

# Haddam Killingworth News

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

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June 3, 2021

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Free weekly



## In HK first, boys, girls track both win Shoreline title

By Matt Diglio, Coach.

On Wednesday, May 26, 2021 at Old Lyme High School the Haddam Killingworth High School boys track & field team captured the Shoreline Championship for the second year in a row and 6th title in program history, while the HKHS girls track & field team took the title for the 10th time in program history and first time since 2014. This is the first time ever in HK

track history, since 1979, that both the boys AND girls team captured the title in the same year.

For overall score, HKHS Boys had a score of 202.5. The nearest team to them was Coginchaug, who had 108. The HKHS Girls had a score of 164.5, and the nearest team to them was East Hampton, who had 150.5.

Highlights:

Girls 4x800m Relay: HKHS team (Brianna Minervino, Katherine Melgar, Isabel Berardino, Meara Bodak) took 2nd place with a time of 10:31.20

Boys 4x800m Relay: HKHS team (Max Cozean, Alex Lara, Caleb Freeman, Matthew Jennings) took 1st place with a time of 8:34.66

*Continued on page HK4*



## Goodspeed Tattoo thriving in Higganum

By Sharon Challenger.

The word "Tattoo" can conjure up a host of images in people's minds, including sailors, bikers, teen-age girls, ancient Egyptians, and Maori warriors.

The oldest known example was found on a male mummy on the Italian-Austrian border. Carbon dating suggest he lived some 5,200 years ago. Others have been found in Egypt, Chile, Peru, Siberia, North America, China and Japan. Throughout history human beings have often made tattooing a part of their culture. There seems to be a need within people to tell their

story through imagery on their bodies.

In a move to learn more about this "ancient artform", I paid a visit to Goodspeed Tattoo in Higganum Center where I met the owner and artist, George Smith.

As I entered the building, I was surprised to see what looked like a General Store out of the 1940's. The walls were adorned with artifacts including the original sign from the first store on the premises. A large upholstered carved chair occupies one corner of the room. I counted at least 9 carved

*Continued on page HK2*

**In This Issue:** KAA Scholarship Winners, HK3 • Community Calendar, HK5 • HKYFS Boys Night Out, HK7

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## Business Profile: Goodspeed Tattoo

*Continued from page HK1*

faces on the arms, legs and back of the frame.

A bookcase displays items from the past, including old oil cans, funnels, and tins. Metal signs advertising various products and messages such as "Welcome," and "Tattoos Free Tomorrow" adorn the wall. They also tell a story about the owner of the shop who carefully selected them in order to make his customers feel comfortable and safe.

As we settled in to talk, George remarked that his partner, fellow tattoo artist Jeremy Gish is an exceptional artist. They enjoy working together, and it is obvious to their clients, "People want to see people working together, no egos, good friends." He won't tolerate working "with people who do not want to get along."

One of his goals was to create a friendly atmosphere, a place where even children are happy visiting. A large toybox sits on one side of the room, and each child is encouraged to choose a toy of their own to take home.

George takes pride in the fact that he does not run a business that is centered around making money and getting people in and out without establishing any kind of relationship.

When a new customer calls for an appointment, before any work is done, he has a meeting with them. He feels it is important to "get to know the person." A doctor's letter of approval is required if the person has a medical condition which could put them at risk.

A stencil of the design a person selects, is created on carbon paper and then transferred onto clean skin. The carbon outline doesn't impact the inks that are applied, it is simply an outline of the design.

"Requests largely follow trends," said George. "At one time it was popular for women to have a tattoo placed on the lower back because the style of jeans was low-rise. Fashion and even fame can dictate what becomes the latest trend in tattoo design and placement. After the film From Dusk to Dawn, starring George Clooney hit the screens, demand for full arm tattoos like the one George had exploded."

George said that sometimes the reason a person decides to get a tattoo is highly personal. They may have had surgery that was disfiguring and are depressed and feel a sense of loss. A tattoo can give them a "sense of hope and confidence," and their healing can begin on an emotional level.



Some people choose to get a tattoo to remember a loved one who passed. At times, the stories George hears from his clients are so moving that he will not charge them for his work. He feels that if he can help someone who is deeply suffering, that is reward enough.

At Goodspeed Tattoo, they use StarBright pigments. "You have to buy the best. You get what you pay for." George has used the same company, StarBright for 20 years. <https://www.starbrightcolors.com/tattoo-inks-info/history.html>

To get a license to give tattoos, "You have to be certified by the Red Cross." They are trained to save a life in the event of a medical emergency. In their initial appointment with a new client, they ask people to be honest about their health. If necessary, they will speak with a person's MD to get a better understanding of a person's condition. They want to make sure the person is safe before any work is done.

George is cautious and takes pride in looking out for the well-being of their customers. Before

an appointment, all equipment is sanitized, tools sterilized, and the chairs are cleaned with a chemical called MataCide which is noted to be an effective bactericide, virucide, germicide, and fungicide. Alcohol is used as a final wipe down for the tattoo table the client will rest on.

The Tattoo work is done with an electric device referred to as a "machine." The needles that are used come in a variety of styles and sizes. Some are used for outlining and some are used like a paintbrush to lay in color and can have a number of needles on one piece.

George demonstrated a machine he uses that is attached to a foot pedal, similar to a sewing machine. Pressure on the foot pedal controls the power to the tattoo instrument. When the tip is inserted into an ink pot, ink is drawn in and it gets applied to the skin by the movement of the needles and the direction the artist moves the tool.

When asked what the youngest and oldest people were who requested tattoos, he said that he sometimes gets clients as young as 16, but parental consent is needed. He also had a lady "well in her eighties." She wanted a butterfly. When asked why she wanted a tattoo, she explained, all her life she always did what people expected. It was now her time to do what she wanted to do.

When asked what his favorite design has been, he paused for a split second then said, "They are all my favorite."

When asked if business has picked up since he moved to Tylerville, he responded, "It hasn't slowed down!" and he showed me his calendar. "This is a good spot. We already had people from East Haddam, Salem, and now we are here and getting customers from this area."

