

Haddam Killingworth News

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

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October 8, 2020

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

Free weekly

HK Face Mask Project Update/Thank You

By Kathy Brown

In June, we helped put out the call for mask makers to help Amy Perry and Sharon Timek make masks for all the students and staff of the Haddam Killingworth schools. In July, we put out an update on the project.

Amy and Sharon made tote bags with the supplies to make the masks, and people picked up the tote bags and started sewing.

On August 10, 2020, Amy Perry and Sharon Timek delivered 2,461 masks to the School offices — one for every student, teacher and support staff. These were blue or gold, the HK school colors. Sizes ranged from 4 to 8, covering pre-K to seniors to staff.

On Sept. 10, Amy delivered 1961 student-sized kid-friendly print face masks to the Superintendent of Schools. There were also 250 more assorted sizes of the blue & gold masks delivered. The kid-friendly prints were so that the students would have “fun” masks to wear as well as the masks with the school colors.

So just shy of 4700 masks were produced for the school system for the 2020 school year by volunteers in Haddam and Killingworth.

“The mask makers really need to be commended on stepping up and completing the task,” said Amy.



Photos by Amy Perry



“The design I wanted to make was not the easiest, to say the least. My directions were evolving as the summer moved on. BUT the resulting masks are now being worn and helping the students be in class learning!!!”

Some of the mask makers made 15 masks, while others made 300, explained Amy. “It took everyone to complete the project.”

The following is a list of the residents who helped make this project happen:

Tracy Plumley, Ree Plumley, Suzie Cappucci, Jenny Law, Kathy Roelsfsen, Katy Sakash, Mary Carrellas, Joan Rand, Susan Gareis-Zeidler, Ginny Murphy, Susan Lane, Ellen Caprio, Nancy Morgan, Laura Roman, Pamela McManus, Claudette Lagasse, Evelyn Garrett, Terrie Shimoda, Lee Kozlowski, Nancy MacFarlane, Judith Goldfarb, Colleen Bell, Pat Mainetti, Carol Gwilliams, Ellen Faller, Heather Greenway, Shirley Simms, Kate Rizzo, Laurie Mongello, Donna DiGregorio, Shelley Sprague, Yvonne Furth, JoAnne Poulsen, Mary Todzia, Lynn Lwanicki, Mary Aduskevich, Kathleen Zandi, Carol Martins, Linda Talbott, Kecia Hemphill & the Valley Bible Church Ladies, Rebecca Peterson, Margaret Zarcone, Charlene Siertota, Sami Pach, Scarlett Storm, Amanda Cassidy, Lauren Heath, Dustin & Rebecca

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Food for Thought: Sept. 2020 — A Personal Journey

By Janet Verney

If you have been following my columns, many of you already know my journey with a serious lung disorder and how I managed to go from very sick to thriving without any meds... You can read more about my story at roots2wellness.com, just click on the tab “BOOKS,” then “ROOTS2Wellness.”

Over this crazy spring/summer we have all been experiencing, I started to feel sluggish with episodes of severe fatigue. I had some achy joints and a host of other little signs and symptoms that something was just not quite right. I thought it may be a bit of depression, which I am not prone to, but given the circumstances, just maybe this was it? I decided it was time to get some blood work done and I had a bit of a surprise with some numbers being not so good!

Friends and family who know how I eat and live my life were a bit shocked as well. How can this be? All I can say is I am really glad I listened to my “Body Talk” and took action! I know genetics plays a huge role in this, and that as we age things can change, but I also know that there is always room to improve diet and lifestyle, one step at a time. So, I have stepped into a new lifestyle adventure. It is not too far from what I was already doing, but enough of a change to already FEEL a huge difference! The fatigue is gone, the ache in my joints is no more, and the brain fog has said hasta la vista baby! I am also down six pounds, which is a lot for someone my size. I am eager to do a re-check on my blood work, with fingers crossed, things will be back in line.

Okay, so let’s just stop here for a minute. I want

to STRESS the LISTENING to your BODY TALK! Every day your body is sending you little, and sometimes not so little, messages. I call them the “Gremlins”...., but thank goodness they feel so free to speak to you in this way! The body is so incredibly smart! So please, please, don’t ignore those messages before it is too late! It is your bodies way to say “hey, I’m a bit out of balance here and I sure could use your help to make things right.”

Now, making things right can be different for you than for me, but what I will say to this, is that there is one thing we all need more of... to consume more PLANTS! If you want to learn more about the “Why” behind this, I highly recommend reading the book “Plant-Strong” by Rip Esselstyn! He debunks

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Food for Thought: Sept. 2020 — A Personal Journey

Continued from page H1

many myths about not getting enough protein, calcium, and so on. He offers some fabulous recipes and tips for when you are on the run or eating out. Trust me, it will be the best \$15.99 you will ever spend.

