

Haddam Killingworth News

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

Copyright ©2021 Haddam Civic League LLC

January 21, 2021

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

Free weekly

Haddam teens help feed families during pandemic

By Kathy Brown

Aleia Goodison and Vincent Scileppi Jr. recognized a problem and found a solution. "Vincent and I realized that the pandemic was making it harder than usual for low-income or struggling families to provide food for themselves," said Aleia, a sophomore at Haddam Killingworth High School. "We were determined to find some sort of solution." They created one: Pizza 4 Pals.

Vincent, also a sophomore, attends Xavier High School in Middletown.

Even though both Aleia and Vincent are from Haddam, they thought that there were more families in Middletown in need. "In Middletown there are two schools in which most of the kids who attend are on the free lunch program," explained Vincent. "Most of these kids can only afford one meal a day, so that's where we came up with the idea."

Their original plan was to provide pizzas for families in late summer, but due to material orders being backed up due to COVID, that didn't come to fruition. But they didn't let that deter them. They got everything organized and started raising funds and started making pizzas. They delivered pizzas at the holidays, which is also a difficult time for families. "We decided this would be a perfect time to provide



Photo courtesy of Vincent Scileppi Jr. and Aleia Goodison.

these families with our 'take and bake' pizzas because it would ensure people could eat during the holidays," said Aleia. In late December, they did just that: distributed over 700 pizzas to families in Middletown, at MacDonough and Spencer schools, where cars were lined up to get pizzas.

Aleia and Vincent set up a Facebook page, where they were fundraising, as well as providing updates of their progress. The pandemic isn't over, and families are still struggling.

Vincent's father, Vinnie (Sr.), owns Illiano's Ristorante & Pizzeria in Middletown. "I just helped by purchasing some equipment specifically for mass production of the pizzas," said Vinnie "I taught them how to make the product, and made the connection at the Middletown school district to get them disbursed. It's very nice to see that they want to help out the community during these trying times and it tells me that they get it."

Vinnie Scileppi Sr. is no stranger to giving back. During the height of the pandemic, Illiano's was delivering pizzas to front line workers at area hospitals.

The teens are planning on continuing to feed the community. "We are hoping to recruit some of our peers/friends to help make and deliver the pizzas," said Aleia. "Once we're off to college, we hope to pass down the fundraiser to our siblings. They said they will happily take responsibility and continue providing for the less fortunate."

Their goal is to continue fundraising so that they can keep the momentum and the pizzas going. There

Continued on Page HK6

Covid-19 Fatigue: people should be focus, not statistics

By Sharon Challenger

Many people have growing concerns as the number of cases of Covid-19 increase daily while others tune out the news entirely.

We are bombarded daily with statistics, how many tests have been done, how many people tested positive, how many are in the hospital and how many have died.

The constant barrage of statistics revolving around the illness, has led to what psychiatrists' call "psychic numbing."

What is "psychic numbing" and how is it impacting our response to Covid-19?

When we process information, how we react to it is determined by how we "think" and "feel" about it. "Psychic numbing" occurs when the information we receive creates a negative response which makes us

want retreat or disengage. It is a protective response to a dangerous situation. Simply put, we tune it out, or reject the information entirely, which can be detrimental.

While tuning out might make us feel better momentarily, it does leave us open to misinterpreting the reality of the situation.

So, how can we reduce the "psychic numbing" that the Covid-19 pandemic headlines have created? What might help to make us tune in again?

One way would be to stop focusing on the statistics alone. The painful reality is that for every case that is reported, there is a person associated with that number. A person who may be suffering, a person whose loved ones are terrified about what is happening. A person who before contracting the illness had a life filled with adventures, and activities. They are someone's mother, father, sister, brother,

niece, nephew, or cousin. We should and must remember that or we risk losing our humanity.

The Beginning: 2020

Early on in the pandemic some members of my family in California contracted Covid-19, and what happened to my family has unfortunately impacted many others around the world.

On Feb. 11, 2020, ten of my cousins boarded the Grand Princess Cruise ship in San Francisco, California for a much-anticipated trip to the Mexican Riviera. The cruise destinations included the ports of Puerto Vallarta, Manzanillo, Mazatlan, and Cabo San Lucas, Mexico. My 91-year-old cousin, her daughters and sons-in-law were looking forward to quite the adventure. During their voyage they shared photos of their adventure on Facebook.

