

INCLUDES EAST HADDAM NEWS

Haddam Killingworth News

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

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November 26, 2020

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

Free weekly

Happy Thanksgiving from all of us at Haddam Killingworth News!

HKHS Two Time Shoreline Conference Champions

By Mike Shea, Coach

The Shoreline Conference Finals was held on Nov. 16 between Haddam-Killingworth High School and Lyme-Old Lyme High Schools. H-K came away with the 3-2 win and the championship.

Defending champions Haddam-Killingworth got on the board first when Autumn Walton scored a beautiful goal at the top of the 18 yard box. In the second half Yumi Imai was assisted by Autumn Walton to score a scorching goal from the right side of the field. Old Lyme came back to score a couple goals. But Maggie Singer found Kedarjah Lewis with a nice pass, with Lewis delivering the final goal for HK.



The Haddam-Killingworth High School girls' soccer team, 2020 Shoreline Conference champions. Photo by Mike Shea



Lorraine Riess. Photo by Ralph Levesque.

Lorraine Riess named Haddam's First Poet Laureate

By Kent Jarrell

The Brainerd Memorial Library announced that Lorraine Riess has been selected for a two-year appointment as the Poet Laureate of Haddam. Lorraine, a published poet, and a Haddam resident will serve in the honorary position as the ambassador of the community's literary life on January 1, 2021.

The selection was made by a committee of community representatives that considered applicants' breadth of experience in poetry, comfort level in

public speaking, and achievements of distinction.

After Lorraine's retirement from a career in architecture, she said she had time to do more thinking and began to further explore poetry as a member of the Connecticut River Poets, a group dedicated to encouraging and critiquing poets.

"The idea of expressing a particular idea or emotion, or leaving the reader with an indelible image is exciting for me," she said. "I think Japanese Haiku is the most elegant expression of this,

but longer forms and sonnets allow us to expand on ideas as well. I strive for what one poet described as 'the best words in the best order.' I hope that I can have an enriching presence in the community and encourage a wider awareness of all that poetry can do for us. To make us more complete human beings, to meet our creative side with joy and surprise is a wonderful thing."

Although the position is unpaid, the Haddam Poet Laureate position is endorsed by the Town of Haddam and

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Reading Between the Lions

Lorraine Riess

Continued from page H1

will be assisted by the Brainerd Memorial Library in the coordination of scheduling of events.

“Brainerd Memorial Library is delighted to announce the selection of Lorraine Riess as Haddam’s first Poet Laureate,” said Marijean Conrad, President of the Library Board of Trustees. “Lorraine is an accomplished poet who will give us a unique appreciation of life in Haddam. Our congratulations and best wishes go to Lorraine on this honor.”

Margaret Gibson, Connecticut’s State Poet Laureate, welcomed Lorraine to the ranks of Poet Laureates serving in more than thirty cities and towns across the state and said, “Ms. Riess is not only an accomplished poet, but she is also a generous and a compassionate listener, able to offer her insights and experience to others. Part of my focus as the State of Connecticut Poet Laureate is to offer the Town Poet Laureates opportunities to work together as we all bring poetry into the lives of our communities, whether in readings, workshops, community discussions. Poems give voice to our essential humanity, using language with imagination to engage our attention and reach out to each other. What good news that Haddam will be joining a state-wide expansion of language arts and imagination into the community!”

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December 1, 2020

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HKHS Fine Arts: Music, Visual Arts & Drama news

By HKHS

Notes from the HK Music Department:

Preparing for Southern Region Auditions

81 Honors Level Band and Choir students have been working hard in preparation for the November Southern Region Auditions. This year's auditions are fully virtual and students will be receiving feedback and a numerical score using a detailed rubric. In addition to scales, students have been learning a variety of solo repertoire designed to challenge them on their individual instruments. These pieces are the backbone of solo repertoire and can also be used for college entrance performances or even as a part of a performer's course of study at the collegiate level. Jazz Instrumentalists are also asked to prepare an improvised solo. Please help to cheer on those students who are auditioning this year!