Goodspeed Tattoo has customers who travel from MA and MD because of the service they have received. Satisfied customers often send him letters of praise, and he is deeply moved by them.

"Our values are different from other tattoo businesses; some take people's money and don't care about their clients; we care."

*Goodspeed Tattoo is located at 310 Saybrook Rd. Higganum, CT 06441*

*Phone: 860 554-5147*

*You can see examples of their work on Instagram: [www.instagram.com/goodspeedtattoo/?hl=en](http://www.instagram.com/goodspeedtattoo/?hl=en)*

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# KAA Announces 2021 Scholarship Winners

By Clark Judge, KAA.

(May 26, 2021) — For the third time in the past four years, five Killingworth seniors – including four from Haddam-Killingworth High School — are recipients of Killingworth Ambulance Association scholarships.

Haddam-Killingworth's Jasmine Byrne, Thomas Perry and Ryan and Sam Luther received their 2021 awards Tuesday evening at the school's Seniors Awards Night, while Mercy's Kayla Fordyce was honored May 20 at a celebration for seniors at the Middletown school.

Perry and the Luther brothers are the first male recipients in the past three years.

The KAA annually grants scholarships to high school seniors who meet the following criteria: They must reside in Killingworth, have been accepted to a two-or-four-year college, plan to major in the medical, emergency services or allied fields, participate in community service and have GPAs of 3.0 or better.

**JASMINE BYRNE** – As a high-school freshman, she attended a Crime Scene Investigation Program at the University of New Haven and immediately set her sights on attending the school. And so, she will – studying forensic science, with a concentration in biology. “Going to college was never a choice,” she said, “but a next step for me to take in order to lead a life where I could be happy and fulfilled.” An active member of the Spanish Honor Society, a math and science tutor for younger students and the National Anthem singer at the annual Killingworth Road



Pictured L-R: HKHS seniors Jasmine Byrne, Ryan Luther, Sam Luther and Thomas Perry. All five did as one of the most accomplished groups of scholarship winners in recent history. Below are their stories.

Race, Jasmine accumulated an astounding 500 hours of community service while at HKHS.

**RYAN LUTHER** – When he was hospitalized five years ago, Ryan was struck by the kindness shown him by doctors and nurses at Yale New Haven Health. “It reminded me that I wanted to be a doctor since I was young,” he said. So, he will attend St. Anselm College and pursue that dream, with biology his major. Ryan volunteered with his twin brother, Sam, at the Killingworth Land Trust, helped raise \$10,000 for the JDRF Type One Diabetes Walk and, until the pandemic, played a sport every year.

**SAM LUTHER** – Ryan's twin brother, Sam helped with the Diabetes Walk and Killingworth Land Trust, too. And, like Ryan, he volunteered to help with the elderly, played a sport every year until the pandemic struck and will attend St. Anselm. But unlike his



brother, he will pursue a degree in nursing ... a pursuit he followed when he helped to look after Ryan following his hospitalization. “He knows that I know ... and I know that he knows ... I want to help people,” he said.

**THOMAS PERRY** – Some people dread AP Biology. Not Thomas Perry. It awakened his love for science and reminded him how much he loved experiments. “Not only that,” he said, “but I loved the learning and every bit of information we were required to obtain.” Thomas will take that passion to Middlebury College where he plans to major in biology and maybe, just maybe, pursue a career as a physician. Thomas has also worked at the Killingworth

Land Trust and helped to feed the homeless in New Haven.

**KAYLA FORDYCE** – Kayla was always interested in biology, but it wasn't until she attended the Inspiring Women in Engineering and Medicine workshop at the University of Connecticut that she found her passion: orthopedic surgery. “(It) increased my already motivated self,” she said, “to proceed with my study of medicine and opened my eyes to the world of orthopedic surgery.” Kayla will attend Providence College where she plans to pursue a major in biology and a career in medicine. She completed 213 hours of community service at Mercy, including 95 as an assistant athletic trainer and 53 as a Mercy Ambassador.

Photo by Clark Judge.

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**Finding the Sun! Not just the Burn!**

Eventually, we will have a few of those wonderful Sunny Days all in a row! So, let's get prepared. Because not all sunscreens are equally effective. SPF, is the measure of how well the sunscreen guards against ultraviolet B (UVB) rays, which is the chief cause of sunburn and contributor to skin cancer. It is important to choose a product with broad spectrum coverage that also provides protection against UVA rays as well. UVA rays are longer waves and they are able to reach the middle layer of the skin contributing to sagging, wrinkling skin, as well as skin cancer.

Sunscreens are for everyone 6 months and older, unless you have a skin allergy to the product. Everyone has different level of melanin pigment in their bodies, and it is for that reason everyone needs to use sunscreen. The intensity of UVB rays varies throughout the days, and location in relation to direction of the sun, and for this reason all sunscreens must be reapplied every 2 hours while in the sun, and more if swimming. It is important to remember to apply sunscreen to lips, as 70% of people fail to do this. The legs are the site for most common melanoma in women, as it is easy to forget the back of knees, and the back is the overall most common site to develop melanoma, and basal cell carcinoma.

The FDA does not have time to review manufacturer data, which raises the importance of the Consumer Report list- this year, 60 products were tested, and 23 tested less than half of their labeled SPF number. In absence of the list, you should think about using a SPF of 50, so that even if the manufacturer overstates the concentration, you will probably have enough for sufficient coverage.

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# Haddam Annual Budget Town Meeting Results and New Mill Rate

By David Challenger.

The Town of Haddam held its Annual Budget Town Meeting on May 26th in person at Haddam Fire Station #1. There was a nice turnout to vote on

two budget items. The first was the Capital Improvement budget totaling \$1,021,991 which passed unanimously with no discussion. The second item was the Town Budget recommended by the Board of Finance for the fiscal

year July 1, 2021 – June 30, 2022. This also passed unanimously without any discussion.

