

# Guilford



# Events

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Volume 2 • Quarter 3 • 2013



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## First Selectman's Corner

The Guilford High School Building Committee conducted a groundbreaking ceremony on June 6 to ceremoniously begin construction of the new Guilford High School. Actual construction will tentatively commence between late July or early August. During the actual construction period access to and from the existing Guilford High School will be re-routed. Officials will be very vigilant in maintaining the present security at the high school throughout the duration of the construction process.

Construction of the new Bulkhead at the Town Dock has been completed and the Marina Commission made another major improvement to the Marina by replacing the fencing.

The Jacob's Beach project is moving along. Phase I, which has included improved drainage, reconstruction of the parking lot, creation of planting islands with trees, an irrigation system and bathhouse improvements, should all be completed by mid-June when the beach will be officially open to the public for their enjoyment. Phases II and III are delayed until further funding is obtained.

As we head toward the summer season you will see our town crews and subcontractors performing summer road maintenance, such as chip sealing on various town roads. You can log onto our website to see which areas of town will be done and the approximate days. In the meantime Public Works is extremely busy doing spring cleanup throughout the

entire Town. Summer road projects will include the elevation of Old Quarry Road, construction of a retaining wall on Falcon Road and the improvement and grading of many of our unimproved town roads using millings from the I-95 project, which are given free of charge to the town from the state.

The 375<sup>th</sup> Anniversary Celebration Committee is moving along with their plans. They are in the process of soliciting sponsors. Their three major current sponsors are the Guilford Savings Bank, Page Hardware and Bishop's Orchards. The committee is actively selling celebratory banners, which you will begin to see around town this fall. If you would like help the committee and volunteer please contact the Selectmen's Office.

The Finance Department has finalized our FEMA application for Hurricane Sandy and we are awaiting FEMA's review, audit and reimbursement for storm expenses.



*continued on page 3*

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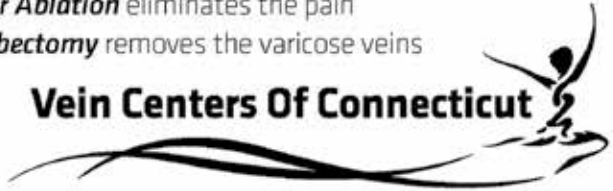
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*First Selectman's Corner ... continued from page 1*

We are involved in a similar process for the February Blizzard as well.


The Assessor has reported that 834 applications have been approved for the Elderly Tax Relief (Freeze) Program for the 2012 Grand List.

This is a net change of 35 applications, the difference between new applications and deletions when compared to last year. As a reminder this program attempts to freeze senior and 100% disabled taxes at the amount for the Grand List year which they are applying. They must reapply each year and continue to meet the qualifications to keep their taxes frozen.

The Town has met with Developers Diversified Realty (DDR) on the Rock Pile and DDR has changed their strategy on the property. It is no longer for sale and they are in the process of trying to acquire leases for a shopping center. The owners of the old Fonicello's property, which is currently being temporarily leased to a nursery, are also actively looking to acquire leases and construct a medical office complex.

*First Selectman Joseph Mazza*

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## *Economic Development Department*

When you look at things “one at a time”, it may appear not much is going on. However, when you start to put things together, you realize much is happening around town. New businesses and services are coming to town, some are moving to support their growth and all positively contribute to the town’s economy. For example;

Cartier & Bower LLC is a new law firm, located at 2488 Boston Post Road (Heritage Square). Attorneys Cynthia Cartier and Raymond Bower have over 40 years of legal and corporate experience. They are a full service firm, providing counsel in areas of family law, real estate, wills, trusts and probate, civil litigation, personal injury, land use and business law with a focus in their practice on elder law involving Medicare/Medicaid, Social Security and estate planning. They can be contacted at 203 458 1477 or go to [www.cartierbower.com](http://www.cartierbower.com).

Brian Alden Corporate Offices, a new business, will be located at 2496 Boston Post Road later this summer following some renovations to the building. Brian Alden continues to be active in the music industry as a promoter of concerts. His location will also house an art gallery and framing shop. He can be contacted at 203-488-5828.

The Dough Market LLC, is a new business located at 934 Boston Post Road or the “Ashley / Subway” Plaza. There will be indoor and outdoor seating for your dining pleasure. Take – Out services will be provided. Stop by to see owner, Tony Terracciano. He expects to be open when this issue is distributed.

The Former Guilford Tavern property located at 2455 Boston Post Road has been sold. The developer has indicated he plans to build what has been previously approved; Commercial / Retail space in the front area, with 9 Condominiums / Apartments behind the Commercial space.

The Former Fonicello’s Property located at 800 Boston Post Road has been used on a “seasonal basis” as Village Greene Gardens LLC, a garden center. If you have driven by lately, you may have noticed a real estate sign in front, promoting “Patriot Medical Center”. The developers would like to build two buildings, primarily used for a range of medical services, and are currently pursuing tenant leases.

The Guilford Greenery has moved from 23 Water Street to 86 Water Street. It will now operate as a home based business by appointment only, offering a wide range of custom floral designs. Contact Melissa Carroll at 203-453-5730.

Echo-A Salon is moving from 116 Whitfield Street to 23 Water Street. Renovations are underway and they expect to occupy their new site by early July. Echo was recently awarded “Best Hair Salon in Guilford” by the New Haven Advocate. Echo specializes in precision cuts and hair coloring. They continue to “green” their business, utilizing non-ammonia based colorants which are safer for the environment and LED lighting for energy savings. Contact Stephanie Huffman at 203 458 3246 or go to [www.echoasalon.com](http://www.echoasalon.com).

The Skinsations Skincare Center moved from 23 Water Street to 1575 Boston Post Road, located within Christopher’s Salon. Their exceptional team of people will continue to offer their exceptional services like facial and body treatments, nail

care, make up, tinting and more. They all felt the time was right to combine these complementary businesses within the same location. Contact Lisa Kurpit or Traci Nigosanti at 203-453-0367 or go to [www.skinsationsct.com](http://www.skinsationsct.com).

Artistic Healings, located at 620 Village Walk celebrated its “grand opening” during May. Owner Stephanie O’Sullivan indicated the business is a holistic option and focuses on “therapy through art”, meditation and relaxation techniques. The center will offer a wide range of services for youth through adults. There will be a special program for teens on Friday nights, where they can gather in an open studio while enjoying a substance free art experience.

The Brendan Loughlin Art Studio at 11 Water Street will be moving out of this location but it is not expected to be vacant long as an application has been filed for an Arthur Murray School of Dance. By the time this article is distributed, it is expected that final approvals for the dance studio will have proceeded through Planning and Zoning.

As you drive to the center of Town, the former Guilford Trailblazer location at the corner of Broad and Church Streets continues undergoing renovations. The changes are extensive and will be yielding a fine addition to the Green area in the coming months. The second floor will become the new headquarters for a growing Guilford business. Lease arrangements have not yet been finalized for the first floor and lower level. Driving West out of Town, you will see new construction at 2470 Boston Post Road. This will be a mixed use, commercial and residential complex. Commercial tenants have not been finalized as yet. The residential portion will include 1 and 2 bedroom apartments.

We have had an active winter and spring in terms of economic development. More projects are in-process and will be reported on in the next edition of Guilford Events.

*Brian McGlone, Economic Development Coordinator*

### **MILE - Middlesex Institute of Lifelong Education**

MILE was established in 1993 to provide stimulating educational experiences for adults 50 and over. Sponsored by Middlesex Community College, it is an all-volunteer non-profit organization with programs on a wide range of topics. For \$60.00 members can attend 7 weeks of programs in the fall and 8 weeks in the spring. These may include field trips, and MILE also offers an annual week-long trip.

MILE Open House/Orientation will be held on September 12 in Chapman Hall starting at 1:00 p.m. to introduce the programs planned for September 3 through November 15.

Bring a friend. Our website is [www.mileonline.org](http://www.mileonline.org).

E-mail: [mileatchapman@gmail.com](mailto:mileatchapman@gmail.com)

*- Joanne S. Rocznik, Mile Publicity Chairman*

# Events

MAGAZINES



## Guilford Events

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## Assessor's Office

MOTOR VEHICLE TAX BILLS were mailed in June. If you sold or totaled your vehicle, between October 2<sup>nd</sup> and August 31<sup>st</sup>, and did not replace it, you may, with the submission of acceptable proof, be eligible for a tax reduction for that motor vehicle tax bill.