Holiday Show Auditions

Attention to the entire HK High School Community. The HKTV is preparing for their annual Holiday Telethon and is hoping you will prepare a musical audition to be a part of the show. They are seeking singers and instrumental acts who can perform socially-distanced either live or pre-recorded. Music could be holiday-themed or fit with the overall uplifting and inspiring theme that the Holiday Show is known for. Auditions are virtual and can be emailed to Mrs. Webster by 11/16/2020. If you have any questions please email MWebster@rsd17.org.

Instagram account

The H-K Music Department has created an instagram account to share stu-



Photos provided by Donna Hayward, Principal, HKHS.

dent work. Check out our instagram @HKHSMusic.

The Visual Art Department at Haddam Killingworth High School:

AP Art and Portfolio Students

Students are hard at work in these courses preparing for very real deadlines including college acceptances and the AP submission for spring 2021. Students following the AP curriculum are working on mini investigations and thinking more globally as they practice,

experiment, and revise.

Seniors are wrapping up their college admissions portfolios to be used to gain acceptance into their program of choice as well as to secure scholarships.

The gallery was recently updated with student work.

HK Drama Club (HK Players):

The HK Players are proud to invite the RSD17 community to its fall play, "It's Virtually a Murder Mystery" on Dec. 4 and 5, 2020 at 7:00 p.m. This is a fully virtual production. Tickets are on sale using this link:

<https://www.onthestage.com/show/haddam-killingworth-high-school/its-virtually-a-murder-mystery-72530>

Be sure to access the show's website for more than ticket sales. Cast and crew biographies are also available with content being updated all the way up to show day!

Join us for a wacky and wonderful show full of humor, surprises, and several "whodunnits". The show has a different ending each night so you will want to purchase a ticket for both Friday and Saturday! Tickets are \$10 each. If you will be watching the show with more than 1 person, please consider purchasing a \$20 family ticket. Donations are also gladly accepted!

National Art Honors Society, Photo Club, Tri-M Music Honors Society:

National Art Honor Society is a group of students that excel in art and want to make art more visible in our school and community. All students in grades 9-12 are welcome to join. We are currently working on an origami mural that anyone can participate in. Another mural that we are working on will go on the brick wall at HK cubs. It is a Winnie the Pooh themed mural with all of the characters parading down the hallway.

Photo club: We usually make photo gifts, photo calendars, and experiment with trick photography techniques. We will be using sidewalk chalk to create imaginary scenes, and photograph them from a high angle for our first meeting.

Tri-M Music Honor Society is a music honor society sponsored by the National Association for Music Education (NAfME). It is designed to recognize students for their academic and musical achievements and to provide leadership and service opportunities to young musicians. To be eligible for membership, a student must maintain an A average in their music classes, a C average in all of their academic courses, be presently enrolled in a music course at their school, and be recommended for membership by their school's music faculty.





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November 26, 2020

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HOMETOWN HOLIDAY SHOPPING GUIDE



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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

See hk-now.com for more information on calendar items.

Thursday, November 26

HAPPY THANKSGIVING!

Friday, November 27

Santa's Mailbox from Nov. 25 – Dec. 18, Santa will be setting up two mailboxes in town. One will be at Nutmeg Pharmacy in Higganum and the second will be at the Haddam Post Office. Your child may write a letter to Santa and include a self-addressed stamped envelope and Santa will write a letter

back! Hosted by The Haddam Junior Women's Club

Thanksgiving Weekend History Scavenger Hunt – HHS, Nov. 25-29

The Haddam Historical Society is sponsoring a drive-around-town History Scavenger Hunt over Thanksgiving Day Weekend (November 25-29). The hunt has 10 questions and participants will venture around Haddam, Higganum and Haddam Neck to locate the answers.

The Scavenger Hunt clues will be distributed (via email) Wednesday, November 25, and teams will have five days to complete the hunt at their own pace. Registration is required for a nominal fee of \$ 10 per group, and you can register online at www.haddamhistory.org or email us at contact@haddamhistory.org

haddamhistory.org

Please practice social distancing and all Covid-19 protocols during the hunt. We ask that you respect private property.

Saturday, November 28

Super Saturday Storytime – Killingworth Library 10:30 a.m.-11:00 a.m.

Weekly family fun for kids of all ages!

Sunday, November 29

Artist Sunday – CT River Artisans – Essex, 1:00-4:00 p.m.

Monday, November 30

Killingworth Charter Revision Committee Meeting (remote access only) 7:00 p.m.

