

Guilford



Events

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Volume 2 • Quarter 4 • 2013



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First Selectman's Corner

I am happy to announce that the Finance Director has reported to the Board of Selectmen and Board of Finance that based on the preliminary, unaudited results of the fiscal year 2012-13 budget, the town should expect a surplus in excess of \$947,000. The Board of Education has a reported surplus of roughly \$97,000. This results in a total anticipated surplus for both the Town and School budget of over \$1,044,000. The town realized this surplus through savings in both personnel and non-personnel line items, by replacing retired staff with new personnel at lower rates, and with the cooperation of department heads, keeping routine expenses to a minimum in light of unexpected costs incurred as a result of Hurricane Sandy and the February Blizzard.

The majority of the surplus will go directly to the Undesignated Reserve. This is the fourth year in a row that the Town has been able to produce a surplus, which has helped rebuild the Undesignated Reserve from \$2.2 million to almost \$5.2 million. I would like to thank department heads and their staff for cooperating with efforts to keep the budgets in line particularly when there were concerns about the costs associated with the two storms.

This past August, the Town through the efforts of the Parks and Recreation Department, had a rededication ceremony of the renovated Jacob's Beach. Parks and Recreation should be commended for the outcome of the project. The Town has

received many compliments about the improvements. The rededication was to commemorate Phase I of the project. Phase II will begin this fall with the construction of a boardwalk. Due to the renovations and the purchase of beach cleaning equipment, attendance has increased at the beach this year.



The Marina bulkhead and new fencing have all been completed and this greatly improves the appearance of the marina and its structural integrity.

This past summer Guilford hosted a number of events on the Green, including the summer concert series, which were widely attended. Other events included the annual Art Center Craft Expo and Shakespeare on the Green sponsored by the Shoreline Arts Alliance and their contributors.

A number of road improvements were made over the summer. The Engineering/Public Works Department chip-sealed 11 miles of road, encompassing 19 roads. The department also did a number of major road repairs as well.

The Town has implemented an upgraded Everbridge Notification System, which will allow town officials to immediately notify residents who sign up to receive notifications of any emergency and non-emergency alerts.

continued on page 2

LOCAL

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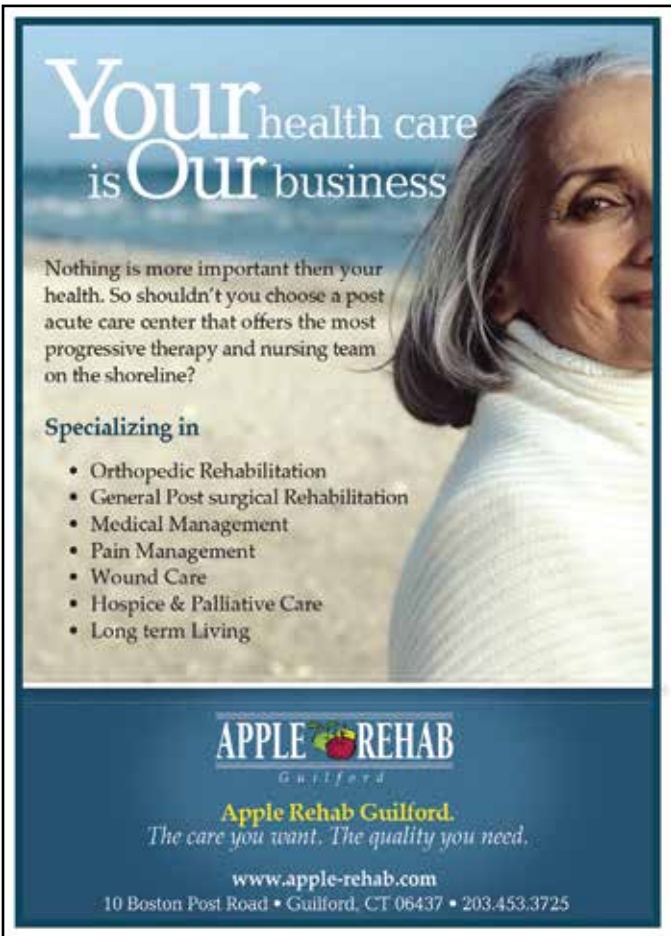
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Selectman's Corner ... continued from page 1

It's important to stress that citizens must sign up in order to receive these notifications, which can be done through a link on the town website. You can register as many devices as you wish such as cell phones, land lines, and tablets etc. This will greatly improve our communication abilities with our residents particularly in emergency situations, but also for major event notifications.

First Selectman Joseph Mazza

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The Vista Tour de Shore is a fundraising cycling event to support the Endowment Fund of Vista Vocational & Life Skills Center, a non-profit educational program for adults with neurological disabilities along the Connecticut Shoreline.

For more information about Vista, visit www.vistavocational.org or call 860-399-8080

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Guilford 375th Anniversary

On Tuesday, December 31, Guilford Generations Jubilee, a day of fun and festivities for all ages, launches a year of signature celebrations marking the founding of Guilford in 1639. The event, which begins at noon and continues until 8 p.m., takes place at several venues on and around the Guilford Green.

The day opens in front of Guilford Town Hall, where an "aerial" photo will be taken from the bucket of a fire truck of all those gathered below. Photos will be available for sale from Chamber of Commerce members sometime after the event.

Following the photo, Sam Allery, the Guilford student who came up with the name Guilford Generations Jubilee, will lead a noise parade of musical merrymakers around the streets surrounding the Green. Their horns, pots, pans, spoons and other noisemakers are sure to create a racket heard throughout the town.

During the afternoon, young and old can participate in varied activities and games at the Community Center, where they'll find among other things, face painting, temporary tattoos, ballroom dancing, billiards and arts and crafts, as well as a room where they can stomp on bubble wrap.

Also in the afternoon, nearly twenty musical groups will present concerts at Christ Episcopal Church, Christian Science Church, First Congregational Church and St. George Church. Wristbands to attend these performances will be available in advance at the Guilford Parks and Recreation Department and at Page Hardware & Appliance Co. They may also be purchased the day of the concert at the Community Center. The prices of the wristbands, which admit wearers to all concerts at all venues, follow: children 4 to 14, \$8.00; adults 15 and older, \$12; seniors, \$10; family packet (any number of family members),

\$24. Concert goers who buy their wristbands before December 15 will receive a discount.

At twilight, a bonfire will be lighted at the northern end of the Green. All are invited to watch, get warm or help fan the flames with bad paperwork, including report cards, they've received during the year.

Lighting up the darkened sky and capping the Guilford Generations Jubilee will be a high-shoot fireworks display visible from the Green and surrounding streets.

Local restaurants, food trucks and St. George Hall will offer a selection of hot and cold foods and beverages for sale. Commemorative green and navy T-shirts, hats and mugs are already on sale at Bishop's Orchards, Guilford Food Center and Page Hardware & Appliance Co.