The Town Meeting was adjourned, and the Board of Finance convened to set the mill rate for fiscal year 2021-

2022. After 4 years of no rate increase, the Board voted to approve an increase of 0.47 mills setting the new mill rate at 32.16 for the upcoming fiscal year which represents a 1.49% increase.

## CONTINUED FROM PAGE HK1

### In HK first, both track teams win Shoreline title

Continued from page HK1

Girls 4x100m Relay: HKHS team (Hadley Comerford, Mai-ly Criscuolo, Leah Chester, Ly-Linh Criscuolo) took 5th place with a time of 53.40

Boys 4x100m Relay: HKHS team (Orion Inkel, Aidan Law, John Kowal, Jonathan Chute) took 3rd place with a time of 45.74

Girls 100m High Hurdles: Mai-ly Criscuolo 17.10 (4th place), Leah Sosnowski 17.87 (6th place)

Boys 110m High Hurdles: Eamon Sweeney 14.97 (1st place), Zenon Kolcio 16.78 (2nd place)

**Girls 100m Dash: Kedarjah Lewis 1st place (12.43\*\*)**

Girls 1600m Run: Isabel Berardino 4th place (5:41.62)

Boys 1600m Run: **Matthew Jennings 1st place (4:25.93\*)**, Caleb Freeman 6th place (4:41.45)

Girls 300m Hurdles: Mai-ly Criscuolo 3rd place (51.17), Leah Sosnowski 4th place (51.68)

Boys 300m Hurdles: Eamon Sweeney 1st place (41.81), Zenon Kolcio 3rd place (44.75)

Girls 800m Run: Meara Bodak 2nd place (2:30.86)

Boys 800m Run: Max Cozean 2nd place (2:00.49)

Girls 200m Dash: Kedarjah Lewis 1st place (26.15)

Girls 3200m Run: Isabel Berardino 3rd place (12:56.28), Ava DiMatteo 4th place (13:05.55)

Boys 3200m Run: Caleb Freeman 3rd place (10:31.45), Andrew Hedges 4th place (10:32.15), Tyler Robinson 5th place (10:44.51), Evan Baird 6th place (10:52.53)

Girls 4x400m Relay: HKHS team of Brianna Minervino, Meara Bodak, Leah

Chester, and Hadley Comerford placed 3rd (4:25.85)

Boys 4x400m Relay: HKHS team of Max Cozean, Zenon Kolcio, John Kowal, and Matthew Jennings placed 1st (3:32.72)

Girls Long Jump: **Kedarjah Lewis 1st (18'00.50\*\*)**, Jessica Timothy 4th (15'03.00")

Boys Long Jump: Aidan Law 1st (20'06.00"), John Kowal 3rd (20'02.00")

Girls Shot Put: Scarlett Strom 3rd (27'05.00"), Gabby Lester 5th (27'02.00"), Mikaya Laurenza 6th (27'00.00")

Boys Shot Put: John Bruder 1st (51'08.00"), Sam Luther 3rd (38'09.00"), Ryan Luther 4th (38'02.00")

Girls Pole Vault: Morgan Schultz 2nd (8'06.00")

Boys Pole Vault: Cooper Howes 5th (11'00.00"), Jonathan Chute 6th (11'00.00")

Girls High Jump: Jessica Timothy 3rd

(4'10.00")

Boys High Jump: Eamon Sweeney 3rd (5'10.00"), Zenon Kolcio 5th (5'08.00")

Girls Discus Throw: Gabby Lester 2nd (86'06.00"), Scarlett Strom 3rd (80'04.00")

Boys Discus Throw: John Bruder 1st (120'09.00"), Eamon Sweeney 2nd (118'08.00")

Girls Javelin Throw: Scarlett Strom 3rd (83'01.00")

Boys Javelin Throw: John Bosco 4th (134'03.00"), Sam Luther 5th (129'02.00")

Girls Triple Jump: Kedarjah Lewis 1st (35'07.00"), Ly-Linh Criscuolo 5th (31'00.00"), Jessica Timothy 6th (30'09.00")

Boys Triple Jump: Orion Inkel 1st (39'09.50"), Andres Montes 6th (37'10.50")

**\*Meet Record**

**\*\*School Record** (previous record held by Leah Pfrommer, set in 2013)

Photo courtesy of John and Yvette Minervino.



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**When Time Equals Money in the Workplace  
Repetitive Trauma is Often Part of the Equation**

By Attorney Alexander J. Sarris

Connecticut companies have transitioned back to pre-COVID business practices as consumer demand for goods and services increase with more people leaving their homes. For many of us, especially those where pay is strictly based upon overall productivity per hour or shift, this brings a challenge – being productive without risking health and safety.

When speed of performance is the metric on which pay is judged, it is tempting to minimize the importance of health and safety (both individually and as a collective work group) and simply focus on maximizing production above all else. This is quite dangerous and can lead to both avoidable accidents caused by carelessness and physical injuries that develop over time due to poor body mechanics or overuse of body parts in performing a repetitive job duty over an extended period of time. In fact, it is common for employees performing repetitive job activities over time to re-aggravate the underlying injury because it has not been properly treated by a medical professional.

Regardless of whether you are an employer or an employee, we all can agree that a safe and healthy worker is put in the best position to be productive in the workplace.

If you have questions regarding repetitive trauma injuries suffered at work, please call **Dzialo, Pickett & Allen, P.C.** for a consultation. Together, we can review options and help you to continue to be a productive member of the workplace.

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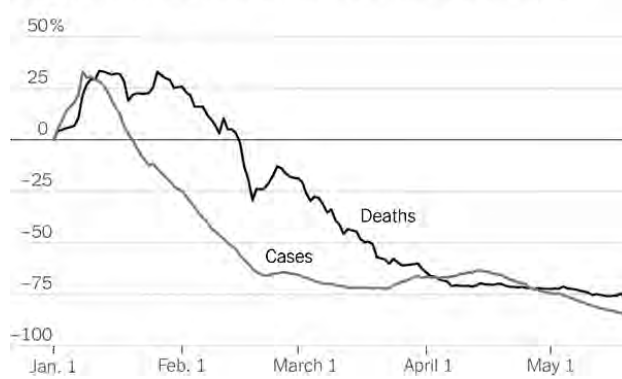
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# Haddam: May 21, 2021 Covid-19 Update

By Bob McGarry, First Selectman, Haddam.