PERSONAL PROPERTY DECLARATION FORMS will, as a courtesy, be mailed in September to all persons known to be conducting business in the Town of Guilford as of October 1, 2013. Said forms must be filed by November 1, 2013. If not penalties will be applied.

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).

VETERANS (STATE PROGRAM) must have their honorable discharge papers (full copy DD-214: must contain Block #24) on file with the Town Clerk by September 30, 2013 in order to receive a \$3,000 assessment exemption on the October 1, 2013 Grand List. Once filed in Guilford, there is no need to re-file. Veterans moving into Guilford from another town must re-file their DD-214 in Guilford by September 30, 2013 to receive this exemption. Administratively, the exemption is applied to real estate, even if recorded in the spouses name only. If real estate is not owned, then it is applied to one's motor vehicle.

VETERANS (LOCAL PROGRAM) who qualify for the above-described program, may, depending upon income, qualify for an additional \$10,000 assessment exemption. Income, including Social Security, cannot exceed \$58,500 for a single individual and \$65,900 for a married couple. Applications must be filed no later than October 1, 2013.

VETERANS (STATE PROGRAM), who qualify for the Veterans State Program (described above), may qualify for an additional exemption depending upon income. The amount of the assessment exemption will vary. Income cannot exceed \$33,500 for a single individual or \$40,900 for a married couple. Applications must be filed no later than September 30, 2013.

DISABLED TAXPAYERS (STATE PROGRAM) must file their Award Letter (issued by the Social Security Administration) with the Assessor's Office by October 1, 2013 in order to receive a \$1,000 assessment exemption.

*Continued on page 8*



# **OIL - THE SMART CHOICE**

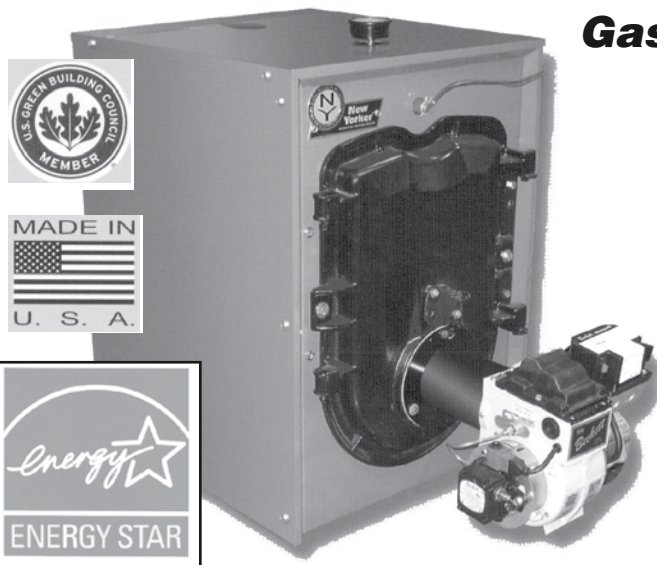
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## Craft Expo



Guilford - In celebration of its 56<sup>th</sup> year, the Guilford Art Center's annual Craft Expo returns to the scenic and historic Guilford Green, celebrating the arts with its extensive array of handmade crafts by American artists. The Craft Expo will be held for a fourth day, Sunday, July 21, 12-5pm. Dates for the event are Thursday through Sunday, July 18-21.

Craft Expo 2013 will bring more than 175 nationally-recognized craft artists to Guilford, whose exquisite-quality works help rank this event as one of the top craft shows in New England and the country. Craft Expo's origins in Guilford are historic: The first such event was held on the Green in 1957, and ten years later, the community's enthusiasm for and interest in the arts led to the creation of the nonprofit Guilford Handcraft Center (now Guilford Art Center), whose school and educational and programs Craft Expo proceeds continue to support.

"Every year, we are thrilled to bring this show to the Green, to present the latest in handmade American craft to our shoreline community," says Guilford Art Center Executive Director Maureen Belden. "It is a crucial fundraiser for the Art Center's school and community programs, and a beloved event strongly identified with Guilford. Visitors also help support American artists and their work - small businesses that

thrive on the relationship between artist and buyer."

Artists from across the country are represented in Craft Expo 2013, with works in the following media: Clay, Glass, Leather, Metal, Mixed Media, Metal and Non-Metal Jewelry, Wearable and Non-Wearable Fiber, Paper, Photography, Polymer Clay, Soap and Wood. Evening hours on Thursday and Friday are an additional draw, when visitors can enjoy a meal, listen to great music, and enjoy the show in the relative cool. Special events: Silent Auction of exhibitor-donated crafts; Food Trucks & more, including Taco Pacifico, the Caseus Grilled Cheese Truck, the Naples Pizza Truck, Ashley's Ice Cream; musical entertainment every day.

Craft Expo is one of the Guilford Art Center's most important fundraisers, with all gate proceeds providing support for the Center's school, gallery, and community programs. It is sponsored, in part, by Shore Publishing Newspapers.

Craft Expo hours: Thursday, July 18, 12-9pm, Friday, July 19, 12-9pm, Saturday, July 20, 10am-7pm, Sunday, July 21, 12-5pm. Admission: Adults \$7, Seniors \$5, Members, children under 12, and active military Free. For more information contact the Guilford Art Center at 203.453.5947, email [expo@guilfordartcenter.org](mailto:expo@guilfordartcenter.org), or visit the website [www.guilfordartcenter.org](http://www.guilfordartcenter.org).



### Assessor's Office ... continued from page 6

**DISABLED TAXPAYERS (LOCAL PROGRAM)**, who qualify for the above-described program, may qualify for an additional \$1,000 assessment exemption depending upon income. Income cannot exceed \$33,500 for a single individual and \$40,900 for a married couple. Applications must be filed no later than October 1, 2013.

**BLIND TAXPAYERS (STATE PROGRAM)** must file a Certification of Legal Blindness (issued by the Board of Education and Services for the Blind, State of Connecticut, Wethersfield, CT) with the Assessor's Office by October 1, 2013 in order to receive a \$3,000 assessment exemption.

**BLIND TAXPAYERS (LOCAL PROGRAM)**, who qualify for the above-described program, may qualify for an additional \$2,000 assessment exemption, depending upon income.

Income cannot exceed \$33,500 for a single individual and \$40,900 for a married couple. Applications must be filed no later than September 30, 2013.

**FARM AND OPEN SPACE (STATE PROGRAM)** applications must be filed between September 1, 2013 and October 31, 2013.

**FOREST LAND (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 may be exempt. An application must be filed no later than October 31, 2013.

*Edmund Corapinski, Assessor*

# Community Wellness Fair



The Guilford Chamber of Commerce will hold its annual Community Wellness Fair on the Guilford Green, Sunday, September 8, from 11am to 2pm. The kick-off event will be the "Kids Fun Run" which will be open to all children up to the age of 12. There will be three age groups: Ages 0-8 (one lap around the green); ages 9 and 10 (two laps around the green) and ages 11 and 12 (two laps around the green). This was a very popular event last year with over 75 participants. Registration is available in advance at the Chamber office or beginning at 11am the morning of the event at the Green. All participants are awarded a participant ribbon and the first three to cross the finish line in each category will receive special ribbons.

This year there will also be a Senior Walk About. Those over 55 will be invited out to the green to stroll, stride, or power walk around the green to highlight the Get Fit Guilford Program that promotes healthy eating and regular exercise.

There will be demonstrations of healthy activities such as Tai Chi, Yoga and Dance under the tents throughout the event. Many chamber members will be on hand to discuss their healthy products and services. Visitors can learn about chiropractic alternatives, eastern medicine, meditation, elder services and other health-oriented business services.

A blood drive will be held at the event from 10 am to 3 pm. To schedule an appointment call the Red Cross at 1-800-733-2767 or online register on line at [www.redcrossblood.org](http://www.redcrossblood.org).

