



Killingworth Krier

November 2019
A Chamber of Commerce Publication

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Holly Hageman Selected as RSD17 Superintendent of Schools

Regional School District 17 (RSD 17) Board of Education recently introduced Dr. Holly Hageman as its new Superintendent of Schools. Hageman has been acting as interim superintendent since the departure of Howard Thierry at the end of July. Hageman will receive a three-year contract, which will run through June 30, 2022.

“As both Interim Superintendent and Assistant Superintendent, Dr. Hageman has delivered proven performance and leadership and she was already making a difference. In addition, we received input from a variety of District and community members expressing their desire to see her appointed to the permanent position,” said Joanne Nesti, BOE Chair.

Hageman’s career in education spans more than three decades, with achievements and accolades at every level: classroom teacher, principal, central office administrator and, for the past five years, as assistant superintendent for RSD 17, where she has done outstanding work in Curriculum and Instruction planning and development, a press release from the Board states. Her career includes positions as assistant superintendent in the Westport

school system, principal of Nayaug Elementary School in Glastonbury, and as Teacher of the Year when she taught science at Haddam-Killingworth Middle School.



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Chamber Message

Hello Killingworth!

*Larry McHugh, President**Franco Piscitelli,
Killingworth Chairman*

We have reached the month of November in Middlesex County and throughout our great nation. In addition to a number of great events and activities, November is home to Election Day, Veterans Day and Thanksgiving.

Election Day is not only a day when we choose our elected officials, but it is a symbol of our democracy. It is very important that we do our civic duty, visit our polling stations, and participate in the election process. The ability to hold free and fair elections is of course only possible because of our veterans and those who serve our country at home and around the world. Veterans Day, a special day that is designed to honor all the veterans that have served this nation with distinction and bravery, is on Monday, November 11. The Middlesex County Chamber of Commerce continues to support our active duty, reserves, and guard personnel, and the many local veterans that have served in the United States Armed Forces.

The chamber's 18th Annual Support the Troops and Honor the Veterans Member Breakfast Meeting is scheduled for Monday, Nov. 4. We are honored to welcome back as guest speaker, Ret. Army Capt. Paul W. "Buddy" Bucha, a recipient of the Medal of Honor, the highest military honor in the United States. In addition to Buddy's remarks, the chamber will present two important awards at the event, the William J. Pomfret Veteran Community Service Award to Reginald Farrington of Portland, and the AT&T Veteran Support Business of the Year Award to the Travelers Championship. Finally, Thanksgiving is a time of reflection and a true appreciation of what is important in life. We would like to wish everyone a Happy Thanksgiving, and ask that we all keep in mind those who are less fortunate during the holiday season.

On the Killingworth front, we would like to take a moment to thank everyone who came out to support the 7th annual Pumpkin Carving at Parmelee Farm in October. Thanks to our sponsors, MAWC, LLC, The Killingworth Lions Club, Barnum Capital Management, and Roberts Food Center, the event featured free pumpkins for carving, refreshments, face painting and many more fun and wholesome activities. The November meeting of the Killingworth Division will be held on Thursday, November 14 at Andie's Cookies. Andrea Freibauer, aka Andie, offers a variety of artisan cookies handcrafted in small batches with nothing but the best ingredients. She has just opened a new commercial space in town, and we look forward to supporting her as she works to move her business forward.

As always, middlesexchamber.com has all the info, and please reach out to either of us with any questions or concerns.

The sun always shines in Middlesex County! Have a great month.

Larry McHugh, President

Franco Piscitelli, Killingworth Chair

Profile: Killingworth Animal Hospital

Dr. Robert Fair and his wife, Beth opened Killingworth Animal Hospital in 1995 and have provided loving care to many of the pets in Killingworth and the surrounding area ever since. Prior to relocating to Connecticut, Dr. Fair co-owned Vineyard Veterinary Clinic on Martha's Vineyard for 15 years.

The practice has grown over the years and added several associates. Current staff includes John P. Mead, DVM, Christine Y. Mullen, VMD, Suzette M. Ward, DVM, and Michael H. Dunn, VMD.

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For more information or to become a new client, visit our website at KillingworthAnimalHospital.com, Phone (860) 663-3003. We are located at 208 Route 81 in Killingworth.



Descendant of 1667 Killingworth Founding Family Makes Generous Donation

In 1737, the roster of original members of what is now the Congregational Church in Killingworth belongs to history alone - curious names such as Concurrence Steevens, Experience Willcocks, Theophilus Redfield, and Peletiah Ward. However, one familiar name spans 350+ years. It began with Edward and Margaret Griswold, who founded the town in 1667. And many, many generations later, the Griswold family is still making a name in Killingworth.

MaryAnn Griswold, widow of Sherman Holt Griswold and daughter-in-law of Caroline Holt Griswold and John Sherman Griswold, has made a generous donation to the Preservation 2020 effort at the Congregational Church in Killingworth. In addition, she is challenging others to make a donation, large or small, to meet her match. Her gift is in memory of her mother- and father-in-law, Caroline Holt Griswold and John Sherman Griswold. John and his siblings were

born in the Griswold family home which remains on Route 81, and many members of the Griswold family continue to reside in Killingworth.

Caroline taught Sunday School and participated in other activities within the Congregational Church and in the communities of both Killingworth and Madison. MaryAnn's inspiration was not just about the long history of Griswolds in Killingworth, but also the memories of her own childhood in Massachusetts. "It reminded me of my hometown church in Massachusetts that my grandfather helped to build," she recalled. "It (the church) has always been very important to me."

It is MaryAnn's request that this donation be matched for improvements on the church's structure, which includes the steeple and the gallery surrounding it, the dome, painting, and woodworking. She feels "it is important to preserve the structure, as a symbol, for future generations. I requested that the donation and the matched funds be used for structural repairs that can actually be seen," she explained. "It's visual evidence of the historical and religious importance of this church's preservation and that of other churches and other towns in New England."