(May 21, 2021) — It's about time for an uplifting Covid-19 announcement. A year ago, there were about 2,000 Covid patients hospitalized in Connecticut, we worried about overloading the medical system. After a difficult month, month and a half the weather warmed, we got outside more and the daily case count dropped dramatically. It stayed low through the summer. The fall brought a second wave with much higher daily case counts than the first wave but fewer deaths. We've learned how to better treat the disease. In December the vaccines arrived and the cases began to drop.

Change in Daily U.S. Covid-19 Cases and Deaths Since Jan. 1



Graph of Changes in daily U.S. Covid-19 Cases and Deaths Since Jan 1

Today 50% of Connecticut's population is fully vaccinated, another 10% have gotten their first shot. There are only 141 Covid patients in Connecticut hospitals. Masks are no longer required, with some exceptions, for fully vaccinated individuals. (I'd suggest a mask burning party but the fire danger is high in the spring.) The New York Times published an article today titled "The pandemic may now be in permanent retreat in the U.S." which included the graph to the left.

Cases in town are declining as well. We've come a long way. The pandemic isn't over, the variants may present a problem but the future is certainly brighter than it was a year ago.

## 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. See [hk-now.com](http://hk-now.com) for more information on calendar items.

### Thursday, June 3

Haddam P&Z Meeting 7:00 p.m. – 9:00 p.m.  
 Parmelee Farm Comm. Mtg. 7:00 p.m. - 9:00 p.m.  
 Pond Room, Parmelee Farm

### Friday, June 4

Higginum Farmers Market Opening Day! 3:30 p.m. - 6:30 p.m.  
 Entertainment provided by – The Auburn Mode

### Saturday, June 5

Haddam Scouts Can & Bottle Drive 9:00 a.m. - 2:00 p.m.  
 Community Center at 9 Candlewood Hill Road, Higginum Center  
 Virtual Super Saturday Storytime 10:30 a.m. – 11:00 a.m.  
 Join our Saturday Storytimes on our YouTube channel! <https://killingworthlibrary.org>

Day Out with Thomas: Essex Steam Train & Riverboat 9:00 a.m. - 5:00 p.m.

Thomas the Tank Engine, his buddy Percy, and Sir Topham Hatt are pulling into Essex Station for the "Celebration Tour!" in honor of Thomas' birthday! Thomas & Friends will be here June 5-6, 2021, with departure times every 45 minutes from 9:00 a.m. – 3:45 p.m.

Valley Bible Church is hosting a Family Fun Day 10:00 a.m. - 12:00 p.m.

It's a free event with outdoor games (weather permitting) and free snacks.

Swan Hill Hike 10:00 a.m. - 12:00 p.m.

The hike, led by Peter Baird, is part of the Connecticut Trails Day 2021 event, sponsored by the Connecticut Forest and Park Association. The trail is approximately 2.2 miles. Preregistration is required this year. Contact Terry Twigg, [ttwigg@comcast.net](mailto:ttwigg@comcast.net)

### Sunday, June 6

29th Knitting Circle, Spring Stitches in the Garden – Thankful Arnold House Museum, 1:00 p.m. - 3:00 p.m.  
 Registration is required, since space is limited. Admission is free. For further information or sign-up call Lisa at Haddam Historical Society 860-345-2400.

Day Out with Thomas: Essex Steam Train & Riverboat 9:00 a.m. - 5:00 p.m.

### Monday, June 7

Haddam Special Board of Selectmen's Meeting (Remote access) 6:30 p.m. - 8:30 p.m.  
 Killingworth Charter Revision Comm. Mtg. (remote access only) 7:00 p.m. - 9:00 p.m.

### Tuesday, June 8

Tuesday Book Discussion – hosted by Killingworth Library 1:00 p.m. - 2:00 p.m.  
 Join us as we discuss The Vanishing Half by Brit Bennett.  
 Killingworth BOF Mtg. (remote access only) 7:00 p.m. - 9:00 p.m.  
 Killingworth Inlands Wetlands Mtg. (remote access only) 7:00 p.m. - 9:00 p.m.

### Wednesday, June 9

Haddam EDC Meeting 6:30 p.m. – 8:30 p.m.  
 Killingworth Public Health Agency Mtg. (remote access only) 7:00 p.m. - 9:00 p.m.

### Thursday, June 10

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

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## VIRTUAL PUBLIC INFORMATION MEETING

State Project No. 0060-0160

**MODERN ROUNDABOUTS AT ROUTE 82 AND ROUTE 154 TOWN OF HADDAM**

Residents, commuters, business owners, and other interested individuals are encouraged to take advantage of this opportunity to learn about and discuss the proposed project.

Please join us on Tuesday, June 8, 2021

The meeting will be live streamed via: Microsoft Teams Live Event and YouTube Live

Formal Presentation will begin at 7:00 p.m.  
 Question and Answer (Q&A) session will immediately follow the presentation.

Instructions on how to access the meeting and on how to provide comments or ask questions, can be found at the project webpage: <https://portal.ct.gov/DOTHaddam60-160>

The public informational meeting is being held to provide the public and local community the opportunity to offer comments or ask questions regarding the proposed project. Persons with limited internet access may request that project information be mailed to them by contacting Mr. Joseph J. Jazwicz by e-mail at [joseph.jazwicz@ct.gov](mailto:joseph.jazwicz@ct.gov) or by phone at 860-594-3487. (Allow one week for processing and delivery.)

