

# Haddam Killingworth News

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

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October 29, 2020

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

Free weekly

## Find a Fur Baby: Typhoon & Merlin

By Judith Levin

These one year old German Shepherd/Husky mixes are looking for their dream homes. They've been with PAWS for a little bit and haven't gotten the attention they deserve. They are friends, but will do best in their own homes and are not looking for a place together.



Both are timid at first, but really connect once they warm. They are eager to be close and get your attention and affection. Both are intelligent, energetic and in need of lots of mental and physical stimulation. Typhoon and Merlin will also benefit from experienced households ready to take it at their individual pace and build their confidence.

These pups are going to blossom into excellent active time and adventure companions in the right hands. We are looking for households with experience with German Shepherds, Huskies or similar high energy and sensitive breeds.

Typhoon is ready for adoption. Merlin is available for foster to adopt while she awaits having a mass removed from her front leg and a spay surgery.

Please like and share to help their dreams come true. If interested, complete an application at [www.pawst.org](http://www.pawst.org). Let's get these babies home.....

## 2020 Christmas Fair, Painting Raffle

Submitted by  
Claudette Lagasse,  
Killingworth  
Historical Society

In order to assist our society during this pandemic our Resident Artist, and long time member, Sandra Smith has donated a lovely painting of the Parmelee Farmhouse.

We will be selling tickets at the Black Rock School on Route 81 in Killingworth on Saturdays November 7, 14, and 21, 2020 from

10:00 a.m. to 2:00 p.m. Tickets are \$5.00 each or 3 for \$10.00. The painting will be on display in the schoolhouse foyer.

Tickets will also be available the day of our Christmas Fair, Saturday, December 5, 2020, and the winning ticket will be drawn at 3:00 p.m. Because of the pandemic, our fair will have a different look this year. Many workers will direct and assist shoppers through the



house, and out to the crafts, greens, and ornaments tents on the south lawn. There will be parking attendants to assist with where to park, directions on entering the fair, and opening car doors.

We are a non-profit organization totally dependent on donations from townspeople and profits from events we hold throughout the year.

## Bingo With a Heart to Celebrate Virtual World Diabetes Day

By Samantha Merwin

Join us for our special World Diabetes Day edition of Bingo with a Heart on November 14, 2020, at 6:00 p.m. \$35 admission until ticket sales close on Nov. 6; 200 admissions available, with half sold out as of the time of this article.

We are fundraising for scholarships to send Connecticut families to a diabetes education event. Additionally, a portion of the proceeds from our event will be donated to the Connecticut Children's Medical Center Medication Assistance Program, specifically

for families impacted by Type 1.

There are 10 games, each with an amazing designer bag to win. One set of cards included with each admission. Buy an extra set of cards with your admission for extra chances to win! Share with your friends and form a group to get bonus cards. If you are a large party of eight or more please feel free to buy your tickets separately and then note in the comment section which group you are with to get the bonus cards. All cards will be mailed the week prior to the event. There will also be a virtual silent auction that week-

end with some previews during the bingo event.

Purchase tickets before 11/6 on our website <https://www.elbowbumpkidinc.org/copy-of-event-bingo-with-a-heart> and feel free to follow the event page on [Facebook.com/elbowbumpkid](https://www.facebook.com/elbowbumpkid)

Please feel free to email questions to [elbowbumpkid@gmail.com](mailto:elbowbumpkid@gmail.com). We look forward to seeing our guests, both new and repeat at this fun event. We appreciate your support!

*ElbowBumpKid Inc. is a 501(c)(3) nonprofit that supports families in CT impacted by Type 1 diabetes.*

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# Justin Anderson

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- ★ Distinguished career of selfless public service
- ★ Understands the importance of public safety
- ★ Will fight for safely reopening and improving the economy
- ★ From crumbling foundations to protecting small businesses, local farming and fishing industries, hometown issues are taken seriously
- ★ No one will fight harder to protect social security benefits, military veterans, and the need for a better healthcare system

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**NOV. 3<sup>RD</sup>**



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FOREIGN POLICY OR PUBLIC SAFETY  
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- ★ VFW Member
- ★ American Legion Member
- ★ Bronze Star Recipient
- ★ Four Deployments after September 11<sup>th</sup>
- ★ Retired Connecticut Corrections Officer
- ★ Two Combat Tours in Afghanistan
- ★ Lieutenant Colonel in the Connecticut Army National Guard
- ★ CT State Planner and Leader of the Homeland Response Force