MaryAnn is now a resident of Florida, but spends the summer months in Killingworth. She hopes others share her love of history and community. "This donation is in loving memory of my in-laws and my late husband. I hope that other families in our community and beyond will make a donation large or small."

For additional information on Preservation 2020 donations, fund-raising efforts, and events, please contact Committee Co-Chairs Rachel Schemmerling (203) 500-9500 or Charlie Smith (860) 663-1583.

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Your Voice

Moving Killingworth Forward While Maintaining Small Town Charm

I am writing to support the re-election of Cathy Iino as First Selectwoman of Killingworth. As a town resident of over 30 years, I have appreciated the many fine leaders and citizens who have given so much time and energy to make Killingworth a wonderful place to live and raise a family. I count Cathy as one of those leaders that has helped move Killingworth forward while maintaining the small town atmosphere that so many enjoy. Much of Killingworth's charm is the strong sense of community.

Cathy is a leader who recognizes and appreciates the differences made by the work that volunteers do in town to supplement, fill gaps and create opportunities. In my experience, she is involved, supportive and has been very helpful in suggesting options to accomplish the goal. I have taken advantage of her one to one sessions that she

holds regularly in various businesses in town. She started these sessions years ago and I think it gives a true sense of her style of leadership. She's not there to talk, but to listen, share, problem solve and assist. She also will ask you to participate in those efforts.

As has been evident in her tenure as First Selectwoman, she has her eye on the big picture as well. As fiscal constraints remain ever present from a state and federal level, Killingworth has maintained a fairly low tax rate under her leadership. That is no small feat. Cathy works hard to keep Killingworth growing in a way that works for us. It's a full time job and she gives it her all. I encourage people to support her with their votes to keep Killingworth moving forward.

Mary Solera, Killingworth

A True American Success Story

A true American Success story doesn't come very often. Here in Killingworth, we surely have one. Francesco Lulaj is an American success story. He is a family man, loving father and husband, a great business owner, leader, and sincere friend.

The same traits that created this success story can now be applied to running the Town of Killingworth as First Selectman. These are trying times in the State of Connecticut, and funding is slowly diminishing to our town. We need a first selectman with great foresight, leadership, and people management skills. We do not need an orchestra leader. We need a leader with the strength and capability to make the tough decisions as we move forward. We need a tough fiscal management style that will not continually erode the town savings accounts. The present course will mean higher

property taxes for all of our residents, and the future is looking bleak if we stay on this same path.

We need Francesco Lulaj and his business skills to preserve the future of our town. Francesco will support "Priority Driven Capital Budgeting" that will put the most critical projects in the forefront, and this will be done with the residents of Killingworth who pay the bills. Francesco will continually update the residents of our town as to what is happening in town hall. We do not have that now. Communication is the most important part of being a leader, and it is a two way function.

Please join me in voting for Francesco Lulaj for Killingworth First Selectman. He will do the job, and he will make the future tough decisions. We cannot continue to be complacent. Our town's future is at stake.

Fred Dudek, Killingworth



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Stop the Bleed Emergency Station Installed at Killingworth Library

Killingworth Library Association became Killingworth's first public building to receive an emergency "Stop the Bleed" station on October 9th when members of Killingworth's Volunteer Ambulance Association installed it next to the library's AED device (automated external defibrillator). The wall mounted box contains multiple kits designed to be used in severe bleeding emergencies, and 4 library staff members have completed training on how to use the kits as part of the Stop the Bleed national awareness campaign.

An additional station was installed at the Town Hall at the end of October.



Installer James Fretz of the KAA with the new station



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13th Annual Hartford Kids Holiday Event - Donations Needed

Lucky number 13! Supported primarily by Killingworth residents, the event gives low-income Hartford kids a chance to give holiday gifts to their families! They carefully choose from our donations and even more carefully choose the wrapping paper our volunteers use to wrap the gifts. Over the years, approximately 4,000 children have participated!

We plan to partner with the Hartford schools again this year, with 500 students participating. We need new and "gently used" gifts for moms, dads, teens and kids, for example:

- Babies: New socks, toys, stuffed animals
- Kids: Toys, games, books, balls, dolls and stuffed animals in great condition (Please no small toys that are choking hazards.)
- Men: Sweaters, casual shirts, socks, books, travel size colognes

- Women: Costume jewelry, knick-knacks, baskets, decorative bowls and plates, sample lotions and soaps, holiday ornaments

- Coffee mugs are very popular gifts for men and women. (We fill them with candy canes.)

We are also collecting books (ranging from pre-k to chapter books) so the children can choose books for themselves. We aren't holding a collection drive this year, so please give us a call, and we can pick up your donations. We also need volunteers to help us sort donations and to help at the event which will be held in early December. It's a very popular community service opportunity! Please call Carolyn Anderson at (860) 663-3481 for more information or if you have donations.



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Education

Project Graduation 2020 planning has begun!

To learn more about who we are visit www.rsd17.org. Click on the link for the High School then the link for boosters and support groups. See the link for Project Graduation where you will find information about us and contact information. Please consider joining our team of volunteers! We meet the 2nd Tuesday of each month in the lower level of the media room at the high school. We

need to fill positions for the secretary and the direct mail. One of our fundraisers is shopwothscrip.com where you can buy gift cards and we get a portion! Use enrollment code FL2CA1BF26374. For information please contact: Liz Griswold egriswold6@comcast.net

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VOTING UPDATES

Election Day is Tuesday November 5, polls are open 6 am – 8 pm and are located at Killingworth Elementary School. Monday November 4, 9 am – 5 pm.

A Limited Registration Session will be held in the Registrar's Office -to admit those seeking to vote in the election whose qualification as to age, citizenship or residence was attained since October 29, 2019.