Tuesday, December 1

Free Covid-19 testing: 9:00 a.m.-12:00 p.m. Eddy Complex (Eddy Shelter & Eddy Center), 1 Labella Circle, Middletown

RSD17 BOE meeting; Central Office, 7:00 p.m.

Wednesday, December 2

Free Covid-19 testing: 10:00 a.m.-2:00 p.m., MacDonough School, 66 Spring Street, Middletown

Thursday, December 3

Parmelee Farm Committee Meeting – at Parmelee Farm, 7:00 p.m.

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

ELECTIONS 2020

Local residents describe voting experiences in remarkable year

By Meghan Peterson, Ph.D.

Election Day may seem eons ago, as we now set sights on the holiday season and a new year. Given the remarkable and noteworthy characteristics of 2020, however, we wanted to know how Haddam and Killingworth residents perceived their voting ex-

periences in a year marked by COVID-19 and heated political dynamics across the country.

Voter turnout in our state “reached nearly 80%,” with approximately 1.8 million people voting in this month’s elections, according to a Nov. 19 Journal Inquirer report. Was this year’s voter participation in the state the highest Connecticut has seen? Not quite. The same Journal Inquirer story explains that “In 1992, “86.5% turned out to vote during that presidential race, which featured Bill Clinton versus George W. Bush.”

Voter turnout in Haddam was higher than the statewide turnout, yielding a total of 86.1%. Voter turnout in Killingworth was also higher than the state’s, coming in at 88.25%. Voter turnout information comes from the Haddam and Killingworth Registrar of Voters.

We have received responses to our invitation on various local social media pages regarding residents’ experiences voting during the momentous 2020 U.S. elections.

Below, we highlight the voices of readers like you: “My voting experience could not have been much easier.

The absentee ballot application arrived in the mail. I completed it and mailed it the next day. The ballot arrived about a week later. I completed it and dropped it in the drop box at the town hall, a 5.8 mile drive. Voting in person would have been easier only because I am closer to the old high school location, a 3.6 mile drive.” – Steve Lowrance, Higganum

“I voted in person at HK High School, about 10:30 a.m. on Election Day. There was a short line, about 10 to 15 voters, observing safe distance between them, that seemed to be about steady in length; new voters arriving at the same rate as exiting voters. Poll personnel actively worked to keep the line moving by directing voters to the correct check-in table for their address. Waited about 10 minutes, was checked in efficiently, voted, and was back in my car in about 15 minutes from arrival. It was certainly more activity than years past, but the polls were calm, organized, and problem free.” – Frank Yaskin, Higganum

Share your 2020 Election Day story by sending an e-mail to HK-noweditors@outlook.com. We look forward to hearing from you!

HOLIDAY SEASON 2020

Middletown Holiday Vendor Fair: December 5

By Sierra Lopez, Middlesex Chamber of Commerce

The Middlesex County Chamber of Commerce invites the community and potential vendors to join a Holiday Pop-Up Vendor Fair, to be held Saturday, Dec. 5, from 10 a.m. – 2 p.m.

Explore extensive selections of unique handcrafted and manufactured products including the best in holiday decorations, handmade crafts, stylish jewelry and clothes, children’s toys, and much more!

To become a vendor please visit, www.holidayon-main.com to register. All vendors must pay a \$50 fee and must provide their own table, tent, tent weight, chairs, etc. Applications must be received no later than Wednesday, Nov. 25 at 4:30 p.m.

The Pop-up Holiday Vendor fair is weather permitting. In the case of light rain or snow, the vendor fair will continue as scheduled.

All participants must follow current COVID-19 requirements. Vendors not following guidelines will be subject to immediate removal without refund. MASKS MUST BE WORN AT ALL TIMES DURING THE EVENT INCLUDING SETUP AND BREAK-DOWN. Those not wearing masks will be subject to immediate removal without refund.

Haddam Killingworth News

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Who Took Hannah

By Austin Mirmina

Carole Knapp Johnson's years long journey of publishing her first book started with a rhyme: Santa Ana.

"That was the first scene in my mind," Johnson said, referring to the city in California.

After moving to Haddam Neck 25 years ago, Johnson said she started a writing group with a few of her peers. There were no bestsellers on their resumes – nor any college writing degrees, according to Johnson – just a handful of people who liked to write.

