

Haddam Killingworth News

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

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October 22, 2020

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

Free weekly

HK Youth & Family Services Activities & Events

Submitted by Laura Shipman, HKYFS

The holiday giving program facilitated by HK Youth & Family Services, Inc. is available for families in need that reside in Haddam, Higganum, Haddam Neck and Killingworth. New gifts and toys will be collected for children and youth from birth through age 18. The program runs from November 2, 2020 through December 18, 2020. Deadline for registration is December 1, 2020. For more information about how you can donate, or to register for this confidential program please call 860-345-7498 or email office@hkyfs.org.

Stuff-A-Cruiser

Our Haddam Resident State Trooper will have their cruiser available at the Higganum Green, Route 154 from



10:00 a.m.-2:00 p.m. on Saturday, November 21, 2020. Please join HK Youth & Family Services, Inc. to stuff a cruiser with a donation of a new gift or toy for families in need. Please remember our teens during this holiday season as well as young children. If you need ideas, please call HKYFS at 860-345-7498 or email office@hkyfs.org

Healthy Communities Healthy Kids Coalition

What is the Healthy Communities

Healthy Kids Coalition? A group of community members formed this coalition (formerly the Prevention Council) in 1993 in response to the growing concern about the number of Haddam and Killingworth youth using and abusing alcohol and other drugs. A collaborative effort enhances and strengthens the process of identifying and addressing areas of concern

Why was it created? The towns of Haddam and Killingworth struggle

Continued on page H8

Are You Being Steered Away From Your Local Pharmacy?

By Brian Scott-Smith

A recent survey by the National Community Pharmacist Association, found that almost 80% of their community pharmacist members say they've lost patients because of unfair steering in the past six months by other larger pharmacy chains and that CVS Health is most often reported as the biggest culprit.

"Many members have been telling us their patients are being transferred to larger competitors and in many cases the patients don't know when, why or how. This survey sheds some light on the problem and the results are very disturbing." According to Doug Hoey, CEO of the National Community Pharmacist Association.

According to the survey, 79% of community pharmacists reported their patient's prescriptions were transferred to another pharmacy and on average that worked out around 12 patients lost over a six-month period.

But it's not just CVS who are steering patients according to the survey results.

Walgreens, Amazon Pill Pack and Walmart were also highlighted.

Doug says, "In one case, a California pharmacist heard from his own sister that she was transferred to a chain store without her authorization."

"That's a big red flag," says Hoey. "The pharmacy sector is very competitive and most big chains have aggressive marketing schemes aimed at taking patients from rivals. CVS Health not only owns brick and mortar stores, but it also owns its own insurance

Continued on page H8

Bringing the American Chestnut back to Haddam

By Alessio Gallarotti

More than a century ago, 4 billion chestnut trees flourished in eastern North America. They are among the tallest, strongest, and fastest growing trees in the world. Chestnut wood is great for carpentry because it is rot-resistant and was commonly used for homes, furniture, and other wooden constructs prior to a century ago. The nuts also fed countless animal species including livestock and even humans.

Unfortunately, *Cryphonectria parasitica* the agent of the blight fungus (which is not native to North America) virtually killed off this entire species in about 40 years. The species



Photo courtesy of Jerry Graham.

The trees will emerge as shrubs sometimes and be killed off by the fungus shortly after they emerge. The destruction of the chestnut population is cited as one of the worst ecological disasters, and one of the most phenomenal, in natural history. Virtually

no chestnut lumber has been sold in the US for decades. Though perhaps all this will change in the coming years. There is some hope to be found among our neighbors.

Jerry Graham, who holds a Bachelors degree in Forestry from the University of Massachusetts, along with his wife are devoting one acre of their land to the American Chestnut tree. The Graham's have always had a "deep respect for open land" and intend to put this land to use. After speaking with the Connecticut branch of the American Chestnut Foundation it was determined their land was suitable for the tree's healthy growth. They met

Continued on page H8

In This Issue: The Hobbammacko Club, Page H3 • To the Editor, Pages H4-H5 • School Sports, Page H7

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Paid for by Brendan Saunders, Kimberly Bratz, Treasurer - Approved by Brendan Saunders

PETS



Find a Fur Baby: Willow, Lab/Hound Mix

By Judith Levin

Stop the Press....Who do we have here....WILLOW!!!!

Willow has been in foster with Homeward Bound since July and they can't seem to understand why she hasn't been adopted yet. Just look at that beautiful face.

Willow is about 3 years old, and is suspected to be a lab/hound mix of some sort. Willow just loves all people and needs a family that will be consistent with her. The amount of love and affection you'll get in return for teaching her that jumping isn't the best way to say hello is more than worth the work. She's very food motivated and a quick learner. She's been waiting such a long time and deserves a home of her own!

Willow is approximately 60lbs, crate trained and house trained, spayed, microchipped, and up to date on necessary vaccinations. Because she jumps when excited, the Homeward Bound Team feel a home with children over the age of 10 would be best for her. Willow would like to be the only dog in her new home, and cannot be with cats.

Please give this sweet girl a chance! If you can feel it in your heart and give her a loving home of her own, Fill out an application here: <https://www.homewardboundct.org/adoption-form/>

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Bring Bob Back!

Bob Siegrist
State Representative
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-Bob

Working for you!