This event is sponsored by the Guilford Chamber of Commerce's Wellness Committee. The mission of the

committee is to provide wellness education to the residents of Guilford and to build a forum for members of the healthcare field to share ideas and get assistance with questions that cross cut the entire industry. The members of the planning committee for this event are: Bryce McManus ( McManus Sports Chiropractic); Cheryl Roby (Certified Life Coach); Joey Jacob (Health Options); Steve Jacob (Health Options); Cindy Voytovich (Stony Creek Urgent Care); and Paul Heeren (Heeren Family Chiropractic Center).

*Janet Testa*

*Executive Director of the Guilford Chamber of Commerce*

The next deadline  
for Guilford Events  
is September 6

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## 375th Anniversary Celebration Committee

### Past, Present, Future Guilford Prepares to Celebrate 375 Years of History

On December 31, 2013, Guilford will kick off a year-long commemoration of the 375th anniversary of its founding

in 1639. The entire town, residents and business owners alike, as well as their friends and associates, are invited to participate in the festivities.

The celebrations get under way with Guilford's Generations Jubilee, a day-long New Year's Eve event. The year that follows will include a formal Crystal Ball Dinner Dance; Guilford - A Period in History; Covenant Day Historic Reenactment; Dedication of the New England Trail, as well as a Fife and Drum Muster and other yet-to-be-announced activities.

A gala celebration needs financial support. To that end, a variety of sponsorship opportunities are available. The levels of sponsorship appear in the mailing that was sent to Guilford businesses and residents in June. This mailing also provides information regarding advertising on the 375th Anniversary website, [guilfordct375.org](http://guilfordct375.org), as well as options for recognition in the anniversary commemorative book that will feature Guilford's past, present and future. If you misplaced or did not receive the mailing, call Town Hall, 203-453-8015; if you have questions regarding sponsorships, call Anita Catardi, 203 453-5919.

In addition to sponsorships, residents can purchase 375th Anniversary souvenirs, including hats, T-shirts and mugs. These items are already available for sale at Bishop's Orchards, Guilford Food Center and Page's Hardware and will soon be obtainable at other retailers.

A commemoration of this magnitude also needs hundreds of volunteers. Volunteering affords an opportunity to join friends and neighbors, meet new people and have fun while doing something to benefit the town. In the weeks to come, more information will be published on specific volunteer opportunities.

In the meantime, the 375th Anniversary Committee asks that everyone keep their calendars free for New Year's Eve, a family-friendly, alcohol-free, town-wide celebration of performers and events on and around the Guilford Green. Some of the highlights follow:

Beginning at noon on the Green, in front of Town Hall, a photographer will perch in a fire truck bucket high above the ground and take a group photo of all below. Anyone who would like a copy of the photo may purchase it sometime after the event from Chamber of Commerce members.

A noise parade follows the photo shoot. Participants need only a pan, a spoon or anything else that makes noise to march around the Green and make "unmusic."

From 1 p.m. to 7 p.m., the Community Center will offer free fun for all - from preschoolers to seniors. Everyone can enjoy face painting, arts and crafts, indoor tennis, bubble stomping, ballroom line dancing and much, much more.

Every celebration includes food. Many local restaurants, nonprofits and churches will offer something to tempt every palate. Eat in or take out.

Because no event is complete without music, several concerts and performances will take place at venues around the green. There is an admission fee to these musical events. Anyone interested in attending them must purchase a wristband. Prices follow: children 4 to 14 years of age, \$8.00; 15 years of age and older, \$12.00; seniors, \$10.00; family packet (any number of family members), \$24.00. Those who purchase wristbands before December 15 will receive a discount. In the near future, the 375th Anniversary Committee will announce the date wristbands are available for purchase, as well as purchase locations.

A grand finale, featuring a bonfire and fireworks, will bring Guilford's Generations Jubilee to a close by 8 p.m.

*Roberta Flannery*

*375th Anniversary Committee Member*

*rwf36@comcast.net 203 533-5918*



## Guilford's Got Talent III

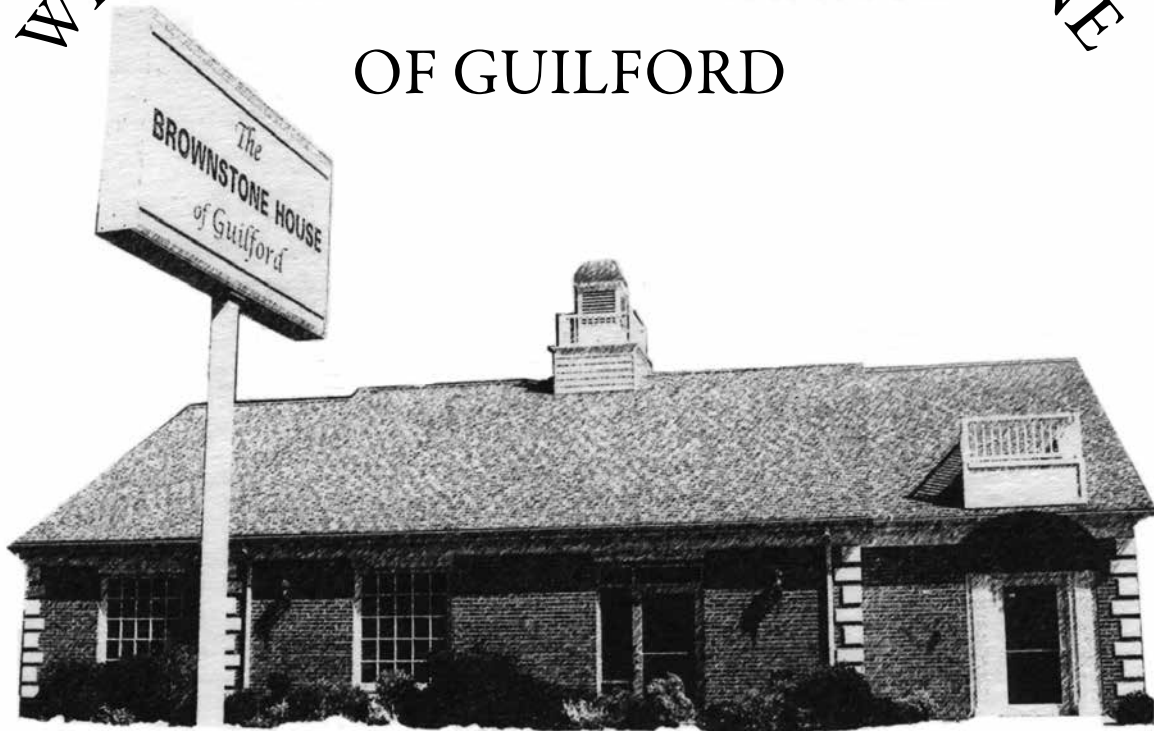
Sunday, August 25 at 1:00 p.m. on the Guilford Green. This is a collaborative event between IT'S WORTH IT, A Guilford D.A.Y. initiative, Guilford Parks & Recreation and Guilford Youth & Family Services. This event will be hosted by Radio Personality John "Cadillac" Saville. The contest will run from May through July 26. Twenty finalists will be chosen to perform on the Guilford Green. 60% of Act must be Guilford residents. One member of each Act must be between the ages of 1-25. To enter submit a video via email to [clowe@ci.guilford.ct.us](mailto:clowe@ci.guilford.ct.us) or mail to 32 Church Street, Attn. Ellen Clow, Guilford, CT 06437 by July 26. Video must be equal to or no greater than 3 minutes and must include a recent performance that is no

more than 2 minutes 30 seconds. The Act must include a short introduction stating the name of the Act, ages of members, address, a contact phone number and any other information the Act would like to convey. Video must include members of the Act only and must be recently created (within 1 year from the start of the submission period). If singing or playing an instrument, the Act must perform live on tape and not lip-sync or pretend to play the instrument (i.e. no music videos where singing/playing is not captured with the performance). The performance is free and open to the public. Come out and support your local talented youth!

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## Yes, That Cough Can Be The Flu!

Canine influenza is a newer strain of the influenza virus that first affected pet dogs in 2005. Dogs are the only known susceptible species. This strain (H3N8) is NOT known to infect humans. There is much information on the internet about the infection, some of it legitimate and accurate, some filled with half-truths, and some information simply wrong. Recently there was a diagnosed outbreak of this virus on the shoreline that was highly contagious. We hope this article will be helpful in understanding this relatively new virus and its effect on your canine family members.

