

# Guilford events

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## First Selectman's Corner

Needless to say we are all happy to say goodbye to winter and we welcome Spring with open arms. It has been a very difficult winter, particularly the month of February and beginning of March for all of us, but especially for our Public Works employees. They worked tirelessly to keep our roads open and safe during these unprecedented winter conditions. I would like to extend my gratitude to all of them for their efforts. Moving on to better days, we will prepare for warmer weather, however, there will be no rest for the weary since we now have to deal with the myriad of repairs to town roads, which includes filling pot holes and restoring curbing. This work will continue throughout the spring and summer and we ask for your patience during this time.

The Board of Selectmen and Board of Education submitted their budgets to the Board of Finance for consideration and on March 9, the Board of Finance approved the budgets as submitted and forwarded them to referendum on April 21, 2015. The budget totals \$90,703,425 and represents a 3.06 percent spending increase over the 2014-2015 budget. The Board of Finance estimates this would result in a tax increase of .82 mills or 2.99 percent, which is lower than it has been in prior years.

Guilford continues to have good news on the economic development front. The 66 High Street project has been approved by the Planning and Zoning Commission and construction should begin by early summer. The Guilford Food Center has been purchased

and will be remodeled this spring as an expanded market place with an indoor café called *The Marketplace at Guilford Food Center*. The new owners also plan to retain former owners Ron and Ray Rosa as part of the new operation. Even through the horrible winter months work continued on Guilford Commons. We still eagerly await DDR's announcement of the other tenants they have secured.



Joseph Mazza,  
First Selectman

We are happy to announce that Deputy Police Chief Jeff Hutchinson has been sworn in as the new Chief of Police of the Guilford Police Department and has assumed the position March 31, 2015. Please join me in congratulating Chief Hutchinson and wishing him a successful tenure as the new Chief of Police.

The new Guilford High School continues to be on schedule and within budget. We look forward to an announcement on the official date of dedication for the new school. It is still on schedule to accept students in September of this year.

Joseph Mazza  
First Selectman

A photograph of a wooden crate filled with fresh vegetables including asparagus, tomatoes, and leafy greens. The background is a blurred natural setting.

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# Leete's Island Garden Club

## Update your Garden for Spring with Perennial Plants from Plant Sale

Saturday May 9 will find novice and experienced gardeners alike hovering around tables of fresh plants at the southwest corner of the Guilford Green. They will be shopping for perennials - garden plants that come back every year - that have been dug and potted by members of the Leete's Island Garden Club. The sale will run from 9 a.m. to noon.

Shoppers return every year, knowing that they will find healthy plants and knowledgeable club members who can help make a selection. Want something deer-proof that blooms in the shade? Or a flowering gift for Mother's Day? You'll find both there.

Also available will be homemade baked goods of all varieties. There will also be a specialty area called the "Collector's Corner," where plant lovers can find more unusual perennials. "The Collector's Corner will be a place where we can highlight our most special plants," says Sallie Sperling, chair of the event.

Members have also been collecting vases, decorative garden pots, and garden ornaments for the sale.



Kandra Houston of the Leete's Island Garden Club provided just the right garden suggestion to pleased customer Vining Bigelow of Branford at last year's sale.

All proceeds from the sale go to Guilford civic projects, including plantings at the Guilford marina and library, as well as pots of flowers near the Green.

# Make a Difference in a "Fresh Air" Child's Life!



**Fresh Air visitor Fatima and her host sister Ally pose while making s'mores on a soggy 4th of July.**

## Open your heart and home to a New York City child.

There are thousands of moments that inner-city children remember about their Fresh Air summers: walking bare-foot through the grass, roasting s'mores over the campfire, or swimming for the first time.

Guilford residents, Doug and Brenda Fannon and their family have hosted Fatima, of the Bronx, for the past two summers. "It's really not a tough commitment," says Brenda, "Fresh Air kids just want to participate in what we consider everyday summertime activities. And it's been a great experience for our kids - to share what we often take for granted."

Doug adds, "While nearly 4,000 children were placed last summer, only three came to Guilford. We truly believe that if other

families in town were aware of this opportunity, that number would grow dramatically. Host families are needed."

The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. Fresh Air children are boys and girls, from 6 to 18 years old, who live in New York City. Children are matched to each family based on age, gender, and interests. Those on first-time visits are 6 to 12 years old and stay with host families for one or two weeks.

For more information about hosting a Fresh Air child this summer, please contact Brenda and Doug Fannon at 203-453-6322 or visit The Fresh Air Fund online at [www.freshair.org](http://www.freshair.org).

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## Shoreline Chamber of Commerce

### Be Loyal to Local

We are excited to announce that the Shoreline Chamber of Commerce has spearheaded a new initiative to encourage residents to shop and do business locally - called 'Be Loyal to Local.' The new plan includes an ad campaign that interviews residents about why they like to do business locally. The campaign will run in the local Guilford Courier and The Sound newspapers, on the Chamber's FB, and the website, plus signage to be given to all Shoreline Chamber members for display in their business windows!

Keep an eye out for Catherine Kiernan and Larry Kalbfeld who will be visiting Branford and Guilford for these local testimonials - you could be part of the new campaign!

"The focus of this campaign is to shine a much-deserved spotlight on the local business community as we ask residents for their thoughts on shopping local," says Shoreline Chamber President Edward Lazarus. "Our members are dedicated to our shoreline towns, and we want to help them thrive. The entire goal of our new initiative is to continue to remind people to shop, dine, and do business locally."

**Women in Business** – Check our website at [www.shorelinechamberct.com](http://www.shorelinechamberct.com) to register.

**Business After Hours, 5:30 - 7:30.** Check our website to register.

**April 28** - GSB, Branford office

**May 19** - Consign and Design, East Main St., Branford

**June 23** - Liberty Bank, Branford

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**June 20** - The Branford Festival is on the Green in Branford Center. Craft/vendor hours are 8am - 3pm. This event draws at least 4,000 attendees and is 31 years old. For information on our many other programs, events and support, [www.shorelinechamberct.com](http://www.shorelinechamberct.com)

# Shoreline Girls United

## A conference for girls, by girls!

Shoreline Girls United is pleased to announce its 2nd annual middle school girls' conference to be held on Saturday, May 30th at the Greene Community Center in Guilford. Guilford Youth & Family Services is the event's primary sponsor. Last year's event was a great success, with girls from three grade levels and five towns attending. One Guilford participant commented, "I loved this conference. I felt safe sharing my thoughts and ideas with the other girls. Everyone was friendly and we worked well in our teams... it's great to have a place just for girls to come together."

