

Guilford



Events

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Volume 2 • Quarter 2 • 2013



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First Selectman's Corner

The Board of Selectmen and Board of Education submitted their FY2013-2014 budgets to the Board of Finance. The Board of Education budget represents a 2.98% increase over the current year and the unanimously approved Board of Selectmen budget represents a 1.96% increase over the current year. Combined both budgets represent a 2.61% increase. The selectmen have also recommended three bond resolutions totaling \$5,991,000 over a two-year period. These long-term capital initiatives include the elevation of coastal roads including Old Quarry, Chaffinch Island and Tuttle's Point.

This proposed Board of Selectmen budget maintains current staffing levels, upholds the excellent level of services, increases funds towards road construction and maintenance and keeps the integrity of the Elderly Tax Relief Program. The Board of Finance met in March and after a public hearing and workshop meeting it unanimously approved the Town and Board of Education budgets as presented as well as the bonding proposals. The Annual Budget meeting is scheduled for April 2, 7:30 p.m. at the Community Center and the Referendum will take place April 9 at all polling locations. If approved by voters, the mill rate will increase 3.12% or .70 mills resulting in a new mill rate of 23.06.

The application process for the Elderly Tax Relief Program began February 1 and ends on May 15. You must re-apply every

year to continue to be eligible for this program.

Our Town Assessor has reported an increase in the Grand List of \$4.1 million over the current year, which is equal to a .012% increase.

The town celebrated another wonderful holiday season starting with the Annual Tree Lighting on the Green spearheaded by the Chamber of Commerce. The event was well attended. People enjoyed the shops, restaurants and fundraising activities while strolling around the Green. A new holiday event was held on December 6; *Light Up the Green/Light Up the Night*. Many of the shops and restaurants remained open into the evening while the Green was lit up with over 500 luminaries.

On February 8th and 9th Guilford experienced a major blizzard with snowfall totaling up to 36 inches. The Town has not experienced a storm like that in over 30 years. The Public Works, Fire, Police and Parks and Recreation Departments did an outstanding job in making the roads passable as soon as possible. The Fire Department was equipped and able to handle all emergencies including those in areas that were unplowed.



Continued on page 2



Experience The Wharf restaurant at Madison Beach Hotel, serving farm-to-table cuisine that allows the flavors of the Atlantic Northeast to shine, with a subtle twist. By using locally sourced ingredients and classical preparation techniques, The Wharf's extensive menu is sure to please.

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Selectman's Corner ... continued from page 1

It is important that our citizens realize that the Fire Department is equipped with plows and during this storm they were also assigned a pay loader, which in some cases had to lead the way so emergency vehicles could get to the emergency.

The 375th Anniversary Celebration Committee has been working hard on events for our 2014 Celebration. Fundraising activities will begin March 23 at the Knights of Columbus Hall where the band Eight to the Bar will perform. Look for more dances and fundraising events as the year progresses since the 2014 celebration will be funded solely by contributions and sponsorships. This project is an enormous undertaking and more volunteers are needed. Please consider contributing your time and talents on one of these subcommittees and help make this a successful celebration for the town. If you are interested in volunteering contact the Selectmen's Office.

Construction of the new bulkhead at the town dock has begun and is scheduled to be completed by April 30.

The Board of Selectmen would like to congratulate Anna Dwyer who was recently appointed as Guilford's new Town Clerk. She took over the position after the retirement of Jan Teft who was Town Clerk for twenty-six and a half years. We wish Jan a healthy and happy retirement.

First Selectman Joseph Mazza









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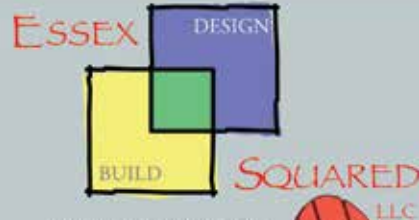
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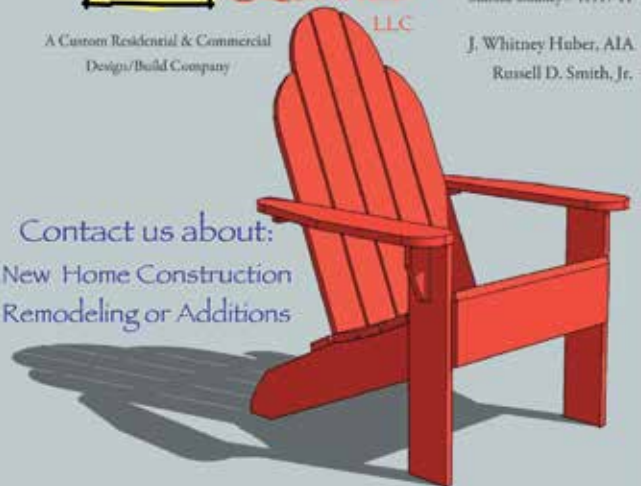
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Economic Development Department

Guilford continues to be a town where people want to live, shop, dine while exploring our museums, arts, natural resources and more. Businesses move to Guilford to become an active part of our community. While the general economy continues present challenges to many businesses, we have attracted new businesses and supported several locations as their needs have changed. For example;

Ithai Restaurant - 1200 Boston Post Road (Mulberry Plaza), opened during February. They feature a wide variety of authentic thai cuisine to be enjoyed at their location or phone 203 533-5060 for quick take-out service. Orders may be placed on-line www.ithaiguilford.com. Catering is available for functions and parties. They are open 7 days per week for lunch (11 am to 3 pm) and dinner (4 pm to 9:30 pm).

Hen + Heifer - 23 Water Street, may well be open by the time this magazine is distributed. Their specialty is classic French and American homemade baked goods, including pastries, cookies and tarts. Whang Suh - owner and chef invites you in to enjoy his treats. Outdoor seating will be available in the courtyard, weather permitting. www.henandheifer.com.

Kennedy & Perkins - 856 Boston Post Road (Shoreline Plaza), Family owned since 1946 are full service eye care specialists, including eye exams, broad selection of fashion eye wear for adults and children, contact lens fittings and sun glasses. Grand opening will be in April. Hours of operation will be 9:30 am to 7 pm, Monday through Friday and 9:30 am to 4 pm on Saturday. The new Guilford location is their 6th location with others in Branford, Old Saybrook, New Haven, North Haven and Orange. 203 458-1121. www.kennedy-perkins.com.

Black Eyed Susan Consignments - moved from their 2nd story location at 87 Whitfield Street to a street level location at 47 Whitfield Street (former Asiye's Boutique). Now in their 5th year, they specialize in upscale women's clothing and accessories for consignment and resale. As their business has grown, they needed additional space while providing more visibility and ease to the customers. No appointments are needed and they accept consignments during normal business hours. Hours are 10 am to 5 pm Tuesday through Saturday and expect to be open 7 days per week beginning in April. 203-458-3933.

The Guilford Mooring Restaurant - 505 Whitfield Street, continues to demonstrate their commitment to Guilford after being impacted by two hurricanes during the last year. Once again, they have rebuilt the restaurant, starting fresh with all new equipment. They have assembled a new team, including their head chef, many of the servers and support personnel to enhance your dining experience. They expect to be fully operational in early April. Hours will be 11:30 am to 9 pm (later in season) serving lunch and dinners. 203-458-2921. www.guilfordmooring.com

Cradles to Crayons - 447 Boston Street is under new management. Owner Arthur Aldo has renovated the inside and expects to make some improvements to the outside when weather permits. Hours are 7 am to 6 pm, Monday through Friday. Registration is underway for summer and fall programs. 203-453-0261. www.cradlestocrayonschildcenter.com.

All of these businesses certainly provide economic benefit to the town while providing services and options to our residents.

