

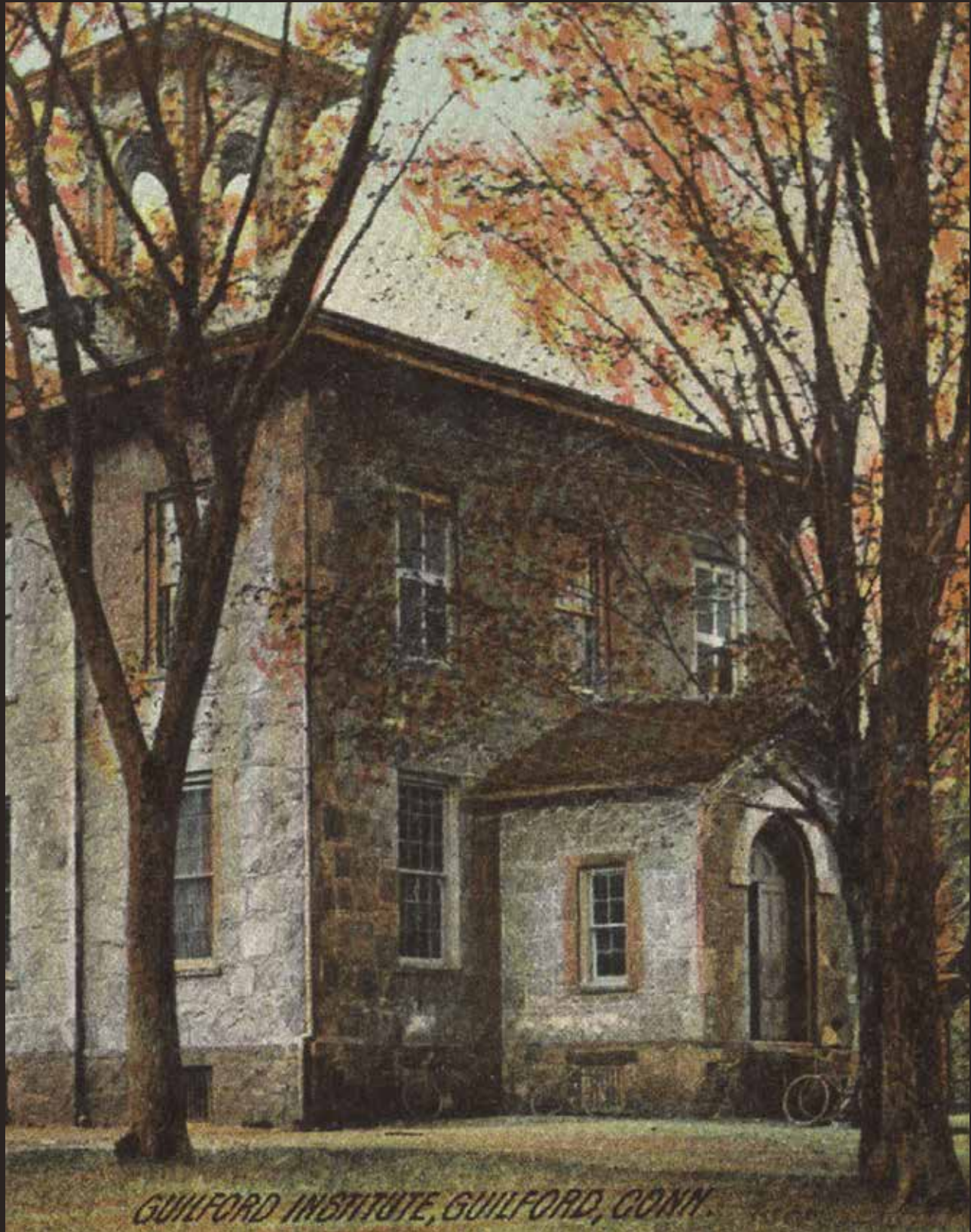
# Guilford



# Events

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Volume 3 • Quarter 1 • 2014



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## First Selectman's Corner

I hope everyone had a wonderful holiday season and I wish everyone a healthy and happy New Year. It was another successful season for the town of Guilford and its merchants. Despite the weather, the Economic Development Department and Guilford Chamber of Commerce had another successful tree lighting event. I also want to congratulate the 375<sup>th</sup> Committee for launching its first major event, the Generations Jubilee, in the celebration of Guilford's 375<sup>th</sup> Anniversary. The next major event in our year-long celebration will be the Crystal Ball on March 29<sup>th</sup> at the Guilford Yacht Club. As the year progresses, the committee will be publicizing all the details of the upcoming events.

With the holiday season now behind us, the Board of Selectmen and the Board of Education are now heading into the budget preparation season. It is going to be a challenging and difficult budget year. The Board of Selectmen will be holding department head budget hearings in mid-January, in preparation for the budget presentations to the Board of Finance in February.

Now that we are in the winter season, I want to remind everyone to abide by the snow removal ordinance and parking ban. Within 24 hours after a snow storm is over, property owners must have their sidewalks cleared. There is an "Overnight Parking Ban" which is in effect from December

1st through April 1st. There is no on-street parking between the hours of 1:00 a.m. and 7:00 a.m. or whenever snow removal operations are in progress. The Fire Department also requests that if you have a fire hydrant in front of your property, you keep it free and clear of snow in case of emergencies. In addition, please do not plow snow into the roads. Please, we need everyone's cooperation in order to clear the roads quickly and make sure all the roads and sidewalks are safe for vehicles and pedestrians.

The Guilford High School project continues to progress on schedule and the building committee is confident they will be able to stick to the timeline as well as the budget. We realize during the construction phase that some residents are inconvenienced and we ask for your continued patience within the next 18 months when the project is expected to be completed.



