enhanced Stainless Steel Firebox

RSD#17 Preschool needs Peers/Role Models

By Lee Kozlowski, Secretary,
Killingworth Elementary School

The RSD17 Integrated Special Needs Preschool Program is seeking three and four year old children for the 2021-2022 school year. This program consists of typically developing peers and identified special education students in a language-rich, structured environment focused on center-based learning.

Requirements for preschool peer students:

Haddam, Higganum, Haddam Neck or Killingworth resident
must be at least three years old by September 1, 2021
demonstrate age-appropriate social, behavioral and cognitive skills

toilet trained by the time school starts
demonstrate the ability to model appropriate skills in the areas of play, social interactions and adaptive behaviors

Parent participation and involvement are important components of the program. If chosen as a peer student, you must:

provide a recent physical and current immunizations per Early Childhood Health Assessment Record (provided in your registration packet)
complete and return the registration packet
be on time daily and have consistent attendance
provide transportation to and from the program
adhere to the tuition payment schedule

If you believe your child meets the above criteria and you would like them to participate in the Integrated Special Needs Preschool Program, please call Killingworth Elementary School and 860-663-1121 and provide the following information. You can also email this information to Lee Kozlowski at lkozlowski@rsd17.org

child's name
gender
date of birth
home address
home phone number
parent or guardian's name
email address

CONTINUED FROM PAGE HK1

Killingworth BSA Troop #18 gains new Eagle Scout: Evan Kamoen

Continued from page HK1

Pond in Killingworth, at the Connecticut Aquatic Resource Education (CARE) Center. The Connecticut DEEP runs the CARE Center, which is used to teach people from the inner cities how to fish. Evan is an instructor there; their youngest.

According to his mother, Jennifer, Evan is an avid fisherman, who fishes on a high school bass team, and holds numerous saltwater records. He works at Black Hall Outfitters in Westbrook, and plans to attend college for Marine Biology in the Fall. "This project took many of his different connections and brought them all together into one project," said Jennifer.

The Mossback fishing structures will give the fish

a place to spawn and reproduce in the pond, which was lacking such an area. Two of the structures are nursery kits which give the small fish a safe place to grow, as well as promote algae growth. The structures are specially designed so that anglers won't become entangled in the structures.

Evan received a grant from AFTCO, as well as a donation from Mohawk Valley Basscasters, which covered the cost of the structures. He also received a donation of crushed stone from Premier Stone in Killingworth, which was used to help sink the structures to the bottom of the pond.

"The final stages of Eagle become very challenging due to time, school and work constraints," explained Scoutmaster Pitts. "Evan is a full time

student, which requires a significant commute early each morning as well as works nearly full time. Fitting in the final requirements, meetings, work parties, and the significant application and review process was a challenge. Many people with his workload and schedule could not handle this. But that is the difference between Evan and most kids, and exactly why he is an Eagle."

"The pandemic made the process more challenging with delays every step of the way," said Evan, "but with the proper planning and the help of my Scouting community, I was able to accomplish my goal."

On May 16, 2021, an Eagle Scout ceremony is planned for Evan, along with Jackson Pitts and Luke Sodergren, also of Troop #18.

Social Distancing with our Mobile App

Free Services Include:

- ◆ Mobile Check Deposit
- ◆ Online Banking
- ◆ Bill Pay
- ◆ Person to Person Payments
- ◆ And More!

Visit essexsavings.com to download today!



Higganum Center Delivery Wednesday Nights



At Haddam
Elementary



Thai & Chinese Cuisine

97 Main Street
East Hampton, CT

860-365-5955

www.posriceandspice.com

RSD#17 Board of Education: summary of January meetings

By Jen Favalora, Secretary, RSD#17 BOE

2020-2021 School Year:

Superintendent Hageman reported that the CIAC, in alignment with the Department of Health, would allow low and moderate risk High School Winter Sports to compete starting January 19th. Boys and Girls Basketball, Boys Swimming, Gymnastics, Ice Hockey, and Indoor Track would have shortened seasons with no state tournaments. Masks would be required to be worn during practice and games by players, coaches and referees, and spectators will not be allowed at practices or games. Wrestling and Competitive Cheerleading were considered high risk by the state and will not be allowed to participate in competitions.

HKHS Hybrid Model Update:

The Facilities committee reported that the Field House renovations were completed in late December with just a few punch list items remaining to be finished. The updated space has been opened back up for the High School to use for classes, mask breaks and winter sports. The Field House closure was a main obstacle in opening the high school for

full in-person learning this fall, however with the community spread of Covid-19 still high and the fact that high school students cannot be cohorted because of the variety in their schedules, the administration will continue to teach High School students in the hybrid model for the time being. A schedule for the remainder of the year was sent to families. If the opportunity arises to safely allow high school students to learn all together, the administration will report to families.