Brian McGlone- Economic Development Coordinator

Dudley Farm

Museum opens April 1

Thursday through Saturday 10 am to 1 pm
Sunday 1 pm to 4 pm

Winter Farmer's Market

April 6 and May 4 / 9 am to 12 noon

Clean Up the Farmland and Museum

April 20 - 9 am to finished. (Rain date April 21)

Annual Tag Sale

April 27 - 8:30 am to 2 pm (Rain date May 11)

Summer Farmer's Market

Begins June 1 / every Saturday through October 26th
9 am to 12:30 pm

Registrar of Voters

We have sent out over 1600 letters to people we have reason to believe no longer live and vote in Guilford. If you are one of those 1600 voters, it is imperative that you read AND return the letter to our office telling us of your residential status. If we do not here from you, your voting status will change from 'active' to 'inactive' in our Guilford Voter Registry. We cannot overemphasize the importance of responding to these letters.

DO NOT LOSE YOUR RIGHT TO VOTE.

Contact Information:

Registrars: Louise Graver, Gloria Nemczuk

Phone: 203-453-8028

Email: registrar@ci.guilford.ct.us

Guilford 375th Anniversary Celebration

The Anniversary Committee is seeing the pieces of the plan coming together. A large group from the public attended an "Information Night" back in January. They were made aware of the intended "Signature Events", including; "New Year's Happenings" event to occur December 31, formally kicking off our year-long celebration. This will be a family-oriented day of entertainment, totally alcohol free, from noon to 9 pm. Games, music and food will be prevalent from the Community Center all around the Green. Fireworks visible from the Green will be launched at the Fairgrounds to close the evening.

"The Crystal Ball" will be a fine evening of dining and dancing at the Guilford Yacht Club in March 29, 2014.

"Guilford-A Period in History" will be a day and evening on the Green, highlighting Guilford's Civil War History. A reenactment will be surrounded by music and food, culminating with an exciting concert and light show. Expected May 2014.

"Covenant Day / Trail Weekend" will be highlighted with the placement of the granite stone at Covenant Point. This stone was purchased by the Guilford Rotary from the Stony Creek Quarry. A reenactment of the Covenant signing will take place along with a parade, games and demonstrations. Additionally, the ribbon cutting of the National New England Hiking Trail which terminates at Chittenden Park, will occur. This too, will be supported with numerous demonstrations, tours and exhibits. June 2014.

"Fife and Drum Muster" will include corps from around the region. Plan to experience music, parades and an encampment on the Guilford Fairgrounds. October 2014.

Details are in development for each event, and more.

We want this to be a town-wide celebration and are calling for all to get involved. Numerous civic and non-profit groups have advised us they will add "375 flair" to their traditional events. For example, the Rotary is making plans to incorporate 375 into their New Year's Day "Fun Run". The Library is going to develop special programs throughout 2014 that will recognize and celebrate our history. Our house museums are working on programs to occur throughout the year. We are communicating with Guilford Public Schools in the hope they can incorporate the celebration into multiple school programs, like concerts, art shows and the



theatre. And, we certainly hope to use school age students in the development and implementation of as many programs as possible. Use your creativity and see how your group can get involved. All of this will only be possible if volunteers support our efforts, and fund raising events are highly successful. By the time this article appears in the magazine, another "information program" will have been broadcast via GCTV. We

trust this will help generate enthusiasm and volunteers to get involved. Our first fundraising dance will have been completed on March 23 at the K of C Hall. A local band, "Eight to the Bar" performed and was enjoyed by many. Additional fundraising dances are scheduled for; May 4. "Avenue Groove" performing. June 8 - "Rock Bottom" performing. July 27 - "Red Line" performing.

All of the dances are BYOB and snacks! 7 pm to 11 pm at the K of C Hall, Union Street. Round up your friends and have some fun. Cost is \$15 per person / \$25 per couple. Watch Guilford's Facebook page in April for information on advance registration savings to our dances. We are developing a web page as well. Soon we will have information about the 375 Celebration on www.guilfordct375.org.

Merchandising items like hats, tee shirts and coffee cups will be sold as fundraisers and offered at all dances and other events when possible. Sponsorship opportunities are being defined. A wide range of values are being established so all in town can contribute to the overall success of the celebration. Please consider a sponsorship placement in the 375 Book (numerous sizes available). We are pleased to report that Guilford Savings Bank has already committed to be the first, top level "Diamond Sponsor".

We expect the 375 celebration to be FUN time for all involved. Things are underway and we are gaining momentum. Volunteer your time and talents. We'll involve you wherever you feel most comfortable, but we especially need help with; Crystal Ball Dance, Sponsorship Marketing and Fundraising, Book - "Guilford, Then and Now" (Historical look and current time with photos and short stories).

Please contact the First Selectman's Office at 203-453-8015 or contact Anita Catardi at 203-453-5919, Amcgfd@aol.com. Thank you for your consideration.

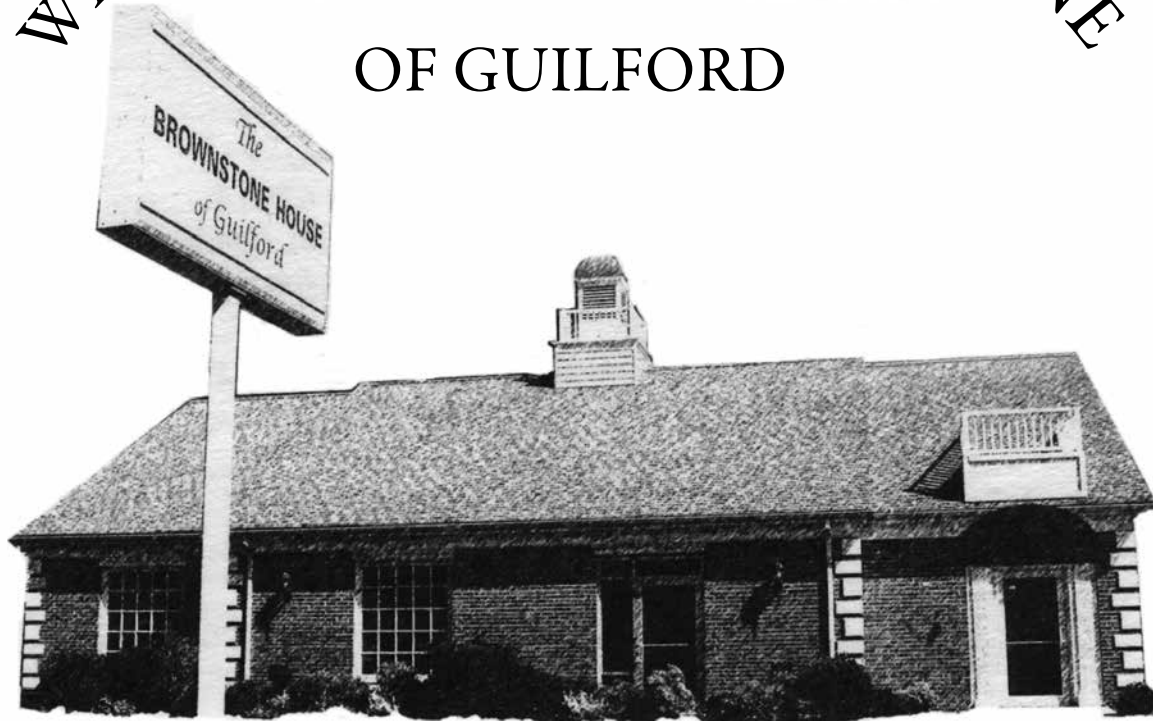
The 375th Celebration Committee

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Town Clerk's Office

The annual Budget Referendum will be held on Tuesday, April 9. Absentee Ballots become available on Wednesday, April 3, the day after the Annual Budget Meeting. An application must be filled out in order to receive a ballot and these are available in the Town Clerk's office. Ballots can not be mailed for a referendum. If you are unable to come in person to fill out an application for a ballot then a family member or caregiver can pick up an application for you. You must then fill out the application and designate this person to pick up the ballot for you. Ballots must be returned by April 9, the day of the Referendum, in order to be counted.

