

Haddam Killingworth News

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

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January 6, 2022

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

Free weekly

HK Health and Fitness under new ownership

By Karen Therrien

HK Health and Fitness, previously HK Fitness, is under new ownership as of December 1, 2021. Karen Therrien and Cortney Swokla had previously taught spin classes at the gym pre-Covid. As they patiently awaited the return to teaching classes, it struck them that they wanted to be able to offer a bit more than the gym had before, including strength classes and yoga and to ultimately improve the gym's overall atmosphere and community.

Karen and Cortney are both passionate about incorporating a new health component to the facility. Health and fitness go beyond the food we eat and how we move our bodies, although those are both very important. Health expands to our social connections, state of mind, relationships with those around us, and so much more. The duo is excited to be able to make small changes to the gym over time in order to offer a place where the community of Haddam and Killingworth can feel encouraged and excited to work out. "We have a lot of work ahead of us to get the gym to where we'd like it to be, but we also have a great foundation to go off of," said Karen.

Spin classes are slated to start back up mid-January and the schedule will also offer strength-based classes within the next few months — both



New owners: Cortney (l) and Karen (r). Photo by Kelly Eddinger.

included in the cost of a membership. Yoga is on the horizon and will be offered to both members and non-members with a separate class drop-in fee (discounted for members). "We have so many ideas to sort through, so much that we feel we can offer over time as we try out new avenues," said Karen. "Down the road we'd also like to integrate

Continued on page HK2

Getting to know Haddam's newest Resident Trooper: Joshua Muckle

By Kathy Brown

Haddam welcomed a new Resident Trooper in July, after Trooper Stanger transferred to Major Crimes. Trooper Joshua Muckle provides coverage for our town primarily during the evening shift hours of 3:00 to 11:00 p.m. each day.



Photo courtesy of Trooper Muckle.

Trooper Muckle grew up in Connecticut. After high school, he earned a Bachelor's degree in Sports Management and Fitness. Prior to joining the State Police, he worked with a local police department, security, and sales. Many people in his family are either in law enforcement or work with law enforcement in some aspect, so he decided to join as well, and attended the Connecticut State Police Training Academy. He has been with the CT State Police since 2019, assigned to Troop F in Westbrook.

Trooper Muckle and Trooper DeAngelo are involved with the Haddam Killingworth Youth & Family Services; for instance, their Holiday Toy Drive, the Juvenile Review Board, substance abuse prevention/awareness initiatives, and charitable causes and community events.

"My favorite part of the job is honestly helping and working with the community," said Trooper Muckle. "My least favorite part of the job is missing holidays with my family."

When he is not doing his trooper duties, Trooper Muckle enjoys golf and fishing.

Haddam welcomes you, Trooper Muckle!

Killingworth Economic Recovery Committee requests input for January 19 meeting

By John Mancini, Chair, ERC, Killingworth

The Economic Recovery Committee (ERC) will be holding a town hall on January 19, 2022, at 7:00 p.m. at the Killingworth Volunteer Fire House (361 Route 81), wherein the ERC will discuss the funding received by the town, possible spending opportunities, and the role of the ERC.

While public comment will be welcome at the town hall, the ERC also encourages residents to provide input and suggestions for this spending based upon

individual impressions of community impact and needs following the COVID-19 pandemic.

Comments/suggestions can be emailed to: economicrecovery@townofkillingworth.com or mailed to:

Town of Killingworth
c/o ERC
323 Route 81
Killingworth, CT 06419

Comments should be submitted no later than February 18, 2022, to ensure timely review.

In This Issue: Arts News, HK2-3, • Health/Wellness, HK4 • Calendar, HK6

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HK Health and Fitness under new ownership

Continued from page HK1

offering senior fitness classes and teen group classes.”

HK Health and Fitness currently offers a variety of machines and equipment for all levels and ages including Peloton, Hydrow rowers, Nordictack treadmills for virtual experiences, and more. The cardio equipment and free weights have designated rooms, as do the Peloton machines. Cosmetic improvements continue to improve the overall experience for members as Cortney and Karen settle into their new space.



You can exercise in front of a fire.

As a certified Health Coach, Karen looks forward to implementing the broader principles of total well-being that she is passionate about into the business. Karen lives in Higganum with her husband and three children, and looks forward to working with clients to reach their goals and take HK Health and Fitness to the next level.