**LEADERSHIP NOT POLITICS**

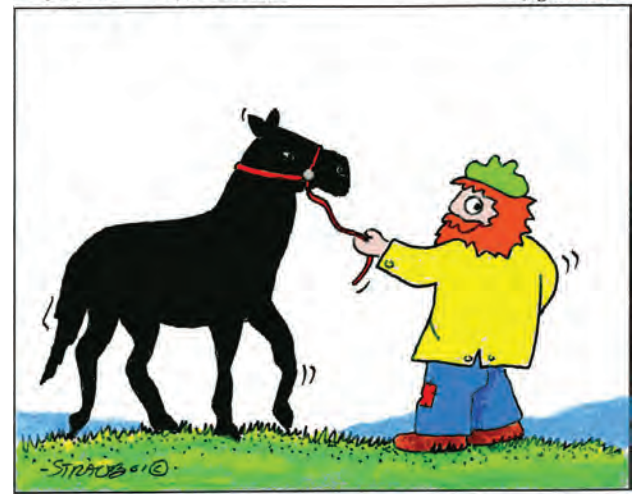


PAID FOR BY JUSTIN ANDERSON FOR CONGRESS. KEN NOWELL, TREASURER

## COMICS

Mac O' Moodus

Roger Straub



A Dark Horse

## BUSINESS

### Attempted Break-in into Hi-way Package Store

Editorial Staff

On October 16, 2020, someone attempted to break into Hi-way Package Store, located at 18 Killingworth Road in Higganum. According to one of our Resident State Troopers a male wearing a hooded sweatshirt/jacket and a mask attempted to force the door open. He was unsuccessful.

## DEATHS

**Anthony (Tony) Matterazzo**, 77, of Higganum passed away on Friday, October 16, 2020.

**Norman Andeen**, age 82, of Manchester (formerly of Higganum) passed away on October 16, 2020.

**Francis (Frank) Henry Kozman**, of Higganum, passed away on Wednesday, October 21, 2020.

# Break the logjam!



Vote for an independent thinker who's not afraid to buck the system to get things done.

# Oct. 22, 2020 COVID-19 Announcement

By Bob McGarry, Haddam First Selectman

“Cases are increasing very fast. There are parameters when we MAY be looking at reverting back to phase 2, and possibly going back to hybrid or all virtual learning within our schools. Transmission within the schools is not the problem. It is the gatherings outside the school day that is creating the school closings and disruptions within the school systems.” Scott Martinson, Director, CT River Area Health District (Haddam’s health district)

“... at this point we show just about as many community spread cases in the last 4 weeks (8) as we had in the previous 6 months (9). I am very concerned.” Lauren S. Gister, First Selectwoman, Chester.

I share Scott and Lauren’s concerns. We all know Covid-19 cases are increasing across Connecticut. Haddam is no exception to that trend. In October we saw 11 new cases: the first double digit increase since May (13 cases). A fall and winter increase in cases was expected but it’s still troubling to see. The graph shows the number of new cases we’ve had each month since the pandemic started.

On a positive note as Scott said we haven’t seen the virus spread in the school systems. So far, only two RSD-17 students have been diagnosed with Covid-19. Both of them live in Haddam and neither was in school while they were contagious.

Contact tracing has indicated the main causes of the spread are small social activities and family gatherings. I know pandemic fatigue has set in. We’re

all tired of it and want it to end. Believe me, no one wants that more than I do. But it’s just as important now as it was in the spring to be careful. Wear a mask, wash your hands, maintain social distance and keep your activities and gatherings outside as much as you can.

The Connecticut Department of Public Health launched a new weekly, color-coded COVID-19 alert system for every city and town in the state, showing the average daily case rate per 100,000 residents for the last two weeks. It’s accompanied by recommended actions for individual residents, organizations, municipal leaders and health directors. The map is updated every week and is available at <https://portal.ct.gov/Coronavirus/COVID-19-Data-Tracker>  
Stay safe and support our local businesses.

## KILLINGWORTH LIBRARY

# Fall 2020 Programs

Submitted by Laurie West Prichard, Director, Killingworth Library

### Teens and Tweens: Create a Nature Documentary (In-person, with social distancing)

Join the Killingworth Library as we work together to create our very own nature documentary, in this outdoor program for tweens and teens.

Whether you want to help design the script or film the critters/plants there is something to do for anyone interested in nature, film, or a mixture of both. We will be aiming to make a two to five-minute mini documentary on Fall in Killingworth. Participants should show up ready to film on their cell phones or with the library Ipad/webcams. They should also be prepared to provide input on what content gets selected as well as a script.

This two-part program will take place over two one-hour sessions, offered on October 31st and November 7th, from 10 – 11 am. Class size is limited to five participants.

Advance registration is required. PLEASE NOTE: The class will be held outside. We will be observing social distancing and all attending will be required to wear masks.

### Teen Write Club (online)

We are looking for young writers, poets, and artists who want to contribute and discuss poetry, artwork, and short fiction. Each week we will have a new topic or prompt to write about and at the end of the program we will combine all our creations into an online publication or literary journal.

This teens-only program is open to patrons pre-registered with Killingworth Library. Please call us at 860-663-2000 if you need to apply for a library card.

Meetings are one hour long and held every other week on Thursdays from 4:30 - 5:30 over Zoom. November and December sessions will take place on 11/05, 11/19, 12/03 and 12/17. Whether you’re new to writing and want to learn the ropes or an experienced writer looking for a platform to share your work, there is a spot for you in the Killingworth Library Teen Write Club!