So what am I doing different than before you ask? Well, I was about 90% plant based prior to my blood work and now I am consuming 100% plants. Many refer to this as a Whole Food Plant-Based Lifestyle (WFPB). One of the key differences in a WFPB diet and that of a vegan, is no extracted oils. Without a doubt, this has been a bit of challenge for me, as I so loved my olive and avocado oils. I am slowly learning to replace them with veggie broth, assorted vinegars, nut butters, fruit juiced sweetened jams, and pureed avocados. What I noticed right away was how much lighter I felt! I won't get into detail about "why no oils," but there is a wonderful explanation in the above-mentioned book.

I can already hear you... "I could never give up meat, oils, refined sugars, etc." I get it! It's not easy for sure, but not feeling well, being chronically sick, and spending dollars on meds & supplements isn't a



walk in the park either. If you are looking for a more holistic approach to feeling better, then I would encourage you to consider trying this for 30 days and see how you feel. As always, if there is an underlying condition, it's best to check with your doctor before starting any new plan. I am happy to be a resource should you set out on this journey and I would recommend joining this free Facebook group with over 341K members: <https://www.facebook.com/groups/FOKPlantBasedCommunity>, and check out this wonderful website: <https://plantstrong.com/>.

Here's to your health!

If you have a topic you'd like to learn more about, please email me at connect@roots2wellness.com. Until next time!

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

HK Face Mask Project Update

Continued from page H1

Rist-Brown, Xan & Sera Blair, Sharon Timek and Amy Perry.

A thank you also goes out to Jennifer Libero, who crocheted 150 ear savers for those who needed them.

If anyone is willing to donate to the project to offset the cost of supplies,

funds can be sent to Haddam Killingworth Youth & Family Services (P. O. Box 432, Higganum, CT 06441); please put "Mask Project 2020" in the memo so that it is funneled to the correct project. Because the donation will be going through HKYFS, the donation will be tax deductible.

DEATHS

Andrew H. Totman

Andrew H. Totman, 45, of Haddam, passed away on August 17, 2020.

Howard J. Alger, Sr.

Howard J. Alger, Sr., age 75, former-

ly of Haddam, passed away on Sunday, Sept. 13, 2020.

David A. Dupont

David A. Dupont, age 75, of Haddam, passed away on Thursday, September 24, 2020.

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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

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

Thursday, October 8

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

Haddam Park & Rec Meeting (remote access only) 7:30 p.m. - 9:30 p.m.

Friday, October 9

Higganum Farmers Market – Christmas in October! 3:30 p.m. - 6:30 p.m.

The Higganum Farmers Market proudly presents Christmas in October! The market will offer two ways to shop early, and in town!

On Friday, October 9, 2020, join us for our last regularly scheduled farmers market, with a Christmas twist! Vendors will have holiday themed items for sale, stocking stuffers, gifts, Christmas music provided by Bill Benson, hot beverages for sale, and food by the Greekin' Out food truck. Come stroll through the Haddam Elementary school parking lot, which will be all decked out for the holidays.

Masks required at both events and social distancing rules apply, per the Department of Agriculture.

Any kids interested in vending, make sure to contact Kristy ASAP at Kristy@bitter-sweetfarm.com, at 860-918-2344, or send a message on Facebook.

Killingworth Zoom – Tween Comic Book Club 4:30 p.m. - 5:30 p.m.

Swing into the world of comics with our Tween Comic Book Club! Whether you are a fan of superhero comics or someone looking to learn more about the genre this library program will be action packed with fun.

We will be reading Spider-Man: Miles Morales and meeting every other week to discuss and compare it to the more recent Spider-Man movies.

The Miles Morales series is available through Hoopla, which you can access on the library's webpage: <https://killingworthlibrary.org/> (A 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.)

Saturday, October 10

Higganum Farmers Market – Christmas in October! 3:30 p.m. - 6:30 p.m.

The Higganum Farmers Market proudly presents Christmas in October! The market will offer two ways to shop early, and in town!

Saturday, October 10, 2020 is kids day! Join us from 1:00-4:00 p.m. and see what creative things our local kids have to offer. They are currently busy making ornaments, hot cocoa reindeer's, jewelry, artistic gifts, and much more! Santa will stop by on the 10th, for a socially distanced visit, and Nancy Meyers will provide holiday shopping music.

Mark your calendars and join us for both of these

great events, Christmas in October!

Masks required at both events and social distancing rules apply, per the Department of Agriculture.

Any kids interested in vending, make sure to contact Kristy ASAP at Kristy@bitter-sweetfarm.com, at 860-918-2344, or send a message on Facebook.

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.

Invasive Plant Cleanup – Haddam Meadows State Park 9:00 a.m. - 12:00 p.m.

Come save some trees and/or pick up litter at one of our favorite state parks. Our fall invasive plant cleanups will be held on Saturday, October 10 (rain date 17)) at Haddam Meadows State Park.