Cortney is a lifelong resident of Killingworth and now Haddam, where she lives with her husband and two children. Though she also continues her business as a local realtor, Cortney’s focus is to grow HK Health and Fitness into a hometown, community-based fitness facility that is accessible to all area residents and to build comradery through fitness.

Karen and Cortney are excited to grow the business just as much as they are to get to know the members. They are equally excited to announce a grand re-opening event on January 15, 2022. Details will be posted on social media over the next couple weeks. HK Health and Fitness

is located at 66 Killingworth Road, Higganum, directly across from the reservoir and in front of The Truck Bar. You can find contact information, pricing, and keep updated on their website at www.hkhealthandfitness.com or on Facebook at HK Health and Fitness.



Or exercise looking out over the Reservoir.



Weight room. Photos by Kathy Brown.

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ARTS

Buttonwood Tree's January 2022 Art Exhibit: Paintings by William Bonnie

By Marx Chiriboga, CCSU intern, Communications Intern, BTPAC

The Buttonwood Tree Performing Arts Center is delighted to welcome local painter Bill Bonnie in their January Art Exhibit. Show starts Jan 4, 2022. See Buttonwood.org for daily Art Gallery hours.

Bill Bonnie paints and draws, inspired by his time on vacation, family, and friends. His paintings range from sports to landscapes, with dreamy strokes in the background and a blend of reality with enchantment.

After high school, Bonnie trained at the Paier College of Art in Hamden CT and did one year of technical school for carpentry. While working for the City of Waterbury and a Law Firm for several years, Bonnie has managed to work on his art, often gifting or selling pieces. He recently moved to Middletown with his wife and feels grateful to have his art collection displayed for the first time.

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Recipe: Garlic Butter Steak Bites

Courtesy of cookingprofessionally.com

Garlic Butter Steak Bites

Time: 15 minutes

Yield: 4 servings

You may not believe you can have tasty steak bites in just 15 minutes, but it is true! This yummy recipe is perfect for any night of the week. Pair with a delicious green veggie or mashed potatoes for a truly satisfying meal.

Ingredients

- 1 tablespoon olive oil
- 1 & 1/2 pound sirloin steak cut into bite size pieces, or strip loin, tenderloin, strip steak or rib eye
- 1/2 teaspoon salt, or to taste

- 1/2 teaspoon pepper, or to taste
- 2 tablespoons butter unsalted • 4 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 tablespoon parsley fresh, chopped

Directions

Step 1

Heat up the oil in a skillet and put in the steak, making sure to season it heavily with salt and pepper as the steak cooks.

Step 2

Cook the pieces of steak for about 2 minutes before mixing, continue to stir and turn the steak until you reach your desired level of doneness. Remember that the steak will continue to cook

after it has been removed from the heat for several minutes, be careful not to over-cook and take that into account.

Step 3

When you have removed the steak, move it to a plate and tent it with aluminum foil. Next, turn the heat to Low and melt the butter (you can use the same skillet for added flavor). Once the butter is melted, add in the pepper flakes and garlic, cooking for about another 30 seconds to one minute, making sure to stir it constantly until you can smell the garlic and it starts to brown.

Step 4

Directly pour the garlic butter over the steak bites and toss it all together. Finally, garnish the dish with parsley and serve the meal hot/warm.

Enjoy!

ARTS

Spectrum Gallery Exhibit: Concealment

By Barbara Nair, Executive Director, Arts Center Killingworth & Spectrum Gallery (Centerbrook)

Discover new and original artwork in Spectrum's first exhibit of 2022. Concealment features original abstract and representational artwork that explores the theme of concealing. We all hide things from ourselves and others – both emotionally and physically. Nature calls it camouflage...people call it secrets or even privacy through screens, shelters,

walls, veils, and masks. These concealments can be hostile, mischievous, seductive, joyous or mysterious. Exhibition begins with an Opening House Weekend, Saturday, January 29 (1-6:00 p.m.) and Sunday, January 30 (1-5:00 p.m.). Exhibit runs through Sunday, March 13. Holiday Show Peace on Earth closes January 16.. Spectrum Art Gallery, 61 Main Street, Centerbrook, CT. Spectrum Gallery Hours: Wed-Sat (12-6:00 p.m.) and Sun (12-5:00 p.m.). More information call (860) 767-0742 and

visit spectrumartgallery.org Volunteer Opportunities

Volunteers sought to help at gallery show installations, festivals, and other events and programming throughout the year. No experience necessary. Teens earn community service credit. Call (860) 663-5593 or email artscenterkillingworth@gmail.com. Visit the volunteer page for more information and other volunteer opportunities at spectrumartgallery.org/volunteer

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Middlesex Eye Presents: Understanding eye pressure

By Middlesex Eye Physicians

Editor's Note: This piece is the 6th in an 8-part series.