Throughout the day, shuttle buses, including a bus that can accommodate the handicapped, will pick up passengers at the commuter lot on the north side of I-95 at Exit 58, at Elizabeth C. Adams Middle School at 233 Church Street and at Calvin Leete Elementary School, 280 South Union Street, and drop them off at the Community Center, Guilford Town Hall and St. George Church.

The Guilford Generations Jubilee, as well as the other Guilford 375th Anniversary events that will take place during 2014, are made possible through the generous support of businesses and residents. Among these are the five diamond sponsors: Bishop's Orchard, East River Energy, Guilford Savings Bank, Page Hardware & Appliance Co., and Yale New Haven Hospital.

Roberta W. Flannery
375th Anniversary Committee Member
rwf36@comcast.net
203-533-5918

An Evening Out to Benefit 375th Anniversary

A fundraiser to benefit the Crystal Ball, the second major event in the year-long Guilford 375th Anniversary celebration, will take place at the Guilford Yacht Club on Thursday, November 21st from 6:30 to 11 p.m. The affair will include both silent and live auctions, hors d'oeuvres, a cash bar and entertainment. The function is free of charge and open to all who would like to attend.

John Saville Entertainment and Tony Fappiano will host the evening and run the live auction. John Saville Entertainment, the Guilford company that has provided entertainment all

across Connecticut for more than thirty years, has donated their services.

Auction attendees will find a range of items open to bid, including artwork by local and foreign artists, a kayak and a year's membership to the YMCA. However, to help ensure the success of the evening, the Guilford 375th Anniversary Committee, headed by Veronica Wallace, is seeking additional items for both the silent and live auctions. Anyone interested in donating should call Veronica at 203-453-2362.

Roberta W. Flannery

Events

MAGAZINES



Guilford Events

TM Ventures, LLC

dba **Essex Printing & Events Magazines**

18 Industrial Park Road, P.O.Box 205

Centerbrook, CT 06409

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email: print@essexprinting.com

www.essexprinting.com

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**Cover: The Corn Crib at the Medad Stone Tavern
by artist Marge Casey**

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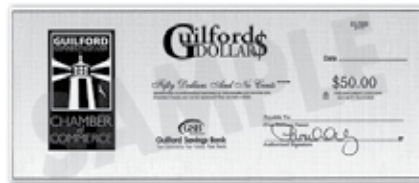
Chamber of Commerce

The fourth quarter of 2013 has begun! Businesses around Guilford have transitioned from the tempo of the summer with the vibrancy of the seasonal visitors enjoying our beaches and other recreational facilities to the quick-paced preparations for the year-end holiday season. We have seen many of our businesses re-thinking how they will conduct their businesses to sprint to a strong finish for 2013.

In the community, the Chamber businesses will be supporting many exciting events during November and December that will involve the entire population and set the stage for Guilford's 375th anniversary year. Local businesses and families are actively showing their support of the anniversary by providing pole banners that are making the community look festive.

In November, businesses will gather at the Knights of Columbus hall to share their goods and services at the Business Showcase. This first-year event will give vendors an opportunity to network with other businesses and demonstrate to members of the community the services they provide. There will be seminars that will address topics such as How to run a successful marketing campaign and What will the future of healthcare look like. The entire community is invited to come out and meet our local businesses.

On December 6, the Chamber, the Town Economic Development Department and the Parks and Recreation Department will join forces to present the annual holiday tree lighting. This event attracts thousands of town residents and visitors onto the Green to enjoy the singing of traditional carols, a special visit by Santa and, of course, the lighting of the Town's holiday tree. The festivities will begin at 6pm and many merchants will keep their doors open late and invite revelers to stop in to shop and dine.



The holidays are a perfect time to think about Guilford Dollar\$ as THE perfect gift. Guilford Dollar\$ are like gift certificates that can be used all over town! They are perfect for holidays, birthdays, thank you gifts or the "hard to shop for" person on your list. These certificates are redeemable at over 50 chamber member locations and include merchants, restaurants, services and can even be used to make a donation to a local not for profit agency. Available in denominations of \$10, \$25 and \$50, they can be purchased at the Guilford Chamber of Commerce offices at 1300 Boston Post Road.

This is a wonderful time of year to be in New England and Guilford is one of the best places to experience the wonders of a beautiful Fall afternoon or the excitement of a holiday celebration! Hope to see you around town as you SHOP LOCAL!

Janet Testa,

Executive Director Guilford Chamber of Commerce

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

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 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) owned by the applicant as of October 1, 2013 and used exclusively for the purpose of transporting the medically incapacitated owner is exempt if such vehicle is not for hire and the required application is filed with the Assessor's Office by November 1, 2013, or for such motor vehicles purchased after October 1, 2013, 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, 2014 for taxes due and payable July 2013.

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, 2014. 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, 2013 and October 31, 2013.

FORESTLAND (STATE PROGRAM) applications must be filed no later than October 1, 2013.

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, 2013.

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, 2013.

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, 2013.

REVALUATION information is available on the following website: www.ci.guilford.ct.us/town-departments/revaluation-information.htm

Edmund Corapinski, Assessor

Registrars of Voters

On November 5th, Election Day, we will be initiating a brand new program, Election Day Registration. Here's how it works. If, on Election Day, you realize that you really want to vote but are not registered, please come into our office in Town Hall and you will be able to both register and vote. Simple as that! Just make sure you have identification that has both your name and Guilford address on it. This new program does not preclude registering before Election Day; mail-in registrations will be accepted until October 22 and in-person registrations until October 29. We highly recommend that you plan ahead and register well before Election Day, but if you miss those deadlines you can do it on Election Day. As usual, please call (203-453-8028) or email (registrar@ci.guilford.ct.us) us with any questions, concerns or comments.

Louise Graver and Gloria Nemczuk, Registrars

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Guilford Free Library Programs

GUILFORD FREE LIBRARY PROGRAMS

October through December

PROGRAMS FOR ADULTS

Book-a-Librarian - One-on-one basic skills computer classes available by appointment every Tuesday and Thursday morning.

Care of the Aging Spine - Herniated Discs with Dr. John Beiner and Dr. Patrick Tomak, Thursday October 3, 6:30 pm.

Writing as Therapy with John Henningson, Monday October 7, 4:00-5:00 pm.

Lunch & Learn - Tuesdays, noon to 1 pm:

October 8: Dr. Lisa Freed, *Women's Heart Health*

October 22: Kathleen Jones, *Researching Your Roots II*

November 5: Dr. Ralph Schoemann and Library Director Sandy Ruoff, *Tanzania Tales*

November 19: Jeff Webber on *Frugality and Your Retirement*

Connecticut Yankees at Antietam, by John Banks, Wednesday October 9, 7:00 pm.

Know Your Nose: Care of the nose and sinuses, with noted laryngologist Dr. Agnes Czibulka, Thursday October 10, 6:30 pm.

Guilford Library Association Annual Meeting, October 17, 7 pm: Award-winning author Andre Dubus III returns for a special engagement!

Monday Night Movies: Our popular series continues on Monday evenings, starting at 7 pm, from October 21 through December 16. Watch local newspapers and our website for movie titles.

