

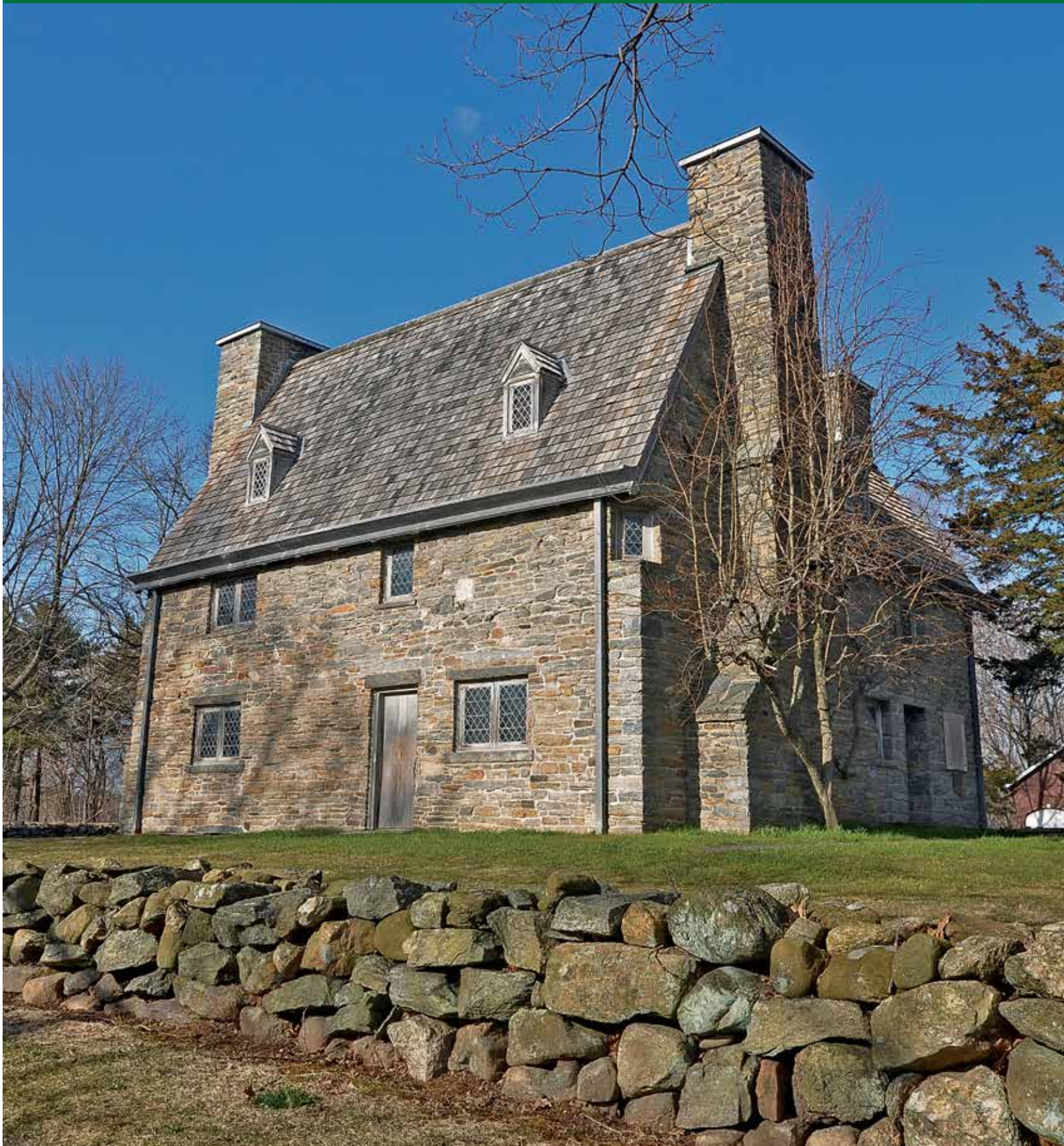
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Volume 1 • Issue 2 • 2012



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## First Selectman's Corner

I am pleased to announce that the Finance Director has informed us of our unaudited budget surplus of close to \$1 million at the close of fiscal year 2011-2012. This was the result of the mild winter, merging of the Engineering and Public Works Departments, lower health insurance costs, lower energy costs, keeping overtime to a minimum and watching spending very closely. For the third year in a row we will use this surplus to boost the fund balance, which is finally at an amount recommended by credit-rating agencies, putting us in a good position when it comes time to bond for the new Guilford High School.

The Board of Selectmen has also approved the refunding (refinancing) of up to \$19 million of current Town bonds. The Town will take advantage of lower interest rates, helping us reduce our debt service by \$1.6-\$2 million over the next few years. This debt service reduction will soften the increase when the Town bonds for the new Guilford High School.

We had another successful season of summer events with the Guilford Art Center's Expo on the Green, Shoreline Arts Alliance Shakespeare on the Shoreline, Sunday night Concerts and various other events. During the summer months our Public Works Department was busy completing

road projects and continuing the town's chipsealing program. Stepstone Hill Road from Route 77 to Maupas Hill Road was finished as well as the reconstruction of Quonnapaug Hills Road.

The department is continuing to work on various road drainage projects to mitigate flooding situations. The dredging of Sluice Creek in the early spring has alleviated flooding in the downtown area, while also helping to control the mosquito population. I have been advised by the Health Department that we have had less problems with mosquitoes this summer due to the Town's continued mosquito control program and larvaciding.

With summer behind us and winter fast approaching, I would like to remind everyone to register your phones and mobile devices with CT-Alert (Reverse 911) to receive important information during severe weather and other types of emergencies.



*Continued on page 2*

### Wishing all our Fall Athletes a Healthy and Successful Season!



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*First Selectman's Corner ... continued from page 1*

During snowstorms please adhere to the parking bans set by the police department so plow trucks can clean the roads. Also be mindful of the Town's Snow Removal Ordinance that requires property owners to clear snow from their sidewalks within 24 hours after the end of the storm.

The Guilford Chamber of Commerce has now included the First Selectman as a member of its Board of Directors. This will strengthen our commitment to supporting town businesses and help to foster more economic development. During the past few months Guilford has welcomed a number of new businesses to the community including The Brownstone House Restaurant of Guilford, Frogurt Time, Supercuts and Mr. J's Asian Fusion Restaurant. We hope to welcome many more as we look toward the start of the New Year.

*Joe Mazza*

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## Guilford Free Library Fall Programs

The library's fall programs are in full swing, with events for all ages. Library hours are: Monday through Thursday 9:00 am - 8:00 pm; Friday 9:00 am - 6:00 pm; Saturday 9:00 am - 5:00 pm, and Sunday 1:00 pm - 4:00 pm October through March (closed Easter Sunday). Register for programs at [www.guilfordfree library.org](http://www.guilfordfree library.org), by phone (203-453-8282), or in person.

### PROGRAMS FOR ADULTS

Adult Basic Skills Computer Classes / Tuesdays in October / 6:30 – 7:30 pm.

**October 16:** Free Online Entertainment

**October 23:** Social Networking

**October 30:** Understanding and Using the Cloud  
Class size is limited, registration required.

**Lunch & Learn:** Tuesdays from noon - 1:00 pm in October and November

**October 16:** To Be Announced

**October 30:** Author and Guilford resident Jeff Webber on Volunteer Opportunities for Retirees

**November 13:** Andrew Agemy on Financial Advice for Seniors

**Care of the Aging Spine:** a Focus on Neck Disorders: Thursday October 18, 7:00 – 8:00 pm. (jointly sponsored by Guilford Free Library and St. Raphael's Hospital System). Orthopedic surgeon Dr. John Beiner and neurosurgeon Dr. Patrick Tomak will discuss some of the latest advances in treating neck disorders, as well as how cervical issues can cause pain in the back, shoulders and other parts of the body.