### Tween Comic Book Club (online)

Swing into the world of comics with our Tween Comic Book Club! This program is open to students in grades 5 through 8, and we ask that you pre-register. The comics we will be discussing will be available for free through Hoopla, which you can access

on the library’s webpage:

<https://killingworthlibrary.org/> \*

Meetings are one hour long and held every other week on Fridays over Zoom from 4:30 - 5:30. November and December meetings will be held 11/06, 11/20, 12/04 and 12/18.

\*A Killingworth library card is necessary to download content from Hoopla - please contact us if you need to apply for a card or you need your old card renewed.

### Book Clubs for Adults

Killingworth Library’s two adult book clubs continue to meet monthly, in

person when possible, via Zoom when not, please check the library’s website for details.

- The Mystery Book Club will meet on November 19 at 6:30 to discuss Hercule Poirot’s Christmas by Agatha Christie, followed by The Bitterroots by C. J. Box on December 17, also at 6:30.
- The Tuesday Book Club will be discussing the classic novel 1984 by George Orwell on November 10 at 1:00 pm, followed by The Book Woman of Troublesome Creek by Kim Michele Richardson on December 8, also at 1:00 pm.

## EMPLOYMENT OPPORTUNITY ~ PAY INCREASE!!

**East Haddam Public Schools is seeking Substitute Teachers. Pay now at \$125/per day.**

Substitute Teachers must hold a bachelor’s degree or higher. It is not necessary to have a teaching degree. A waiver for qualified applicants to work as a Substitute Teacher with a high school or associates degree may be available for the right candidate.

We are also seeking Substitute Para-Educators. Substitute Para-educators need a high school diploma or higher.

If interested please apply through our online application system that can be found on the District website, under the employment tab, at [www.easthaddamschools.org](http://www.easthaddamschools.org).

Questions can be directed to the Superintendent’s office at 860-873-5090.



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## Halloween Hayrides

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Westledge Farm, 6 Parker Hill Road, Killingworth, CT  
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# Justin Anderson – Republican Candidate U.S. Congress 2nd District

The following questions were posed by readers of Haddam Killingworth News

\*For the complete list of questions and answers, go to [www.hknow-com](http://www.hknow-com).

Q: It is well documented that some States send billions more to the Federal Government than they get back in the form of grants or assistance. In a report covering the years 2015-2018, the Rockefeller Institute of Government reported that Connecticut ranked number one in Balance of Payments per Capita. Plainly put, this means residents send more of their hard-earned money to the Federal Government than we get in return.

What plans do you have to remedy this situation?

A: There are many reasons why there is a redistribution on wealth at the federal level. Democrats would argue that we have a lot of individual wealth. There are many who work in New York that reside in Connecticut, which drives up our per capita income. We have a small population when com-



pared to other states and we do not have military bases or other large federal complexes within our state. Those play into the equation.

On the other side of the equation, Connecticut has a substantial property tax, income tax, sales tax...we have all the taxes. The middle class of Connecticut pays the price for these inequities. Ultimately the very rich and the very poor have protections that many hard workers do not. More money needs to come back to the state and our state government needs to lower taxation. This invites business, homeowners and stops the mass exodus of

retirees. This only works with the cooperation of a state government which must allow a federal return to go back into the pockets of the workers and not into the State Budget. A little-known secret is that politicians often squander money, while that same money in the

hands of workers is spent within small businesses, and widely supports the economy. Build up the economy and you build up the tax base.

Q: Many Americans are very worried about the rising cost of Medical Insurance premiums. Some even question whether or not they will be able to afford to purchase adequate healthcare coverage. Many Seniors are concerned that a "Medicare for all" program would overburden and destroy the current

Medicare Program. Millions of seniors could be left with inadequate coverage and services when they need it the most.

What ideas do you have on how this urgent concern might be addressed?

A: We are now faced with allowing a single payer system to become the new standard. With that, over 150 million hard working Americans, with insurance, will lose those plans and we will all be placed in the same system governed by the government. This is not acceptable. Not for any one of those Union workers, or those who can afford premium plans, or those who have exceptional employers. I will support a plan that is more inclusive for all, regardless of whether ACA is made better and has a public option, or simply replaced. The concerns must be placed on cost transparency, lowering the cost of medication, protecting pre-existing conditions and making sure we provide for our retired community first. Government has not proven it can

run anything with fiscal responsibility, from the Postal Service to Social Security. Additionally, people should not work their entire lives and lose everything, they worked so hard for, just to stay healthy in their later years. Seniors are the priority. Even the Veteran Hospitals now offer the choice to go to a private doctor (Veteran's Choice Act), if the VA cannot provide adequate care in a reasonable time. This is the opposite of moving to a single payer system. This also begs the question; in a single payer system, are veterans forced into that, or do they continue through the VA systems already in place? A single payer system will destroy the best medical treatment available in the world. We need to move forward, but the plan must allow for cost effective insurance for more people, without sacrificing the level of care for all.

Q: Congress is more divided than ever on almost every single issue we face today. Many leaders vote strictly along party lines without giving a thought to the possibility of compromise. With both sides digging their heels in, little gets accomplished and Americans suffer. Currently many are in desperate straits due to loss of employment, homes, and healthcare.