Have your ID ready,

In the State of Connecticut the following are accepted ID's SS card, or

Any pre-printed form of ID which shows your name and address or

Any pre-printed form which shows your name and signature, or

Any pre-printed form which shows your name and photograph,

Please leave your coffee cups, umbrellas outside the polls, the ballots are water sensitive.

Lions Club Holiday Food Drive

The Killingworth Lions Club will hold their **Annual Thanksgiving Food Drive** on **Saturday, November 2nd, 9th and 16th** and their **Annual Christmas Food Drive** on **Saturday, December 7st, 14th and 21th** at the town compactor site from 8 am to 12 noon. Donations of food, food gift cards and cash are needed and will be greatly appreciated. All items collected will be turned over to Helping Hands of Killingworth for distribution in the community. Please remember your neighbors in need during the holidays.

Thank you in advance for your generosity.

Greg Wind, President
Killingworth Lions Club



3rd Annual Killingworth Farm Tour

Saturday, November 16th

***Bitta Blue Farm – 228 River Road – 11 a.m. – 3 p.m.**

Goat's milk soap, lotion and bath accessories, jams, jellies, dried fruits, and late season fresh vegetables

***Chatfield Hollow Farm – 12 Firetower Road – 11 a.m. – 4 p.m.**

Edible and medicinal mushrooms, assorted and breed exotic birds

***Down The Lane Farm – 18 Reservoir Road – 11 a.m. – 4 p.m.**

Honey; soaps & skin care; beeswax candles

***Lavender Pond Farm – 318 Roast Meat Hill Road – 10 a.m. – 4 p.m.**

Lavender; bath/body/home lavender products; lavender themed gifts

***Leightsinger Farm 293 Route 81 – 11 a.m. to 4 p.m.**

Non GMO vegetables, beef, pork, chicken and eggs

***New England Alpacas – 14 Bethke Road – 11 a.m. – 4 p.m.**

Alpacas; alpaca fleece, yarn & unique handmade alpaca products

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Calendar of Events

Nov. 2, JUST ASK! A book discussion for families (and plant a garden!) - 3 pm at Killingworth Library. Special guest Maureen Massa, personal friend of U.S. Supreme Court Justice, Sonia Sotomayor, brings to life Justice Sotomayor's wonderful children's book, *Just Ask! Be Different, Be Brave, Be You*. Told in the context of children coming together to plant a garden, Justice Sotomayor writes about children with all sorts of challenges - and looks at the special gifts those kids have as well. Program open to all, space is limited, register early at: killingworthlibrary.org

Nov. 2 - Magic Workshop for All Ages, 11 am to Noon at Killingworth Library. Christina the Magician gives an intergenerational Magic Workshop at the library! The only thing cooler than watching a magic show is learning how to perform the magic yourself! Ages 8 to 108 are welcome, space is limited, register early by visiting our online calendar at: killingworthlibrary.org

Nov. 2 - Preparing for Postpartum. Killingworth Library, 11:30 am – 12:30 pm. Free admission. Join other expecting and new mamas for a real-life Ask Me Anything (AMA) with Mandy Major, certified postpartum doula PCD (DONA), Healthline.com postpartum columnist, and the founder of Motherbaby Network, LLC. Session will cover top questions and important basics to help you successfully sail through the fourth trimester, including lactation, emotional health, postpartum resources, and how to care for your postpartum body—and how others can help care for you, too. Babies welcome. This event is lactation-friendly. Prior registration required. Please visit the library's calendar at killingworthlibrary.org to register online.

Nov. 4 – Member Breakfast - MCCC Annual Support the Troops/Hone the Veterans Breakfast. Former Army Captain Paul W. "Buddy" Bucha, Medal of Honor Recipient, sponsored by Middlesex Health. To register, visit middlesexchamber.com

Nov. 8 - A Tour of the Universe from Your Backyard, 7 pm, Pond Room at Parmelee Farm, 465 Route 81, Killingworth. Presented by Laurie Averill and Jim Mazur: Starting at Earth and exploring into space, learn about interesting astronomical phenomena and objects to see in the late fall sky right from your backyard with and without binoculars and telescopes. Get a sense of the vastly different sizes of and distances starting with what is within Earth's atmosphere to millions of light years away including Earth's shadow, Sun dogs, rainbows, Moon halos, satellites, meteors, Moon, Sun, nebulae, star clusters, galaxies... Weather

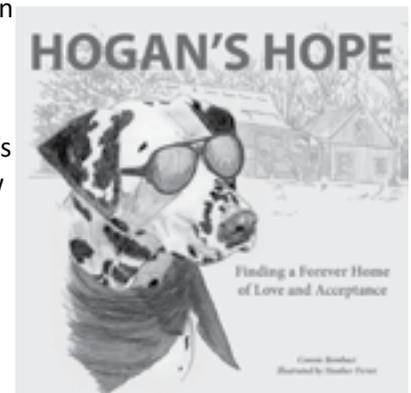
permitting the talk will be followed by viewing some of the phenomena in the night sky through telescopes.

This event is free, but prior registration is required. Please visit the library's calendar at killingworthlibrary.org to register online.

Nov. 9 - "Stop the Bleed" Class offered at the Killingworth Ambulance Association on Route 81, 9:30 am. Free and Open to the Public

Nov. 9 - St. James Annual Christmas Fair & Turkey Dinner – 10 am – 2 pm. Christmas tag sale items, books, jewelry, themed baskets, candy and baked goods. Our famous traditional turkey dinner, including turkey, stuffing, yams, cranberry sauce, and homemade pies and desserts, will be held from 11 -1:30 with take-out available. Cost for the dinner is \$12 adults, \$10 seniors, children 7-12. \$8 and 6 and under are free.

Nov. 12 - 4 p.m. – Killingworth Library: Hogan's Hope – Finding a Forever Home of Love and Acceptance. Gayle Byrne, children's librarian and Author Connie Bombaci will host Sarah Cody from WTNH Channel 8 for a children's presentation on the new children's book. Sarah will also focus on deaf dogs and what great family members they make. All are welcome.