As required by the state and CT DEEP, those attending must register ahead of time. There will be a limit of 25 persons at each cleanup. Attendees shall remain six feet apart, including family members, caretakers, and household members. Masks shall be worn within six feet of those not in the same household. Participants are asked to meet in the middle picnic area. Adults and youths, under 16 years of age accompanied by an adult, are encouraged to participate in removing oriental bittersweet and other invasives and/or picking up litter. Please dress for the weather, wear waterproof boots, bring garden loppers, or saw, insect repellent, sunscreen, water, snacks and first aid supplies. Snacks will not be provided. Do not bring pets. Volunteers with dump trucks and Haddam stickers are needed. The event is being planned by CT DEEP Adopt-a-Park volunteers, Cherry Czuba, Mary Lou Heger, David Stiles and Jamie Burgess. Please register by emailing Cherry Czuba at cherylczuba@comcast.net

Higganum United Methodist Church Harvest Outdoor Fair - Saturday, October 10th, 10am-2pm

Rain date - Sunday, October 11th, 11am-2pm.

Items include, handcraft, jams, jellies, pickles, pumpkins (thank you Peter DiGioia), baked goods, gift baskets, holiday items for Halloween, Thanksgiving and Christmas, Grandma's Attic and Raffle for Thanksgiving Dinner, Holiday Baking and Au-

tumn Harvest Lottery.

Tuesday, October 13

Tuesday Book Discussion – Killingworth Library 1:00 p.m. - 2:00 p.m.

Join us as we discuss Stolen: Five Free Boys Kidnapped Into Slavery and Their Astonishing Odyssey Home by Richard Bell. Extra copies will be available at the circulation desk.

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

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

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

Haddam Board of Selectmen Meeting (remote access only) 6:30 p.m. - 8:30 p.m.

Brainerd Library Teen Advisory Board Halloween Book Folding Take & Make Craft

Craft bags include one book, instructions, and folding patterns for a pumpkin, bat, and ghost. Bags will be available through curbside pickup starting Tuesday October 13th through Saturday the 17th.

To reserve your craft bag and arrange a pickup time, please email us at library@brainerdlibrary.org or call 860-345-2204.

Wednesday, October 14

Haddam EDC Meeting (remote access only) 6:30 p.m. - 8:30 p.m.

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

Thursday, October 15

Killingworth Library – Mystery Book Club 6:30 p.m. - 7:30 p.m.

Join us as we discuss The Distant Echo by Val McDermid. Extra copies will be available at the circulation desk. Details about our October meeting coming soon!

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

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Police: Man takes power equipment from store, flees



Submitted by Trooper DeAngelo

On Sept. 28, 20 at approximately 4:57 p.m., Troopers responded to Alan's Small Engine Repair located at 112 Bridge Road in Haddam for the report of a larceny.

Upon arrival, Troopers ascertained that a white male, approximately 30 years of age, approx. 5'6" in height, medium build, wearing a red colored bandana on his face, and tattoos on both arms (pictured to the left) entered the store. Once inside, he engaged in polite conversation with staff and browsed around the showroom. He then proceeded to take two (2) pieces of Stihl power equipment off a display rack, advise the staff members "I'll take these," and flee out of the store without paying for the merchandise.

He then proceeded to leave the premises in an older model beat-up four door sedan, silver in color (pictured to the right). The vehicle had notable



front end damage and the license plate was covered with a piece of cardboard.

Troopers are requesting the public's help in identifying this person and/or the vehicle depicted above. Anyone that may have any information about this incident is asked to please contact TFC John Swokla #454 at CSP Troop-F. 860-399-2100 or John.Swokla@ct.gov.

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TOGETHER

Christine Goupil is a Planner and Problem Solver

I fully support the candidacy of Christine Goupil for State Representative in the 35th Assembly District. Christine is running on a platform that stresses three areas key to Connecticut's future success and prosperity: equitable communities, a protected environment, and a carefully crafted sustainable economy.

An equitable state provides avenues for all of its citizens to obtain health care. It supports and protects its seniors and insures voting access to all eligible voters. Goupil also sees the availability of universal pre-k education as part of the effort to bring the benefits of early education to all children of our state.

Priorities for the environment include the development of renewable energy resources and an electric grid ready to meet the demands of a changing climate. Local farming, a vital part of Connecticut's past, is a piece of the equation that Goupil sees as important to our green and sustainable future.

For the economy, Goupil's emphasis is on working out a practical budget that does not burden the most vulnerable in our communities and still provides for the services important to the the entire community. She believes it is essential to invest in transportation infrastructure improvements to serve both workers and businesses. Goupil believes in investing in the state's network of technical schools with input from our aerospace, defense, and technology industries as well as our medical institutions. She sees this as directly tied to the quality and diversity of our workforce and a promising way of keeping our youth in Connecticut.

I have worked with Christine Goupil and know her as a planner and a problem solver. She will be the kind of representative called for by these difficult times.