Individuals with limited internet access can listen to the meeting by calling (888) 949-2798 and entering the Participant Code when prompted: 591765. Persons with hearing and/or speech disabilities may dial 711 for Telecommunications Relay Services (TRS). The MS Teams Live Event offers closed-captioning for the hearing impaired and non-English translation options. A recording of the formal presentation will be posted to YouTube following the event and closed-captioning (including non-English translation options) will be available at that time. The recording will also be available in the list of DOT virtual public meetings here: <https://portal.ct.gov/dot/general/CTDOT-VPIM-Library>

Visit the project webpage for options for Apple users. During the Q&A session and the 14-day comment period that follows the meeting, individuals may leave a question or comment via e-mail (preferred) at [DOTProject60-160@ct.gov](mailto:DOTProject60-160@ct.gov). Individuals may also leave a voicemail question or comment by calling (860) 944-1111. Please reference the project in your voicemail.

Language assistance may be requested by contacting the Department's Language Assistance Call Line (860) 594-2109. Requests should be made at least 5 business days prior to the meeting. Language assistance is provided at no cost to the public and efforts will be made to respond to timely requests for assistance.

THE CONNECTICUT DEPARTMENT OF TRANSPORTATION

# COVID-19 and Relief Programs Update

By Norm Needleman, State Senator.

Recently, we tragically lost one of our first responders while in the line of duty. New Haven Firefighter Ricardo Torres, Jr. died responding to a fire in the early morning. I ask you join me in expressing condolences to his loved ones. A GoFundMe has been set up to support the Torres family during this immensely difficult time. Also, please keep Lt. Samod Rankins, who was with Ricardo Torres in responding to the fire and is in critical condition due to injuries from it, in your thoughts and prayers for his recovery.

It cannot be emphasized enough the bravery of firefighters and their fellow first responders. When most of us would run away from a fire, they run towards it to save lives and people's belongings. All of this occurring as they

risk their own safety. I know I join so many of you in thanking Connecticut's first responders for their service and dedication to their communities.

## DPH Releases New Guidance Document Regarding Mask Rules in Connecticut

The Department of Public Health released a new document today updating guidelines regarding COVID-19, mask rules and social distancing, among other significant standards put in place during the COVID-19 pandemic.

Mask-wearing rules are relaxed as of May 19 for residents and visitors to Connecticut who are fully vaccinated, meaning those who are at least two weeks past their second dose of the Pfizer or Moderna vaccines or the single-dose Johnson & Johnson vaccine.

The change reflects new information on COVID-19 vaccinations that indicates vaccinated individuals are unlikely to develop COVID-19 and, if they do become infected, are less likely to transmit the virus.

## Joint and Crack Sealing On Route 9 In Old Saybrook and Essex May 24 - June 15

The Department of Transportation announced a joint and crack sealing project will be performed on Route 9 northbound and southbound in Old Saybrook and Essex from May 24 to June 15. Motorists should expect lane closures to occur on Route 9 in both directions from I-95 in Old Saybrook to Exit 3 in Essex. Work is not scheduled for May 28 or May 31 due to the Memorial Day holiday. Work at the site

will be from 7 a.m to 5 p.m. on weekdays, with state police, vehicles and signing patterns assisting motorists through the work zone.

## "Toward Zero Deaths" Campaign Launched By Department of Transportation

The Connecticut Department of Transportation has launched the "Toward Zero Deaths" campaign, part of the 2021 Strategic Highway Safety Plan. This national strategy, adopted locally, aims to reduce serious injuries and deaths in Connecticut that are traffic-related with an ultimate goal of reaching zero. The campaign matches the highway safety plans, which aims to improve education, enforcement, engineering and emergency response initiatives to enhance safety on the roads. This comes as 2020 saw 308 lives lost on Connecticut roads and highways, the most in a decade.

## HADDAM TOWN NEWS

# Haddam Neck Resident C.J. Knapp Releases 'Secrets of Skinny'

By Kathy Brown.

(May 26, 2021) — Last November, one of our staff reviewed the mystery novel, "Who Took Hannah," by local author C. J. Knapp. Her newest book, "Secrets of Skinny," is a non-fiction work. C. J. Knapp is the pen name of Carole Knapp Johnson, who has been a resident of Haddam Neck for over 30 years.

Like her first novel, this book is independently published. Unlike traditional publishing where you find an agent, then a publisher, in independent publishing, the author is responsible for everything: editing, formatting, and marketing. "You give up control when you publish traditionally," said Carole.

Carole is a self-professed "type A" personality. Before she retired, Carole held many jobs, including as



an estimator for a book-binding company, a nationally certified hypnotist, counseling people on weight loss, and a partner in a graphic design firm, while raising her two sons. She was also a speaker on "how we create our own reality." Now she is writing books, learning how to market them through Facebook and Amazon, and she also paints and adds to her gallery on fineartamerica.com.

Amazon's list of books that comes up from a search is the product of an algorithm. Authors who receive good "verified" reviews get closer to the top of the list, so if you read one of Carole's books and feel inclined, leave a comment on Amazon. Her books are available on Amazon in print, as well as Kindle. "I'm working on getting them in bookstores," said Carole. "I'm constantly in a learning

curve to accomplish visibility."

After "Who Took Hannah," readers asked for a sequel so they could find out "what happens next," but she decided to take a break from that series and publish "Secrets of Skinny" because "I've watched people struggle with weight and dieting and wanted to pass on what I learned." So she completed this book in three months.

"Secrets of Skinny" is a thin volume, and it doesn't contain any recipes. It does, however, talk about the most popular diets out there, and exercise. But it's not really exercising; it's more about moving, according to Carole. She also talks about attitude and how important it is. She makes a pretty good argument. If you want to learn more, you know where to look!

The next book will be part of the Hannah series, "The Search for Hannah." She explained, "My characters are nudging me to tell their story. Smile."

## CAMPUS CORNER

By Merit Pages News.

SALT LAKE CITY, UT (05/21/2021)— **Isabella Young**, of Killingworth, CT, was named to the University of Utah's Spring 2021 Dean's List. Young's major is listed as Psychology BA.