*Joseph Mazza  
First Selectman*

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## Guilford Youth & Family Services

Guilford Youth & Family Services and the Guilford Police Department are co-sponsoring several "HOME ALONE" sessions.

The Home Alone Program is a safety course for Guilford youth ages 9 and older. Four dates have been scheduled for Thursdays: January 16, March 6, April 10 and May 22.

The program runs 4:00 - 6:00 p.m. at the Guilford Police Dept. Meeting Room. Students will learn ways to feel more comfortable when home alone, how to prevent accidents, handle emergencies, internet safety and more. There is a \$5.00 fee to cover the cost of dinner and scholarships are available. Registration is required as space is limited to 18 students per class.

Contact GY&FS at 203-453-8047 to register for the date your child is able to attend.

The Guilford Youth & Family Services, Family Theatre Production of *Fame Jr.* will be performed at The Andrews Theatre in Clinton. The musical, which follows a handful of talented young students striving to be musicians, dancers and professional actors at a prestigious high school, is appropriate for all ages and runs approximately 1 hour and 30 minutes (which includes a 15 minute intermission).

There are three performances to choose from and tickets are only \$10 (family discount available upon request). Join us for a spectacular show: Saturday, February 22 at 2:00 p.m. & 7:00 p.m. or Sunday, February 23 at 12 noon. To order tickets in advance or for more information contact GY&FS: 36 Graves Ave, Guilford or 203-453-8047.

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## About The Cover Photo ...

"With a large enrollment our teachers and officials are now patiently and silently working under severe handicaps. Perhaps in the near future the citizens of Guilford will see their way clear to erect as strong, enduring and suitable a structure for the present and coming generations as did the Founders of the Guilford Institute eighty years ago. This would be quite in keeping with the spirit of the original donors, who, seeing the educational limitation of our town, gave generously that Guilford might have the best."