2020-2021 School Calendar:

Superintendent Hageman reported that the first four months of school have been challenging for both teaching and learning. The flexibility in our district to teach in-person and remote students simultaneously has demanded adjustments in the use of technology and available resources. Dr. Hageman proposed supporting the staff's efforts by adding six early release days to this year's school calendar so that teachers and paraprofessionals would have needed time to plan and collaborate to best serve student learning. The Board accepted this proposal to revise the 2020-2021 school calendar. This year and next year's school calendars can be found on the rsd17.org website under "Calendars".

HKEA- RSD17 Contract:

The Personnel and Evaluation Subcommittee shared with the Board the terms negotiated for the new HKEA three-year contract. The cumulative cost in all salaries over three years will be an increase of 8.36%. This increase of \$1.2 million is about \$100,000 more than the last three year contract and includes 2 ½ step movement. Insurance cost share will increase by 2% over the three year period. Other substantive changes included clarifying sick leave policy and increasing teacher prep time for K-3 teachers. The contract has been filed with the town clerks of Haddam and Killingworth. By State Statute 10-153d, the terms of the contract are considered binding unless the legislative body of either town rejects the contract by formal process within thirty days.

Website:

All of Superintendent Hageman's Covid Communications continue to be placed on the RSD17 website, including a dashboard of Covid 19 cases in our schools. These communications can be found under "District" -> "Covid-19 Resources and Communications."

CAMPUS CORNER

Local students excel at colleges, universities

Editor's Note: Information below is from Merit Pages News unless otherwise noted.

Local Students Named to University of New Hampshire's Dean's List

DURHAM, NH (01/27/2021)- The following students have been named to the Dean's List at the University of New Hampshire for the fall 2020 semester.

- Marly Laberge of Killingworth, CT earning Highest Honors
- Veronica Chrzanowski of Haddam, CT earning Highest Honors
- Morgan Bowles of Higganum, CT earning High Honors
- Natalie Pontbriand of Higganum, CT earning Highest Honors

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic per-

formance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

Local students named to University of Maine Fall 2020 Dean's List

From umaine.edu/news

(February 5, 2021) The University of Maine recognized 4,124 students for achieving Dean's List honors in the fall 2020 semester. Of the students who made the Dean's List, 2,664 are from Maine, 1,363 are from 38 other states and 97 are from 35 countries other than the U.S.

The following local students recognized are:

- Max Revis of Higganum*
- Michaela Cole of Killingworth*

Emma Stillman of Killingworth named to James Madison University Dean's List

HARRISONBURG, VA (02/11/2021)- Killingworth, CT resident, Emma Still-

man, has been named to the dean's list at James Madison University for the fall 2020 semester. Students who earn dean's list honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Stillman is a communication studies major.

Accavallo Offerdahl & Co., LLC

Certified Public Accountants & Business Consultants

Tax Planning and Preparation for Businesses and Individuals

Estate and Retirement Planning

Auditing and Accounting

(860) 663-0110

(203) 925-9600

www.AOcpcpas.com



Offices located in Killingworth and Shelton

River Valley Provisions

95 Bridge Street, Haddam, CT
860-554-5599

Fresh Seafood | Live Lobsters
Fish Fry Fridays | Specialty Meats
Fantastic Cheeses
Chef Prepared Foods Daily

10% OFF
with a purchase of
\$50 or more
with this coupon

Gift
Certificates
Available



HKHS 2nd Quarter Honor Roll 2020-21

By Kati Farkas,
Bookkeeper, HKHS

High Honors – 12th grade

Berardino, Katja Haley
Bernier, Brandon William
Blair, Alexander J
Bodak, Meara Shea
Bosco, John Thomas
Bruder, John Albert
Byrne, Jasmine Ann
Carter, Timothy John
Celano, Elizabeth Dwyer
Chester, Ethan Jay
Chute, Jonathan Gary
Coleman, Aidan D
Cozean, Maxwell
Daley, Kristen Carol
DiMauro, Luke Edward
Doxsee, Meghan Christine
Esposito, Caitlyn Rose
Flaherty, Gabrielle Mae
Griffith, Jenna Rose
Gromala, Sophie Rose
Guarino, Sofia Rose
Harris, Fisher Walker
Henry, Jillian Mary
Jennings, Matthew
Jonathan
Kelsey, Spencer William
Klein, Abigail Elizabeth
Lamb, Nina Grace
Lawrence, Hayley
Lonergan, Kelsey Faith
Luther, Ryan Christopher
Luther, Samuel Christopher
Lynskey, Gregory Charles
Mack, Jaden Alistair
Madore, Morgan G.
Malone, Lucas William
Martino, Charles Matthew
Mazziotti, Kyle Joseph
McGoey, James Francis
Mercier, Anna Sterling
Meyer, Matthew
Nystrom, Malin Claire
O'Linn, Chase Alexander
O'Linn, Jordan Taylor
Parri, Kaitlyn Quinn
Pascucci, Michael Anthony
Perry, Thomas Edward
Pray, Matthew Joseph
Rakowski, Kaleigh Ann
Reinhardt, Sophie

