

INCLUDES EAST HADDAM NEWS

# Haddam Killingworth News

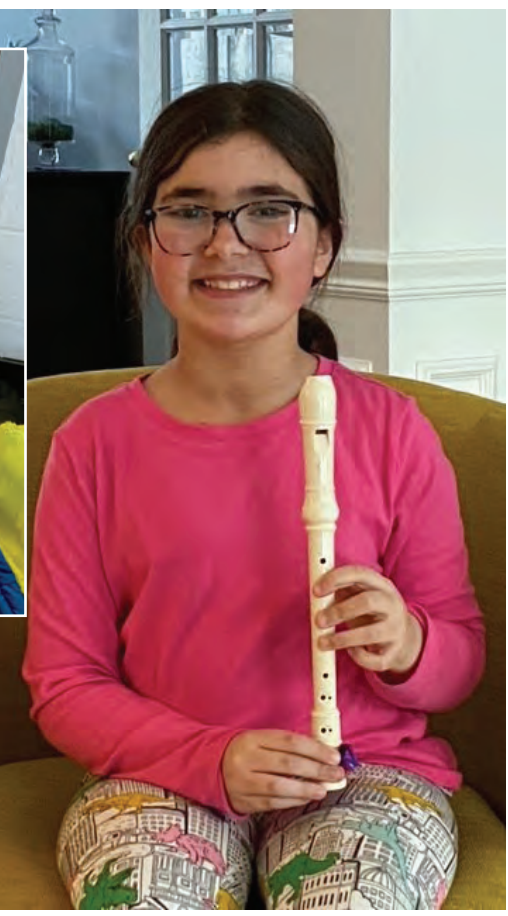
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March 18, 2021

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

Free weekly

## HK Celebrates March as Music in our Schools Month



At left: HKHS Senior Daniel LaRosa (on piano); above: HKMS 7th grader A.J. Livingston (with clarinet); at right: BES student Serenity Carlson with recorder. Photos provided by HK Schools.

By Marcy Webster

Serenity Carlson is the BES musician of the month. Serenity has been working very hard at learning how to play the recorder this year.

She has worked through any challenges that she has come across and she recently earned her black belt in recorder karate! Great job Serenity!

7th grader Adam “AJ” Livingston has played the clarinet in band at both HES and HKMS. Last year, he represented HKMS in the Southern Region Middle School music festival, where he played with over 100 other musicians in the concert band!

AJ also plays piano, and recently started studying the alto saxophone — he hopes to double on woodwinds to play in both concert band and jazz band in the future!

Daniel LaRosa, a senior at HKHS, is an outstanding semester 2 Piano student. While he has a strong background in piano, he has gone back-to-basics in class to master foundational skills and is tearing through his repertoire book as a fully-engaged and motivated student in the Hybrid Model.

Kudos to Dan for taking initiative and working hard from home and in-person!

## HVFCo Auxiliary: Annual Easter Flower Sale April 2–3

By Betty Cernan, HVFC Auxiliary

Members of the Haddam Volunteer Fire Company Auxiliary will hold their annual Easter Flower Sale on Friday, April 2 from 9 a.m. to 5 p.m., and Saturday, April 3, from 8 a.m. to 3 p.m. Please note that this year there is a change in days and hours. The sale takes place outside the Higganum Branch of the Liberty Bank at the Village Plaza, 26 Killingworth Road. Easter lilies, hyacinths, tulips, and other spring plants will be available. This sale supports the Auxiliary Scholarship Fund.



HVFCo Auxiliary (1985) Members outside Higganum Country Market. Photographs courtesy of HVFCo Auxiliary.

The Flower Sale has been held on an annual basis for over 40 years. Soon after Alice Zanelli joined the Auxiliary in 1977, she suggested that we have an annual Easter Flower Sale as a fundraiser. The first one was held in 1979 in front of the Higganum Country Market. When the Country Market closed

several years later, the Sale moved over to its present location in front of the Liberty Bank. Forty years later Alice is still chairing this event.

Back in the early 1980’s, Hollis Burr, a charter member, proposed that the Auxiliary establish a scholarship. Members were very receptive to the idea. It

was decided that the applicant must be a graduating senior from Haddam or Higganum who is a member of the Junior Fire Company or a son or daughter of a member of the Haddam Volunteer Fire Company