Shoreline Girls United is open to girls in the 6th, 7th, and 8th grades who live in Guilford, North Branford, Branford, Madison, or Clinton. Participants will work together as allies in a safe, thought-provoking environment, choosing among the following original workshops:

**BE-YOU-tiful:** Body confidence and self-esteem

**Fight like a Girl!** Solving problems in female friendships

**Media Madness:** Songs we love to hate, and hate to love

**Power Hour:** Using girl power to change the world

What makes the conference truly unique is that all the programming, from the keynote presentations to the workshops, will be designed and presented by local high school-aged girls on the



Coming together as allies at last year's event

Shoreline Girls United Programming Team. A girl-fronted band from Madison's School of Rock will also play a lunchtime concert. To register for Shoreline Girls United, call GY&FS at 203-453-8047. The conference is set for Saturday, May 30th from 9am to 2pm. The registration fee is \$15 and includes lunch. Space is limited, so register soon!

Submitted by Jill Paglino

*This project is sponsored by Guilford Youth and Family Services, It's Worth It: A Guilford DAY Initiative, and MADE in Madison.*



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<p><b>STAND BY YOUR MAN</b> By Mark St. Germain MARCH 18TH – APRIL 5TH, 2015</p>	<p><b>THE LAST ROMANCE</b> By Joe DiPietro APRIL 22ND – MAY 10TH, 2015</p>	<p><b>CALENDAR GIRLS</b> By Tim Firth JUNE 3RD – JUNE 21ST, 2015</p>
<p><b>SOUTH PACIFIC</b> By Richard Rodgers, Oscar Hammerstein II and Joshua Logan JULY 1ST – JULY 26TH, 2015</p>		
<p><b>MEMPHIS</b> By Joe DiPietro and David Bryan AUGUST 5TH – AUGUST 30TH, 2015</p>	<p><b>LITTLE SHOP OF HORRORS</b> By Howard Ashman and Alan Menken SEPTEMBER 23RD – OCTOBER 11TH, 2015</p>	<p><b>LIBERACE!</b> By Brent Hazelton OCTOBER 28TH – NOVEMBER 15TH, 2015</p>

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# Roses for Autism



After this incredible long snow-filled winter we would like to invite you in for a bit of sunshine!

Please join us for our 6th Annual Open House, and Greenhouse Tour on Saturday, April 25th, from 11 am - 3 pm.

Come visit our historic greenhouses and smell the roses! Learn how Roses for Autism is making a difference in the local community by helping families affected by Autism while preserving CT horticulture. Our partner career training service Discover Learn Work, will be on site to answer questions about special education services, transition, and employment!

Watch for Facebook updates: Roses for Autism  
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# Assessor's Office

**Edmund Corapinski, Assessor**  
**203-453-8010**

Elderly tax relief applications will be taken in the Assessor's Office, between February 2nd and May 15th during the hours of 9:00 am and 4:00 pm, Monday through Friday. If you are unable to come in, an agent of your choice may file on your behalf.

Please bring all proofs of income for both spouses (for the year 2014), including (but not limited to) your Federal Income Tax Return (if you file or will file), your Social Security (SSA-1099 Form) annual statements, statements of pension, interest or dividends, etc. All information must be in English and U.S. dollars.

Please visit the Town's website for more information:

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

## Homeowners Program

### A.k.a. Circuit Breaker (State Program)

Under this program, the State of Connecticut pays a portion of your tax bill ranging from \$150 to \$1,250. There is no requirement to re-pay the state.

**The basic requirements are as follows:**

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date; The homeowner must have lived in Connecticut for at least one year; The homeowner must not be receiving tax relief from any other town or state; The homeowner must occupy the property as their principal residence; and The homeowner must have income (including Social Security) of not more than \$34,600 for a single individual or \$42,200 for a married couple.

## Tax Deferral

### A.k.a. Gstrp (Town Program)

This program allows you to "defer" up to 75% of your taxes (depending upon income) until either the property is transferred or at the time of your death (at which time the taxes must be re-

paid with interest). The deferred taxes constitute a lien on your property. **The basic requirements are as follows:**

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from social security as of that date; The homeowner must have lived in Connecticut for at least one year; The homeowner must not be receiving tax relief from any other town or state; The homeowner must occupy the property as their principal residence; and The homeowner must have income (including social security) of not more than \$36,100 for a single individual or \$43,600 for a married couple.

## Elderly Tax Relief Program

### A.k.a. Etrp (Town Program)

Under this program, the Town attempts to "freeze" your taxes subject to budgetary restrictions and the requirements of the enabling ordinance.

**The basic requirements are as follows:**

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date; The homeowner must have lived in Guilford for at least one year; The homeowner must occupy the property as their principal residence; The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see left column); The homeowner must not owe any taxes (including motor vehicles); The homeowner must not be receiving tax relief from any other town or state; The homeowner cannot be on both the town's tax deferral and this program; and The homeowner's income is based upon residency (as follows):

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

## Guilford Youth & Family Services, Family Theatre Presents:

### WILLY WONKA JR.

Saturday, April 18 at 2:00 pm & 7:00 pm / Sunday, April 19 at 12:00 pm

Tickets are on sale now for the musical guaranteed to delight your sweet tooth!

All performances are in the Guilford High School Theatre (605 New England Road, Guilford). All tickets are \$15; seating is general admission and family discounts are available upon request.

To purchase tickets or for more information contact 203-453-8047.

# Guilford: A Destination for Special Occasions

By Lisa Calderone

*Planning a special occasion in 2015?*

Consider the wide-ranging picturesque backdrops that set Guilford apart as a Shoreline destination. Relatively inexpensive and abundant in sentimental and scenic appeal, your hometown's public parks can be an exceptional value when celebrating life's special moments.

"There is so much beauty in Guilford," says Rick Maynard, Director, Guilford Parks and Recreation. "From the rural, New England attraction of North Guilford to the gorgeous shoreline with public beaches and public access, Guilford is just a great place to live, visit, and grow up in." Maynard fields phone calls all year long from individuals, civic groups, and organizations looking to reserve outdoor town parks as well as rooms in the Community Center for a host of occasions. While no alcohol is allowed in any public space, which limits the type of receptions possible, there are plenty of occasions where such a policy works for all involved.

