

# Haddam Killingworth News

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

Copyright ©2022 Haddam Civic League LLC

September 15, 2022

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

Free weekly

## Noah Burr Wins the Gold in the 2022 Connecticut State Skills Conference!

By Sharon Challenger

Haddam Killingworth News is often approached by people in various environments who begin their conversation with the sentence, “You know, you should write about... people would love to know this good news!”

On one such occasion, my ears perked up because the good news I was hearing was about a young man who impressed me several years ago.

I was working as a substitute teacher in Haddam when a little boy by the name of Noah Burr struck up a conversation with me about repairing engines. I was really impressed with his responses to my questions.

Fast forward to 2022, this young man is now a student at Vinal Tech in Middletown, and he won 1st Place, (Diesel Technology) in the 2022 Connecticut State Skills Contest. He ranked 35th in the nation as a sophomore in the 2022 National Skills USA competition.

I contacted him to know more about his experience, and he agreed to answer some questions.

When asked about his interest in mechanics, Noah explained that he was always interested in tractors because he grew up around them. His father and grandfather used them all the time on the family farm or at tractor shows and fairs.

According to his mother, Noah was “very well versed by the time he was 5 years old. I remember him giving detailed information at the Higganum Green about his father’s 1925 Model T Ford truck during a ‘touch-a-truck’ event.”

Noah recalls that his first fixer-upper was of a John Deere garden tractor he and his grandfather got at the dump. It wasn’t in running condition, but he worked on it until he managed to get it running. He then drove it all around the farm.

Living on a farm provided him with many opportunities to work on farm equipment. He learned how to repair tractors by working alongside his father and grandfather over the years. He has his own collection of garden tractors to repair and enjoys working on them. One challenge required him to fix a clutch in an Allis-Chalmers G



Photo by Jason Burr.

tractor. He had to pull the motor out to get to the clutch. Once the clutch was fixed, he had to put it all back together and hope it would work. He was happy to report that “it was a success!”

Motivated to learn more skills, Noah sought opportunities where he could pursue a technical education. When he was a student at Haddam Killingworth Middle School, he participated in two summer camps at Vinal Tech and got a glimpse of what to expect. He decided he would apply, and was accepted.

In his first year, he enrolled in the Diesel and Heavy Duty Equipment Repair program. There are only 18 students in the class so the space is limited. Students in the program receive more than 1,400

*Continued on page HK2*

## Greg McKenna: DPH Honors Haddam’s Hidden Asset

By Sally Haase

Greg McKenna is Haddam’s hidden asset, concludes nurse Pat Strom describing our pharmacist at Nutmeg Pharmacy, with whom she’s worked on many health clinics. The Connecticut Department of Public Health (DPH) agreed and recommended Greg for the 2022 Connecticut Immunization Champion Award given by the Association of Immunization Managers and the Centers for Disease Control and Prevention.



Photo by Ed Munster.

Walking into Nutmeg Pharmacy in Higganum, patrons sense the feeling of a hometown pharmacy. You are greeted with a smile and most often greeted

*Continued on page HK4*

## “Stop the Bleed” Class in Killingworth: September 24

By Clark Judge

For the second time in six weeks, the Killingworth Ambulance Association will conduct a “Stop the Bleed” class. The course is scheduled for Saturday, September 24, at the KAA’s Route 81 headquarters.

It will begin at noon, is free and is open to persons 12 years of age and older. However, all those attending are required to wear masks and are urged to complete RSVP forms that can be found here: (

*Continued on page HK5*

**In This Issue:** • Local Arts Events, HK3, 5 • Community Calendar, HK6 • Haddam & Killingworth Library Events, HK7

**PONDSIDE**  
KITCHENS  
AND HEARTH

202 MAIN STREET  
DEEP RIVER, CT  
860.526.9567  
PondsideKitchens.com  
www.PondsideKitchens.com

★ **YODER SMOKERS** ★  
COMPETITION GRADE BBQ PRODUCTS

FREE ESTIMATES...BEST SELECTION...LOWEST PRICES

**GRILLING AT HOME IS A GREAT FAMILY EVENT**



**S SERIES**  
YODER SMOKERS  
FEATURING  
ACS TECHNOLOGY

**S SERIES**  
YODER SMOKERS

- Set temps from 150° up to 600°F
- Optional Grill Grates hit temps up to 700°F
- Integrated probe port for probe management
- Two integrated food probes
- Ceramic igniter
- Stainless interior components designed to stand up to the cooking environment
- New burn grate designed for optimal airflow



**YS640S IN STOCK**

# Noah Burr Wins the Gold in the 2022 Connecticut State Skills Conference!

Continued from page HK1

hours of time in their trade technology. In addition, Vinal offers its students an opportunity to get work experience and wages while they are enrolled.

As a student, Noah had an opportunity to participate in the 2022 Connecticut State Skills Conference where he won “the Gold” in Diesel Equipment Technology. According to the SkillsUSA Championship website, “Contestants cycle through fourteen stations, testing and troubleshooting engines, electrical and electronics systems, power-train systems including chassis, transmissions, and carriers.” They also must demonstrate their knowledge of general shop skills, hydraulic systems, vehicle inspections, fundamental failure analysis, brake systems, as well as air-conditioning systems.

Noah explained that during the electronic systems station test, (students worked individually), he had to diagnose why the signal lights and running lights weren’t working. He had to test for power in the circuit. After multiple tests, he found a bad switch for the running lights and a big resistance in the wire blocking power to the signal light.



He didn’t expect to win and was incredibly surprised and proud that he won.

Noah’s current work in progress is a 1978 GMC truck that his dad, Jason, recently purchased. It is going to be a project they work on together. Noah wants to see it rebuilt from the frame out, including



Photos by Jason Burr.

rot repair, mild engine performance rebuild, body work, and paint. He mentioned that when completed, it just might be Burr Farm’s pulling tractor.

When asked, “Do you have any advice for other students who might be interested in Diesel Equipment Technology?” Noah replied, “It’s a good field to work in because there are lots of options for things to work on within heavy equipment like heavy trucks, tractors, stump grinders, excavators, and more.”

Congratulations, Noah!

“The SkillsUSA Championships are career competition events showcasing the best career and technical education students in the nation. Contests begin locally and continue through the state and national levels.”