What would you do to help break the constant state of gridlock in Congress?

A: This is one of the reasons I entered the arena of politics. All too often, party-line and ideology stop progress. I have said this many times; I do not care who gets the credit for good legislation, as long as it helps Americans. I would like to see bills presented to fix specific issues, and not bills laden with funding for issues that would not otherwise see the light of day. Good ideas can come from anywhere. Congress needs to have the courage to act on those ideas regardless of who presents them.

"Let us not seek the Republican answer or the Democratic answer, but the Right answer."

John F. Kennedy

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# Representative Joe Courtney – Democratic Candidate U.S. Congress 2nd District

The following questions were posed by readers of Haddam Killingworth News

\*For the complete list of questions and answers, go to [www.hknow-com](http://www.hknow-com).

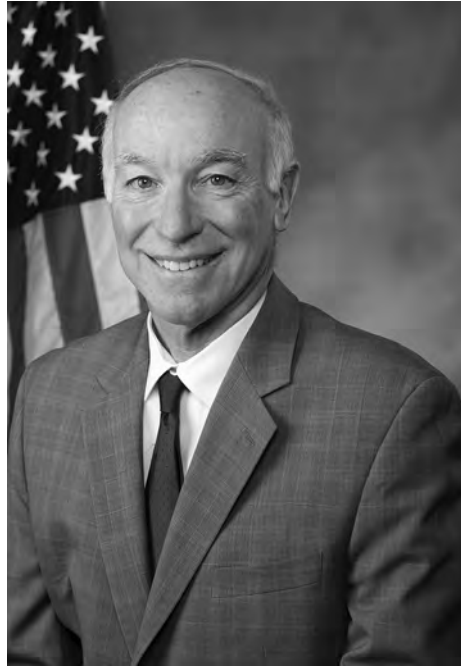
**Q:** It is well documented that some States send billions more to the Federal Government than they get back in the form of grants or assistance. In a report covering the years 2015-2018, the Rockefeller Institute of Government reported that Connecticut ranked number one in Balance of Payments per Capita. Plainly put, this means residents send more of their hard-earned money to the Federal Government than we get in return.

**What plans do you have to remedy this situation?**

**A:** I have always been committed to bringing as much money back to eastern Connecticut as possible. Right now, I serve as the Chairman of the House Seapower and Projection Forces subcommittee - the first Connecticut House member to oversee a navy panel in 147 years. In that position, I have fought for and won significant investment in our region's submarine industrial base, which is fueling the growth of jobs across the region. According to a report this year by the nonpartisan Pew Charitable Trusts, Connecticut ranks as the top state for per-capita defense contract spending in the country.

This investment is vital to jobs throughout the defense manufacturing sector of our region and our state. This is why I am fighting so hard to reverse President Trump's budget proposal to cut a Virginia class submarine from the budget this year. This plan, in addition to being totally divorced from the priorities of our top military leaders, would threaten jobs and stability at the Groton shipyard and the wider supply chain. I've won bipartisan support for restoring funding for the submarine in the House, and will continue to work to get it passed in the Senate.

My staff works diligently to pursue grants for municipalities, nonprofits, and health systems across our district.



One of the biggest changes that has exacerbated Connecticut's "donor" status was the 2017 tax overhaul, which capped the state and local tax deduction on federal taxes. For states like ours, this change hit hard and I have strongly supported efforts to restore this policy. One of the biggest areas of opportunity for investment in our state is in rebuilding our infrastructure, if given the chance to return to Congress as your Congressman, I will continue to work to pass a comprehensive infrastructure package that can bring more funding and more support to our state to rebuilding our roads, bridges, and transit systems - and with it, jobs and economic growth.

**Q:** Many Americans are very worried about the rising cost of Medical Insurance premiums. Some even question whether or not they will be able to afford to purchase adequate healthcare coverage. Many Seniors are concerned that a "Medicare for all" program would overburden and destroy the current Medicare Program. Millions of seniors could be left with inadequate coverage and services when they need it the most.

**What ideas do you have on how this urgent concern might be addressed?**

**A:** Health insurance and prescription

drug prices are too high in Connecticut and I have spent my time in Congress working to lower premiums and out of pocket costs for Connecticut residents. For example, I led the effort to repeal the 40% excise tax on employer sponsored health plans, for which the United Steelworkers awarded me the Paul Wellstone Award for my work to protect quality health care coverage for working families.

One of the biggest drivers of healthcare costs are prescription drugs which account for approximately 23% of our health care premiums in Connecticut. I cosponsored and helped pass the Elijah E. Cummings Lower Drug Costs Now Act, which would empower the federal government to finally negotiate the price of prescription drugs, saving hundreds of billions for Medicare and American patients. While we passed this measure in the House, it remains blocked in the Senate where special interests have succeeded stalling this vital work. With a new Senate and a new administration, I will continue to make this issue a top priority.