Of particular note, Guilford's 375th Anniversary celebration last year ushered in two more scenic venues for intimate, special occasions like weddings, renewal of vows, and milestone anniversaries and birthday parties.



## Rollwood Park

The first Rollwood Park wedding occurred on September 27, 2014. It was a beautiful day and location, enjoyed by all in attendance. Rollwood Park (cover photo)

is situated directly adjacent to the historic Henry Whitfield State Museum and has a history of its own. Once the site of the home of Governor Rollin Woodruff, who was the 62nd Governor of Connecticut from 1907 to 1909, today it stands as a "pocket park" for all to enjoy. Thanks to the vision and hard work of the Guilford Garden Club, which celebrated its 75th Anniversary during the Town's 375th, the spot is now a peaceful, serene destination lovingly landscaped with 17 new trees, 260 yellow daffodils, two granite benches, and additional walkways and plantings. Rollwood Park was officially handed over to Guilford Parks and Recreation last June in a ribbon-cutting ceremony marked as a 375th Anniversary event.

## Chittenden Park

Chittenden Park, situated on the shore of the Long Island Sound, was also the site of a ribbon-cutting dedication in June 2014 as a signature 375th event. The Park has been designated an Estuary of National Significance by the U.S. Environmental Protection Agency and is the official southern gateway to the New England Trail, America's 11th national trail (alongside the Appalachian Trail and the Oregon Trail).

The recent construction of a boardwalk, overlook platform, and kiosk, funded by the Connecticut Forest and Park association (including a \$10,000 grant awarded by The Guilford Foundation), now positions the Park as another picturesque backdrop for special occasions. "It's a gorgeous setting for a wedding ceremony," says Maynard, noting how both Faulkner's Island and Chaffinch Island Park can be seen in the distance. "Wow, what a spot to say, 'I do!'"

*Other Town Park staples include:*

## Jacob's Beach Park

Perfect For: Large family gatherings, like reunions and anniversary parties. Capacity: 120 (2 picnic shelters hold 60 each) Cost: ranging \$35 - \$200 range, based on size of group(s) and number of hours (up to 4).

## Lake Quonnipaug

Perfect For: Casual, small birthday and graduation parties. Capacity: 1 picnic shelter. Cost: Free for residents; \$150 for non-residents.

## Chaffinch Island Park

("A gem of a place," describes Maynard.) Perfect for: Small wedding ceremonies, fishing, bird-watching, small picnics. Capacity: Limited parking (20 cars), picnic areas. Cost: Free.

## The Guilford Community Center

Perfect For: Piano recitals, birthday parties, anniversary dinners, baby showers, and banquets. Capacity: Largest room (Guilford Room) holds 240; others hold 50-70. Costs: Weekdays: \$30/hour for residents; \$45/hour for nonresidents. Weekends: \$45/hour for residents; \$60/hour for nonresidents.

To inquire about the best venue for your next special occasion, and/or for more information, contact Guilford Parks and Recreation, (203) 453-8068 or visit [www.guilfordparkrec.com](http://www.guilfordparkrec.com).

About the Author: Lisa Calderone is the publisher of [OurGuilford.com](http://OurGuilford.com), a new digital magazine by and for the residents of Guilford intended to help build community through the sharing of stories, views, and news. Have a Guilford story, video or photo to share? She can be reached at [lisacalderone@yahoo.com](mailto:lisacalderone@yahoo.com).

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# Economic Development Department

In spite of a brutal Guilford winter, we are experiencing significant activity that will certainly warm us as we move into Spring and Summer.

Construction at **Guilford Commons** continued through the snow and ice. Recently, it was formally announced **The Fresh Market** will be an anchor tenant within the shopping complex. The Fresh Market is a specialty grocery retailer. According to developer DDR, several other tenant leases are close to signing and will be formally announced in the near future. As the weather breaks, expect to see additional roadwork in front of the site, including the Guilford Transfer Station entrance area. These changes are intended to increase visual sightlines and aid with traffic management. Guilford Commons continues projecting a late Fall 2015 opening. **Tractor Supply**, a business primarily supporting our local agricultural community has been approved through Planning & Zoning. This business will be located at 2945 Boston Post Road (Rt. 1) on the west end of Town, near the Branford border. Construction is expected to start as the weather improves, with opening expected by the Fall 2015 as well. The owner's of the **Arrow Paving** business on Whitfield Street presented and were approved through Planning & Zoning to redevelop their site as a 15 unit apartment complex. This is a significant change in use

of this industrial site but supports many aspects identified in the Town Center South Plan, approved in 2007. It is expected that some tenants may well utilize train services to commute to/from their employment. And will enjoy a walkable neighborhood to the beach, marina, restaurants and the Green. Another significant project was approved through Planning & Zoning, **The Residences at 66 High Street**. This project will transform the former industrial site where "Clinipad" operated for years into a higher end residential condominium complex. Final details are progressing through Town Departments and the Historic District Commission with construction expected to start in early summer.

Moves and changes continue to impact our economic landscape. We are pleased to report the **Guilford Food Center** has been acquired by Guilford residents. They have plans to remodel the location and will remain open during the transition. Several traditional aspects will remain in-place, including many of the smiling faces that have serviced customers for years. Additional services will be incorporated into the store as it becomes **The Marketplace at Guilford Food Center**. **The House of Fashion** opened on Whitfield Street in the former Kimberly's Boutique location. Kimberly's closed this store to consolidate their operations into their West Hartford location. **Village Greene Gardens** has  
continued on page 10



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## ECONOMIC DEVELOPMENT ... continued from page 9

operated in the former “Fonicello’s” location on Boston Post Road for several years but moved down the road to allow for an expanded retail presence and outdoor display and sales area. **Red Rooster Gourmet Cookies** completed their move from the Gatehouse West development to 16 Church Street (yellow section of remodeled building) to support their growing business. **The Bird Nest Salon and Gallery** is another success story. They are moving to 25 Water Street, enabling an expanded hair salon, gift shop and gallery area. **Joint Effort**, a health and fitness service that specializes in elderly and people with special needs, recently doubled their space in the Village Walk plaza.