Billy Joel songs aside, we are here to inform you about pressure and to support you in maintaining healthy intraocular pressure in your visionary eyes!

As I sat down to write this article, I was watching one of our ophthalmologists get ready to go outside to do a "drive up IOP." This means our doctor comes to the car and checks the patient's eye pressure in order to monitor; perhaps they just had a procedure or are using a new medication, so pressures need to be checked more frequently. How nice to sit in your car and order a pressure check!

Our eyes constantly produce aqueous humor which flows in and drains out of the eye all day long. The drainage angles are the mechanism through which the aqueous humor is drained. When the eye can no longer drain effectively, pressure builds up in the eye and causes optic nerve damage. This nerve is like an electrical cable made up of many fibers; damage causes blind spots. If high pressure continues and nerve fibers die, a person will eventually become blind.

If the cause of glaucoma is blocked drainage angles, this is called narrow-angle or angle-closure glaucoma. Acute angle-closure glaucoma can present as the following symptoms: vision is suddenly blurry, severe eye pain, a headache, feeling sick to your stomach (nausea), vomiting, seeing

rainbow-colored rings or halos around lights. If this happens to you, seek an ophthalmologist IMMEDIATELY! In addition, there are open-angle, low-pressure, pigment dispersion, and pseudo-exfoliation glaucoma diagnoses. Glaucoma is often called the silent thief of vision due to symptoms not being obvious in daily life. This is where regular exams are a huge benefit to patients. So, who is at risk?

Higher risk patients may have the following characteristics: over 40 years old, a family history of glaucoma, African/Asian or Hispanic in heritage, nearsighted or farsighted, previous eye injury, higher pressure in the eyes, a thin cornea, some optic nerve thinning, long-term use of steroid medications, diabetes/migraines/sleep apnea/poor blood circulation or other whole body health problems.

The good news is you are not alone; you'll have vision and see all you can see!

With routine exams and current treatments, the majority of patients can maintain normal eye pressure and protect their eyesight! Many eyedrops, usually used once or twice a day, can help lower eye pressure. These include Timolol, Latanoprost, Lumigan, Vyzulta, Combigan, Alphagan, Betimol, Betaxolol, Rocklatan, Rhopressa, Cosopt. These drops are in two categories: some improve the drainage in the eye, and others reduce the amount of fluid the eye makes. There is an injectable medication that can last for 3-12 months and

eliminates the daily drops. Furthermore, there are laser and surgical procedures that open angles, widen angles, or alter other vital areas of the eye that allow for the drainage of aqueous humor, causing reduction in pressure.

So: make those eye exams, listen to your doctor, make sure to "listen" to your eyes/body for signs of trouble and don't wait to see the doctor when this occurs. If you are at risk for glaucoma, or have been diagnosed as having glaucoma, you may want to choose an ophthalmologist who specializes in this.

OBITUARIES

Paul Killian Sturges

According to Legacy.com and New Britain Herald, Paul Killian Sturges, 80, of Berlin, and formerly of Haddam, passed away with his wife Shirley (Ryder) Sturges by his side on Dec. 25, 2021. For more information and service details, go to legacy.com