June is Dog License month in the State of Connecticut. We usually have the licenses prepared and ready to issue about mid-May. When you receive your annual renewal notice in the mail you may come in person to pick up your dog's license or you may mail it in. Dogs do not need to be licensed until they are six months old. The fee for a spayed or neutered dog is \$8.00 and unspayed, unneutered animals are \$19.00. We will need to see a current rabies certificate. Check your renewal notice before you come in to make sure your dog's rabies vaccination has not expired according to our records. We will also need to see a certificate stating that the dog has been spayed or neutered. There is a late fee of \$1.00 per month after June 30.

Marriage license applications are now available online. To access them go to www.ci.guilford.ct.us and go to Town Clerk under Town Departments. A list of Guilford Justices of the Peace is also available. The fee for a marriage license is \$30.00 and the license is good for 65 days from the date of issue. Both parties need to appear and present I.D. (driver's license or passport). Once the marriage has been performed and the license has been returned to the Town Clerk's office you obtain a certified copy of the marriage license for a fee of \$20.00. Applications for certified copies of births, deaths and marriages are also available online.

Anna Dwyer, Town Clerk

EARTH DAY 2013 **at Meigs Point Nature Center**

Saturday, April 13 - 8 am to 5 pm
Meigs Point Nature Center at
Hammonasset Beach State Park
I-95, Exit 62, Madison, Connecticut

For more information:
www.hammonasset.org
or call Russ Miller at 203-245-8743

Historic Guilford Walking Tours

If you miss seeing the young students with yellow and oxblood shirts leading folks around the Green and other environs the last couple of months, don't despair. The Historic Guilford Walking Tours are preparing for the second year of providing historic and architectural tours of Guilford's culturally significant downtown area. As flowers begin to burst from the soil, our student guides will begin researching and training to update and improve the tours from our successful first year where they led over 340 tourists walking from the Henry Whitfield House, the oldest house in Connecticut, to the quirky Octagon House on beautiful Fair Street.

We expect to launch the tours this year on Memorial Day weekend and end the season on Columbus Day weekend this fall. The tours are scheduled for weekends with guides on a flexible schedule for weekday tours for visiting groups, local businesses, visiting families, and out of state visitors. We hope to keep the ticket prices under ten dollars with special rates for seniors, families and large groups.



Guilford High School Students leading a tour

Much of last year's success was attributed to our talented student guides, support from local merchants such as Page Hardware, Breakwater Books, the Guilford Food Center, Mix Design, and Greene Art Gallery. The program was supported financially by the Guilford Preservation Alliance's Schmidt Fund and the Guilford Foundation. We also partnered with the Guilford Green Merchants to advance our advertising campaign.

The Town of Guilford shared their expertise with assistance from Human Resources and the Economic Development offices as well as the office of the First Selectman.

Please look for our posters around town, our website at www.HistoricGuilford.org, and our Facebook page. If you have questions or would like to make early reservations for this summer, please contact us at info@historicguilford.org or call 203-233-1026.

*Dennis Culliton,
Chair of the Guilford Historic Walking Tours*

Guilford Lakes Golf Course

With winter ending, it is time for you to start thinking about what you are going to do with the warmer weather approaching. There is no better place than the Guilford Lakes Golf Course to enjoy the nice weather. Presently, we are offering memberships at \$199.99 for a "limited time only". This is a tremendous offer for you to enjoy the #1 ranked par-3 golf course in the State of Connecticut. In addition, we are establishing



new men's and women's leagues so call the clubhouse for further information at 203-453-8214. You can check our weekly specials on our website: www.guilfordlakesgc.com. Don't hesitate, this offer will end soon. We look forward to seeing you at the "Lakes".

*Joseph Dunsmore,
Golf Course Commission Chair*

Smile Makeover

Your smile is one of the most important aspects of your appearance. With the advent of new aesthetic dental treatments, a stunning, memorable smile is now easily within your reach! Are you ready for a Smile Makeover? Do you hesitate when you smile? Would you like to increase your self-confidence? Do you want to look your best in social or professional situations? Are you ready to reverse dental imperfections caused by Mother Nature or an accident?

Our office can help you achieve your smile goals. Cosmetic dentistry is art and science working seamlessly together to offer smile enhancement, restoration, and maintenance for your

optimal dental health. Using cutting-edge techniques and advanced materials, our office proudly offers you a beautiful, natural smile and all the benefits that come with it. You will look and feel better because a beautiful smile is a healthy smile.

You no longer have to suffer missing, chipped, discolored, or crooked teeth. We encourage you to visit our Smile Gallery to find a treatment that works for you. Contact us today to schedule your Smile Makeover!

*Thomas P. Petrick, DMD
Theodore J. Katz, DDS, PC*

Chamber of Commerce



Taste of Guilford Event

After a winter fraught with inclement weather, everyone is looking for those first vestiges of spring. At the Guilford Chamber of Commerce, those signs of the change of season include the beginning of plans for the annual *Taste of Guilford* event. This year's date is June 23 and will back up against the Rotary's Lobsterfest held on Saturday night, June 22. This combination makes for a wonderful weekend to pay homage to the tastes and sounds of Guilford.

The Taste of Guilford has a long history of being a kick-off event to summer vacations. People gather all day long to reconnect with family, friends and neighbors and anticipate

the wonderful days of summer on the shoreline that are ahead. Thousands of people will come through the gates and wander among the tents, relax and enjoy the essence of a traditional New England happening.

This year's event will include something for everyone in the family. There will be a boat and car show for those who are mechanically inclined; a children's area with inflatables and an area for face painting and other kid-friendly activities; wonderful music and performances by local bands that will keep everyone toe-tapping. Great food, beer and wine. We are anticipating having over 15 local food vendors on hand to provide a "taste" of the cuisine that makes them famous. Imagine an opportunity to taste and compare all of the different pizzas that are created locally. Add to that a taste of wonderful pad tai from each of our Asian restaurants. There will be burgers, hot dogs, homemade lemonade, and maybe even some chocolate covered bacon! If you have a dish that is a family favorite at a local restaurant, let them know that you would love to see them on the fairgrounds, giving a taste of that dish to everyone who comes! Spend an early summer day out on the Guilford Fairgrounds enjoying a taste of everything that makes Guilford such a special place to live, work and play.

Janet Testa,

Executive Director - Guilford Chamber of Commerce



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The Assessor's Office

Homeowners Program, A.K.A. Circuit Breaker (state program). Under this program, the State of Connecticut pays a portion of your tax bill ranging from \$150 to \$1,250. There is no requirement to re-pay the state. The basic requirements are as follows: The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date; The homeowner must have lived in Connecticut for at least one year; The homeowner must not be receiving tax relief from any other town or state; The homeowner must occupy the property as their principal residence; and The homeowner must have income (including Social Security) of not more than \$33,500 for a single individual or \$40,900 for a married couple.

Tax Deferral, A.K.A. GSTRP (town program). This program allows you to "defer" up to 75% of your taxes (depending upon income) until either the property is transferred or at the time of your death (at which time the taxes must be re-paid with interest). The deferred taxes constitute a lien on your property. The basic requirements are as follows: The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from social security as of that date; The homeowner must have lived in Connecticut for at least one year; The homeowner must not be receiving tax relief from any other town or state; The homeowner must occupy the property as their principal residence; and The homeowner must have income (including social security) of not more than \$35,500 for a single individual or \$42,900 for a married couple.