The infection rate can be high, but (depending on which report you read) 20-50% of dogs who are exposed will make antibodies and clear the infection without any signs of illness at all. The rest will get the symptoms of the Flu. They will have some or all of the following: fevers, listlessness, coughing, poor appetite, snotty nose. The most common sign is a cough, it can be a soft moist cough similar to a sore throat or a dry honking cough similar to "kennel cough". Most dogs who exhibit clinical signs have a mild form of the disease, but a small number of dogs will develop pneumonia, which can be fatal. Most dogs will recover as long as they receive the proper professional care.

The incubation period (the time after exposure but before you know your dog is sick) is from 2-5 days and the course of the disease often lasts from 2-4 weeks. Infected dogs can shed the virus in body secretions for 7-10 days or longer whether or

not they appear to be sick. Virus transmission occurs through contact with an infected dog or its secretions. People have been known to bring the virus home to their pet after contact with another dog. This virus can persist on toys, bowls, collars, leashes, etc. for several days. Because this is a relatively new disease, few dogs have any natural immunity to it. This means that any dog unvaccinated for influenza is a candidate for infection.

There are several kinds of tests to assist in determining if the origin of a dog's cough is the canine influenza virus. The three types are PCR, serology and Elisa. None are perfect, they vary in cost and in when in the course of the disease the test can detect the virus. Your veterinarian will decide whether or not a test is appropriate.

Vaccination against Kennel Cough (Bordetella) or Parainfluenza does NOT offer any protection against canine influenza. They are completely different infections.

There is a safe effective vaccine to prevent canine influenza. Initially it must be given as two doses several weeks apart AND protection does not appear for 7-10 days AFTER the second injection. Please consult your Veterinarian about whether it is appropriate for your dog to be protected.

The point is not to ignore a coughing dog. Do not allow your dog to socialize with coughing dogs.

If your dog develops a cough, consult your Veterinarian and do not let your dog go anywhere it might come in contact with other dogs until contagion has been eliminated.

If your dog develops a fever, snotty nose, listlessness, or cough do not be surprised if your veterinarian wants to do blood tests, look at chest x-rays and considers hospitalization for intensive treatment.


This article is not intended as a treatise on all aspects of diagnosis and treatment of Canine Influenza Virus (CIV), instead it should encourage you to have a conversation with your veterinarian about prevention of this disease and to seek treatment if your dog is not protected and shows clinical signs. Not all coughing dogs have canine influenza. There are other causes from allergies to cancer to heartworm disease, all of which should be investigated so your canine family member can lead a long and healthy life.

*Donald P Mullen, VMD  
Guilford Veterinary Hospital, LLP*

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## Guilford Free Library Programs

(July through Sept 2013)

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

### Programs for Adults:

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

**Music Under the Stars:** our summer series of free concerts on the library patio (inside in the meeting room if raining) continues with four more events!

**Thursday July 11, 7-8 pm:** Vocalist Rich Moran, with Judy Webber on piano and Jeff Webber on saxophone, present classic tunes from the Great American Songbook.

**Thursday July 25, 7-8 pm:** The Rosenthals – Guilford musician Phil Rosenthal teams up with his son Daniel to present a unique blend of bluegrass and jazz, perfect for audiences of all ages.

**Thursday August 1, 7-8 pm:** Ashley Allen (daughter of Rick Maynard, Parks & Recreation Director) presents a concert titled Sounds of a Summer Evening. Program will include opera arias, Broadway tunes, sacred selections and popular music.

**Thursday August 8, 7-8 pm:** Guilford's own Joe Flood returns, with "Busker Stories, Blues and a Bit of Brassens" as he recounts how playing on the streets of Paris led him to translate the work of legendary French songwriter Georges Brassens.

**Monday Night Movies:** Our popular series continues on Monday evenings, starting at 7 pm throughout the months of July and August. Watch local newspapers and our website for movie titles.

**Look for the Good Project,** with author Anne Kubitsky, Tuesday July 23, 3:30 - 5:30 pm. It's one thing to break bad habits, but we can also choose to make good habits of gratitude to enhance our lives and the lives of others.

**Local Authors Showcase:** Thursday August 22, 7-8 pm. Do you have a secret urge to write? Join us as local writers discuss their (mostly) self-published work, and tell how it's done.

**The Affordable Health Care Act Explained:** Thursday September 12, 7-8 pm. Randi Oster, of Long Term Planning Associates, answers all your questions.

### Programs for Teens:

**Teen Book Club:** Tuesdays, July 16 – August 13. Noon – 1 pm. Talk books and eat Pizza!

**Drop-In Gaming:** Fridays, June 28-July 26. 2:30 – 4:30 pm. We provide some consoles and games, but feel free to bring your own!

**Teen and Teen Crafts,** Thursdays, August 1-August 22. 10 :00 am – 11:30 am. Kaplan S.A.T. Practice Exam: Saturday April 20, 11:00 am – 3:30 pm. Advance registration required. Bulldog Tutors SAT/ACT Preparation: August 15, 7 pm.

*Continued on page 14*

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1,500-1,750 SF	RAKA042JAZ	3.5	\$6,200.00
1,750-2,000 SF	RAKA048JAZ	4	\$6,400.00
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*Guilford Free Library ... continued from page 13*

**Teen Photography Boot Camp:** Wednesday July 31, Friday August 2, Wednesday August 7 and Friday August 9. Sign up for this series of four sessions, learn all about studio photography! Limited registration.

**ACT Practice Test,** July 25 1-5 pm. Scores will be returned on August 10, 10-11 am.

**Creative Writing for Teens** with Lynn Trowbridge. July 17 and July 24, 10:30 – 12:00 pm.

**End of Summer Party** based on Daughter of Smoke and Bone. Friday August 23, 2-4 pm. Come for great food and henna tattoos!

**Practice PSAT Exam.** Saturday September 21, 11:30 am -3:30 pm.

**Art Exhibits at the Guilford Free Library:**

**Month of July:** The paintings of Glenna McDonald in the Meeting Room and Kathryn Schauer in the Gallery Hallway.

**Month of August:** The paintings of Richard Christofferson in the Meeting Room, and Beverly Schirmeir in the Gallery Hallway.

**Month of September:** Suzanne Siegel's watercolors in the Meeting Room and artwork by SARAH clients in the Gallery Hallway.

## “Dig Into Reading” Summer Reading Game

Guilford Free Library / Children's Department

REGISTRATION for starred (\*\*) programs: Tuesday, June 4, beginning at 9 a.m. in person or by calling 203-453-8282 or online at [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org) until programs are filled. Summer reading games have been designed for younger and older readers. Games will begin the day school is out: Wednesday, June 26, and will end the day school begins: August 29!

**Dig Into Reading:** School age readers, age 5 & up, can pick up their reading record at the library, or download them online at [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org). Younger readers, 4 and under, can pick up their game instructions at the library.

All those who read 10 books or have 10 books read to them will receive a Certificate. All books read for the Guilford Free Library's "Dig Into Reading" Summer Reading Game count for all Guilford Public School reading assignments and any other summer reading programs that are offered.

**Lost your School Reading List?** Check the library's web site: [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org).

**Thank you Guilford Civic Women** for Funding All Programs. Open To All / S P E C I A L S / Please Register

**\*\*COMPOST STEW:** Get your hands dirty exploring soil and making "Seed Bombs" for your garden. The Connecticut Department of Energy and Environmental Protection will show you how to do this using compost and a mix of seeds. Thursday, June 27 from 4 to 5 p.m. For ages 5 to 8.

**\*\*JACK AND THE BEANSTALK:** Spring Valley Puppets from New Haven will entertain you with this classic tale. Puppeteer Michael Graham's puppets are handmade and make convincing characters. Wednesday, July 10 from 2:30 – 3:30 p.m. For ages 5 and up.

**\*\*DIG UP CLUES:** Super sleuth Greg McAdams and his trusty dog Axel (yes a real dog) are coming all the way from New Hampshire. Help them find clues using books & the library to solve: "The Case of the Missing Library Card!" Wednesday, July 24 from 2:30 to 3:15 p.m. For ages 4 and up.

**\*\*ROCKY THE ROCK CAT:** Meet Rocky, the New Britain Rock Cats Mascot. You'll hear a baseball story & get Rocky's autograph. Bring a camera to have your picture taken with Rocky. August: Date To Be Announced, sign-up & we'll call you when we know. For children of all ages.