I also support building on the successes of the Affordable Care Act to further lower out-of-pocket costs, and achieve the goal of universal coverage through a public option, by lowering the Medicare eligibility age, or by allowing younger Americans to buy into Medicare. Crucially, I will continue to strongly oppose any proposed cuts to Medicare that come before me in Congress. This year, I supported the

Patient Protection and Affordable Care Enhancement Act which would start by reversing some of the Trump Administration's attacks on the ACA, and make the ACA's savings more robust for individuals and families.

**Q:** Congress is more divided than ever on almost every single issue we face today. Many leaders vote strictly along party lines without giving a thought to the possibility of compromise. With both sides digging their heels in, little gets accomplished and Americans suffer. Currently many are in desperate straits due to loss of employment, homes, and healthcare.

**What would you do to help break the constant state of gridlock in Congress?**

**A:** Since my days in the Connecticut State House, when I was voted "Democrat Most Admired by Republicans," I have been focused on finding opportunities for bipartisan cooperation. During this past Congress, several priorities I led on became law on a bipartisan basis- health coverage for 'blue water' Navy veterans, a restoration of GI Bill cuts to military families, and enacting standards and training to protect vulnerable frontline workers. In fact, the bipartisan Lugar Center ranks me 83rd the House on its bipartisan index out of 435. redistricting entities to combat gerrymandering, and create a nationwide, small-donor based campaign finance system, similar to what Connecticut has done with the Citizen's Election Program for statewide and legislative races.



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# Special BOS Meeting Made Oct. 18 Melissa Jean Schlag Day

By Sharon Challenger

The Haddam Board of Selectmen held a special meeting on Friday, October 16, 2020 (via GoToMeeting) to discuss a resolution to make Sunday, October 18, 2020 Melissa Jean Schlag Day.

First Selectman Bob McGarry called the meeting to order at 6:30 p.m. Selectmen Kate Anderson and Sean Moriarty were present along with 33 attendees. Assistant to the First Selectman, Joann Ricciardelli, took minutes. The Pledge of Allegiance was recited.

Moriarty was asked by First Selectman McGarry to read the amended, proposed proclamation recognizing the environmental contributions of Melissa J. Schlag.

McGarry announced there would be a public comments section of the meeting and stated that comments would be strictly limited to two minutes per person. He asked that comments be civil explaining that he realized "Melissa brings up strong emotions in people in one way or another." He stressed that the purpose of the comments was to allow people to speak about her environmental contributions only. He further stated that if at any time, the meeting became unruly, the comments would be ended, a vote would be taken amongst the Selectmen, and the meeting would adjourn.

McGarry asked Moriarty to make a Motion on the proclamation. Before it was read however, Moriarty offered a brief explanation as to how the subject of a proclamation came about. He stated that the idea came to mind after he and his wife attended Ms. Schlag's funeral. He expressed there was nothing nefarious about the request to have it added to the agenda of the BOS meeting on October 13, 2020. During that meeting the friends of Ms. Schlag had hoped the BOS would take a vote to approve the proclamation. However, it was decided that a vote would not be taken reason being, it would not allow for input from residents in Haddam. In an attempt to promote open government, the decision to schedule a Special BOS meeting on Friday, October 16, 2020 was agreed upon. Moriarty reiterated that the proclamation is not political in nature, but simply brings attention to the work Ms. Schlag did for the environment.

It acknowledges the work done by Ms. Schlag regarding the Cove clean-up completion, her work to initiate the removal of the orange floatation devices marking off access to the canal on the CT River, her work to help purchase land for hiking trails, her involvement in stopping the land swap of property near Eagle Landing, and her work to help renovate Spencer Shad Shack.

After Moriarty finished reading the proclamation, McGarry restated that it is for one day only, and is not to be an annual event. He thanked Moriarty for his comments.

At 6:39 p.m. McGarry opened the discussion up to public comment remarking that if people agreed with the speaker before them, to just acknowledge this in an effort to help move the meeting along. Twelve people expressed their approval of the proclamation.

McGarry brought the public comments section to a close at 6:45 p.m.

Selectman Moriarty thanked McGarry and Anderson for their support and expressed that he has enjoyed working with them over the past year.

Selectman Anderson explained the reasons she felt a Special BOS meeting was necessary regarding the proclamation. She felt it needed to be publicized and advertised to give residents a chance to comment or participate in the decision.

She acknowledged and thanked the public for their emails regarding the proclamation.

McGarry called for the vote on the motion. The motion passed unanimously.

All business concluded; Selectman Moriarty made a motion to adjourn. The motion passed unanimously, and the meeting ended at 6:49 p.m.