**Book Discussion Series with Mark Schenker:** Wednesdays - October 17 and 31; and November 14, 28, 7:00 - 8:30 pm. Join Yale's Mark Schenker, for a book discussion series on 20th century British Fiction. Novels to be discussed are *The Secret Agent* (Joseph Conrad), *A Portrait of the Artist as a Young Man* (James Joyce), *To the Lighthouse* (Virginia Woolf) and *Brighton Rock* (Graham Greene).

**Food For Thought:** Making a Difference (a film series sponsored by the Guilford Free Library in partnership with The Watershed Partnership, Inc.)

**Tuesday October 9, 7:00 pm:** Rachel Carson's *Silent Spring*. This documentary film coincides with the 50th anniversary of the publication of the publication of *Silent Spring*. Rachel Carson was a champion of the environment and her book created a new ecological consciousness.

**Tuesday November 13, 7:00 pm:** *Living Downstream*. This documentary is based on the acclaimed book by ecologist and cancer survivor Sandra Steingraber. The film is a powerful reminder of the intimate connection between the health of our bodies and the health of our air, land and water.

A short discussion will follow each film showing.

**Belly Dancing with Gina:** October 10 and November 6, 7:00 - 8:00 pm. Come for a free class, and learn to move to the music, with our staff member Gina Monti! Class size is limited; men and women aged 18 and up are invited. Wear comfortable clothing. Socks recommended (we'll take off our shoes).

**Monday Night Movies:** Monday evenings from Oct. 15 through Dec.10, starting at 7 pm. Titles to be announced - but will definitely include *The Best Exotic Marigold Hotel* and *The Hunger Games*.

**Len Hubbard's Tavern Tales:** The Guilford Library and the Guilford Keeping Society are co-sponsoring a publication party for the book on Wednesday October 3 at 7:00 pm. Copies of the book will be available for sale.

**Special Author Event:** Andre Dubus III, the author of *House of Sand and Stars*, *Townie*, and *The Garden of Last Days* will be the featured speaker at the Guilford Library Association Annual Meeting on Thursday October 25, at 7:00 pm. Books will be available for sale and signing.

The brief annual meeting of the Guilford Library Association will be held at 7:00 pm, just before the program. Other business may also be conducted.

*Continued on page 6*

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*Guilford Free Library Programs ... continued from page 5*

Both meeting and program are free and open to all, but space is limited. Reserve your place online or by phone.

**Reviving 5000 Years of Civilization:** a Taste of Chinese Traditional Culture: Tuesday November 20, 7 - 8 pm. Learn about the culture and philosophy of one of the world's oldest civilizations.

**PROGRAMS FOR TEENS**

**Full-length Practice SAT Exams:** Saturday October 20, 11:00 am - 3 pm and Saturday November 17, 11 am - 3 pm. Run by Kaplan Testing. You may bring a non-scientific calculator and a snack. Results returned via email. Advanced registration required.

**SAT/ACT Combined Exam:** Saturday December 1 12:30 pm - 4 pm. This combined test can show which test is better suited to a particular student.

**Miss Representation:** Thursday October 11, 6:30 - 8:30 pm. (Co-sponsored by Guilford Youth & Family Services and the Women and Family Life Center). This documentary explores how women are portrayed in the media and in films.

**Telling Amy's Story:** Wednesday October 24, 7:00 - 9:00 pm. (Co-sponsored by the Women and Family Life Center and the Shoreline Domestic Violence Task Force). This documentary follows the timeline of a domestic violence homicide that occurred on November 8, 2001. A

facilitated discussion with an expert will follow the screening.

**Town-Wide Window Painting Contest:** Saturday October 13, 10 am - 2 pm. Sponsored by Guilford Youth & Family Services. The library is one of the sites.

Other programs for Teens in the last quarter will include the following:

- Teen Advisory Board
- College Prep Seminar
- Art Club
- Graphic Novel Program
- Cooking Program
- Cocoa Café (at holiday time)
- Cosmetics/Spa Day

Check our website and local newspapers for more information.

**ART EXHIBITS**

**The month of October:** Donald Meder (oils, acrylic and mixed media) in the Meeting Room; Marge Casey (oil paintings) in the Gallery Hallway.

**The month of November:** William Seekamp (oil paintings) in the Meeting Room; Patricia Seekamp (oil paintings) in the Gallery Hallway.

**The month of December:** Sisters in Cloth (interpretation of art into quilts) in the Meeting Room; Beverly Schirmeier (oil paintings) in the Gallery Hallway.

## *Guilford Free Library Children's Programs*

**REGISTRATION** in person or online at [www.guilfordfree.library.org](http://www.guilfordfree.library.org) or call 203-453-8282 until programs are filled. Funded by the Friends of the Guilford Free Library.

**PRESCHOOL ROCK:** Join Leslie Peterson of Dance By Leslie in Madison for a fun-filled, fast-moving song and dance session. Thursday, October 11 from 9:30 to 10:00 a.m. For children 3 and up.

**WEIRD AND TERRIBLE TALES:** Guilford storyteller, Gerry Parent will delight you with scary stories told in a darkened corner of the library. Come if you dare! Monday, October 29, 4:00 - 4:45 pm. For children ages 5 and up.

**THANKSGIVING STORY AND CRAFT:** Children will hear a story and create a craft to take home with help from Linda Srebnik, Guilford volunteer. Thursday, November 15, from 4 to 4:45 pm. For children age 6 to 8.

**STORY TIMES** - Open to All -Please Register

**BOOKS IN A NOOK:** Listen to stories read by Lori Lowe, Guilford volunteer, in a cozy "computer free" area of the Children's Room. Wednesdays, October 3 through Nov. 21 from 11 to 11:30 am. All ages welcome.

**THURSDAY AFTERNOON STORIES:** Children and their parents are welcome to join us for special stories and finger plays from the library's storytelling collection. Thursdays, October 4 through November 6 from 2:00 to 2:30 pm for children ages three, four & five.

**BEDTIME STORIES:** Teddy bears and pajamas are welcome at this evening story time for children and their parents. Teen volunteers select and read the stories. Monday evenings, October 15 to November 26, 7:00 - 7:30 pm. All ages welcome.

**NUTMEG BOOK CLUB /FALL:** Last chance to read the ten 2013 Nutmeg Intermediate Candidates. Refreshments are included & there will be a pizza party at the last session. We will discuss one book each week - pick up a schedule in the children's room. For students in 4th, 5th and 6th grades. Tuesdays, September 11 to November 20, from 4:00 -5:00 pm.

**PAWS AND READ:** Children ages 6 through 8 read to Newman, a registered therapy dog for 15 minute sessions. Fridays, October 5 through November 9, from 3:45 - 5:00 pm.

**FUN WITH SPANISH:** Marilyn Serna of Guilford will present an introduction to Spanish with stories and songs for children ages 4 to 6 years. Wednesdays, October 3 through 24, from 2 to 2:30 pm.

**TOTS AND TUNES:** Come and enjoy a musical program for toddlers and their parents. Dance, swing scarves and parachute dance to the music.

*Continued on page 9*





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## *Water Main Feasibility Study Completed*

### *Along Three Shoreline Communities*

In 2010 the Town of Guilford was awarded a Small Town Economic Assistance Program grant to study the feasibility of extending public water into the three shoreline neighborhoods of Mulberry Point, Tuttle Point and Indian Cove. Awarding of the grant was the culmination of several years of community dialogue aimed at planning and evaluating solutions to problems of water quality in residential wells. Substandard water quality had developed in many of the 287 homes on small lots as a result of the close proximity of septic systems and wells. Salt water intrusion from Long Island Sound into the fresh water aquifers serving many of the residential wells had also introduced high levels of sodium and chloride into wells.