Continued on Page HK2

In This Issue: Calendar, Page HK3 • Education News, Page HK5 • Faith/Community News, Page HK7

PONDSIDE KITCHENS

AND HEARTH

202 MAIN STREET

DEEP RIVER CT

860.526.9567

www.PondsideKitchens.com

**YOUR LOCAL SOURCE FOR
CABINETS, COUNTERTOPS
FIREPLACES & STOVES**

SHOWROOM OPEN BY APPOINTMENT ONLY

Custom Cabinetry at Affordable Prices!



BRIGHTON
Cabinetry

FREE MEASURE, FREE ESTIMATES.

Covid-19 Fatigue: people should be our focus, not statistics

Continued from page HK1

There were beautiful pictures of the scenery, dinners together, and a lovely group photo. They were happy and their smiles clearly revealed that they were having a lot of fun. Seeing the photos made me feel as if I were with them, and I felt so happy for them.

What they did not know however, was that onboard the massive ship, a new and potentially deadly virus, Covid-19 was lurking. Unbeknownst to the passengers, some people were falling ill. Some stayed in their cabins while others went about with their vacation, mingling with others on the cruise ship.

On Feb. 18, three days before the ship returned to San Francisco one woman onboard was ill enough that the cruise ship left her in Cabo San Lucas.

On Feb. 21, the returning ship pulled into San Francisco and approximately 2,500 people disembarked. Sixty-two passengers reboarded for the next cruise destined for Hawai'i. The cruise made stops at Kauai, Oahu, Maui, and Hilo (on the Big Island) between Feb. 26 and Feb. 29.

Meanwhile on Feb. 28, one of my cousins fell ill, and a 71-year-old passenger was hospitalized. The 71-year-old died on March 4, the first known (at the time) reported death in California. What is shocking is the fact that none of the passengers who were on the Mexican voyage were notified about their be-



Photo of Puerto Vallarta by Cece D.

ing exposed until the death occurred.

Soon after returning home, some of my cousins started feeling ill. In total, four of the ten contracted Covid-19. Thankfully, my 91-year-old cousin did not!

Their symptoms varied greatly. Some had the fever, difficulty breathing, loss of taste and smell, chills, others had digestive issues and fainting. Some were sick enough to be admitted to the local hospital, others rode it out at home.

At the time, little was known about the virus, and it soon became quite clear that our emergency

preparedness was sadly lacking. Miscommunication, lack of proper testing supplies, and denial resulted in the virus getting spread far and wide.

The Cruise line was not ignorant to the threat of the disease. The Diamond Princess had been quarantined in Japan on Feb. 3. All were tested and a total of 696 were infected with Covid-19.

Upon trying to return to the mainland from Hawai'i, the U.S. government decided to quarantine the Grand Princess off the California coast before passengers and crew members would be allowed disembark. They were quarantined for fourteen days at military bases in California, Georgia, and Texas.

A lawsuit would later be filed on July 4, 2020, claiming that "Princess became aware of at least one passenger suffering from COVID-19 symptoms onboard the Grand Princess Mexico cruise, but they did not warn passengers aboard the ship, nor did they put into place any quarantine requirements, social distancing protocols, or meaningfully alter their on-ship protocols, event itineraries, or cleaning and disinfectant practices to prevent the spread of COVID-19." (<https://www.prnewswire.com/news-releases/first-class-action-lawsuit-filed-against-carnival-and-princess-cruise-lines-over-coronavirus-exposures-on-mexico-grand-princess-cruise-301071150.html>)

Life After Covid-19

For some recovery is a slow process. There can be lingering long term effects, and as time goes by more reports are being published by the medical community. We hear little in the media about the "survivors" and how the illness has impacted their daily lives.

Some of my cousins have lingering effects from the virus, including short term memory issues, diminished sense of taste and smell, difficulties with concentration, and when challenged they are sometimes overwhelmed. One cannot tolerate smoke because it triggers phlegm and coughing spells. How long will the symptoms last? Will survivors ever regain their former health? All questions remain un-

Continued on page HK6

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

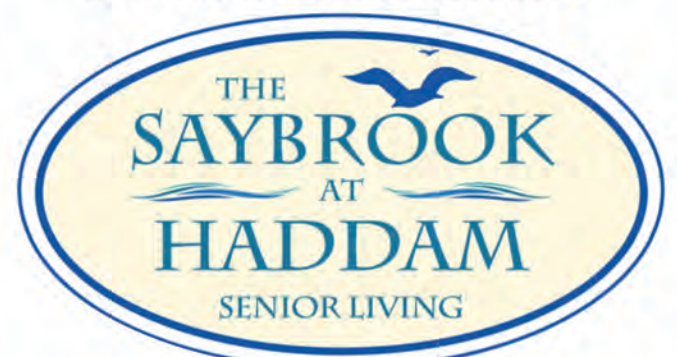


Say Connected. Say Supported. Say Safe.
The **Saybrook** at Haddam.