— — —

Text of the Proclamation:

"WHEREAS MELISSA J. SCHLAG networked with officials at the Hartford Capitol to garner superfunds to remove pollutants from the Higganum Cove so it could be enjoyed as a public park; and

"WHEREAS AS ONE OF MELISSA J. SCHLAG [sic] greatest local/regional/national contributions was her successful effort working with the Department of

Energy and Environmental Protection (DEEP) and CT River Conservancy to have Connecticut Yankee remove the floating florescent [sic] orange barriers that blocked the 'public trust' entrance to the canal along the Connecticut River; and

"WHEREAS MELISSA J. SCHLAG was instrumental in promoting the State purchase of 42 acres of the Kuiaski property in Higganum to be preserved as a State reserve, open to the public as woods and hiking trails; and

"WHEREAS MELISSA J. SCHLAG, directed Stop the Swap, a multi-town protest that saved Eagle Landing, 17 acres of publicly owned, pristine, Connecticut River land from falling into the hands of private developers; and

"WHEREAS even in her illness, Melissa J. Schlag recently spearheaded a work party to restore the historic Spencer's Shad Shack; and

"WHEREAS she was a dedicated public servant, environmental advocate and a beloved friend in the Town of Haddam, in the region, and the nation,

"NOW THEREFORE be it resolved, that I, Robert McGarry, First Selectman on [sic] the Town of Haddam, Connecticut do hereby proclaim, Sunday, October 18, 2020, as

Melissa Jean Schlag Day

"In the town of Haddam and on behalf of the Board of Selectman [sic] and residents it is my pleasure to thank Melissa for all of her years of service to our community.

"In witness whereof, I have hereunto set my hand and caused the seal of the Town of Haddam, Connecticut to be affixed this 16th Day of October 2020.

Robert McGarry"

## HEALTH

### Why 'Pharmacy Benefit Managers' Are Hurting You & Your Local Pharmacy

By Brian Scott-Smith, [www.connecticut-east.com](http://www.connecticut-east.com)

So, just who are "Pharmacy Benefit Managers" or "PBM's" as they're more commonly known.

They're the quiet middlemen that stand between drug manufacturers and your local pharmacy and even though you've never heard of them, they know all about YOU.

Pharmacy Benefit Managers were originally created to assist the healthcare industry by acting as a liaison between parties and administering costs and procedures that actually helped everyone.

But over the years they have morphed into a super powerful group of organizations that now dictate how much YOU as a consumer pay for your prescription drugs.

And it doesn't end there. PBM's claim to work for health insurers to get lower-cost drugs from the drug manufacturers but they also claim that drug manufacturers alone set drug-prices.

But here's the reality, according to a study by the IQVIA Institute for Human Data Science, PBM rebates charged to drug manufacturers in 2019 amount to \$143 billion, which added nearly 30 cents per dollar to the price you pay for your prescription drugs.

And to make matters worse, the three largest PBM companies in the US control a staggering 76% of all the prescription drug business in the country.

Meaning the vast majority of American's are overpaying on their prescriptions every day because

of PBM's.

And it doesn't stop there. Because the PBM's also control where you get your prescription drugs as well.

One of the three largest PBM's in the country is CVS Caremark, which is owned by the CVS Pharmacy Group.

CVS Caremark not only sets drug prices but determines which pharmacies are in their network and the amount that pharmacies will be reimbursed for a prescription.

Doesn't sound so bad, until you realize that your local independent pharmacy may not be in the PBM's 'preferred pharmacy network' which means that, although you can still get your prescription drugs from your local pharmacy, you could end up paying more for your prescriptions drugs through your co-pay and the local pharmacy receives less reimbursement from the PBM because of restrictive 'take it or leave it' contracts.

For independent local community pharmacies, being in a particular preferred network can represent as much as 20 to 30% of their business, so when PBM's change the rules and change who can be in their particular 'preferred network', it can have a devastating effect on their ability to stay in business.

Americans pay the highest prices for healthcare and drugs in the world.

And if things don't change, we'll carry on paying those prices, be dictated to where we get our medications and we'll have less choice and places to go, to get it.

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

## LEGAL NOTICES

### LEGAL NOTICE NOVEMBER 3, 2020 STATE ELECTION

The Electors of the Town of Haddam are hereby warned to meet at their respective polling places in said town on Tuesday, November 3, 2020 for the following purpose:

- I. To cast their votes for Presidential and Vice-Presidential electors, Representative in Congress, State Senator, State Representative, and Registrar of Voters.
- II. To cast their votes on the changes recommended by the Charter Commission and endorsed by the Board of Selectmen. To see the full report and proposed draft of the revised charter please go to [www.haddam.org/charter-revision-commission-0](http://www.haddam.org/charter-revision-commission-0)

Notice is hereby given that the location of the polling places is as follows:

VOTING DISTRICT	LOCATION OF POLLING PLACE
First District	Haddam Firehouse Complex, 439 Saybrook Road, Higganum
Second District	Central Office, 57 Little City Road, Higganum
Third District	Haddam Neck Firehouse, 50 Rock Landing Road, Haddam Neck

Absentee Ballots will be counted at the following central location – Haddam Firehouse Complex, 439 Saybrook Road, Higganum.

Voting machines will be used. The polls will be opened at six o'clock in the morning (6:00a.m.) And will remain open until eight o'clock in the evening (8:00p.m.).

PA 20-4 allows for a local option to open the outer absentee ballot envelope only, beginning at 5 p.m. on Friday, October 30th. The Haddam Registrar of voters have decided to exercise this option and will open outer envelopes only on Saturday October 31 at 10:00am at the Haddam Firehouse Complex, 439 Saybrook Road, Higganum. The inner envelope containing the ballot will NOT be opened until Election Day.