Adult Basic Skills Computer Classes (offered by the Reference Department). Tuesdays 6:30 - 7:30 pm.

October 22 - Using the Library from Home

October 29 - Exploring Digital Collections

November 5 - Social Networking

November 12 - Understanding and Using the Cloud

Class size is limited. Call 203-453-8282 or register online for any of these classes.

Guilford's Pink Granite - with Carl Balestracci Tuesday October 22, 4:00 - 5:00 pm.

Book Discussion with Mark Schenker - *James Joyce's Dubliners*, a 4-part series, October 23, November 6, 14 and December 4.

Author Elinor Lipmann - October 24, 7 pm. Prize-winning humorous novelist.

Connecticut Ghosthunters share their research into paranormal events in Connecticut, and will give you the chills on the eve of Halloween! October 30, 7 pm.

The Amazing Bicycle Race - *Now that You're 70, How About Racing Across America* - co-sponsored by Shoreline Village. November 5, 7 pm.

More Opera with Tom Lewy - November 7, 14 and 21, 7-8:30 pm. The popular teacher returns, with classes on *Don Giovanni*, *Il Pagliacci* and *Madama Butterfly*. Come to one class or all!

PROGRAMS FOR TEENS

New! Teen Art Series - Learn art tips from a working artist, who will demonstrate and critique your work. Drop in to the Conference Room, second Thursday of the month 3:30 - 5:00 pm, starting October 10th. We supply materials, you supply talent! Advance registration required, program is free.

College Selection Help - Three noted speakers address aspects of the road to college, how to choose, how to get in, how to finance. Check our website or call 203-453-8282 for more information about these programs and our SAT/ACT test preparation.

Art Exhibits at the Guilford Free Library:

October - Brendan Loughlin in the Meeting Room; Sue Gerschefski's acrylics in the Gallery.

November - Gloria Nilsson and Thomas Mayer in the Meeting Room; Pat Morris in the Gallery.

December - Sisters in Cloth Quilts in the Meeting Room; Patty Meglio in the Gallery.

67 Park Street, Guilford, CT

203-453-8282

www.guilfordfreelibrary.org

Guilford Free Library Children's Fall Programs

REGISTRATION

For starred (**) programs: Tuesday, September 10th, beginning at 9 a.m. in person or online at www.guilfordfreelibrary.org or call 203-453-8282 until programs are filled.

SPECIALS

Open to All - Please Register

Funded by the Friends of the Guilford Free Library

****BLUE MOON RAPTORS** - Meet Rose Cricsi of Guilford and the birds she has rehabilitated. The Eastern Screech Owl, a Barred Owl, and a Great Horned Owl will be here for the

program. Learn their stories! Tuesday, September 17, from 4:00 to 4:45 p.m. For children of all ages.

****IN THE GROOVE TO MOVE** - Guilford's Brian Gillie has a new interactive family dance program. It is 100% dancing, from swing to hip hop for high-energy fun, wear your dancing shoes! Friday, October 4, from 4:00 to 5:00 p.m. For the whole family.

****CONNECTICUT'S K-9's:** Learn about the importance of police dogs and how they receive special training to help the police and state troopers solve crimes.

Continued on next page

Children's FALL programs ... continued from previous page

One of the dogs will come with a trooper who will tell you about their many interesting assignments. Wednesday, October 23, from 4:00 to 4:45 p.m. For children age 4 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! Tuesday, October 29, from 4:00 - 4:45 p.m. For children ages 5 and up.

****PLAY ON WORDS** - Celebrate "Tellebration," a special storytime from the Connecticut Storytelling Center with Peg Donovan. With puppets and felt board in hand, Peg brings her stories to life for the audience. Tuesday, November 12, from 4 to 4:45 p.m. For children ages 4 and up.

****THANKSGIVING STORY AND CRAFT** - Children will hear a story and Linda Srebnik of Guilford will help create a holiday decoration to take home. Wednesday, November 20, from 4:00 to 4:45 p.m. For children age 6 to 8.

DROP-IN PROGRAMS

Open To All - Registration Not Required

DROP-IN CRAFT - Come to the Children's Room and make a bookmark for Fall reading. Thursday, September 5, from 9:00 to 5:00 p.m. All ages welcome.

DROP-IN STORYTIME - Children will have an opportunity to hear stories using books, flannel boards and music. Wednesdays, September 4 through 25, from 10 - 10:30 a.m. All ages welcome.

POP-IN PLAYTIME - Parents come! Children play! All in a corner of the Children's Room. Tuesdays & Wednesdays: September 3 through November 20, from 10:30 - 11:30 a.m. All ages welcome.

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.

SERIES

Open to All - Please Register

****NEW: WISE GUYS BOOK CLUB - BOYS ONLY!!** : Read a different book for each week or just come to hear about it. These titles are: *White Star: Dog on the Titanic* by Crisp, *Closed for the Season* by Hahn, *The Fingertips of Duncan Dorfman* by

Wolitzer, *Swindle* by Korman, *The Lightning Thief* by Riordan. Enjoy refreshments and fun activities. Pick up a copy of the book at the children's desk. For boys in grades 4-6. Fridays, Oct. 11, 18, 25, Nov. 1, and 8 from 4:00 to 5:00 p.m. (Girls don't worry- special program for you coming soon.)

****TWEEN BOOK CLUB** - Join the book discussion of *The Great Wall of Lucy Wu*, by Wendy Wan-Long Shang. Lucy is planning on a great sixth grade year, finally getting her own room & she'll be captain of the basketball team. But her plans change when her great aunt comes to visit. We will read from the book each session and have a snack! For girls and boys in grades 4-6 on Thursdays, Oct. 17 to Nov. 21 (skip Oct. 31) from 4 - 5:00 p.m.

****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 2 through Nov. 20 from 11 to 11:30 a.m. All ages welcome.

****TOTS AND TUNES** - Come and enjoy a musical program for toddlers and their parents. Dance, swing scarves and parachute dance to the music. For children age 0 to 5 and their parents. Tuesdays, October 8 through November 12 or Wednesdays, October 9 through November 13 from 10:00 -10:30 a.m.

****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 21 through December 2, (skip Nov. 11) 9:30 - 10:30 a.m. (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 3 through November 7 from 9:30 - 10:00 a.m.

****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 4 through November 8 from 9:30 - 10:00 a.m.

****FRIDAY MORNING STORIES**: Children and their parents are welcome to join us for special stories and finger plays from the library's storytelling collection. Fridays, October 4 through November 8 from 10:00 to 10:30 a.m. for children ages three, four & five.

Registration for December Programs begins Tuesday, November 19 at 9:00 a.m.

Children's December Programs

REGISTRATION FOR STARRED ()** programs starts Tuesday, November 19th at 9:00 a.m. in person or online at www.guilfordfreelibrary.org or call 203-453-8282 until programs are filled. All programs are open to residents of all towns!