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

Killingworth update from January 12

By Cathy Iino,
Killingworth First Selectman

Governor Lamont announced on Monday that advanced registration for COVID vaccinations for residents age 75 and above will begin this coming Thursday, January 14, 2021. There will be several ways to register:

Online. The link will be posted on the ct.gov COVID-19 vaccination website.

Phone. A phone number will also be available on the same website. With your medical provider. Some doctors and hospitals will be contacting their patients and making appointments for vaccinations.

Killingworth town staff will also be contacting many of our 600 residents in the 75+ age group to assist them in registering. The Town's Health Department web page will continue to be updated.

Please remember that there will be a limited supply of vaccine coming into the state, so you may not

get an appointment right away, but you will be able to get one scheduled.

Vaccination clinics are set up throughout the state. When you register, you will probably get to choose an appointment at a clinic in our area.

Beware of scams. COVID-19 vaccinations are free. A legitimate call to sign you up for an appointment will never ask you for payment, a credit card number, or your social security number.

Stay safe and carry on.

WORD SEARCH

Favorite Cookies

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

BISCOTTI
CHOCOLATE-CHIP
GINGERSNAPS
OATMEAL
SHORTBREAD
SPRITZ
THUMBPRINT

BLACK-AND-WHITE
FORTUNE
ICEBOX
PEANUT-BUTTER
SNICKERDOODLES
SUGAR
WHOOPIE-PIES

BUTTER
GINGERBREAD
MACAROONS
PINWHEEL
SNOWBALL
TASSIES

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, January 21

Haddam P&Z Meeting (remote access only) 7:00 p.m. - 8:00 p.m.

Mystery Book Club (Zoom) – Killingworth Library 6:30 p.m. - 7:30 p.m.

Join us as we discuss *The Redeemer* by Jo Nesbo. Shots ring out at a Salvation Army Christmas concert in Oslo, leaving one of the singer's dead in the street. The trail will lead Harry Hole, Oslo's best investigator and worst civil servant, deep into the darkest corners of the city and, eventually, to Croatia.

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.

Saturday, January 23

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, January 25

Killingworth BOS meeting (remote access only) 7:00 p.m. - 9:00 p.m.

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

Wednesday, January 27

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

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

Thursday, January 28

Haddam ZBA Meeting (remote access only) 7:00 p.m. - 9:00 p.m.

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.AOcocpas.com



Offices located
in Killingworth
and Shelton

**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

**REFLECTIONS
CAR WASH**

Salt & Sand is 'Sn❄w' 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.reflections-carwashct.com

Community update from State Senator Norm Needleman

By Norm Needleman,
CT State Senator, 33rd District

Pfizer, BioNTech boost vaccine output goal to 2 billion doses

Pfizer and BioNTech, the producers of the successful Pfizer COVID-19 vaccine, announced this week they plan to boost their output projection goals for the vaccine's doses to 2 billion in 2021, a stark improvement over their initially-predicted goal of 1.3 billion doses. The 700 million additional doses hoped to be produced in this year would effectively provide protection against COVID-19 for 350 million additional people worldwide, as the vaccine requires two doses before full immunity results are seen. This new goal also takes into account a production quirk – while each vial of COVID-19 vaccine is labeled to hold five doses, scientists found that they actually hold six doses, increasing available allotments by as much as 20 percent.

Beware of COVID-19 Contact Tracing Scams

Beware of scammers trying to contact you posing as COVID-19 contact tracers. They are requesting private information including financial information and social security numbers. Contact tracers will ask you about medical symptoms and anyone with whom you've had contact with. They will not ask for personal financial information or your Social Security number. Calls or requests for private information like social security numbers or financial information are fraudulent in nature and should be reported to your local police department. Tips to avoid scam calls include:

Never share your personal or financial information via email, text messages, or over the phone.

Be cautious if you're being pressured to share any information or make a payment immediately.

Scammers often alter their number to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.