- William Collins Hainsworth Moe, author of the *History of Education in Guilford & Allied Educational Interests* (Shore Line Times Publishing Co., 1936)

### Education in Guilford: Then & Now

Such were the sentiments of William Collins Hainsworth Moe, written as the Town of Guilford was approaching the 300th Anniversary of its founding. Like today, school administration at the venerable Guilford Institute and High School (cover photo) was challenged in the 1930's by an educational system that was not fitting the needs of the student body. Then, a steady increase in population, with the census reporting a Guilford population of 2,803 in 1920 and 3,053 a decade later, was the catalyst for change. Moe reported that 165 pupils along with six teachers "crowd the building ... with no place for assembly, domestic science or agriculture."

The solution was clear: build anew. The result? A new Guilford High School (now E.C. Adams Middle School), at the cost of \$150,000 to break ground in 1936. But 20 years later, the student population had again outgrown the facility. In 1958, the current Guilford High School (GHS) was built at the geographic center of Guilford on 30 acres of New England Road where there was room to grow alongside the educational needs of the students. In 1968, GHS added a media center, cafeteria, east classroom wing, and auxiliary gym, and in 1999 a science wing was added to the west.

Today, as the Town of Guilford celebrates its 375th Anniversary nearly 160 years after the establishment of its first high school, more than 1,000 students are taught by nearly 100 teachers at GHS, a school recently recognized by U.S. News and World Report with a Silver Award for being among the top 2% of academically performing schools in the U.S. And yet again, the inevitable expansion of Guilford's high school is in progress. This time, issues surrounding the security, safety, environmental, and operational deficiencies of the current building, and the recognition that a 21st-century flexible learning environment would best serve the programming needs of students and staff, led the decision of Guilford voters.

Ground broke on the site of the existing school on June 6, 2013 for the new \$92 million Guilford High School, which will also serve as a secondary Emergency Shelter for the Town of Guilford. Set to be completed in mid-2015, the new construction is designed to accommodate the latest



Photo of the current building -The Lofts at Griffing Square

addition of the existing building, the science wing, which will be the only structural reminder of the past.

Back in 1935, Moe questioned the plight of the Guilford Institute: "What shall we say regarding the future of this old institution? The ties of sentiment have grown strong with the passing years. Hearts have become entwined about the building because of deep and lasting personal association of days gone by. We are living in a new educational era undreamed of by the Founders."

Likewise, fond memories of GHS must make way for a "new educational era." The citizens of Guilford have yet again seen "their way clear to erect as strong, enduring and suitable a structure for the present and coming generations as did the Founders of the Guilford Institute." Thanks to town-wide support, we can all be assured that Guilford will continue to "have the best" in education for its capable youth - setting Guilford on a promising course toward its 400th anniversary.

For more on Guilford's education Then & Now, and to share your own stories about attending Guilford schools, go to: [GuilfordCT375.org/education](http://GuilfordCT375.org/education).

Built in 1854-1855, the original Guilford Institute, progressive for its time as a co-ed prep school, was founded by the generosity of two Guilford residents, Mrs. Sarah Griffing, who also offered a deed to the land on which it was built, and the Honorable Simeon B. Chittenden. Together they contributed \$22,000 for the building's unique Italianate construction at 120 N. Fair Street. Since its storied educational past, the building has passed through the hands of numerous owners but was most recently rescued from demolition by Guilford residents David and Connie D'Atri. Yale graduates who have specialized in historic preservation and restoration for 30 years, the couple have converted the building into luxury condominiums now known as The Lofts at Griffing Square. The Lofts are distinctive for their fusion of antique and modern architecture.

*Lisa Calderone-Perrelli*  
375th Anniversary Committee, Public Relations

## Guilford Antiques Show



On March 29th and 30th you can freshen up your home and add to your collection while benefitting Guilford's Hyland House Museum at the 45th Annual Guilford Antiques Show. Hosted by the Dorothy Whitfield Historic Society, the show features dozens of New England dealers offering everything from folk art to furniture, jewelry to books, decoys, quilts, samplers, stoneware, clocks, Oriental rugs, nautical antiques and art, fireplace accessories, paintings and decorations. You can stay all day and enjoy a delicious lunch in the show café and take home complimentary antiques and collecting publications.