**\*\*MR. MAGIC:** Rich Rothstein from Norwich will be here to amaze you with his spell-binding show. There will be plenty of audience participation in this entertaining magic show. Monday, August 19 from 2:00 to 3:00 p.m. For children age 3 and up.

**Open To All - Drop-In Programs / Registration Not Required**  
**MONDAY MORNING MOVIES:** Five-weeks of Dinosaur Train movies. These feature stories with all of your dinosaurs friends. Mondays, July 1 through July 29, 10:30 – 11:30 a.m. Recommended for age 3 & up.



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*Continued on next page*



*Guilford Free Library ... continued from previous page*

**TREASURE BUDDIES:** Watch this Disney movie with the famous talking puppies - Budderball, B-Dawg, Rosebud, Buddha, and Mudbud! They're on an exciting adventure in ancient Egypt and a devious cat is trying to outdo them. Will the dogs or the cat be the first to find the greatest treasure known to animal kind. Friday, August 9 from 10 to 11:30 a.m. Recommended for ages 5 and up.

**POP-IN PLAYTIME:** Parents come! Meet your friends! Children play! In the play area of the Children's Room. Tuesday mornings, June 4 to August 27, from 10:30 to 11:00 a.m. and Wednesday mornings, June 5 to August 28 from 10:30 – 11:00 a.m. All ages welcome.

**BOARD GAMES:** Board games are always available. Children are invited to play their favorite board games with friends! Chess, Checkers, Sorry, Mancala, Battleship and many more. All ages welcome.

Open to All / SERIES / Please Register

**\*\*TOTS AND TUNES:** Come and enjoy a musical program for toddlers and their parents. Dance, sway, swing scarves and parachute dance to the music. Wednesday, July 3 through August 7, 10:00 – 10:30 a.m. For children age 0 to 5 and their parents.

**\*\*JULY STORY TIME:** Children will have an opportunity to hear special stories, finger plays and poems from the library's storytelling collection. Tuesday mornings, July 2 through July 30, 11:00 – 11:30 a.m. For children age 3 and up.

**\*\*AUGUST STORY TIME:** Parents and children please join our fun loving and charismatic Guilford resident and volunteer storyteller, Barbara Kiesel for a special story time. Wednesday mornings, August 7 through 28, from 11:00 – 11:30 a.m. For children age 3 and up.

**\*\*NUTMEG AWARD INTERMEDIATE BOOK CLUB:** Readers are invited to discuss the 2013 candidates for the Intermediate Nutmeg Award. Vote for your favorite & play Nutmeg Trivia at the last session. Refreshments will be served. Thursday mornings: July 11, 18, 25 and Aug. 1, 10:00 – 11:30 a.m. For those entering grades 4 through 6.

**\*\*STORIES AND CRAFTS:** Hear a story and make a craft to take home. Registration is required for each individual date: Friday mornings, July 12, 19, 26, and Aug. 2, 10:00 – 10:45 a.m. For children age 6 to 8.

**\*\*SUMMER CRAFT:** Brigitte Riga of Branford will help you create some beautiful summer arts and crafts. Monday, August 12 and Tuesday August 13 from 10:00 – 11:00 a.m. For children age 5 and up.

Registration for Fall Programs begins Tuesday, September 10<sup>th</sup> at 9:00 a.m.

*Guilford Free Library  
67 Park Street, Guilford, CT 06437  
203-453-8282 [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org)*




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## Guilford Parks and Recreation Department

The Guilford Parks and Recreation Department offers programs for children ages 1 year through Active Adults 55+. Please visit [www.guilfordparkrec.com](http://www.guilfordparkrec.com) for a full program listing or call 203 453-8068 for more information.

Camp Menunkatuck at Jacob's Beach Park – Seaside Avenue **DON'T MISS OUT! THERE ARE STILL OPENINGS FOR CAMP MENUNKATUCK DAY CAMP FOR THOSE YOUTH ENTERING K THROUGH 6TH GRADE.** The hours for regular camp will be Monday through Friday from 8 a.m.-3 p.m. Payment in full is required at the time of registration. Camp consists of a structured day where the individual groups will have a schedule to follow with activities to include archery, arts & crafts, sports, nature, creative games and kayaking. Each child will receive a Camp tee shirt that **MUST** be worn on trip days. The Parks and Recreation Department makes every effort to accommodate students with special needs. In this program, campers are mainstreamed into all facets of Camp Menunkatuck. All campers participate, as their ability allows in swimming, crafts, boating, sports, cooperative games and special events as a member of the camp unit. **FEE: \$230 per 2 week session**

**Our newly renovated Jacobs Beach** (below) includes landscaped parking lot, shade trees, improvements to the bathhouse, drinking fountains and new showers. A beach cleaner will be purchased to improve the quality of the sand!



### Preschool Camp (Ages 3 – 5/entering Kindergarten)

The Preschool Camp is a half-day camp program (9:00a.m.-1:00p.m.) which is held indoors at the Community Center in the specially tailored preschool room for children ages 3-5. The building is comfortably air conditioned and the room

is bright and busy with a fabulous painted mural. One day during sessions 2, 3, 4, campers will report directly to Jacobs Beach on Seaside Avenue for an outdoor camp experience. Activities include arts, crafts, circle games, outside free play, parachute activities, music and much more. Children should bring a healthy snack, juice or water, and lunch each day. **CAMPERS MUST BE POTTY TRAINED** (no pull ups, no exceptions). **FEE: \$200 per 2 week session**

**Swim lessons** are offered at Lake Quonnapaug between July 8 – August 15. Fee: \$55 per session

**Summer Yoga Night:** Kick off the summer on Friday, June 28<sup>th</sup> with a sunset yoga benefit from 7:00-8:00 pm. Proceeds from the evening will benefit the Jacobs Beach Improvement Project. Instructors: Cindy Cartier and Angela Creamer. Fee: \$10.00. Program#: 32113 A2.

**Sunrise Yoga:** Saturdays, June 29 – August 24 / 7:00-8:00 a.m. Instructors: Cindy Cartier and Angela Creamer. Fee: \$50. Program #: 32113 A1. Register online at [guilfordparkrec.com](http://guilfordparkrec.com). For more information call (203) 453-8068.

### OTHER PROGRAMS BRING OFFERED THIS SUMMER:

**Let's Get Messy w/ Parent:** Ages 2 - 3 / July 3 – August 14 (no class July 17) / 9am – 11am / Guilford Community Center Fee- \$60 / Program #: 36110 A1

**Guitar Lessons:** Ages 7 – 14 / July 2 – August 20 / Tuesday / Guilford Community Center / Fee - \$55  
Beginner / 5:00 – 5:45 pm / Guilford H.S. / Fee - \$85 / Program #: 33106 A1

Beginner 2 / 6:00 – 6:45pm / Program #: 36210 A2

**Cabaret Workshop:** Ages 6-16 / July 1 – July 12 (no class July 4) / 9:00am – 3:00pm / Guilford H.S. / Fee - \$400 / Program #: 36207 A1

**Young Chefs Summer Cooking Camp:** Grades 3 – 6 July 16 – July 19 / Tues. – Fri / 1:30pm – 3:30pm / Guilford Community Center / Fee - \$110 / Program #: 36401 A1

**Performing Arts Summer Program:** Ages 6 - 12 / July 15 – July 19 / 9am – 2:30pm / Adams Middle School / Fee - \$205 / Program #: 36208 A1

**Summer String Orchestra:** July 8 – July 12 / Mon-Fri. / 9am – 12pm / Adams Middle School / Fee - \$125 / Program #: 36203 A1

### Baseball Camp –

Ages 6-8 / July 8 – July 12 / Mon. – Friday / 9am – 11am / Guilford Lakes School / Fee- \$100 / Program #: 33111 A1

Ages 9-13 / July 1 – July 5 (no camp July 4) / 9am – 11:30am / Guilford Lakes School / Fee - \$100 / Program #: 33112 A1

Ages 13 – 15 / August 5 – August 9 / Mon – Fri / 9am – 11am / Guilford H.S. / Fee - \$100 / Program #: 33126 A1

### Basketball Camp –

Ages 7 – 12 / July 1 – July 5 (no class July 4) / 8:30 – 11:30 am / Guilford H.S. / Fee - \$85 / Program #: 33106 A1 / Ages 10 – 13

July 29 – August 2 / 8:30am – 11:30am / Guilford H.S. / Fee \$105 / Program #: 33125 A1

*Continued on next page*

*Parks & Recreation ... continued from previous page*

**Boys Lacrosse Camp** – Grades 7 – 8 / July 8 – July 12 / Mon. – Fri / 4:00pm – 6:00pm / Guilford H.S. / Fee - \$75 (t-shirt included) / Program #: 33123 A1.