The Feasibility Study was conducted by Luchs Consulting Engineers and focused on evaluating three alternatives for improving water quality to the project area; 1) development of a community well water supply system, 2) installation of water filtration systems on individual wells, and 3) extension of adjacent public water system. Evaluation of the feasibility of the alternatives was measured in terms of cost-effectiveness and affordability to the individual property owner in providing a long term solution. The recommended alternative was determined to be an extension of the public water main located in near proximity on West Lane adjacent to the Indian Cove neighborhood. Although not every home in the study area has problems with water quality or output those homes that rely upon filtration systems do experience considerable yearly costs associated with maintaining filters, replacement of appliances, purchase of bottled water and repairing plumbing problems. The water line on West Lane had been recently extended by private developers to the west side of Indian Cove and could provide adequate flow for both residential and fire protection uses.

Estimated project costs were determined based upon surveying the geology of the neighborhoods through rock borings and obtaining construction estimates from two construction firms experienced with extension of public water mains. The total cost was estimated to be \$3,884,500. The Connecticut Water Company would contribute a portion of the cost as their customer base would be increased through extension of the water line. Individual homeowner or unit costs were estimated to be approximately \$11,220. This cost would represent the property owner's share of total project costs and occur as a special assessment payable back over 20 years at approximately \$680 year. All homeowners who benefit from the water main extension installed on their street would be required to pay the assessment, however, they would not be required to hook up to main.

*Continued on page 9*

*Guilford Free Library Children's Programs ... continued from page 6*

For children age 0 to 5 and their parents. Tuesday, October 2 through November 6 or Wednesday, October 3 through November 7, from 10:00 - 10:30 am.

**BABY TIME:** For infants, birth through 11 months and parent/caregiver. Hear & discuss developmental issues, then enjoy some time to visit with each other. Mondays, October 15 through November 19, 9:30 - 10:30 am. (Co-Sponsored with Guilford Youth and Family Services.)

**ONE ON ONE:** A playful time for children, 12 months to 23 months, and their parent/caregiver with songs, stories and poems. Thursdays, October 4 through November 8, 9:30 -10:00 am.

**TIME FOR TWOS:** A parent-child introduction to story time: including singing, dancing, and finger plays for children age 24 to 36 months. Fridays, October 5 through November 9, 9:30 - 10 am.

**DROP-IN PROGRAMS** - Open To All - Registration Not Required

**POP-IN PLAYTIME:** Parents come! Meet your friends! Children play! All in a corner of the Children's Room. Tuesdays & Wednesdays: October 2 through November 21. All ages welcome, 10:30 - 11:30 am.

**BOARD GAMES:** Board games are always available. Children are invited to play their favorite games with friends! Battleship, Chess, Monopoly, Sorry, Candy Land and more. Just ask for them at the children's desk.

**PARENT PROGRAMS** - Open to All - Please Register  
**BEAT SUGAR ADDICTION NOW FOR KIDS:** Parents please join Dr. Deborah Kennedy of Guilford for an informative program based on guidelines discussed in her new book, *"Beat Sugar Addiction Now for Kids."* Dr. Kennedy will autograph and sell her book after the program. You are welcome to bring your children. Wednesday, September 19 from 4 to 4:45 pm.

*Water Main Feasibility Study ... continued from page 8*

The plan of action for initiating construction of the water main will require that a sufficient consensus of affected residents support the project. A mail-in ballot poll is currently being conducted to gauge the community support of the project. Sufficient support must be exhibited in order generate confidence with the Town to borrow money for construction. If community support of the project is documented than the next step would be a Town-wide referendum question on the November ballot to authorizing borrowing low interest State funds for construction of the project. Although all Town residents will vote on the referendum question, only those residents of the neighborhoods receiving public water would be obligated to pay the assessment.

*Dennis Johnson, Health Director*

**SOCIAL SKILLS and CHALLENGES for KINDERGARTENERS:** The Guilford Fund For Education presents a panel of kindergarten teachers & elementary school psychologists led by Guilford Lakes School Social Worker, Elizabeth Mancini. Join the panel for a discussion of relevant issues and parent concerns facing children in kindergarten. Bring your questions! Tuesday, October 2 from 7 to 8 pm.

**KINDERGARTEN SCIENCE:** Parents & children will learn about the importance of learning science at a young age in a program sponsored by The Guilford Fund For Education. Nicholas Maiorino, former high school science teacher, now with the University of New Haven, will talk to parents. Kindergarteners will create science crafts with Claudia Esposito of Cool-ology, in the library's craft room. The program will end with parents & children coming together for an amazing science activity. Wednesday, November 7, from 4 to 4:45 pm. for parents & their children ages 5 to 7. Registration for December Programs begins Tuesday, November 20 at 9:00 am.

*Guilford Free Library  
67 Park Street, Guilford, CT  
203-453-8282 [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org)*

## Guilford Seniors Holiday Fair

The Guilford Seniors Holiday Fair  
will be held on Saturday, October 27  
from 9 - 2

at the Community Center.

The fair features items such as  
homemade Christmas crafts, knitting,  
jewelry, books, baked goods, granny's attic,  
toys, marketplace and more.

Lunch is available from 11 - 1.

The seniors use money made from the fair  
to put back into the community  
for charities or to go into  
other senior programs.

## Economic Development News

In our last issue, we discussed many recent successes we have had with new businesses. We are pleased to report that we have several projects in development that will become more visible over the coming 6 to 12 months. While more long term in nature, they are vital to the economic success of Guilford. For example;

“Former Trailblazer site” - corner of Broad and Church Streets. Redevelopment plans have been approved and the interior is being emptied in preparation for construction. The second floor of nearly 5,000 square feet will become prime office space. A letter of intent has been signed for this space to support a local growing business. Leases have not yet been signed for the first floor and basement areas, however, they will be attractive spaces for future tenants.

A & M Associates has broken ground on the west side of Rt. 1 for mixed use facilities which will include 14,600 square feet of commercial/retail space, and 12 apartment units. Demand for apartments remains strong in Guilford and these types of mixed use facilities have been successful around Town.

NAPA Auto Parts will be moving in October from their current location along the Boston Post Road to the space formerly occupied by Affordable Lighting. According to Michael Forte – NAPA Owner, their business growth required them to find a larger site and they were pleased that they could stay in

Guilford. Their new site is almost 50% larger than their current site and Forte feels this will further enhance service to their customers. DOW Realty is searching for new tenants on a lease or buy basis to replace NAPA once they move.

Genx International - Soundview Road, a medical device manufacturer has a significant expansion approved for office and manufacturing space. Value of this upgrade is estimated at \$1 million, and will be positively impacting our grand list in the future.

The Guilford House - West Lake Avenue, specializes in short term patient rehabilitation. Their current location is 42K square feet with 75 patient care beds. They will be adding 17K square feet for 19 assisted living apartments. Value of this expansion is estimated at \$4 million; another positive contributor to our grand list.

These are a few examples of projects underway that you will be hearing more about in the coming months. The signs are encouraging as we continue managing through a difficult economy. These are Guilford businesses that want to grow in Guilford, providing employment, needed services for current and future residents and are certainly important to our grand list tax base.

*Brian McGlone*

*Economic Development Coordinator*

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- We believe everyone should have their spine checked regularly to assure an active healthy life.
- We treat all patients individually to help them achieve their health goals.
- Our comprehensive guidance includes healthy nutrition choices, as well as exercises for strength and flexibility.
- We recommend proper work positions and guide patients to improve overall posture.
- Whether you are in pain or choosing preventive care to stay well, we are here to help.