All the proceeds from the Show benefit the Hyland House Museum, one of New

England's oldest house museums located just steps from the Guilford Green. As Guilford celebrates its 375th anniversary, the Hyland House Museum is proud to be celebrating its 96th year as one of the region's oldest colonial house museums. The House includes an important collection of antique furniture, tools, textiles, and ceramics. It is open to the public for guided tours from June through September.

The Guilford Antiques Show hours are Saturday, March 29, 10-6; Sunday, March 30, 11-4. Admission is free for Dorothy Whitfield Historic Society members, \$8 for nonmembers. For more information on the Show or the Museum, please visit [www.HylandHouse.org](http://www.HylandHouse.org).

## Tax Office

A reminder to all Guilford Taxpayers, especially new homeowners, that taxes were due on January 1, 2014. If you own real estate, there are now taxes due. All real estate and personal property bills, due in two installments, were mailed in June 2013. We do not mail real estate and personal property bills for the second installment.

Supplemental motor vehicle bills that became due January 1, 2014 were mailed in December. A supplemental motor vehicle bill is due for any vehicle that was registered at the Department of Motor Vehicles AFTER October 1, 2012. It is pro-rated for the number of months that you owned the vehicle from October 2012 through September 2013.

If you have misplaced any of your bills you can now go on line and print a duplicate bill through the newly implemented advanced online payment system. Put in your last name and first initial to find your bills. This system allows taxpayers to view an online replica of their paper 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". Income tax information is also available on line.

Payments online or by mail are encouraged and will save you 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.

Failure to receive a tax bill does not invalidate the tax nor does it prevent interest charges from accumulating. 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 and work out a payment plan.

*Dolly Mezzetti, Tax Collector*

## Voter Registration Information

The Registrars of Voters will be conducting their annual Canvass during the month of February, 2014. All voters with an active forwarding address order on file with the US Postal Service will be targeted to receive Canvass letters from our office. Additionally, voters for whom we have received information that they no longer reside in Guilford will also receive Canvass Letters. Please return these letters to us (using

a prepaid return address envelope). If you do not indicate that you still remain in Guilford, we will start the process of removing you from the Guilford Voter Registry.

**DO NOT LOSE YOUR RIGHT TO VOTE.**

Registrars: Louise Graver, Gloria Nemczuk

Phone: 203-453-8028

Email: [registrar@ci.guilford.ct.us](mailto:registrar@ci.guilford.ct.us)

## Shoreline Arts Alliance



*1st Place Painting  
Theoretical Self  
by Sarah Gavigan GHS*

Shoreline Arts Alliance will present the 30th Annual Juried High School Student Art Exhibition and Competition, Future Choices, from February 25 through March 13. The exhibition will be hosted at the Lyme Academy College of Fine Arts - Sill House Gallery with a special Artists' Awards Reception on Sunday, March 9 from 3 - 5 p.m. High School students in 9th - 12th grades including home schooled, private school, and boarding schools may submit up to 3 pieces of art for consideration by the judging panel. Judges are all professional, working artists and they select not only the work that is to be exhibited but also award winners presented in nine categories: Ceramics, Drawing, Mixed Media, Painting, Pastels, Photography, Prints, Sculpture and Video. They also select a Best in Show award. Gallery hours are 10 a.m. - 4 p.m. Monday through Fridays with special viewing during the Awards Reception.