<https://www.skillsusa.org/competitions/skillsusa-championships/>

## River Valley PROVISIONS

**FRESH ORGANIC**

**ALL NATURAL**

**GROCERY • BAKERY • MEAT • SEAFOOD**

**95 BRIDGE RD, HADDAM**

(860) 554-5599      [www.RVPFOOD.COM](http://www.RVPFOOD.COM)

**10% OFF**  
with a purchase of \$50 or more with this coupon

# Middletown Toyota

## Your Toyota Headquarters.

**TOYOTA 2022 TACOMA-TRD SPORT**

**TOYOTA 2022 VENZA-XLE**

2 years or 25,000 miles free service with any new Toyota

Bring in this ad for a \$700 discount! Expiration date 9/30/2022

**Middletown TOYOTA**

“The People Pleasers”

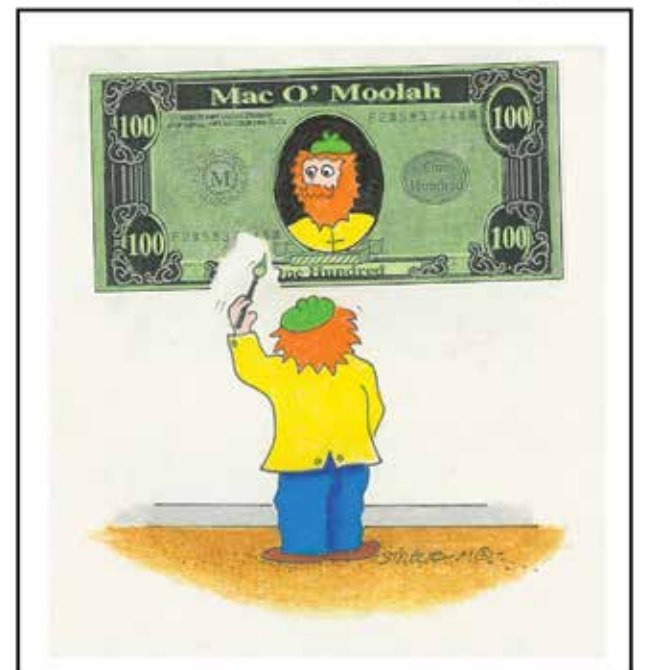
634 Newfield Street, Middletown • 860-347-7294 • [MiddletownToyota.com](http://MiddletownToyota.com)

We Speak English, Spanish, Italian, Polish, Pakistani & Arabic  
Sales: M-Th 9-8:30, F 9-6, Sat 9-5  
Service: M-Th 7-7, F 7-5, Sat 7-2

## CARTOON

Mac O'Moodus

Roger Straub



Drawing One's Own Salary

# Autumn Events at Spectrum Gallery in Centerbrook

By Barbara Nair, Director, Spectrum Gallery

News and Notes for programs and classes this fall at Spectrum Gallery, 61 Main Street, Centerbrook. Spectrum Gallery Hours: Wednesday through Saturday, Noon to 6:00 p.m., and Sunday Noon to 5:00 p.m. More information on all programs listed below: call (860) 767-0742 or visit [spectrumartgallery.org](http://spectrumartgallery.org)

## Spectrum Gallery Exhibit Opening: Changing Seasons – Inside and Outside – A Fall Exhibit

Summer is coming to an end, but the stunning beauty of the fall season is upon us. Celebrate the colorful and stunning scenes of the season with both outside and interior imagery. Discover new and original artwork by artists from throughout Connecticut, the Tri-State Area, and New England. Exhibit runs from September 23, through November 6, 2022. Exhibition begins with an Opening Reception Friday, September 23rd (6:30-9:00 p.m.) and then an Open House Weekend, Saturday, September 24th (1:00-6:00 p.m.) and Sunday, September 25th (1:00-5:00 p.m.).

### Call for Artists

Madison Green Autumn Arts Festival is seeking artists for the outdoor festival on the Madison Town Green (Boston Post Rd/Route 1 and Copse Road) on Saturday, October 8, 2022 (10:00 a.m. to 5:00 p.m.). Deadline is September 29th. Fine artisans may submit work for consideration for sale in the Store at Spectrum Gallery. Email materials to [Barbara@spectrumartgallery.org](mailto:Barbara@spectrumartgallery.org). For more information and prospectus, visit <https://spectrumartgallery.org/future-exhibitions/>

### Outdoor Autumn Arts Festival

Arts Center Killingworth and Spectrum Gallery's Autumn Arts Festival is Saturday, October 8, 2022 from 10:00 a.m. to 5:00 p.m. on the Madison Town Green Boston Post Rd/Route 1 and Copse Road in Madison. The weekend showcases representational and abstract painters, photographers, potters and jewelry designers, as well as artisans working with wood, mixed media, collage and fabric.

### Adult Classes and Workshops

**In Gallery: Fall Acrylic Studio.** Develop confidence with better techniques of drawing, composition and color theory. Work from reference photos (yours or supplied) of primarily landscape or still life images. Painting demonstrations and instructor painting along allows for freedom and assistance to explore the medium. Develop pieces to a finished stage, working with final values to make your pieces cohesive and dynamic. A list of basic supplies will be sent to interested artists. All levels welcome. Schedule: Fridays, September 23, 2022, September 30th, October 7th, October 14th, October 21st. Makeup date October 28th. Time: 12:30-2:30 p.m. \$160; Members save \$16.

**On Zoom: Getting Klimt.** Learn Gustav Klimt's unique approach to layering visual beauty in his artwork. View images to get a full appreciation of his integration of the decorative and fine arts. Class offers three choices for your finished project. Creating an Art Journal utilizing free hand and stencils while incorporating cutting and pasting techniques. Or trace a copy of a Klimt painting to recreate it onto a canvas; third choice is to design your own work using the Klimt approach. Spend time learning to make decorative papers via gel printing with patterns and Klimt-like stencils and stamps. Material list available. Schedule: Tuesdays: September 27, 2022, October 4th, October 11th, October 25th, November 1st. Time: 12:30-2:30 p.m. \$140 per person; Members save \$14.

**In Gallery: Getting Klimt.** Learn Gustav Klimt's unique approach to layering visual beauty in his artwork. View images to get a full appreciation of his integration of the decorative and fine arts. Class offers three choices for your finished project.

Creating an Art Journal utilizing free hand and stencils while incorporating cutting and pasting techniques. Or trace a copy of a Klimt painting to recreate it onto a canvas; third choice is to design your own work using the Klimt approach. Spend time learning to make decorative papers via gel printing with patterns and Klimt-like stencils and stamps. Material list available. Schedule: Wednesdays: September 28, 2022, October 5th, October 12th, October 26th, November 2nd. Time: 12:30-2:30 p.m. \$160; plus \$25 material fee paid to instructor; Members save \$16.

**In Gallery: Art of Wire Wrapping.** Learn the art of wire wrapping a piece of sea glass to wear as a pendant. Choose a piece of sea glass from a large selection in different shapes and colors provided by instructor, plus wire in silver or gold tones for wrapping glass and choice of cord or cable to hang the wrapped pendant. Silver-plated neck collar also available for purchase for \$20. Sunday, October 2, 2022. Time: 1:00-4:00 p.m. \$40 plus \$5 material fee paid directly to instructor. Members save \$5

**In Gallery: Fluid Art Fun.** Try your hand at fluid painting! Fluid painting involves layering acrylic paints of different densities and incorporating certain additives, which can result in gorgeous combinations of paint, cells, and lacing...or mud depending upon what you put together! The Blooms technique will be demonstrated using four ceramic tiles that can be used as coasters. The best part is no artistic experience is necessary. Sunday, October 9, 2022. Time: 1:00-4:00 p.m. \$50; plus \$15 material fee paid to instructor; Members save \$5.