**START FEELING BETTER TODAY**  
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**Heeren Family Chiropractic Center**  
2514 Boston Post Road, Suite 7C  
Guilford, CT 06437  
[www.heerenchiro.com](http://www.heerenchiro.com)

## Volunteers Needed for Guilford 375th Anniversary

Though festivities for Guilford's birthday won't officially begin until January 1, 2014, the 375th Anniversary Celebration Committee is hard at work planning the highly anticipated, yearlong observance. There is a lot to do in just over a year, according to the committee's chairman and Selectman Veronica Wallace. "Our focus right now is trying to get some of the costs for some of our events, as well as looking for more volunteers," she said. "It's exciting, but it's a big under-taking, so the more people that can help us, the better off we're going to be and the more fun we're going to have." A committee was formed in August by the Board of Selectmen and consists of Wallace, Brian McGlone, Anita Catardi, Barbara Hemming, William Leete, Carl Balestracci, Gene Bishop, Mary Beeman, David Rosenthal, Margaret Livingston, Stephen Page, Karen Stephens, and Janet Testa. Wallace said a budget has not been defined as of yet, but the committee is working hard to nail down some numbers based on several events that area in the works.

Some festivities include a First Night as well as a large ball or dance-themed event. Two of the larger events that the committee is planning are the Harbor Festival and Covenant Day.

"We're an agriculture town, but ... the town's commerce and its history, a lot of it came from the water, so we want to do some kind of Harbor Festival and celebrate the marina and areas along the shoreline," Wallace said. "Then we're going to try to have a celebration of a Covenant Day, which would be in early June because that's when the original Covenant was signed."

Several of the town's traditional annual events will be incorporated into the birthday festivities throughout 2014. The committee hopes to host an enhanced fireworks show as well as a New Haven Symphony performance sometime during the year. Subcommittees have been formed to best plan all events. Because many of these events are costly, fundraising efforts are set to begin as soon as this fall. T-shirts will be sold, as well, to help raise funds.

Wallace noted there is some money left over from the town's 350th celebration, which will go toward the 375th celebration. She hopes to have funds left over from this upcoming anniversary to be used for the town's 400th anniversary.

The committee wants to get many organizations in town involved. The group hopes to reach out to town businesses for support and sponsorship as well as the schools, possibly by incorporating town history into the curriculum over the next couple of years. With much to do, Wallace urges residents to volunteer and come on board to help out as much as possible. It's been overwhelming the amount of support we're getting and the interest that people have, but it's a big undertaking," she said. "I'm really looking for people to help out, even if it's just a small amount of time."

*By Kelly Smith, Guilford Courier/Shore Publishing  
(Article previously appeared in August 16 edition of the Guilford Courier)*

## Absentee Ballots for Presidential Election

November 6, 2012 - The citizens of Guilford will be going to the polls to vote at the Presidential election. An application must be completed by the voter prior to obtaining the absentee ballot. The applications are available at the Town Clerk's Office during regular business hours. They may also be downloaded from the town's website, or can be mailed upon request. To vote you must be a registered voter and show proof of I.D. Absentee ballots must be counted on election day.

*Janice Teft, Town Clerk*

## Holiday Tree Lighting

The Annual Holiday Tree Lighting will take place Friday, November 30 on the Town Green beginning at 6 p.m. Come join the festivities. Grab a hot chocolate, sing some carols, meet Santa and take a candlelit stroll down Broad Street.

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## Protecting the Heart of Westwoods



Westwoods photo provided by GLCT

The Guilford Land Conservation Trust is a volunteer-run nonprofit organization, founded in 1965.

**Mission:** To acquire and conserve natural places for future generations

GLCT has protected 3,000 acres of open space in Guilford through gifts, bequests, purchases, and through the subdivision process. A major area of focus, since the 1960s, is Westwoods. GLCT and the State of Connecticut have been acquiring properties

in Westwoods for decades. GLCT volunteers maintain trails in Westwoods so that the community can enjoy this special place. Currently, the Westwoods area contains over 1,000 acres of open space but there remain some privately held parcels at the center. In 2012, GLCT was given the opportunity to purchase 17.1 acres at the geographic center of Westwoods between

Dunk Rock Road and Moose Hill Road. This purchase will cost \$300,000 over two years. GLCT is asking the Guilford community for donations to help pay for this critical property. Westwoods is a spectacular asset to Guilford residents: protecting water flowing through shellfish beds and into the Long Island Sound; providing a place for quiet recreation and natural study for individuals, families and school groups; and providing large, unfragmented forest habitat within the corridor between New York and Boston for migrating and non-migrating wildlife. Westwoods as we know it today was assembled through acquisitions such as this one and paid for by generations of Guilford residents. Westwoods needs your help today.

Please donate to GLCT, P.O. Box 200, Guilford, CT 06437 or visit [www.guilfordlandtrust.org](http://www.guilfordlandtrust.org).

Thank you for your support.

*Sarah Williams*

*Guilford Land Conservation Trust President*

## Dry Eye Defined

**What is dry eye?** Dry eye occurs when the eye does not produce tears properly, or when the tears are not of the correct consistency and evaporate too quickly. Inflammation of the surface of the eye may occur along with dry eye. If left untreated, this condition can lead to pain, ulcers, or scars on the cornea, and some loss of vision. Permanent loss of vision from dry eye is uncommon. Dry eye can make it difficult to perform some activities, such as using a computer or reading for an extended period of time, and it can decrease tolerance for dry environments, such as the air inside an airplane.

**Who is likely to develop dry eye?** Elderly people frequently experience dryness of the eyes, but dry eye can occur at any age. Nearly five million Americans 50 years of age and older are estimated to have dry eye. Of these, more than three million are women and more than one and a half million are men. Tens of millions more have less severe symptoms. Dry eye is more common after menopause. Women who experience menopause prematurely are more likely to have eye surface damage from dry eye.

**How is dry eye treated?** Depending on the causes of dry eye, your doctor may use various approaches to relieve the symptoms. Dry eye can be managed as an ongoing condition. The first priority is to determine if a disease is the underlying cause of the dry eye. If it is, then the underlying disease needs to be treated. If dry eye results from taking a medication, your doctor may recommend switching to a medication that does not cause the dry eye side effect. If contact lens wear is the problem, your eye care practitioner may recommend another type of lens or reducing the number of hours you wear your lenses. In the

case of severe dry eye, your eye care professional may advise you not to wear contact lenses at all. Another option is to plug the drainage holes, small circular openings at the inner corners of the eyelids where tears drain from the eye into the nose. Lacrimal plugs, also called punctal plugs, can be inserted painlessly by an eye care professional. The patient usually does not feel them. These plugs are made of silicone or collagen, are reversible, and are a temporary measure. In severe cases, permanent plugs may be considered.

**What can I do to help myself?** Use artificial tears, gels, gel inserts, and ointments - available over the counter - as the first line of therapy. They offer temporary relief and provide an important replacement of naturally produced tears in patients with aqueous tear deficiency. Avoid artificial tears with preservatives if you need to apply them more than four times a day or preparations with chemicals that cause blood vessels to constrict. Wearing glasses or sunglasses that fit close to the face (wrap around shades) or that have side shields can help slow tear evaporation from the eye surfaces. Indoors, an air cleaner to filter dust and other particles helps prevent dry eyes. A humidifier also may help by adding moisture to the air. Avoid dry conditions and allow your eyes to rest when performing activities that require you to use your eyes for long periods of time. Instill lubricating eye drops while performing these tasks. If symptoms of dry eye persist, consult an eye care professional to get an accurate diagnosis of the condition and begin treatment to avoid permanent damage.

*Eye Doctors*

*Elgart, Pinn, Gordon, Elgart*

## From the Assessor's Office

PERSONAL PROPERTY DECLARATIONS must be filed by November 1st. Penalties will be applied to non-filed declarations. The Declaration is available on the Town's website: [www.ci.guilford.ct.us/town-departments/personal-property.htm](http://www.ci.guilford.ct.us/town-departments/personal-property.htm).