*Continued on page HK4*

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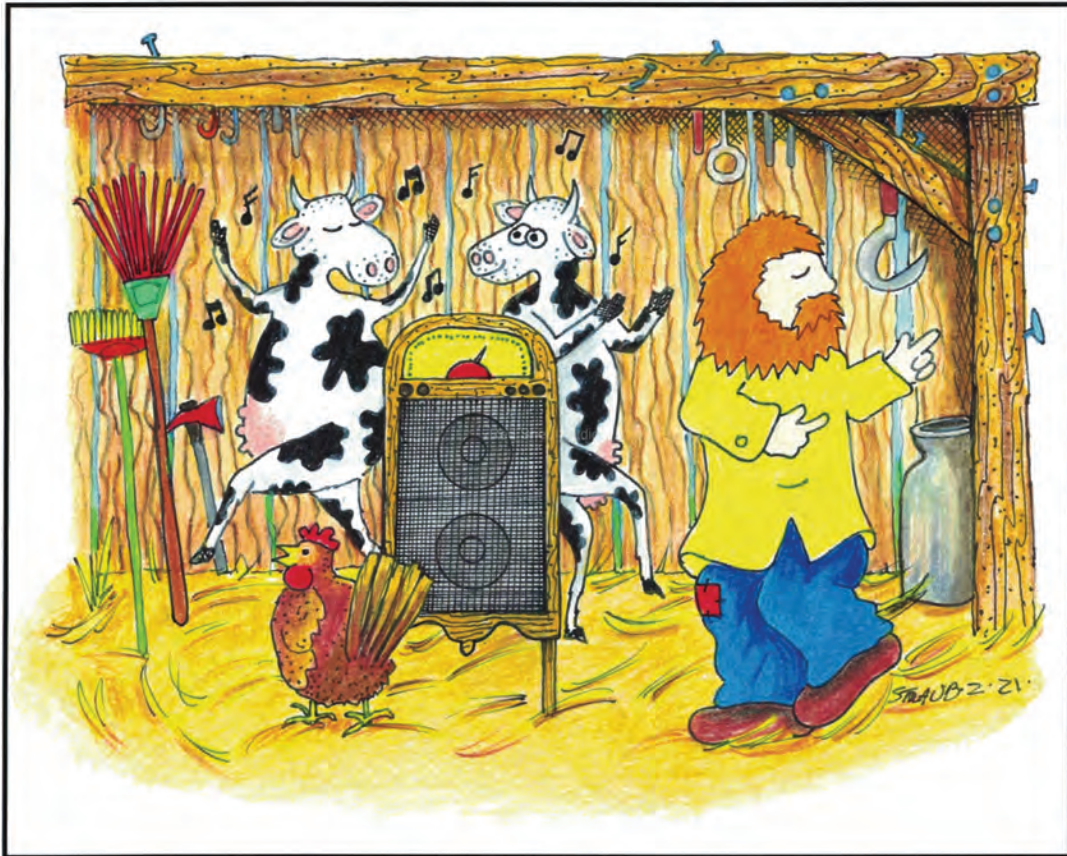


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 K A I I E K A H S K L I M A H  
 C C R E T S B O L L E X P T G  
 H A M B U R G E R U F S Y O A  
 D O N C R E P E S H E J S E P  
 A R T G J W X T W I S M X S S  
 L S P D A C M Z R Y A I U D Q  
 A W G W O S A F Y L V W F O C  
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- |        |           |          |           |
|--------|-----------|----------|-----------|
| CAKE   | FRIES     | PIE      | SOUP      |
| CLAMS  | HAMBURGER | PIZZA    | SPAGHETTI |
| COFFEE | HOTDOG    | POTATOES | STEAK     |
| CORN   | LASAGNA   | SALAD    |           |
| CREPES | LOBSTER   | SANDWICH |           |
| FISH   | MILKSHAKE | SODA     |           |

**BRAINERD MEMORIAL LIBRARY**

**Brainerd Receives Construction grant from CT State Library**

By Tom Piezzo, Brainerd Library Director

The Brainerd Memorial Library announces the approval of a \$675,000 construction grant by the Connecticut State Library. This money will fund half of the phase two renovations, which will transform and modernize the interior of our building, unchanged since the 1996 expansion.

We look forward to the Town of Haddam's support for 1/4 of the remaining costs, with the rest of the total \$1,350,000 to be funded by the Library. This investment is in addition to the current work in progress, which is nearing completion, and has been fully paid by the Library.

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# Locals Respond to Lamont's Vaccine Eligibility Rollout

By Austin Mirmina

Higganum resident Gloria Gorton said her 34-year-old daughter, Sarah, who has lung cancer, was hopeful she would be next in line to get a COVID-19 vaccine.

"We had been anticipating that in this next rollout, that some people with pre-existing conditions would be eligible to get the vaccine," Gorton, 67, said. "We've kind of been waiting for that."

But after Governor Ned Lamont's Feb. 22 decision to prioritize Connecticut vaccinations by age, Gorton faced the disheartening possibility that Sarah would have to wait until May to get her shot.

"Of course we were really disappointed when we found out she was going to be in the very last group to be vaccinated," Gorton said.

Many people in the Haddam community said they approved of Lamont's new plan, especially those who now become eligible to get vaccinated sooner than they would have under the old system. But for some individuals with underlying medical conditions, like Sarah, the age-based approach creates both longer wait times and more uneasiness living with an already increased susceptibility of developing serious COVID-19 symptoms.

According to state's online vaccine portal, people ages 55 to 64 started signing up for the vaccine on March 1. The starting sign-up dates for the rest of the population are as follows:

- 45 to 54 years old: March 22, 2021
- 35 to 44 years old: April 12, 2021
- 16 to 34 years old: May 3, 2021

In breaking with guidelines from the Centers for Disease Control and Prevention, which prioritizes frontline workers and people ages 16 to 64 years with underlying medical conditions, Lamont said the new

vaccine plan will help to avoid confusion related to eligibility. Connecticut joined Rhode Island, Maine, and Delaware as the only Northeast states not to give any vaccine eligibility to people with certain medical conditions, according to a New York Times survey.