OPPOSES tax increases.

FIGHT for local and 36th District issues.

SECURED critical water infrastructure improvements for Haddam.

ADVOCATED for local small businesses by fighting new mandates and supporting easing regulations.

SUPPORTS law enforcement and is against frivolous lawsuits brought against good police officers.

100% VOTING RECORD

NEVER MISSED A VOTE OR COMMITTEE MEETING

VOTE NOVEMBER 3RD – Vote for Bob Siegrist - #BRING BOB BACK

Paid for by Siegrist for Connecticut. Meredith Devanney, Treasurer.
Approved by Bob Siegrist.



Photo courtesy of Haddam Historical Society

On the Road With HHS: The Hobbammacko Club

Submitted by Elizabeth Malloy,
Executive Director,
Haddam Historical Society

The Hobbammacko (sometimes spelled Hobbomoco) Club building was erected in 1897 on Jail Hill Road to serve as the club's headquarters. The club was made up of local men as a "place to socialize and promote harmony and good feelings among its members." Membership was made up of prominent local citizens including Arnolds, Williams, and Dickinson's. Hobbammacko is a Native American Wangunk word for an evil spirit who was an enemy of the natives and sacrifices would be offered to appease him.

The club not only provided a respite for gentlemen but occasionally they

would host a social or dance where the ladies were invited. The group however did get into a bit of trouble in 1907 when the club was raided while members were playing cards. Four of the seven members present were arrested for having liquor on the premises. The keg of beer and cider were "supposedly" left on the site by workers. One newspaper report said they were "charged with frequenting a gambling joint and selling liquor without a license." Some neighbors believed the raid was the result of a complaint by another local resident who didn't agree with the group politically. The club house suffered a devastating fire in 1916 and the members sold the property four years later in 1920. Today the club house is a private residence.

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, October 22

Public Hearing - Killingworth

The Board of Selectmen will hold a virtual public hearing on Thursday, October 22, 2020 at 7 p.m. to hear public comment on the Multi-Year Capital Improvement Plan, a copy of which is available on the town's website.

Killingworth Library Zoom Tween Write Club 4:30 p.m. – 5:30 p.m.

Meetings will be one hour long and held every other week on Thursdays from 4:30 to 5:30 over Zoom starting on October 8th.

Red Cross Blood Drive 8:30 a.m. – 6:00 p.m. Nutmeg Pharmacy Higganum

Note: Come to give in Oct. for a chance at \$1,000 Amazon.com Gift Card! We're giving 5! rcblood.org/unite

Appointments are needed. Schedule online or call 1-800-RED CROSS. <https://www.redcrossblood.org/give.html/donation-time>

Friday, October 23

Haddam Ballot Pre-Test 9:30 a.m. 10:30 a.m. 439 Saybrook Road, Higganum, CT

Saturday, October 24

Drug Take-Back Day 10:00 a.m. – 2:00

p.m. Nutmeg Pharmacy, Higganum & Killingworth Pharmacy

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

Weekly family fun for kids of all ages! Drop-in format, no registration necessary. Adult must accompany child.

Halloween Car Costume Parade – Oct. 24, from 3:00 – 4:00 p.m. at HKIS/ HKMS Parking Lot. For details contact <http://www.hkrec.com>

Sunday, October 25

27th Annual Pumpkin Run 5k Race 8:00 a.m. - 1:00 p.m., Haddam-Killingworth High School. Register at www.jbsports.com/hk-pumpkin-run

Monday, October 26

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

Tuesday, October 27

Voter Registration Session - Haddam 9:00 a.m. - 8:00 p.m. Registrar's Office 439 Saybrook Road Higganum, CT 06441 Phone: (860) 345-0979

Wednesday, October 28

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

Thursday, October 29

ZBA Meeting – Haddam 7:30 p.m. – 9:30 p.m. (remote access only)

Halloween Hayrides

Spooky Halloween Displays & Farm Animals
11am-7pm | 860-924-6141
Westledge Farm, 6 Parker Hill Road, Killingworth, CT
Each weekend (Sat & Sun) through Halloween
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Centerbrook call Chris – 860-767-1389

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Mon-Fri	8:30 AM-8:00 PM	Fax: 860-345-3611
Saturday	8:30 AM-4:00 PM	Web: www.nutmegpharmacy.com
Sunday	9:00 AM-3:00 PM	

A Concerned Citizens Perspective

It's time for some perspective. How many times do we all say how much we hate politics because it's the same old schtick? Nothing gets done and we find that there is no difference between one politician and another.

Well, 2016 certainly changed that. President Trump, then candidate Trump, was a hugely successful businessman. A real estate titan who is extraordinarily smart with numbers. I've always thought, why not run a country like a business and Donald has done just that. This man came along and shook up Washington, getting rid of the same old stale political nonsense, cut red tape and has done plenty to improve our great nation. He is unconventional, which is refreshing and nonconforming to the dismay of career politicians. Who ever said you can't have a businessman in the White House? Why do we need more lawyers turned politicians? Who really puts their trust in career politicians anyway?

Trump's accomplishments speak volumes and in case you missed it, (because the media is soo blatantly biased) these statements are all Factual. Trump created: "The best economy in decades." As recent as January of this year we all know that our 401K's, our mutual funds, our paychecks and Wall Street were Up and unemployment was way Down. Even now, through all this destructive pandemic, the Dow is on its way up again! Amazing.