The following is an abbreviated look at some of the exemption programs that the Assessor's Office administers. Some programs are State Programs which means it is available in all towns. Some programs are Local Programs which means it is available in Guilford and only available in other Towns that have also passed an ordinance authorizing that particular program. If you think you might be eligible for any of these programs, please call the Assessor's Office, Monday through Friday, 9:00 am to 4:00 pm for more information. There is also additional information about these programs (and other important information) on the Town's website: [www.ci.guilford.ct.us](http://www.ci.guilford.ct.us) under Departments; Assessor's Office. Please note: Exemptions are always stated in assessment dollars. To calculate the actual tax savings, multiply the assessment exemption amount by the appropriate mill rate (e.g., the assessment exemption amount is \$1,000 and say the mill rate is 22.36 so the tax savings is \$22.36 or \$1,000 times 0.02236).

ONE SPECIALLY EQUIPPED OR SIGNIFICANTLY MODIFIED MOTOR VEHICLE (LOCAL OPTION) used exclusively for the purpose of transporting a medically incapacitated individual is exempt if such vehicle is not for hire and the required application is filed with the Assessor's Office by November 1, 2012, or for motor vehicles purchased after October 1, 2012, within 30 days of purchase.

ONE MOTOR VEHICLE FOR AN ACTIVE DUTY SERVICEMAN (STATE PROGRAM) is exempt if the motor vehicle is registered in Guilford. Forms for this exemption are available from the Assessor's Office and must be filed no later than December 31, 2012.

DISABLED SERVICEMEN OR EX-SERVICEMEN (STATE PROGRAM) may apply for an additional exemption by filing Form 20-5455a (issued by the Veterans Administration) with the Assessor's Office by January 31, 2012. The Amount of the assessment exemption will vary depending on the degree of disability.

FARM AND OPEN SPACE (STATE PROGRAMS) applications must be filed between September 1, 2012 and October 31, 2012.

FARM BUILDINGS (LOCAL PROGRAM) used exclusively for farming activities by farmers who are receiving an exemption for their farm equipment are eligible for an assessment exemption of \$100,000. An application must be filed no later than October 31, 2012.

FARM MACHINERY (STATE PROGRAM) used exclusively by a qualifying farmer may qualify for a \$70,000 assessment exemption. An M-28 Form must be filed no later than November 1, 2012.

FARM MACHINERY (LOCAL PROGRAM) used exclusively by a farmer who qualifies for the above described program may be eligible for an additional \$100,000 assessment exemption. An M-28 Form must be filed no later than November 1, 2012.

*Edmund Corapinski, Assessor*

## Art Auction

Friday, October 19 / 7:00 pm

Guilford V.F.W. Hall

Sponsored by the Irish Cultural & Sports  
Association of Southern Connecticut

A portion of the proceeds will benefit  
Homes For Our Troops



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# Guilford Chamber of Commerce

The Guilford Chamber of Commerce is your local business resource! For over 100 years, the Chamber has represented the interests of local business by providing legislative support at both local and state levels; playing a key role in bringing tourists to the town to visit the shops and attractions and offering opportunities to local businesses to promote their goods and services. As with chambers throughout the country, the Guilford Chamber is redefining itself to be more in tune with the needs of the business community in these very challenging economic times.

This year, the Chamber reached a record 326 members with representation in almost every trade sector. The Chamber is guided by a Board of Directors comprised of local business people and two staff members. Janet Testa, the Executive Director, joined the Chamber in February and has over ten years of Chamber management experience. Michele Call, the Administrative Assistant, has been with the Chamber for almost two years and is a long-time Guilford resident.

Members want to find ways to sell their products, save money on things that they need to purchase and to meet with each other to discuss important issues and the Chamber is uniquely poised to provide all of those services. Since one of the largest sectors is healthcare, a new Healthcare Counsel has been formed and is

meeting on a monthly basis to share ideas and to plot a course to make the Guilford community healthier. Statistics show that over three-quarters of the town businesses have one to four employees. To service this group, a new steering committee has been formed to talk about services that might be valuable to members, such as discounted buying programs and virtual boards of directors.

One Chamber initiative that keeps valuable shopping dollars in the community is Guilford Dollar\$. Guilford Dollar\$ are like gift certificates, but can be used all over town! They are perfect for holidays, birthdays, celebrations, teacher/coach gifts or that "hard-to-shop-for" person on your list. They are redeemable at over 50 Chamber members (Merchants, Restaurants, Services and Not-for-Profits) and are available in \$10, \$25, \$50 denominations. They can be purchased at the Chamber offices.

So, if you want to buy Guilford Dollar\$, talk about your business, or find out where the best place is to eat or spend a special night ... stop by the Chamber offices at 1300 Boston Post Road, go to our website at [www.guilfordct.com](http://www.guilfordct.com), call us at 203-453-9677 or check us out on Facebook.

*Janet Testa  
Chamber of Commerce Executive Director*

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[lauren.latorre-osterling.pptz@statefarm.com](mailto:lauren.latorre-osterling.pptz@statefarm.com)



1101016.1 State Farm, Home Office, Bloomington, IL

## ~ RECIPE ~

### Forte's Gourmet Market Chicken Cacciatore

*by Ron Forte - Serves 4-6 people*

#### INGREDIENTS

- |  |                                  |
|--|----------------------------------|
| 2 - 3 lbs boneless/skinless Chicken Breast (Bell&Evans) or boneless thighs | 4 Cloves Garlic Minced           |
| 28 oz. San Marzano Whole Tomatoes  | 1 Cup Dry White Wine             |
| 1 Cup All Purpose Flour  | 6-8 Leaves Basil                 |
| 12 oz. Can Quartered Artichokes in water                                   | 1/4 cup Italian Parsley          |
| Olive Oil - enough to coat bottom of pan                                   | 1 - Tbl. Capers                  |
| Large Red Pepper   | Salt and Pepper                  |
| Large Green Pepper   | Green or Black Olives to taste   |
| Medium Onion   | Grated Parmesan or Romano Cheese |
|  | Egg Noodles or Rice              |

#### STEPS

- Cut chicken into small medallions or strips (Ask your butcher to do it for you)  
Dredge chicken in flour seasoned with salt and pepper  
Using large frying pan with oil, cook chicken for 3-4 min.  
Should be half done and slight brown on both sides  
Remove chicken from pan and use this pan over medium heat. Deglaze pan with wine, scrape any brown bits from bottom of pan to for maximum flavor. (Add more oil if needed)  
Sauté peppers, onion, garlic, approximately 10 minutes.  
Add tomatoes (crushed by hand) simmer for approx. 5 min.  
(Add as much juice of tomatoes as needed)  
Season with pepper, salt, basil, parsley  
Add artichokes, capers, olives to taste  
Add chicken - cover pan with foil or lid cook over medium heat 15 minutes until done.  
Can be served over egg noodles or rice. Garnish with cheese.

*Bon Appetit!*



## Meigs Point Nature Center

**October 13 at 6 pm** / STARGAZING - view the heavens and learn about constellations and other astronomical wonders. If sky is cloudy, night hike instead.

**October 20 at 11 am** / FALL FOLIAGE CANOE TRIP - Cruise the Hammonasset River and enjoy the sights. Sign up ahead of time. \$5 per person. Life vest provided.

**October 27 at 6 pm** / OWL-O-WEEN - See live native Owls. Costumes encouraged.

**November 11 at 1 pm** - SEAL SEARCH / Spot seals in the Hammonasset River from the Cedar Island viewing platform. Short walk - good for all ages.

**December 8 at 5 pm** - FIRESIDE STORIES / enjoy stories and fables. Marshmallows will be provided. Bring blankets and sticks.

**January 11 at 2 pm** / SEAL SEARCH - Same as above.

Contact Ranger Russ Miller, Director, Meigs Point Nature Center at [rangermpnc@gmail.com](mailto:rangermpnc@gmail.com) or call the Nature Center at 203-245-8743 or 860-462-9643 Tuesday thru Sunday between 10:30 am and 4 pm.