**Field Hockey Camp** – Grades 3 – 8 / July 22 – July 26 / Mon. – Fri / 9am – 11am / Guilford H.S. / Fee - \$75 / Program #: 23121 A1.

**Girls Lacrosse Camp** – Grades K – 4 / July 29 – August 2 9am – 11am / Guilford H.S. / Fee - \$50 / Program #: 33115

**Gymnastics Camps-** (Tuesday or Thursdays)- July 9 – August 27 (Tuesday) / July 11 – August 29 (Thursday) / Fee : \$50 (45 min class) / \$60 (1 hr class).

**Gym Babies w/parent** – Ages:12 -18 months / 9:15 am – 10:00 am / Program #: 36004 A1 (Tues) / 36005 A1 (Thurs.)

**Tumbling and Stumbling-** Ages: 3-5 / 10:15am – 11:00 am / Program #: 36004 A2 (Tues) / 36005 A2 (Thurs).

**Lil’ Movers w/ parent** – Ages: 18 months – 3 yrs / 11:00 am – 11:45 am / Program #: 36004 A3 (Tues) / 36005 A3 (Thurs) Level 1 & Level 2 – 12pm – 1pm / Program #: 36004 A4 (Tues) / 36005 A4 (Thurs).

**Irish Step Dance Camp** – Ages 7 – 16 / July 11 – August 29 / Thursday / Guilford Community Center / Fee - \$95 / 3:00pm – 4:00pm / Beginner / Program #: 36105 A1 / 4:00 – 5:00pm / Advanced / Program #:36105 A2.

**Junior Tae Kwon Do Camp** - June 24 – September 11 (no class Sept. 2) / Mon. & Weds. Guilford Community Center. 4:00 – 4:45pm – White Belt / Ages 4-6 / Program #: 36206 A1 / Fee - \$85 / 4:45 – 6:00pm – White / Yellow / Green Belt / Program #: 36206 A2 / Fee - \$100 / 6:00 – 8:00pm – Red / Black / Blue Belt / Program #: 32128 A1 / Fee - \$115.

***Summer Events on the Green***

Saturday, July 13	4 - 7 p.m.	Community Picnic & Community Band on the Green (inflatables, climbing wall, music)
July 18-21	7 - 10 p.m. (rain date: July 14th) 12-9 (Thurs. & Fri) 10-7 (Sat.) 12-5 (Sun.)	Fireworks at the Fairgrounds (concert, inflatables, fireworks) Guilford Art Center Expo
July 25-27	All Day	Chamber of Commerce Sidewalk Sale/Business Expo Shoreline Jazz Collective (Big Band Jazz)
Sunday, July 28	6 - 9 p.m.	California Dreamers (The Mamas and the Papas - 60's Hits)
Sunday, August 4	6:30 - 8:00 p.m.	Shakespeare on the Green (Shoreline Arts Alliance)
August 7 - 11	7:30 p.m.	Guilford Lions/Lioness Club Craft Fair
Saturday, August 10	10 a.m.– 4 p.m.	Chabad-Lubavitch of the Shoreline Jewish Festival
Sunday, August 11	12 – 5 p.m.	Midnight Rodeo (Country Hits)
Sunday August 18	6:30 - 8:00 p.m.	Guilford’s Got Talent
Sunday, August 25	1:00 p.m.	Big Shot (Billy Joel Tribute)
Sunday, August 25	6:30 - 8:00 p.m.	Chamber of Commerce Wellness Fair
Sunday, September 8	11 a.m. – 2 p.m.	

***Essex Printing Winner In New England Regional Awards of Excellence Competition***



The announcement was made April 4 during PINE’S Industry Awards Gala with hundreds of industry professionals in attendance. PINE’S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank’s 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

“We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing,” said William McMinn, President of Essex Printing and Events Magazines.

For more information please contact Essex Printing at 860-767-9087.



# North Guilford Congregational Church 51st Annual Old Time Country Fair



Come One, Come All! To the 51st North Guilford Country Fair! Join us in celebrating our local heritage at our old-fashioned Fair on our historic Meeting House Hill in North Guilford! It is an easy going, family-friendly "all day" affair, from 10:00-4:00, and although some activities have nominal ticket prices, admission is free! So, make your way out early and get a good seat for our all day Old Time Tent Auction, good food and fun!

We are proud of our North Guilford roots, and every year the Fair features exhibits that reflect our heritage, from old tractors to the history of our Church. Come stroll through our antique quilt exhibit, see a wool spinning demonstration, or tour the Church and Old North Cemetery!

Our Old Time Tent Auction is bigger than ever - our auctioneer is jovial and the bidding can get exciting! (Donations of antique and gently used furniture and household

items for our Auction are welcome and donors may contact the Church Office to make arrangements.)

The Fair and Auction have grown over the years but there is one thing that hasn't changed - Our famous Peach Shortcake Luncheon is always a hit! Local musicians set the tone for a relaxing day, and you can walk the ground easily, or sit a spell to refresh and chat in our Fellowship Café. Also, our Burger Booth is open all day, and our Corner Pantry features yummy home-made breads, cakes, pies, cookies, brownies, jams and more that you can take home or eat here!

There is plenty for young ones to do; kids of all ages can take a ride on Little Toot, and visit with our farm animals. Blending old-fashioned fun with new, we are expanding this year with more activities for the three to ten year old set, and for the first time, the Kiddie Korner and Kids' Crafts, Fun & Games will be hosted by our neighbors, the North Guilford Nursery School and Melissa Jones School, respectively.

Good bargains can be found in our White Elephant (home goods), Linen Closet, Jewelry, Toys and Christmas-in-August Markets. Browse the Book Nook for best seller and old favorites. Our Needles and Threads Sewing Group has stitched up everything from fleece blankets to baby bibs and table linens to tote bags that will brighten your home and ease your burdens. Place a bid in the Silent Auction or on the Gift Basket Raffle - you don't have to be there to win. Our Plant Stand and Antique Tools are always popular.

After the Fair, our neighbor, St. John's Episcopal Church, holds their Annual Chicken Barbeque and many of our Fair attendees head over for the evening repast to recount the day and catch up with friends. Wherever you are on life's journey, you are welcome here.

Reservations are encouraged for our Peach Shortcake Luncheon (203-457-0518) and St. John's Chicken Barbeque (203-453-5618).

## **August 17 ~ 10 am - 4 pm ~ Rain or Shine!**

North Guilford Congregational Church UCC, 159 Ledge Hill Road (Meeting House Hill),  
North Guilford, CT 06437 (next to Melissa Jones Elementary School)

CONTACT: NGCC Office: 203-457-0581 / Email: [Office@northguilforducc.org](mailto:Office@northguilforducc.org)

- All Day Old Time Tent Auction
- White Elephant, Linens, Jewelry, Book Nook, Toys, Christmas Room
- Silent Auction, Gift Basket Raffle, Plant & Vegetable Stand
- Take Home Our Homemade Baked Goods from Our Cook's Pantry Booth
- Antiques Quilt Exhibit · Wool Spinning Demonstration · Cemetery History Tour

FOR THE KIDS:

"NGCC's Little Toot" Train Rides

NGCC Mini-Farm featuring Local Four-legged Friends

Kiddie Korner Krafts & Games - Hosted by North Guilford Nursery School

Fun & Games for Ages 5 - 10 and Audubon Butterfly Garden - Hosted by Melissa Jones School

*NGCC is seeking donations of antique or gently used household furnishings and unique items for its auctions.  
Donors may contact the NGCC Office to make arrangements.*

## Middlesex Hospital Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in "teslas" and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter "tunnel" (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In