Nov. 12 - Tuesday Book Discussion - "A Gentleman in Moscow" by Amor Towles. Discussion begins at 1 pm in the Killingworth library meeting room. All welcome.

Nov. 15 - November Mystery Book Club- Tell No One, by Harlan Coben. 6:30 pm at the Library. Copies of the books are available at the Killingworth Library front desk.

GIVE
THANKS
FAMILY · FRIENDS · GRATITUDE

Calendar of Events

Nov. 17 - Sunday Autumn Afternoon Music Series – at the Congregational Church in Killingworth, 4 pm The Madison-based Skunk Misery Ramblers is an all-ages, all-acoustic fiddlers group playing a variety of music such as Celtic, bluegrass and even classical pieces. The all-string band includes violins, mandolins, guitars, and banjos. The Ramblers are joined by the Shoreline Singers, an all-inclusive teens-through-adults community chorus based in Higganum. Tickets: \$12 per person; \$20 for couples, includes refreshments and 50/50 raffle. The concert benefits the Preservation 2020 fund-raising drive.

Nov. 18 - Member Breakfast – MCCC Mike Cavanaugh, Uconn men's Ice Hockey Coach. To register, visit middlesexchamber.com

Nov. 22, 23 - St. Peter Church 60th Annual Christmas Fair - 30 St. Peter Lane Higganum. Friday, 5-8 pm, Adults only wine, cheese and hors d'oeuvre reception. Tickets are \$15. Pre Sale of tickets will begin after all masses beginning October 19th or at the door.

60th Annual Christmas Fair – Saturday 9 am – 3 pm. Fair items include baked goods, antiques/collectibles, crafts, quilts, holiday wreaths, decorations. Coffee and pastries to a complete luncheon menu throughout the day.

The BIG RAFFLE prize is \$1,000 Visa bank card and a second and third prize of a \$500 Visa bank card each. A mini raffle also offers more chances for tremendous gifts. We are currently accepting donations for the antique attic and crafting booths. All donations greatly appreciated! For more info contact the Church Office at (860) 345-8018.

Nov. 23 – Stuff A Cruiser - 10 am - 2 pm, at the Higganum Green on Route 154. Youth and Family Services will be collecting new toys and gifts to stuff the cruiser that belongs to Haddam Resident State Trooper Joseph DeAngelo. Please remember our teens during this holiday season (as well as young children) with gift cards or financial contributions toward gifts requested by families. Need ideas? Call us! (860) 345-7498.

Dec. 5 – Life's a Trip at Beechwood Presents... It Happened One Christmas Eve, at the Westchester Broadway Theatre. Bus trip to the theatre includes lunch, dessert, coffee & tea. Watch the play, which spans several time periods from 1989 through 1919. Lots of songs, a great storyline in a house full of interesting characters. Their lives change forever on Christmas Eve when a baby is placed on their Brooklyn doorstep. Cost - \$125 includes all – RSVP to Shirley (860) 452-4530.

Dec. 6 – St James Annual Service of Remembrance and Support and Reception, 6:30 pm. The community is invited to attend this service, which recognizes that not everyone shares in the usual joyful celebration of the season. Some grieve the death of a spouse or a precious child. Others grieve the loss of a dear friend or a pet, a broken relationship or the loss of health or youth, while others struggle with unemployment or poverty. For further information contact Cherry Czuba at cherylczuba@comcast.net.

Dec. 6, 7 - Saint Lawrence Christmas Fair in Killingworth - 5 – 8 pm Fri, 9 am- 2pm Sat. Attractions include a silent auction, gifts and gift baskets, basket raffle, evergreen decorations, and homemade holiday baked goods. The kitchen will offer homemade pies, soup, chili, hot dogs, pizza, meatball grinders, and more. For more information, visit www.stlawrencechurch.com.

Dec. 7 – Christmas Fair, Killingworth Historical Society. 8:30 am – 3 pm, Parmelee Farmhouse, 465 Route 81. Baked Goodies and Candies, Hand made gifts, Gift Baskets, Holiday Arrangements, Ornaments, Santa's Attic. Don't miss this popular fair, it's a gem!

Dec. 7 – 32nd Annual HKMS Craft Fair - 9 am – 3 pm. 80 + vendors from near and far selling handcrafted jewelry, artwork, holiday decor, pottery, soaps, candles, and much more. Grab a bite at our concessions stand and bake sale, 60 items in our raffle. Children can enjoy a scavenger hunt while you look for the perfect gifts. FREE ADMISSION. Haddam- Killingworth Middle School, 451 CT-81, Killingworth

Dec. 14 - Breakfast with Santa Dec 14 - 8:30 am -11 am, Adult Breakfast \$6, Child Breakfast (under 10 yrs old) \$4. Have your picture taken with Santa and Mrs. Claus! Crafts for Sale, Raffle, Fun Activities for the kids! Killingworth Nursery School, 273 Route 81 (860) 663-1950 Killingworthnurseryschool.com

Dec. 15 - Saint Lawrence Church, Killingworth - Christmas Concert 2-3:30 pm. The event features congregational signing of carols, songs by the adult choir, instrumentals, vocalists, and refreshments. For more information, visit www.stlawrencechurch.com



“Alexa, turn on my spirituality.”

Of course, you don't have an e-soul. Your soul is a living part of your energy, and it needs tending and nourishment. Do you find that you are spending too much of your human capital on Facebook and YouTube? Work? Errands? Maybe a respite from the noise is just the carve-out you need in your week! Perhaps you are concerned that your children are stressed out by the demands and pervasive negativity in the world, and you want them to develop some internal tools to call upon when times get tough. Think about the difference that an hour a week spent nourishing your spirit would make. It's an investment in yourself--quiet reflection, songs of praise and sacred ritual are all a powerful form of detox from the frenzied world. Wouldn't it feel great to have a more grounded “you”—one that is more centered, thoughtful and connected?! And how about enriching your social circle with a whole new group of really nice people who feel the same way?