Rubino, Mia Angelina
Rutledge, Sean Edward
Savastra, Michaela Rose
Schultz, Morgan Elizabeth
Seward, Jenna Michelle
Spector, Julian Kyan
Stone, Grace Marie
Walton, Autumn Marie
Williams, Kaylee Reese
Wills, Tessa Ann
Zavaglia, Carmela Maria
Zichichi, Steven Daniel

Honors – 12th grade

Barile, Gavin Stone
Boots, Patrick Lawrence
Bradford, Ava Lucila
Braren, Cal David
Brown, Rory John
Burrell, William Cavan
Byrum, Cody Alexander
Criscuolo, Mai-Ly Minh
Danaher, Melissa Anne
Dattilo, Julia
DelVecchio, Rachel
Elizabeth
DiNapoli, George Robert
Duffield, Jessica Elizabeth
Gamache, Madison
Elizabeth
Giambanis, Antonios
Georgios
Grasso, Ashley Kate
Grier, Kimball Sarah
Halfinger, Alden John
Hines, Cameron Masse
Inkel, Anastasia
Kehlenbach, Ryan Thomas
LaRosa, Daniel John
Lenois, Violet Rose
Lewis, Kedarjah
Marciniec, Nathan Joseph
McGlynn, Ella Rose
Miranda, Matthew Philip
Murray, Hunter James
Nielsen, Brett William
Petrus-Chapman, Hannah
Paige
Pitts, Jackson William
Reed, Riley Lauren
Thiel, Marissa Lanarra
Thiel, Matthew Preston
Tucker, Emma Rose
Whitehead, Colby Ray

Wink, Ryder
Yazmer, Morgan Olivia

High Honors – 11th grade

Baird, Evan Thomas
Barile, Gabriel West
Beauchamp, Duncan Paul
Bredfeld, Alyssa Rose
Byrum, Kaitlyn Nicole
Cardarelli, Michael Joseph
Carlson, Tori Lynn
Ceplenski, Eve Elizabeth
Civiello, Caden Emmanuel
Commerford, Hadley
Grayce
Conti, Andrew Thomas
Criscuolo, Ly-Linh Anh
DiMatteo, Ava James
Duncanson, Ryan Scott
Flaherty, Jacqueline Grace
Fleig, Andrew Steven
Freeman, Caleb Kanha
Goosen, Nicole Ann
Hajek, Sierra Marie
Hedges, Andrew Vincent
Imai, Yumiko Lillian
Izzo, Trevor Anthony
Kamoen, Lucas Arthur
Keithan-Resnick, Madeline
May
Lamy, Caitlin Elizabeth
Mack, Riley James
Manley, Melissa Lynn
Mazzotta, Kyla Reese
McCarthy, James Walker
Mercier, Joseph A
Merola, Greyson Matthew
Minervino, Brianna Marie
Nelligan, Lillian Irene
Norman, Grayson William
Pastore, Christopher
Michael
Rauscher, Laura Jocelyn
Rettberg, Carly Rose
Riggs, Libby
Snyder, Audrey Catherine
Sorrentino, Emily Maria
Sosnowski, Leah Grace
Stall-Ryan, Jonathan
Phillips
Strick, Ryan Curtis
Strom, Scarlett Grace
Studzinski, Kylie Ann
Swanson, Olivia Lee
Tassmer, Ava Rose
Virgulto, Isabella Ann
Welsch, Shelby Ann
Wettemann, Alexis Lori
Wettemann, Olivia Elaine
Williams, Benjamin
Andrew

Young, Samuel Michael
Zaitoun, Jayden Michael

Honors – 11th grade

Ackerman, Nikki Lynn
Alaimo, Emily Marie
Baucom, Wesley Marie
Cassidy, Grace Margaret
Cavrell, Kevin James
Christopher, Declan Ryan
Davis, Kayla Elizabeth
Frith, Jared Thomas
Guarino, John Russell
Haas, Daniel Dillon
Height, Samantha Madison
Houde, Julian Eric
Kennedy, Marin Mae
Ketchedjian, Tobias
Nathaniel
LaTouche, Madison Marie
Leslie, Bryan Parmelee
Mercier, Sean Keller
Mucciacciaro, Matthew
Peter
Mucciacciaro, Ryan
Narducci, Kameron Shea
Phipps, Corey James
Piacenti, Matteo
Selmer, Charlotte George
Smith, Hayden Phoenix
Thompson, Ryan James
Timothy, Jessica
Torello, Sophia Catherine

High Honors – 10th grade

Armour, Samantha
Arnold, Kaylee Rene
Bailey, Brooklyn Reese
Belanger, Amanda Louise
Berardino, Isabel Maya
Berardino, Sasha Grace
Bodak, Kaleigh Pearl
Botteon, Ryan Christopher
Braren, Nolan Thomas
Brawley, Aleysha Rayne
Brown, Georgia Grace
Cancroft, Georgia Elisabeth
Carter, Samuel Frederick
Chester, Leah Paige
Coleman, Caroline Marie
Conte, Caroline Laraine
Cooke, Jamison Vaughan
Corcoran, Paige Katherine
DeCrosta, Benjamin Paul
Engler, Alexander
Favalora, Julia Carolyn
Ferguson, Jack Michael
Freeman, Ellery Lauren
Fulton, Jayden Hunter
Gagliardi, Juliana Elizabeth
Goodison, Aleia Nicole