State and Local Developments

Connecticut Water has payment plans in place to support customers experiencing financial hardships through its "H2O – Help 2 Our Customers" program, providing financial assistance and/or payment plans to help customers maintain uninterrupted water service. COVID-19 extended payment plans are available for customers with past-due balances until at least February 9, while Connecticut Water's partnership with Operation Fuel allows for further programs to provide emergency energy and utility assistance to households facing financial issues. Information and contact forms regarding the program are available at www.ctwater.com.

January is Human Trafficking Awareness Month

January is the month meant to raise awareness of human trafficking, a serious issue that impacts thousands locally and millions worldwide every year. As part of the month, the Department of Children and Families noted many are asked to wear blue to support the effort and hopefully prevent future instances of this terrible practice.

Governor issues Executive Order 9R, lowering interest rates for tax bills

By Kristin Battistoni,
Haddam Tax Collector

The Governor has once again issued an Executive Order to help residents affected by loss of income or hardship due the Covid 19 pandemic. Executive Order 9R allows the Town of Haddam to offer an interest rate of .25% instead of the statutorily rate of 1.5% a month for bills that become due on Jan. 1, 2021 until March 31, 2021.

A statutory grace period of thirty days has always been applied to new bills. This year you have until Feb. 1, 2021 to make a payment on the second installment of Real Estate, Personal Property and Supplemental Motor Vehicles without any interest. After that

time, interest will be calculated back to the original due date of January 1, 2021. After the deadline of March 31, 2021, the interest is calculated back to the original to the due date of January 1, 2021 at an interest rate 1.5% a month.

Payments must be post marked by this date or in the office by the deadline in order to take advantage of this program. Payments can be dropped off in person at the office Monday-Tuesday 8:30 a.m.-4:00 p.m., Thursday 8:30 a.m.-6 p.m. or Friday 8:30 a.m.-12 p.m. I am currently working from home on Wednesdays. There is a lock box set up outside the Town Office Building by the front door. Payments can be dropped off anytime there. I also have a drop box in my office door that can be used while the Town Office Building is open. If you take advantage of one of these no contact payment methods and would like a receipt please include a self-addressed stamped envelope.

If you have any questions please reach out to me at taxcollect@haddam.org or 860-345-8531 X 207.

Haddam Killingworth News

PO Box 15, Higganum, CT 06441

Interested in writing for us? Write to us at

HK-NowEditors@Outlook.com

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

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

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



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

TIMELESS LIVING DESIGNS



*Ask about our
Healthy Home
Audit*

We specialize in wellness-focused interiors for a wide variety of health-conscious clients. Using a holistic approach for homes and professional spaces.

www.timelesslivingdesigns.com-2035009500



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

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

RSD #17 Board of Education: Summary of December 2020 meetings

By Jennifer Favalora, RSD #17 BOE

2020-2021 School Year:

Superintendent Hageman reported that the State Board of Education gave school districts the option to use remote learning in place of weather-related school cancellations. After careful consideration, Dr. Hageman decided that RSD17 would keep the first four inclement weather days as “snow days” to be made up in June. If there are more than four, the Superintendent will consider using the state flexibility and will communicate the plan to the District.

District Operating Budget Update:

Finance Committee Chair, Eileen Blewitt, updated the Board on the District’s 2020-2021 Operating Budget, including Covid related expenses to date. This fall, the District received two Covid relief grants: the CARES Relief Fund for \$219,740, and the Elementary and Secondary School Emergency Relief Grant for \$45,545. Additionally there were Covid related savings in District transportation this summer. As of December, Covid related expenditures had been negated by the grants and Covid specific savings, however this mid-year review noted that

pandemic expenses will continue to add up. Outside of Covid related expenses the Finance Committee reported the Special Education and Health Insurance lines were both over budget. Additional investments in paraprofessionals, an interventionist and additional chromebooks for the students have been added to the budget this year. As of December, the Finance Committee estimates the District will end the year in a positive position and plans another update to the Board in February.

Student Services Continuous Improvement Plan:

Director of Student Services, Dr. Kris Lindsay-Stevens reported the Continuous Improvement Plan for Student Services to the Board which included three goals for this school year. This year the goal for student mental wellness focused on grades 6-12 with plans to select a social, emotional, behavioral screening system and curriculum. Dr. Lindsay-Stevens reported that Effective School Solutions (ESS) has been a positive experience for our district by supporting students with identified special education needs, and in some cases preventing out-placement. The second goal to improve the provision of nursing services to our students will start with a nursing audit of our

district health offices to keep practices and protocols between schools more consistent. Student Services’ final goal is to continue to improve the preschool program by increasing opportunities for students who need extended day services and finding ways to increase enrollment of typical peers to a 50-50 ratio.