REAL ESTATE

Haddam

6 Newberry St., Hunter Build LLC and R. L. Rogers, Jr. to M. D. and E. E. Peterson, 11/9, \$454,966

10 Newberry St., Hunter Build LLC and R. L. Rogers, Jr. to T. J. Schaefer, Jr. and K. A. Schaefer, 10/26, \$511,118

11 Walkley Hill Rd., D. and C. Johansen to K, and T. Lacombe, 11/1, \$70,000

24 Haddam View Hts., LT M. J. A. and M. J. Kuchyt to D. Montgomery, 10/26, \$135,000

36 Cedar Lake Rd., E. E. Saunders to M. Luppino, 11/1, \$215,000

81 Coyote Trl., JMS Contracting LLC to M. S. and H. Knopp, 11/9, \$640,000

123 Brault Hill Rd., C. and J. W. Hunt to M. Rindfleisch, 11/8, \$350,000

173 Burr Rd., W. M. and C. J. Turner to J. and J. Gallagher, 11/4, \$435,000

1721 Saybrook Rd., Serendipitous Hldg. LLC to M. Terravet, 10/26, \$619,508

Killingworth

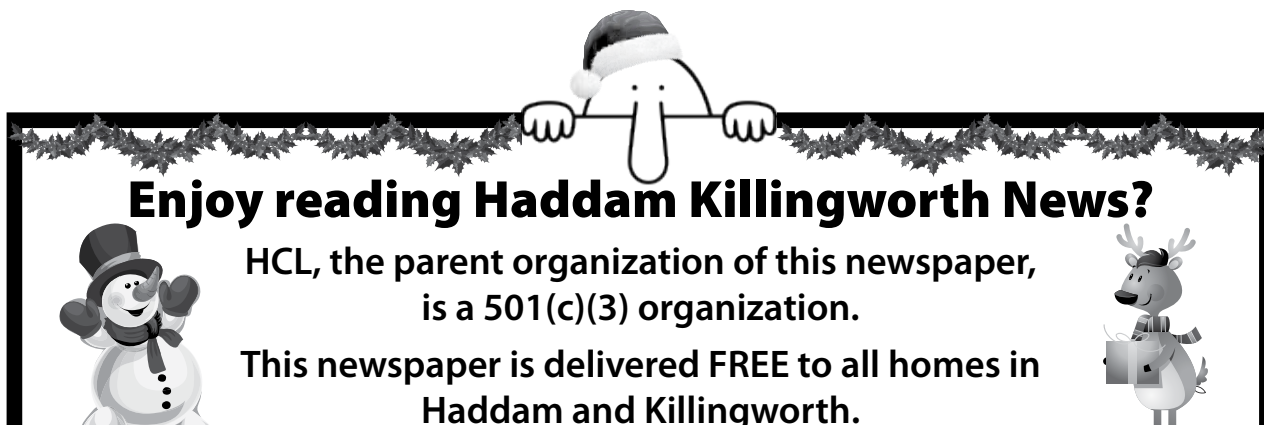
Property on N/A, MJM Self Storage to FT and E. E. Burley, 11/2, \$265,000

20 Forest Glen Rd., J. A. and M. Rindfleisch, to S. J. and S. Green, 11/8, \$568,725

47 Chittenden Rd., J. Grous to M. J. Kovacs, 11/8, \$600,000

82 Chittenden Rd., Buy or Sell Realty LLC to A. J. Smith, 11/9, \$425,000

89 Blueberry Hill Reserve, J. M. McCall to S. R. and J. H. Wilson, 11/8, \$480,000



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Old* TV Shows

*Courtesy of <https://www.puzzles.ca/word-search/>

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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 A F N G I X A T V H O D D C O U P L E
 L L E A R M E R E H W E S L E T S O Y
 A I R A M E M U R P H Y B R O W N V D
 L P M E R E E Y L M I A M I V I C E O
 J P A E T G L N Y S Y M N K S T Y B O
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 T R A I L I E R I O E R N D N J Y A Y
 S E B T Y T M C L R R R C E S N A T D
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 N I U G N G T A B A O I E D N R U C O
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- | | | | |
|--------------|-------------|--------------|---------------|
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| BEN CASEY | FUGITIVE | LASSIE | PEYTON PLACE |
| BEVERLY | GOMER PYLE | LOVE BOAT | RAWHIDE |
| HILLBILLIES | GOOD TIMES | MAD ABOUT | RIFLEMAN |
| CHIPS | GREEN ACRES | YOU | RIN TIN TIN |
| CANNON | GREEN | MAUDE | SOAP |
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| EMERGENCY | JETSONS | MURPHY | |
| FLIPPER | KOJAK | BROWN | |