Gordon, Madeline Grace
Gorham, Mason Harry
Haas, Catherine Frances
Hansted, Emmalena Gracie
Henderson, Sarah Margaret
Hodgkinson, Aurelie Claire
Houska, Johanna Lillian
Insalaco, Jack Andrew
Jones, Abigail Grace
Kent, Caleb Paul
Ketchedjian, Amanda
Grace
Lara, Alexander Alberto
Lloyd, Brooke Taylor
Lonergan, Brenna Grace
McKenzie, Grace Rose
Miller, Gillian Alexander
Murray, Sage Ann
O'Brien, Kira Elisabeth
Overchuk, Katherine
Amelia
Packtor, Adeline Frances
Perry, Tyler Scott
Piela, Kelsie Elizabeth
Powers, Callen Michael
Scheppach, Neal Patrick
Schoen-Newsome, Sophia
Molly
Singer, Margaret Elizabeth
Smigel, Duane Scott
Strick, Laura Leigh
Thebeau, Kristen Marie
Tucker, Olivia Grace
Yazmer, Audra Lucy
Yazmer, Payton Ella

Honors – 10th grade

Badami, Pooja Vaishali
Bitgood, Rodney Joseph
Cassidy, Amanda Riley
Conlon, Mya
Fraser, Madison Jane
Geissler, Ella Anne
Goldblatt, Colin R
Haase, Devon Marcia
Kasperzyk, Payton
Charlotte
Kelly, Nathan David
Lavelle, Panagiotis
Matoshi, Enea
McLeod, Aaron Lee
Petrie, Charles Alexander
Petrie, Sarah Elizabeth
Pray, Jackson Lucas
Quilliam, Grace Elizabeth
Ramino, Sophia Elizabeth
Rosa, Carly Michelle
Sonski, Kateri Josephine
Whitmer, Jenna Michelle
Wrinn, Audrey Arline
Wurzbach, Wilhelmina
Frazee

High Honors – 9th grade

Adelberg, Sydney Alexis
Celentano, Luke Patrick
Churyk, Dylan Stefan
Commerford, Ella Nicole
DiNapoli, Jaimey Elizabeth
Emigh, Shylee K.E.
Goodison, Laina Katherine
Green, Emma Rose
Hamilton, Ryan Michael
Harriman, Ava Lyn

Hickman, Brooke Sarah
Houlton, Natalie Rose
Kamoen, Blake Maarten
Kehlenbach, Emerson Lynn
Keithan-Resnick, Jonah
Benjamin
LaRosa, Jillian Marie
LaTorre, Anabelle Helen
Macy, Lauren Quin
Marciniec, Abigail Beth
McGoey, Jacob Edward
McNiel, Ivy Rose
Mercier, Benjamin
Sigmund
Minickene, Samantha
Alessandra
Mitchell, Julia Curtiss
Morales, Alejandra
Moriarty, Madison Leigh
Munster, Victoria Rose
Murphy, Elizabeth
Margaret
Nelligan, Kaleigh Grace
Nguyen, Brian
Norman, Tea Marie
Parri, Rory Christine
Richwine, Bella Rose
Ruimerman, Samantha
Rose
Sajus, Emma
Savoy, Cooper Jonathan
Therrien, Catharine
Elizabeth
Walton, Leah Elizabeth
Werner, Benjamin Matthew
Wessinger-Neumann, Anna
E
Yalamanchi, Vaishnavi
Kalpana

Honors – 9th grade

Alger, Emily Katherine
Braun, Hailey Christine
Campbell, Alyson Page
Dattilo, Annabella
Dingus, Daniel
Fulcher, Mariella Elizabeth
Gagliardi, Tyler Robert
Hayward, Layla
Hill, Madeline Mercer
Hines, Nicolette Anne
Ignatuk, Caroline Jones
Kessler, Declan Joseph
Kuchyt, Martin Alexander
LaTouche, Cheyenne Ellen
Lavelle, Sofia
Marchetti, James Edward
Maxwell, Charles Aidan
Mazzotta, Mason Vincent
Montes, Andres
Pach, Samantha Valerie
Pitts, Cooper Thorpe
Reddy, Leeha
Rodriguez, Kayla Renee
Rosenblum-Jones, Rebecca
Grace
Sargent, David
Sicurella, Alec Jameson
Spong, Aidan Cristian
Timothy, Reese Anna
Tyler, Peyton Elaine
Virgulto, Louis V.
Zajac, Annabelle Grace



HIGGANUM VETERINARY CLINIC
92 Saybrook Road, P.O. Box 598
Higganum, CT 06441
Phone: 860.345.3366
Fax: 860.345.2557
Office Hours By Appointment

House Calls • Farm Calls
All Animals from
Cows to Chickens,
Reptiles, Cats, Dogs,
Goats, Pigs, Birds

Follow us on Facebook
higganumvetclinic.com



WANTED TO BUY
GUNS, SWORDS, KNIVES, CLASS 3
GOLD, SILVER, WATCHES
NATIVE AMERICAN ARTIFACTS
Federally Licensed FFL
203-800-5759
Lionheartmilitaria@gmail.com

Middletown Rug Cleaning Co.