He rebuilt our military which was degraded by Obama. Fixed the broken Veterans Association. Signed the new Favored Nations Clause which ensures transparency in prescription drug prices. Renegotiated NAFTA, Border Protection, energy independence, destroyed ISIS (you know, those guys who liked beheading and torturing people.) Recently signed a historic peace deal between Arab countries and the state of Israel and more.

Trump fights for American values and is promising School Choice by promoting the 1776 Commission for schools that will teach patriotic education and to respect the flag. We should know that for years the education system has been teaching students to feel shame about themselves and America through radical left thinking. Kids and teens are being indoctrinated, not educated.

Let's be real, socialism is Communism with lipstick! Socialized medicine will increase our taxes substantially there is no doubt. There will be censorship. Actually, that's already started. If you are a thinker and voice your opinion about this or that, and big tech doesn't like it, they will delete your tweets or suspend your account or like Facebook, remove a video. That's censorship, which as we all know, is exactly what China does to its people.

*Kim Syrel
Haddam*

*Please see full letter to the editor at
H-KNow.com*

Christine Cohen so worthy of being re-elected this November

It is the dedication and willingness to thoroughly study the issues at hand in serving her constituents in the 12th Senatorial District that makes Christine Cohen so worthy of being re-elected this November.

In her first term, Senator Cohen has worked diligently as Senate Chair of the Environmental Committee, Vice-Chair of the Commerce Committee, and a voting member on both the Planning & Development and Children's Committees. Senator Cohen created and co-chairs the Coastal Caucus, a bipartisan group of lawmakers who focus on the issues affecting coastal towns, cities and waterways.

As a member of the 9 Town Transit Board of Directors, I have had the opportunity to work with Senator Cohen regarding public transportation. She has come to our sessions well-informed, participating in discussions about our services, issues and initiatives. She has actively supported 9 Town Transit's services in the State Legislature.

Christine has held sessions in each of the towns in her district in which she provides information as to what is happening at the State Legislature, listens to each constituents concerns, and asks what more she could do for us.

Christine Cohen's enthusiasm and energy is boundless. She has been a solid, dependable voice in Hartford, one that represents the interests of her own towns and those of Connecticut in general.

Please join me in re-electing Christine Cohen as our State Senator on Nov. 3.

*Joan Gay
Killingworth*

Opinions – A Poem

Everybody's got 'em
Everywhere you spot 'em
It's unhealthy to repress 'em
Best constructively express 'em.

The Bosco House could use some heat
A brand new furnace would be neat
We don't agree, we won't invest
It's no issue - give it a rest.

A town green with all the trimmings?
Or oppose all new beginnings.
The Democrats are mostly right,
Or their ideas we wish to fight.

We'll build a school on 81
We'll spend some money — have some fun
The land is bad, it'll never perk
The engineer performed a quirk.

Tax base is what we need in town
To pay for roads and cap and gown.
I'd rather pay the extra bucks
To keep out noise of cars and trucks.

I know what course we ought to follow.
What reasoning's sound and what is hollow.
But how to show this to the world?
To state my case with flag unfurled.

The answer's simple — your place awaits,
Where you can join in town debates.
Your opinions are "sittin' pretty"
On the Killingworth Republican Town Committee.


*Bruce Campbell
Member of the Killingworth
Republican Town Committee*

Healthcare, a Human Right

Christine Palm is the healthcare candidate. Representative Palm voted to cap the cost of insulin and diabetic supplies so essential to many, including my brother who has had type 1 diabetes for 35 years. She has also fought to extend telehealth services, which are crucial to him, and others, with high-risk conditions. Telehealth allowed my brother to avoid potentially dangerous visits to his physicians during the onset of the Covid pandemic. Representative Palm also voted against price gouging by pharmaceutical companies, which protects individuals who require medications for other disorders. This was a vote for all individuals and their families who have been burdened by the high costs of medication.

As a self-employed single mother, I have relied on state programs such as HUSKY and Access CT to meet the medical needs of my family. It is comforting to know that my representative, Christine Palm, is a tireless advocate for accessible and affordable healthcare. She understands that the need to support these programs is more vital than ever during the Covid pandemic. Too many families will face the threat of unemployment and the loss of their health insurance.

Christine Palm is a compassionate
Continued on page H5



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Are You Eligible for a Family Restraining Order or Civil Protection Order?
By Attorney Makana A. Ellis

There are three types of orders of protection in Connecticut courts, criminal protective orders, family restraining orders, and civil protection orders. A criminal protective order is ordered by a judge, usually after someone has been arrested. In civil and family court, an applicant has to apply for a civil protection order and family restraining order.

In family court, in order to qualify for a restraining order, the applicant must be subjected to a continuous threat of present physical pain or physical injury, stalking, or a pattern of threatening behavior by the respondent. The respondent must also be the applicant's relative, someone with whom the applicant has entered into a civil union with, the applicant's former spouse, someone with whom the applicant has cohabited with as an intimate partner, a person whom the applicant has resided with, and/or a person whom the applicant has dated or was recently in a dating relationship.