This Week on Valley Shore Community TV: January 6-12

By Chris Morgan, Public Access Coordinator, VSCTV

Comcast Channel 18 – Valley Shore Educational Network

1/7 - 7:00 p.m. LIVE HK vs. Morgan Girls Basketball

1/10 - 7:00 p.m. LIVE HK vs. Lyme-Old Lyme Girls Basketball

Comcast Channel 19 – Valley Shore Community Television

1/6 - 1:00 p.m. & 8:00 p.m. UMC of Clinton Sunday Service 1/2/2022

1/9 - 4:00 p.m. First Congregational Church in Essex Sun. Service 1/2/2022

1/9 – 5:00 p.m. Emmanuel Baptist Church Sunday Service 1/2/2022

1/9 – 6:00 p.m. Deep River Town Meetings 12/28/2021

1/10 – 5:00 p.m. Silver Linings Talk Show

1/10 – 6:00 p.m. Shore Things: Valley Shore YMCA

1/10 – 7:00 p.m. Looking Back: Deborah Gilbert

1/10 – 8:00 p.m. Art of Poetry

1/11 – 4:00 p.m. Clinton Meetings

1/11 – 6:00 p.m. Arts & Entertainment: Ivoryton Playhouse

1/11 – 7:00 p.m. Pete Mezzetti Show: Brenda Bergeron

1/11 – 8:00 p.m. Shoreline Music Monthly: BEPW

1/12 – 4:00 p.m. Westbrook Congregational 1/9/2022

1/12 – 5:00 p.m. Haddam Meetings

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COMMUNITY CALENDAR

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

Thursday, January 6

Killingworth Democratic Caucus – 7:00 p.m.
NOTICE OF DEMOCRATIC CAUCUS To enrolled members of the Democratic Party of the Town of Killingworth, Connecticut: Pursuant to the rules of the Democratic Party and State election laws, you are hereby notified that a caucus will be held on: January 6, 2022, at 7:00 p.m., at Killingworth Library 301 CT-81, Killingworth, CT to endorse candidates for the Democratic Town Committee and to transact other business as may be proper to come before said caucus.

Killingworth Republican Caucus – 7:00 p.m.
 Notice is hereby given that there will be a caucus of all enrolled Republican electors of the Town of Killingworth on January 6, 2022 at 7:00 p.m. at the Killingworth Fire Department, 33 CT 81, Killingworth, to endorse candidates for the Republican Town Committee. Please contact Laura Lefko, KRTC Vice Chairman at (860)452-4288 with any questions.

Saturday, January 8

Killingworth Library Saturday Storytime on Zoom 10:00 a.m. – 10:30 a.m.

Haddam Scouts Can & Bottle Drive 9:00 a.m.-2:00 p.m., Higganum Center.

Monday, January 10

Killingworth BOS meeting 7:00 p.m.

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Offerdahl Emerson & Company, LLC is seeking an experienced **seasonal tax preparer** to join our growing and established firm. This position requires a tax professional with strong analytical skills. This position is needed from February 1, 2022, through April 15, 2022. Prior experience preparing quality 1040's a requirement.




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Killingworth Park & Recreation meeting 7:30 p.m.

Tuesday, January 11

Killingworth Inland Wetlands meeting 6:30 p.m.

Killingworth Board of Finance meeting 7:00 p.m.

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

Wednesday, January 12

Killingworth Public Health Agency meeting 7:00 p.m.

Thursday, January 13

Killingworth Conservation meeting 7:00 p.m.

YOUTH & FAMILY SERVICES

HKYFS offers counseling and support services

By Laura Shipman, Office Manager, HKYFS

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

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

We look forward to partnering with you! HKYFS is located at 91 Little City Road, Higganum 06441.



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LEGAL

TOWN OF HADDAM LEGAL NOTICE

Legal Notice is hereby given to the Taxpayers of the Town of Haddam. The second installment for Personal Property, Real Estate and the total Supplemental Motor Vehicle bills on the October 1, 2020 Grand List becomes due and payable on January 1, 2022 with a grace period to February 1, 2022. After the grace period, if still unpaid, the bill becomes delinquent and is subject to interest from the original due date at a rate of 1.5% of such tax each month. A minimum interest charge of two dollars would apply to all delinquent taxes. Payments may be made to the order of TOWN OF HADDAM and sent to TOWN OFFICE BLDG., TAX OFFICE, 30 FIELD PARK DR., HADDAM CT 06438-1196 or use the preprinted envelope supplied with the first installment. If receipt is desired, include a stamped self-addressed envelope and a phone number and mail directly to the Tax Office at 30 Field Park Drive. Payments may also be made in person at the Haddam Tax Office room 202 or on our website Haddam.org. Office hours: Mon- Wed. 8:30AM to 4PM; Wednesday closed to the public; Thurs. 8:30AM to 6:00PM; Fri. 8:30AM to Noon. Call 860-345-8531 x 207 with questions.