Save Gas! Aerus-Electrolux Vacuums
Local Sales & Service

Let us help you with **YOUR RUGS**
15% OFF
All Walk-Ins

Specializing in Orientals
We Clean: Wall to Wall
Upholstery • All Area Rugs

860-345-RUGS (7847)
207 SAYBROOK RD. • HIGGANUM

**PART-TIME HELP WANTED
DAYS & WEEKENDS**

- Must be detail-oriented & self starter
- Must have CT driver's license & vehicle
- Must pass background check

Make a competitive income and feel part of a team that values your contribution.

Email info@petescleaning.com
or call (860) 852-5782
for more info or to apply.



LINDA'S TEAM
We Sell Houses.
You Make Them Home.
LINDA B. O'HARA
WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE

www.LindasTeam.com

860.209.7044 • Linda.OHara@raveis.com

860.388.3936 • 33 Main Street, Old Saybrook, CT

860.345.6700 • 577 Saybrook Road, Middletown, CT

860.209.7044 • 558 N Roast Meat Hill Rd., Killingworth, CT

239.331.4008 • 850 5th Ave. South Suite C, Naples, FL



Haddam–Killingworth Town & Community Calendar

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

Thursday, February 18

Killingworth BOS 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. Extra copies will be available at the library.

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

Saturday, February 20

Haddam BOF Budget Meeting (remote access only) 6:30 p.m. – 8:30 p.m.

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 22

Haddam BOF Meeting (remote access only) 6:30 p.m. – 8:30 p.m.

Tuesday, February 23

RSD17 BOE Meeting – Intermediate School – 7:00 p.m. – 9:00 p.m.

Wednesday, February 24

RiverCog Meeting (remote access only) 9:00 a.m. – 11:00 a.m.

www.rivercog.org; 860 581-8554

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

Thursday, February 25

Haddam Zoning Board of Appeals Meeting (remote access only) 7:00 p.m. – 9:00 p.m.

H-K YOUTH & FAMILY SERVICES

Are you interested in becoming a mentor?

By *Laura Shipman, HKYFS*

Learn about the HK Mentoring Program and about how you can form a valuable friendship with an elementary school student. The mentor/mentee

partnership can be very beneficial for both students and adults. You will be able to choose your preferred mode of communication with your mentee as we can't meet in the schools at this time. We have a special need right now for male mentors.

Please email Patty Coletti, Mentoring Program Consultant at MentorProgram@hkyfs.org for more information.

EDUCATION / COMMUNITY

Mercy High School 2nd Quarter Honor Roll

By *Maria Bergen, Executive Assistant, Mercy High School*

Below is the hometown listing of Mercy High School students in the towns of Haddam and Killingworth who were named to the Second Quarter Honor Roll for the 2020-2021 school year.

Haddam

9th grade

Donlan, Kate, High Honors

Scileppi, Jenna, High Honors

Higganum

Menard, Megan, High Honors

10th grade

Doyle, Serena, High Honors

Gyrog, Anastasia, High Honors

Lyons, Catherine, High Honors

Kohs, Avery, Honors

12th grade

Mathews, Kathleen, Honors

Killingworth

10th grade

Simoniello, Anna, High Honors

12th grade

Fordyce, Kayla, High Honors

Fordyce, Kylie, High Honors

Judge, Giuliana, High Honors

Kessler, Isabel, High Honors

H-K COMMUNITY

Stay connected with the HK Cougars this winter season!

By *Carlye Kohs, Library Media Specialist, HKHS*

Several of our winter sports are getting underway and the DEN is alive and well! We will be supporting our friends and student athletes by watching their games from home. With this in mind, our HK High School athletes are adapting to new ways to stay connected to the HK community, while still enjoying the sports they love. Here are the ways that you can stay connected to the HK Athletics and the Cougar Den as we kick off our winter sports seasons:

Follow the Cougar Den on Instagram: [hk_cougar_den](https://www.instagram.com/hk_cougar_den)

Follow the Cougar Den Twitter: [HKCougarDen](https://twitter.com/HKCougarDen)

Watch home games and meets live through HKTv:

<http://reflect-hktv.cablecast.tv/CablecastPublicSite/watch/1?channel=1>

Away Games will have a link posted on social media on game day

Not home to watch? All games will be recorded.

Please reach out to Athletic Director Lynne Flint with any questions about how to access these links, and thank you for supporting our student athletes!