**** WINTER WONDERLAND MAGIC** - Steve Woyce & Henry the Magic Rabbit will be back to perform awesome magic tricks just before the Guilford Tree Lighting. Please register. Friday, December 6, 4:30 - 5:15 p.m. For children of all ages.

DROP-IN TOTS & TUNES - Come to a musical program for tots and their parents with dancing, scarves, instruments and more. Registration is not required, but space is limited Monday, December 9 and Tuesday, December 10 from 10 to 10:30 a.m. For ages 0 to 5.

**** GINGERBREAD HOUSE WORKSHOP** - Guilford resident, Jodi Marra, will help children create gingerbread houses that will be displayed in the Children's Department. Please register. Wednesday, December 18, 3:30 - 4:45 p.m. For children age 9 and up.

Continued on page 10

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Free Library / Children's December Programs ... continued on page 10

"GREETINGS ALL DAY"- DROP-IN CRAFT - Make a holiday greeting card - one to keep and one to share with local rehab center residents. Registration is not required. Tuesday, December 17, 9:00 a.m. – 5:00 p.m. For children of all ages.

**** ANNUAL PRESCHOOL SING-A-LONG** - Children and their parents are invited to share a joyous song time with the Keynotes from Adams Middle School, followed by a visit from Santa. Please register. Thursday, December 19, 10:30 -11:30 a.m. For children age 3 to 5.

DROP-IN VACATION STORIES - Children and their parents are welcome to join us for special stories from the library's storytelling collection. Registration is not required. For all ages. Thursday, December 26 & Friday, December 27 from 10 to 10:30 am.

DROP-IN VACATION MOVIE - "Super Buddies." Budderball and the other golden's become dogs with powers. They work together to rescue the planet from a bully from outer space. Friday, January 3 from 10 to 11:30 am. Recommended for age 4 and up.

Registration for Winter Programs begins on Tuesday, January 7, 2014 at 9 a.m.!

*Guilford Free Library, 67 Park Street, Guilford, CT
203-453-8282 / www.guilfordfreelibrary.org*

How to Avoid A Facelift

No one enters into young adulthood expecting to have a face-lift one day. Unfortunately, many of us do not care for our skin when we are young and find ourselves in a bit of a predicament at a certain age. Even though aging is inevitable, there are a few things you can do to slow it down and a few tricks in the beauty bag to reverse some damage

The most important step when you are young is to protect your skin from the sun. The sun is not your friend. It may be warm and comforting, but it is not your friend. If you didn't wear a sunscreen when you were younger, I suggest you start today. Not my moisturizer has an SPF of 15, but a separate sunscreen. If you have young girls in your life, children, grandchildren, etc. please pass along the message.

If you smoke, it's time to stop. Smoking robs your skin of oxygen and nutrients by constricting the blood vessels in your skin, resulting in skin with no vibrancy and even a grayish hue. Smoking also breaks down collagen which is the support system in your skin, leading to wrinkles and sagging. And if that wasn't enough, the physical act of puffing on a cigarette and having smoke rise up into your eyes can cause deep set wrinkles around your eyes and mouth.

If you're still slapping on a moisturizer and running out the door in the morning, it's time to re-evaluate your routine. That barely worked when you were twenty. A mature woman needs

serums, eye creams, night creams and a separate sunscreen. That includes morning and night - ok not the sunscreen at night. The point is, you can't keep falling asleep on the couch with the day's make-up on your face.

Thankfully, there are a lot of non-surgical options to keep you looking your best, even when you reach that magical age where something needs to be done. There was a time when your only option was surgery.

And that may be fine for you if that's your choice but if it isn't...consider Botox to relax your worry lines and forehead wrinkles; Juvederm to fill in lost volume in your flattened cheeks or nose to mouth lines; and finally do some research on machines to help you build collagen. Radiofrequency is a favorite of mine...it's been around for a long time, there is no down time and your under eye area can be treated safely and effectively.

If you are not happy with your appearance, there are a variety of surgical and non-surgical options available but these guidelines are a great place to start. It's never too late!

To learn more about procedures that will keep you beautiful without surgery or to receive more articles like this one, please visit us at www.sonasmedspa.com.

*Susan O'Malley, M.D.,
Sonas Med Spa*



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Harbor Moorings

There is a State requirement for all moorings in Connecticut waters to have a permit issued by a State appointed Harbor Master. In my capacity as the State appointed Harbor Master for the Town of Guilford, I am required to perform duties specified by Connecticut General Statutes consistent with an approved Harbor Management plan. Fortunately, the Town of Guilford has a State approved Harbor Management Plan that was prepared by a local Harbor Management Commission with inputs from the public and various town governmental departments. This ensures a mooring permit process that is locally controlled to implement State requirements in a manner that best serves Town residents.

Permits can be submitted electronically via the internet or on paper applications. Applications are available at Town Hall or the Town Marina. To submit an electronic application, you access the online mooring system at <http://permits.onlinemooring.com/GuilfordCT/>. There is a link to this system on the Harbor Management Commission's page on the town's website. Applications must be mailed to the Harbor Management Commission, along with a \$25 fee, at 31 Park Street, Guilford, CT. If the application is submitted electronically using the online mooring system, the applicant must print his application and mail it with his fee. We are working to implement an on-line electronic payment system.

Once the application and fee is received by the Guilford Harbor Management Commission, it is reviewed by a representative of the Guilford Shellfish Commission and upon his/her approval it is forwarded to me. If all the required information is provided and there is no valid reason to disapprove the application, I assign a mooring identification number and issue a permit to the applicant. Permits expire on

December 31 and must be renewed annually. Permits are not transferable.

There are several reasons why moorings must have a permit issued. When the Connecticut Department of Energy & Environmental Protection (DEEP) reviews an application for a shellfish permit, one of their considerations is whether or not there is an existing mooring at the location. If moorings are not legally permitted, DEEP would not be aware of their existence and there is the potential for a commercial shellfish operation to be approved which will prohibit any future mooring permits at that location. Also, if a non-resident properly submits a mooring application, it may be approved and a resident who desires to have a mooring at that location will not be able to do so.

A final reason to obtain a permit is that the Town of Guilford recently passed an ordinance to enforce the requirements of the Harbor Management Plan. Each violation is subject to a \$100 municipal citation, and "...each day of the violation shall be considered a separate offense and subject to separate citations."

As I patrol the shoreline, my focus is to educate the public of the requirement to obtain a permit and assist them in processing their application. I am confident that most boaters will adhere to the requirement and minimize the issuance of citations. Boating is meant to be enjoyable. The mooring permit program will ensure our shores remain safe and enjoyable for all our residents.

Safe Boating!
Fred Brisbois, State Harbor Master
Town of Guilford



Starship Dance Theater Presents
The Magic Toyshop



December 6 at 7:30 pm
December 7 at 4:30 & 7:00 pm
December 8 at 2:00 pm

House doors will open 1/2 hour before the show.

Guilford Community Center, 32 Church Street, Guilford

Joyce DiLauro, Artistic Director

For more information visit www.starshipdancestudio.com

Advance Tickets are \$20

Co-Sponsored by Guilford Park & Rec

The Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy.