**Characters and Costumes / R.E.A.D. Amusements** moved from River Street to 1310 Boston Post Road (Strawberry Hill Plaza). **Guilford Paint** is moving from 688 Boston Post Road to 260 River Street. Principals from the **Durham Veterinary Hospital** will be opening an animal care center at 1795 Boston Post Road (former Chesley Sleep Center location).

Guilford has many long standing businesses that are an integral part of our community. Two business neighbors recently celebrated 75 years in Guilford, including **Page Hardware and Appliance** and **Frank’s Liquor Store**.

Also of special note; **Flutterby** – 15 years, **Whitfield’s Restaurant** – 10 years and **Mix Design** – 7 years. We especially recognize this group as they celebrate these milestones. However, we want to thank all of our businesses for being part of Guilford, for providing goods and services to our residents and visitors and employment to many local people. Should you have any questions about these businesses, or any in town, do not hesitate to contact me.

Brian McGlone  
Economic Development Coordinator  
203-453-8071  
mcgloneb@ci.guilford.ct.us

## VOTE! VOTE! VOTE!

Please remember to vote on Tuesday, April 21 For Our Town Budget.  
All five polling places will be on from 7 am until 8 pm.

## GUILFORD COMMUNITY LISTINGS

### CHURCHES

Bethel Assembly of God.....203-453-5171  
Christ Episcopal Church .....203-453-2279  
First Church of Christ Scientist .....203-453-9175  
First Congregational Church .....203-453-5249  
Focus Pointe Ministries  
.....www.focuspointeministries.org  
North Guilford Congregational Church  
.....203-457-0581  
St. George Catholic Church .....203-453-2788  
St. John’s Episcopal Church .....203-457-1094  
Vineyard Church of Guilford.....203-453-5453

### CLUBS/ORGANIZATIONS

Guilford Agricultural Society.....203-453-3543  
Guilford Art Center .....203-453-5947  
Guilford Garden Club.....203-453-5203

Guilford Land Conservation Trust ..203-457-9253  
Leete’s Island Garden Club .....203-453-3884  
Shoreline Chamber of Commerce...203-488-5500  
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  
Medad Stone Tavern .....203-453-2263  
Thomas Griswold House.....203-453-2263

### POST OFFICE

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

### SCHOOLS

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

### USEFUL NUMBERS

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

# 2015 Mooring Permits

Fred Brisbois, State Harbor Master, Town of Guilford



As we approach the boating season (finally!), boaters are reminded that mooring permits must be obtained / renewed for 2015. 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 the Guilford Harbor Management Commission with inputs from the public and various town government departments. This ensures a mooring permit process that is locally controlled to implement the State requirements in a manner that best serves Town residents. I will be enforcing the permit requirement by frequent patrols utilizing the Shellfish Commission's boat, the fire rescue boat, or my personal vessel as well as by land patrols. Moorings found without the required permit are subject to a municipal citation that may result in a \$100 per day fine. To assist residents in obtaining their permit, the application and renewal process has been made as easy as possible.

Residents who had a 2014 permit will receive a renewal notice, either electronically or via U.S. mail. New permit applications can be submitted electronically via the internet or on paper applications. Applications are available at Town Hall on the table outside the Town Clerk's office or at the Town Marina. To submit an electronic application, you access the online mooring system at <http://permits.onlinemooring.com/GuilfordCT/> or via the link on the Harbor Management Commission's web page on the Town's website. There is a \$25 fee for the permit that can be paid for online or via a check made out to "Town of Guilford" and mailed to the Harbor Management Commission, 31 Park Street, Guilford, CT. 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 their 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, must be renewed annually, and 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 has 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.

If you need assistance in submitting your permit application, please do not hesitate to contact me at email [guilfordharbormaster@comcast.net](mailto:guilfordharbormaster@comcast.net) or 203-605-7747. Safe Boating!

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## GLCT 2015 SPRING WALKS

Guilford Land Conservation Trust / [www.guilfordlandtrust.org](http://www.guilfordlandtrust.org)

Below is a summary of the upcoming walks by the Guilford Land Conservation Trust. For more detail about the properties featured in the Spring 2015 hikes and other GLCT activities, please visit: [www.guilfordlandtrust.org](http://www.guilfordlandtrust.org)

### April 25th (Sat) 3:00 p.m. Mud, Bugs and Weeds

2 hrs. During this forest ecology hike we will explore in and around GLCT's 2015 Westwoods acquisition, Westwoods North. The hike will be led by J.P. Barsky, Research Forester at The Connecticut Agricultural Experiment Station

(203-974-8540). Meet at the kiosk on Dunk Rock Rd, rain or shine. Ages 12 and older.

### May 2nd (Sat) 10 a.m. East River Woodlands

2 - 2.5 hrs. Paul Proulx (203-687-7756), Chairman of the Westwoods Trails Committee, will lead an approximately three to four mile walk over easy grades on several loop trails that extend to edges of this property, passing through hardwood forests, meandering wetlands and abandoned pasture land. Trails are a mix of old woods roads and single-track paths, with meadow overlooks and evidence of glacial activity. Meet at cul-de-sac at end of East Gate Rd - park along road.

### May 9th (Sat) 10 a.m. Exploring Kampmeyer Preserve

2- 2.5 hrs. Join GLCT steward Joe Kaufman (203-915-2279) and co-leader Rob Valley on this hike of varied terrains—walk on an old logging road, through marsh areas with wild irises in season, and take a short, steep climb up and around different rock outcroppings. This beautiful property also boasts a robust stream and old stone walls. Meet at the trailhead from cul-de-sac on Laurel Hollow Rd.

### May 10th (Sun) 2:00 p.m. Mother's Day in Westwoods

3 hrs. GLCT VP Bill Bloss (203-623-3434) and GLCT President Sarah Williams will explore interior portions of the Westwoods including GLCT's 2 newest acquisitions at the very center of the forest. Ages 10 and older. Meet at Dunk Rock Rd. kiosk.

### May 31st (Sun) 2:00 p.m. Spencer Creek Preserve Botanical Walk

1-1.5 hrs. Though small, this preserve contains many different botanical communities. Botanists Lauren Brown and Ted Mankovich (203-453-4415) will show you the indicator species of each one, as well as other points of botanical interest on this short, easy and family-friendly exploration. Park at Cox School by the red barn. Please, no dogs.