Young was among more than 8,700 students named to the Fall 2020 Dean's

List at the U. To qualify, students must earn a GPA of 3.5 or higher in at least 12 graded credit hours during any one term.

CEDARVILLE, OH (05/25/2021)— **Nathanael Knowlton** from Killingworth, CT, graduated from Cedarville University on the weekend of April 30 - May

1, 2021 with a Bachelor of Arts Industrial & Innov Design.

Cedarville Student **Nathanael Knowlton** of Killingworth, CT, majoring in Industrial & Innov Design, was named to the Dean's Honor List for Spring 2021. This recognition requires the student to obtain a 3.75 GPA or higher

for the semester and carry a minimum of 12 credit hours.

DURHAM, NH (05/25/2021)— **Darren Chon** of Higganum, CT graduated from the University of New Hampshire over the weekend of May 22 and May 23, 2021. He earned a MED degree in Secondary Education.

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### Three Senior Cats Need New Homes

By Kathy Brown.

(May 21, 2021) There are three senior indoor cats who need to be rehomed (owner is moving soon into an apartment that does not allow pets). The cats do not have to stay together. The owner will be doing checks on potential adopters before she gives up any of the cats. All of the cats are spayed or neutered. If you're interested in adopting one (or all) of these



From left: Bilou, Paws and Gus.

cats, please call Teresa at 203-988-9031 or email her at teresahazelwood60@gmail.com.

Paws is a female brown and tan calico angora who is 14 years old.

Bilou is a female black and white short haired cat who is 11 years old.

Gus Gus is a male black and white long haired cat who is 10 years old. Gus Gus is Bilou's son.

### HKYFS: Register Now for Boys Night Out

By Laura Shipman, HKYFS.

A conversation about parenting your sons, their development and masculinity. Come enjoy some good food while we talk about the art of leading our young men through adolescence into young adulthood.

This gathering will focus on the father/son dynamic of parenting and foundations of fathering, however, all parents of sons are welcome to join and will find relevant content for their individual situations.

\$30 per adult/child pair. Includes Pizza Dinner. Classes led by Sean Macauley, LMFT. Wednesdays, June 9, 30 and July 14, 2021 from 6:30 - 8:30 p.m. Please email Office@hkyfs.org to register or call 860-345-7498.

### OUR REGION

### CT River Artisans: Summer Season Kicks off - June 6

By Linda C. Cave.

Connecticut River Artisans Co-op will be kicking off our Summer season on June 6 . with our first "Artist of the Month" reception. We are pleased to name Tina McKim as our Artist of the Month for June.

Tina learned to sew at a young age and was inspired by her Grandmother's patchwork quilts. She later studied fashion design, pattern making and tailoring. While studying at Philadelphia Textile, for her degree in fabric design, she became enamored with screen printing. Tina creates, tote bags, wine totes, decorator pillows, with fabric that she prints. Her beach motifs are inspired by summers spent at Cape Cod and the Jersey Shore.

Tina has worked in Product Development for Cabbage Patch Dolls; made costumes for Goodspeed Opera House; taught fashion at Gibbs College and has been a free-lance designer for toy companies, including Hasbro and the Danbury Mint.

Tina's reception is on June 6, 2021 from 1:00 to 4:00 pm. See her amazing designs, meet Tina and indulge in a glass of wine and some snacks.

### WORD SEARCH

#### Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M  
 U S M E A U Y E O U H I K I N G S A  
 S M W E E A N L U B N W A S E Y R E  
 U T W I R R S G I C A B L N A R E R  
 N S H V M T C C L T E A U D T V L C  
 T Y U G I M Y S E A D B I R S S K E  
 A G L C I C I R N N S L R R N D N C  
 N R E U L F M N A U O S E A R G I I  
 O E A E J E R S G H S W E A B N R C  
 S E D A L B R E L L O R O S R I P R  
 C N A O F L O G T L T B T E E T S E  
 H G N I H S I F F A E O A E E A H C  
 O R C A M P I N G T W T H B Z O C C  
 O A C I N C I P A W A S P S E B A O  
 L S F L I E S K M O S Q U I T O E S  
 T S U G U A S I L L A B E S A B B O  
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- |          |             |               |              |
|----------|-------------|---------------|--------------|
| ANTS     | FISHING     | JULY          | SUNBURN      |
| AUGUST   | FLIES       | JUNE          | SUNGLASSES   |
| BARBECUE | FLOWERS     | MOSQUITOES    | SUNSCREEN    |
| BASEBALL | GARDENING   | NO SCHOOL     | SUNSHINE     |
| BEACH    | GOLF        | PICNIC        | SUNTAN       |
| BEES     | GREEN GRASS | ROLLER BLADES | SWEAT        |
| BICYCLE  | HAT         | SANDALS       | SWIMMING     |
| BLUE SKY | HIKING      | SKATEBOARD    | U V RAYS     |
| BOATING  | HOLIDAYS    | SOCCER        | WASPS        |
| BREEZE   | HOT         | SOLSTICE      | WATER FIGHTS |
| CAMPING  | ICE CREAM   | SPRINKLERS    | WATERMELON   |

### HN COVENANT CHURCH

### Famous BBQ Chicken Takeout Event

By Linda Ursin.

Haddam Neck Covenant Church is hosting a BBQ Chicken Dinner Drive-Thru Takeout Event on June 12 by reservation only. Some outdoor seating is available by reservation.

This is the famous BBQ chicken the Church has sold at the Haddam Neck Fair for over 40 years. The dinner includes a BBQ thigh/leg chicken quarter, baked beans, coleslaw and corn bread for \$10.00 (cash only please).

Please call in your reservation to the HNCC Church office at 860-267-2336 and indicate your pick-up time: 12:00 p.m. - 1:00 p.m., 1:00 p.m. - 2:00 p.m., or 3:00 p.m. - 4:00 p.m., 4:00 p.m. - 5:00 p.m., 5:00 p.m. - 6:00 p.m. Reserve a table if you would like outdoor seating. Order deadline is June 5.