Photo by Barbara Nair.

**In Gallery: Oil Sticks Intensive.** Experience the liberating feeling as you apply the versatile medium of oil sticks to paper or any surface! Oil sticks are made of pure pigment, wax, linseed or safflower oil, then rolled into a crayon form. Build an impasto surface, lending to interesting sgraffito and mark-making or combine with oil paint mediums. Workshop covers two different application methods using different substrates for each. Use a simple still life as our muse to delve into creating color and texture using layering techniques. Try working with pallet knife and color shapers. This approach encourages freedom to develop atmosphere and stylized mark making using impasto effects with sgraffito as we create an abstract landscape. Sunday, October 16, 2022. Time 1:00-4:00 p.m. \$65; plus \$25 material fee paid to instructor; Members save \$6.

**In Gallery: Autumn Sunflower Harvest Bouquet Floral Design.** Bring some of that outdoor beauty indoors and create your own unique seasonal, floral

*Continued on page HK5*

## Haddam Killingworth News

PO Box 15, Higganum, CT 06441

### Staff and Contact List

Anthony Giamei, Managing Editor  
Sharon Challenger, Senior Editor  
Gigi Simko, Senior Editor  
Meghan Peterson, Composition Editor  
Carl Cavrell, Editor  
Joanne Nesti, Copy Editor

### Reporters:

Phil Devlin, Sally Haase, Clark Judge, Deb Thomas and Laura Lefko

Ed Munster, Advertising Manager

Contact us at:

[HK-NowEditors@Outlook.com](mailto:HK-NowEditors@Outlook.com)

Please indicate your interest in the subject line as:

Business, Education, Sports, Fire & Rescue, Town News, Organizations, Advertising or OTHER

Advertisers for

Haddam-Killingworth News:

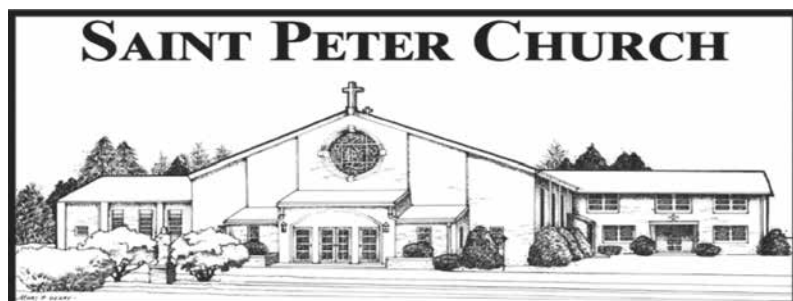
Call Ed at 860-345-2225 or send email to [e.munster@comcast.net](mailto:e.munster@comcast.net)

For East Haddam News:

Call Michelle at:

860-209-4729 or send email to [sales@easthaddamnews.org](mailto:sales@easthaddamnews.org)

\*Paper is affiliated with the Haddam Civic League  
Member of the Middlesex County Chamber of Commerce



## Catholic?

*Been away from the Church?*

*Welcome Home*

No matter WHY or for HOW LONG, we aim to answer your concerns in a welcoming manner.

We invite you & your family to a coffee social after 8:30am Mass on 9/25/22 where light refreshments will be served.

**Explore coming back to St. Peter's Church.**

# Greg McKenna: DPH Honors Haddam's Hidden Asset

Continued from page HK1

by name. In the twelve years that Greg McKenna has served the townspeople of Haddam, he and his staff have become an integral part of the community, caring for and caring about its citizens. Greg's advertisements in this paper were short educational topics on health issues. Meanwhile, he was growing a string of pharmacies and all was good. Then came the Coronavirus.

Suddenly, it was a new ball game, a pandemic. The world knew nothing about the virus or how to contain it and then treat it. Masks, sanitizers and social distancing were the only guidelines we had to combat the rapidly spreading disease. Early on, Greg purchased special freezers for his pharmacies to store the anticipated arrival of a vaccine. And then he waited.

Operation Warp Speed, an accelerated attempt to develop a new type of vaccine, mRNA, resulted in emergency-use authorization to begin distribution to caregivers and first responders, followed by the most vulnerable in December 2020.

Here in Connecticut, what were the plans? How were we to inoculate 3.5 million people? DPH approached Greg to complete the vaccination protocol for nursing home residents. With little hesitation, Greg agreed to head up a plan to vaccinate nursing home residents with the help of National Guardsmen. When the call ended, Greg thought, "Oh my God, what do I do now?"

He immediately set up a team to plan and execute the task he had been given. From Nutmeg's staff, Ron Soper, pharmacist and IT specialist, wrote a program to identify candidates for vaccination, dispense the vaccine and then track the usage and the individuals receiving the vaccine.

Using Ron's program, Beth-Ann LaRosa, his

office manager, would organize and manage the distribution with the National Guard and, later, the clinics. Alicia Cope, Nutmeg's lead pharmacy technician, would coordinate the billing and the recording of shots given into the state tracking system.

That was Thursday. On Tuesday, they were ready to present their plan to DPH. And so it began. Greg and Carrie Montgomery, working with the Guard, set up procedures to ensure efficient distribution and tracking at more than one hundred facilities.

Greg's team set up weekly vaccine clinics in the five towns his pharmacies served, depending on the amount of vaccine he was allotted. If any vaccine was left at the end of the day, the staff called and offered it to people on the waiting list to be sure not a drop was wasted. His pharmacies petitioned and trained volunteers from the communities. Working with the towns' resources, his team compiled lists of elderly citizens and shut-ins. Vaccines were taken to people's homes – people who were house-bound or people too afraid to leave the house. Always, along with these visits, were offers of comforting and calming words. At one point Greg thought as he looked around a clinic, "We, the community, are protecting ourselves!" Hidden asset, indeed. Who knew all that he was doing? This was said with no credit to himself.

On Friday, September 2, Greg received the 2022 Connecticut Immunization Champion Award. DPH Commissioner Dr. Manisha Juthani, and Kathy Kudish, Immunization Program Manager for DPH, (photo above) were there to present the award. The award is given to an individual who has shown leadership, collaboration, innovation and advocacy in promoting immunizations in their communities. Greg McKenna was the first pharmacist to receive this award. Among Greg's accomplishments:

\*Partnering with DPH, he worked with the National Guard to go into nursing homes and other assisted living facilities to vaccinate patients and staff.

\*Early on, Nutmeg Pharmacy became a hub for distribution of Covid-19 vaccine, ensuring smaller practices that could not accommodate shipments had access to the vaccine, most of them in eastern Connecticut.

\*During the pandemic, Greg filmed several videos,

educating the public about Covid-19 and the vaccine and calming his customers' fears.