### June 6th (Sat) 2-5:00 p.m. 50th Anniversary Celebration!

Olmsted Outlook, River Street. Join GLCT for an outdoor celebration for all ages. Food, drink, music and activities for all! Please meet 10 minutes ahead of hike start time. Leashed dogs may attend hikes, unless otherwise stated in descriptions above.

### There's an App for that Trail!

Before venturing into Westwoods, consider purchasing and downloading the new app created by GLCT to help you find your way. For more info, visit [www.guilfordlandtrust.org](http://www.guilfordlandtrust.org).

# 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 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, Registrar, 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	Debi Milano, Tax Collector, Town Hall - 31 Park Street	453-8014	milanod@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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## Guilford Free Library Programs

Library hours are: Monday through Thursday 9:00 am – 8:00 pm; Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 5:00 pm. Register for programs online at [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org), by phone (203-453-8282) or in person.

### Programs for Adults

#### Movies

##### John Sayles Film Festival

Guilford resident John Sayles is an American independent film director, screenwriter, editor, actor and author. He has twice been nominated for the Academy Award for Best Original Screenplay for *Passion Fish* (1992) and *Lone Star* (1996). From *The Return of the Seacaucus* 7 in 1979, to *Go for Sisters* in 2013, the films of John Sayles have been instrumental in the development of independent films in the United States. His movies depict a world view very different from the version offered by Hollywood. The series will begin with a matinee screening of *The Secret of Roan Inish* and will conclude with a talk by John Sayles after the Monday, May 18 screening of *The Brother from Another Planet* (please note the 6:30 start time).

Saturday, May 2 - matinee showing of the family friendly

*The Secret of Roan Inish*, noon

Monday, May 4 - *Return of the Seacaucus 7*, 7 pm

Monday, May 11 - *Amigo*, 7 pm

Monday, May 18 - *The Brother from Another Planet*, 6:30 pm

#### Monday Night Movies

A film every Monday evening at 7 pm from June 1 through August 31.

Some of the features will include *Unbroken*, *Wild*, *Foxcatcher*, and *Interstellar*.

#### Book and Author Programs

May 9 - Friends of the Library Spring Paperback Book Sale, 9 am to 3 pm

#### Long Island Sound Studies with Guilford Free Library & Faulkner's Light Brigade

April 21 - Rakefish Project, with Joe Bernier, 7 pm

#### Music

April 16 - Phil Rosenthal, Night of 1000 Stars, in celebration of National Library Week, 7 pm

April 23 - Marc Verzatt will discuss Mascagni's *Cavalleria Rusticana* and Leoncavallo's *Pagliacci*. Cosponsored by Shoreline Village CT.

May 5 - Tom Lewy talks about the Broadway show, *West Side Story*, 7 pm.

May 12 - Tom Lewy talks about the Broadway show, *Phantom of the Opera*, 7 pm.

#### History and Current Events

April 9 - Carlos Eire, Guilford resident and National Book Award winner for *Waiting for Snow in Havana*, will speak on *Cuba: The Forbidden Planet*, 7 pm.

April 14 - *The Healing Power of Meditation*, with Dr. Matthew Raider, 7 pm.

April 15 Carl Balestracci, *Native American Artifacts, The Charles Arthur Heidtman Collection*, 7 pm. Co-sponsored by the Guilford Keeping Society.

April 22 - Freedom Rider and Civil Rights Activist John Raines will lead a discussion on the film, *Freedom Riders*, as part of the series, *Created Equal: America's Civil Rights Struggle*, 7 pm.

May 13 - Dave Davison will speak on Eric Sloane and Barns, 7 pm. Co-sponsored by the Guilford Keeping Society



May 14 - *Explorations in Mixed Use Development*, speakers to include David Fink, head of Partnership for Strong Communities, and MJ Kestner, 7 pm. Co-sponsored by the Guilford Foundation

May 16 - Bob Thorson will speak on Stone Wall Archeology and then visit the Henry Whitfield State Museum, 2 pm. Co-sponsored by the Henry Whitfield State Museum

## Spring Programs for Children

Special programs funded by the Friends of the Guilford Free Library. Open to all, please register.

### Paws & Read

Reading can be stressful for children who are struggling with it, and reading to a silent, supportive, furry partner can help. Sign up for a 15-minute reading slot with licensed therapy dog Kiri, and retired teacher/dog handler Elisabeth Holder. Parent/Legal guardian must sign a permission form for their child to be alone in the room with the dog and therapy supervisor.

Registration for this program by phone or in person only.

Saturday, April 11th from 11:00 am-12:00 pm. Ages 5 & up.

### Drum Away the Blues

School Vacation Special - Kids will drum, dance, and have fun as they join musician Craig Harris for an interactive musical

celebration of spring, songs, and stories. Tuesday, April 14th from 3:00-4:00 pm. All ages.

### Cool-ology - Colors & Bubbles

School Vacation Special - The science of color is more than meets the eye! Kids learn about refraction, chromatography, "nanotechnology rainbows," color mixing with bubbles, and more while conducting some cool color experiments. Wednesday, April 15th from 3:00-4:00 pm. Ages 6 to 10.

### Edible Insects

Bugs can sometimes gross you out, but they are an important part of a balanced diet for many animals, and sometimes people! Meet some animals that eat bugs, learn about cultures of people that eat bugs, and if you're brave enough, try some bugs yourself. Funded by the Allan Louis Loeb Foundation. Monday, April 20th from 4:00-5:00 pm. Ages 6 & up.

### Teddy Bear Sleepover

Bring your favorite bear to the library for special stories, songs, and crafts, and leave them overnight to sleep over. Come back in the morning to see what your bear got up to after lights-out, and have doughnuts and lemonade with your bear. Friday, April 24th from 4:00-4:45 pm. Then Saturday, April 25th from 9:00-11:00 am. Ages 4 & up.

Continued on page 16



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Chelsea Anderson, D.V.M.

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## GUILFORD LIBRARY ... continued from page 15

### Little Hands Signing Time

Using sign language with young children can reduce frustration, stimulate language learning, enhance bonding, and raise a child's self-esteem, making communicating easier before children are fully verbal. Join author, librarian, and certified ASL translator Kathy MacMillan for a fun story and lesson in sign language for babies & toddlers. Breakwater Books is co-sponsoring this program, and books will be for sale at the bookstore prior to the event, as well as that afternoon at the library. Saturday, April 25th, from 2:00-3:00 pm. Ages 0 to 5.