Elderly Tax Relief Program, A.K.A. ETRP (town program) Elderly tax relief applications will be taken in the Assessor's Office, between February 1st and May 15th 2013 during the hours of 9:00 am and 4:00 pm, Monday through Friday. If you are unable to come in, an agent of your choice may file on your behalf. Please bring all proofs of income for both spouses (for the year 2012), including (but not limited to) your Federal Income Tax Return (if you file or will file), your Social Security (SSA-1099 Form) annual statements, statements of pension, interest or dividends, etc. All information

must be in English and U.S. dollars. Under this program, the Town attempts to "freeze" your taxes subject to budgetary restrictions and the requirements of the enabling ordinance.

The basic requirements are as follows:

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date; The homeowner must have lived in Guilford for at least one year; The homeowner must occupy the property as their principal residence; The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see above); The homeowner must not owe any taxes (including motor vehicles);

The homeowner must not be receiving tax relief from any other town or state; The homeowner cannot be on both the town's tax deferral and this program; and The homeowner's income is based upon residency (as follows):

Years of Residency	Single	Married
1 to 4 years	\$29,600	\$36,000
5 to 8 Years	\$44,500	\$54,000
9 to 20 Years	\$62,500	\$75,000
21+ Years	\$79,000	\$95,000

Please visit the Town's website for more information: www.ci.guilford.ct.us/assessor.htm

Edmund Corapinski, Assessor

The Town of Guilford is on Facebook

The Town of Guilford has been using its website: www.ci.guilford.ct.us and Facebook Page <http://www.facebook.com/town.guilford.ct> to keep the community up to date on news and special events. Become a Friend of the Town of Guilford on Facebook to receive important meeting dates, road closures, parks and recreation events, activities and more. This will be your one stop information page for happenings in Guilford.

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Parks and Recreation Department

The Parks and Recreation Department enhances the quality of life in Guilford by providing attractive, well-maintained areas and facilities for active and passive leisure pursuits. We offer affordable structured activities that are recreational, social, cultural, physical and creative for all age groups and we provide various social and health services.

Our services benefit INDIVIDUALS with better health, fitness, self-esteem and creative expression; the COMMUNITY through connected families, community pride, support for youth, and a lifeline for the elderly; the ENVIRONMENT with open space, wildlife habitats and oxygen producing green areas; the ECONOMY through enhanced land values, reduced healthcare costs, and reduced crime and vandalism.

During 2011-2012, the Parks and Recreation Department provided positive experiences for thousands of Guilford residents from pre-school aged children through senior citizens. Nearly 550 classes and special events were offered last year and the total number of participants exceeded 18,000.

We met the desire for residents to improve their fitness level by providing over 20 fitness classes per season. There were over 1,600 registrations throughout the year.

Our two beaches offered a refreshing break from the summer heat. We sold 1,500 seasonal passes. The boat docks at Lake Quonnipaug and the kayaks and paddleboats offered an entirely new aquatic activity at the lake. There were 180 children in swim lessons at Lake Quonnipaug.

At Jacobs Beach, the picnic shelters were reserved by 96 groups from April - October, with 8,446 people benefiting from the reservations. The picnic shelter at Lake Quonnipaug had 18 reservations, with a total of 700 people, including several scout group camp outs.

Summer camps, including Camp Menunkatuck and after care for children ages 6 – 12 and Get Out Way Out for grades 6 – 9 enrolled 1,000 campers throughout the summer.

We scheduled 25 summer sports camps with over 500 children participating.

Communitywide events, such as the Community Picnic and Fireworks, Summer Concerts, Guilford's Got Talent, Winter Wonderland, Eggstravaganza and Summer Sizzler all attracted large crowds.

We enriched the lives of over 2,000 senior citizens who participated in activities that were recreational, social and educational.

For many older adults, the lunches served four days per week at the Community Center were their only hot meals for the day. Our kitchen staff also prepared meals for Meals on Wheels. There were 23,948 meals delivered by Meals on Wheels volunteers and 7,155 meals were served at the Center.

Transportation on three mini-buses brought seniors to the Community Center, doctor and dental appointments, shopping trips and errands. Our senior buses carried 5,550 passengers on 2,784 trips.

The Nathanael B. Greene Community Center continued to be a magnet of activity. The Center was open an average of 90 hours per week. Fifty groups met on a regular basis and approximately 110 other groups met throughout the year.

The Parks Maintenance Division maintained eight parks, two beaches, the Town Green and school grounds including athletic fields and Town building areas. Responsibilities included turf management, mowing 100 acres, preparing 40 athletic fields for middle school, high school, youth and adult sports. Our aggressive management of all fields resulted in better playing conditions for over 3,000 young athletes.

Tropical Storm Irene battered the coast on August 27, 2011. The Community Center served as the emergency shelter, and our staff, as well as staff from other departments and many volunteers, helped to make the center an oasis for residents who needed shelter and food. There were 37 people who stayed over a 6 night period. Our kitchen staff served 1887 meals, and 675 people used our showers. Hundreds of people came to the center for hours to socialize, eat a meal, charge cell phones and fill up water buckets.

Hurricane Sandy visited the shoreline October 28, 2012, and we again went into emergency shelter mode for 8 days. The statistics for this storm are: Meals - 2,055, showers - 329, overnight accommodations - 85 people (plus dogs), volunteer hours - 207 (41 total volunteers), staff hours - 686.

With both storms, it was our goal to help people feel comfortable and provide relief from the stresses of damaged homes, having no power or water for multiple days, and to provide nutritious meals.

Our Parks Maintenance crew was also busy for several weeks assisting Public Works with cleanup of roads and also removing debris from the Marina and Parks.

We thank the thousands of residents who have supported our programs, and we wish all a healthy and fun spring season!

2011 – 2012 Statistics

Classes offered	550
Total participation	18,000
Seasonal beach passes sold	1,500
Boat racks	180
Summer camps enrollment	1,000
Swim lessons enrollment	180
Sports camps enrollment	500
Jacobs Picnic shelter reservations	96
Fitness classes enrollment	1,600
Meals prepared	31,103
Senior transportation	5,550 passengers on 2,784 trips
Senior citizens enrollment	2,000
Community center reservations	4,173
Acres mowed	100
Fields maintained	40

Rick Maynard, Parks and Recreation Director

CENTRAL AIR CONDITIONING

HOUSE SIZE Square Footage	MODEL	TONNAGE	FOR AS LOW AS
850-1000 SF	RAKA024JAZ	2	\$4,600.00
1,000-1,250 SF	RAKA030JAZ	2.5	\$4,850.00
1,250-1,500 SF	RAKA037JAZ	3	\$5,100.00
1,500-1,750 SF	RAKA042JAZ	3.5	\$5,700.00
1,750-2,000 SF	RAKA048JAZ	4	\$5,900.00
2,100-2,500 SF	RAKA060JAZ	5	\$6,600.00

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Roses for Autism

If you live in the area, you probably know about the historic Pinchbeck Rose Farm at 929 Boston Post Road in Guilford and have purchased beautiful flowers under its new name, Roses for Autism. What you may not know is what else it does.

Autism is a complex condition affecting several brain systems. Imagine what YOUR life would be like if your body didn't do what you told it to do, your anxiety level was higher than most others' is, you couldn't say what you were thinking, or you were so overwhelmed by what you were sensing from the world around you (the sights, the smells, the sounds, etc.) that it was hard to function? At the Roses for Autism Career Training Program, we include individuals with autism in our daily operations so we can teach them what they need to know to go out into the workforce, meet their employers' expectations, and

be successful regardless of the challenges they face. If you take a tour of the farm, come to one of our Open Houses, or come in to purchase flowers, you can learn more about autism which is now estimated to affect 1 in 88 people and how EVERYONE can work!