YORK
TREE SERVICE
HIGGANUM, CT LLC
860-754-7007
Tree Removal • Stump Grinding • Chipping
Brush Hogging/Clearing • 75ft Bucket Truck Service
Emergency Storm Work • Snow Plowing
860-754-7007
FULLY INSURED/LIC #HIC0648142
Garrick York, owner



We Are Open!
Local day spa offering massage, waxing, pedicures, lash services and more!
Gift certificates for products and services available on our website.
Support local businesses today!
Blissful Beauty
DAY SPA
199 Main St | Deep River, CT 06417
860.575.1086 | www.blissfulbeautyco.com



Total Hair
Hair cuts and styles for the whole family
Celebrating 30 years in business
- Lori Aiello
860-663-2805
www.TotalHairKillingworth.com
Open Tues, Wed, Fri 9-5; Thur 12-8; Sat 8-4
The Courtyard, 176 Rte. 81, Bldg 2
Practicing COVID-19 safety precautions.



WAYPOINT
ACCOUNTING SERVICES, LLC
Tax Return Preparation Services
Are you getting the personal service you deserve?
www.wpaccountingservices.com
info@wpaccountingservices.com
860.452.3020

Advertise in the Haddam News – call Ed Munster at 860-345-2225!

COVID-19 vaccinations for individuals 65 years and older

Information from the Town of Haddam

Governor Ned Lamont announced that Connecticut residents over the age of 65 will be eligible to schedule COVID-19 vaccination appointments starting on Thursday, Feb. 11, as the state rolls into the next part

of phase 1b of its vaccination program. Vaccinations for individuals over the age of 75 and those within phase 1a will continue.

Appointments are required for the vaccination. Please visit <https://www.haddam.org/home/news/january-14-2021-covid-19-vaccines> for more information on appointments and registration.

Information on appointments and registration.

If you need assistance with the registration process please contact Jessica at Haddam Senior & Social Services at (860) 345-4621 or socialservices@haddam.org between 9:00 a.m. and 2:00 p.m. to make your appointment.

KILLINGWORTH AMBULANCE ASSOCIATION

2021 scholarships now available

By Clark Judge, KAA

As it has in past years, the Killingworth Ambulance Association will offer scholarships this spring to graduating seniors enrolled in private or public high schools.

Candidates must be residents of Killingworth and plan on continuing their education at a two-or-four-year academic institution. They should also meet the follow criteria: 1) Major in the medical, emergency services (fire, police, etc.) or other allied fields; 2) engage in community service and 3) maintain a GPA of 3.0 or higher in their high-school careers.

Applications are available at Haddam-Killingworth, Mercy and Xavier High Schools and can be found in the guidance departments.

Completed applications must be postmarked no later than Friday, April 21, with certificates of scholarships awarded in June.

The KAA has awarded 15 scholarships over the past four years, including eight in the last two. Haddam-Killingworth High School graduates Olivia Herrmann and Victoria DeLuca were the 2020 recipients.

Herrmann attends Clemson University and



Photo by Clark Judge.

DeLuca is a student at Southern Connecticut State University. The two continued a recent run of young women as recipients, with all eight scholarships the

past two years awarded to females.

For more information please contact the KAA at (860) 663-2450.1

WORD SEARCH

Transportation

AIRPLANE
BICYCLE
BLIMP
BOAT
BUS

ELEVATOR
ESCALATOR
FERRY
JET
MOPED
MOTORCYCLE
PARACHUTE

RAFT
ROCKET
SHIP
TRAIN
TRAM
TRUCK

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

REFLECTIONS CAR WASH
Salt & Sand is 'Sn^ow' Match for our Rust Inhibitor

Protect Your Car from the Road Salt and Sand with our **Underbody Rust Inhibitor** In our Touchless Automatic!!

Try our **NEW Salt Removing Precept Presoak** in our Self Serve Bays

711 Saybrook Rd Middletown, CT
860-347-WASH Open 24/7
www.reflectionscarwashct.com

Teri's Package Store
8 Killingworth Rd.
Higganum, CT
860-345-4038

Higganum Wine & Spirits
968 Killingworth Rd.
Higganum, CT
860-345-4070

Owned & Operated by Teri & Chuck Everett

Riebold Sanitation, LLC
Septic Tank Pumping • Real Estate Inspections
Septic Repair and Installation • Neighborhood Discounts on Pumping

Family owned and operated for 3 generations from Fred to Richie to Eric since 1947

Higganum, CT 860-345-2708
rieboldsanitation@yahoo.com rieboldsanitationllc.com

PETS

Find a Fur Baby: Meet Brownie!

By Judith Levin

This little guy is an adorable, lovable guy but he needs a certain type of house hold to be happy. He does NOT like kids, so please, no kids under age 12 under any circumstances. They freak him out. He would do best in a home with another dog his size or bigger. If they're smaller than him, he can be a bully. He's not a fan of busy house hold or people that visit and try to pet him. This guy is super smart and friendly, but he demands respect or he will growl

and tell you off!