Haddam Tax Collector Kristin Battistoni, CCMC

LEGAL NOTICE PLANNING AND ZONING PUBLIC HEARING

The Planning and Zoning Commission of Haddam, Connecticut will hold a Public Hearing at the Old Town Hall 30 Field Park Dr Haddam CT on January 20, 2022 at 7:00 p.m. to act upon the following item(s):

- Request for Special Permit to allow 42 apartment units in two buildings and a club house
 105 Bridge Rd, Map49 lot28 Applicant: Bridge Road 105, LLC

Said application is on file in the Land Use Office of the Town of Haddam and on the web site at www.haddam.org.

Planning and Zoning Commission, Haddam CT

Haddam Killingworth News

PO Box 15, Higganum, CT 06441

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

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

Member of the Middlesex County Chamber of Commerce

Updated Haddam Killingworth Editorial Policy

1) Anything political or controversial shall be reviewed by members of at least two different political parties before it is posted.

2) We will not take sides in a story -- unless it is an Opinion (editorial/letter to editor) piece. Even in that event, we will strive to put forth a "point-counter point" piece where possible. In particular, we shall not endorse candidates in elections or issues in referenda.

3) We will attempt to get both (or more, as appropriate) sides of anything potentially controversial.

4) We will avoid "he said, she said" items.

5) Letters to the Editor which are printed must not exceed 250 words. Letters to the Editor which are published online must not exceed 750 words. LTEs that are in print can refer to a longer letter online; so for instance if you did a synopsis of a letter for print, then you could say at the end, "for more details, please see the full letter on HK-Now.com."

6) Letters that are submitted are subject to the Terms of Use: You cannot submit any materials that are unlawful, threatening, defamatory, harassing, abusive, disruptive, offensive, profane, or plagiarized, or are false or misleading as statements of fact or origin, or violate the rights of any third party in any manner.

7) Op-eds which are printed must not exceed 500 words. Op-eds which are published online must not exceed 1500 words.

8) We shall not use quotes without attribution.

9) We will always be as accurate and objective as possible.

10) Comments from viewers will be allowed; they can be posted on social media sites without review or published on HK-Now.com only if the

writer identifies him/herself (no aliases) AND the item is reviewed by the editorial staff to maintain a standard of decorum.

11) We cannot print all of the material submitted to us and our selection is not a reflection on the content or quality of the material that we receive.

12) To be eligible for print, any submissions need to be submitted by noon on Wednesday the week before the following Thursday's print edition (i.e., 8 days before publication).

HADDAM SCOUTS

Haddam Scouts Can & Bottle Drive: January 8

Haddam Scouts BSA Troops #44 & #44G will be collecting returnable cans and bottles at the Community Center at 9 Candlewood Hill Road in Higganum Center from 9:00 a.m. to 2:00 p.m. on Saturday, January 8, 2022. The money raised will support the troops' activities such as trips, campouts, and outings.

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Two HKHS students earn #LoCoolGov scholarships

By Kevin Maloney, Connecticut Conference of Municipalities (CCM)

Two \$1000 #LoCoolGov scholarships sponsored by Post University were awarded to Connecticut students at the Connecticut Conference of Municipalities' (CCM) 2021 Annual Convention Dinner held at Mohegan Sun on November 30, 2021.

Students from Connecticut middle school grades 6 – 8 and high school grades 9 – 12 are invited to answer the question: what is cool about local government? They can submit an essay, poem, photo, painting, video, multimedia project, or any other medium as long as it fits the main theme of local government. The entries are judged on closeness to theme, originality, and creativity, and both of this year's winners had a unique vision of local government.

The #LoCoolGov Middle School Winner is Trevor Rostowsky from Bethany Community School, who created a wooden model of Bethany Town Hall and wrote a paper about the town. Already a committed citizen, he asked for better sidewalks and bike paths, or even a skate park and paintball arena, saying it "would be cooler if we could add or offer the opportunity for younger individuals to get involved." He credits his social studies teacher Mr. Ewen and First Selectwoman Paula Cofrancesco with

teaching him about local government.

The #LoCoolGov High School Winners are Brigitte and Alexander Battistoni from Haddam Killingworth High School. They wrote an essay about their time participating in town events like "River Days" which is held each September at Haddam Meadows and helping their mother in the tax office. "Our local government is so much fun to be a part of and hopefully in the future we can influence more of our youth to get involved in town events," they wrote, "Until then, we are small but mighty. We have low numbers but high spirits that make our town great."