Sand Storage:

The Facilities Committee recommended, and the Board agreed, to stop relying on Haddam for sand during snow storms. Haddam’s decision to change their surface treatment as well as complications of access to the facility for the District’s maintenance crew precipitated the decision to become self-reliant. The district will use \$14,443.82 from the Capital Fund to build a shelter for the sand. Equipment which is currently stored outside can be put inside this structure when winter sand is not present.

Website:

You can watch the Finance Committee’s report at the December 15th Board of Education meeting on our RSD17.org website under District -> Board of Education -> BOE Meetings and Schedules -> Board of Education.

TO THE EDITOR

PLEASE stop when you see a school bus with flashers on!

My desperate plea to the community—please stop when you see a bus with the flashers on! The children in my neighborhood cul-de-sac currently wait for and exit the school bus off of Hwy 81. It is a common occurrence for cars to pass through the bus stop sign, even with the flashers illuminated...many of these incidents have been recorded on video and witness statements provided to the schools and Student Transportation Authority. These drivers have caused many close calls but luckily there has not been an accident yet.

The families in my neighborhood have filed petitions, notified the principals and STA (bus company), requested a transportation hearing board with R17 School Board and filed an appeal with the CT State School Board to have our bus stop changed from off of Hwy 81 to a safer stop in our neighborhood (which has two cul-de-sacs in which buses have safely turned around in the past and over 20 houses in it). Despite the fact that our current bus stop also possesses two hazards, according to Connecticut Regional School District 17, Policies 3541(d)4d3 and 3541(d)4e, our requests were denied and one of their Conclusion Finding states, “There are no hazards along XX road which could constitute a Hazardous Condition under Board Policy #3541 and The Superintendent has met her burden to prove that the bus stop at issue does not constitute a Hazardous Condition.”

This Conclusion Finding is especially disheartening because it shows that a full safety inspection was not done, in my opinion, because there are hazards that are in plain site and are clearly defined as hazards in the Board Policy #3541.

Of course I’m more concerned about the cars passing through the bus stop signs off HWY 81 than these hazards...I just mention them because it shows that a thorough inspection was not done, in my opinion. I tell you all of this because we have exhausted all efforts to obtain a safer bus stop for the children in our neighborhood...the compromise that STA was willing to do was to change the stop to be on the same side of HWY 81 so the kids do not have to cross HWY 81. However, they still have to wait on the side of HWY 81 and in my opinion is unsafe.



Now, as a last resort, I am writing to the community to request that you please, please pay attention when driving during school hours and please STOP when you see a bus with its flashers on. Our children’s lives depend on YOU!

PS—If your child currently crosses HWY 81, I encourage you to request a bus stop change to have the bus stop on the same side of the highway so the children do not have to cross HWY 81—I was told by Joe Parise, General Manager of STA that no child, regardless of age should be crossing HWY

81 but I still see kids crossing it every day...so it is up to you, the parent to request this change in writing. Let’s keep our kids safe!

Respectfully,

Alyssa Lape
USN Veteran & Concerned Mom
Higganum

Largest Papyrus Card/Gift Store in Middlesex County
Diet For Our Minds (Part 2 of a series)

We are going to discuss the Canadian Brain Health Food Guide, and the Rush University Medical Center diets and their impact on delaying Alzheimer’s. The Canadian Diet has yielded a dietary plan that is very similar to the Mediterranean diet, but has been associated with a 36 percent reduction in developing Alzheimer’s Disease, while the Rush University Medical Center diet, called the MIND diet has shown a 53 percent lower risk of developing Alzheimer’s. The diet’s differ:

	Canadian Diet.	Rush University (MIND Diet)
Vegetables/day.	5 servings.	2 servings
Fish servings/week.	3 servings.	1 serving
Whole grains/day.	No recommendation.	3 servings
Fruit.	4 servings/day.	5- 1/2 cup of berries/week
Meat.	1 serving/week	1 serving /week

What both diets agree on is that foods to be avoided or limited to once per week servings is saturated fats found in pastries, sweets, butter, red meat, and fried foods. There has been no decision as to dairy with the exception that all dairy was low fat versus a whole fat option.