*Hammonasset Beach State Park, Madison, Connecticut*

## Important Reasons for Mouth Guards

When worn, properly a mouth guard can prevent chipped or broken teeth, fractured crowns or bridgework, lip and cheek injuries, root damage to the teeth, fractured jaws, and although not yet proven, it is believed they may help prevent concussions. Any athlete participating in contact or traditionally non-contact sports, may be at risk for oral injury which may be prevented with the use of a mouth guard.

There are two primary types of mouth guards. Custom made, fabricated by your dentist or "boil-and-bite" which you can make at home. While custom made mouth guards are considered to be the most protective option, boil-and-bite can be effective if they fit well, stay in place and are worn properly. All types of athletic mouth guards provide protection, but vary in comfort and cost. The most effective mouth guards are resilient, tear-resistant and comfortable. It must fit properly, be durable and easy to clean. In addition, a properly fitting mouth guard will not restrict your speech or breathing. Consult your dentist to be fitted with a custom mouth guard today.

*Courtesy of Dr. Thomas P. Petrick, DMD  
and Dr. Theodore J. Katz, DDS, PC*

# Guilford Paint Center



**The store with MOORE - Benjamin Moore that is!**

**OK, IT'S TIME ...** Put those tennis rackets, golf clubs, and water floats away. **TIME STARTS NOW ...** to get your home in tip top shape for the holidays.

- Joyce and Dan Peterson have been a fixture in the paint, wallpaper and window treatment business for the past 36 years on the shoreline.
  - We are now located in Guilford, and looking forward to meeting new customers and contractors from the Guilford and Madison areas.
  - Ask about our decorating department when looking for the newest window treatments available.
- Benjamin Moore is new in the window treatment business, along with Hunter Douglas and Graber.**



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Guilford Paint Center  
688 Boston Post Road- Rt. 1, Guilford CT 06437

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**Fall Hours**  
Monday - Friday 8 am - 5 pm  
Saturday - 8:30 AM - 3 PM

## *Guilford Youth & Family Services Programs*

Guilford Youth & Family Services and the Guilford Police Department are co-sponsoring several "HOME ALONE" sessions. The Home Alone Program is a safety course for Guilford youth ages 9 and older. Five dates have been scheduled for Thursdays: October 18, December 6, 2012; January 24, March 7 and May 2, 2013. The program runs 4:00 - 6:00 pm at the Guilford Police Dept. Meeting Room. Students will learn ways to feel more comfortable when home alone; how to prevent accidents, handle emergencies, internet safety and more. There is a \$5.00 fee to cover the cost of dinner and scholarships are available. Registration is required as space is limited to 18 students per class. Contact GY&FS at 36 Graves Avenue,

Guilford, 203-453-8047 for registration and a form for the date your child is able to attend. Guilford Youth & Family Services and Parks & Recreation will hold their annual Family Fun Day on Sunday, October 21st. This Halloween themed event is fun for the whole family, and activities include pumpkin painting, balloon animals, ice cream sundaes, crafts, a game room and more. The event is free of charge, and will be held at The Community Center (32 Church Street) from 1:00 - 3:00 pm. Children are encouraged (but not required) to wear their costumes, keeping in mind that the craft rooms can get messy!

*Michael Kosko, Youth Prevention Specialist  
for Guilford Youth & Family Services*

## *Shoreline Outdoor Education Center*

**Fall Programs** - Pre-Registration is required for all programs. For information / registration materials please e-mail us at : [earth@99main.com](mailto:earth@99main.com).

**Canoe/Kayak Trip to Whale Bone Cove** - Family program - Sunday October 14 - 1:00 pm - 3:00 pm. Haddam Ferry Crossing, meet at 1:00 pm - Guide: Russ Miller and SOEC Staff - spend a fall afternoon exploring the backwater of Whale Bone Cove, a rich habitat off the CT River. Canoes, paddles, life jackets and instructions will be provided. If you have your own kayak or canoe, join us for this guided tour. Children must be accompanied by an adult. Space is limited so register early. Additional instructions will be provided to Registered Participants.

**Mountain Lions in Connecticut** - Family program - children age 8+. Sunday October 21 - 7:00 pm - 9:00 pm. 730 County Road, North Guilford. Are Mountain Lions making a comeback in Connecticut? The evidence suggests the answer is yes. Bill Betty, researcher and lecturer who has had more than a dozen personal sightings and close encounters with the big cats. Join us for this interactive and illustrated presentation covering Mountain Lion behavior and biology; breeding in Connecticut, what they eat, where they live and how long they live. Bill has Mountain Lion artifacts to share with participants and amazing photographs. Discover where and when to look for Mountain Lions, how to

collect evidence and much more.

**Invertebrates of Long Island Sound:** Live Animal Program. Grades K-5 - Sunday October 28 - 2:00 pm - 4:00 pm. 730 County Road, North Guilford - Our live animal program this fall will feature inter-tidal invertebrates of Long Island Sound (crabs, sponges, a variety of mollusks, snails, hermit crabs and sea stars, to name a few). Participants to study these unique animals and their amazing adaptations. Are they all native to Connecticut; if not, where do they come from? They travel in a portable touch tank and will be released after sharing their stories.

**Simple Machines /Not that Simple?** - grades 1-5 - Sunday November 18 - 2:00 pm - 4:00 pm - 730 County Road, North Guilford - Presenter: SOEC Staff. Come and discover how torque, speed and friction can influence the distance an object travels as we race toy cars in the first SOEC "500." Utilizing toy cars/trucks traveling the same distance we will experiment to discover why one gets there in a hurry, while the other takes its time. Are you the rabbit or the hare? The investigation will continue as participants identify and "work" simple machines throughout the center on a Scavenger Hunt. All "toys" will be taken home. Space is limited, please register early.

*earth@99main.com  
shorelineoutdooreducationcenter.org*

## *Essex Printing Goes "Computer-to-Plate"*

Essex Printing is proud to announce the installation of a new computer-to-plate system.

The PlateWriter 3000 offers our clients digitally accurate registration and the highest quality imaging. As a result, our clients receive the benefit of accurate registration as well as the quality of offset printing. While carrying forward our environmentally friendly approach to plate making and printing, it delivers press ready plates without the use of any chemicals

or chemical processing (and therefore, no chemical disposal costs). It also has the lowest energy usage output in its class and requires no water supply.

Bill McMinn, President of Essex Printing, stated: "We are very excited about the new system because our customers will receive the benefit of higher quality imaging. Plus, it allows us to deliver an environmentally friendly product."

# GUILFORD NEWCOMERS' GUIDE

## WELCOME TO OUR TOWN!

On behalf of *Events Magazines*, Welcome to Guilford.  
Whether you are new to Connecticut or just new to Guilford,  
you will find wonderful places and people to visit in town.

Below are important phone numbers. Please tear out this page and keep it for future reference.  
*Events Magazines* and Essex Printing support local businesses.