Higganum resident Michael Burns, 49, said he agreed with the decision to simplify the process, despite having a heart condition that might have given him priority to get the vaccine in another state.

"It's been very confusing as far as what [the government] was doing initially, and how they were categorizing people," Burns said. "It just makes sense to make it simpler."

Burns also said he would like to see certain people, such as teachers and those with diabetes, receive priority. Under the new system, teachers, school workers, and professional childcare providers will still be eligible to receive the vaccine at special clinics dedicated to those members.

Higganum residents Jay Cassella, 62, and Doreen Staskelunas, 55, both said they favored the new plan because it allowed them to set up a vaccination appointment almost immediately. Staskelunas said she had trouble with the Vaccine Administration Management System, which is an online scheduling tool for COVID-19 vaccine appointments, but was able to pre-register with Nutmeg Pharmacy.

Nutmeg Pharmacy Owner Greg McKenna said he wants to vaccinate as many people as possible and hopes that the state keeps providing him with enough vaccines to meet the demand. McKenna said he was "ecstatic" about the arrival of the new Johnson & Johnson vaccine, which requires only one dose, adding that his pharmacy is in the process of ordering it.

Keith Lyke, who owns the Killingworth Family Pharmacy, said he "wasn't the biggest fan" of the change to an age-based approach. "I do feel that

there are a lot of people who should be eligible for [a vaccine] due to their co-morbidities and underlying health conditions prior to an age-based [system]," Lyke said.

Lyke added he would like to see people without a computer be able to more easily schedule an appointment. One Higganum resident, Gary, who declined to give his last name, said he is one of those people without a computer or a smart phone who is going to wait until he can buy the vaccine at a drug store or receive it at his doctor's office.

"They have to make [the vaccine system] more accessible and not have to deal with a computer," Gary said.

State Representative Christine Palm said she was initially skeptical of the age-based approach, because it "seemed to push essential workers and people with underlying conditions to the back." But since then, "I've learned some things that have moved me into the less skeptical position," Palm said.

Determining which workers faced a greater risk of contracting COVID-19 was one of the greatest challenges under the original plan, according to Lamont. And Palm agreed, saying that prioritizing people by age is "logistically smoother" because of the ease in verifying a person's age using a driver's license.

"How does the state decide, for example, somebody who works at a grocery store register versus somebody who's in the back office doing accounting?" Palm said. "They both work at the grocery store but one is far more at risk than the other."

Palm stressed that the state is focused on speed, and using an age-based system will help move the process along more quickly. "In the long run," Palm said, "It's going to be better for everybody the sooner we reach 100 percent."

## DEATHS

### Lt. Cdr. James H. (Jim) Jones

LCDR James H. (Jim) Jones, Jr. USNR, Ret. of Haddam, CT, passed away on February 24, 2021 at the age of 96.



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# Classic Car Collecting Chugs Along During Pandemic

By Richard Willard, Vintage Motorcars, LLC

Once a car buff — always a car buff. Richard Willard of Vintage Motorcars in Westbrook, CT has been restoring antique cars with his father Sam since 1985. This past year has been one to remember in more ways than anyone can count. For the Willards it's been business as usual. Car collectors all over the country have been enjoying their favorite pastime more than ever.

As other businesses and activities have restrictions, going for a "Sunday Drive" in a coveted antique vehicle has more appeal than ever. Maybe collectors have more time to enjoy their collection or it's just that they can easily [socially] distance and get out of the house at the same time. The collector car market has held steady and the interest and investment aspects of the hobby are going strong.

"When the country first shut down in the Spring of 2020, there was nothing going on with collectors and their cars. Usually this is a very busy time for us. Owners usually are preparing for the summer season and for a few months it seemed as if time stood still," Richard Willard said. "As time went on things started to rebound, and cars started to emerge from garages everywhere."

Some car shows have gone virtual. The social aspect of showing off prized vehicles with others online has opened a market that it hasn't traditionally been able to reach. With prizes and spectators voting for winners in many categories, some virtual shows may continue into the future along with the in-person shows.

One car in particular that has been shown this past year is a very rare 1907 Cadillac Model M and it has a special meaning to Vintage Motorcars. This car belonged to Sam Willard who just turned 88 and he acquired the car in 1966.

"My father had this car kicking around as far back as I can remember," said Richard, Sam's son and the owner of Vintage Motorcars. "The car needed restoring and my dad did some [woodwork] but then it fell to the wayside. He was a great starter of



1907 Cadillac M. Photo by Stephanie Gaston.

projects but not so good at completing them. One day in 2010, I decided to finish the car for him at the shop. It was a 2-year project. He then took it to one show and realized that trailering this gem was not easy at his age. We then showed off the car in our showroom."

Along came Bill Lillie, a prominent collector and family friend. He saw the car and fell in love with it. The timing was perfect. Sam could no longer drive the car and because of the emotional attachment, he was not looking to sell it and lose contact with it.

"So, the perfect marriage was made. Bill was close by and would take my dad with him to some of the shows. He brought the car to shows all over the country winning many shows and sharing each and

every moment with Sam. I know that they both are enjoying the new adventures of this 1907 Cadillac," says Richard.