What is next for Greg McKenna? Presently, he is working with legislators to expand the authority of pharmacies to be given full provider status. In addition, as Greg tells it, patients see their doctors a few times a year, but pharmacists see their customers perhaps eight times a month. "Look at the value. Pharmacists can provide info on a timely basis to MDs about a patient so they can better treat that patient, versus waiting months to get a follow-up visit. Would you wait three months to see if a new diabetic medication is working versus seven days? Pharmacists can provide essential services efficiently and more economically," says Greg with resolve. His aim is to encourage all his customers to call their legislators in support of full provider status.

Jo Ann Woickelman of Haddam's Committee on Aging said she was "happy to see that Greg is finally getting the recognition he deserves for all he has done for the community." He has reached outside of our small town, challenging himself and his staff to tackle an unknown crisis with courage and determination. Undeniably, Greg McKenna, our hometown pharmacist, is Haddam's hidden asset... for Haddam and beyond.

## LEGALS

### TOWN OF HADDAM ZONING BOARD OF APPEALS PUBLIC HEARING

Zoning Board of Appeals, Haddam, Connecticut will hold a Public Hearing at the Haddam Town Hall, 21 Field Park Dr., Haddam, CT on September 29, 2022 at 7:00 p.m. to act upon the following item (s):

1. Request for a front yard variance to Section 4 and Table 1 of the Zoning Code to authorize the construction of a detached garage to be within 10 feet when 30ft is required at 493 Little City Rd, Higganum. Applicant: William Vinopal  
Said application is on file in the Land Use Office of the Town of Haddam.  
Zoning Board of Appeals, Haddam CT

### TOWN OF HADDAM BID FOR CHIPPING AND REMOVAL OF BRUSH AND WOOD PILE

The Town of Haddam will be accepting bids for chipping of a brush and wood pile at the Transfer Station, 750 Saybrook Road, Haddam, CT. Sealed bids clearly marked "Chip Bid" will be accepted at the Selectmen's Office, 30 Field Park Drive, Haddam, CT 06438 until 10:00 a.m. on Friday, September 30, 2022.

#### I. The following items must be included in the bid:

1. Price for chipping (one grind only) and removal of entire chip pile as it exists on SEPTEMBER 30, 2022. Brush/wood pile may be viewed during normal Transfer Station hours on Wednesdays, 8:00 a.m. to 3:00 p.m.
- PLEASE STATE ONE PRICE FOR BOTH CHIPPING AND REMOVAL.
2. Wood chipped must be loaded immediately into trailers. No chips will be allowed to be stockpiled at site.
3. PROOF OF INSURANCE (LIABILITY, WORKER'S COMPENSATION, ETC.).
4. List of references we may contact.
5. All brush and wood must be chipped no matter the size.
6. Work area to be regraded and cleaned to Town's satisfaction.
7. Any additional brush received in between September 30, 2022 through completion date will be chipped and removed at no additional cost to the Town.
8. Work can only be done on Monday, Tuesday, Thursday, and Friday. No other days are allowable. Work hours are 7 a.m.-5 p.m. No hours earlier or later than those stated.
9. All wood chips to be disposed of at an approved site.

Work must be completed within two (2) weeks of bid award. The Town of Haddam reserves the right to reject or accept any or all bids.

If you have any questions, please contact Christopher Corsa, Assistant Director of Public Works, 860-345-2110.

Christopher Corsa  
Assistant Director of Public Works

CRC/bhb 09/06/2022

Public Works Department,  
103 Depot Road, P.O. Box 395, Higganum, CT 06441  
(860) 345-2110



**Come Celebrate Our 1 Year Anniversary! Sept. 17-21**

Raffles | Food Giveaways | Crazy Sales and much more!

**Thank you for making our 1st year so successful!**

**\*Your new source for Milwaukee products\***

**860-554-0420**  
**www.HigganumHardware.com**  
**23 Killingworth Road, Higganum, CT**

Hours of Operation:  
Mon-Fri 8:30 am - 8:00 pm  
Saturday 8:30 am - 4:00 pm  
Sunday 9:00 am - 3:00 pm



**Lance Scaping**

COMPLETE LAWN CARE

- Landscape Installation
- Snow Removal • Cleanups • Mulching
- Walkways & Retaining Walls

**860-345-7769**



**Lukas Welburn**  
**860-559-9033**  
**860-790-0792 (cell/text)**

Residential

- Plumbing service
- Well pumps
- Well tanks
- Water treatment
- Water heaters
- City/Well

www.mrwaterct.com  
Lwelburn@mrwaterct.com

License #PLM0289737-P1

Licensed and Insured

## Haddam Sustainability Committee Hosts Middletown Recycling Coordinator

By The Haddam Sustainability Committee

The Haddam Sustainability Committee will hold its regular monthly meeting on Wednesday, September 28, 2022. The public is invited to attend and hear our featured speaker, Middletown Recycling Director Kim O'Rourke, who has led the City's recycling, composting and waste reduction efforts since 1991, managing, planning and directing educational campaigns, coordinating community projects and moving Middletown toward a Zero Waste goal.

Middletown has been recognized on CT DEEP's Municipal Recycling Honor Roll. Kim has been honored to receive several awards, including the Environmental Professional Award from the CT River Coastal Conservation District, the Outstanding Municipal Recycler Award from the CT Recyclers Coalition (CRC), the Club Conservation Commendation from the Middletown Garden

Club and The Rockfall Foundation's Tom Odell Distinguished Service Award. She served as the Chairman of the CT Recyclers Coalition Government Affairs Committee from 2004-2008, and as President of that organization from 2012-2016. She currently serves on the Board of RecycleCT, a non-profit organization dedicated to increasing recycling education and awareness.

The Sustainability Committee meeting begins at 6:30 p.m. at the Old Town Hall in Haddam. The Committee was created to help improve recycling and waste management efforts throughout Haddam, Higganum and Haddam Neck. It has successfully launched a food scrap waste and used textiles collection effort in cooperation with the Town of Haddam. It also has turned its attention to improving recycling at town parks and ballfields. New committee members are always welcome.

## KILLINGWORTH PUBLIC SAFETY

### "Stop the Bleed" Class in Killingworth: September 24

Continued from page HK1

RSVP - Killingworth Ambulance Association).

"Stop the Bleed" is a nationwide awareness campaign (STOP THE BLEED - Save a Life | Stop The Bleed) launched in 2015 by the White House and Department of Homeland Security. It is designed to empower bystanders with the training necessary to deal with traumatic events and emergency bleeding situations before help arrives.

The KAA conducted several "STB" classes annually until the COVID pandemic emerged in 2020. Now it's back, with its first class of this calendar year held August 13th with 14 students.

The value of the course was underscored in October, 2019, when a state trooper responding to an accident at Middletown's Vinal Technical High School implemented a "Stop the Bleed" kit to treat what was termed "a catastrophic injury" that involved profuse bleeding. Officials later said quick thinking by the state trooper may have saved the victim's life.