In order to qualify for a civil protection order, the applicant must be subjected to sexual abuse, sexual assault and/or stalking. Stalking means two or more willful acts, performed in a threatening, predatory or disturbing manner which causes the applicant to reasonably fear for his or her physical safety. The respondent cannot be a relative, current or former spouse, cohabitant, an/or in a current or former dating relationship with the applicant.

If you think you qualify for a family restraining order or civil protection order in Connecticut, please contact Dzialo, Pickett & Allen, P.C. for a consultation.

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To the Editor

Continued from page H4

and dynamic leader who gets things done. She cares deeply about those in her district, is committed to improving healthcare services, and will continue to advocate for us and protect us. We need more legislators like Representative Palm. She gets the job done and deserves to be re-elected.

*Carol Riordan
Chester*

In Support of Needleman

This letter is in support of Senator Norm Needleman, whom I'm supporting for re-election.

Senator Needleman brings years of experience in small town government to his legislative position in Hartford. He has been a strong advocate for the environment, health and safety, and most recently for consumers. As chair of the Energy and Technology Committee, he has promoted a "green economy" which would protect the environment as well as create jobs. His bipartisan committee has served CT residents well, and all bills leaving their committee have become law.

Most recently, Senator Needleman held public hearings following Tropical Storm Isaias and was successful in passing the "Take Back the Grid Act". This legislation imposes penalties on Eversource and other utility companies for prolonged outages. It supports performance-based regulation and controls rate hikes, as well as allowing consumers to pursue compensation for storm damages during these extensive power failures.

Norm Needleman is forward thinking and also recognizes the need to address our utility needs in the future. Attention to consumer interests, controlling rate hikes, and ensuring more efficient energy services during storms is a good reason to re-elect Senator Norm Needleman. He has my vote!

*Brian Walsh
Deep River*

We Need Bob Back as our Voice

I write this letter in support of Bob Siegrist, as I have done several times in the past. I personally know Bob very well, as he grew up and spent his

childhood as a close friend of members of my extended family. Bob attended Haddam Schools and truly understands the key issues affecting our communities. His career also spans a number of jobs and projects in the Chester, Deep River and Essex communities. After campaigning, knocking on doors multiple times and attending public events in our four towns, he also has a command of the regional issues affecting those communities. Bob's prior tenure in this House seat proved that he is committed to the job (his perfect record on casting votes) and that he has the ability to bring solutions for his constituents. He understood that clean water was essential for Tylerville residents and got it done. He understood the safety needs of residents and first responders and was instrumental in obtaining the funding for upgrading vital emergency communications systems for the lower river valley.

Bob lost the vote by circa 200 votes the last election and since then I have felt a void in representation and communication for our region. I can't name any recent legislative initiatives that have positively impacted our towns. We need more jobs and more live-able communities, not more taxes. We need Bob back in Hartford as our voice. Your vote matters, so please vote. Let's bring "Bring Back Bob" so he can continue his work for positive change in how our state government supports the residents of the 36th district.

*Jeff Ogilvie
Haddam*

Bob Siegrist a Caring Legislator who Listens

It is an honor and privilege for me to support Bob Siegrist as our next 36th District State Representative serving the towns of Chester, Deep River, Essex and Haddam. I have known Bob since 2014, when he initially entered politics on the state level. His roots run deep in our District, as he has been a long time resident of Haddam, and he has worked in our area towns.

As our State Representative from 2016-2018, Bob was a dedicated, accessible, caring legislator and had a 100% voting record, never missing a vote or committee meeting. He focused on issues which impacted our local area. As the Town Treasurer of Deep River

in 2017, I witnessed this first hand amidst the State budget crisis. Bob fought hard in securing the additional \$500,000 which was needed to complete the 18 unit addition at Kirtland Commons, Deep River's affordable elderly housing project. Bob worked closely with Joanne Hourigan, the Director of the Deep River Housing Authority, hitting numerous roadblocks, but sticking with this project until the additional funds were secured and the project was completed. Bob was always available when needed and he demonstrated professionalism, yet did not back down when faced with bureaucracy. Thank you Representative Siegrist for your efforts in securing the funds to make this addition a reality.

As a local resident, Bob shares many of the values we share. Our concerns are his concerns. He has a clear understanding of how difficult it can be to live on a limited income and how working families struggle financially through no fault of their own. Bob sees the need for affordable housing, not only for seniors and disabled individuals, but those growing up in our community that can no longer afford to stay here.

If you have not met Bob, I encourage you to do so before the election. He will serve us well, focusing on issues impacting the towns of the 36th District. Bob Siegrist, a caring, experienced legislator who listens. On November 3rd, "BRING BOB BACK." Thank you for your consideration.

*Tom Lindner
Deep River*

In Memory of Melissa Schlag

While I live on the East Haddam (benighted?) side of the river, it was nevertheless a pleasure, a privilege and an honor to have known Melissa (Missy) Schlag. As you can see, she never discriminated against anyone, despite the fact that I did not have the good fortune of being born on the Haddam (Right?) side of the river.

Missy Schlag was principled, idealistic and an energetic supporter of the environment, of equal rights for all and of good and transparent government.

Her life has set an example for us all. In honor of her memory, it is our obligation to have the same idealism, courage and determination that characterized her life. She set the example. Let us all have the wisdom and strength to follow her example.