This idea was born out of the need to inspire a commitment to civic life and public service. Two CCM interns were charged with coming up with a framework for this scholarship, landing on #LoCoolGov.

"While it may not be as popular as the latest TikTok dance, it is critical that we engage with the future of Connecticut," said Joe DeLong said, CCM Executive Director and CEO. "As we continue to endure through the pandemic, we want our students to know how local government works for them, and ultimately, hope that one day they will be inspired to public service themselves."



Brigitte & Alexander Battistoni with their parents, as well as Haddam First Selectman Bob McGarry. Photo provided by Kevin Maloney.

EDUCATION

HKMS: Cougar Celebrations Nov/Dec 2021

By Debra Cumpstone, Guidance Secretary, HKMS

On Thursday, December 23, 2021 Haddam Killingworth Middle School held their Town Meeting where the following students were recognized for the months of November/December.

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

Delaney Aronson - Kindness, Respect, Responsibility
 Eleanor Barry - Respect, Responsibility
 Julia Battista - Responsibility, Perseverance
 Molly Benson - Responsibility, Perseverance
 Paul Birkmeyer - Respect, Responsibility, Acceptance
 Kyleigh Bobbish - Respect, Responsibility, Perseverance
 Chase Bruno - Respect, Responsibility
 Rachel Burt - Kindness, Responsibility
 Ethan Casini - Responsibility
 Emma Castiglioni - Responsibility, Perseverance, Kindness
 Alexandra Catalano - Kindness, Respect, Responsibility
 Kaylee Chlodnicki - Respect, Kindness, Perseverance
 Stephanie Coleman - Respect, Responsibility, Kindness
 Donato Daniels - Perseverance
 Ryleigh Degnan - Responsibility, Perseverance
 Thomas Downing - Kindness, Responsibility, Respect
 Lyla Ford - Responsibility, Perseverance
 Olive Forristall - Perseverance
 Joshua Frith - Responsibility, Perseverance, Respect
 Ava Geissler - Responsibility, Respect, Perseverance
 Whitney Golanski - Responsibility, Respect
 Hayden Gouin - Responsibility, Perseverance
 Timothy Hickman - Perseverance, Responsibility

Molly Hoddinott - Perseverance, Kindness, Responsibility
 Payton Kaplowitz - Respect, Responsibility
 Alexander Karber - Respect, Perseverance, Responsibility
 Ashley Kelly - Kindness, Respect, Responsibility
 Elna Krasniqi - Responsibility, Perseverance
 Aidan Lena - Kindness, Respect
 Mia Lomuntad - Responsibility, Respect, Perseverance
 Gabriella Lopez - Respect, Perseverance, Responsibility
 Cael Loria - Respect, Responsibility, Kindness, Perseverance
 Keira Lundt - Respect, Kindness
 Julian Maresca - Respect, Responsibility, Acceptance, Kindness
 Avery Maxwell - Perseverance, Responsibility, Respect
 Emilia Maziarz - Perseverance, Responsibility, Respect, Kindness
 Mia McLaughlin - Perseverance, Acceptance
 Cameron Moore - Respect, Responsibility, Perseverance
 Nathan Mulhall - Perseverance, Responsibility
 Briella Ortega - Respect, Kindness
 Michael Palmieri - Respect, Perseverance
 Samantha Panzella - Responsibility, Perseverance, Kindness
 Isla Poapst - Responsibility, Respect, Perseverance
 Taylor Prue - Perseverance, Respect, Kindness
 Zayden Ray - Perseverance
 Payton Rich - Kindness, Responsibility
 Lea Rubino - Respect, Perseverance
 Mikayla Ruggerio - Responsibility, Respect
 Nicholas Salamone - Responsibility, Perseverance, Respect
 Spencer Savoy - Respect, Responsibility
 Briana Schaefer - Responsibility
 Liam Sikora - Perseverance, Responsibility, Respect
 Cash Smigel - Respect, Responsibility, Kindness
 Olivia Stephens - Perseverance, Respect
 Lauren Thebeau - Respect
 Sarah Thomen - Kindness, Respect, Acceptance
 Isabella Torrison - Kindness
 Wyatt Voegtle - Perseverance, Respect
 Nathan Zarra - Perseverance, Responsibility, Kindness

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