The KAA first offered "Stop the Bleed" classes in July, 2017, making Killingworth the first Connecticut town to have its citizens certified. Since then, it has conducted 36 classes and had "Stop the Bleed"

stations" installed at the Killingworth Public Library and Town Hall.

For more information, log on to [killingworthambulance.org](http://killingworthambulance.org) or contact the Killingworth Ambulance Association at (860) 663-2450.

Serving CT homeowners for over 25 years!

Licensed & Insured



www.CTRoofMasters.com

**CT Roof Masters**

ROOFING • SIDING • CHIMNEYS • GUTTERS

We Will Beat Any Written Estimate!

We Offer 0% Financing

Call Sal at: 860-969-1617

**Mention this ad and get 10% OFF any roof!**

## Autumn Events at Spectrum Gallery in Centerbrook

Continued from page HK3

design. A professional floral designer will discuss the history of floral design, the five elements of floral design and the importance of the color wheel for choosing a palette. Then create two seasonal fall arrangements during the workshop. Materials provided: 1 seasonal vase/container, fresh flowers for 2 arrangements, greenery and accents. Add some of your own unique elements such as pods or feathers or some of your own blooms or greenery from your garden. Additional material list available upon registration. Sunday, October 23, 2022. Time: 1:00-4:00 p.m. \$50; plus \$50 material fee paid to instructor; Members save \$5.

In Gallery: Designing Wire Crocheted Earrings. Learn the basic techniques used to crochet with wire...and have fun! Create a round wire crocheted earring with a coin freshwater pearl and then learn how to incorporate pearls/crystals into two separate designs. By the end, you will have three finished earring styles and the beginning of a new hobby. No prior experience is needed. Supplies are provided. If you have jewelry making tools, feel free to bring them. This class is just in time to make gifts for the holidays! Sunday, October 30, 2022. Time: 1:00-4:00 p.m. Cost: \$55; plus \$25 material fee paid to instructor; Members save \$5.

Blissful Beauty

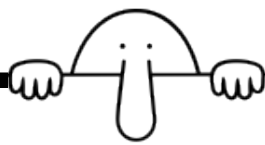
DAY SPA

Where beauty meets tranquility



Skincare | Lash Services | And More!

199 Main Street, Deep River, CT  
www.blissfulbeautyco.com | 860-575-1086 @blissfulbeautyco



### Enjoy reading Haddam Killingworth News?

This newspaper is delivered FREE to all homes in Haddam and Killingworth.

Support Haddam Killingworth News with a tax-deductible contribution to HCL, the parent organization of this newspaper.

Send your donation to HCL; P.O. Box 15; Higganum, CT 06441

Total Hair

Hair cuts and styles for the whole family

Celebrating 30 years in business

- Lori Aiello

860-663-2805

[www.TotalHairKillingworth.com](http://www.TotalHairKillingworth.com)

Open Tues, Wed, Fri 9-5; Thur 12-8; Sat 8-4  
The Courtyard, 176 Rte. 81, Bldg 2

Practicing COVID-19 safety precautions.



HIGGANUM VETERINARY CLINIC

92 Saybrook Road, P.O. Box 598  
Higganum, CT 06441  
Phone: 860.345.3366  
Fax: 860.345.2557  
Office Hours By Appointment

House Calls • Farm Calls  
All Animals from Cows to Chickens, Reptiles, Cats, Dogs, Goats, Pigs, Birds

Follow us on Facebook  
[higganumvetclinic.com](http://higganumvetclinic.com)

## MUM FARM OPEN!

We grew thousands of beautiful mums in an array of fall colors.

8 INCH POTS ARE 4 FOR \$26.00

HALFINGER FARMS  
489 Candlewood Hill Rd.  
Higganum/860-345-4609

OPEN DAILY IN SEPT.

HALFINGER FARMS GREENHOUSES

# 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, September 15

**Toddler Tunes** - Brainerd Memorial Library 10:00 a.m.

**Mystery Book Club** - Killingworth Library 6:30 p.m. - 7:30 p.m. Join us as we discuss *Local Woman Missing* by Mary Kubica. Extra copies will be available for checkout at the circulation desk. Meeting location to be determined.

**Love2Sign** - Killingworth Library 10:45 a.m. Jaye Carlson returns with a fall session of Love2Sign! Fun, interactive sign language classes for children ages 6 months to 6 years old. Please register for each class 860 663-2000. The program will be held in the children's room. Adults must remain with their children for the duration of the program.

**Dungeons & Dragons** - Killingworth Library 5:00 p.m.

**Haddam Planning & Zoning meeting** 7:00 p.m.

## Friday, September 16

**Higganum Farmers Market** 3:00 p.m. - 6:00 p.m.

**Culinary Club at Brainerd Memorial Library.** Come on our field trip to Abyssinian Ethiopian

Restaurant in Middletown and sample authentic Ethiopian traditional foods. Enjoy mouth-watering vegan and non-vegan entrees with gluten-free Teff flour, among other unique dishes from the northeast of Africa. Register by September 9, 2022, 860-345-2204.

## Saturday, September 17

**Minecraft at Killingworth Library** Ages 6-8 at 9:00 a.m. Younger players will learn the basics of the game and foster community through team activities. Ages 9-12 at 11:00 a.m. Older players will work together as they build their own adventure world.

**A Day of Stories & Songs** with the Nehantic and Abenaki 10:00 a.m. - 4:00 p.m. Come together for a day of stories and songs with the Nehantic Native Nation and the Elnu Abenaki Tribe. This free, one-day, outdoor event will be on the Connecticut River Museum waterfront lawn. Please check [ctrivermuseum.org](http://ctrivermuseum.org) for updates and information.

**Country Fair and Crafts Show** at The Saybrook at Haddam 2:00 p.m. to 5:00 p.m. Admission is free. The Fair will feature food for purchase, live music from Java Groove and Sheep Chip Bingo (similar to a cow plop). Tickets will be sold and the prize money will be split 50-50. All proceeds benefit the Alzheimer's Association of Connecticut.

**KVFC 75th Anniversary Ball** 5:00 p.m. - 10:00 p.m.

## Sunday, September 18

**Ron Booth Mission Golf Outing** 8:30 a.m. - 7:00 p.m. Lyman Orchards Golf Club 70 Lyman Road Middlefield, CT 06455 Contact Info: Terry Smith

860-345-3362; [ctsmith59@aol.com](mailto:ctsmith59@aol.com)

## Monday, September 19

**Lego Club** - Brainerd Memorial Library 5:00 p.m.

**Crafting Connection** - Brainerd Memorial Library 6:00 p.m.

**Haddam Inland Wetlands meeting** 7:00 p.m.

## Tuesday, September 20

**Storytime** - Brainerd Memorial Library 10:00 a.m.

**Teen Board Game Night** - Brainerd Memorial Library 5:30 p.m.

**Killingworth Planning & Zoning meeting** 7:00 p.m. (remote).

**A Look Back at the Cuban Missile Crisis** 7:00 p.m. Presented on Zoom by Phil Devlin. Three men with Connecticut roots played important roles in defusing the crisis, one of the most stressful periods of the 20th century.