For one of the group's first writing

activities, Johnson said each member had to incorporate a specific word into their writing. Although she didn't realize it then, Santa Ana would eventually set the opening scene for her new mystery adult novel, "Who Took Hannah."

"It's almost like you see a thread that's loose and you pull on it," Johnson said.

"Who Took Hannah," which is available on Amazon for \$10.99, eventually morphed from those two words into an exciting personal challenge. For Johnson, accomplishing her goal of writing her first book turned out to be another steppingstone

toward a life of fulfillment.

Set in the 1980s, the novel focused on Mandy Rose Bokum, an attractive young woman who flees her family's wealthy Louisiana home to escape the pain of losing her two-year-old daughter, Hannah, whose mysterious kidnapping prompted widespread rumors and gossip around town. Mandy Rose eventually grew tired with her aimless life in Santa Ana and returned to Louisiana to confront the reality of Hannah's disappearance.

To learn more about the craft of writing, Johnson said she bought around 75 books, including one of her favorites, Stephen King's, "On Writing." She borrowed a term often associated

Continued on page H7

HEALTH / COMMUNITY

Natural Healing: Reiki

Editor's Note: This is a new series focused on natural healing by Cindy MacNeil Sola, owner of Spirit and Balance, LLC, located in Higganum, Conn.

By Cindy MacNeil Sola

COVID has brought about many changes in the ways we live our daily lives and has altered routines. We all feel social isolation at different levels, along with financial pressures and questioning our future. We have emotional pain, stress, anger and regret. We hear misinformation and are so concerned we will get sick. If we do get

sick, we wonder how sick. This causes so much anxiety, stress, fear and loneliness.

We all have to focus on self care. We are composed of bones, tissue, organs, and an energy system that supports our well being. The energy system is like a stream that carries energy through our bodies to balance the body and to help the systems within it to function correctly. When that energy system is blocked or interrupted, we feel tired, stressed, and doubtful. We can't focus. We get insomnia. We feel depressed and may even get sick. This

all blocks the body's natural ability to heal and repair itself.

Reiki creates deep relaxation that promotes health and healing. Reiki healing repairs energy and balance by relieving emotional effects of unreleased stress. It opens the Chakras (energy centers) and clears the energy blocks. It repairs inflammation, removes toxins and impurities, strengthens the immune system, and restores balance and health. It helps you feel a sense of peace—relaxed, clear, focused, energized, less stressful and less confused.

I'm a healer and a Reiki Master Teacher. I have taken all levels of the Usui Shiki Ryoho technique. As long as Reiki has been around, people still ask me what is it and how it works.

Reiki is a natural Japanese technique for stress reduction, relaxation, and healing. It is used in and supported at all our hospitals, within the medical community, and by hypnotherapists. It will accelerate healing before and after surgery. During cancer treatments, Reiki is used in con-

junction with medical treatment and medication to cleanse toxins from the body and balance the flow of energy by clearing and releasing blockages.

How is Reiki given?

I have a COVID protocol that of I go over with my clients. I ask them to enter the office wearing a mask, to use hand sanitizer, and to have their temperatures taken with a touchless thermometer. If they have no history of being around anyone sick and haven't been out of state, we then go into the treatment room. There we will chat a little bit about their concerns before proceeding to the Reiki table. Then, they lie on their backs (my table will rise if there is a back issue) fully clothed. I'll check their Chakras to determine which ones are open and closed. Then I'll proceed with hands off energy healing. (I do touch their shoulders, their heads, and their feet.)

The feeling of a Reiki session is relaxing and light. Some clients fall asleep. When the session is done, you walk out feeling like a different person from the one who walked in. It's amazing.

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HADDAM COMMUNITY

Haddam Committee on Aging: November update

By R. Thurston Clark, Chair,
Committee on Aging, Haddam

The COA is a group of up to twelve (12) members who advocate on issues related to the senior community of Haddam, Higganum & Haddam Neck. We typically meet the 3rd Monday of each month, September thru June, but this year, because of the Covid-19 virus, we didn't meet in March thru June or September.

For our November meeting we invited Greg McKenna of Nutmeg Pharmacy to talk to us about "Open Enrollment" and the Covid-19 vacci-

nations that should be available in a month or two.