*Harvey Thomas
Colchester*

We encourage Letters to the Editor which foster understanding and awareness through discourse. They should be civil, knowledgeable, factual, and constructive. The letter must include the writer's name, town, and date, and should not exceed 450 words. The editors reserve the final decision on any letters published; frequency of submissions from a single writer or group will be a factor in deciding whether to publish a letter. The editors may also add a short explanation of the writer's position or credentials. Send letters to HK-NowEditors@outlook.com or Haddam Killingworth News, PO Box 15, Higganum, CT 06441.

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Palm Endorsed by Women's, Teachers, Labor & Other Advocacy Groups

Submitted by Christine Palm

Christine Palm, who is running for re-election to be state representative in the 36th district (Chester, Deep River, Essex and Haddam) has been endorsed by numerous groups for her advocacy and proven track record during the 2019-20 legislative term.

Protecting the environment is a major focus of Palm's legislative efforts. She introduced two environmental protection bills (one to require the teaching of climate change in public schools and one to ban commercial seismic surveying and drilling off the Connecticut coastline), both of which passed one chamber. Palm in-tends to re-introduce them if re-elected. Because of these efforts, she was named a "Legislative Champion" by the non-partisan Connecticut League of Conservation Voters, which endorsed her again this year, as well as the Sierra Club and the Connecticut Chapter of the Sunrise Movement.

"I am gratified to earn the trust and endorsement of our seminal environmental groups because the urgency of protecting our earth cannot be overstated," Palm said. "I have learned from and been inspired by the young activists in the Sunrise Movement, and I can't wait to partner with them again."

HVFCo

HVFC Auxiliary Elects Officers

Submitted by Betty Cernan, HVFC Auxiliary

Haddam Volunteer Fire Auxiliary members elected the following officers for the 2020-2021 year: Sharon Challenger, president; Carolyn Schuler, vice-president; Karen Roche, secretary; and Barbara Galloway, treasurer.

In 1966, the Auxiliary was established to aid our volunteer firefighters. This year, due to the Coronavirus Outbreak, meetings were cancelled and eventually were held through Zoom. Also, as with so many organizations, all annual fundraisers had to be cancelled. Hopefully, issues involving COVID-19 will be resolved in 2021, and Auxiliary members will be able to hold their fundraisers again. In the meantime, we thank everyone for their past support.

Among women's rights groups, both Planned Parenthood and NARAL Pro-Choice CT have endorsed Palm, as they did during her first campaign for office.

"In the 2019 legislative session we were successful after six years of working with legislators to pass the paid family medical leave law, pass policy to ensure access to PrEP for young people to prevent the transmission of HIV and work to establish the LGBTQ Health and Human Services Network through the legislature," said Planned Parenthood Votes! Connecticut's chair, Danielle Eason. "We are grateful that you have indicated that as a legislator you are willing to stand up for our existing state policies and to advocate for improving access to sexual and reproductive health and rights for all people."

Palm has been endorsed by the AFL-CIO and is cross-endorsed by the Working Families Party, as well as the Connecticut Citizen Action Group (CCAG).

Palm, who taught high school in Hartford for 10 years, has been outspoken on the need to protect teachers' retirement security, as well as advocating for their rights during the pandemic. She has earned the endorsement of The American Federation of Teachers Connecticut (AFT), and the Association for Retired Teachers of Connecticut (ARTC-PAC).

"Our teachers are facing the greatest challenge of their lives right now, and our government has to do a better job of listening to their concerns and responding to them," said Palm. "Additionally, too many people do not understand that here in Connecticut teachers cannot generally collect Social Security, and so it is up to all of us to keep the promise we made to them by protecting their retirement security."

Palm is also endorsed by the political action committee of the Connecticut Chapter of the National Association of Social Workers, the largest professional association of social workers in the state, representing more than 2,300 members.

As a member of the General Assembly's Judiciary Committee, Palm believes in both the Second Amendment and gun safety laws, and has earned the endorsement of Connecticut Against Gun Violence. And while it is not an endorsement, Palm was also awarded the 2020 Moms Demand Action Gun Sense Candidate distinction.

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Girls Soccer: H-K 5, Coginchaug 2

Submitted by Mike Shea

The Haddam-Killingworth High School Varsity Girls Soccer team defeated Coginchaug High School on Wednesday, Oct. 14, 2020 by a score of 5-2.

Leah Sosnowski & Sophia Gromala

The Cougars continued their high scoring pace, as Yumi Imai scored her first hat trick of the season. Kedarjah Lewis assisted on all three of Yumi's goals.



Photo by Mike Shea.

Kedarjah Lewis and Rory Parri also scored goals.

Brianna Nugent made six saves getting the win in goal for Haddam-Killingworth. Leah Chester did a great job on the defensive line for HK.

The Cougars are now 4-0 this season.

Girl's Soccer: HKHS 5, North Branford 0

Submitted by Mike Shea

The Haddam Killingworth High School Varsity Girls Soccer Team played North Branford on October 9, 2020.

The HKHS girls varsity soccer team won 5-0 against North Branford High School. It was the second shutout in a row for the Cougars. In three games they have only given up one goal.