In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy.

The meetings are held on the second Tuesday of each month from 7:00 p.m. to 8:30 p.m. at
Guilford Parks & Recreation,
32 Church Street Guilford, Connecticut 06437.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

Offices are located at 386 Main Street, Middletown, CT

Celebrating Nature and Native America

OCTOBER 5 & 6, 2013



Friends of Hammonasset (FOH) is proud to present the FIFTH celebration of Native American traditions and respect for our Environment to be held on October 5th and 6th from 10 am-5 pm at Hammonasset Beach State Park. This year's festival coincides with the 100th Anniversary of all the State Parks in Connecticut.

To start the festival off with good spirits, Allan Saunders (Mohegan) will lead a Native American Opening Blessing and Smudging ceremony both days at 10:15 am in the concert area.

Featured performers are Erin Meeches Native Nations Dance Troup providing an informative variety of Native American dancing and drumming in the concert area beginning at 12 noon, then again at 3:15, both days. Do not miss this especially

joyful event. On Sunday only will be a wandering Magician/ Environmental Sorcerer, Cyril May. Also featured nearby will be the World Atlatl Championships, open to the public. In the Discovery Tent, A Place Called Hope will present Live Raptor Shows both days and provide day long live bird exhibits.

Additional participants in the Discovery Tent area will be the Meigs Point Nature Center, Denison Pequotsepos, Ansonia Nature Center with live creature exhibits and presentations. Other exhibits nearby will be the Yale Peabody Museum, Museum of Natural History at UCONN, the National Museum of the American Indian, the Institute of American Indian Studies, the Kellogg Environmental Center, the Shoreline Outdoor Education Center, the Mashantucket Pequot Museum and Research Center. Also the U.S.Coast Guard Auxillary, Trout Unlimited, Friends of the Office of State Archaeology, Watershed on Wheels, Habitat for Humanity, Shoreline Greenway Trail, Primitive Technologist, Jim Dina, as well as a variety of environmental exhibitors.

The festival features authentic Native crafts. Many vendors showcasing art, jewelry, beadwork, pottery, woodcarvings, flutes, clothing and more will be available for sale. Sly Fox's Den owned by Sherry Pocknett will be here from Mashpee, Massachusetts to provide the best in authentic Native American food.

No pets are permitted on the premises. This is a rain or shine event. The festival is presented by Friends of Hammonasset, a 501c3 organization whose purpose is to provide environmental education, preserve natural resources and be an advocate of Hammonasset Beach State Park. The event is generously sponsored by Liberty Bank and the Madison Foundation.

David and Peter Richards from the Clinton Nursery will be honored guests for their contributions to Friends of Hammonasset annual Plant Sale.

Event Admission is \$5., children under 10 are free. Free entrance to the Park. For more information and updates, go to our website www.hammonasset.org or call 203-245-9192.

Dental Care - A Partnership Between Patient & Professional

Patients often ask, "How often should I have my teeth cleaned?" The standard answer used to be "every six months". But recent studies and advances in oral health have shown that this may not be the case. Personalized care, tailored by recommendations from your dentist is now the rule. Oral health, like physical health, is a partnership between the patient and their dental professionals.

In the June 10 issue of the Journal of Dental Research, researchers from the University of Michigan School of Dentistry explored the link between long-term tooth loss and frequency of preventive dental visits in adults with and without three risk factors for periodontal disease, smoking, diabetes and interleukin-1 genetic variations. The study concluded

that individual risk factors help to dictate the frequency of cleanings needed per year to help prevent periodontal disease. Based on data analysis, researchers speculate that high-risk patients would likely benefit from more frequent dental visits, while low-risk patients may see the same benefits from only one cleaning per year. The key takeaway for consumers, underscored by this study, is that personalized oral care is a necessity for good dental health. The ADA encourages people to work closely with their dentists to identify any potential risk factors that would determine the need for and frequency of follow up visits to enhance the outcomes of preventive care.

Submitted by Wendy Hackett, RDH

For Thomas P. Petrick DMD and Theodore Katz DDS, PC

The Joyful Noise!

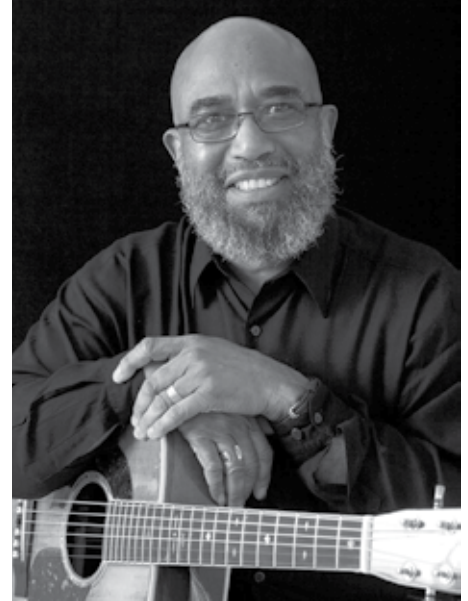
The Joyful Noise! Concert Series at First Church Guilford

Invites you to spend Sunday afternoon, November 17th with

JOSH WHITE, JR. & THE BLUES

Considered by many to be one of the few authentic voices of the most American of musical styles, the blues, Josh uses his concert settings to make audiences of all ages familiar with the music that made his families name a household word from the mid- thirties thru the folk boom of the sixties. Along with his unique arrangements of folk, blues and jazz, Josh brings to his concerts the continuity of the authentic music of the rural, southern blues tradition that emerged during the end of the 19th century.

"I guess that the apple does not fall far from the tree", says Josh in reference to his father, Josh White, who brought the music of the black rural south to Chicago and New York. "My Dad began leading blind musicians around the south when he was eight years old. The first was Blind Man Arnold who taught Dad the music of African American workers of the south.



Josh White, Jr.

Continued on next page

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The Joyful Noise ... continued from previous page

There were work songs, spirituals, chants and ballads. As I was growing up, Josh taught me those songs and told me the stories surrounding how those songs came to be written.

And now I bring those stories and songs to a generation that has grown up on rock and roll, a musical idiom whose very roots come from the songs my dad made famous at Café Society Downtown in New York City."

Like his Dad, Josh, Jr. began his singing career at an early age. "The story goes that I was just four years old when my Mom took me to Café Society Downtown to see my Dad perform. Dad started singing "One Meat Ball", a song that I knew from home, and, during the chorus, I chimed in and began singing along. The spotlight operator heard me singing and moved the light from Dad to where I was standing on a stool singing."

"You should have seen the smile on Josh's face when it happened" said Josh, Jr's mom, Carol. "Josh put down his guitar, walked over and grabbed Josh, Jr. in his arms and they finished the song together, center stage." And Josh has been singing ever since.

Josh, Jr. incorporates the blues, spirituals, songs of protest, ballads and work songs into his concerts in a musical collection of American songs, both historical and contemporary that makes for a most entertaining afternoon.