Area Code 203

### CHURCHES

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

### CLUBS/ORGANIZATIONS

Guilford Agricultural Society .....453-3543  
Guilford Art Center.....453-5947  
Guilford Chamber of Commerce .....453-9677  
Guilford Garden Club.....453-5203  
Guilford Land Conservation Trust .....457-9253  
Leete's Island Garden Club.....453-3884  
Women and Family Life Center .....453-6699

### LIBRARIES

Guilford Free Library .....453-8282

### MUSEUMS

Henry Whitfield State Museum.....453-2457  
The Hyland House .....453-9477  
Medad Stone Tavern.....453-2263  
Thomas Griswold House .....453-2263

### POST OFFICE

Guilford Post Office .....453-2429

### SCHOOLS

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

### USEFUL NUMBERS

American Red Cross .....787-6721  
Firemen's Field .....458-8812  
Guilford Food Bank .....453-8166  
Meals on Wheels .....453-8359

## BUSINESS & PROFESSIONAL SERVICES

### ARCHITECTS

Essex Squared LLC .....860-767-2847  
Joseph Bergin Architect P.C. ....860-767-2765

### ARTISANS / GIFTS

Blue Moon Artisans .....203-453-5845

### AUTO CARE

Palumbo's Automotive .....203-453-1788

### BANK

Essex Savings Bank .....203-318-8611

### CHILDREN'S RESALE CLOTHING STORE

Poppies .....203-245-2245

### CHIROPRACTIC

Heeren Family Chiropractic Center  
.....203-453-9888

### CLOTHING BOUTIQUE

Attitude Plus.....203-421-6333

### COINS

Guilford Coin Exchange .....203-453-9363

### DAY CARE

Bambini Day Care & Learning Center  
.....203-457-9818

### DENTISTS

Michael Dental Care .....203-453-0499  
Thomas P. Petrick, DMD  
and Theodore J. Katz, DDS, PC .....203-453-4475

### EYE DOCTORS

Elgart, Pinn, Gordon & Elgart .....860-388-2020

### EXTERMINATOR

Professional Exterminating Company, Inc.  
.....203-453-9020

### FLOOR COVERING

Westbrook Floor Covering .....860-399-6161

### FOOD MARKET

Forte's Food Market & Catering .....203-453-4910

### FURNITURE

Madison Furniture Barn .....860-399-7846

### HEARING AIDS

County Hearing & Balance .....203-245-1950

### HEATING FUEL

J.J.Sullivan Fuel & Propane.....203-453-2781  
Moroni & Son Oil Company.....860-388-2298

### HOTEL

Madison Beach Hotel.....203-245-1404

### INSURANCE

State Farm - Lauren LaTorre-Osterling  
.....203-245-4555

### KITCHEN

The Kitchen Store.....203-458-7700

### PACKAGE STORE

Spirits of Madison.....203-245-9695

### PAINT

Guilford Paint Center .....203-458-6633

### PAINT & HARDWARE

Country Paint & Hardware .....203-481-5255

### PIZZERIAS

Centro Pizza.....203-453-7481  
Farina Pizzeria .....203-457-9111

### PODIATRY

Center Podiatry .....1-800-676-3668

### PRINTER

Essex Printing .....860-767-9087

### MED SPA

Sonas Med Spa.....203-245-2227

### REALTY

William Raveis - Betty Martelle.....860-333-7117

### RESTAURANT

Red House .....860-526-2600

### SHIPPING

The UPS Store .....203-453-8866

### WELLNESS CENTER

Health Options Center for Wellness  
Dr. Steven Jacob.....203-453-2611

### WINDOW TREATMENTS

Budget Blinds .....860-399-6442

Want to be listed on the Newcomers' page?  
Call Ward Feirer at 914.806.5500

# GUILFORD TOWN HALL DIRECTORY

[www.ci.guilford.ct.us](http://www.ci.guilford.ct.us)

DEPARTMENT	EMPLOYEE / TITLE / ADDRESS	PHONE	E-MAIL
ASSESSOR	Ed Corapinski, Assessor, Town Hall - 31 Park Street	453-8010	corapinski@ci.guilford.ct.us
BUILDING	William Thody, Building Official, Town Hall South - 50 Boston Street	453-8029	thodyw@ci.guilford.ct.us
ECONOMIC DEVELOPMENT	Brian McGlone, Economic Development Coordinator, Town Hall - 31 Park Street	453-8071	mcgloneb@ci.guilford.ct.us
ENGINEERING	James Portley, Town Engineer/Facilities Mgr. Town Hall South - 50 Boston Street	453-8029	portleyj@ci.guilford.ct.us
ENVIRONMENTAL PLANNING	Kevin Magee, Environmental Planner, Town Hall South - 50 Boston Street	453-8146	mageek@ci.guilford.ct.us
FINANCE	Sheila Villano, Finance Director, Town Hall - 31 Park Street	453-8027	villanos@ci.guilford.ct.us
FIRE	Charles Herrschaft, Fire Chief/Fire Marshal, Fire Headquarters - 390 Church Street	453-8056	gfd10@guilfordfire.com
GUILFORD LAKES GOLF COURSE	Ted Tighe, Golf Course Superintendent, 200 North Madison Road	453-8217	guilford_lakes@hotmail.com
HEALTH	Dennis Johnson, Director of Health, Town Hall South - 50 Boston Street	453-8118	johnsond@ci.guilford.ct.us
HOUSING AUTHORITY	Guilford Court - 32 Guilford Court Boston Terrace - 41 Boston Terrace Sachem Hollow - 310 State Street	453-4760 453-4760 453-4760	
HUMAN RESOURCES	Mitch Goldblatt, Director of Human Resources, Town Hall - 31 Park Street	453-8075	goldblattm@ci.guilford.ct.us
LEGAL/PURCHASING	Pamela Millman, In-House Counsel/Purchasing, Town Hall - 31 Park Street	453-8015	millmanp@ci.guilford.ct.us
LIBRARY	Sandy Ruoff, Library Director, Guilford Free Library - 67 Park Street	453-8282	sruoff@guilfordfreelibrary.org
MARINA	Rod McLennan, Dockmaster	453-8092	townmarina@att.net
PARKS & RECREATION	Rick Maynard, Park & Rec Director, Community Center - 32 Church Street	453-8068	maynardr@ci.guilford.ct.us
PLANNING & ZONING	George Kral, Town Planner, Town Hall South- 50 Boston Street Regina Reid, Zoning Enforcement Officer - Wetlands	453-8039 453-8039	kralg@ci.guilford.ct.us reidr@ci.guilford.ct.us
POLICE	Tom Terrible, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	terribilet@ci.guilford.ct.us
PUBLIC WORKS	Tom Fillion, Highway Superintendent, Public Works Garage - 47 Driveway	453-8081	filliont@ci.guilford.ct.us
REGISTRAR OF VOTERS	Louise Graver, Registrar, Town Hall- 31 Park Street	453-8028	registrar@ci.guilford.ct.us
SELECTMAN'S OFFICE	Joe Mazza, First Selectman, Town Hall- 31 Park Street	453-8021	mazzaj@ci.guilford.ct.us
SOCIAL SERVICES	Tammy DeFrancesco, Social Services Director, 263 Church Street	453-8009	defrancescot@ci.guilford.ct.us
STUMP DUMP		453-8029	
TAX COLLECTOR	Dolly Messetti, Tax Collector, Town Hall - 31 Park Street	453-8014	mezzetid@ci.guilford.ct.us
TOWN CLERK	Jan Teft, Town Clerk, Town Hall - 31 Park Street	453-8001	
TOWN PROPERTIES	Steve Neydorff, Facilities Engineer, Town Hall South - 50 Boston Street	453-8487	neydorffs@ci.guilford.ct.us
TRANSFER STATION	Frank Cole, Leadman, Transfer Station, 1900 Boston Post Road	453-8095	
YOUTH & FAMILY SERVICES	Lyne Landry, Director, 36 Graves Avenue	453-8047	landryl@ci.guilford.ct.us

# Henry Whitfield State Museum

Open Wednesday to Sunday, 10 am - 4:30 pm (last tickets sold at 4 pm). Unless otherwise noted, exhibits and programs are available from 10 am to 4:30 pm, do not require reservations and are included in the regular museum admission price. \$8 Adults (18-59), \$6 Seniors (60+), \$6 College Students (with ID), \$5 Youth (6-17), Free (5 & under).

## OCTOBER

**Sat. 13** - The Archaeology of the Pequot War, 2 pm, a special lecture by UCONN and Pequot Museum archaeologist Dr. Kevin McBride.