Haddam-Killingworth moved to 2-0 to start the season. HK's first goal was scored by Maggie Singer with an assist by Autumn Walton at 14:43. Fifteen seconds later Yumi Imai received a beautiful pass from Kaitlyn Parri. With eleven minutes left in the first half, Kedarjah Lewis slammed in HK's



third goal with another great pass from Kaitlyn Parri.

The Cougars were not done there, as in the second half, Rory Parri, Mia Rubino, Mai-Ly Criscoulo and Sophie Gromala continued the defensive dominance. Second half goals were scored by Caroline Conte off of a corner kick by Maggie Singer and with 4 minutes left Julia Favalora received a pass Leah Chester to secure the win. Sophia Torrello handled goalkeeping duties with great communication. The team's defense didn't allow a shot on goal.

Haddam-Killingworth is now 3-0 on the season.

Haddam Killingworth News

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

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

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HADDAM TOWN GOVERNMENT

Town to Hold Pre-election Testing of Voting Equipment

Submitted by Raymond Skarsten & Saralyn D'Amato, Haddam Registrars of Voters

The Town of Haddam will hold a Pre-Election Testing of the voting equipment for the upcoming Presidential Election to be held on November 3, 2020.

The Registrar of Voters will conduct the Pre-Election Testing of sample ballots in the optical scanners.

The pre-test will take place at the Haddam Firehouse Community Hall, 439 Saybrook Road in Higganum at 9:30 a.m. on Friday, October 23, 2020.

The tabulators' counters will be set back to zero, working properly and ready for the voting session.

All Haddam voters are welcome to observe.

Any questions, please call or e-mail registrar@haddam.org

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Are You Being Steered Away From Your Local Pharmacy?

Continued from page H1

companies, Aetna and Caremark. That information allows it to eavesdrop on when and where patients are getting their prescriptions and, as the survey reported, coerce unknowing patients into CVS stores.”

But Ethan Slavin, a spokesperson for CVS hit back at the survey: “The ‘survey’ conducted by the business trade association, NCPA, of its own members has no basis in fact. It is nothing but a self-serving attempt to disparage CVS Health and their accusations about us are simply not true. Our pharmacies only initiate prescription transfers when requested by a patient. Also, CVS Caremark members have access to our broad network of more than 60,000 pharmacies, including most independent pharmacies and chain pharmacies, in addition to CVS Pharmacy. In fact, more than 40% of the pharmacies in our network are independently owned. If a plan sponsor chooses a particular network design that includes specific pharmacies, their members are notified in advance.”

Hoey says he believes the results of his organizations survey speaks for itself and when asked if CVS

intended to challenge the results of the survey from the NCPA either in or out of court, CVS and their spokesman never returned emails for further comment.

With so much at stake when it comes to healthcare in this country it really is up to ‘you’ the consumer to make sure you understand what it is going on and who’s looking after you.

It’s especially important if you’re a Medicare recipient with Part(D) Drug coverage.

The annual Medicare Open Enrollment Period is here again, and you have until December 7th to review your current Medicare Plan and make sure it’s meeting all your needs.

Also, don’t forget to look out for your Annual Notice of Change (ANOC) letter that you should have received at the end of September or the beginning of October, telling you what changes are happening to your plan for the next year.

That means you need to take a look to see if your preferred pharmacy is still on the insurers ‘preferred network’ or not and maybe consider changing your plan to one that will allow you to continue using

your local pharmacy.

You can use the FREE – Medicare Plan Finder tool on the official Medicare.gov website

Or better still, go and visit your local pharmacy and talk to them about any concerns you have, and they can review your plan with you.

After all, who knows your healthcare needs better than the local pharmacy you and your family may have been going to for years?

It’s not just about saving dollars on your drugs, it’s about keeping local businesses alive and your local pharmacy may be the ‘only’ pharmacy close to you, in what is being described as ‘pharmacy deserts’ as these pharmacies close or are forced out of business leaving people with no local pharmacy for miles or even two or three towns over.

Big box pharmacies aren’t a bad thing.

But as they say, bigger isn’t always better.

Brian Scott-Smith is a local broadcast reporter and producer with over 20 years experience in the news, TV and Radio business. www.connecticut-east.com

Bringing the American Chestnut back to Haddam

Continued from page H1

with the representatives of the foundation in Hartford after hearing about them working with other nature groups in the state. The Graham’s invited them to their home and one thing led to another.

What they are going to create is called a Germplasm Conservation Orchard (GCO) which essen-

tially uses live tissue and ultimately the DNA of a species to create new organisms, in this case, new trees. Jerry and his wife planted 30 chestnuts this spring, which will be followed by another 30 nuts next year, and finally 30-40 nuts the year after that. This will yield a total of 100 trees. The trees will be able to cross pollinate because of the design of the

setup and help them grow better.

In any event, it will be an incredible effort on their part; perhaps just this effort will be enough to return at least a small piece of the once great population of American Chestnuts to our forests. It is unlikely, given the perceived history, anyone currently living has been able to witness them in their natural habitat.

HK Youth & Family Services Activities & Events

Continued from page H1

with youth substance abuse. This continues to be an issue with all communities nationwide. The Healthy Communities-Healthy Kids (HC-HK) Coalition seeks to prevent and reduce substance abuse. The Coalition meets monthly and has had several working meetings where members break into small groups to analyze the local and national data, prioritize areas of concern and plan how they hope to address these areas.