Here's your mission, then. Take a lovely drive down Route 148 in Killingworth this Sunday. Follow the signs to Emmanuel Episcopal Church (or plug our coordinates into your GPS), and park your car. Arrive a little before 10:00 a.m., and you will be welcomed to find a seat and spend an hour getting reacquainted with your spirit, your truth, and your heart. Stay for a cup of coffee and a home baked treat, and probably before you can take a second sip, you will meet and befriend some new neighbors. You will leave with a smile. You may find that the smile stays in your heart where just the right space has been waiting for it.

We're looking forward to meeting you, and we'll put the coffee on.



Emmanuel Episcopal Church
50 Emmanuel Church Road
Killingworth, CT 06419

Give a Gift to a Neighbor in Need

Make Someone's Holiday Special

The Killingworth Women's Organization asks you to please consider helping others during the holiday season by participating in the 2019 Gregory Bousquet Holiday Wish Drive. Gregory Bousquet was the son of Jackie and Bob Bousquet, Killingworth residents for 35 years. After Gregory's tragic death in 1995, the Drive was established in his living memory to reach out to those in our community who are less fortunate.

Every year, the Killingworth community comes together to help its neighbors during the holidays by donation gifts to families in need, as some are unable to provide their loved ones with gifts, and some are homebound and unable to participate in holiday events.

On November 14th, Holiday Wish Drive gift lists will be posted in the front office of Killingworth Elementary School and St. Lawrence Church. To participate, follow these simple steps:

- 1) Take a "neighbor in need" card, which will have a wish gift item on it.
- 2) Purchase the listed gift.
- 3) Return the "neighbor in need" card with the gift item to either the KES front office or St. Lawrence Church.

If your gift item is a gift card, you can mail it to the Killingworth Women's Organization (KWO), PO Box 952, Killingworth, CT06419.

Toys and clothing should be new, in original packaging and unwrapped. All gifts must be delivered to the drop-off locations by December 12th. Donations can be sent to the KWO and someone's wish gift will be purchased on your behalf. When submitting checks, please write "Wish Drive" in the memo line. KWO will send you a tax donation letter. Please write your name clearly, and include your address or email address with the gift. Presents will be given to families on December 15th.



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Our Town and the Success Story of Chris Lewis

In April of 2017, my 23-year-old son was finishing up his last year of nursing school at Southern CT State University. He had a job offer and was going to be working in the Neuro ICU at Yale. This was really the happiest time of our lives.

On May 6, 2017, after a few days of not feeling well, I drove Chris to the ER at the Yale-Guilford facility. He had severe abdominal pain and was quickly transferred to Yale. After being evaluated by hepatologists and his transplant surgeon (Chris had a transplant in 2005 by Dr. Sukru Emre, who then was a transplant surgeon at Mt. Sinai Hospital in New York), it was determined that Chris would need another transplant. His artery that supplied blood to the liver had become occluded, destroying his liver.

This was very shocking news. It felt like our life stopped, we were in shock.

As a Mom, my heart broke when my son had to face this reality. The next two years were full of emergency room visits, hospitalizations, trips to Georgetown Hospital in Washington, D.C. Chris was listed at this hospital as well as Yale increasing the chances of his getting a liver sooner. My town of Killingworth, where I was born and raised came through for me, just like they did with the



first transplant in 2005. It truly was the love, prayers, and support of this town that got us through this most difficult time. The Congregational Church, St. Lawrence Church, Killingworth Family Pharmacy, Copper Skillet and the Town of Killingworth, and so many individual friends, new and old, rallied together to help us. We are so blessed and grateful for all the love we received.

On June 7, 2019 our wonderful life was returned to us when Chris received his near perfect liver. The transplant was performed by the same transplant surgeon as his first transplant, Sukru Emre. Thankfully, it was a very successful transplant. Chris just took his NCLEX exam and passed, receiving his BSN for nursing. He will begin working at Yale in the next few weeks.

What a caring and compassionate nurse he will be. I know he will give back and help so many people. I thank this town from the bottom of my heart, for loving my son through this most difficult time. We will forever be grateful.

***Thank you all for your love and prayers –
The Lewis Family***

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HK Hall of Fame Call for Nominations

The Haddam-Killingworth Hall of Fame is issuing its annual call for nominations, as we begin putting together the Class of 2020. The Haddam-Killingworth Hall of Fame was established in 2009 to recognize individuals from our communities who meet one or both of the following criteria: Exemplary Commitment to the Service of the Children of Haddam and/or Killingworth. Outstanding Record of Service to the Community (Haddam and/or Killingworth)

In addition, the individual must be an excellent role model, exhibiting behavior that is highly ethical, caring, and one in which the individual assumes responsibility for his or her actions. Nominated individuals, who are chosen by the selection committee, will be honored at a banquet held in the May of 2020 and will have their names permanently inscribed into the Haddam-Killingworth Hall of Fame.

If you wish to nominate someone for this recognition, please do so by completing the Nomination Form and sending it to: Haddam-Killingworth Hall of Fame, PO Box 24, Higganum, CT 06441 or you may email them to hkhalloffame09@gmail.com. Forms may be downloaded from the Hall of Fame website, hkhalloffame.weebly.com, or obtained from email above or contact Elaine Jackson (860) 424-6178. Any questions regarding the nominating process or the Haddam-Killingworth Hall of Fame should likewise be directed to Howard Burr hburr@rsd17.org; Thomas Thompson (860) 759-2041; Elaine Jackson elaine.jack835@gmail.com (860) 424-6178. Nomination forms can also be picked up at the Haddam and Killingworth town halls. Deadline for Nominations is February 1, 2020.