## Wednesday, September 21

**Haddam Board of Finance meeting** 6:30 p.m.

## Thursday, September 22

**Toddler Tunes** - Brainerd Memorial Library 10:00 a.m.

**Love2Sign** - Killingworth Library 10:45 a.m. Fun, interactive sign language classes for children ages 6 months to 6 years old. September 15th through October 27th. Please register for each class 860 663-2000. The program will be held in the children's room. Adults must remain with their children for the duration of the program.



**Richard Mitchell**  
Building/Remodeling  
[mitchellhd53@comcast.net](mailto:mitchellhd53@comcast.net)

**Mitchell's Construction**  
1703 Saybrook rd  
Haddam ct 06438  
860-662-0118



**LINDA'S TEAM**  
We Sell Houses.  
You Make Them Home.  
**LINDA B. O'HARA**  
WILLIAM RAVEIS  
REAL ESTATE • MORTGAGE • INSURANCE

[www.LindasTeam.com](http://www.LindasTeam.com)

860.209.7044 • [Linda.OHara@raveis.com](mailto:Linda.OHara@raveis.com)

860.388.3936 • 33 Main Street, Old Saybrook, CT

860.345.6700 • 577 Saybrook Road, Middletown, CT

860.209.7044 • 558 N Roast Meat Hill Rd., Killingworth, CT

239.331.4008 • 850 5th Ave. South Suite C, Naples, FL



## COMMUNITY

## Join CROP Walk to End Hunger in Killingworth: October 2

By Ann Pavlou

The Haddam-Killingworth CROP Walk to End Hunger will be held on Sunday, October 2, at Chatfield Hollow State Park on Route 80 in Killingworth, starting at 12:00 Noon. 75% of what we raise goes to relieve hunger internationally, 25% will stay local, going to Haddam Food Pantry, Killingworth Helping Hands food pantry, and the Back Pack Program. Please walk with us if you can, or donate if you cannot. Go to [CROPhungerwalk.org](http://CROPhungerwalk.org), or Haddam Killingworth CROP Walk.

## EXPLORING MOSAICS

**Tile, Glass, Gems & Clay**

**Learn, Connect & Create Art in a Unique Studio.**

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
**Diverse workshop program makes the fascinating medium of mosaics accessible to all ages & skill levels.**

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
**6-Week Fall Term Classes**

**Dates:** 6 Tuesdays 10-11 to 11-5  
6 Fridays 10-14 to 11-18  
**Time:** 10:00 - 12:30  
**Location:** 42 Lovers Lane  
Killingworth, CT  
**Cost:** \$40/per class



**LOVERS LANE FARM** Reserve Your Place NOW.  
610-329-3935  
[msplantscapes@gmail.com](mailto:msplantscapes@gmail.com)



**REFLECTIONS CAR WASH**

**Get Your Summer Shine On!!!**  
Our Carnuba Wax will Keep your Car Shining all Summer Long

**Need a Place to Wash Your Boat?**  
Our Super Bay is the Perfect Place to Wash Down After a Day On the Water



Use our PRECEPT Presoak In the Self-Serve Bays to Beat the Salt!

Always Open 711 Saybrook Rd. Middletown  
860-347-WASH [reflectionsicarwashct.com](http://reflectionsicarwashct.com)



**Light It Up Electrical Services, LLC**  
Residential/Commercial  
Call Today For A Free Estimate!

Theresa Ruvolo  
Higganum, CT  
860-849-0043  
[info@lightituptoday.com](mailto:info@lightituptoday.com)

Fully Insured E1-0202594

David Scovel  
Higganum  
Free Estimates Insured

**Hate Dirty Windows?**  
*We Love 'em!*

Window Cleaning  
Power Washing  
Roof Cleaning  
Solar Panel Cleaning

860.301.2807  
[david@ICanDoWindows.com](mailto:david@ICanDoWindows.com)  
I Can Do Services, LLC

# September Events

By Tammy Eustis, Killingworth Library

The following events and programs are coming to Killingworth Library in September, 2022. Please note that pre-registration is required for all programs: [www.killingworthlibrary.org](http://www.killingworthlibrary.org)

### Ages 2-5

Tuesdays at 10:45 a.m., starting September 15th: Love2Sign with Jaye. Jaye Carlson returns with a fall session of Love2Sign! Fun, interactive sign language classes for children ages 6 months to 6 years old.

Saturdays at 10:30 a.m., starting September 24: Surprise Saturdays with Mrs. Fig! We may read a story... Or do a craft... Play a game... Explore outside... What's it going to be? You will have to come and see!

### Elementary, Intermediate and Middle Schoolers

Please note: Adults must remain on the premises with children under the age of 12. Take the opportunity to visit our new Coffee Nook for drinks, snacks, WiFi, and "you-time."

Wednesdays from 3:00-6:00 p.m., starting September 14th: Lego Hangout Time. Just drop in and hang out with friends while working on one of the library's new Lego kits!

Saturdays, starting September 17th: Minecraft

Ages 6-8 at 9:00 a.m. Younger players will learn the basics of the game and foster community through team activities. Monsters and fighting will be turned off! Emphasis will be on building and problem solving.

Ages 9-12 at 11:00 a.m. Older players will work together as they build their own adventure world.

Tuesdays, starting September 27: Do the WRITE Thing. Ages 10-12 at 4:30 p.m. ages 7-9 at 5:45 p.m. Do you like to write? Help us create a writing club! We'll explore the many forms of writing, plus talk about the writing styles of well-known authors, and see what inspires you! We will provide you with a journal to collect your ideas and the opportunity to write what you are passionate about.

### Teens

Thursdays at 5:00 p.m., starting September 15th: Dungeons & Dragons. Come embark on a new adventure quest in one of the most popular role-playing games of all time!

Fridays at 4:00 p.m., starting September 23rd: Cricut Crafting for Teens. A Cricut is a cutting machine that can cut a wide variety of materials for craft projects (like paper, vinyl, and light wood veneers). We will be starting off with easy projects and gradually progressing to more complex ones – Teens only, please; sharp tools will be in use!

### Adults

Tuesday, September 20: A Look Back at the Cuban Missile Crisis. 7:00 p.m. Presented on Zoom by Phil Devlin. Three men with Connecticut roots played important roles in defusing the crisis, one of the most stressful periods of the 20th century.

Fridays at 2:00 p.m., starting September 23: Cricut Crafting for Adults. A Cricut is a cutting machine that can cut a wide variety of materials for craft projects (like paper, vinyl, and light wood veneers). We will be starting off with easy projects and gradually progressing to more complex ones – Adults only, please; sharp tools will be in use!