**Sat. 27** - Halloween Hysterics at Henry's, flashlight tours, scavenger hunts, craft activities, special displays on the Whitfield/Salem Witch Trial connection and the cemeteries under the Guilford Green and tours of the holiday exhibit Holidaze.

## NOVEMBER

**Sat 3** - Guy Fawkes Day, 1 pm - 4:30 pm, scarecrow making, parade, best scarecrow contest, bonfire and a brief talk & display on Guy Fawkes.

**Fri 23** - Harvesting History, special displays of reproduction trade items.

**Sun 25** - Make Your Marke quill pen activity, reading of Pilgrim Cat storybook each hour and tours of the holiday exhibit Holidaze.

**Fri. 30** - Firelight Festival, 4 pm - 8 pm (no snow date), enjoy festive luminaries, roast marshmallows over an outdoor fire, sip hot cider and hot chocolate, explore CT's oldest house after dark, enjoy the holiday exhibit Holidaze and handcraft natural holiday ornaments.

## DECEMBER

**Sun. 9** - Night Before Christmas story time - hourly 11 am to 4 pm, reading of the classic holiday tale inside the 1639 Henry Whitfield House.

**Fri. 14** - Museum closes for the 2012 season, 4:30 pm.

**Mon. 17 - Fri. 21** - Gift shop & Visitor Center Open for holiday shopping, Guilford Goes Global display and Holidaze exhibit. Free Admission.

## Holidaze - The Real Story of Halloween, Thanksgiving and Christmas!

On exhibit at the Henry Whitfield State Museum - October 1 to December 14 - Travel back to 17th century New England when celebrating Christmas could land you in jail, when football and the Macy's parade were not part of Thanksgiving and when dressing up like a witch didn't get you candy, it got you a death sentence. Explore the Henry Whitfield State Museum's annual holiday exhibit and learn about the origins and evolution of these three holidays and how they have come to be 'Americanized' since the 19th century. "With their roots in ancient times and their customs molded by many different cultures throughout history, the Halloween, Thanksgiving, and Christmas holidays belong to everyone," said museum curator Michael McBride.

Among the many topics featured in the exhibit: what the Pilgrims ate at their 1621 harvest festival, why George Washington failed to make Thanksgiving a national holiday, which teams first played football on Thanksgiving Day, who the Jack in jack-o-lantern was, who decided that witches' skin was green, why the Puritans didn't celebrate Christmas, who invented the candy cane and how all three holidays became commercialized. The display also includes hands-on activities, a recreation of a 19th century parlor in Colonial Revival Christmas style and a 'Write a Letter to Santa' station.

In the spirit of giving, one of the original concepts of all three holidays, visitors are encouraged to bring donations of non-perishable food for the Guilford Food Bank, coins for UNICEF or new, unwrapped toys for Toys for Tots. These gifts will be passed on to the charities at the close of the exhibit.

*Michael McBride, Museum Curator II*

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## *Madison Beach Hotel - Rooted in History*

The Madison Beach Hotel was built in the late 1800's as a rooming house for ship builders and was first known as the Flower House. West Wharf beach was one of two shipyards in Madison, most noted for constructing ships for trade in the West Indies. When the structure was originally built, it faced the west, with its gable end facing the water. In 1904 the building was turned parallel to the shore. At that time, the hotel had approximately 53 rooms. Only a few rooms had the luxury of a private bath. Heat was not introduced until the the 1980's. The hotel was completely renovated in 1982. The number of rooms was pared down to 32, all of which had waterfront views. The fourth floor was designed to house their comparatively upscale suites. Many items and design elements from the original hotel were utilized in this new model. In 1985, a conference center was added by reconstructing the old recreation hall where Phil Carney once led guests in song and bingo. In 1990, the annex, originally a stable, was refurbished, adding three more hotel rooms.

The restaurant, known as The Wharf, was solely for the use of the hotel guests/shipbuilders in the early years and not open to the general public. The second floor of the restaurant known as the "Harem", housed the young college women who worked there during the summers. The fourth floor of the hotel, called the

"Pullman", housed the young men. In March of 1977, a fire broke out, gutting the entire restaurant. The first floor dining room and second floor Crow's Nest Lounge were miraculously rebuilt and reopened four months later, on July Fourth weekend.

In October 2006, two members of The Duques family, long-time residents of Madison, purchased the hotel and restaurant. Their goal is to maintain the traditional New England beachfront atmosphere while adding updated amenities that can be enjoyed by the residents. The amenities include a wonderful spa, fitness center, and yoga room, a lounge area with a large-screen TV, video games, and a library of books; outdoor activities such as biking and kayaking; and rooms offering internet connection and 24-hour room service. Soaking tubs, rain showers and fireplaces are also offered in many of the rooms. Their water-view banquet facilities can accommodate up to 200 guests. At its grand opening, the Duqueses set forth their four-point mission for the hotel: welcome and attend to every individual on-site, be they guests, vendors, or employees; hire local workers; utilize local vendors; nurture and care for the environment in every way possible.

Within this special environment, the Madison Beach Hotel will offer New England's best ambience, fine dining, and spectacular special events and occasions.

## *Can You Help Me Lose Weight?*

If I got a dollar for every time someone has asked me this question, I would be a very rich man. The follow-up or a question that is asked almost equally as much is, "What can I eat?" We've all been on diets, sometimes they work, sometimes they don't. We've had friends do the same diet who have had amazing results in contrast to our lackluster results and vice versa. Ultimately, most diets do not give us long lasting, sustainable results. Why? There are numerous reasons why and we could talk about, pull apart and analyze all of

these factors and they'll all go back to ... my relationship to myself. What is my relationship to my career, what is my relationship to physical activity, and what is my relationship to my relationships? When we can begin to look at these areas objectively, the relationship to our food, our weight and ourselves can change.

*Dr. Steve Jacob*

*Health Options Center for Wellness, 133 State Street  
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## *Literacy Volunteers, Valley Shore CT, Inc.*

Literacy Volunteers will be holding the 2nd Annual Wine & Brew Tasting & Silent Auction, at Essex Meadows, 30 Bokum Road, Essex, CT on November 8 from 5:00 pm to 7:30 pm. The event is sponsored by Essex Meadows and Centerbrook Package Store, Centerbrook, CT. Tickets are \$25 and are available at the Literacy Volunteers office at the Westbrook Library, 61 Goodspeed Drive or by calling 860-399-0280. Proceeds will benefit Literacy Volunteers.

"Last year's event was an outstanding success," said John Ferrara, Executive Director of Literacy Volunteers Valley Shore CT, Inc. "It not only allow us to raise funds to continue our mission, but gives the communities we serve an opportunity to learn more about our organization while sampling some

extraordinary beers, wine and food." About LVVS: Literacy Volunteers Valley Shore is located at 61 Goodspeed Drive, Westbrook, CT, is a 501(c)3 non-profit agency affiliated with ProLiteracy, a national organization that accredits and sets standards for teaching literacy to adults. Since 1979, we have served the towns of Chester, Clinton, Deep River, Essex, Guilford, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook, and Westbrook. Each year we provide small group and one-on-one literacy tutoring to over 150 adults completely without charge and in an atmosphere of confidentiality respecting each student's privacy.

*Peter Mezzetti, Publicity Chair - 203-506-8135  
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Collectively, they planted the seed that would bloom into Growing Possibilities. Adults on the Autism Spectrum hold many talents, yet today only 12% of adults with ASD are employed. Our Mission is to grow independence in the business world.

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

## What's Your Best Side?

Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other. What is your good side? If you said your left, there is now science to back you up. According to a new study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right. According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display "a greater intensity of emotion." The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings. How ironic then that the left side of the face ages faster than the right, at least here in the United States. As adults, we now get the bulk of our sun exposure in the car sitting next to a left sided window.

UVA rays go through the glass of your

car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a separate sunscreen for your face every day is so important. The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA. Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA.

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