Overwhelmed with a Behaviorally Challenging Child?

Henry Carter Hull Library is once again offering Collaborative Problem Solving® for adults. CPS is a non-punitive, evidence-based, trauma-informed approach to discipline effective in all systems including at home. This free, five-week series, sponsored by NAMI Shoreline, begins Thursdays, November 7 (except Thanksgiving), 6:30-8:30 pm. Facilitated by Divinna Schmitt, M Ed, CPS Certified. Space is limited. Registration required: DivinnaCPS@comcast.net Visit thinkkids.org to learn more or call (860) 876-0236.

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VOTE FOR STRONG FINANCIAL LEADERSHIP

By keeping taxes low and cutting red tape, Francesco and Eileen are committed to protecting the American Dream and making sure the future of Killingworth is bright for generations to come.

GET OUT & VOTE THIS ELECTION DAY
TUESDAY, NOVEMBER 5TH

FRANCESCO LULAJ & EILEEN BLEWETT
FOR FIRST SELECTMAN & FOR SELECTMAN

- Where: Killingworth Elementary School
- When: The polls are open from 6:00 AM to 8:00 PM
- Vote Row B



Francesco Lulaj

FOR KILLINGWORTH FIRST SELECTMAN



Paid for by Francesco for Killingworth (Loretta D'Arcy, Treasurer, Approved by Francesco Lulaj) and the Killingworth Republican Town Committee (Eric McLaughlin, Treasurer.)

Mental Health First Aid Training

This training course is hosted by Changing Minds Advocacy Group. Dates are Friday Nov. 22 from 4:30-9 p.m., and Sat. Nov. 23, from 9 a.m.-1:30 p.m. Location: Killingworth Fire Department, 333 Rt. 81, Killingworth. Must attend both dates to receive certification. Fee - \$20.

You must register in advance by contacting the instructor Janine Sullivan-Wiley at kswiley@sbcglobal.net with MHFA in subject line.

Mental Health First Aid is an international 8-hour certificate course that teaches participants how to respond to signs of mental health and substance use problems. The training teaches skills needed to reach out and provide initial help and support to someone who may be develop-

A community public health course

ing a problem or experiencing a crisis. An evidence-based training, Mental Health First Aid is managed by the National Council for Behavioral Health.

Too often, people seek help only when they are in crisis, but we know that for any health problem, early intervention supports early recovery.

A light supper Friday and a breakfast Saturday will be served.

Donors/Sponsors: Killingworth Lions Club | Youth and Family Services of Haddam and Killingworth | Nathaniel B. Field Memorial Foundation | St. Lawrence Church Healing Ministry | NAMI Shoreline

You're Worth It! Team Supports AFSP Out of Darkness Walk

The Nathaniel B. Field Memorial Foundation, Inc. "You're Worth It" team supported Niantic's 2nd annual Out of the Darkness Community Walk! Sponsored by the Brian Dagle Foundation and the American Foundation for Suicide Prevention (AFSP) held in September at McCook Park in Niantic. Local residents Alicia and Tony Sledzik, Howie Field, and John Griffo joined over 200 participants in the 2 mile walk along the Niantic Boardwalk. The goals

of the Out of Darkness Walks are to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

For more information on the Nathaniel B. Field Memorial Foundation, Inc., visit nathanielfield.org



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The Vet's Corner

by Julie Berman, DVM, Lynda Perry, DVM, Michelle West, DVM



Grain Free Diets for Dogs: Myths and Medical Issues

In recent years “grain-free” foods have taken over an increasing market share in the pet food industry, and many pet food companies have jumped on the marketing bandwagon implying that grain-free foods are somehow healthier for dogs. The marketing is convincing but the science is not, and now there are concerns in the veterinary community that grain-free diets are related to an increase in heart disease in dogs.

Dogs are not obligate carnivores. Over the tens of thousands of years that dogs have lived among humans and become domesticated, metabolism has adapted to an omnivorous diet, meaning they can eat both plant-based and meat-based foods. Grains can be a part of a nutritious diet for dogs. Food allergies are an issue for some dogs, but animal based proteins such as meat, fish, dairy or egg products are the most common allergens.

The grain-free trend seemed to start after the 2007 pet food recall scare, where it was discovered that toxic melamine was contaminating many brands of pet foods, causing kidney failure in dogs and cats. Melamine was illegally added by foreign suppliers to wheat gluten, which was used as a dietary protein source, to make it appear to be higher quality. The problem was discovered by veterinarians who noticed an increase in unexplained cases of kidney failure, many of which involved several animals in the same household eating the same diet. This led to huge industry-wide food recalls and an overhaul of quality control procedures for many of the large pet food companies.

Melamine contamination is no longer a problem, but somehow wheat and other grains have become an issue in the opinions of consumers. There is certainly a trend in human nutrition towards gluten free and “Paleo” diets which exclude most grains, and the pet food companies are following that trend with products and marketing that follow consumer demand.

But this trend appears to have a downside for dogs. Once again veterinarians have recently noticed a potential diet-related problem: an increase in a type of heart disease called DCM, or Dilated Cardiomyopathy.

DCM weakens the heart muscle, resulting in abnormal rhythm, heart failure and potentially death. It is known to be inherited in several breeds including Doberman Pinschers, Great Danes, and Irish Wolfhounds, but now unexpected cases are being seen in dogs of other breeds. The common thread appears to be grain free, exotic ingredient dog food made by small “boutique” pet food companies. Most of these foods substitute peas, chick peas, lentils, and potatoes for grain products. A deficiency of taurine, (an amino acid), is also known to cause DCM, but many of the dogs have normal taurine levels. The exact cause of this condition is still a mystery, but studies are underway to connect the dots.

The best way to diagnose DCM is imaging of the heart with ultrasound, especially if symptoms of lethargy, coughing, labored breathing, or fainting spells are seen, or if a heart murmur is detected. Affected dogs can often be managed with medications and some cases have resolved with a diet change.