Now let me tell you about his adorable self. He loves hugs and belly rubs. Once he trusts, he gives kisses all day long and you can pick him up. He's house trained and great on a leash. He only barks when he needs something OR he sees a squirrel in the window. He must protect his home turf from the threatening squirrel mafia! He also has a weird little habit of drinking everything in your cup so you must be careful or he will get sick. He's fine in a crate but he's kind of a Houdini so he might escape it. He's a very clever little dude and he's certainly keeping everyone laughing and guessing what he will get up to next!

Some vital stats:

Breed – Pomeranian/Corgi Mix
Color – Red/Golden/Orange/Chestnut
Age – 2 years old, Adult
Size (when grown) Small 25 lbs (11 kg) or less weight – he is currently 15 lbs
Sex – Male

He is also:

Neutered
Shots Up to Date
House-trained
Not Good with Cats
Good with Dogs
Not Good with Kids

If you're interested in meeting this guy after all you've read, please apply to adopt at www.brasscityrescue.org



Photo courtesy of Judith Levin.

HADDAM BRAINERD MEMORIAL LIBRARY

'Bid for Brainerd' Library Auction March 19-28: Treasures, Treats, & Tradition

By Donna Brinckerhoff

A wide variety of items ranging from antiques to jewelry to gift cards will be available during Brainerd Memorial Library's online auction, located on BiddingOwl.com, beginning March 19.

The 10-day-long nonprofit event will raise funds for adult and children's programs at the library, which is undergoing a physical renovation during Covid.

More than 150 items will be available, and bidders will be able to track the status of each item. During the bidding period there will be opportunities to view items at Haddam Elementary School.

Items that have been donated for the auction include jewelry, wine, furniture, getaways, antiques, gift cards for goods and services and gift baskets, to name only a few.

Details on how to log onto the site and enter a bid will be provided in upcoming articles.

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

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/664965853> on February 25, 2021 at 7:00 p.m. to act upon the following item (s):

- 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

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.

COMICS



Cattle Crossing

For all things Mac O' Moodus please visit redshedstudios.com

Middletown Toyota

Your Toyota Headquarters.



TOYOTA 2021 TACOMA-TRD SPORT



TOYOTA 2021 VENZA-XLE

2 years or 25,000 miles free service with any new Toyota
Bring in this ad for a \$700 discount!

Middletown TOYOTA

"The People Pleasers"

634 NEWFIELD STREET, MIDDLETOWN • 877-347-7294 • MiddletownToyota.com

We Speak English, Spanish, Italian,
Polish, Pakistani & Arabic
Sales: M-Th 9-8:30, F 9-6, Sat 9-5
Service: M-Th 7-7, F 7-5, Sat 7-2

Love the
Prices,
Love the
Deals

TOYOTA
Let's Go Places

I LOVE
My Middletown
TOYOTA

Food for Thought: Answering your questions

By Janet Verney

Editor's Note: This is the first question sent in by a reader in response to Janet Verney's request for reader questions.

"A friend of mine was diagnosed about 11 years ago now with Multiple Sclerosis. Though they are doing well overall considering the nature of the illness, they still struggle at times with soreness and pain. I know there are myriad of possible reasons for a diagnosis including lack of vitamin D, if you had mono, and even gut issues. My friend had all three at some point. What is the most effective dietary advice or even course of food consumption for someone in this condition aside from general maxims like eat mostly healthy greens or reduce sugar intake, etc.?"

— A reader from Haddam

Thank you for sharing this story and for inquiring for your friend. Multiple sclerosis (MS) is an autoimmune disease and the cause is still unknown, although many have varying theories as to why someone develops this condition. Many autoimmune diseases are thought to be linked to gut health and more and more research is supporting this theory. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7226078/>

For someone who is diagnosed with MS, I would suggest looking at a multidisciplinary approach to treating this condition. Having said that, this is not to take the place of conventional medicine, but is inclusive of treatments prescribed by their physician and complimentary medicine and lifestyle changes.

Please note – any additions, or changes to diet & lifestyle should be discussed with their medical provider.

Ok, lets break this down into five areas that may be helpful, from a health coaches' perspective:

Food & Nutrition: If the gut may play a role in supporting someone with this condition, then we need to optimize and diversify the microbiome. I like to think of the gut as the foundation to good health. I also think of the gut as a garden that one must tend. The better we prepare the soil, the more

nourishment we can provide, and the removal of the weeds, will allow our garden to have beautiful blooms ...

Let's start with the weeds. Removing possible trigger foods to underlying inflammation can help calm the fires. Things like fried foods; overly refined white flour with gluten; refined sugars (there are more than 60 names for sugar hiding in processed foods); alcohol; dairy of any kind, especially cheese; sometimes there is a sensitivity to corn, soy, or tree nuts as well. Some individuals have more inflammation with various nightshade vegetables, like potatoes, eggplant, peppers, etc. In addition, extracted and heated oils, even those that are touted to be healthy can trigger inflammation.