In fact, the attention attracted the national magazine "Hemmings Classic Car" to feature it in March 2021. The article is titled "This rare 1907 Model M Straight Line Touring recalls Cadillac's early foray into the luxury car market" and Matt Litwin describes the history and restoration of this unique vehicle. (Link: <https://www.hemmings.com/stories/article/rescued-elegance>)

At Vintage Motorcars, the Willards continue to help collectors enjoy their cars and keep them chugging along.

[www.vintagemotorcarsllc.com](http://www.vintagemotorcarsllc.com)

## KILLINGWORTH LIBRARY

### Killingworth Library 2021 Book (Scavenger) Hunt: March 17 - 31

By Laurie West Prichard, Director, Killingworth Library Association

Help us say goodbye to winter and celebrate spring with a scavenger hunt!

Your challenge: Visit 10 locations in town and look for the 8 1/2 X 11 inch "Killingworth Library Scavenger Hunt" sign. Each location's sign will show a different photo of a book cover.

Write down (or take a picture with your phone if pen and paper aren't

handy) the book title at that location, and when you have collected all 10, just send an email to [mail@killingworthlibrary.org](mailto:mail@killingworthlibrary.org) listing the 10 titles and you will be entered in our contest to win prizes!

Prizes will include gift certificate(s) to local businesses, and of course books! Children are encouraged to enter — please make sure to include the age of the child in the email along with the contact information.

The list of participating locations will be published on the library's website and Facebook on March 17. Deadline for emailing your list of book titles is midnight March 31. Winners will be contacted on April 2.

## CONTINUED FROM PAGE HK1

### Flower sale

Continued from page HK1

or Auxiliary. The first HVFC Auxiliary Scholarship was given in 1982, and, almost 40 years later, Hollis continues to coordinate the scholarship process. Eventually, it was decided that money received from our Flower Sales should be designated for the Scholarship Fund. This has helped to build up the account.

The Auxiliary was established in 1966 to aid our volunteer firefighters. Members provide refreshments during major fires, and they give funds periodically to the fire department to

purchase firefighting items. Town residents, 18 years or older, are welcome to join. Meetings are held on the fourth Monday of the month, from September to June except January, at 7 p.m. at the new firehouse. Due to COVID-19, meetings have been held on Zoom, but, hopefully, members will be back to meeting at the firehouse very soon. Members were unable to hold fundraisers last year because of the Coronavirus, but they truly thank the townspeople for all the support given this organization in the past.

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# Answering Your Questions: Mental health

By Janet Verney

**This question was sent in by a reader in response to Janet Verney's request for reader questions. See Food for Thought – Answering Your Questions About Health and Nutrition for more information.**

*“Given the difficulties of this past year (and from my perspective as a mental health therapist) I've seen a sharp increase in the spectrum of disorders related to both anxiety and depression both in adults and children. Since our bodies are, of course, not separate from our minds/emotions, what advice do you have for folks wanting to support their mental health by supporting their physical health? Are there specific routines, foods, supplements, or exercises that best support this? Specific symptoms I'm thinking of are related to increasing energy, focus, and keeping the body calm. Also, is there a difference in what you recommend for children, teens, and adults?” – Tracy*

Hi Tracy – Thank you for bringing this question forward and doing all you do to support others struggling with these issues. Yes, it is a very common concern, especially during this pandemic! I have been fascinated with the gut-brain, food-mood connection for some time and I am happy to share my thoughts on this.

I am all about getting to the root of the problem and it is so much more than food sometimes. Working with someone like yourself is so important to cover all basis. Ok, let's break this down into 6 steps to improve that gut-brain connection!

1. Eliminate FEAR & Fire up those Neurotransmitters – I hear from many that they live in fear day to day, for various reasons, including Covid. Fear was once my biggest enemy and like many others who lived in fear day to day, it began to erode my health. I learned early on to replace “fear” with “hope,” but things still were not improving... One day I heard someone say, “eliminate the word HOPE from your vocabulary” and I thought how can this be; this is what I live on. He then went on to say “hope leaves room for doubt” – ponder that for moment. It wasn't until I replaced the word hope with the word BELIEVE that the magic happened! Every time fear or hope popped into my head, I stopped and rephrased my thought with believe and things greatly improved. If you are struggling with depression or anxiety you are not alone. Did you know that roughly 80% of your thoughts on a daily basis lean to-

wards the negative? Time to change that up! This is where I encourage my clients to take a journal, or to use the notes app in their phone, to keep a log of their thoughts and every time a negative one pops into their head to rephrase it into a positive statement. Often, they find a pattern of negative thoughts, like an annoying song you can't get out of your head. The more you practice this, the more it will become your new norm. If you haven't read the book You Can Heal Your Life by Louise L Hay, be sure to pick up a copy and get reading – this book literally changed my life!