For more information about Roses for Autism and its Career Training Program, call 475-529-1750 or 203- 453-2186, or email the Career Training Program director at linda.rammler@rosesforautism.com. Please stop by the store to get some fresh flowers or go on line at www.rosesforautism.com to order some which will be delivered the next day. We hope to see you at one of our Open Houses. Look for the signs at the entrance to the farm along Route 1 advertising those, sales, and other special events!

Poor Posture and "Text Neck"

The normal posture for children and adults, when viewing someone from the side is to have their ear directly over their shoulder. If you find that dropping a plum line from their ear down, the line falls in front of their shoulder, they would be described as having a forward head posture. Our head weighs approximately 15 pounds and for every inch our head is forward of our shoulders it weighs an additional 15 pounds! Children and teens when asked to stand and text someone had their

posture evaluated and found their head to be 4.5 inches in front of their shoulders giving them an apparent head weight of 82.5 pounds! This significant increase in weight will produced abnormal stress on all the vertebra in the neck, upper and middle back as well as compensations into the lower back. This is especially alarming since these young children will mold their spines and bodies into abnormal postures that can remain into adulthood.

The increased stress on these areas will often result in spinal pain, headaches, mood changes, blood pressure problems, internal rotation of the shoulders and decreased lung capacity. As the head is further forward, the normal curve in the cervical spine (neck) is often lost or reversed which will generally result in degenerative arthritis over time. When you also consider that these children often carry heavy backpacks to school and through the school hall, spend long periods of time using computers and play hand held or video games with poor posture, this problem is increased even further. Dr's of Chiropractic are well trained to evaluate spinal alignment, spinal function and posture in children and adults. Should there be areas of abnormal spinal alignment and function present, your Dr. of Chiropractic is able to improve and often correct these areas with specific chiropractic spinal adjustments, make recommendations as to what postural changes can be made when texting, using computers, playing video games and carrying their backpacks. Chiropractors will also often prescribe exercises to improve the patients posture and provide strength and stability to the spine. These abnormal alignment and posture changes can often occur without the child or adult experiencing any pain. Over time, however, these changes can certainly have a significant impact on their overall health. It literally takes only a few minutes to check someones posture and spinal alignment and can virtually save years of pain and suffering. As with most health issues, the sooner you can detect a problem such as abnormal spinal alignment and postural changes, the easier they are to correct.

Dr. Paul E. Heeren, HEEREN Family Chiropractic Center



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Spring is in the air and so are the mosquitoes!

Yay! Spring is here. The days are longer, the sun is warmer, the flowers are blooming, and we are spending more time outdoors. Unfortunately, that's where the problem arises. With the warm sunny days comes greater risk for your pet from heartworm disease. Heartworm disease is an infection by a parasite transmitted by mosquitoes. A mosquito bites an infected animal and ingests heartworm larva with the blood. These larva mature and are then injected into the next animal that the mosquito bites, thereby infecting that animal.

In dogs, the injected larva migrates to the heart where it develops into a long thin worm. Dogs can be infected with one or many worms at one time. Heartworm disease causes such severe heart damage that it is best to prevent the infection rather than try to treat it. Today most preventatives are given once a month. They are a convenient and safe means of preventing heartworm disease when given under the guidance of a veterinarian. It is important that these medications not be given to a dog that already has the disease so veterinarians routinely blood test dogs prior to starting medication.

The past three years we have seen a 350% increase in the incidence of heartworm disease among our patients. Why? First, we are seeing a large influx of heartworm positive adoptees coming from shelters in the South. These infected dogs quickly

infect our local mosquito population. The second factor is our burgeoning coyote population. Coyotes are also a natural host for heartworms. Even if the cold winter kills off all infected mosquitoes, the coyotes will quickly re-infect our mosquito population as the mosquitoes feed in the spring. Lastly, and most importantly, is failure of the pet owner to administer the preventative on a regular basis.

Unfortunately it is now known that heartworms infect cats as well. The disease has a different course in cats and is difficult to test for. For these reasons it has previously eluded detection. In cats, heartworm disease causes more respiratory signs than cardiac signs. The American Heartworm Society now recommends using a preventative in cats as well as dogs. There are both oral and topical heartworm preventatives available for cats.

Heartworm disease is a very real threat to your pet. The good news is that it is a very preventable disease. Your veterinarian wants to help you protect your pet, please call them. More detailed information about heartworm disease can be found at the American Heartworm Society's website:

[http:// www.heartwormsociety.org](http://www.heartwormsociety.org).

Deborah L. Ackles D.V.M.
Guilford Veterinary Hospital, LLP

Annual "Closer to Free" Bike Ride



The 3rd Annual *Closer to Free Bike Ride* for Smilow Cancer Hospital at Yale-New Haven will take place on Saturday, September 7th. Riders have the option of cycling 25, 62.5 or 100 miles. Our ride travels through multiple shoreline towns including Branford, Madison, Guilford, Essex, and Old Saybrook. We've been called the

"best organized ride in Connecticut." And for good reason...our experienced staff and volunteers will take care of you from mile one until the finish line. Clear route cues and signage, lots of food and drink and efficient SAG when you need it will help you leave the worrying behind so you can focus on the miles ahead. Plus our finish line festival at the Yale Bowl has fun for everyone, with live music, a beer garden, food trucks and so much more. Our volunteers and Road Crew are the backbone of the Ride. We've got fun and rewarding volunteer opportunities for anyone who wants to lend a hand. The *Closer to Free Bike Ride* simply can't happen without the generous support of our family of sponsors. The Ride is the perfect platform to give your brand exposure while joining in the fight against cancer. We've got sponsorship packages to fit every budget and every goal, with lots of innovative ways to connect with our desirable demographic. For more information on the riding, volunteering, or sponsorships please visit www.rideclosertofree.org or email rideclosertofree@ynhh.org. You can also reach us at 203-200-CTFR (2837).

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Guilford Free Library Programs

The library presents a variety of free programs for all ages. Register online at www.guilfordfreelibrary.org, by phone 203-453-8282, or in person.

PROGRAMS FOR ADULTS

Book-a-Librarian: One-on-one basic skills computer classes by appointment every Tues. & Thurs. morning.

Monday Night Movies: Mon. evenings, starting at 7 pm.: April 1: *The Birds* (Alfred Hitchcock's classic) April 8: *Robot and Frank* (elderly man and humanoid companion). April 15: *Anna Karenina* (the classic tale / love and loss) April 22: *The Sessions* (love, via surrogate). April 29: *Life of Pi* (Oscar nominated film).

Book Discussion Series with Mark Schenker: American Poets and Playwrights of the 20th Century - the two final discussions: April 4, 7:00 pm: Poet Edna St. Vincent Millay. April 11, 7:00 pm: Poet Sharon Olds. Handouts of the material available at the library.

A Veteran's Life in Words and Music: Tuesday April 9, 4:00 - 5:00 pm: Guilford Poet Nan Meneely presents a cycle of poems tracing her father's life as a battlefield doctor in WW II through the post-war years when he battled PTSD. Readings and music.

Galleries in Motion Snow Date Makeup: Wednesday April 10, 2:00-3:00 pm: Joy Marie Pepe discusses the work of Flemish artist Johannes Vermeer.

Guilford Free Library and Faulkner's Light Brigade: Tuesday April 16, 7:00 pm: Michael McBride, curator of the Henry Whitfield State Museum in a costumed presentation as a 19th century light keeper on Faulkner's Island.