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



*GHS Student Sarah Gavigan*

## Economic Development Department

As we approached the fourth quarter of 2013, we had several businesses about to open. We are pleased to report they have, including; **Arthur Murray Guilford Dance Studio** - located at 11 Water Street. Contact Owner Peter Konow at 203-458-9000 or [www.amguilford.com](http://www.amguilford.com). Stop by to see their newly remodeled space and learn a new dance step or two. **sweetFrog** premium frozen yogurt had their Grand Opening on December 7 at 891 Boston Post Road (next to The Place). Stop in and try their 14 flavors and 40+ toppings. Available for parties and fundraising opportunities. Contact Davey or Katie Edwards at 203-533-5635 or Like them on Facebook ([www.facebook.com/sweetfrogguilford](http://www.facebook.com/sweetfrogguilford)). **Surrender to the Float** had their Grand Opening on December 7 at 236 Church Street. This leading edge floating therapy migrated from the west coast, is the first in Guilford and in the surrounding area. People float to relieve stress, recover from injuries, and eliminate chronic pain and much more. Contact Jeremy Spang or Jocelin Rustemeyer at 203-506-9142 or go to [www.letitfloat.com](http://www.letitfloat.com). **lis-A-lis** - a salon that specializes in haircuts, styling and coloring using the finest materials from Paris and Italy, opened at 116 Whitfield Street. Owner Alissa Montz started in Guilford years ago, recently spent seven years in Branford and wanted to return to Guilford to better serve her clients. Contact the business at 203-481-9934 or [www.lisalissalon.com](http://www.lisalissalon.com). **Joint Effort LLC** - opened at 300 Village Walk, a comfortable and safe place to exercise for those over the age of 50 or those who suffer from chronic pain and illness. Expected results include; looking and feeling better to live a healthier and more active lifestyle. Contact Owner George Norden at 203-458-6683 or [www.jointeffortexercise.com](http://www.jointeffortexercise.com). **Adaptive Wealth Management, LLC** - located at 157 Goose Lane, helps clients organize their financial affairs to optimize their

investment portfolios. Contact Owner Michelle Lavine at 203 458-1740 or [www.adaptivewealthmanagement.com](http://www.adaptivewealthmanagement.com). **In A Flash Studio** - after 20 years as a brick and mortar location, transitioned to a mobile operation, willing to come to you to effectively serve your needs for: portrait and product photography, graphic design, and digital imaging. Contact Owner Larry Kalbfeld at 203-453-1071 or [www.inafashstudio.com](http://www.inafashstudio.com). As you drive by the former **Trailblazer** location at the north end of the Green (corner of Broad and Church Streets) you will note extensive renovations continue. The first tenant, **Guardian Jet**, a growing Guilford business, will occupy the 2nd floor during Q1-2014. Lease arrangements have not yet been finalized for the first and lower floors. 66 High Street - a long time vacant building has been sold to local Guilford developers. They are in the preliminary planning stage with the intention of creating a nice condominium complex, convenient to Town businesses and services and the train station.

**Rt. 1 West Study** - a committee has been formed to review zoning on Rt. 1 west of exit 57 to the Branford town line. The purpose for this project is to comprehensively review current zoning along this Rt. 1 corridor with attention being paid to expanding commercial zoning opportunities consistent with the Town's Plan of Conservation and Development. Careful consideration of natural and environmental conditions is important to this review. The committee meets on Tuesdays at 6PM-7:30 PM at the Community Center. Please see the Town website for exact dates of meetings.

Many other projects are underway and will be more evident in the spring. Stay tuned for additional updates.

*Brian McGlone  
Economic Development Coordinator*

# Events

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## Guilford Events

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#### Magazine Layout

Amy Bransfield & Patricia Stenbeck

#### Cover Photo: The Guilford Institute and High School

(Now the Lofts at Griffing Square) from a Postcard sent on Sept. 17, 1907 that appears to be from Germany, addressed to William Burton, New Haven, CT - Note: there was no need for a zip code back then!

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## Guilford Chamber of Commerce

Welcome to the New Year! This time of year always brings thoughts of new beginnings and resolutions for the upcoming twelve months. The Business community in Guilford is welcoming 2014 by stocking their shelves with great items and by offering customers special pricing on many of their services. Many Chamber members offer member-to-member discounts. These discounts are available to anyone who owns or works at a business that invests in the Chamber. Take a look at our website: [www.guilfordct.com](http://www.guilfordct.com) and see the discounts that are being offered. Winter is a great time to take advantage of buying local!