Dated at Haddam, Connecticut, this 29th day of October, 2020  
Scott R. Brookes, CCTC, Town Clerk  
Town of Haddam

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

## TO THE EDITOR

### In Support of Christine Goupil

We are writing in support of Christine Goupil's candidacy for State Representative in District 35. As long-time residents of Killingworth we have come to appreciate how important it is to have state and local politicians who actually care about their communities, and not just themselves. Christine's strong record of service to her town and our region is clear, as is her approach of putting her constituents first.

One of the most impressive and telling things in her record is how she handled her position as First Selectman for Clinton a few years ago. It had gradually become clear that the town would benefit from having a Town Manager/Town Council style of government. To support that, Christine had to give up her own position as First Selectwoman. How refreshing in these days of such selfishness at the national level, to find a leader willing to sacrifice some of her own power for the good of the people. That is the

kind of person we want representing us in Hartford.

Please join us in helping to elect Christine Goupil as our next District 35 State Representative!

Sincerely,

*Bill & Paula Herbst  
Killingworth, CT*

### In Support of Christine Palm

Our family recently moved to Higganum and we are proud to call this lovely river valley district our home. Since state politicians typically have a greater effect on one's daily life, we believe it is especially important to research the candidates running to represent us. After reading and hearing local testimonials, we believe Christine Palm should continue to be our voice in Hartford. She has been a great listener and problem solver, working tirelessly to understand the needs of the district during this uncertain time. With the legislative calendar cut short, she has made herself as accessible as possible to her constituents.

Hearing our concerns through phone calls, email, weekly updates, and even in person when possible. Printed accounts to the contrary are just unfounded.

Representative Palm has been a strong advocate for small businesses and workers impacted by Covid, assisting many seeking relief as we all try to adjust and survive. She backs recent legislation to protect consumers from unfair utility rate hikes. She has been quick to learn the diverse nature and needs of the district and does more than vote the party line. She diligently displays a comprehensive understanding of the issues and is not afraid to stand up to controversy. Her first tenure is an excellent example of her work ethic, garnering support from a bipartisan constituency and many highly respected organizations. This degree of support is earned from competent leadership and legislative initiative. Allow her to continue this work for us, Vote Palm.

*Neal and Katy Sakash  
Higganum*

## 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, October 29

ZBA Meeting – Haddam 7:30 p.m. –

9:30 p.m. (remote access only)

### Friday, October 30

Killingworth Library Zoom – Tween Comic Book Club 4:30 pm – 5:30 pm

Tween Comic Book Club

### Saturday, October 31

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.

Outdoor Spooky Riddle Ramble – Killingworth Library 10:00 a.m. – Noon.

### Monday, November 2

Haddam Limited Voter Registration – 9:00 a.m. – 5:00 p.m. 439 Saybrook Rd. Higganum

### Tuesday, November 3

ELECTION DAY

### Thursday, November 5

P&Z meeting Haddam 7:00 p.m. – 9:00 p.m. (remote access only)

Parmelee Farm Committee Mtg. 7:00 p.m. – 9:00 p.m. Parmelee Farm

## Haddam Killingworth News

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Higganum, CT 06441

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Businesses interested in advertising in East Haddam News should call Michelle at 860-615-9955 or e-mail [sales@easthaddamnews.org](mailto:sales@easthaddamnews.org).

Send all requests, content and comments to: [HK-NowEditors@outlook.com](mailto:HK-NowEditors@outlook.com)

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

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## WORD SEARCH

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 I E E A E N N L O C N I L E I  
 S R N F H S N O S L I W N W S  
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 R E E U I R H S C X I L F L R  
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 W R Y T G C J O B A M A L V N  
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MCKINLEY	MONROE	NIXON
OBAMA	PIERCE	POLK
REAGAN	ROOSEVELT	TRUMAN
TRUMP	TYLER	WASHINGTON
WILSON		

## HK REC DEPARTMENT

### Halloween, Thanksgiving, Activities & More!

Haddam Killingworth Recreation relies on 80% user fees to operate. We are supported by a little over 20% from both towns of Haddam and Killingworth combined (13% from Haddam, and 9% from Killingworth). With this pandemic, our program participation is not what it usually is. And with the uncertainty of winter indoor programs (we have not been approved to hold programs in the schools besides child-care), we are looking for creative ways to bring in revenue. We need all the support we can get. Please consider registering and we thank you for your support!

#### Virtual Turkey Trot & Food Drive

A weekend of helping. We will help you stay healthy and fit by challenging you to run, walk, trot 2, 3, 4, or 5 miles over the Thanksgiving weekend. We will also use part of the fee to purchase non-perishable food items for the Haddam Emergency Food Bank. Additional food donations gladly accepted (drop off in our bin outside our office). The longer distance you do, the more we can give. Help us and we will pay it forward.