As Mark A. Cole of *Big City Blues* magazine said, "...he is a master of vocal inflection and involvement; Josh White, Jr.

pushes his envelope and shows why he is considered one of music's premier vocalists and performers... solid folk/blues, nothing short of magnificent!"

When questioned about the authenticity of the material that Josh performs, Elijah Wald, author of the most complete biography of Josh White said, "There are some other relatives of older blues artists performing, but none who were raised as performers together with their famous parent and worked together for years, and can show the direct transmission of the style the way Josh White, Jr. can."

Josh will perform his concert @ 4pm November 17th at First Congregational Church, 122 Broad Street, Guilford, CT. For more information on the concert call 203-453-5249.

*For more information on Josh White, Jr.
www.joshwhitejr.com.*

To Essex Printing,

Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full of interesting community-related articles.

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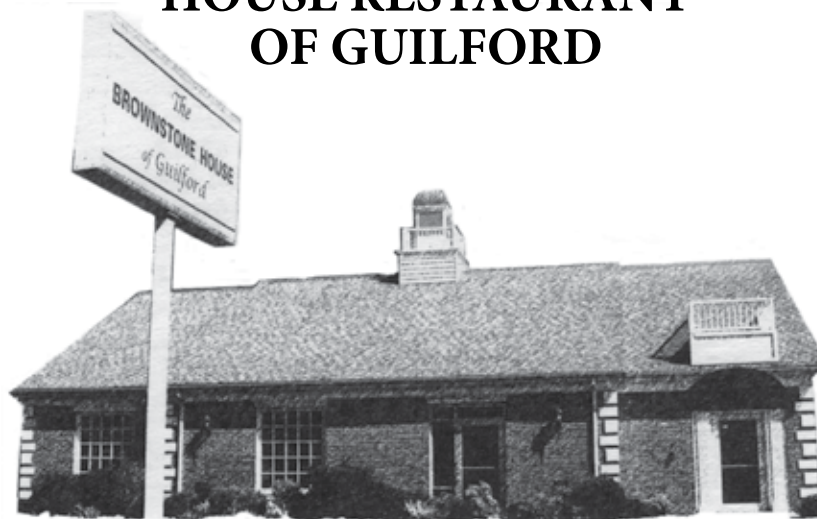
Thanks for everything!

- Judy Sullivan, Executive Director, Old Saybrook Chamber

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Cats Are Unique Animals

Anyone who owns a cat appreciates the fact that cats are not just small dogs. Feline Urinary Tract Disease (FLUTD) is an example of a disease syndrome specific to cats that dogs do not experience.

FLUTD is a group of diseases that affect cats' urinary bladder and urethra. These diseases include sterile cystitis (inflammation of the bladder), urinary tract infection, bladder stones, or a urethral obstruction. The signs cats exhibit are usually the same regardless of which underlying disease is causing them. These signs include urinating outside the litter box, straining to urinate, urinating more frequently, bloody urine, over grooming of the genital region, and urinating on cool surfaces such as the bathroom sink or bathtub.

Since multiple diseases can cause any combination of the above signs, it is very difficult to know which specific disease is causing the problem just by how a cat is acting. Owners are critical in helping veterinarians narrow down the list of diseases by sharing which signs their cat is experiencing, discussing what they feed including treats, and describing the cat's environment at home. It is almost always necessary to perform diagnostic tests, as well, to complete the picture and obtain a diagnosis. Diagnostics may include x-rays of the urinary tract, microscopic evaluation of the urine, urine culture, and blood work. All of these diagnostics are not necessary in every case, however the more tests performed,

the more information is provided and the more accurate the diagnosis. Obtaining normal or negative test results should not be viewed as a waste of time or money. Normal test results have useful information, knowing what disease is not responsible helps narrow down what disease it is.

Treatment for FLUTD is specific to the underlying disease causing the signs. Urinary tract infections require antibiotics, bladder stones often require surgery, and obstructions require urinary catheterization and hospitalization. In cats younger than 10 years old with lower urinary tract signs consistent with FLUTD, sterile cystitis is the most common diagnosis. Urinary tract infections are quite rare in cats younger than 10 years of age, but are the most common diagnosis in cats older than 10 years old. Sterile cystitis is unlike the other conditions because there is not one therapy that will resolve the illness, it often takes multiple therapies and is controlled over the life of the cat, it is often not curable.

Finding successful treatment for sterile cystitis is important since it is the most common disease causing inappropriate urination around the house and pain for the cat. It is important to realize that cats that are urinating outside their litter box are doing so because of a specific stress, change in environment, or illness causing sterile cystitis and are not being spiteful. Environmental stressors include number and location of litter boxes, human factors as how many people live in the house, if anyone has moved in/out recently, interactions with other pets in the house or feral cats outside the house, construction occurring in and around the house, or even change in seasons. Once your veterinarian diagnoses sterile cystitis by performing the examination and diagnostics listed earlier, the veterinarian can provide ways to treat the cystitis. Resolving the cystitis will resolve a painful condition for your cat and prevent you from becoming angry and resentful towards a beloved member of the family.

Management of sterile cystitis includes increasing hydration, providing a safe place for your cat in your house which includes the presence of catnip, low fat treats, cat trees, and scratching posts for your cat to retreat to in times of stress. Increasing the number of litter boxes, varying their locations or what type/amount of litter can help. Giving your cat more individual attention or increasing exercise can help, especially since most cats with sterile cystitis are overweight. Still some cats do benefit from Feliway, a cat pheromone product, that when smelled decreases anxiety. Medical treatments including glucosamine to decrease inflammation in the bladder or antianxiety medications are sometimes an option. Antianxiety medications are saved for last resort because almost every cat can be helped by changing their environment as listed above.

Every cat is different and treatment needs to be tailored to the individual cat, that's where having a discussion with your veterinarian is critical in developing a plan for your individual cat's needs.

Continued on next page, bottom

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Guilford's Got Talent III

Guilford's Got Talent III, emceed by John "Cadillac" Saville was held on Sunday, August 25th on the Guilford green. 18 groups of youth from Guilford performed. Following the contestants performances, Robert Borden 2012 GGT winner and Cadence Richmond 2011 GGT winner performed. All of the youth who participated in Guilford's Got Talent did an amazing job! First place winner was Finn Moore, second place winner was Kyle Landry-McWilliams and third place went to Grace Newman!

IT'S WORTH IT! - The Development Assets for Youth (D.A.Y.) coalition has been working to build a healthier environment for Guilford youth and are now on social media! Follow us on twitter @GuilfordDAY, like us on Facebook.com/GuilfordDAY and follow us on Instagram.com/GuilfordDAY!