Sandy Stoddard and Friends perform for Night of 1000 Stars: Wednesday April 24, 7:00 pm: Sandy Stoddard (piano), Tom Gibbons (sax and flute), Jim Goodwin (bass) and Patty Carver (vocals), as they entertain - an evening of Ellington, Gershwin, Carmichael and other jazz greats from the last 50 years.

Marketing Yourself to Employers: Thurs. April 25 & May 2, 10:00-11:30 am. Resume, cover letter, interviewing, and attitude with Natalia Xiomara-Chieffo.

Alexandra's Gardens: Thursday April 25, 7:00 pm: CT gardener Sandy Lamarre presents a program on designing all types of gardens: perennial, indoor, and portable gardens!

The Upside of Down - Celebrating Life: Tuesday April 30, 7:00 pm: Local author Kristine Dexheimer - living with cancer. Guilford Free Library and Watershed Partnership.

Earth in the Balance: Energy, Ecology and Ethics, film and panel discussion series. Wednesday May 1, 6:30 pm: *The 11th Hour*, a film produced and narrated by Leonardo DiCaprio with open discussion. Wednesday May 15, 6:30 pm: *Gasland*, Josh Fox's award-winning film about "fracking" with open discussion. Wednesday May 29, 6:30 pm: Panel Discussion on environmental ethics and compassionate action. Panel and Moderator TBA.

Opera with Tom Lewy: Thursday, May 2, 7:00-8:30 pm. Tom will discuss *La Traviata*. Space is limited.

In Pursuit of Giants: One Man's Global Search for the Last Great Fish. Wednesday May 8, 7:00 pm: Guilford native Matt Rigney discusses his new book, a moving elegy and call for the protection of great fish of the sea - marlin, bluefin tuna, and swordfish.

Delivering the Weather: Thursday May 16, 7:00 pm: Ryan Hanrahan, graduate of Guilford High School and weekend evening meteorologist for NBC Connecticut- everything about the weather.

The Quest for the Eastern Cougar: Thursday May 21, 7:00 pm: Author Robert Tougias investigates cougars in Connecticut extinct.

Music Under the Stars: Summer Concerts on the Library Patio: Thursday, June 20, 7:00 - 8:00 pm: Mother-daughter duo Julie Harris and Laura Clapp.

PROGRAMS FOR TEENS

Teen Art Club: Fridays from 3:00-4:30 pm, April 5th, 12th, 26th, and May 3rd. No need to register. We supply materials.

Tween Social Space: 5th and 6th graders can watch a movie, have a snack, or play Wii. Thursdays from 3:30-5:00 pm in the Craft Room, no need to register. April 4th, 11th, 25th and May 2nd.

The Letter Q: Wednesday April 17, 7:00 pm: Author Sarah Moon reads from her new book, a collection of letters from gay, lesbian, bi-sexual and transgender authors, written to their former teenaged selves, with messages of encouragement.

Kaplan S.A.T. Practice Exam: Saturday April 20, 11:00 am - 3:30 pm. Advance registration required.

Kaplan P.S.A.T Practice Exam: Saturday May 18, 11:00 am - 1:30 pm. Advance registration required.

Art Exhibits: The months of April and May: Guilford Public Schools senior art student's work displayed in the Meeting Room and the Gallery Hallway. Month of June: photographs of Alison Maltese and Mary Ann Flick in the Meeting Room, and the photographs of Mark Jankee in the Gallery Hallway.

PROGRAMS FOR CHILDREN - Registration for starred (**) programs: Monday, March 25, 9 a.m. in person, 203-453-8282, or online at www.guilfordfreelibrary.org

SPECIALS - Funded by the Friends of the Guilford Free Library. Open To All - Please Register.

****DRUM AWAY THE BLUES:** School Vacation Special - Join Craig Harris of Chicopee, MA for a Spring Celebration. Everyone can participate in his interactive music and drumming. Tues., April 16, from 2:30 - 3:30 p.m. Ages 4 and up.

****TEDDY BEAR SLEEPOVER:** Come to a special story time & craft for you and your teddy bear. Your bear is invited to stay overnight in the library. Next day you can pick him up and see where he's been hiding & have donuts and cider. Fri., April 19, 4 - 5 p.m. and Sat., April 20, 9:00 to 10:00a.m. Ages 4 & up.

****DANCE THE AFTERNOON AWAY:** Spin, leap, hop, shake & twist with Guilford's "Starship Dance Studio." Diana Dart Harris of Guilford and students will lead children through a fun movement class. They'll be treated to a short performance. Friday, April 26, 4:00 to 5:00 p.m. Children age 5 to 8.

****ANIMALS AROUND THE WORLD:** The Creature Teachers from Littleton, Massachusetts will bring live animals: a coati, an alligator, an umbrella cockatoo and more. Wed., May 1, 4:00 to 5:00 p.m. For children 5 and up.

Continued on next page

Library Programs ... continued from previous page

PARENT PROGRAMS - Open to All - Please Register.

****LET'S TALK - SCHOOL LUNCH, LOCAL FOOD, & HEALTHY EATING:** Dr. Paul Freeman, Superintendent of Guilford Public Schools and Chef Tim Cipriano, Director of Food Services for Guilford Public Schools, will lead this discussion sponsored by The Guilford Fund For Education. Chef Cipriano has provided local produce for school meals and educated students about food and nutrition. Wednesday, April 10, 7 to 8 p.m. All welcome.

****THE COMMON CORE STATE STANDARDS:** Dr. Anne Keene, Assistant Superintendent of Guilford Public Schools. Sponsored by The Guilford Fund For Education. Find out how these academic standards are relevant to the knowledge and skills students need to prepare for careers in today's world. Tuesday, May 14, 7 to 8 p.m. All welcome.

****EVIDENCE-BASED PRACTICES FOR AUTISM:** Dr. Connie Nickou, a licensed Clinical Psychologist in Guilford, presents a program entitled, "Current Evidence-Based Practices for Children with Autism Spectrum Disorders." Thursday, May 23, 7 to 8 p.m. All Welcome.

SERIES - Open to All - Please Register

****ONE ON ONE:** A playful time for children, 12 months to 23 months, and their parents / songs, stories and poems. Thursdays, April 18 through May 23, from 9:30 to 10:00 a.m.

****TIME FOR TWOS:** A parent-child introduction to traditional story time with stories, songs, marching and more. Children age 24 to 36 months. Fridays, April 19 through May 24, from 9:30 to 10:00 a.m.

****BABY TIME:** For infants, birth through 11 months, and parent/caregiver. Hear and discuss a variety of developmental issues. Mondays, April 8 (skip April 29) through May 20, from 9:30 to 10:00 a.m. (Co-Sponsored with Guilford Youth and Family Services).

****TOTS AND TUNES:** Come and enjoy a musical program for toddlers and their parents. Dance, sway, sing scarves and dance with a parachute. Tuesday, April 2 through May 14 (skip April 30) or Wednesday, April 3 through May 8, from 10 to 10:30 a.m. For children age 0 to 5 and their parents.

DROP-IN PROGRAMS

Open To All - Registration Not Required

POP-IN PLAYTIME: Parents come! Play area of the Children's Room. Tuesdays, March 26 through May 28 & Wednesdays, March 27 through May 29 from 10:30 to 11:30 a.m. All ages welcome.

BOOKS IN A NOOK: Stories read by library staff in a "cozy" area of the Children's Room. Wednesdays, April 3 through May 22 from 11:00 to 11:30 a.m. All ages welcome.

THURSDAY MORNING STORIES: Children and parents welcome / stories and finger plays read by the children's staff. Thurs., April 4 - May 23, 11 to 11:30 am. Ages 3 and up.