Run or walk any time, anywhere, between November 26-29, 2020. Send us your time/distance. \$12 (2 miles), \$13 (3 miles), \$14 (4 miles), \$15 (5 miles) per person.

#### Make a Gift

Turn your child's artwork into a treasured gift. Kids will draw their artwork onto a template that we will email to you. We will then have it made into a memorable keepsake. Makes a great holiday gift. Choose from: 10" melamine plate, 8" hand & foot plate, 12 oz. melamine bowl, 15 oz. ceramic mug, or two-sided laminated placemat (12" x 18"). \$16 each. Order by Nov. 2, 2020. Templates need to be handed in by November 6.

#### Thanksgiving Activity to go Kit

Each activity kit includes supplies, ingredients, and directions for the following crafts and treats: candy corn turkey treat, pilgrim hat cookies, egg carton turkey craft. Also other fun activities such as word search/puzzles and Thanksgiving coloring sheet. \$12 each. Orders must be placed by November 6, 2020.



## OUR REGION

### PSA: Safety at Railroad Crossings in Haddam

Submitted by Maureen Quintin, Essex Steam Train

The Essex Steam Train and Riverboat would like to remind our friends and neighbors in the lower valley that train frequency will be increasing during October through December on our tracks in Essex, Deep

River, Chester, and Haddam. In particular daytime train activity will be increasing on tracks between Chester and Goodspeed Station in Haddam.

When approaching STOP signs, motorists and pedestrians are legally required to come to a complete stop at the white stop line, and yield to any approaching rail traffic. When facing flashing lights and/or gates, crossing users must STOP and wait for trains to pass/lights and gates to shut off.

Additionally, pedestrians, bicycles, and motorized vehicles are never allowed on railroad tracks except at a legal crossing location. Emergency contact phone numbers are located at all railroad crossings in the event of problems. The railroad is working with local law enforcement on issues of motorist compliance at crossings throughout the valley.

Questions can be directed to Rob Bradway, Vice President of Track and Property, at 860-964-3422.

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## OUR REGION

# Middletown Pride June 5, 2021

Submitted by Sierra Lopez

The City of Middletown, Middlesex County Chamber of Commerce, Wesleyan University and the Russell Library are proud to announce that Middletown Pride 2021 will be held on Saturday, June 5, 2021!

The event will once again be a demonstration and celebration of the history, lives and contributions of Middletown's LGBTQIA residents.

Middletown Pride will consist of a parade down Main Street, followed by a festival on the South Green and its surrounding areas. The parade will begin at 2:00 p.m., the festival will kick-off immediately after its conclusion and will run until 8:00 p.m. The festival will once again feature live entertainment, delicious food, a wide variety of vendors, information booths, and lots of family friendly fun.

This year, Middletown Pride decided to move its event to earlier in the month of June out of respect for Juneteenth, which falls on Saturday, June 19, 2021. Middletown Pride will return to the third Saturday in June starting in 2022. Interested parties are asked to save the dates of Saturday, June 18, 2022 and Saturday, June 17, 2023.

Middletown Mayor Ben Florsheim noted, "After just one year, Middletown Pride has become a signature event for our city, and I could not be more excited for next year's celebration of our inclusive, open, and affirming community. I am grateful to everyone who made this day such a tremendous success in 2019 and look forward to an even bigger,



*Continued on page H10*

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Back!

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## Middletown Pride

*Continued from page H9*

better, and prouder Pride in 2021.”

Chamber President Larry McHugh noted, “The day of the inaugural Middletown Pride event held in June of 2019 was a fabulous day in Middletown. The event had a strong economic impact, but more importantly, Middletown Pride showed the world that Middletown is a vibrant and inclusive community, a community that we are proud to be a part of. We look forward to expanding its impact in 2021, and thank the City of Middletown, Wesleyan University and Russell Library for their collaboration and support.”

Wesleyan University President Michael Roth noted, “Wesleyan is honored to partner with the City, the Chamber, and Russell Library on this important event. The energy and enthusiasm on display at the Inaugural Pride event was an inspiration, and we’re excited to see it continue to grow.”

Russell Library Director Ramona Burkey noted, “The purpose of the public library is to strengthen our community; one way we do that is by bringing together people with diverse lived experiences. We look forward to building on the amazing energy, enthusiasm and love that has been generated by Middletown Pride thus far, and continuing the tradition of showcasing Middletown as a thriving, kind and welcoming place.”

Individuals interested in marching in the parade, participating in the festival as a vendor, or applying to perform at the event can visit [www.middletownpride.org](http://www.middletownpride.org). Sponsorship information is also available on the website. Any questions or concerns can be directed to Haley Stafford at the Middlesex County Chamber of Commerce at 860-347-6924 or [Info@MiddletownPride.org](mailto:Info@MiddletownPride.org).



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## 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

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.

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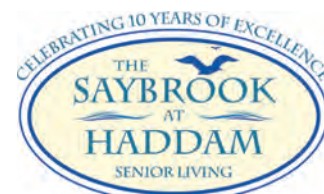
- Sanitizing of surfaces in public spaces multiple times per day.

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!



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



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