*Annie Stirna
Killingworth, CT*

Thank you to Lions for Signs

A note of "THANKS" to the Lions Club signs sharing the special words, "Be Kind" that are posted throughout the town. An important message we need in our every day life of today's uncertain world.

May we live this and appreciate the goodness of all we are blessed with.

Sincerely,

*Betty Meyer
Higganum, CT*

My Vote is for the Future

I support State Representative Christine Palm for re-election to the 36th Assembly District.

As a senior, I appreciate Representative Palm's concern for her constituents. At the onset of the COVID pandemic, I received phone calls from her office with offers of support. And I value her promotion of the wearing of masks in public spaces to protect everyone's health and safety.

As a retiree, I appreciate her support of the working class and pensions of our state workers. Represent-

tative Palm has been a champion of working people, our "essential workers," as evident in her consistent support of an increase in the minimum wage.

As a grandparent, I appreciate her ongoing legislative efforts to protect the environment and promote climate awareness. Her endorsements from the Sierra Club of CT and the CT League of Conservation Voters are indicative of her work to protect our land, air, and water.

As a taxpayer, I appreciate that Representative Palm has demonstrated a willingness to explore innovative ways to tackle our state's economic issues, including more direct involvement of our young people.

As a person who values human rights, I appreciate Representative Palm as a legislator who has shown genuine concern for those marginalized in our society. Her voting record on health, public safety, social justice, worker's rights, and women's issues speaks for itself.

I have no desire to Bring Bob Back. My vote is for the future.

*Betsy Clifford
Higganum, CT*

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The pandemic has changed life for everyone in our community, and that includes Brainerd Library. It's been a hard couple of months here for everyone, but that doesn't mean we have nothing to celebrate.

Many in Haddam and around the nation feel a sense of unity and purpose as we face a common enemy and shared goal.

We feel it at Brainerd Memorial Library too. Even though we had to shut our doors to protect our visitors and staff, we were determined to continue to offer services including ZOOM book clubs, movie nights, and educational lectures.

We continued paying our staff and they recorded concerts for kids, offered yoga instruction, craft kits, initiated Haiku and Middle School essay contests, a poetry blog, a "book-face" challenge, and even provided remote tech instruction.

The Little Free Libraries are up and running in Higganum, Haddam Neck, Tylerville and Rte. 81 near the Dairy Barn. Many patrons are now

using our new touch-less pickup service at our Library building for books and other materials during the pandemic.

When the building re-opens, you will find an upgraded facility to meet the town's growing needs. With 17 new parking spaces, an outdoor plaza, an additional entrance, new rest rooms, including a kids-only bathroom, and a renovated lower lobby, we hope you will be impressed by the greater access and up-to-date finishes.

We recognize that today's personal financial stress has never been greater for many of us. But we are hopeful that you will, as you're able, continue to support the library.

Please send your contributions made payable to:

**Brainerd Memorial Library,
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or donate securely online at

www.brainerdlibrary.lioninc.org/support-bml

Meet the Candidates: Christine Palm and Robert Siegrist

By Kathy Brown

Former State Representative Robert Siegrist of Haddam is challenging incumbent State Representative Christine Palm of Chester for the 36th District seat on Nov. 2, 2020. We asked them some questions.

What made you decide to run for office/seek re-election?

Christine Palm: I'm running for re-election because, from my first term as a legislator, I have seen first-hand how vital government is in the daily lives of all citizens. I have spent the last seven months helping the residents of Haddam (and the other three towns I serve) get Unemployment Compensation through the overburdened Department of Labor (DOL) system. Folks in our towns who never thought they would be out of work or need the government's help have needed me to advocate for them, and it's been a privilege to do so. There is an enormous range of ways state government can be responsive: As I write this, I have received emails from residents in our district about: face shields for hair salon employees, extending the time town clerks have for counting absentee ballots, trash in Haddam Meadows, the rights of repair shops to fix electronics rather than be forced to dispose of them, nursing home visitations and safety practices, the role



Christine Palm

of public banking, ensuring court-ordered restraining orders for victims of intimate partner violence, and liaising with Congressman Joe Courtney's office to help a local resident with PTSD from the Gulf War. And that's just in the last hour!

Bob Siegrist: I love the lower Connecticut River Valley and was honored to have served you as your State Representative in the General Assembly from January 2017 to January 2019.

I moved to Haddam in 1995 and shortly thereafter got my first job in the district at the Chart House in Chester when I was 16. I graduated from Haddam-Killingworth High School in 2001 and from Quinnipiac University with a B.A. in 2006. I've had to work many jobs around the district to make ends meet since, most recently as a landscaper.

This very reason is why I first ran for State Representative in 2014 and why I was honored to be elected in



Bob Siegrist

2016 — It is expensive to live in this state and I want to do everything I can to ensure young workers, families and retirees are able to afford to live in great communities like Haddam and districts like the 36th.