DROP-IN SPRING CRAFT: Make a mosaic animal picture. Supplies available - Children's Room. Thurs., April 11, from 9 to 5 p.m. All ages.

NIGHT OF 1,000 STARS: Celebrate National Library Week and Friends of Connecticut Libraries Month with The Sandy Stoddard Jazz Group. Wednesday, April 24, 7:00 p.m. All ages welcome.

BOARD GAMES: Board games are always available. Children are invited to play favorite board games with friends. Sorry, Chess, Scrabble Junior, Candy Land and more. Registration for Summer Programs begins Tuesday, June 4th at 9:00 a.m.

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a much shorter “tunnel” (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic

images. In addition, the new MRI is quieter and may require less time to capture the necessary images.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI!

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Veal Involtini & Anaheim Chiles

Ingredients

- 12 Slices Veal Scaloppini (about 3/4 lb.)
- 12 Thin Slices Prosciutto (about 1/4 lb.)
- 12 Thin Slices Provolone (about 7 oz.)
- 24 Fresh Sage Leaves
- Olive Oil
- Salt & Ground Pepper

Thinly sliced veal cooks very quickly; do not overcook, or it will toughen. Ideally, small scaloppini is cut across the grain from a single muscle but thin slices cut across the entire leg are fine.

Prepare a fire in a charcoal grill or gas grill. Working in batches, place the veal slices, between 2 sheets of plastic wrap. Pound with a mallet to an even thickness or slightly less than 1/4 inch. Ask your butcher to do this for you.

Top each slice of veal with 1 slice prosciutto, then 1 slice cheese & 2 sage leaves. Season to taste with salt and pepper. Roll up the veal and secure each roll with a toothpick. Coat each roll in olive oil.

Ingredients for Grilled Anaheim Chiles

- 6 Anaheim Chiles (about 1 lb.)
- 3 Tbls. Olive Oil
- 1 Tbls. Red Wine Vinegar
- 1/4 Tsp. Dried Oregano
- Salt & Pepper
- (serves 4)

Grill over a hot fire, turning often brushing with oil if necessary to prevent sticking until browned and cooked through. 8-10 minutes

For Chiles: Prepare charcoal or gas grill. Brush chiles with 1 tablespoon olive oil. Grill over a medium-hot fire until charred 10-15min. Transfer to a cutting board. Remove skin, ribs and seeds. Cut into strips. Put chile strips in a bowl. Add remaining 2 tablespoons olive oil, vinegar and oregano. Mix well. Season to taste with salt & pepper. Serve warm or at room temperature.

*Ron Forte
 Forte's Market, Guilford*

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Q: Why do I have pain in the ball of my foot??

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The patient is now walking pain free. This is the part of medicine that is most rewarding to us.

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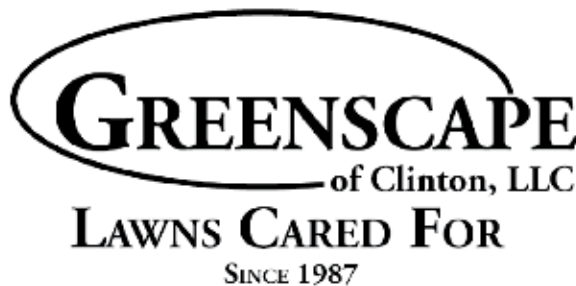
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Fondue Season Is Still Upon Us



It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fonder" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start with a good, aged Gruyere. Emmenthaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from Switzerland which are also great eating cheeses. If you can, try them before you buy and see which ones suit your palate.

The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left."

Paul Partica, The Cheese Shop Of Centerbrook

Healthy Eyes, Healthy Vision

When should my child receive his or her first eye exam? It is never too early to consider taking your child for his/her first eye examination. In fact, the American Optometric Association (AOA) recommends that children receive an eye exam before their first birthday. While this may sound like an early start, infants and babies reach many developmental milestones within the first few years of life and vision plays a huge role in timely achievement. A comprehensive eye exam with an eye care professional can help to ensure that your child is on course for successful development.

No matter what your child's age, it's never too late for a first eye exam because vision plays such an integral role in the

learning process. Many problems related to vision and eye health can be identified by your eye care professional before they become apparent. After the first exam, the AOA recommends a follow-up examination at around 2 to 3 years old, another when entering school, and regular check-ups every 1 to 2 years, or as recommended by your eye doctor to ensure that your child is staying on track.

To assist in recognizing children with vision problems, the state of Connecticut has mandated vision screenings in schools and at the pediatrician's office.

Continued on next page

Guilford / Community Listings

CHURCHES

Bethel Assembly of God.....	203-453-5171
Christ Church.....	203-453-2279
First Church of Christ Scientist.....	203-453-9175
First Congregational Church.....	203-453-5249
North Guilford Congregational Church.....	203-457-0581
St. George Catholic Church.....	203-453-2788
St. John's Episcopal Church.....	203-457-1094
Vineyard Church of Guilford.....	203-453-5453

CLUBS/ORGANIZATIONS

Guilford Agricultural Society.....	203-453-3543
Guilford Art Center.....	203-453-5947
Guilford Chamber of Commerce.....	203-453-9677
Guilford Garden Club.....	203-453-5203

Guilford Land Conservation Trust.....	203-457-9253
Leete's Island Garden Club.....	203-453-3884
Women and Family Life Center.....	203-453-6699

LIBRARY

Guilford Free Library.....	203-453-8282
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MUSEUMS

Henry Whitfield State Museum.....	203-453-2457
The Dudley Farm Museum.....	203-457-0770
The Hyland House.....	203-453-9477
Medad Stone Tavern.....	203-453-2263
Thomas Griswold House.....	203-453-2263

POST OFFICE

Guilford Post Office.....	203-453-2429
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SCHOOLS

Adams Middle School.....	203-453-2755
A.W. Cox School.....	203-453-5291
Baldwin Middle School.....	203-457-0222
Calvin Leete School.....	203-453-0128
Guilford High School.....	203-453-2741
Guilford Lakes School.....	203-453-5201
Melissa Jones School.....	203-457-0773
BOE Administrative Offices.....	203-453-8200

USEFUL NUMBERS

American Red Cross.....	203-787-6721
Firemen's Field.....	203-458-8812
Guilford Food Bank.....	203-453-8166
Guilford Newcomers Club.....	
.....	www.guilfordnewcomers.com
Meals on Wheels.....	203-453-8359

Fondue Season ... continued from previous page

These basic vision screenings are helpful in identifying children with obvious vision problems but may fail to catch more subtle visual difficulties. These types of screenings predominantly focus on vision-related problems but do not include a comprehensive eye health examination with dilation to ensure healthy eye growth and development.

What are some signs that my child may need an eye exam?

Along with the school nurse and pediatrician, you too can be a vigilant advocate for your child's vision and eye health. Babies and infants who make poor eye contact or have been diagnosed as developmentally delayed may need an eye examination to rule out poor vision. In school-aged children, it is time for an eye exam if your child complains of: • blurry vision • double vision • tired or fatigued eyes • words disappearing or floating off of the page • headaches, dizziness, or nausea after a short period of close work or reading. Additional signs of a vision problem include: • eye turn (such as crossed eyes, or a drifting eye) • squinting • sitting too close to the television • holding a book too close or too far away • blinking or rubbing eyes excessively • tilting of the head or covering one eye to see better • watery or itchy eyes • low attention span when reading • confusing letters, syllables, or words • skipping words or lines when reading, or losing place frequently on a page. Finally, one of the biggest red flags for a vision problem is avoidance. Some children that don't like to read or do schoolwork may be avoiding these tasks because they are struggling to overcome a problem with their vision. Getting a comprehensive eye exam can help diagnose even subtle vision problems that may hinder your child from doing his or her best in school!