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

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## Girls Tennis Defeated by Old Saybrook, Portland & Morgan

By Donna Clark, Coach.

The Haddam Killingworth High School Girls Tennis team finished up their regular season this week with a set of challenging matches resulting in losses versus Old Saybrook, Portland and Morgan.

In Old Saybrook on Monday, May 17, 2021, the girls suffered a 3-4 loss despite a strong showing on the singles side. At their home courts on Tuesday and Wednesday, Portland overcame HK 5-2 and Morgan settled a score with a 4-3 victory. Nevertheless, senior singles players Anna Mercier, Lizzy Celano, Jessica Duffield and Jasmine Byrne are poised

to compete in the Shoreline Conference Tournament next week with matches being played Sunday through Tuesday along the shoreline.

### Old Saybrook

L. Celano (HK) d. S. Alsbeck (OS) 6-4 6-1  
 J. Duffield (HK) d. K. Caprano (OS) 6-2 6-0  
 J. Byrne (HK) d. G. Zawadski (OS) 6-0 6-3  
 C. Butchered (OS) d. K. Narducci (HK) 6-3 6-4  
 M. Reid/A. Bergeron (OS) d. K. Ward/E. Tousignant (HK) 6-0 6-4  
 H. Lee/T. Choedhar (OS) d. A. Yazmer/S. Guarino (HK) 6-3 6-1  
 E. Ryan/T. Stone (OS) d. B. Lonergan/L. Macy (HK) 6-3 6-2

### Portland

A. Hurley (P) d. A. Mercier (HK) 6-0 6-1  
 K. Walsh (P) d. L. Celano (HK) 6-1 7-6  
 J. Duffield (HK) d. J. Shortell (P) 7-6 6-4

J. Bryne (HK) d. Forfeit  
 A. Scott/N. Przystreski (P) d. K. Ward/E. Tousignant (HK) 6-2 6-3  
 T. Hair/H. Carlson (P) d. J. Griffith/K. Narducci (HK) 6-4 7-6  
 A. Hair/I. McClelland (P) d. S. Guarino/A. Yazmer (HK) 6-2 6-2

### Morgan

M. Tuccitto(M) d. A. Mercier (HK) 4-6 6-3  
 L. Celano (HK) d. A. Vitola (M) 6-2 6-2  
 J. Duffield (HK) d. M. Vitola (M) 7-6 6-2  
 K. Savage (M) d. J. Byrne (HK) 7-6 6-3  
 M. DiMetro/M. O'Donnell (M) d. K. Ward/E. Tousignant (HK) 6-3 6-3  
 A. Johnson/A. Corgan (M) d. K. Narducci/J. Griffith (HK) 6-2 6-4  
 G. Gersz/S. Morrissey (M) d. B. Lonergan/S. Guarino (HK) 6-1 6-4

## LEGAL NOTICES

### NOTICE OF DECISION

It was decided at the Town of Haddam Planning & Zoning Commission Meeting on May 20, 2021 Meeting at 7:00 p.m. to approve:

1. A special permit to allow a 56 unit multi-family housing project, and a parking modification at 1564 Saybrook Road and 3 Brooks Court

Town of Haddam Planning and Zoning Commission

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](http://www.haddam.org).

## HKHS Golf Team Beats North Branford 188-199

By Josh Hagewood, Coach.

On Wednesday, May 27, 2021, the Haddam Killingworth High School Golf team defeated North Branford at the Black Birch Golf Club (course rating 34.2) in a non-league match. In an emotional performance, the HK golf team earned their first win of the regular season, showing guts and

poise in their continued pursuit of a state tournament bid. Andrew Fleig and Gabe Barile were Co-Medalists, while Jacob Maier turned in a clutch score to break a tie in a very tight match against North Branford.

HK: 188  
 North Branford: 199

### Haddam-Killingworth:

- Andrew Fleig, 45 (Co-Medalist)
- Gabe Barile, 45 (Co-Medalist)
- Jacob Maier, 47
- Greg Lynskey, 51

### North Branford:

- Jack O'Brien, 46
- Dakota Cooper, 48
- Jalen Rossicone, 49
- Ryan Monde, 56

## HKHS Golf Defeated by Morgan

By Josh Hagewood, Coach.

On May 20, 2021, the Haddam Killingworth High School Golf

team was defeated by Morgan at the Black Birch Golf Club (course rating 34.2) in a League Match. The final score was HK 205, Morgan 180.

### Haddam-Killingworth:

- Andrew Fleig, 44
- Gabe Barile, 46
- Declan Kessler, 57
- Bryce O'Linn, 58

-Jacob Maier, 60

### Morgan:

- Jason Cohen, 38
- Nick Schmidt, 45
- CJ Giuliano, 48
- Drew Nye, 49
- Tyler Greenhouse, 63

HK Record: 0-11 (0-9 Conference)



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## Softball Beats Old Saybrook 8-0

By Jeffrey Talbott, Coach.

The Haddam Killingworth High School Varsity softball team defeated Old Saybrook 8-0 in the quarter-final Shoreline League Conference Tournament on Monday, May 24, 2021. Bella Richwine went 5 scoreless innings giving up two singles while striking out 7. Kaleigh Bodak close out the game with two scoreless innings. HK's offense came from Cheyanne LaTouche who

had a triple and a double, scored twice and had 1 rbi. DP Ellie Frith also had two hits, two rbi and 1 run scored. Ivy McNiell chipped in with a double and a sac fly and 2 rbi. Mackenna Cooke had 2 of OS three hits.

OS 0 0 0 0 0 0 0. 0/3/3  
HK 1 5 0 0 1 1 X. 8/10/1

HK is now 16-2 while Old Saybrook falls to 5-14.

HK will host Old Lyme in a SLC semi-final contest Tuesday, May 25, 2021 at 4:00 p.m.

Photo by C. Kohs.