Open Enrollment: Depending on which TV station you watch, you may have seen a bunch of different phone numbers that you can call about Medicare Advantage plans "that may be of no cost to you." Well, remember what was said about an offer that seems too good to be true! In actuality these are offices of private companies that want to sell you a Plan for typically thousands of dollars per year. If you are retired and only have Medicare

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ARTS / COMMUNITY

HK Players present: It's Virtually a Murder Mystery

The HK Players are proud to invite the RSD17 community to its fall play, "It's Virtually a Murder Mystery" on Dec. 4 and 5, at 7:00 p.m. This is a fully virtual production. Tickets are on sale using this link:

<https://www.onthestage.com/show/haddam-killingworth-high-school/its-virtually-a-murder-mystery-72530>

Be sure to access the show's website for more than ticket sales. Cast and crew biographies are also available

with content being updated all the way up to show day!

Join us for a wacky and wonderful show full of humor, surprises, and several "whodunnits". The show has a different ending each night so you will want to purchase a ticket for both Friday and Saturday! Tickets are \$10 each. If you will be watching the show with more than one person, please consider purchasing a \$20 family ticket. Donations are also gladly accepted!

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Who Took Hannah

Continued from page H6

with King, describing her style as a "seat of the pants" writer, or someone who writes whatever comes to mind without creating an outline.

Johnson cited one of her characters, Clyde Boudreaux, a charming, handsome black man with a colorful vocabulary and romantic ties to both Mandy Rose and her younger sister, Laura, as an example of the creative direction her writing took while using the seat of the pants method.

"Sometimes the character goes off into a different direction than you thought they were going to go into," Johnson said. "There's a lot of rewriting... It's not as intuitive if you make an outline."

Johnson said her time spent reading the Merck Manual as a child impelled her to write a medical thriller. "Who Took Hannah" eventually became a cross-genre book as a psychological thriller with a mysterious medical twist.

Another element of Johnson's life that appeared in the book included her strong sense of spirituality, which Laura represented with her reliance upon a "Watcher" for guidance.

"The Watcher was always able to look at the facts, produce a plan that led to solutions... The Watcher had been with Laura since she was a little girl" (106).

One of most thought-provoking themes from "Who Took Hannah" included the complex nature of humans. Johnson pointed to Clyde and talk show host Johnny Talker, who struggled following the death of his wife and unborn child in a car accident, as examples of flawed characters with good intentions.

Johnson called the two years she spent writing her book a "lonely endeavor." She said most of her sessions occurred in small workrooms at the Portland Library with some Pepsi and peanuts to keep her going.

Because publishing a book required extensive time, effort, and money, Johnson said she ultimately decided to self-publish, hiring two editors to review her work and a graphic design artist to format the front cover and text. She said she's undecided about writing a sequel.

"If I don't sell enough books, it's going to seem like an awful lot of work... not to mention it's expensive," Johnson said.

Johnson seemed to recognize that the important thing about writing her first book was how much the experience has taught her – not how much it sells.

"I never feel like I like to necessarily complete with other people," Johnson said. "I pretty much compete with myself to see what I can do."

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Fall home projects to boost comfort and energy efficiency

By Enoch Lenge, Eversource

Fall is a great time to tackle those home improvement projects that have been put off because of the summer heat. In addition to landscaping, gutter cleaning, power washing, and deck repair, here are some home improvement projects to add to your list to boost your comfort while helping save you money and energy this winter:

Upgrade Your Lighting – Did you know that the average household dedicates about 5% of its energy budget to lighting? Now that it's getting darker earlier and your lights are on longer, consider switching your current light bulbs with LEDs. According to Energy.gov, ENERGY STAR-certified residential LEDs use at least 75% less energy and last up to 25 times longer than incandescent lighting.

Insulate Doors and Windows – Air sealing, especially in an old, drafty house, can save homeowners more than 20% on their heating and cooling costs. Installing weatherstripping around your doors and windows is an easy and low-cost way to improve your home's energy efficiency and keep the cold winter wind at bay.

Check Your Attic for Air Leaks – An unfinished,

poorly insulated attic is another common area where homeowners experience significant heat loss. Adding insulation to the attic floor and sealing any air leaks can help stabilize the temperature inside your home, prevent ice dams, and help save on energy costs.