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

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

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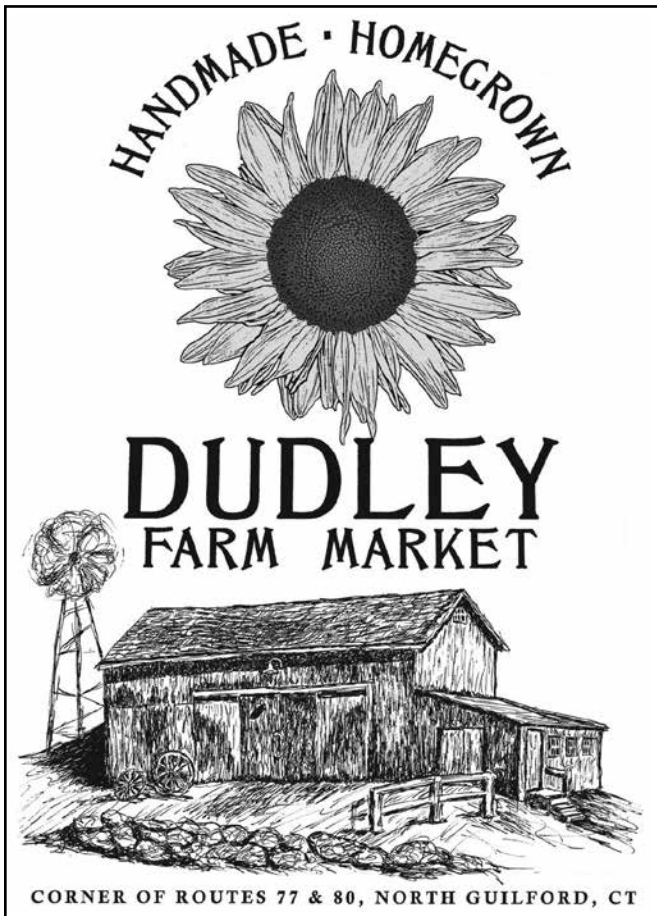
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## *The Dudley Farm Museum*

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 and Saturday 10 AM to 1 PM  
 Sunday 1 to 4 PM

### **The Dudley Farm Farmers' Market**

The Dudley Farm Farmers' Market provides an opportunity to purchase local and organic seasonal produce and handmade crafts.

### **Summer Market 2013**

Saturdays 9 AM to 12:30 PM  
 June 1st through October 26th

The Dudley Farm Farmers' Market logo illustration at left by Greg Getman.

## *The Dudley Foundation*

The Dudley Foundation, through its work as a museum, and as the publisher of the book *Voices from North Guilford*, preserves and teaches the history of the north end of our community. The Foundation offers social opportunities, such as the Farmers' Market and seasonal events, and learning experiences, including house tours. People may participate by becoming members, as well as volunteering

for a variety of projects. The community provided us with much of the material needed to put together a book, and also has provided us with many items needed to display at our museum. WE look forward to continued service to those with an interest in Guilford.

*Buster Scranton  
 President, The Dudley Foundation*

## **SPOTLIGHT!**

### *Our Newest Guilford Events Customers*

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## Guilford Newcomers - Combining Charity and Good Fun

The ladies of the Guilford Newcomers Club are busy - very, very busy! They can be found throughout the town of Guilford walking, helping, crafting, reading, and having a blast! Although these energetic newcomer women enjoy being together and having fun, the club also focuses on charitable work for local families and non-profit organizations.

The Guilford Newcomers Club was founded in 1968 and continues to thrive as new members join each year. The women meet once a month for their general meeting, which often includes an informational or recreational program. Held on the second Tuesday of each month, the general meetings include a range of activities. Recent meetings included a professional organizing workshop, a bowling night, and an evening at the spa.

The club also has a number of special interest groups, including Jovial Joggers, Book Lovers, Wine Tasting, Playgroup and Crafts. These groups meet separately and in addition to the regular monthly meeting and provide additional opportunities for these active Guilford women to



*Guilford Newcomer member Bettie Villavicencio serves up one of her delicious soups at the Community Dining Room in Branford.*

bond, have fun, and learn something new.

A very rewarding part of the club is charitable work and giving. On a monthly basis, members volunteer their time to serve meals to guests in need at the Community Dining Room. The club also supports several families each Thanksgiving and Christmas season with generous food and gift donations and delivers Meals On Wheels to Guilford residents in need. Each year, the annual Guilford Newcomer Auction brings in several thousand dollars, which is donated directly to local non-profit organizations, generously extending the reach of these thoughtful, caring women.

GNC will kick off the new season in early September with a meet and greet party and encourage all interested local women to join them. Keep an eye out for more details as the time gets closer! To learn more about the Guilford Newcomers

Club visit [www.GuilfordNewcomers.com](http://www.GuilfordNewcomers.com) or send an email to [gncmembershipinfo@gmail.com](mailto:gncmembershipinfo@gmail.com).

*June Gold  
Guilford Newcomers Club*

## Allergies? Chiropractic May Be The Answer

While pollen or other allergen's may appear to be the cause of your runny nose it is really only the trigger that activates the symptoms in an already compromised system. When allergies appear, the body is saying that it's struggling to adapt and cope with its environment.

When someone has allergies, their body produces extra fluids such as watery eyes, runny nose etc. in an attempt to actually rid itself of toxic waste.

Your nervous system controls all of the processes in your very complex body such as your immune system and adapting you to the environment. If there is interference to the nerves due to vertebral subluxation (spinal vertebra out of alignment or not moving properly) you will not be able to effectively adapt to the environment and often times allergies will be the result. Other contributors of allergies can be the effect of past abuse of the digestive system due to a poor diet, use of drugs, and unhealthy lifestyle choices or prolonged emotional, physical or chemical stress, which over time have overwhelmed the body's protective mechanisms.

Allergies can produce many symptoms or conditions in the body. Their affects can range from breathing difficulties to food sensitivities to arthritis, to migraines, hyperactivity, eczema and psoriasis.

The chiropractic approach is to eliminate any nerve interference so your immune system can function at its best allowing you to adapt to your environment. Also helpful in strengthening your immune system is a diet of organic fruits and vegetables, free range chicken, grass fed beef, wild caught fish, omega 3 eggs, pure water, fresh air, sufficient exercise, sufficient probiotics and omega 3 fish oil, vitamin D and adequate rest.

So if you are one of the many who are suffering with allergies, consider having your nerve system checked and see if chiropractic may be able to help you.

*Dr. Paul E. Heeren  
HEEREN family chiropractic center*

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Jerry Pope Sr., Niantic, CT*

## But I Saw It On TV

When I was a child, there was nothing in-between facial and face-lift. Today you have a variety of options when it comes to cosmetic procedures to help you look your best.

We've come a long way and can now erase years off our faces with injections and machines. It seems that there is something new every day. But new isn't necessarily better.

In an article that appeared in the February issue of Allure Magazine, author Joan Kron warned against procedures that have not withstood the test of time. Her advice was to not to impulsively undergo cosmetic procedures just because the advertisements are seductive or because you saw them on TV.

There are effective tried and true surgical and nonsurgical cosmetic procedures available that give great results. The goal is to avoid those that are untested, ineffective, painful or risky. Here are two procedures that Allure magazine, February 2013, suggests you should approach cautiously.

**The Vampire Facelift:** This is not a facelift at all, but injections of dermal fillers and your own plasma. The basic premise is that if your own blood plasma is injected under your skin, the growth factors it contains will stimulate collagen production.

The problem is that Juvederm is usually injected at the same time which has an immediate plumping effect. Juvederm is FDA-approved and clinically proven to yield results, while plasma injections are unproven and add approximately \$1,000 to your bill.

**The Stem Cell Facelift:** Again, not a facelift but injections of fat from your own body. During a stem cell facelift, fat cells (which contain adult stem cells) are obtained through liposuction. The stem cells are isolated and injected into the skin in an increased concentration, separately from the fat.

Fat grafting without separating the stem cells has been around for many years. Risks of fat injections in the face include lumps or bumps, uneven absorption and a chance of deformities at the donor site as well. Fat injections can cost upwards of \$4,000. Also, there is no proof that injecting stem cells produces any regenerative effects.

If you're thinking about getting dermal fillers, your goal, and that of your doctor, should be to make you look like a better version of yourself - not fake or overfilled. Injecting dermal fillers requires an in-depth understanding of facial anatomy, years of experience and an artistic eye.