The Chamber will be presenting an informative forum on how to use all those electronics people received over the holidays and will continue to partner with the good folks at the Guilford Free Library and SCORE to provide informational sessions on various topics - all to give you something to do on the cold winter nights!

As Guilford's 375th anniversary year commences, many of your local businesses will be showing their support by highlighting something very "Guilford" in their places of businesses. There is a wide range of ideas and can be anything from a great name for a sandwich or cupcake to selling items that feature the Guilford town logo or 375th anniversary logo. You will certainly want to stop in and own some of the commemorative items that are being offered and let the merchants know how much you love Guilford.

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

Winter is a beautiful time of year in New England and we are so lucky to live here in beautiful Guilford. So take a hike and marvel at the winter landscape; stop in and grab a cup of coffee around the green and people watch; stroll around and shop at the many merchants around the green, on Route 1 and Route 80; or just enjoy Guilford from in front of your fireplace while watching Guilford Public Television... but remember... it's a great place to Live, Work, Dine, Shop and Play. Hope to see you around town as you SHOP LOCAL!

*Janet Testa*

*Chamber of Commerce Executive Director*





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# Guilford Youth & Family Services Presents 1-2-3 Magic

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*Space is limited – please call (203) 453-8047 to register for this FREE program.*

## Assessor's Office

Elderly Tax Relief applications will be taken in the Assessor's Office, between February 1<sup>st</sup> and May 15<sup>th</sup>, 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 2013), 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.

### 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:*

1. The homeowner must have owned the property as of October 1, 2013.
2. The homeowner must be at least 65 years of age as of December 31, 2013 or was receiving 100% disability benefits from Social Security as of that date;
3. The homeowner must have lived in Connecticut for at least one year;
4. The homeowner must occupy the property as their principal residence; and
5. The homeowner must have income (including Social Security) of not more than \$34,100 for a single individual or \$41,600 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:*

1. The homeowner must have owned the property as of October 1, 2013.
2. The homeowner must be at least 65 years of age as of December 31, 2013 or was receiving 100% disability benefits from social security as of that date;
3. The homeowner must have lived in Connecticut for at

least one year;

4. The homeowner must not be receiving tax relief from any other town or state;
5. The homeowner must occupy the property as their principal residence; and
6. 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:*

1. The homeowner must have owned the property as of October 1, 2013.
2. The homeowner must be at least 65 years of age as of December 31, 2013 or was receiving 100% disability benefits from Social Security as of that date;
3. The homeowner must have lived in Connecticut for at least one year;
4. The homeowner must occupy the property as their principal residence;
5. The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see above);
6. The homeowner must not owe any taxes (including motor vehicles);
7. The homeowner must not be receiving tax relief from any other town or state;
8. The homeowner cannot be on both the town's tax deferral and this program; and
9. 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

*Edmund Corapinski, Assessor*

## *Guilford Community and SARAH Recycling Together - Making a Difference*

SARAH, Inc., founded in Guilford in 1957, provides programs and services to individuals with intellectual and other disabilities.

A major focus of SARAH, Inc.'s services is to provide meaningful work opportunities for SARAH supported workers. The majority of SARAH supported workers are employed at local businesses throughout the community. In Guilford some of these businesses include Bishop's Farm Market, Safety Zone, Ocean Marketing, Guilford Savings Bank, and Big Y Supermarket, just to name a few. Continuing the innovation tradition of our founders, SARAH has created "SARAH Recycles" an important business venture that supports our community by collecting donated refundable cans and bottles and turning those nickels into paychecks.

The Town of Guilford has partnered with "SARAH Recycles" to help grow this program significantly. Many organizations, such as the Guilford Foundation, and many businesses, such



as Guilford Savings Bank have helped purchase the yellow recycling containers you see find at Bishops Farm Market, St. George Church, the Guilford Town Dock, and the Public Safety Complex. In addition smaller bins are located in Planet Fitness and many other local businesses. As a result, the program has quadrupled in size since its humble beginnings in 2010.