What is your platform?

Christine Palm: My platform can be summed up in two words: respect and advocacy. I'm deeply bothered by the incivility that has fractured our communities, and I will advocate for the restoration of respect: for working families, for essential workers, for the environment, for the U.S. Constitution, for women's rights, for professional police officers, for Black lives, for struggling businesses, for science, and for easier voting access for all citizens.

My campaign slogan is: Who Leads Matters, because no one should run for office who intends merely to be a placeholder with no concrete ideas. It's a very tough, low-paying job that requires constant dedication, nimbleness of mind, and a ferocious dedication to serving the public, at all costs. We need leaders, not followers, and I intend to continue to speak out against injustice, and to advocate for all members of our communities — whether or not they vote for me. Lawmaking is a messy business and you need to have strong ideas, backed up by the will to fight for them.

Bob Siegrist: I will be your local voice in Hartford to fight for issues that matter to you — taxes and state spending, our environment, unfunded state mandates, local public education — and the importance of how they impact your daily lives in the 36th District.

I will:

- Fight for the 36th District and local issues
- Oppose tax increases
- Propose common sense solutions for cost effective government
- Reduce regulations to promote and support small business growth
- Support legislation to make it more affordable for seniors to stay in their homes

What ideas do you have that you hope to share with fellow legislators should you win the election?

Christine Palm: My Democratic colleagues and I are determined to find ways to ensure that those deemed Essential Workers are protected and paid adequately. I was proud to vote to raise the minimum wage last session and to vote for Paid Family and Medical Leave. Moved as I have been by the outpouring of support and gratitude

for Essential Workers — many of whom earn minimum wage — I believe it is critical that we put our money where our mouths are: to ensure they are safe, have death benefits (should they die from Covid contracted in the line of work) and have medical coverage.

We need to ensure that our Millennial and Gen Z residents can earn a living, afford housing, and put down roots in Connecticut. That's why I created the Young Earner Prosperity Roundtable, through which young entrepreneurs, apprentices and employees can have access to government with ideas that can help them thrive.

We need to fund the Teachers Retirement pension fund so we keep our promise to teachers, who cannot collect Social Security in our state.

The pandemic has exposed many cracks in our current systems — especially our very limited voting regulations. While my opponent voted against early voting in our state when he was in office (2017), I was very proud to have been selected to lead the charge in the House of Representatives this summer to expand absentee balloting during the pandemic. I look forward to enhancing easier voting access for all citizens through a Constitutional Amendment (referendum) including early voting.

Bob Siegrist: We've tried solving the deficit with tax increases over the years. The Democrats imposed the largest and second-largest tax increases when I served in the legislature and put Connecticut in the state of fiscal crisis.

Companies moved out of state and jobs have not come back. We are behind almost every other state in the country when it comes to job creation and economic growth.

Create and support tax incentives for new businesses to come and stay in Connecticut. Everyone benefits when new businesses come to our state.


But businesses need predictability. The state has gone in and out of deficits on a yearly basis. Support permanent fixes to stop these vicious cycles. We will never attract and keep businesses as long as there continues to be threats of tax increases to fix budget deficits.

What do you hope to accomplish during your term/s should you win?

Christine Palm: I intend to re-introduce my two signature environmental protection bills — requiring the teaching of climate change science, and the protection of our coastline from commercial seismic surveying and drilling. I was proud to have been named a Legislative Champion by the CT League of Conservation Voters because of my work as a freshmen legislator.

I intend to continue to advocate for better healthcare coverage — I voted to make insulin more affordable, to protect Pre-Existing Condition Insurance coverage, expand mammogram coverage, and mental health parity. Opioids are a problem in our district (as they are everywhere) and I'm proud to have worked on initiatives to destigmatize

Continued on page H7



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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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Meet the 36th District Candidates: Christine Palm, Robert Siegrist

Continued from page H6

substance abuse disorders. But there is so much more we need to do – starting with making Telehealth permanent. It’s been a godsend to so many during the quarantine, and especially for our seniors, and I believe it should be extended.

And I believe in fair taxation that will ease the burden on working families. Right now, the ultra-wealthy pay proportionally far less than working families pay. So many people complain about high taxes, and blame it on government spending. But they need to understand that our taxes would be lowered if the State earned more by taxing passive income streams of more than \$1 million annually by raising the top marginal tax rate to its prior levels, when our economy was flush. Currently, the average effective tax rate for people making under \$50,000 is 23.62%, while the top 1% (those making upwards of \$612,000) pay only 7.44%. Clearly, working and middle class families are far more burdened, and I believe this needs to be addressed.

Bob Siegrist: Keep money in your pocket by voting against tax increases. I will always practice fiscal responsibility and prudence at the negotiating table, keeping in mind the hardworking residents of my district.