2. Strengthen Vagal Tone – The vagus nerve runs stem to stern, in other words, brain to gut! This incredible nerve is often overlooked and can play a major role in anxiety and depression. Improving vagal tone can be as easy as adopting a daily routine of a specific yoga twist, nostril breathing exercises, humming a tune throughout the day, spending a few minutes meditating, and focusing on those positive thoughts we just talked about. Look online for more specific vagus nerve ideas.
3. Move Your Body – We all know how important it is to move our bodies for good health. It is so important for proper digestion, your heart, your bones, and for your state of mind! When you exercise you are releasing endorphins which has a calming effect to the entire body. A gentle walk, adding time and speed as you build your endurance is the best way to go. Don't go from couch potato to one of the extreme workouts. Be gentle with yourself and ease into a new routine. The idea is to prevent or even eliminate panic or anxiety attacks, but if one sneaks up on you, get moving and take slow deep breaths.
4. Find Your Zen – Stress plays a major role in this gut-brain connection. When you are on a high-speed treadmill of life and not finding any Zen time, you are setting yourself up for trouble! Make time for some Zen in your life and work to curb some of the daily stressors from your life before it makes you really sick. Some find various forms of meditation to work, others will take their Zen from music or art. I find mine when I am creating in my studio. What's important is to find what works for you and make it a daily habit! In addition to what you can do at home, look at what resources are around you. I find acupuncture and massage on occa-

sion to help me regain my balance when I am feeling a bit off. Energy healing is also a terrific resource to reset and calm the fires.



5. Feed Yourself a Nutrient Rich Diet – Food and mood is such a thing now and the more we learn about this gut brain connection, the more we are understanding the link to depression and anxiety. So many are eating what we in the nutrition world call the SAD diet, which stands for the Standard American Diet. This is filled with way too much animal protein, highly processed foods, fried foods, sugar laden foods, and lots, and lots of sugary drinks, including alcohol, soda, and these high energy drinks. I call all of the above-mentioned foods gut-brain bombs! This way of eating destroys the good bacteria in the microbiome and the bad bacteria start doing a little happy dance while taking over the microbiome. This leads to being nutrient deficient – you are no longer running on all cylinders. It would be like putting diesel fuel in a high-performance sports car that calls for unleaded... get the picture? It has also caused an epidemic of obesity and type two diabetes. Is it any wonder your body is talking to you in this way? When it comes to feeding your microbiome to decrease stress and anxiety and to get

your balance back, PLANTS rule! Start by upping your daily intake of leafy greens ate every meal. If you are not a salad person, make them the bed of your meal. I like to add my plant-based chili, soup, or stew over them. Nuts and seeds are great brain foods, as well as whole grains and legumes. Plant foods are so rich in antioxidants, essential minerals & vitamins that they give the gut and the brain what is needed to thrive! Don't you see, if you are eating the rainbow of color, whole, organic, unprocessed nutrient rich foods, you don't have to even think about what to put in your mouth.... Your body will get what it needs! I know, I hear it all the time, where do I get my protein – to this I say, read the book Plant-Strong by Rip Esselstyn. You will be amazed; I know I was. When you are eating well you should not need supplements, but when you are just starting out and if you are dealing with some imbalances, you may need some support with the healing process. There are some great products out there, but there are also some junky brands that may cause more problems, so to this, I encourage you to seek advice from a practitioner who knows the world of supplements. My go to is the CT Center for Health in Middletown.

*Continued on page HK6*



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Daily Calcium Requirements		
	Requirements	Upper Limit
Women		
19-50 years	1,000mg	2,500mg
51+ years.	1,200mg	2,000mg
Men		
19-50 years.	1,000mg	2,500mg
51-70 years.	1,000mg	2,000mg
71 + years.	1,200mg	2,000mg

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# CDC Guidance Regarding Fully Vaccinated Individuals

By Norm Needleman, State Senator

I hope you and your family are staying safe, healthy, and taking a little time to enjoy the warmer temperatures we've seen the past few days. Please take a couple of minutes to read an update on COVID-19 including guidance for people fully vaccinated against the virus and Middlesex Hospital visitation policies.

## New CDC Guidance Regarding Fully Vaccinated Individuals

The Centers for Disease Control and Prevention released new guidance for individuals who have been fully vaccinated against COVID-19. With as much as 10 percent of Connecticut's population now meeting this guideline, this will likely be welcome news for many people in the state. The new guidelines, which define "fully vaccinated" as someone who is two weeks past their second dose of the Moderna or Pfizer vaccines or two weeks past a single dose of the Johnson & Johnson vaccine, provide new guidelines for relaxing some prevention measures:

- Fully vaccinated people do not need masks or social distancing when meeting indoors with those at low risk for COVID-19
- Fully vaccinated people can visit other vaccinated people indoors without masks or physical distancing
- Fully vaccinated people can visit indoors with unvaccinated people from a single family without masks or physical distancing if the unvaccinated people are at low risk for severe disease
- Fully vaccinated people can skip quarantine and testing if exposed to an asymptomatic COVID-19 carrier, but should monitor symptoms for 14 days

However, the CDC continued to say vaccinated individuals should still follow several guidelines.