In fiscal year 2012-2013, SARAH Recycles collected and processed 770,000 cans and bottles: The Guilford community's commitment

to SARAH Recycles has helped 20 SARAH supported workers earn a paycheck while developing their self-esteem.

Together, Guilford residents and local businesses and organizations are "turning dreams into reality" for SARAH supported workers, while keeping over 3 million cans and bottles out of our landfills. Together we are making a positive difference!

*Jim Lamb*

*Manager of Business Development for SARAH, Inc.*

## **The Epilepsy Foundation of Connecticut**

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

In particular, we offer 7 support groups throughout the state.

Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00 p.m. to 8:30 p.m. at Guilford Parks & Recreation, 32 Church Street Guilford, Connecticut 06437.

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

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

Offices are located at 386 Main Street, Middletown, CT

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## *Parks and Recreation Department*

The Parks and Recreation Department offers an array of programs for preschool through adult. Below are a few new programs being offered. If you would like to register or to view a full winter brochure, please visit [www.guilfordparkrec.com](http://www.guilfordparkrec.com).

### **LITTLE SCIENTISTS**

Day & Where: Monday - Community Center  
When: January 6 - February 3  
(Session 1)  
February 24 - March 17  
(Session 2)

No Class Date: January 20  
Grade: Pre-K - K  
Time: 3:00 - 3:45 p.m.  
Program#: 16117 A1 (session 1)  
16117 A3 (session 2)

Grade: 1 - 5  
Time: 4:00 - 4:45 p.m.  
Program #: 16117 A2 (session 1)  
16117 A4 (session 2)

Instructor: Little Scientist Certified Instructor  
Fee: \$85

Little Scientists is an innovative leader in hands-on, minds-on, inquiry-based science education. Little Scientists has developed science lessons that allow children, in Pre-K through 5th grade, to explore many exciting science topics. Topics include "The Wonders of Volcanoes," "The Science of Crystals," and much More!

### **GUILFORD SCHOLASTIC CHESS CLUB**

Day: Wednesday  
Grades: 3 - 8  
When: January 8 - February 5  
Program #: 16122 A1  
Time: 4:00 - 5:00 p.m.  
Where: Community Center  
Instructor: Dustin Huguenin  
Fee: \$25

Dustin is a nationally ranked chess player! Strategies that will be taught include: Object of the game, piece movement, castling & development and More!

### **DRAMATIC EXPLORATIONS**

Day & Where: Friday - Community Center  
When: January 10 - April 11  
No Class: March 28  
Grades/ Time: 5 - 7 / 3:00 - 4:30  
Program #: 16220 A1  
Grades / Time: 3 - 4 / 4:30 - 6:00  
Program#: 16220 A2  
Instructors: Beth Kozarec & Lisa Labadia  
Fee: \$150

What would it be like to never grow up? Here is your chance to find out when you join us as we journey through Neverland. Learn aspects of theater while collaborating with

others to create a dramatic performance. The session will conclude with a performance for friends and family.

### **HOT SHOT BASKETBALL CONTEST (AGES 9 - 15)**

Day: Friday  
When: February 7  
Time: 5:00 - 7:00 p.m.  
Where: Baldwin Middle School  
Program #: 16223 A1  
Fee: FREE (must pre-register)

CT Rec. & Parks Association Hotshot Contest is a statewide event. The contest challenges a player's speed, shooting, dribbling, and rebounding ability. Three one-minute rounds constitute the duration of play for each player. The top scorer in each division will advance. Open to boys and girls.