Maintain Your Heating and Cooling Systems – Be sure to add scheduling a preventative tune-up with your local HVAC company. A clean system that is free of dirt and debris will run more efficiently and preserve airflow.

Install Programmable Thermostats – You can save as much as 10% a year on heating and cooling by simply turning your thermostat back 7°-10°F for 8 hours a day from its typical setting. Programmable thermostats allow you to easily set your home's temperature in advance to avoid coming home to a freezing house. A smart thermostat takes that a step further by allowing you to set your temperature from your smart phone or tablet. Some even learn your habits and adjust accordingly – helping to save you even more.

Window Replacement – While this may not be at the top of your list, replacing old windows, especially with high performance ones like triple-pane win-

dows, can improve a home's energy efficiency and overall comfort.

Before researching various contractors or DIY-ing these improvements, take advantage of the limited time only, no-cost Home Energy Solutions program offered by Eversource. To get started, you can schedule an appointment with an Eversource-authorized energy expert to evaluate your home's energy efficiency needs. During in-person visits, energy experts following COVID-19 safety requirements will also conduct important safety tests and install weatherization measures and energy-saving improvements, such as air sealing, LED lighting, and advanced power strips.

Whether you're looking to improve the comfort of your home, save on your energy bill, or help save the environment, Eversource has several budget-friendly solutions to help you get started. To schedule your no-cost energy assessment, call 1-877-WISE-USE (1-877-947-3873), or visit Eversource.com to learn more about Eversource's residential offerings and additional ways to save.

Enoch Lenge is Eversource's energy efficiency spokesman and provides energy saving tips on the company's blog.

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Committee on Aging

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Part A/B that means you don't have coverage for prescriptions, hearing or vision coverage. These Advantage Plans will cover you for this, for a fee, but they don't all provide the same coverage. What you need to do is either go to the internet www.Medicare.gov/ finder or talk to someone familiar with this topic. Also understand that some of these "plans" will end up reducing or changing your A/B coverage, e.g. restrict the doctor or medical facility you can use, mail you prescriptions vs. being able to pick them up at a pharmacy.

I have three suggestions:

Jessica Condil, Haddam's Dir. Senior & Social Services

(860-345-4621) she can get you started in the right direction.

Greg McKenna (860-345-3607) who says he purchased a program that can give you a complete evaluation in 15 minutes. You can leave a message for him to call you back or arrange to see one of his staff at the Nutmeg Pharmacy in Higganum.

State of CT "Choices," they have local folks you can talk to at 860-887-3561

Covid-19 Virus vaccinations: Pfizer and Moderna are two pharmaceutical firms that are very close to making a Covid-19 vaccination available to the public. They and a few others have already tested possible vaccinations on 30,000 folks. Side effects, they haven't found anything serious yet, but you may get a low grade fever and some joint pain after both shots. Nutmeg Pharmacy has already spent \$18,000

on a freezer for this stuff that has to be kept very cold. A couple of weeks ago it looked like CVS was trying to monopolize all of the vaccinations (they dispense about 70% of the prescriptions in the US), but the CDC has moved to allow other pharmacies to obtain vaccinations that are given in two shots a few days apart. Nutmeg Pharmacy has ordered three groups of 4,000 shots for their Haddam, East Haddam & Centerbrook stores. Mr. McKenna says he has 1,600 Haddam "primary care" individuals who are eligible to get the inoculations first. At about 800 per day that should go quickly, so he doesn't see any reason that he can't accommodate the residents of Haddam, Higganum and Haddam Neck who want an inoculation too, just list yourself on his web site www.NutmegPharmacy.com

Also discussed at our meeting were updates from the Director of Senior & Social Services, and Coordinator of the Senior Center, e.g. Colleen Totman said she gave out 175 box lunches last month and 74 individuals gathered at the Center to "socialize." The Senior Van provided a dozen folks rides to medical appointments and the Senior & Social Services Director has been very busy providing food bank items or just needed help with medical paperwork. The point here is that staff of the town of Haddam continues to provide services to public during the Covid-19 virus situation, so don't hesitate to contact them.

The COA meetings are open to the general public, but due to the increasing number Covid-19 infections we seniors agreed not to meet in person until Spring. In the meantime we may have e-mail discussions or Zoom meetings, if we can figure out how to do that.



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