- Fully vaccinated people should still wear masks and socially distance from unvaccinated people at increased risk for severe COVID-19 or if they have a household member at higher risk
- They should also wear masks and stay distanced when visiting unvaccinated people from multiple households
- In public, they should continue to wear masks and remain socially distanced, continuing to follow public health guidelines for the immediate future

- If fully vaccinated people live in non-health care congregate settings like group homes, they should still quarantine and get tested if exposed to suspected or confirmed COVID-19
- The risk of infection in locations like restaurants or gyms will be lower for fully vaccinated individuals, but as transmission risk is inherently higher in those settings, precautions should continue to be followed
- The CDC still recommends against travel due to high case numbers nationwide; this is expected to change domestically in future months as more adults become eligible for vaccination

## Middlesex Hospital Loosens COVID-19 Visitation Policies

Middlesex Hospital is loosening its visiting policies as a reaction to stable rates of spread of COVID-19 in the state and area. Hospitalized patients, patients having surgery and patients in the Emergency Department are now allowed one designated visitor each, who will be asked to be designated by the patients upon check-in. Hospital visiting hours are 10 a.m. to 4 p.m. Monday through Friday and 10 a.m. to 3 p.m. on weekends, though a guest arriving during established visiting hours may stay until 7:30 p.m.

Exceptions will be made for disability support or visitors making compassionate care visits, who are allowed 24/7. Emergency Department patients may also have one visitor 24/7, and pregnancy and birth center patient visitors are now allowed to come and go any time during that patient's stay. Patients having surgery must have their visitors leave the hospital during that surgery. All visitors must be listed as designated visitors, wear face masks at all times and screen for COVID-19 symptoms upon entry.

## USDA Extends Free Meals to Children through Summer

The U.S. Department of Agriculture (USDA) announced the nationwide extension of several waivers that allow all children to continue to receive nutritious meals this summer when schools are out of session. These flexibilities are now available through September 30, 2021. The waivers extended today allow for safe meal distribution sites that serve all children for free, regardless of income. In addition, the waivers:

- Allow meals served through the Summer Food Service Program and Seamless Summer Option – collectively known as "summer meals programs" – to be available in all areas at no cost
- Allow meals to be served outside of the normally required group settings and meal times
- Allow parents and guardians to pick-up meals for their children, including bulk pick-up to cover multiple days

## Connecticut Fishing Season Opens Early

Governor Lamont signed an Executive Order to open the fishing season early, effective March 4. The increased access to outdoor recreation will provide residents with help in physical and emotional health, and fishing is growing in popularity; in 2020, as the COVID-19 pandemic set in, the state saw a 1/6 increase in new fishing and hunting license sales. Social distancing, mask wearing, and other COVID mitigation efforts remain recommended.

## Connecticut Youth Climate Summit Accepting Submissions

The 2021 Connecticut Youth Climate Summit is accepting submissions for the Virtual Youth Art Exhibition, which will see art created by middle and high school students displayed online in a virtual gallery for public viewing during Earth Month in April. Participants are asked to complete the submission form to enter – this year's theme is "How has, or how will, climate change affect you?" Submissions can be made through artwork like drawing, painting or comics, photography, sculpture, digital art, spoken word poetry or original music. Submissions are due by midnight on March 26.

## SBA Hosting PPP Loan Webinar for Cosmetologists

The Small Business Administration's Connecticut District Office will host a webinar for cosmetologists tomorrow, March 11 from 9:30 a.m. to 10:30 a.m. regarding the new PPP Loan Formula for sole proprietors, independent contractors and the self-employed, educating attendees about the new formula for filers to receive additional financial support – with an application deadline of March 31.

## CONTINUED FROM PAGE HK5

# Food for Thought – Answering Your Questions: Mental health

Continued from page HK5

They will do in person, or online appointments. Dr. Michael Kane is very gut-brain savvy and has a wealth of knowledge.

6. Find Your Tribe – Last, but definitely not least, don't go this alone. If you are feeling alone, reach out and ask for help. Connect with a close friend, a long-lost friend, or make new ones. Take a walk

together, or simply chat on the phone. The social connection, even from six feet apart, is so important for mental and emotional health. If you don't have anyone nearby, join Meet-up.com and pick a group that is of interest to you – many are meeting on zoom these days. The point is, you're not alone, someone out there is ready to help, or may need your help. Let's all be there for one another and make this a happier healthier world together!

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

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# HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

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

## Thursday, March 18

Haddam P&Z PUBLIC HEARING Meeting 7:00 p.m. - 9:00 p.m. HES

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

Join us as we discuss Plum Island by Nelson DeMille. If you are interest-

ed in joining the group, please email the library at [mail@killingworthlibrary.org](mailto:mail@killingworthlibrary.org). Extra copies will be available at the library.

Killingworth Library's (Book) Scavenger Hunt March 17 - 31, 2021.

Contact Killingworth Library at 860 663-2000

## Friday, March 19-Sunday, March 28

"Bid for Brainerd" Brainerd Memorial Library is hosting an online auction, on [BiddingOwl.com](http://BiddingOwl.com). The auction begins March 19 and runs through

March 28, 2021.

## Saturday, March 20

Haddam BOF Budget Workshop (remote access only) 9:00 a.m. - 11:00 a.m.

Virtual Super Saturday Storytime 10:30 a.m. - 11:00 a.m.

Killingworth library remains closed. Join our Saturday Storytimes on our YouTube channel! <https://killingworthlibrary.org/>

## Monday, March 22

Haddam BOF Budget Review Mtg. (re-

ote access only) 6:30 p.m. - 8:30 p.m.

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

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

## Wednesday, March 24

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

860 581-8554 <http://www.rivercog.org>

## Thursday, March 25

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

## BRAINERD MEMORIAL LIBRARY

# Upcoming Brainerd Library auction has more than 225 items available

By Donna Brinckerhoff

As the March 19 kickoff date approaches, Brainerd Memorial Library's virtual fundraising auction continues to attract attention - and new items.