# BML Presents Second Annual Fall Festival: October 15

By Robbie Marshall, Assistant Director, Brainerd Memorial Library

Brainerd Memorial Library Staff and Friends are excitedly preparing for our October Fall Festival, which takes place on Saturday, October 15, from 10:00 a.m. to 2:00 p.m.. This year we are featuring live music and line dancing! The music will be provided by the Swallowtails [formerly Back Swamp] with a repertoire of Country, Folk, and Blue Grass. "Tuba Kelly," our multi-talented Children's & Teen Librarian, will play children's favorites on various instruments. And the Valley Shore Line Dancers will present some line dancing fun for everyone.

The Friends will run their popular Books and Plants sales, offering attendees the opportunity to stock up on their reading supply for the cooler weather and replenish and expand some of their gardens that

were challenged over the summer. As always, there will be some tasty baked goods for sale, with emphasis on seasonal treats.

The Jumping Cow ice cream truck will be back with fall flavors! We're looking forward to trying apple and pumpkin sundaes!

Besides the pumpkin decorating for children, we will be creating Scary Gardens with lots of spooky materials, and other children's and adult crafts.

Karen, our "wreathmaster," will create a beautiful fall wreath to raffle and Rick Johnson of "Papa Elf Woodcarvings" will be on hand to demonstrate his wonderful carving skills.

This family-oriented community event has something for everyone. So please plan to stop by (920 Saybrook Road, Haddam), have some free cider, browse, and perhaps kick up your heels!

## Interested in writing for us?

Write to us at:  
HK-NowEditors@Outlook.com



Largest Papyrus Card/Gift Store in Middlesex County

## The Bi-Valent Covid Vaccine

Well, the Bi-Valent Covid Vaccine has finally arrived. This vaccine is designed to protect against the two different strains of the virus, the initial covid virus, as well as the Omicron virus. This Omicron BA.4/BA.5 strain is the predominant variant around the world. During the Pandemic, the world watched as scientists began to utilize the relatively new m-RNA platform. Scientists at Moderna and Bion-Pfizer studied the virus and were looking for its weakness.

For whatever reasons, vaccinations did not become as widely accepted as the world had hoped. Albeit in our communities, we did understand the value of the vaccine, and the responsibility we each had toward each other to get vaccinated, to social distance, and to take the necessary precautions to limit the spread of the virus. But, this country-wide, world-wide delay in getting vaccinated allowed for increased spread of the virus and the mutations in the virus. This meant that instead of a quick retreat of Covid, the reality became that we will be dealing with Covid for a while. Now, in September 2022 every Monday and Tuesday in our small-town pharmacy, we are doing 15-20 Covid Tests, as people have begun to relax precautions. Some may be feeling that the effects of Covid are not that bad, but patients, including children, are still going to the hospital because of Covid. We cannot totally relax.

This new vaccine is a real game-changer and I encourage all to sign-up to get the new Bi-Valent vaccine. Now is the time, before you think about getting your flu shot. Winter is when we have seen an increase in Covid cases. Let's all do our part. We are ready for you, please visit [www.Nutmegpharmacy.com](http://www.Nutmegpharmacy.com) to schedule your appointment and find more information.

### Hours of Operation

Mon-Fri 8:30 AM-8:00 PM  
Saturday 8:30 AM-4:00 PM  
Sunday 9:00 AM-3:00 PM

Telephone: 860-345-3607  
Fax: 860-345-3611  
Web: [www.nutmegpharmacy.com](http://www.nutmegpharmacy.com)

## Special Events this September at BML in Haddam

Information provided by Brainerd Memorial Library

Crafting Connection: Book Pumpkins

Monday, September 19, 6:00 – 8:00 p.m.

Shhh! Don't tell the librarians. We are going to be using books for this craft! This fall pumpkin craft uses an old discarded or broken paperback book and some paint to make the cutest book pumpkin fall decoration as a centerpiece or autumn decor. This is a program geared toward adults. We will accept participants ages 16 and above. Space is limited to 24 participants.

For our younger friends...

Children's Storytime, ages 2 – 5, but all welcome:

NEW TIME: Tuesdays at 11:00 a.m.

Toddler Tunes, ages 2 – 5, but all welcome:

NEW TIME: Thursdays at 11:00 a.m.

Kids Lego Club: drop-in – Monday, September 19, 5:00 p.m.

Teen Board Game Night: Tuesday, September 20, 5:30 p.m.

Teen Book to Movie Night: Tuesday, September 27, 5:30 p.m.

Middle School Game Night: Wednesday, September 28, 5:30 p.m.

See our website: <https://brainerdlibrary.lioninc.org> for more details and to sign up for the Children's and Teens Newsletter.

# The HK Backpack Program

By Laura Lefko

September marks the 7th anniversary of the HK Backpack Program. The Backpack Program is a food assistance program in Regional School District 17 that provides breakfast, lunch and dinner for kids on the weekends when school lunch is not available to them.

In 2015 the programs' founder Amber Stamm had been attending early childhood committee meetings at Youth and Family Services and realized that there wasn't a food assistance program for kids in Killingworth. She and her husband Bill had supported a similar program in Deep River before moving to Killingworth. Amber was the president of HK Moms at the time and when she approached them with the idea of starting a backpack program here they eagerly joined her. According to Amber "the group was really beautiful about it" placing donation cans in businesses all over town, making donations themselves and holding fundraisers out of her garage.

After a few years they were asked to share the space which they now occupy with the Killingworth Women's Organization's (KWO) Helping Hands program at the circle in Killingworth. The Haddam Killingworth community has welcomed and supported the group and as Amber said, "it so beautiful to be part of a community that is so generous."

One example of that support was recently shown by Killingworth's Amanda Brackett, owner of the BarrelHouse Wine Bar in Killingworth. In August, Amanda, along with Feel Good BBQ's Mike Drew and Jacob Blanton, surprised Amber with a benefit at the BarrelHouse to raise funds for the HK Backpack program. Jacob, Mike, Amanda and her husband Keith organized the event which raised just under \$3,000 and will enable the program to purchase and

provide multiple meals of the same items. These much-needed funds will help carry the program into November.

Amanda and Keith have children in the HK school system. She said that the Backpack Program is very important to them as they understand that there is a real need in our community and that being able to help raise money for the program is easy for them to do because it is something that is so important in our community where not everyone is on a "level playing field."

Feel Good BBQ was started in 2020. It is a charity barbecue team that is focused solely on fundraising. The group has done similar events for Helping Hands, Ronald McDonald House and others. The team were members of a corporate barbecue team and they got together to start Feel Good BBQ to do something outside of work to help support charity programs. The group donates their time and all the food, which they make themselves. They provided pulled pork, brisket, jalapeno poppers, mac and cheese and coleslaw for the Backpack event, which was cooked and served by Mike and Jacob.