### In Be-Tween

Bi-monthly programs for grades 5 and 6. First and third Thursday of each month from 3:30-4:30 pm. Registration required for each event.

### April 16

#### Shrinky Dinks Art

Make your own jewelry, keychains, and more with this fun plastic craft. Simply cut the shape you want, color your own design on it, and watch it shrink and harden as we heat it up. Then we'll learn about what makes this work, and how scientists have used this toy to advance technology in our world.

### April 30

#### Awesome Architecture Challenge

Work together to build the best model buildings out of everyday objects and compete for awesome prizes. Copy famous buildings like the Eiffel Tower or Taj Mahal, or create your own unique vision. Think you have what it takes to do both?

### May 7

#### Draw Optical Illusions

Come learn how the mind and the eyes work together and why they're sometimes fooled. Then, get creative and draw your own optical illusions to stump and amaze your family and friends!

### May 21

#### 3D Printing

Make your own keychain. Learn to use TinkerCAD, a free web-based 3-dimensional design system, then design your own keychain. Student designs will be printed during the week following this event, and participants may pick them up any time after they are called and informed that their print has finished. Parents will need to provide an email address for this program so that students can sign up for a free TinkerCAD account. We will not give out your email nor use it for unsolicited mailings.



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## Teen Spring Programs April through June

Register For These Programs:

### Teen Art Lab

7th graders and up, 2nd Thursday of each month, April and May 3:30 to 5:00 pm. Each month a guest artist demonstrates and teaches a new technique and provides feedback.

### Practice test The NEW SAT

For High School students, April 25, 10:00 to 2:00 pm; June 6, 10:00 to 2:00 pm.

### Women in Engineering

7th graders and up, May 20, 7:00 to 8:00 pm. The Library is partnering with GHS's Apple Pi Robotics Club for a panel discussion to inspire women to achieve careers as scientists, engineers, and mathematicians. Speakers include Valerie Scott, a Guilford High School alumna, currently employed at the NASA Jet Propulsion Laboratory. Her presentation will focus on her role in the Mars Exploration Rover Mission. Other guests will include Liberty Page, an Apple Pi Mentor and an Adjunct Instructor at the University of New Haven Tagliatela College of Engineering in Computer Science, and Emily Yale, a mechanical engineering student at Fairfield University.

### Drop In Programs:

Get involved in your library by joining the Teen Advisory Group to earn community service hours while having fun! For students in grades 7 to 12, no registration necessary. For more information, or to be added to the e-mail list, contact Heather Brine at [Teenlibrarian@guilfordfreelibrary.org](mailto:Teenlibrarian@guilfordfreelibrary.org).

### Art Exhibits

April and May: Guilford Public Schools, High School Art Students

June: Bill and Patricia Seekamp

## Guilford Parks & Recreation - Spring Schedule

GUILFORD CLEAN UP DAY / May 2, 8 a.m. - 2 p.m. (Raindate: May 3) / Guilford Green

ANNUAL FISHING DERBY / May 9, 8 - 10 a.m. / Mill Pond

SUMMER SIZZLER / June 13, 3 - 7 p.m. / Jacobs Beach

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## New Urgent Care Center

Old Saybrook, CT - **Middlesex Hospital** will open a new urgent care walk-in medical center this spring at 1687 Boston Post Road (at the intersection of Spencer Plains Road). The center will provide patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown. More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the providers at the urgent care center access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke. The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at [www.mhurgentcare.com](http://www.mhurgentcare.com).

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## Historic Guilford Tours

### Summer

This summer, the Guilford Preservation Alliance will provide Historic Guilford Tours. This is our 4th year and we are excited to continue the tours after our successful collaboration with last year's 375th celebration where we provided bus tours for the Civil War remembrance on the Guilford Green, walking tours in celebration of the opening of the New England Scenic Trail, and custom tours in association of the presentation of The Covenant Stone.

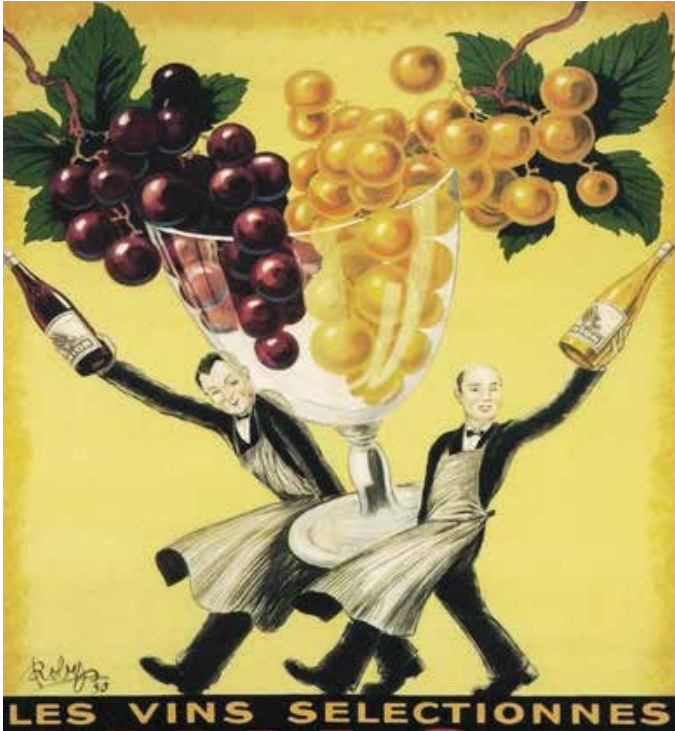
### We are excited!

We are excited about sharing our historic downtown with visitors to Guilford as well as long time residents by having scheduled tours on Saturday morning and private tours to groups by reservations.

### Bus Tour Schedule

The bus tour schedule will also continue this summer with plans to schedule tours in late June, July, and August. For details about reservations and bus tours, please visit our website at [www.HistoricGuilford.org](http://www.HistoricGuilford.org) or call (203) 233-1026.