One of the latest is a \$55 gift certificate toward dog grooming from one of Haddam's newest businesses, Wonder Paws.

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

Bidders will be able to track the status of each item. During the bidding period there will be opportunities to view items at Haddam Elementary School.

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

Starting March 19, visitors can log onto [www.biddingowl.com/BrainerdMemorialLibrary](http://www.biddingowl.com/BrainerdMemorialLibrary) and register as a bidder in the top right corner. Once reg-



Gemmina Gorski, owner of Wonder Paws, and a donor to the library auction, shows off a satisfied customer. Photo by Marijean Conrad.

istered and equipped with a password, bidders can visit the page anytime during the auction and opt in for text or email notifications to find out if they have been outbid ... or won!

## KILLINGWORTH NEWS

# Celebrating Community Fund Volunteers; Scholarship Offered

By Laura Souza

Every day at the Community Foundation of Middlesex County (CFMC) we see first-hand that dedication and collaboration make a real difference in our communities. We are in awe of the Killingworth Community Fund committee members who donate their time, talent, and resources to make Killingworth an amazing place to live, work, and play. We celebrate the countless ways they put their passion into action and we extend a rousing "Round of Applause" for their caring and generous ways.

Volunteers Rock! Thank you Joan Gay, Wally Jones, Cathy Iino, Mary Anne Lisk, Ed Lisk, Mary Meixell, and Annie Stirna for all you do for Killingworth. Take a bow and enjoy a round of applause!

## Attention Aspiring Artists at Haddam-Killingworth High School

The Killingworth Community Fund at the Community Foundation of Middlesex County is pleased to announce that applications are being sought for the Marjorie Kirk Ullrich Scholarship for Excellence in the Fine Arts.

Established through a bequest by George Ullrich to honor his wife, Marjorie Kirk Ullrich, the scholarship is awarded to a graduating high school senior who is a Killingworth resident, attending Haddam-Killingworth High School, and is pursuing a post-secondary education in Fine Arts.

For more information and to obtain the application, please contact Shiloh Estrom, Haddam-Killingworth High School Counseling Department.

For more information on how to support the Killingworth Community Fund at CFMC, please contact Cynthia Clegg, President & CEO, Community Foundation of Middlesex County at 860-347-0025 or [Cynthia@MiddlesexCountyCF.org](mailto:Cynthia@MiddlesexCountyCF.org)

## HADDAM HISTORICAL SOCIETY

# HHS Scholarship Applications Now Available

By Elizabeth Hart Malloy, Executive Director, Haddam Historical Society

The Haddam Historical Society is pleased to announce it is again offering a \$500 scholarship to a resident of Haddam, Higganum, or Haddam Neck

and senior student at Haddam-Killingworth High School. The application and instructions forms are available through the Haddam-Killingworth High School Guidance Office.

Scholarship chairman, Susann Costa, notes that the 2021 award will be the 9th consecutive year the Haddam Historical Society has bestowed an award and is delighted to be able to help support the continued education of a deserving student and advocate for the importance of history both locally and globally.



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# HKMS: Cougar Celebrations February 2021

By Debra Cumpstone, HKMS

We recognize students and their achievements and want to share these celebrations with you too. On Friday, February 26, 2021 HKMS held their Town Meeting where the following students were recognized.

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

Claire Anderson	Respect, Responsibility, Perseverance
Lily Austin	Responsibility, Perseverance
Rowan Baucom	Perseverance, Kindness
Evan Berardino	Perseverance, Responsibility
Jackson Bottaro	Respect, Responsibility, Perseverance
Brody Ferguson	Respect, Responsibility, Kindness
Juliette Harriman	Responsibility, Perseverance
Lauren Heath	Respect, Responsibility
Molly Hoddinott	Responsibility, Kindness
Eduardo Karkutt-Kulak	Respect, Perseverance, Kindness
Ashley Kelly	Responsibility, Respect, Perseverance
Eliot Krahn	Responsibility
Ashley Kukta	Acceptance
Nathan Larkin	Kindness, Respect
Bryce Leiberman	Respect
Ava Loughlin	Respect, Responsibility
Olivia Macaluso	Respect, Responsibility, Perseverance
Audrey Macy	Responsibility
Avery Maxwell	Responsibility, Respect
Ava Mazzotta	Kindness, Respect, Responsibility
Nathan Mulhull	Perseverance, Respect
Nathaniel Novick	Responsibility, Kindness
Molly O'Neil	Perseverance, Respect, Responsibility
Adalyn Proulx	Responsibility, Perseverance, Kindness
Koen Thomen	Perseverance, Responsibility
Wyatt Voegtli	Responsibility, Perseverance
Megan Walsh	Responsibility, Perseverance

# Local Students Named to Dean's List

Merit Pages News

Kendall Castro of Killingworth, CT was named to the Dean's List at **Wilkes University** for the fall semester 2020. To be named to the Dean's List, students must obtain a minimum 3.5 grade point average and carry at least 12 credits.