The best way to figure out what procedure is right for you is to have a face-to-face consultation with your doctor. Just because you saw it on television, doesn't mean it's right for you. To learn more about procedures that will keep you beautiful without surgery or to sign up to receive more articles like this one, please visit us at [www.sonasmedspa.com](http://www.sonasmedspa.com).

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## Get Thee to the Guilford Green!



*Previous Performances of a Midsummer Night's Dream and the Three Musketeers – Photos by Judy Barbosa*

Imagine your beach blankets and chairs in the grass, your shoes kicked off, a fantastic picnic dinner, enjoying free first-class entertainment with your friends and family... all while basking in a beautiful August summer evening on the historic Guilford Green. Come and join Shoreline Arts Alliance for another summer of Shakespeare on the Shoreline! What is it about summer nights and 'theater under the stars'?

Shoreline Arts Alliance brings back Shakesperience Productions, Inc. of Waterbury, CT for this summer's comedy *Much Ado About Nothing*. Don't miss this robust comedy and an evening on the Guilford Town Green that ends in joyful dancing and merriment celebrating the union of these happy couples! "There is nothing that expands the mind and imagination of men, women and children more than the magical world of the performing arts. Through the art of theatre we are given the opportunity to view the world in an array of endless possibilities." (Mixed Magic Theater).

This play is considered one of the most engaging and popular of Shakespeare's comedies. It is the story of two sets of star-crossed lovers: Benedict (the confirmed bachelor) and Beatrice (his sharp-tongued, witty nemesis) and the milder mannered duo Hero and Claudio. As Beatrice and Benedict enter into constant witty bantering all the while swearing off the idea of love, Hero and Claudio are often rendered speechless in declaring their love for each other. But one cannot just go right to a happy ending without some jealousy, cynicism, mistaken identities, and rejection along the way. So Beatrice and Benedict unknowingly are manipulated and

admit their love for each other. Claudio dumps Hero at the altar because he has been tricked by the villain Don Juan into thinking that she has been unfaithful. Enter Dogberry, the Constable, who is known for his ludicrous misuse of words but inevitably saves the day by unraveling the deceit.

*Much Ado About Nothing* will take place August 7-11 at 7:30pm nightly. Shakespeare on the Shoreline, now in its 12<sup>th</sup> year, is offered to residents and visitors for free though free will donations are graciously accepted. Or consider becoming a ShakesPEER - a special group of benefactors who help to bring this program to the Guilford Green each summer. ShakesPEERs meet at 6:30pm nightly (August 7-11) before the show and are escorted on a backstage tour, where one has the opportunity to explore behind the scenes, meet the cast and crew, and possibly even participate in their 'circle' time before the play begins. To become a ShakesPEER visit [www.shorelinearts.org/donations.cfm](http://www.shorelinearts.org/donations.cfm).

Shakespeare on the Shoreline is made possible with support from: Mary & Jeff Beeman, Chubb, Department of Economic and Community Development-Office of the Arts, Liz & Niall Ferguson, First Niagara Bank, Guilford Foundation, Guilford Fund for Education, Guilford Savings Bank, National Roofing, Sennheiser Electronic Corporation, ShakesPEERs, Shore Publishing, and Yale New Haven Hospital, and our playbill advertisers.

*Donita Aruny  
Program and Marketing Coordinator  
of Shoreline Arts Alliance*

## State of Connecticut's Office of Policy and Management's 2012 Renter's Rebate Program

Applications accepted April 1st, 2013 TO October 1st, 2013

If you were an elderly or disable renter in 2012 and your total 2012 income was less than \$33,500 for an individual or \$40,900 for a married couple, you may be eligible for a rebate on your 2012 Rental and Utility expenses. Guilford residents please call 453-8009 for details and to schedule an appointment.

## Henry Whitfield State Museum

### OPEN – May 1 to December 15

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.

Admissions: \$8 Adults (18-59), \$6 Seniors (60+), \$6 College Students (with ID), \$5 Youth (6-17), Free (5 & under) & Blue Star Museum participants

**JULY Wed. 3** - Frederick Lee & the War of 1812, special exhibit featuring artifacts from the first captain of Eagle, East Guilford's Frederick Lee. (thru Wed. July 31).

**Thur. 4** - Closed for Independence Day holiday.

**Sun. 21** - What Do You Mean They Burned the White House? Bicentennial of the War of 1812 program, talks and demos.

### AUGUST National Lighthouse Month

**Thur. 1** - Faulkner's Island Lighthouse exhibit, learn about the over 200 year history of Guilford's lighthouse and its keepers (thru Sun. Sept. 1).

**Sat. 3** - Finders & Keepers: Lighthouse Fun for Kids program lighthouse crafts: models, knots, signal flags, scavenger hunt in lighthouse exhibit.

**Sun. 18** - Meet A Lighthouse Keeper, 1:30 pm - 4:30 pm, interact with a costumed interpreter who describes the life of a 19<sup>th</sup> century lighthouse keeper and War of 1812 incidents at Faulkner's Light.

### SEPTEMBER

**Sat. 7** - Medieval Masonry: The Architecture of the Old Stone House, 2 pm, Architecture talk/Chimney talk, HWH model making for kids.

**Sun. 15** - Architecture Scavenger Hunt program.

**Discount ticket promos** - Segway, Renaissance Faire, Hammonasset S.P. campground, other Historic Guilford museums.

248 Old Whitfield Street, Guilford, CT 06437

[www.cultureandtourism.org](http://www.cultureandtourism.org) - [whitfieldmuseum@ct.gov](mailto:whitfieldmuseum@ct.gov)

Michael McBride, Museum Curator II

203-453-2457

## Tax Collector's Office

A reminder to all Guilford Taxpayers, especially new homeowners, that taxes are due on July 1, 2013. If you own real estate, there are now taxes due. If you do not escrow your real estate taxes and have not yet receive a tax bill, call or stop in the Tax Office. Failure to receive a tax bill does not invalidate the tax nor does it prevent interest charges from accumulating. We do not send bills for the second installment of real estate taxes that will become due January 1.

If you no longer have the vehicle for which you are being taxed and did not transfer the registration to another vehicle please contact the Assessor's Office immediately at

203-453-8010. Do not ignore the tax bill as you may be responsible for all or part of the tax.

The Town has implemented a new advanced online payment system which allows taxpayers to view an online replica of their original bill (no fee to view). You can now "Go Paperless" with e-billing which reduces paper clutter and filing and helps the environment. Electronic check/ACH payments are accepted online as well as credit cards (there

is a fee to make payments). To access the new system, go to [www.ci.guilford.ct.us](http://www.ci.guilford.ct.us) and click on "View or Pay Tax Bill".

Payments online or by mail are encouraged and will save a trip to the Town Hall and avoid standing in long lines. When making payment by mail, be sure a check or money order in the exact amount accompanies the tax bill. Mail all payments to Tax Collector, 31 Park Street, Guilford, CT. 06437. The Tax Office is in the Town Hall and is open from 8:30 a.m. to 4:30 p.m. daily, Monday through Friday, except Holidays.

Once a tax bill becomes delinquent a follow up notice will be sent out with interest added accordingly. If the tax bill is still not paid, the account will be turned over to the State Marshal for collection with added cost to the taxpayer. If for some reason you are having financial difficulties at this time and cannot pay the taxes in full, please call the Tax Collector's office at 203-453-8014 and Tax Collector, Dolly Mezzetti, will be happy to talk with you.

Dolly Mezzetti, Tax Collector

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 First Congregational Church.....203-453-5249  
 North Guilford Congregational Church  
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 St. George Catholic Church .....203-453-2788  
 St. John's Episcopal Church .....203-457-1094  
 Vineyard Church of Guilford.....203-453-5453

## CLUBS/ORGANIZATIONS

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

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

## LIBRARY

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

## MUSEUMS

Henry Whitfield State Museum .....203-453-2457  
 The Dudley Farm Museum .....203-457-0770  
 The Hyland House .....203-453-9477  
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# 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	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	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	(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

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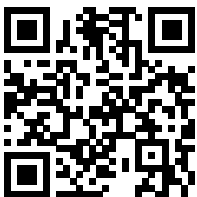
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