# Guilford Keeping Society Celebrates French Wines



The Guilford Keeping Society invites the public to a French Wine Tasting to be held on Saturday, April 25. The Keeping Society's own Medad Stone Tavern will provide the right ambience for the event.

This is the first of a series of planned wine tastings that will feature different wine-growing countries and regions. Explains Fran Swietlicki, event co-co-chair, "Since France is home to almost all of the renowned grape varieties of the world and is the model, or standard setter, of all the world wines we decided to start our series with French wines."

Tickets are \$25.00 each and are available at Frank's Package Store, 15 Boston Street in Guilford or at the door. Dave Boeding, of Frank's Package Store, is working with area wine distributors to provide a representative "selectionnes de vin." Guests will also enjoy a selection of French-themed appetizers. The event will take place from 4 p.m. to 7 p.m. The 1803 Tavern is located in Guilford at 197 Three Mile Course.

For more information, see [guilfordkeepingsociety.com](http://guilfordkeepingsociety.com).

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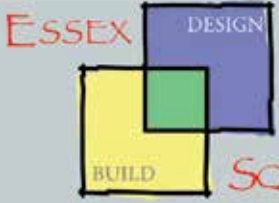
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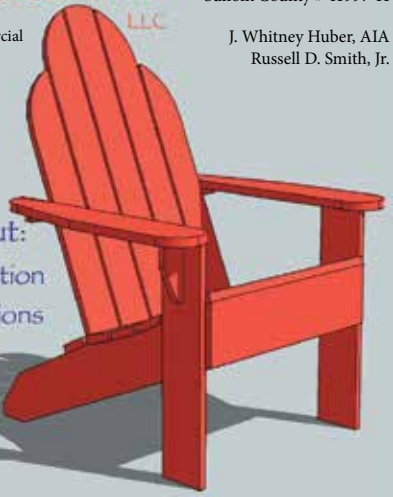


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## Guilford Keeping Society Memorial Day Picnic



Kids enjoy sack races and other traditional games at The Guilford Keeping Society's annual Memorial Day picnic.

May 25 - It's a Guilford tradition. Right after the Memorial Day Parade, families will be heading to the Guilford Keeping Society's Medad Stone Tavern for its annual picnic. The grounds of this historic 1803 tavern are the perfect place to spread out a blanket, set up some chairs, and spend an afternoon. Food will be available for sale, or guests can bring their own picnics. There will be so much to enjoy--live music, farm animals, and free tours of the historic tavern. Kids of all ages can enjoy traditional games,

including three-legged races, sack races, and hoop rolling. For pie lovers with big appetites, there will be the famous blueberry pie-eating contest, with pies courtesy of Bishop's Orchards. The fun begins immediately after the Memorial Day parade at the Medad Stone Tavern, 197 Three Mile Course. There is no charge for admission, but free-will donations will be gratefully accepted. For more information, check [guilfordkeepingsociety.com](http://guilfordkeepingsociety.com).

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## Henry Whitfield State Museum

### Calendar of Events – May to June 2015

248 Old Whitfield Street, Guilford, CT 06437

203-453-2457 - whitfieldmuseum@ct.gov

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

[www.facebook.com/henrywhitfieldstatemuseum](http://www.facebook.com/henrywhitfieldstatemuseum)

Hours - Wednesday to Sunday, 10 am to 4:30 pm  
(last tickets sold at 4 pm each day).

### Friday, May 1 - Museum opens to the public

**Guilford Goes Global**, display highlighting photographs by visitors, of the museum's Guilford magnet in locales from around the world, (thru Sun. 12/13/15)

**Name that Thingamajig**, display with a different unusual artifact featured each month, visitors guess what it is. (thru Sun. 9/13/15)

### Saturday, May 9

**From Barbados with Love: Sailor's Valentines Then and Now**, lecture on the history of sailor's valentines and modern crafting of them, reception, 2 pm

### Saturday, May 16

**Foundations: The Stonewalls of Early Guilford**, Rob Thorson, 1:30 pm, Guilford Free Library, lecture, then to HWSM for walk & talk and children's program

### Saturday, June 13

**CT Open House Day: Puritans at Play!** Play historical games and try old-time toys. Free admission.

### Saturday, June 27

### & Sunday, June 28

Annual Early Guilford Days: Family Festival, sponsored by Historic Guilford Museums (activities & demos at HWSM & other 4 museum sites in Guilford).

## Bad Beauty Habits That Are Aging You

As a cosmetic physician, I have counseled women against bad beauty habits for many years and am sharing two of them today. You must wash your face twice a day. Over the years I have met a lot of women who only splash water on their face in the mornings. It is important to wash away any film of moisturizer left over so you start the day fresh and clean. Also, bacteria can build up on your face overnight as well. It is equally important to develop a nighttime routine. It is imperative to take your make-up off EVERY night. When you fall asleep with make-up it gets pushed into your skin causing you to have a lack luster and aged look. If washing at night is a problem for you, try washing your

**Continued on next page**



face and applying night cream when you come from work. Don't wait until 10 or 11 pm when you've already fallen asleep on the couch. Your face doesn't know what time it is. You can't rely on the sunscreen in your moisturizer for protection. We seek out and sometimes pay extra money for these products. While the ingredients provide a good start, they are not enough. Most moisturizers contain ingredients that protect against UVB but not against UVA. It is the UVA rays that destroy your collagen and lead to wrinkles and sagging. The purpose of a moisturizer is to penetrate slightly into your skin and hydrate. The purpose of a sunscreen is to create a protective barrier in-between your skin and the sun's rays. You should wear a separate sunscreen every day with an SPF of at least 25. My favorite ingredients for the best protection are minerals - either zinc or titanium dioxide. So even after the summer winds die down, don't let your guard down. Protect your face. Today's tan is tomorrow's wrinkle.

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, please call 203-245-2227 for a free consultation with Dr. O'Malley or visit us at [www.sonasmedspa.com](http://www.sonasmedspa.com).

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

## Sing for Joy

### Cappella Cantorum Men's Chorus Concert 2015



Cappella Cantorum Men's Chorus Concert will be presented on Saturday, June 13, 7:30 pm at Christ Episcopal Church, Guilford, CT 06437.

The concert, in the church's wonderful acoustics, features Spirituals, Gospel, Sea Chanteys, Classical and Broadway Music.