If you are concerned: Don't panic! There are hundreds of thousands of dogs consuming these types of diets and the reported cases of diet related DCM are relatively infrequent. Talk to your vet about diet recommendations to reduce the risk, and avoid marketing and social media trends when choosing a dog food for your companion. Contact your veterinarian for more information.

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Winners of the Middlesex Chamber's 2019 Small Business Awards Announced

(Middletown, CT) Chairman of the Middlesex County Chamber of Commerce Don DeVivo announced that the winners of the Middlesex County Chamber of Commerce's 8th Annual Small Business of the Year Awards have been chosen. The awards are a part of Connecticut Connections Middlesex County's Premier Business Expo on Wednesday, October 23, 2019 at the Red Lion Hotel Cromwell. The Eighth Annual Small Business Awards ceremony will take place from 4:00 p.m. until 5:00 p.m.

The Small Business of the Year Awards are designed to recognize the dedication, innovation, and entrepreneurial spirit displayed by Connecticut's small businesses.

The 2019 winners are:

- Business of the Year (1-30 employees), **Bishop's Automotive, Inc.** - Cromwell
- Business of the Year (31+ employees), **The Lee Company** - Westbrook
- Business Growth & Expansion, **GCI Outdoor** - Higganum
- Manufacturer of the Year, **Roto Frank of America, Inc.** - Chester
- Minority Owned Business of the Year, **R.J. Julia Booksellers** - Middletown/Madison
- Nonprofit Business of the Year, **Community Foundation of Middlesex County** - Middletown
- Outstanding New Business Under 5 Years, **Perkatory Coffee Roasters** - Middletown
- Retail Business of the Year, **Killingworth True Value** - Killingworth
- Tourism/Hospitality Business of the Year, **Riverwind Inn** - Deep River

Middlesex County Chamber of Commerce President Larry McHugh noted, "We are very proud of our 2019 Small Business Award winners who were all nominated by other members of the chamber. They come from many different industry sectors, but they all share a commitment to Middlesex County and they are all great representatives of our business community."

To register or find out more on Connecticut Connections please visit www.middlesexchamber.com





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— Charles Martens



Cathy Iino
"Cathy's knowledge, experience, and intelligence are a huge benefit to the people of Killingworth."
— Joe Courtney

VOTE ROW A NOVEMBER 5 6:00 AM - 8:00 PM KES

Photos by Amy Etra

Paid for by the Killingworth Democratic Town Committee, Katherine Smith, Treasurer.



Notes from the Town Hall

First Selectwoman Cathy Iino



Town Hall hours. We have been trying a new schedule of Town Hall business hours for the last few months, staying open until 7 pm on Thursdays and closing at noon on Fridays. Response has been good, and so we are going to keep these hours in place: M,T,W 8 am – 4 pm. Thurs 8 am – 7 pm. Fri 8 am – noon. Hope you can find a convenient time to stop in.

Election Day is November 5. This is a local election year, with 23 town and regional school board positions up for election. The full ballot may be viewed at townofkillingworth.com. Polls will be open from 6 am to 8 pm at Killingworth Elementary School. If you are eligible and have not already registered to vote, you may register on Election Day at Town Hall.

Yard signs. Please remove all political signs as soon as possible after November 5. In general, temporary signs are to be removed at the termination of the event they are advertising.

Transfer Station policy. The town does not charge residents for access to the Transfer Station, and we would like to keep it that way. We can do that only if we can control illegal use of the station by nonresidents and businesses. We are, therefore, stepping up enforcement. Dump stickers must be displayed on the windshield of the vehicle to which it is assigned; vehicles without stickers will not be allowed to go through the gates. If you do not have a sticker, please obtain one right away. Each household is entitled to two stickers, and you may obtain them, upon presentation of your vehicle registration, at Town Hall or outside the Transfer Station. If you apply now, you will be issued a green sticker. If you have a valid red sticker, you may continue to use that until further notice. We will not require green stickers until next spring.

Yellow Pages delivery opt-out. Once again, Yellow Pages phone books will be delivered in Killingworth to all houses that do not opt out. Delivery of the Greater New Haven directory is scheduled for February and March, 2020. If you do not wish to have a phone book delivered, you can file your preference at yellowpagesoptout.com. You have until November 24th to opt out of this delivery.

Winter parking. The town's winter parking ban goes into effect on November 15. From then until April 15, parking on public roads is prohibited between of 12:00 midnight to 6:00 a.m. When it snows, a full-time parking ban will go into effect. Please cooperate! These rules make it possible for our plows to efficiently and effectively clear the roads.

Protection from power cut-off. Eversource maintains a list of customers who depend on electricity for medical purposes; the company will notify people on the list, when possible, before planned or weather-related power outages. The list does not guarantee priority restoration, and so you should have a backup plan for powering medical equipment or refrigerating medication in advance of these events. The town can access this list during emergencies, so that we can be aware of particular needs. To participate in this voluntary program, please visit Eversource.com or call (800) 286-2000.

Late-breaking public notices. When a parking ban goes into effect, an early dump closing is necessary, or a road must be temporarily closed at the last minute, we send out emails to let you know. If you haven't already, please sign up for email notifications from the town at www.town-ofkillingworth.com.

Coffee with the First Selectwoman. Fridays, 8:30 a.m. Copper Skillet on November 1; Dunkin Donuts on November 8; and Cozy Corner Bakery on November 15. I look forward to seeing you.