Who is involved? Representatives from all 12 sectors of the community are involved in coalition activities. They include youth; parents; the business community; media; school; youth serving organizations; law enforcement agencies; religious or fraternal organizations; civic and volunteer groups; healthcare professionals; state or local agencies with expertise in the field of substance abuse; and other organizations involved in reducing substance abuse.

Interested in joining, contact Laura Shipman at 860-345-7498 or email office@hkyfs.org

Drug Take Back

October 24, 2020 is National Prescription Drug Take Back Day. We will be at The Killingworth Pharmacy (183 Route 81) and Nutmeg Pharmacy (Killingworth Road) from 10:00 a.m. – 2:00 p.m. to collect all unused or expired medication for safe disposal.

Counseling Services

We are pleased to offer our counseling and support services to the HK community. Our licensed therapists and counselors offer individual, couples and family therapy for all ages. We have solid clinical experience working with depression, anxiety, trauma, grief and loss, family conflict, stress, and addictions. Our commitment is to work with you to ensure the best possible confidential care to improve the quality of your life and your loved ones.

We have flexible appointment times, please call us to schedule and meet one of our therapists at 860.345.7498, or you may email us at ClinicalDirector@HKYFS.org

The 27th Annual Pumpkin Run 5k Race For Kids!

We will be hosting our 27th Annual Pumpkin 5K Run/Walk and Kids Fun Run to benefit Youth and Family Services of Haddam-Killingworth (HKYFS). This year the event will be held at the Haddam-Killingworth High School (HKHS) on Sunday, October 25th and will be COVID compliant. The programs we run are needed now more than ever so we hope you and your family members will join us this year.

Moving to HKHS means the race will start and finish on the track and be much flatter than the traditional 5K route. We will also incorporate many current safety measures including a rolling start to

promote social distancing, three race start times to limit the number of runners and volunteers on site at any given time, increased hand sanitizer and washing stations, touchless food & drink options. Although the event this year will look different, our goals haven’t changed and the event will be fun, and safe for participants, sponsors, and volunteers.

This year preregistration is required. Contact www.jbsports.com/hk-pumpkin-run to sign up or call us at the office to learn more (860.345.7498)

LEGAL NOTICES

ZONING BOARD OF APPEALS PUBLIC HEARING

Zoning Board of Appeals, Haddam, Connecticut will hold a Public Hearing at the Haddam Old Town Hall, 21 Field Park Dr., Haddam, CT on October 29, 2020 at 7:30 p.m. to act upon the following item (s):

A. A variance to allow a pre-built shed at 14’ from road when 30’ is required. Section 4 table 1 in R1 zone. Property located at Map 72A3 Lot 0047 –12 Shore Dr, Higganum CT. Applicant: Jay Cassella

Said application is on file in the Land Use Office of the Town of Haddam.

Zoning Board of Appeals, Haddam CT

The Town of Haddam shall endeavor to post its Legal Notices with the Haddam News publication. In the event that the weekly publication cannot meet the Town’s statutory requirements, the Middletown Press or Hartford Courant shall be utilized to meet said statutory deadlines. Courtesy copies will be published to Haddam News that may or may not be timely. The Town’s website is: www.haddam.org.

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Killingworth Copes: Oct. 13, 2020

By Cathy Iino,
Killingworth First Selectman

Hello, Killingworth--

The official count of COVID cases in Killingworth stands at 23--still with no evidence of transmission within our town. In addition, two individuals associated with the Haddam-Killingworth Middle/Intermediate School have contracted the coronavirus. Fortunately, our health department has determined that those individuals did not expose others in the school to the virus, and no change in RSD17 procedures is needed. We wish the individuals a smooth and speedy recovery.

Connecticut's "positivity rate" is still one of the lowest in the country, 1.4 percent. But that rate is rising. Recently, New London County, directly to the east of us, has seen particularly high spikes. For the

sake of the whole community, please continue to wear masks, keep your distance from those you don't live with, and wash your hands frequently.

Flu shots are more important than ever. Some local pharmacies have been running low, so be sure to check with them before you go. (Our own Killingworth Family Pharmacy has a waiting list; their phone number is 860-452-4275.) Another option is to sign up for a flu shot clinic offered by the Connecticut River Area Health District. Fill out the online form and they will schedule an appointment.

TD Bank. We have been informed that the Killingworth TD Bank branch will be closed for a few days because of staffing issues. The North Branford branch at 1289 Foxon Road is open normal hours; their phone number is 203-484-0415.

Stay safe and carry on—

Cathy

Spooky Riddle Ramble

Submitted by Laurie West Prichard, Director, Killingworth Library

All Dressed Up with Someplace to Go – Visit the Killingworth Library on Saturday, October 31 from 10:00 am - Noon for our Outdoor Spooky Riddle Ramble. Families with young children are invited to visit the library's backyard

for our outdoor story stroll, featuring Halloween-themed riddles from one of our favorite children's books and not-too-scary decorations for photo ops. Please plan on observing social distancing and wearing masks. Present your Killingworth Library card at the end of the walk to receive a free mini pumpkin to take home for decorating (one per family please). Register on our library website: www.killingworthlibrary.org

COMICS



A Mental Note

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Live Theater Returns to Middletown

Submitted by Dic Wheeler

Live theater returns to Middletown this week with the Oddfellows Playhouse Teen Repertory Company production of *Coming To Save Us*, an ensemble-generated play about environmental justice. *Coming To Save Us* will be performed at 5:30 pm on October 16 & 17 outdoors at the

North Pavilion in Harborpark, on the bank of the Connecticut River in Middletown.