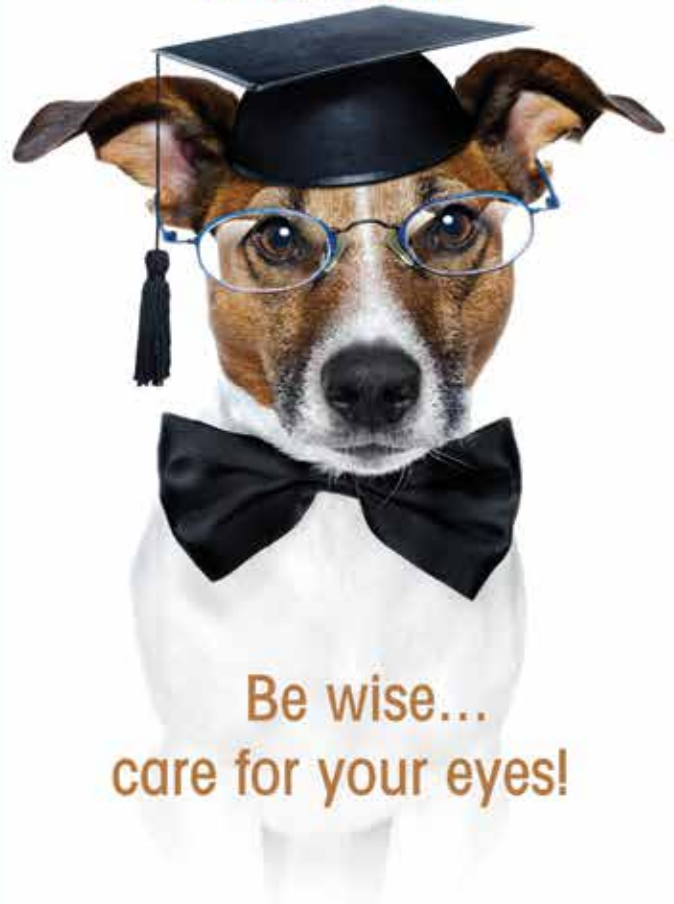
What can I expect at my child's first eye exam? Your neighborhood eye care professional has all the equipment necessary to ensure that your child has excellent vision and eye health. First, your eye doctor will check various aspects of vision, including visual acuity, color vision, and peripheral vision. He/she will also assess the need for any corrective lenses or glasses. In older children, knowing letters is helpful, but eye doctors have a variety of alternative methods to assess a child's vision, including shapes, pictures, and numbers. There are also ways to evaluate vision in infants and babies with the use of special equipment. The eye care provider will check your child's eye muscles to ensure that the eyes are aligned properly, and that your child is developmentally on target with eye teaming, tracking, and focusing skills. Next, the eye doctor will perform a dilated eye examination with eye drops to ensure that the eyes are healthy inside and out. The doctor will look for health problems such as eye allergies, pink eye, and retinal or optic nerve dysfunction. Finally, your eye doctor will let you know how frequently to follow-up to safeguard your child's eyes and vision!

Dr. Nikki Yee

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What to Expect With Aging

Our skin begins to age when our bodies stop growing in mid adolescence but the effects of aging show up differently for all of us. We all have one thing in common; we want to look as good as we can. In this article, I will let you know how your face changes at certain ages and what you can do to treat all the issues that come up.

Twenties: Women in their twenties are under a lot of stress that can wreak havoc on their skin. School, career and children can take their toll. And then there's some late night partying! These can all lead to inflammation, acne, dryness and the premature breakdown of collagen. The best defense in your twenties is a good sunscreen. Now is the time to start protecting your skin from environmental insults.

Thirties: Even those with baby faces in their twenties will start to notice signs of aging in their thirties. This is when many of us start to notice fine lines due in large part to collagen breakdown and sun exposure. The fragile skin under the eyes starts to thin out causing dark circles and some puffiness. Late night partying is harder to hide in your thirties. Now is the time to find a good night cream and a better eye cream. Products that contain peptides can help repair collagen gently.

Forties and Fifties: You're in the game now! Lines around the mouth are forming and lines around the eyes are deepening. Brow furrows are common and jowls start to appear. Late night partying is a distant memory as menopausal changes start. Your skin is now drier and more sensitive in addition to less resilience due to collagen breakdown. Now is the time to upgrade to more intense products with proven anti-aging ingredients and start exploring non-surgical anti-aging procedures. Botox will help relax unwanted wrinkles and Juvederm can add volume to sagging skin.

Sixties and Beyond: These women face two challenges - the cumulative effects of environmental damage, gravity, volume loss and now hormonal loss. Wrinkles deepen into folds and the change in hormone levels cause the skin to thin out. Botox to the upper face, radiofrequency skin tightening treatments and Juvederm to enhance thinning lips can dramatically change your appearance at this stage.

*Dr. Susan OMalley
Founder and Medical Director of Sonas Med Spa*

WORLD CAFÉ

A Conversation for Adults - It's Worth It.

Parents, grandparents and all community members are invited to take part in a community conversation about creating a healthier environment for our kids. We will discuss several topics, including a review with a Guilford Police Officer of the current laws pertaining to parental liability related to hosting parties (Social Host Laws).

TUESDAY, APRIL 9 / 6:30 - 8:00 p.m.
at the Guilford Community Center

RSVP by April 3rd through Guilford Youth and Family Services by calling Dana Pelliccio at 203-453-8047 ext. 228, or by emailing pellicciod@ci.guilford.ct.us. Light refreshments will be available.

Please join us
for this important conversation!

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Annual Eggstravaganza

Saturday, March 23 (Raindate: March 30) 10:00 am on the
Guilford Green - FREE

Fishing Derby

Saturday, May 11th at Mill Pond - Register using Program #
21102 - FREE

Summer Sizzler

Date in June to be determined due to Jacobs Beach project.

In an effort to reduce printing and mailing costs, the Guilford Parks and Recreation Department will no longer be sending brochures to each household in Guilford. We hope you continue to help us publicize our many programs through word of mouth as we focus on technology and social media. If you would prefer to continue receiving the Brochure in the mail register for program #62100 (\$10 fee applies). Spring Registration for general programs ongoing. Early Bird Special for Camp Menunkatuck Session 2, 3, 4 until April 15th. Summer registration coming soon. For brochures, check www.guilfordparkrec.com.

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The Sugar Blues

Could you be unknowingly adding additional stress to an already stress filled life? Many of us do just that. When life is busy with work obligations, children to raise, aging parents to care for, financial pressures, the list goes on and on, many of us in an effort to comfort ourselves reach for "comfort" food in the form of sugary treats. While the immediate response to consuming sugar is pleasure, the long term effects can actually be harmful and create a much deeper stress on our bodies. Science has shown through brain scans that a human being responds to sugar the same way a heroine addict responds to heroine. After the moment of pleasure, the body is left in a cycle of craving and depletion. Our immune systems can become exhausted and compromised. And what do we do? We reach for more sugar of course!

There is another way! There are wonderful and simple alternatives for supporting ourselves through stressful times. There are sugar alternatives, that don't create a spike and drop in blood sugar, that are filled with healthy components and are actually GOOD for us. There are MANY ways to reduce stress and create a sense of wellbeing regardless of your circumstances, that are not food or drink related at all. Call a friend, take a walk, breath deeply. These are just a few ideas that can have a tremendous effect on our sense of wellbeing and add to the quality of our life, not deplete it.

Do you suffer from the "sugar blues"? Let's find a solution for your well being that works.

*Joey Jacob, Certified Holistic Health Coach
Health Options, Center for Wellness*



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