The Hill Top Four, Barbershop Quartet will also be featured. Tickets \$15 at [CappellaCantorum.org](http://CappellaCantorum.org) or 860-577-2950, or \$18 at the door. 12 and under free.

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# SARAH, Inc. and SHiFT Cycling Partner for Better Health



SARAH, Inc. has been working with SHiFT Cycling to grow a weekly indoor cycling class targeted toward people with intellectual and other disabilities. A new eight week session started on Tuesday, March 31. The weekly 45 minute class runs from 5:15 - 6:00 pm, incorporating 40 minutes of cycling time on stationary indoor bikes and 5 minutes of stretching. “We worked with the teams at SARAH and STRIVE to design an adaptive class. Exercise can be an issue many participants struggle with, so finding a fresh, new and engaging way to fitness is the goal,” said Jenn Kuehn, Owner of SHiFT Cycling. “The riders were nervous in the beginning, as for many of them it was the first time being on a bike. Seeing the pride as they mastered the activity is something I will never forget. It is an amazing experience for everyone involved.” The class is team taught with two trained instructors that is designed to encourage fitness, inclusion and empowerment in a fun, safe and challenging way. Guardians, friends, family and the community are welcome to participate in the ride. They too will be inspired by the positive energy and enthusiasm of the group. “My son loves the SHiFT class. He gets a great workout, sees his friends and has fun. The owner, Jenn

Kuehn and her team know how to empower participants and push them to new places,” added Denise Rose, Executive Director of the SARAH Foundation. The session started March 31 and ends on May 19. The class is held weekly on Tuesday from 5:15 -6:00 pm at SHiFT Cycling, Guilford. Drop-ins are always welcome. Sign up at [www.SHiFTCycling.com](http://www.SHiFTCycling.com). Call 203.533.5792 or email [jenn@shiftcycling.com](mailto:jenn@shiftcycling.com) with questions. SARAH is dedicated to the proposition that people with differing abilities deserve to experience life’s joys; learn, work and accomplish all they can and participate as valued members of the community. STRIVE, Southern Transition Real-World and Independent Vocational Education, is a community-based program for students with disabilities ages 18 to 21 years old. Students will reach their full potential to obtain meaningful jobs, live as independently as possible, maintain friendships and participate as active citizens in their community. SHiFT Cycling is a new indoor cycling studio that offers an intense calorie-burning workout from a team of handpicked instructors, in an epic space with state-of-the art bikes. Classes are designed to challenge all fitness levels - from a beginner to a seasoned cyclist. The studio is centered on giving a great workout, having fun and pushing riders to new levels.

## **The 2015 SARAH Gala will be held on Thursday, May 7 at The Woodwinds in Branford, CT**

A popular tradition along the Connecticut shoreline, the Gala features a live and silent auction, open bar, dinner, and special speakers. This year’s theme is the Kentucky Derby “SARAH rides again”. We are thrilled to have as our Co-Chairs for the SARAH Gala, local community members and SARAH volunteers, Duffy Mudry and Amy Jensen. Our Honorary Co-Chairs are, State Senator Ted Kennedy Jr. and Mrs. Kiki Kennedy. Their creative leadership is planning an event that no one will want to miss! If interested in Sponsorship or purchasing tickets you can visit our website [www.sarahfoundation.org](http://www.sarahfoundation.org) or call the foundation office 203-453-6531.

## “Text Neck”

Did you know your head weighs approximately 15 pounds and for every 1 inch your head is forward of your shoulders it weighs an additional 15 pounds?

Children and teens, when asked to stand and text someone, had their posture evaluated and found their head to actually be 4.5 inches in front of their shoulders giving them an apparent head weight of 82.5 pounds! This significant increase in weight will produce tremendous abnormal stress on all the vertebra in the neck, upper and middle back as well as compensations into the lower back. This is especially alarming since these young children will mold their spines and bodies into abnormal postures that can remain into adulthood. The increased stress on these areas will often result in spinal pain, headaches, mood changes, blood pressure problems, internal rotation of the shoulders and decreased lung capacity. As the head

is further forward, the normal curve in the cervical spine (neck) is often lost or reversed which will generally result in degenerative arthritis over time.

When you also consider that these children often carry heavy backpacks to school and through the school halls, spend long periods of time using computers and play hand held or video games with poor posture, this problem is increased even further. Doctors of Chiropractic are well trained to evaluate spinal alignment, function and posture in both children and adults. Should there be areas of abnormal spinal alignment and function present, your Dr. of Chiropractic is able to improve and often correct these areas with specific chiropractic spinal adjustments, make recommendations as to what postural changes can be made when texting, using computers, playing video games and carrying their backpacks. Chiropractors will

also often prescribe exercises to improve the patients posture and provide strength and stability to the spine.

These abnormal alignment and posture changes can often occur without experiencing any pain. Over time, however, these changes can certainly have a significant impact on their overall health.

As with most health issues, the sooner you can detect a problem, such as abnormal spinal alignment and postural changes, the easier they are to correct. It literally takes only a few minutes for a Chiropractor to check someones posture and spinal alignment and that simple evaluation can save years of pain and suffering.

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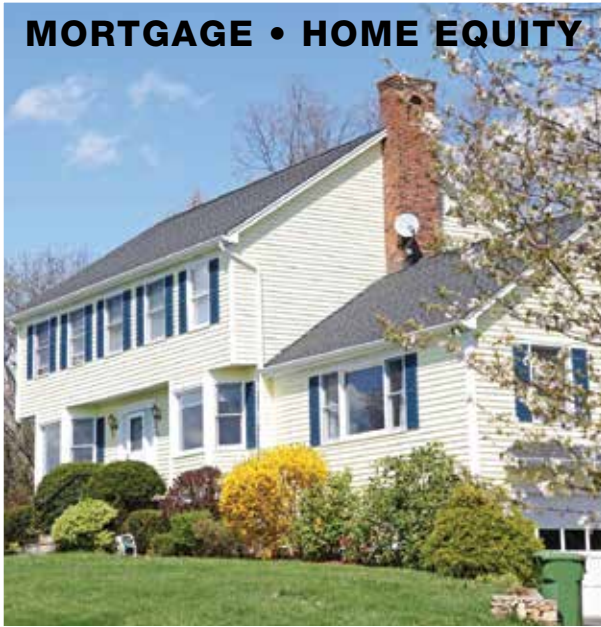
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