Common sense solutions for cost effective government. I will always listen and fight for common sense solutions aimed at building a better future for the residents.

Our beautiful environment is worth protecting. I will continue to advocate for the protection of our state parks and forests for the enjoyment of all.

To be your local voice in Hartford. I will always be that voice to fight for issues that matter to you and the

importance of how they impact your daily lives in the 36th District.

What would you do specifically for this area?

Christine Palm: I will fight to extend PPP loans for local businesses, ensure our schools remain strong through robust Education Cost Sharing funds, protect our remarkably beautiful Connecticut River and parklands, and work to revitalize downtown Higganum with eco-tourism, innovative work hubs and incentives for young adult workers.

Specifically, I will hold Eversource accountable for exorbitant rates and poor service. When he was in office, my opponent voted for a bill (in 2017) that contributed to the de-regulation of utilities, setting the stage for the current disastrous situation. From the outset, I have condemned such corporate welfare – and would never have voted “yes” on that bill, had I been in office then. I object to the term “ratepayer” – these are hardworking citizens – and I will work to enact the “Take Back Our Grid” bill, which will, among other things, return money to these citizen ratepayers, including outrageous delivery charges and cost of spoiled food and medicine, curb executive compensation, and encourage local, municipal electricity delivery companies.

Bob Siegrist: A representative that works for the district – I understand the needs of the 36th District. We need to do everything possible to keep young families and workers staying in Connecticut. It is expensive for them and all residents of my district. I support opportunities to increase the affordable housing stock in Essex, Chester, Deep River, and Haddam.

I voted against tolls when I served

in the legislature two years ago, and if it comes up again I will do the same. I view tolls as an additional tax on Connecticut drivers. Over the years the Special Transportation Fund has been raided to fill other holes in the budget. I firmly believe that if money is designated for transportation, it should be used for transportation.

As I talk to many residents and storeowners across the 36th District we live in a beautiful part of the state, and we have many attractive, unique small businesses. I think an effective means of growing this area’s economy is increasing tourism. I will continue to advocate for funding for development that makes it easier for our beautiful small towns to attract tourism through improved transportation and support for small businesses. I also consider it very important that any such development would not jeopardize the area’s serene natural environment.

Anything else you would like voters to know about you.

Christine Palm: I am a relative late-comer to politics who shares most people’s healthy skepticism of government. I am unafraid to stand up to my caucus — indeed, I am often a thorn in the side of Leadership, as I frequently push for bolder legislation and question the status quo.

I love the strategy and tactics of crafting bills (I introduced 11 in my first term, three of which were advancing when COVID hit) but I also understand the tremendous need to connect day-to-day on bread-and-butter issues of concern to residents. All public policy must benefit the residents — otherwise it’s just theory.

I try always to be responsive, including to those who take issue with my policy stances. I’m grateful every day for the opportunity to serve, and I welcome ideas and suggestions from residents. Although a Democrat, I am always eager to work across the aisle whenever commonality can be found; I respect and admire our First Selectman, Bob McGarry, with whom I look forward to working on eco-tourism and other initiatives to increase our local tax base and improve the quality of life for our citizens.

Bob Siegrist: I had a 100% Voting record, never missed a vote or committee meeting – I participated in every vote in the House Chamber when I humbly served as your representative two years ago. When I’m elected your state representative this year I will strive to retain my 100% voting record. I take my position as your local voice in Hartford very seriously and since the legislature only meets for part of the year, I don’t think I should miss anything that may affect our district communities.

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Killingworth Copes: September 26, 2020

By Cathy Iino, First Selectman, Killingworth

Killingworth has now had 22 confirmed cases of COVID-19. All of these cases have been adults, ranging in age from 19 to 91. We still have no evidence that the virus is being passed along within our community, and we still have one of the lowest case rates per 100,000 people. It looks like we have been doing something right, and we need to keep doing it.

- Please wear a mask when you are in public, and make sure it covers your nose as well as your mouth.
- Maintain a safe distance from others, at least 6 feet. Outdoors is safer than indoors, where poor ventilation can lead to transmission of the virus.
- Wash your hands often and carefully, and avoid touching your face.
- Limit the number of people you come in contact with outside your household.

Statewide, the epidemic is by no means over, but COVID-19 spread has been slowed enough for Governor Lamont to announce that we will enter Phase 3 of the reopening plan on October 8. Some of the changes under Phase 3:

- Increase from 50% to 75% capacity indoors at restaurants, personal services (such as hair salons), and libraries.
- Increase indoor religious activities from 25%

capacity capped at 100 people to 50% capacity capped at 200 people.

- Increase from 100 people to 150 people capacity at outdoor private social and recreational gatherings

Note that bars and nightclubs will still remain closed.

Town Hall functions. Town Hall remains open for all functions by appointment only. Please call 860-663-1765 and the extension of the department you wish to speak with. If no one picks up the phone, please leave a message. Messages will be retrieved and calls will normally be returned during business hours: M,T, W, 8:00 am – 4:00 pm; Th, 8:00 am – 7:00 pm; F, 8:00 am – noon.