Karolin Regan, Guilford Youth and Family Services



FAMILY FUN
Shoreline Oktoberfest

Oct. 18, 19, 20, 2013
www.shorelineoktoberfest.com
www.facebook.com/shorelineoktoberfest

HOURS:
Friday, Oct. 18 – 5pm to 11pm
Saturday, Oct. 19 – 12pm to 11pm
Sunday, Oct. 20 – 12pm to 5pm

Guilford Fairgrounds
Lover's Lane
Guilford, CT

St. George Men's Group 100% of proceeds donated to charity

Shoreline Oktoberfest

The St. George Men's Group is sponsoring a Shoreline Oktoberfest, to be held at the Guilford Fairgrounds on October 18, 19 & 20. It will be days filled with fun for the whole family. Large Midway Rides, special entertainment for the young, and young at heart, Edith Prock (Germany), Spitze! (Florida), Mississauga Express (Canada), HSV Bavaria Schuhplattler Dancers (CT) and Jimmie Sturr & His orchestra with special guest Chris Caffery of Trans-Siberian Orchestra will entertain you. Traditional German - American food and Beer will be served. Continuous entertainment will be provided all 3 days on the 33 acre site. For more information and for tickets please go to www.shorelineoktoberfest.com or on FaceBook www.facebook.com/shorelineoktoberfest. 100% of

the proceeds are given to charity. Since its origin in October, 2012, The St. George Men's Group has raised over \$18,000 for local charities. These include funding the replacement of trees on the Guilford Green, the Food Banks for Madison and Guilford, the Wounded Warrior project, Guilford Back to School Program and the Mercy Retreat Center in Madison.

"We intentionally started small and proactively controlled our growth. We now have over 50 active members that cross a wide range of religious, professional and experience backgrounds", explained Andrew Horn, Membership Director.

To learn more about St. George Men's Group and their upcoming events, you can check out their web page at www.stgeorgemensgroup.org.

Cats ... continued from previous page

Important Note: Urethral obstruction is a life threatening condition if not treated quickly. Obstructions have the same signs as the other diseases that cause FLUTD, but the cats are usually acting more distressed, painful, or vocalizing while trying to urinate. The safest thing to do is bring your cat to a veterinarian for an exam to determine if there is an obstruction or not. Obstructions are much more common in male cats than females due to male's narrow urethral tract.

- Guilford Veterinary Hospital

Help Wanted

If you have extra time, you can earn extra money! Part-time Sales Representatives needed due to our recent growth. Set your own work schedule. Sales experience helpful but not necessary. Ideal for persons interested in supplementing their current income. Grow with us! Send resume and cover letter to print@essexprinting.com. No phone calls please.

Parks and Recreation Commission

The Guilford Parks and Recreation Commission has been working diligently on the Jacobs Beach Project with staff and Architect Will Thompson and Landscape Architect John Cunningham during the spring and summer months to make improvements to Jacobs Beach Park. Due to the improvements, the department saw an increase in the number of people on the beach throughout the summer.

With a \$500,000 Small Town Economic Assistance Program (STEAP) grant, the improvements included a re-graded parking lot with drainage and landscaped islands, the installation of two new shower pedestals and drinking fountains, an irrigated grass strip between the beach and parking lot, guard rails, stone dust walkways, and shade trees. Other improvements not included in the STEAP grant include skylights in the restrooms, new fixtures, and the purchase of a beach groomer. This machine removes many of the shells, stones, seaweed and other debris. It has clearly improved the quality of the beach sand.

On August 23, the park improvements were celebrated with a dedication ceremony, inflatables and activities for the kids, food and a concert. First Selectman Joe Mazza, State Senator Ed Meyer and Parks and Recreation Commission Chairman Ralph Schipani spoke and recognized the sub-committee that included Parks and Recreation Commissioners Barbara Pine and Sue Robins, Building Committee member Jim Goodridge, residents Joe Nugent and Carolyn Grave, Parks and Recreation Director Rick Maynard and Recreation Supervisor Ellen Clow. Over 300 people attended the festivities.

Phase 2 of the Jacobs Beach Park improvements will be the installation of a boardwalk from the playground area to the bath house. The boardwalk will improve accessibility at the beach and provide a safe path between the playground and the bath house. It is expected to be built in the fall.

*Rick Maynard
Parks and Recreation Director*

Dudley Farm Museum



The Dudley Farm Museum, located on ten picturesque acres in North Guilford, offers visitors a rural retreat from the past, preserved for the future. The restored farm house, buildings and grounds give a unique glimpse into life and work on a family farm at the beginning of the 20th century.

Museum Hours, April through October. Thursday, Friday & Saturday 10 am to 1 pm, and Sunday 1 to 4 pm.

The Dudley Farm Farmer's Market, June through October. Saturdays 9 am to 12:30 pm., Closing Day & Halloween Party: October 26.

Harvest Day, Saturday, October 19, 9 am to 2 pm, Raindate: Saturday, October 26. Farmer's Market & Family Fun.

Annual Meeting / Potluck Dinner, Thursday, October 24, 6:30 pm.

Holiday Open House & Market, Saturdays, December 7 & 14, 9 am to 2 pm.

Please visit www.dudleyfarm.com, email info@dudleyfarm.com or call 203-457-0770 for more information. The Dudley Farm Museum is a non-profit organization.

*The Dudley Farm Museum
2351 Durham Road, Guilford, CT 06437*

Vista Vocational & Life Skills Center



Vista Graduate Nicole Martines holds her graduation certificate while Vista Executive Director Helen Bosch looks on

With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving nearly 200 adults. Vista students and members have

an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities.

Vista offers a community-based training program designed

for individuals who would like to succeed at work and independent living, and who are seeking a non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 20 beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 27 taking place at Hammonasset State Park in Madison.

The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by beautiful 3 and 5 mile walk routes along the Connecticut Shoreline!

To learn a more about the Vista and all of our upcoming events, visit www.vistavocational.org.

Economic Development Department

Guilford has a wide range of businesses serving our residents and tourists while creating local employment opportunities. Often, we drive by a location and say, "that business has been here forever". We can say that about many Guilford enterprises, and we wanted to especially recognize a few that have passed major milestones.

Guilford resident Jeff Robinson, owner and operator of **The Car Care Clinic** located at 2362 Boston Post Road, recently celebrated his 40 years in the auto repair business. Jeff built this location nearly 20 years ago after being a co-owner of the former Guilford Getty. In addition to doing auto service repair, The Car Care Clinic also does auto body repair. Jeff and his team pride themselves on being in the "people business" with their positive customer-service oriented attitude. A longtime customer recently brought his car in for a set of new tires and was recognized as The Car Care Clinic's 100,000th service repair. For that, he was awarded \$1,000 in service work, leaving the shop with a credit balance! Jeff and The Car Care Clinic team have certainly developed a loyal customer base over the past 40 years.

Evergreen Fine Crafts located at 21 Boston Street, owned and operated by Diane Robinson and Sharon Silvestini, recently celebrated 30 years in business. Their business features a distinctive collection of functional pottery, jewelry, collectible wooden boxes, handbags, accessories, metalwork and art glass. Their philosophy has been to offer products "made in America" with over 90% of their items supplied by American crafts people. Evergreen Fine Crafts is known for its unique items, with new products arriving almost daily. Their openness and honesty with their customers has built a loyal following over the past 30 years.