There are several ways to donate to the HK Backpack program. They have an Amazon "wish list" which can be found on Amazon.com by clicking on "wish lists" and typing in "HK Backpack Program." Checks can be sent to PO Box 893, Killingworth, CT 06419 There is also a box outside of their building at the circle in Killingworth for food donations, etc. You can also find them here: <https://hkbackpackprogram.com>

The program's current needs are fruit cups, shelf stable milk, cereal, oatmeal, canned meat, anything in plastic jars, such as jellies and tomato sauces, and meal kits.

# Rain, Finally

I was the solace you craved,  
 carried in on tropic highs  
 swept in on the cavalier jet stream.  
 Teasing drops like heavy tears  
 you sighed, welcomed the reprieve  
 till I careened, in thunderous sheets  
 torrents seizing the air  
 saturating completely.  
 Every root and tendril soaked  
 dusty gutters overflowed  
 every garden stone glistened  
 all crevices invaded,  
 all day, all night.  
 So consumed by your need  
 I lost myself in your wanting.  
 A humid musk signaled  
 we'd had enough.  
 This couldn't go on;  
 we both knew that.

*Lorraine Riess is current poet laureate of Haddam and invites your submission in HK-Now for publication. You may email submissions to: [lcfriess@att.net](mailto:lcfriess@att.net). All poetry should be no longer than 30 lines (one page). Include a short bio of 75 words or less. You will be notified by email if your work is selected. All work is copyrighted by the author.*

*Her collection of poems, Still Life With Wings, has been published and is available from her website or Amazon. The book contains a few poems that relate to Haddam and its history, as well as the environment and other topics.*



**Riebold Sanitation, LLC**  
 Septic Tank Pumping • Real Estate Inspections  
 Septic Repair and Installation • Neighborhood Discounts on Pumping  
*Family owned and operated for 3 generations  
 from Fred to Richie to Eric since 1947*  
 Higganum, CT 860-345-2708  
[rieboldsanitation@yahoo.com](mailto:rieboldsanitation@yahoo.com)   [rieboldsanitationllc.com](http://rieboldsanitationllc.com)



**Gift Cards**   **Locally Owned**  
*Home town store with a world class selection*  
**Chilled beers & wines in our walk-in cooler.**  
 18 Killingworth Road, Higganum, CT | 860-345-2315  
**Mon-Sat 9am-9pm, Sun 10am-6pm**



**Complete Asphalt Maintenance, LLC**  
**860-345-SEAL Haddam**  
**Commercial & Residential Seal Coating • Hot Rubberize Crack Repairs Asphalt Repairs • Line Striping • Stenciling**  
 FREE ESTIMATES • CT LIC# 548957 & Insured



**Teri's Package Store**  
 8 Killingworth Rd.  
 Higganum, CT  
 860-345-4038

**YORK TREE SERVICE**  
 HIGGANUM, CT LLC  
**860-754-7007**  
 Tree Removal • Stump Grinding • Chipping  
 Brush Hogging/Clearing • 75ft Bucket Truck Service  
 Emergency Storm Work • Snow Plowing  
**860-754-7007**  
 FULLY INSURED/LIC #HIC0648142  
 Garrick York, owner

**PIZZERIA**  
*Da Vinci*  
  
**davincict.com**  
**NOW HIRING**  
 Part-Time & Full-Time Positions  
 All Levels of Experience  
 Start Immediately  
 Call 860-345-2251

**HWS Package Store**  
 1610 Saybrook Rd.,  
 Haddam, CT  
 Delivery upon request  
 860-345-4070



**Owned & Operated by Teri & Chuck Everett**

**PETE'S CLEANING**

- Carpet & Tile Cleaning for Over 50 Years
- Move-in and Move-out Services
- Call for Quote and Prompt Service

**IT IS TIME TO CLEAN AND DISINFECT!**

**Call 860-788-7373**







# Why not get moving?

There's no better time than now to discover a beautiful five-star residential community with plentiful amenities and endless opportunities.

**Masonicare**  
It's all right here.

959.265.0025

**Masonicare**   
at Chester Village

[masonicare.org](http://masonicare.org)     

# HKYFS Names New Prevention Program Coordinator

By Laura Shipman, HK Youth & Family Services

Michael Tingley is the new Prevention Program Coordinator at Youth & Family Services of Haddam-Killingworth. Previously, he was the Prevention Specialist at Connecticut Clearinghouse, a program of the Connecticut Center for Prevention, Wellness and Recovery at Wheeler Clinic. He worked closely with statewide prevention leaders to implement a broad spectrum of strategies to address the prevention and health promotion needs of communities within the state. He currently serves on the board of the National Alliance on Mental Illness (NAMI)/Farmington Valley. Tingley earned his BS in Marketing/Communications at Emerson College, minoring



Michael Tingley. Photo provided by HKYFS.

in health communications. In 2017, he earned his Master's degree in Public Health at the University of Connecticut. A native of Enfield, Tingley has spent time living in Boston, Los Angeles and Chicago. He currently resides in Simsbury. He will begin his new position at HKYFS on September 19.

**Is your organization holding an event?**  
**Let us help spread the word!**  
 Write to us at: [HK-NowEditors@Outlook.com](mailto:HK-NowEditors@Outlook.com)



*Chosen as One of the Best Premier Senior Living Communities on the Shoreline!*



Trust in the magic of new beginnings  
 Call today to learn what makes us different.  
**860-345-0090** or visit [TheSaybrookAtHaddam.com](http://TheSaybrookAtHaddam.com)



*Now is the time to make your move!*

## Social Distancing with our Mobile App

**Free Services Include:**

- ◆ Mobile Check Deposit
- ◆ Online Banking
- ◆ Bill Pay
- ◆ Person to Person Payments
- ◆ And More!

Visit [essexsavings.com](http://essexsavings.com) to download today!

**ESSEX SAVINGS BANK**  
 Service & Trust Since 1851  
 Member FDIC

860-662-0657  
 116 Christian Hill Rd  
 Higganum, CT 06441



Always Fresh Eggs, Steaks,  
 Burgers, Sausage, &  
 MORE!

- 5th generation Family farm offering custom cutting!
- Self-Serve Available • Pre-Orders Available

Visit us on Facebook: <https://www.facebook.com/SycamoreFarm116>

*Servicing Higganum/Haddam and surrounding towns.*

## Higganum Heating

Visit our website at [www.higganumheating.com](http://www.higganumheating.com)  
 or call our office at **860-345-4401**.

Offering  
 Automatic Oil Deliveries  
 Price Protection Programs  
 Service Plans and more.

CT Lic. #51-303161 HOD #1085







**860-666-4200**  
 Serving Central CT & Middlesex County

1116 Portland Cobalt Rd.  
 (Rt. 66), Portland  
 Hours: Mon - Fri  
 8 AM - 4 PM

Cool Savings to Beat the Summer Heat!

Rebates, 0% Financing, Experience Before You Buy!

Visit Our New Ductless & Heat Pump Showroom  
 Experience Fully Operational Cooling and Heating Systems.




[absoluteairservices.com](http://absoluteairservices.com) HIC. 0630546 - HTG.0393975-S1 Heating & Cooling Installation and Service