## CARTOON

Mac O' Moodus

Roger Strub



Mac O' Moo Mamma



Alec Erskine, senior

## HKHS Baseball Defeated by Morgan 2-1

By Mark Brookes, Coach.

The Haddam Killingworth High School Varsity baseball team was defeated at home on Monday, May 24, 2021, by Morgan High School by a score of 2-1. Rob Zirlis struck out 7 while allowing only 1 run through seven innings for Morgan. Caven Burrell had a double for the Cougars.

Morgan 0 0 0 2 0 0 0 2 5 1  
HK 1 0 0 0 0 0 0 1 3 0

Batteries: HK - Alec Erskine and Nick Glynn. M - Rob Zirlis and Ryan Hromdka. WP Zirlis LP Erskine

Records: HK 15-6, Morgan 11-8

Photo by Sharon DiMauro.

## HKHS Baseball Defeated by Windsor 7-1

By Mark Brookes, Coach.

On, Saturday, May 22, 2021, the Haddam Killingworth High School Varsity Baseball team was defeated by Windsor at Windsor by a score of 7-1. Luke DiMauro had 2 doubles and Matt Miranda had two hits for the Cougars. Jonathan Latimer had a double, single and scored two runs for Windsor.

HK 0 0 0 1 0 0 0 1 5 1  
W 4 1 0 0 2 0 x 7 8 2

Batteries: HK - Andrew Conti, Liam Gordon (5) and Nick Glynn. W - Clark Churchill, Alec Lachniet (7) and Jonathan Latimer. WP Churchill LP Conti

Records: HK 15-5, Windsor 14-4

Photo by Sharon DiMauro.

## REGION

### 9 Town Transit Free Summers

By Joseph Comerford.

This summer, you can travel and relax for FREE on 9 Town Transit!

All 9 Town Transit routes, Clinton Trolley, XtraMile and ADA paratransit trips are free weekends and holidays beginning May 29, 2021 through September 5, 2021. Bus systems throughout Connecticut are joining in the free weekends, too! Check connecting services for participation.

## DEATHS

### Shirley J. Tirrell

Shirley J. Tirrell, 73, of Killingworth, passed away Wednesday, May 19, 2021.

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# HKHS Varsity Lacrosse Defeats Old Saybrook 16-3

By Mike Kelly.

In a game that was never close, the Haddam Killingworth High School Boys Varsity Lacrosse team rolled over Old Saybrook Tuesday night, May 18, 2021, winning 16-3. The victory pushed the HK record to 9-3 on the season. In addition to the offensive fireworks, the Cougars demonstrated solid defense as well, holding the Rams scoreless until the fourth quarter.

## 2021 Seniors

The convincing victory coincided with the team's celebration of Senior Night, where those players who will be graduating at the end of the season were honored on the field. These are:

### Aidan Coleman #38 Team Captain

Aiden was escorted by his mother Nancy and father Dan. Aiden will be attending the United States Merchant Marine Academy this fall where he plans to study Marine Engineering. Aiden will also be playing lacrosse. His favorite HK lacrosse memory is beating Morgan in the state playoff's his sophomore year. His advice for the younger teammates is to "work hard and enjoy it, time flies and it will be over faster than you think."

### Cal Braren #40 Team Captain

Cal was escorted by his mother Lauren, father Bob, and sibling Nolan. Cal is planning to attend Union college this fall where he will major in Chemistry. His favorite HK lacrosse memory is beating Valley at home this year to advance their record to 7-0. Advice for his



2021 Seniors

younger teammates is, "learn from the older players on the team and listen to what your coaches and teammates have to say, everything helps."

### Dan LaRosa, Senior #20

Dan was escorted by his mother Shirley and his father Mike. Dan will be attending Central Connecticut State University this fall where he plans to study Mechanical Engineering. His favorite HK lacrosse memory is pasta dinners with the boys. His advice to the younger teammates is, "keep working hard and don't give up on yourself or your teammates."

### Ryder Wink #21, Senior

Ryder was escorted by his mother Paige, and father John. Ryder will be attending Central Connecticut State University in the fall where he plans to study construction management. His favorite HK lacrosse memory is ordering uber eats and McDonalds to be delivered to the field. His advice to the younger

teammates is, "make the most out of the time you have with the boys."

### Anthony Corda

Anthony was escorted by his mother Michelle and father Scott. Anthony is planning to take a gap year, to explore his career options and passions, and to take time to learn more about law enforcement. His favorite HK lacrosse memory is bus rides and pasta dinners with his teammates. His advice to the younger players, "go to practice, and if there is anyone on the verge of joining the team try to convince them to join."

### Nate Marciniak #35, Senior

Nate was escorted by his mother Marci and father Rob. Nate will be attending Keene State this fall where he will study safety and occupational management. His favorite HK lacrosse memory is the bus rides to all the games! They were always fun. Advice to his younger teammates is, "play hard and always enjoy it!"

### Antonio Calderoni #37

Antonio was escorted by his mother Marcy, father Mike, and sister Angelina. Antonio is planning to attend Lincoln Tech this fall where he will study electrical engineering. His favorite HK lacrosse memory is getting hyped and cheering on teammates. His advice for the younger players is, "always work hard and do your best, don't give up."

### Matt Mohammed #30

Matt was escorted by his mother Dawn and his sister. Matt will be attending Middlesex this fall where he plans to study Biology. His favorite HK lacrosse memory is wild bus rides back from the games his Freshman year. His advice to the younger players is, "look after each other as teammates on and off the field."

### Brian McNamara

Lastly, senior Brian McNamara, the team manager, was recognized.

Brian was escorted by his mother Jill. Brian is planning to attend Plymouth State University this fall where he will study Business Administration. His favorite HK lacrosse memory is watching Dan handstand into a summersault during a game, one of the highlights of managing the team this year. His advice for the younger teammates, "I never played lacrosse but from playing football I would say, you never know when it is your last play, so have fun while you can and play every play as if it is your last. You don't know when that time may come."

True words young man, true words.

Photo by Liz Griswold.

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