**Marist College** announces Dean's List certificates produced at the conclusion of each academic term, which record the names of all full-time students who have demonstrated academic excellence in the previous semester. In order to qualify for this special distinction, students must earn a semester grade point average of at least 3.600 having completed a minimum of 12 academic credits graded on the A-F scale. In addition, students with grades of "I," "D," "F" or "WF" will not be named to the list. Any student who meets these criteria will have a Dean's List notation permanently recorded on official College transcripts. The following students met or exceeded these criteria based on grades reported as of February 5, 2021:

- Mark Ferraro, Jr.
- Hanna Leavitt

The **University of Hartford** congratulates the students who have been named to the President's Honors List for Fall 2020.

The President's Honors List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester.

- Emily Bagnoli of Killingworth
- Hattie Hall of Killingworth
- Gabriella Kulmacz of Higganum

The **University of Rhode Island** is pleased to announce the Fall 2020 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries. The following students were named to Dean's List:

- Maggie Fisher of Killingworth
- Alise Greco of Higganum
- Megan Little of Higganum
- Abigail Manley of Higganum
- Jenna Marciniak of Killingworth
- Chloe Melillo of Killingworth
- Kaden Powers of Haddam Neck

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

# ENTERTAINMENT



Photo courtesy of Kelly Morin.

Kelly Morin is at it again, making art on her salty rear car window. Last time it was a Connecticut River landscape. This time it is a St. Patrick's Day theme.

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

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Photo by Judith Levin.

## Find a Fur Baby: Bishop

By Judith Levin

He's been in Furry Friends Rescue for a long time, and is ready and waiting for you to find him. Bishop has been living in the home of a foster-based trainer. He's gained confidence and relaxed, and now it's time for him to take that next step – to a wonderful forever home!

Bishop came into the rescue during the summer of 2019, going on two years now! He was owner surrender from a Good Samaritan who had rescued him from a bad situation but couldn't keep him.

He is a truly good boy who is house trained, crate trained, and knows his basic commands.

Bishop is now about four years old. He is a dog who bonds quickly, and would just love a family where someone is home a good part of each day. If you work from home, Bishop would make a terrific companion.

A fenced-in yard would be a big plus for him, so that he can run around and play in the nice weather.

He is not a fan of other dogs, having suffered a serious attack by another dog prior to coming into the rescue, and should not live in a home with cats, so he will need to be an only pet.

He could live happily with older children (13 years old or older). He tends to jump up in excitement and could easily bowl over smaller children with his enthusiasm.

Bishop will enjoy going out and about with you. If you hike, he would love to be your hiking partner. He loves going for a ride, he is a cuddle-bug but is also a playful dog who will enjoy just being with you.

This handsome guy will make you smile every day.

So ... what are you waiting for? If you think Bishop would fit right into your life please fill out the form at Furry Friends website – [www.furryfriendsct.org/adoption-application](http://www.furryfriendsct.org/adoption-application)

## Senior/Social Services Feb. 2021 report

By Jessica Condil

The Haddam Food Bank is need of spaghetti sauce, kids' snacks, and juice boxes. Haddam Social Services/Food Bank is located at 11 Jail Hill Road, Haddam.

### Senior & Social Services:

The following programs have serviced the community:

Haddam Emergency Food Bank has serviced a total of **39 Adults & 10 Children**, in addition to food, Haddam Emergency Food Bank has serviced 3 families with gifts cards to a local restaurant or grocery store in town.

Haddam Emergency Fuel Bank has serviced a total of **5 family for fuel assistance. 2-Oil, 2- Electric & 1-Wood**

Haddam Senior & Social Services has serviced **4 individuals with paperwork assistance.**

Haddam Social Services/ Clothing Bank has serviced **2 families** with clothing.

Haddam Social Services has done **0** wellness checks

for February of 2021.

Haddam Social Services has assisted **51 individuals with Covid Vaccine registration.** Everyone has received the vaccine who was signed up through our office.

### Senior Van:

The Senior Van has serviced a total of **4** medical appointments for the month of February 2021 and average of 2 seniors who attend the weekly shopping trip for February 2021.

### Haddam Senior Center:

As of 3/16/2020 all CRT meals have been a grab and go or frozen meal due to COVID-19. Meals are distributed on Mondays for the week and are available for pick up Mondays at noon.

The Haddam Senior Center has distributed **114 CRT meals** for the month of February 2021 and a total of **56** visitors for February 2021.

\*please note Social Services report includes totals for Municipal Agent.

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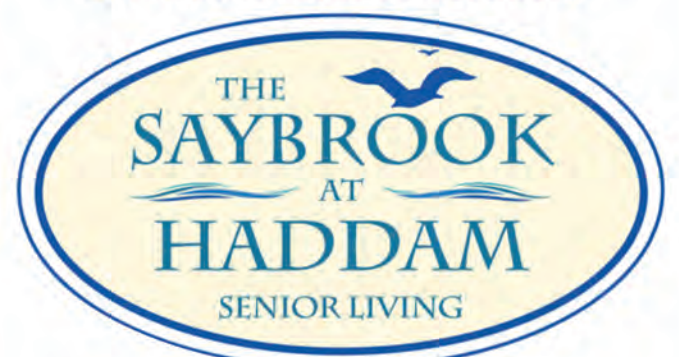


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