Both studies have identified several important nutrients such as Vitamin E, a powerful antioxidant, which is also found in oils, nuts, seeds, whole grains and leafy green vegetables. Vitamin E attacks the free radicals that are thought to produce injury to brain cells. Vitamin B-12 is also a vitamin found to be important because as we become older our ability to absorb B-12 becomes compromised, and a deficiency in Vitamin B-12 can lead to confusion and memory problems. When combined with lower Folic Acid levels this can cause cognitive decline, and dementia. The brain has higher levels of Omega-3 Fatty Acids, and is found to be important in brain cell membranes, and in the transmission of signals between the cells. Next week, we will look at cellular inflammation, and the part that food, exercise and social interaction plays.

Healthy Mind Vitamin Coupon
Clip out this coupon and bring to Nutmeg Pharmacy
To get 10% off any Healthy Mind Vitamin product.
This cannot be combined with any other coupon.
Coupon good until February 20, 2021

Hours of Operation

Mon-Fri 8:30 AM-8:00 PM
Saturday 8:30 AM-4:00 PM
Sunday 9:00 AM-3:00 PM

Telephone: 860-345-3607
Fax: 860-345-3611
Web: www.nutmegpharmacy.com

Servicing Higganum/Haddam and surrounding towns.



Offering
Automatic Oil Deliveries
Price Protection Programs
Service Plans and more.

**Visit our website at www.higganumheating.com
or call our office at 860-345-4401.**

CT Lic. #S1-303161 HOD #1085

Covid-19 Fatigue: people should be our focus, not statistics

Continued from page HK2

answered as of today. The CDC is actively working on trying to get a better understanding of the side effects of Covid-19. For a list of current recorded side effects read more here: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>

When it hits home – Haddam and Killingworth

As the numbers of reported case began to increase all around the country and world, panic began to set in. So many questions about the virus were arising and so few answers being provided made people uneasy.

Within 16 days of the first reported death from Covid-19 in California, the first case of Covid-19 in Haddam was reported. On March 20, 2020 Haddam's First Selectman Bob McGarry and Killingworth's First Selectman Cathy Iino sent out a notice to residents asking everyone to follow the guidelines to avoid getting and spreading the virus.

Two and a half weeks later, on April 9, a 56-year-old gentleman from Killingworth lost his life to Covid-19 followed by a 77-year-old gentleman in Haddam on May 13. More would follow.

The deaths sent shock waves throughout our towns and left people with feelings of fear and profound despair.

As I read though each of their obituaries, I was deeply moved by the way family members described their loved ones.

I learned that their interests included hiking, nature, skydiving, home repairs, fishing, basketball, sports, coaching, travel, movies, dining, cooking, serving on Boards, and helping others in whatever way they could.

They came from all walks of life. Some worked in the medical profession, some were retired, while others were business owners who were working and serving their communities.

One was described as being passionate about "equality and fairness for all people," another as "spunky" and "a generous gift giver." One was said to be "hard-working and well-respected," and another as "good Samaritan and willing to go above and beyond to help others."

The admirable qualities they possessed, remarkably could also be seen in their surviving family members. At a time when they were suffering, all

reached out by asking that donations in memory of their loved one be sent to organizations which care for others in need.

We must remember to focus on the people who lost their lives. They were not just a number, a statistic which the CDC will log into their database. They were, a mother, a father, a sister, a brother, an aunt, an uncle, a grandparent, and a friend to others.

How do we cope? How do we pick up the pieces and move forward?

While the science is telling us that we must maintain a "social distance" with one another, we must remember that this means "physically." We must try not to remain distant emotionally.

Try to keep up with friends and loved ones. A video chat or phone call to a lonely friend or family member may be just the medicine they need, and it will cheer you as well. Be the one to reach out to others, don't sit back and wait.

Researching ways to manage stressful times can be a great help. This site has a lot of good information: <https://www.helpguide.org/articles/stress/surviving-tough-times.htm>

CONTINUED FROM HK1

Haddam teens

Continued from page HK1

will be a fundraising link on Illianos website by the end of the week if you would like to donate to their project.

"Helping the people in need makes me feel great," said Vincent. "It was great to see everyone's smiles on their faces when we delivered them. It also makes you realize that some people are not as fortunate as us, and could really use the help when it is offered to them."

"This year we hope to make a few more deliveries," said Vincent, "especially in the summertime when the kids are not going to school." When the kids aren't in school, there isn't a way to participate in the free lunch program at the school.