Flu shots. Time to roll up your sleeve and get a flu shot. It's particularly important during the COVID-19 epidemic. For one thing, having the flu can increase your susceptibility to other diseases; you don't want to get the flu and coronavirus together. Both diseases target your lungs, and the effects could be severe. For another, we should still take precautions to avoid overwhelming our medical system. On average, over 800,000 people are hospitalized each year with the flu. Those cases, combined with a new wave of coronavirus cases, would severely strain our hospitals. Testing capacity would also be

strained, since flu tests and coronavirus tests use some of the same ingredients.

So, as with face masks, getting a flu shot protects yourself and your community. You can find a list of places offering flu shots here.

Revaluation. Killingworth is beginning work on the property revaluation we conduct every five years. Normally, the upcoming revaluation would involve inspecting all properties, inside and out. Because of the COVID-19 pandemic, we will not conduct interior inspections this year. We will, however, have inspectors measuring the outsides of all buildings. A couple of weeks before an inspector is due to come to your neighborhood, you will receive a letter telling you the name of the inspector, the kind of car the inspector will be driving, and the license plate number of the car. The inspector will be carrying a photo ID.

LEGAL NOTICES

TOWN OF HADDAM PERSONAL PROPERTY DECLARATIONS

The Haddam, Assessor's Office reminds owners and lessees of tangible personal property that Connecticut General Statute 12-40 requires all persons, both residents and non-residents to file with the Assessor by November 2, 2020 a sworn declaration of all assets used by the business as of October 1, 2020. Failure to file such declaration with the assessor's office will result in the assessor filing on behalf of the business and adding a 25% penalty per CGS 12-41(d).

Extension Requests may be requested on or before November 1, 2020 per CGS 12-42. **Although the declarations are due by November 2, 2020, the filing deadline for an extension request remains November 1, 2020.**

Examples of such tangible personal property include but are not limited to: machinery, cables, conduits, pipes and other fixtures of water, gas, electric companies; leasehold improvements classified as other than real property; furniture and fixtures; unregistered motor vehicles, unregistered recreational vehicles (RV's) and truck campers, snow mobiles, all-terrain vehicles, unregistered motor vehicles, unregistered personal watercrafts (not including boats); farm machinery; tools; expensed supplies; horses & ponies. Various exemptions are explained on the declaration and available if filed on time.

Personal property declaration forms are available at town hall and at www.haddam.org For more information please contact the Haddam Assessor's Office, via telephone: (860) 345-8531 Ext: 226, via email: assessor@haddam.org or in person at 30 Field Park Dr. Haddam; 8:30 a.m. to 4:00 p.m. Monday through Wednesday, 8:30 a.m. to 6:00 p.m. Thursday and 8:30 a.m. to 12:00 noon Friday.

Tammy Anderson CCMAI
Assessor, 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.

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KAA Holds Banquet to Honor Top Responders

Submitted by Clark Judge

(Sept. 25, 2020) — New year. Same story.

When the Killingworth Ambulance Association last weekend honored its top responders for 2019-20 the results sounded familiar. That's because they were. The three EMTs who last year took the most calls were the same three EMTs honored Sunday at the KAA's annual banquet.

Lisa Anderson, Dan Siegel and Mark Clifton, come on down.

Anderson answered the most calls, responding to 207 of the 327 calls --- or 63.3 percent. finishing first. Ironically, he took 11 fewer calls then (156) than he did in 2019-20.

Anderson was second and Clifton third a year ago.



Photo by Mary Robbenhaar-Fretz

"These three EMTs are the cornerstone of the KAA's service to the town," said KAA president Dan O'Sullivan. "To be a leader year after year shows tremendous dedication, commitment to the community and sacrifice of personal time."

"Lisa Anderson having over 200 calls is an amazing number. The dedication of these

leaders is particularly noteworthy this year with the added risk of the pandemic. I encourage anyone who knows them to reach out to them and thank them."

Anderson's 207 calls are so "amazing," as O'Sullivan put it, that during the KAA's monthly board meeting Wednesday it was suggested that they might be a record for a Killingworth EMT. While that could

not be confirmed, board members agreed the figure is the most in recent memory.

"I do this," Anderson said, "because I love doing it."

Anderson has been a Killingworth EMT for five years and one of its top three responders for all but one.

In addition to Anderson, Siegel and Clifton, the KAA honored retiring EMT Bruce Bowman. Bowman, a Killingworth Ambulance Association EMT the past 10 years and one of its top three responders in 2018, is moving with wife Liz to Tennessee.

Clifton presented him with a toy ambulance as part of the ceremony.

"I thought it was great," said Bowman. "We'll take it with us to Tennessee."