The play has been created by the cast members during a series of outdoor workshops with Playhouse Artistic Director Dic Wheeler and Program Manager Jacqueline Brown. *Coming To Save Us* is a collection of character monologues, movement pieces and stories exploring the physical and social impacts of climate change. The piece lasts about 30 minutes, and audience members are encouraged to bring their own blankets or lawn chairs. No chairs will be provided. Audience will be socially-distanced on the grass beside the river, and masks will be required of everyone.

Admission is free, but reservations are required



Poster art by Artemis Omani.

and donations are encouraged. Seating is limited to comply with COVID-19 precautions. Audience members may arrive from the direction of the Canoe Club parking lot, or through the tunnel from the Municipal Parking Lot on DeKoven Drive. Upon arrival each group will be escorted to a designated seating area.

To reserve a place, or for more information, email info@oddfellows.org, call (860) 347-6143, or go to www.oddfellows.org.

The Teen Rep 2020 Riverside Performance Project was made possible by generous support from the Community Foundation of Middlesex County; Connecticut Office of the Arts/DECD; City of Middletown; The Fund for Greater Hartford; Middletown Commission on the Arts; State of Connecticut Judicial Branch/Youth Violence Prevention; American Savings Foundation; Thomas J. Atkins Memorial Trust Fund; Maximilian E. & Marion O. Hoffman Foundation; Stare Family Fund; and many generous individual donors.

HOME AND GARDEN

UConn Master Gardener Program Accepting Applications

By Gail Reynolds

The UConn Master Gardener Program is now accepting applications for the Haddam-based Saturday morning class beginning in January 2021. Due to the pandemic, the classroom section of the program will be fully online.

Students enrolled in this program receive training in an extensive range of horticultural and environmental

topics, including botany, plant pathology, entomology, integrated pest management (IPM), herbaceous and woody ornamentals, edibles, turfgrass, invasive plants, and diagnostic techniques for the home gardener.

Program requirements:

- 100+ class hours. Classroom training includes approximately three hours of online material as well as

one half-day per week for 16 weeks, 9:00 AM – 1:00 PM, January – April 2021

- 30 hours of supervised service answering the public's horticultural questions and researching gardening problems (may or may not be virtual in 2021) and 30 hours outreach on approved educational outreach and/or community project(s); both to be completed by the end of September 2021
- Subject quizzes and graded mid-term exam
- Tree/Shrub/Vine identification and research project due by the end of August 2021
- Attendance at one of five summer diagnostic practice sessions
- Final diagnostic exam at the end of in-service training

- Final essay due at the end of September 2021

Most UConn Extension Master Gardeners find the class to be a life-changing experience!

"Individuals become master gardeners because they are interested in gardening and, most importantly, learning more about the science behind good gardening practices. In addition, the collegiality of master gardeners allows us to share our knowledge with the public at many outreach venues," according to Ken Sherrick, 2013 graduate of the UConn Extension Master Gardener Program in Middlesex County.

For additional information on the program and to apply online or download the application, please visit <https://mastergardener.uconn.edu/2020/08/15/applications-now-being-accepted-for-the-2021-uconn-master-gardener-program/>

A Window of Opportunity

By Jennifer Armenia, Marketing Director

If you are considering a senior living community, now is a great window of opportunity. During this uncertain time with Covid-19, a group environment may seem risky. However, if you consider the extra precautions being put in place, it may be just



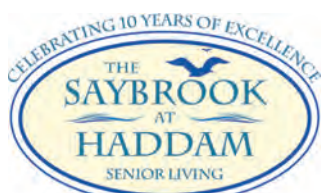
what you need to ensure you receive appropriate support while maintaining your independence. People living at The Saybrook at Haddam enjoy many benefits:

- Social engagement – at a safe distance, of course. Residents are encouraged to meet in public areas with reminders to stay 6 feet apart and wear masks. We help residents stay connected to their families, friends, and more

through the use of technology and safe, in-person visits (currently outdoors).

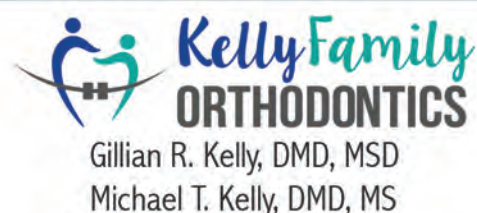
- Physical exercise – small group exercise classes, a gym, and wide, open spaces (both inside and out) encourage residents to stay active.
- Reliable care – for those who need support, our staff is here 24/7, 365.
- Three meals per day.
- Weekly housekeeping of the apartment.
- Sanitizing of surfaces in public spaces multiple times per day.

During this window of opportunity, while Connecticut's infection rates are lower and routine testing of staff is occurring, families are better able to assist their loved one with a move and can help them transition into a new setting. If you're interested in a carefree lifestyle and senior living, please call to learn how we are keeping our residents safe and happy. We look forward to hearing from you!



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