"We would just like to give a huge thanks to the people who have already donated," said Aleia. Not only do we appreciate it, but every penny helps make a difference by providing for Middletown families in need."

LEGAL NOTICES

HADDAM LEGAL NOTICE

Legal Notice is hereby given to the Taxpayers of the Town of Haddam. The second installment for Personal Property, Real Estate and the total Supplemental Motor Vehicle bills on the October 1, 2019 Grand List becomes due and payable on January 1, 2021 with a grace period to February 1, 2021. After the grace period, if still unpaid, the bill becomes delinquent and is subject to interest from the original due date at a rate of 1.5% of such tax each month. A minimum interest charge of two dollars would apply to all delinquent taxes. Payments may be made to the order of TOWN OF HADDAM and sent to TOWN OFFICE BLDG., TAX OFFICE, 30 FIELD PARK DR., HADDAM CT 06438-1196 or use the preprinted envelope supplied with the first installment. If receipt is desired, include a stamped self-addressed envelope and a phone number and mail to the Tax Office. Payments may also be made in person at the Haddam Tax Office room 202 or on our website Haddam.org. Office hours: Mon- Wed. 8:30AM to 4PM; Wednesday by appointment; Thurs. 8:30AM to 6:00PM; Fri. 8:30AM to Noon. Call 860-345-8531 x 207 with questions.

Haddam Tax Collector Kristin Battistoni, CCMC

LEGAL NOTICE HADDAM LAND TRUST

The Haddam Land Trust, Inc. will hold its annual meeting on Saturday, January 23, 2021 at 6:30 p.m. The meeting will be held online at <https://bit.ly/2X1T3md>

William Cowan
President

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.



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.

PCS

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.

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

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

Estate Services

134 Main Street Ext., Middletown, CT

860-344-0005

www.estatetreasuresandservices.com

Ed Margnelli - Owner

Moving & Clean-out Service

- Moving to or from
- Assisted Living,
- Senior Housing,
- Downsizing, etc.
- Complete Clean-out

- Attic, Cellar, Garage, Yard
- Dump Runs/Dumpster
- Property made "Realtor Ready"
- Resale Value Considered

COMICS

Mac O' Moodus

Roger Straub



Got Cookies?

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

PETS

Find a Fur Baby: Fiona!

By Judith Levin

Fiona! Calling all farmers, agility trainers, and extremely active families!

Miss Fiona is still in search of her forever special home! This lovely lady is a 2 to 3 year old Border Collie/cattle dog cross who is as active and intelligent as they come.

Requirements:

Handler experienced with the breed

Another young active dog(s) in the home

Active family to provide endless play time but also structured mental stimulation

No cats

We are looking for a one of kind family, we know it's going to be hard but she has been patiently waiting in foster for 6 months now. She is housebroken, crate trained and



Photo by Judith Levin

currently living on a cattle farm awaiting her person. If you have done your research and believe you could be the one, apply on our website! www.brasscityrescue.org

HADDAM FAITH / COMMUNITY

HNCC News

By Linda Ursin, Chair of Communications Ministry, Haddam Neck Covenant Church

Haddam Neck Covenant Church, 17 Haddam Neck Rd., East Hampton invites all to Sunday Worship at 9 a.m. online at www.facebook.com/

Haddam-Neck-Covenant-Church or in-person with masks, social distancing and safety protocols. Pastor is the Rev. Tom Cowger.

Puppet Ministry. Each Sunday the Church's Puppet Ministry features Digger the Dog from Farmer M's red Barn to help Pastor Tom explain the meaning of the Message topic.

Bible Study. Pastor Tom hosts a Zoom study entitled "God's Peace and Prayers" every other Thursday from 7:00 to 8:30 p.m. The foundation of the study is the book "Armchair Mystic" How Contemplative Prayer Can Bring You Closer to God.

Call the Church office at 860-267-2336 for more information. Office hours are 12:30 to 4:30 p.m., Monday through Friday.

Do you have a *passion* for helping others? Join our team today.

Apply today at HomeInstead.com/508 or call (203) 458-2992

PAID TRAINING | SUPPORTIVE OFFICE STAFF | PART & FULL TIME SCHEDULES

Each Home Instead® franchise is independently owned and operated. © 2021 Home Instead, Inc.

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!

A. Panzo Insurance Group

Our family would like to thank our amazing community for a wonderful **7 years!**

We are excited for 2021 and all of its peace and blessings. We are even more excited to share this time with you!