HADDAM TOWN NEWS

Route 154 Flags to Return to Poles

By Bob McGarry, Haddam First Selectman

(Sept. 29, 2020) — I'm writing concerning my decision to take the flags along 154 and Bridge Road down last week. I didn't realize they had stayed up through Veterans Day previously. Because of the wind damage the flags endured, I thought they

needed attention and should come down. There was no other reason for my decision. I apologize to everyone I upset.

On a very positive note, the flags will be going back up. Dan Luisi and Myles Crete have volunteered to put them up and take them down at no cost to the town. I applaud their community spirit and thank them.



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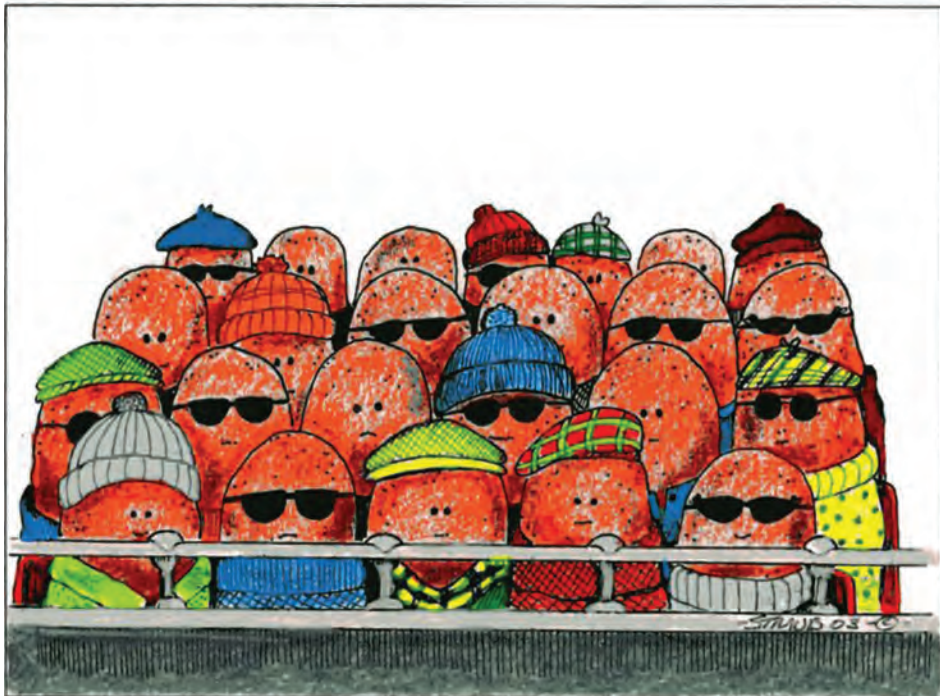
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A Window of Opportunity

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



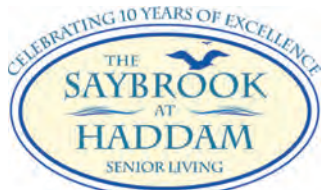
what you need to ensure you receive appropriate support while maintaining your independence. People living at The Saybrook at Haddam enjoy many benefits:

- 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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Find a Fur Baby — Meet Adriana

Submitted by Judith Levin

(Sept. 30, 2020) — Adriana is looking for her forever home!

Adriana came into the rescue in May from a local animal control. She had come in roaming, and when Furry Friends met her, they knew that they weren't leaving without her.

When they first met her, Adriana was so thin you could see her ribs. She had a pot belly that was worrisome. And she was as sweet as sweet could be.

At their vet, it became clear that the only reason her belly was distended was because she had overeaten – by quite a bit! She also was diagnosed with a severe infection in her genital area. Because it can be dangerous for an emaciated dog to ingest too much food too quickly, and because of the infection, Adriana needed to stay at their vet for about a week. And, when one foster home fell through at the last minute, she ended up staying there for quite a while longer.

Out of the kennel and finally in a foster home, she relaxed and settled in happily to her foster home. As she relaxed, her true personality emerged. As well as being an absolute sweetheart, as she grew more relaxed and healthier (she began gaining weight and, finally, ended up having to lose some!) her playful, happy side began to show itself more and more.

As soon as she gained enough weight for it to be safe to do so she



was spayed. Now, she is finally ready to find a fantastic forever home.

So ... who is Adriana? She is a Boston terrier/bully breed mix, about 4 years old.

She absolutely loves people.

Although she was reactive to other dogs when she was in boarding, she has been able more recently to be near other dogs without reacting. Still, we feel she will do best in a home as an only pet.

She would be happy to live with respectful children.

Adriana would love a family where someone is home at least part of the time – however she will be fine living with a family that works regular hours.

A fenced yard would be wonderful for her but is not a requirement.

Adriana loves going on walks and adventures, but is also happy to cuddle up and watch TV with you.

To adopt please fill out the form at Furry Friends website – <https://www.furryfriendsct.org/adoption-application>