Defibtech LLC located at 741 Boston Post Road (Concept Park building), may not be as visible a presence in Guilford as some of the town's other popular businesses, but they are well known throughout the United States and around the world! Defibtech was founded by two Yale graduates in 1999. Defibtech designs and manufactures "AED's" or Automated External Defibrillators, which treat sudden cardiac arrest, the most common cause of death worldwide. Guilford is home to the Corporate Office, with manufacturing in Seymour, CT, as well as upstate NY. Over 40% of their sales volume is exported to more than 45 countries and their products are offered in 19 languages. Defibtech was recently recognized as the Think Global Exporter of the Year in the Medical/Scientific Product and Equipment Category. Think Global Inc. is the official export magazine of the U.S. Department of Commerce. Selection criteria includes metrics such as, export sales as a percent of total sales, sales growth, export transactions, the company's commitment to customer service, innovation, and originality in marketing products or services.

We certainly congratulate these businesses on their accomplishments and appreciate the value they bring to our town.

Since our last issue, we are pleased to report that **PetValu** has opened in the CVS Plaza. PetValu is a "pet boutique",

offering many standard and custom items, including a self-service dog bathing area. **The Dough Market** located at 934 Boston Post Road (formerly Pete's Hearth & Home), has opened as well. They will be open for breakfast and lunch, featuring home baked breads and "entrees to go". Hours are 7am to 6pm, Monday through Saturday and 8am to 1pm on Sunday.

Be on the lookout for the expansion of **Hen & Heifer** as they assume more space across the courtyard from their business on Water Street. By the time this issue is distributed, we expect **Surrender to the Float** will be opened at 236 Church Street. According to owners Jeremy Spang and Jocelynn Rustemeyer, this will be a unique saltwater float spa, allowing muscles and bones to relax, helping to reduce chronic pain. Additionally, they will offer massage therapy and reiki treatments.

On a sad note, **Village Francais**, located at 10 Long Hill Road (corner of Boston Post Road), will be closing their doors after 16 years in Guilford. Owners Terry Yates and Mary Fusco have decided it is time to retire. We certainly wish them the best during their retirement and thank them for their contributions as a local business owner.

Brian McGlone
Economic Development Coordinator

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ASSESSOR	Ed Corapinski, Assessor, Town Hall - 31 Park Street	453-8010	corapinskie@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	mcdgloneb@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 Terribile, 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	(D) Louise Graver, Registrar, Town Hall- 31 Park Street (R) Gloria Nemczuk, Town Hall- 31 Park Street	453-8028 453-8028	registrar@ci.guilford.ct.us 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 Mezzetti, Tax Collector, Town Hall - 31 Park Street	453-8014	mezzetid@ci.guilford.ct.us
TOWN CLERK	Anna Dwyer, Town Clerk, Town Hall - 31 Park Street	453-8001	dwyera@ci.guilford.ct.us
TOWN PROPERTIES	Steve Neydorff, Facilities Engineer, Town Hall South - 50 Boston Street	453-8487	neydorffs@ci.guilford.ct.us
TRANSFER STATION	1900 Boston Post Road	453-8095	
YOUTH & FAMILY SERVICES	Lyne Landry, Director, 36 Graves Avenue	453-8047	landryl@ci.guilford.ct.us

Headaches?

If you have a headache, you are not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

Did you know that one of the most common forms of headache is actually caused by problems in the neck?

The alignment in the neck (cervical spine) can be altered or misaligned easily for a variety of reasons. Trauma such as an automobile accident, falling or a sports injury can quickly and abruptly alter the normal alignment. Repetitive motions such as texting, poor posture, computer work, reading or watching t.v. in bed with your head propped up all will gradually alter your normal alignment over time. Once the alignment is altered, abnormal stress is placed on the vertebrae, discs, joints, and nerves in the neck. Muscles that attach in your mid and upper back and shoulders that hold the neck in place often times are under greater stress trying to hold your neck in this abnormal alignment. Not only can these misalignments be a cause of many headaches, if left uncorrected they can also cause osteoarthritis or degenerative joint disease.

An American Chiropractic Association release on August 2, 2013 reported on research of how chiropractic helps headaches by noting, "A report released in 2001 by researchers at Duke University Evidence-Based Practice Center in Durham, N.C., found that spinal adjustments resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication."

So if you are one of the many who are suffering with headaches, you may want to consider having your spine and nerve system checked and find out if chiropractic care may be able to help.

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A reasonably priced lunch will be available, including sandwiches, soup and dessert.

Proceeds from the fair will help provide additional needed funds for important senior and community activities throughout the year.

For additional information call the Guilford Community Center at 203-453-8086.

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Middlesex Hospital and *Events Magazines* Partner to Support Breast Cancer

This October, Essex Printing and Events Magazines will go pink. In conjunction with the goPINK project and The Middlesex Hospital Comprehensive Breast Center, Events Magazine will help increase awareness about breast cancer and proudly participate in goPINK by contributing a portion of the advertising sold during the month of October to the Middlesex Hospital Comprehensive Breast Center.

The Middlesex Hospital Comprehensive Breast Center (CBC) promotes strategies for screening and prevention of breast disease and works hand-in-hand with the Middlesex Hospital Cancer Center to coordinate treatment for women with breast cancer. The program provides clinical, diagnostic and support services to patients before, during and after their diagnosis and treatment. The Center is accredited by the American College of Surgeons National Accreditation Program for Breast Centers.

A sampling of the services provided includes radiological tests such as mammography, ultrasound and MRI; breast surgery, including reconstruction; radiation therapy and other treatments for breast cancer; nurse navigators who coordinate patient care; hereditary risk assessment; integrative therapies and a survivorship program; support services, including a social worker, dietitian and rehabilitation professionals.

For more information about the Middlesex Hospital Comprehensive Breast Center, call (860) 358-2082 or go to www.MHCancerCenter.org.

To learn how you can support goPINK, go to www.gopinkproject.com.

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 Christ Episcopal Church203-453-2279
 First Church of Christ Scientist203-453-9175
 First Congregational Church.....203-453-5249
 North Guilford Congregational Church
203-457-0581
 St. George Catholic Church203-453-2788
 St. John's Episcopal Church203-457-1094
 Vineyard Church of Guilford.....203-453-5453

CLUBS/ORGANIZATIONS

Guilford Agricultural Society.....203-453-3543
 Guilford Art Center203-453-5947
 Guilford Chamber of Commerce....203-453-9677
 Guilford Garden Club.....203-453-5203

Guilford Land Conservation Trust ..203-457-9253
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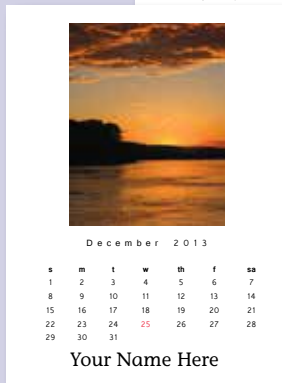
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