Call us at **860-452-4527** for all of your insurance needs!

- Homeowners, Renters and Umbrella
- Auto, Motorcycle and Boat
- Business Liability and Commercial Auto
- Jewelry and Valuables

176 Route 81, Killingworth, CT 06419
www.APanzoInsurance.com

Christmas wreaths placed at Thirty Mile Island Plantation cemetery

By Sharon Challenger

Walking through a cemetery in winter when snow threatens to creep into your boots, may not be everyone's "cup of tea." However, that is exactly what some good friends of The Old Burial Yard of Thirty Mile Island Plantation did this past December. Their mission: to lay Christmas wreaths on the graves of the Veterans.

When people hear the term "Christmas spirit," it conjures up all sorts of thoughts about giving, love, family, sharing, and sacrifice.

Seeking to create some holiday spirit, members of the Caginalp family decided they wanted to do a charitable activity together during the season. Over the years, they have baked bread for the food banks and worked at Ray of Light Farm in East Haddam. More recently they decided to purchase and decorate wreaths to place on Veterans graves at Haddam's historic cemetery.

The wreaths were carefully decorated by Stephanie Denkowicz, her husband Aydin Caginalp, daughter-in-law Erica, her husband Paul, and Linn Caginalp.

On Dec. 23, 2020, on a cloudy and cold New England day, Stephanie, granddaughter Clara, Erica, and Linn Caginalp gathered at the cemetery and proceeded to place thirty wreaths on the graves of Veterans.

When the season is over, Stephanie's daughter Victoria and her husband Kyle will remove the wreaths and store them for next year's holiday spirit activity.

"Thirty Mile Island Plantation Cemetery: This is the oldest burying ground in Haddam and the earliest remaining stone dates from 1711. Earlier unmarked graves may be located within the burying ground. Rev. David D. Field in his history of Haddam from 1814 states that the "Town yard in Haddam" was first laid out in 1662 but was not formally laid out until 1699. He also states that some "persons were buried on a knoll east of the dwelling of Mr. Joseph Clark, before any graveyard was laid out in the lower part of Haddam (Tylerville). Many of Haddam's early and prominent residents are buried here including original proprietor Daniel Brainerd and the Widow Thankful Arnold."

Source: <http://www.haddamhistory.org/cemeteries.htm>



Photos by Stephanie Denkowicz



No Waste Oil at Transfer Station

By Christopher Corsa, Assistant Director of Public Works, Haddam

An issue has developed with the disposal of waste oil in Connecticut. Waste oil haulers are unable to collect waste oil because of a backlog of product at the New Haven terminal. They are currently sitting on millions of gallons. In light of this situation, we cannot take waste oil until further notice.

TO THE EDITOR

York Tree Service — Job Well Done

To the Editor:

Amazing! Have you ever watched a spider spin his web? In this case hundreds of feet of ropes strung across our lawn to drop a tree which was leaning in the opposite direction precisely to the intended spot. Oh, how thankful we are that someone paid attention in geometry and physics classes to be able to perform their art so well.

That is how we felt watching Garrick York and his crew (Brian, Paul and Ted) work their magic in our yard. Our thanks to York Tree Service for a job well done.

Ed & Judy Munster
Haddam

Field Foundation Thanks 2020 H-K Holiday Telethon

The Nathaniel B. Field Memorial Foundation, Inc. wants to give a huge thank you to all the students, staff, local businesses and community members that made this year's Haddam-Killingworth High School Holiday Telethon a tremendous success! We would especially like to thank Mrs. Kasha Topa-Finberg, Patrick Boots and Katja Berardino, co-producers of the show, Valley Shore Community Television, Inc, and all the students and staff involved with this fantastic broadcasting production! The performances were very entertaining, showcasing the creative talent in our schools. We would also like to recognize the Class of 2016 for well surpassing the \$2016 challenge created by Nathan's classmate, China. We are overwhelmed and very much appreciative of the generous support from our local community members. As we mentioned during the show, we welcome suggestions for initiatives that we can participate in and support.

The mission of the Nathaniel B. Field Memorial Foundation, Inc. is to prevent suicide through public awareness and education, to reduce the stigma of mental illness, and to provide hope and support. To reach us for any reason, feel free to email us at NBFMF@comcast.net or send us a message via our webpage nathaniel-field.org

Have a safe, healthy and happy New Year!

Marie and Howie Field
Haddam