To prepare the soil, it's time to crowd in foods that nourish the body. Adding whole plant-based foods like leafy greens, a rainbow of colorful fruits and vegetables, especially living raw foods like sprouts. Sprouted, organic legumes, nuts & seeds, and grains as tolerated. It is also important to stay well hydrated, so consuming filtered water, at least half your weight in ounces (160 lbs = 80 oz of water), is a good daily goal. In addition, adding in small amounts of fermented foods can be very helpful as well. To learn more about a whole food plant-based lifestyle, I like to refer folks to Forks Over Knives or Plant-Strong websites.

Movement: Whatever activity level you are able to do, it is important to keep moving each and every day. This is an area that you may need support with depending on the progression of your MS. Gentle yoga, Pilates, walks in nature would be at the top of my list. Also, weight bearing exercises as tolerated would be helpful.

Vagus Nerve: this gut-brain connection is often overlooked and yet it plays a critical role in your health and can greatly reduce stress and anxiety, which can be common with those who have MS. There are many ways to improve vagal tone, but concentrated breathing exercises and meditation are two ways to support this. <https://themovementparadigm.com/how-to-improve-your-vagal-tone-9-ways-to-stimu->

[late-your-vagus-nerve/](#)

Body Work: Where there is pain and inflammation it can be very helpful to bring blood flow to the that area through massage, acupuncture, compresses, etc. <https://www.healthline.com/health/multiple-sclerosis/nerve-pain-legs-feet#At-home-solutions>

Herbs & Supplements: Sometimes the body needs a little extra help when we are in the healing process or living with a chronic disease. There are many options out there, but supplements are not all created equal. Many have added fillers and emulsifiers that can actually do more harm than good. Work with your practitioner to insure you are getting a quality brand and that there are not interactions with any prescription medications. <https://www.healthline.com/health/multiple-sclerosis/going-herbal-vitamins-and-supplements-for-multiple-sclerosis#herbs>

Thank you so much for your inquiry! Wishing you and your friend the best of health and happiness!

— — —

I am not a doctor, but I am a certified Integrative Nutrition Health Coach, whose niche is in gut health and who has many resources and experiences in the health & wellness field. I love helping clients to improve their health, to inspire them to reach their goals, and to arm them with insightful questions to ask of their physicians.

You can send your questions to HK-NowEditors@outlook.com, attention FOOD FOR THOUGHT and I will address them on a first come first serve basis. If you prefer to stay anonymous, just use initials, or a made-up name of choice. Let's make 2021 your best year ever!

Janet E. Verney is an Author, Integrative Nutrition Health Coach, Wellness Designer, and Healthy Food Chef who resides in Higganum and loves helping others to "health-up" their lives! Also known as the Gut Guru, Janet oversees IIN's advanced course in Gut Health. Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.

Haddam Killingworth News

PO Box 15, Higganum, CT 06441

Staff and Contact List

Anthony Giamei,
Managing Editor

Kathy Brown,
Senior Editor

Meghan Peterson, PhD,
Composition Editor

Sharon Challenger,
Editor

Reporters:

Deb Thomas, Austin Mirmina,
Sally Haase, and Phil Devlin

Ed Munster, Advertising Manager

Interested in writing for us? Write to us at
HK-NowEditors@Outlook.com

Businesses interested in advertising in Haddam Killingworth News should call Ed at 860-345-2225, or e-mail e.munster@comcast.net.

Businesses interested in advertising in East Haddam News should call Michelle at 860-615-9955 or e-mail sales@easthaddamnews.org.

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

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

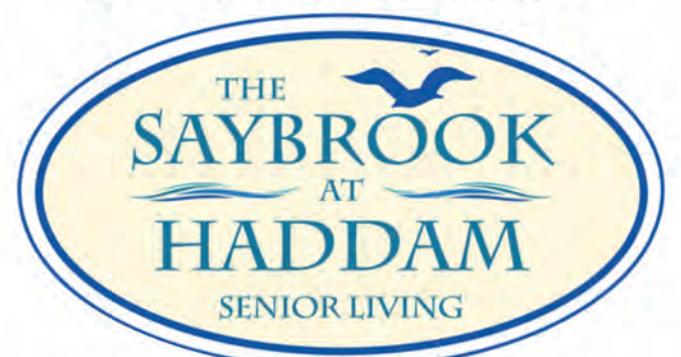
Member of the Middlesex County Chamber of Commerce

Say Connected. Say Supported. Say Safe.
The **Saybrook** at Haddam.

At The Saybrook at Haddam, our residents remain connected with their friends and family, supported by a 24-hour staff to ensure all their needs and wants are met, in a safe, clean, well-designed community. We're here for your peace of mind.



Accepting new residents!
Virtual tours available.



**CONNECTICUT'S PREMIER
SENIOR LIVING COMMUNITY**

1556 Saybrook Road, Haddam, CT 06438
860-345-0090 TheSaybrookAtHaddam.com