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Kevin Albrecht, President



Town Meetings

NOVEMBER 2019 Meetings

Mon. 11/04 7:30 PM	Killingworth Park & Recreation Commission	Town Office Building
Tues. 11/05 6:00 AM-8:00 PM	ELECTION DAY	Killingworth Elem. School
Thurs. 11/07 7:00 PM	Parmelee Farm Committee	Pond Room Parmelee Farm
Mon. 11/11	VETERANS' DAY – TOWN OFFICES CLOSED	
Tues. 11/12 7:00 PM	Board of Selectmen	Town Office Building
Tues. 11/12 7:00 PM	Board of Finance	Town Office Building
Tues. 11/12 7:00 PM	Inland Wetlands and Watercourses Commission	Town Office Building
Wed. 11/13 7:00 PM	Public Health Agency	Town Office Building
Thurs. 11/14 7:00 PM	Killingworth Conservation Commission	Town Office Building
Tues. 11/19 7:00 PM	Planning & Zoning Commission	Town Office Building
Mon. 11/25 7:00 PM	Board of Selectmen	Town Office Building
Mon. 11/25 7:00 PM	Zoning Board of Appeals	Town Office Building
Thurs. 11/28	THANKSGIVING HOLIDAY – TOWN OFFICES CLOSED	
Fri. 11/29	THANKSGIVING HOLIDAY – TOWN OFFICES CLOSED	

Weds. – Senior Lunch Café – Noon at the Killingworth Congregational Church parish hall. The cost is \$3 for those 60 and older. Call (860) 388-1611 by 11 a.m. on Tuesday to sign up for the next day's meal.

Haddam-Killingworth Rotary Club – meets every other Tuesday at 6:30 at June's Outback Pub, 184 CT-81, for more information contact Hedy Watrous (860) 526-1337

Killingworth Women's Organization – second Wednesdays, 6:30 p.m. Killingworth Library, 301 CT-81. New members welcome. For info, contact (860) 663-2244 or info at kwoct.org.

Helping Hands, the Killingworth food pantry, is open by appointment to residents in need of food assistance. Call (860) 663-1765 x 401. The Pantry is supported by local contributions and is for Killingworth residents only. Donations can be sent to Helping Hands, c/o Town Hall, 323 Route 81. The Killingworth Library has a collection bin for non-perishable food.

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WHAT'S *Cooking In* KILLINGWORTH

Pumpkin Cheese Ball

This is a crowd pleaser and looks so pretty on a festive fall table or counter.

Nancy Dansereau
& ASSOCIATES

Feeling thankful for family, friends, our great clients
and for Successfully Selling Killingworth
& the Shoreline for 17+ Years!

Happy Thanksgiving!



Nancy Dansereau 860-301-5148
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INGREDIENTS

- 8 oz. cream cheese
- 10 oz. finely chopped sharp cheddar
- 1/4 cup blue cheese crumbles
- 2 tsp. Worcestershire sauce
- 1/4 tsp. celery salt
- 1/4 tsp. onion salt

Mixture of approximately 1 cup finely chopped walnuts and 1 T paprika

Mix first 6 ingredients in a standing or hand held mixer. Roll into a ball shape and chill 1/2 hour. Grind up walnuts and mix with paprika in a small bowl. Set aside.

Place the ball of cheese on a large piece of parchment paper. You will need to shape the cheese into a pumpkin shaped form. Bring the parchment paper up and around the cheese ball to keep from making it sticky and shape it into a round larger from the middle down. Once done, pat the walnut/paprika mixture all over. Using a butter knife, score the 'pumpkin' like the real deal from top to bottom in a curved fashion. Add a real stem (wrapped in plastic at the bottom) or a piece of celery for the stem. Chill an hour before serving with crackers. Double the recipe to make a decent sized cheese ball pumpkin. Serves Approximately 12.

Enjoy!



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www.living-rock.org

138 Route 81, Killingworth

Rev. Ryan Young, Senior Pastor

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Nursery & Children's Church available

St. Lawrence Catholic Church

7 Hemlock Dr., Killingworth
(860) 663-2576

Rev. Joseph DeCosta

Tues @ 7 p.m.;

Wed, Thurs, Fri., Sat. 8:30 a.m.; Sat. 4 p.m.

Sat. Confessions, 2:30 - 3:30 p.m.

Sunday Mass 8:30 & 10:30 a.m.

The Congregational Church in Killingworth

(United Church of Christ)

273 Route 81, Killingworth

(860) 663-1789

www.killingworthchurch.org

The Rev. Joan Cooper Burnett,
Minister

kwcongchurch@yahoo.com

Worship at 10:00 a.m.

Killingworth Services

Call Before You Dig.....(800) 922-4455

Community Post Office.....(860) 663-2114
Weekdays.....9 a.m. - 5 p.m.
Saturday.....9 a.m. - 12 Noon

Compactor.....(860) 391-5527
Tuesday.....2 - 7 p.m.
Thursday.....2 - 7 p.m.
Saturday.....8 a.m. - 2 p.m.

H-K Rec. 24 hr. Hotline..(860) 345-8334

Library.....(860) 663-2000
(www.killingworthlibrary.org)
Mon., Wed., Fri., & Sat.....10 a.m. - 4:30 p.m.
Tues., Thurs.....10 a.m. - 8 p.m.

RSD17 School Info (www.rsd17.org)

Superintendent of Schools

Phone(860) 345-4534
Fax.....(860) 345-2817

KES.....(860) 663-1121

HKMS.....(860) 663-1241

HKHS.....(860) 345-8541

Pupil Services.....(860) 345-4244

Bus Garage.....(860) 345-8228

Distance Learning..(860) 345-7967

Youth & Family Svcs.... (860) 345-7498

Town Office Phone Numbers

Main Number.....(860) 663-1765
M-F..... 8 a.m. - Noon & 1 - 4 p.m.

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Crime Tips Hotline:

1-800-258-1205 x 8000

Emergency.....**911**

Non-Emergency

Police.....(860) 663-1132

Fire.....(860) 663-1785

Poison Control.....(800) 222-1222

Resident Trooper....(860) 345-2769

State Police, Westbrook Barracks

Phone.....(860) 399-2100

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