### **SELF-DEFENSE (AGES 16+)**

Day: Saturday  
When: January 11 - February 8  
Time: 9:00 - 10:30 a.m.  
Where: Community Center  
Program #: 12121 A1  
Instructor: John Cuddy  
Fee: \$50

Learn how to think critically and make sound decisions about your home and personal safety with 5th degree black belt instructor John Cuddy. He teaches the motor skills and movement patterns you need in order to defend yourself. He will help you develop poise and confidence to react effectively in dangerous situations, and he will also help you understand your own limitations as they apply to self-defense.

### **CLASSICAL FENCING PROGRAM AGES 15+**

Day: Wednesday  
When: January 8 - March 12  
Time: 6:30 - 7:30 p.m.  
Program #: 12122 A1  
Time: 7:30 - 8:30 p.m.  
Program #: 12122 A2  
Where: Community Center  
Instructor: Andy Baiman  
Fee: \$75

Beginner Fencers will learn the guard position (en garde), basic footwork, the concept of fencing distance (measure), and how to grip the foil. Fencers will be introduced to engagement, lines of attack, parry and riposte. The final class will allow the opportunity for fencing bouts.

### **FAMILY FRIENDLY QUICK FIXES**

Day: Wednesday  
When: January 8  
Topic: Lunch Box Make-Overs  
Healthy, simple twists on the boring lunch box routine.  
Day: Wednesday

*Continued on next page*

When: March 5  
 Topic: Dessert Do-Overs  
 Classic family treats packed with a nutritious punch!

Day: Wednesday  
 When: February 5  
 Topic: Brain Power Breakfast  
 Good-bye sugary cereal and cold milk! Hello to fast and fresh breakfast ideas to keep tummy's full til' lunchtime.  
 Time: 7:00 - 8:00 p.m.  
 Where: Community Center  
 Instructor: Shannon Pappert  
 Fee: \$20

A monthly contributor to CBS's Better Connecticut, and host to numerous live TV cooking segments, Boddler Bites, Food in a Flash author, Shannon Pappert, will be teaching 3 healthy, practical cooking classes for parents. Her book has been recognized by Rachael Ray, Parents, Parenting, Babytalk, Kiwi and others.

**WOMEN'S POSTMENOPAUSAL WORKSHOP**

Day: Friday  
 Date: January 24  
 Time: 6:00 - 8:00 p.m.  
 Program #: 12109 A1  
 Instructor: Lynda Corcoran  
 Fee: \$15

During this workshop yoga postures, and pranayama will be explored to reduce some of the symptoms related to post menopause.

**Upcoming Special Events are:**

**Chili Cook Off:** Sunday, January 26, 3:00 - 5:00 pm  
 Program #: 11104 A1 (Soup submissions also accepted)  
**Winter Wonderland:** Monday, February 17 1:00-4:00 p.m.  
 Guilford Green and Park Street Wristbands: \$5.00

**Mill Pond Skating** - Ice Skating weather permitting.  
 Hours: Monday through Friday 3:00-8:00p.m.  
 Saturday 10:00-8:00 p.m.  
 Sunday 12:00-8:00 p.m.

**Functional Interval Training for People with Parkinson's**

Day: Wednesdays  
 When: January 8 – February 26  
 Time: 12:15-1:15p.m.  
 Program #: 12102  
 Fee: \$65.00  
 Instructors Top tier fitness Certified Instructors  
 Beat PD Today is a program that will improve the quality of life of people with Parkinson's by performing exercises that are functional to everyday living. Common symptoms such as gait, balance and motor control will improve over time and the progression of the disease will remain slow. Participants will feel better both emotionally and physically.

**Focus Pointe Ministries**

Focus Pointe Ministries is located at Guilford Gatehouse, 2614 Boston Post Road, Guilford.

Our Mission: Renewing Minds & Transforming Lives.

The Ministry is focused on assisting individuals in finding meaning and fulfilling their life's purpose. Building strong physical, mental, emotional and spiritual health through a personal relationship with Jesus Christ is at the core of weekly teachings. The Ministry offers a unique worship experience that is centered on robust biblical teaching, fervent prayer, exuberant musical praise and worship, and active community participation. Weekly worship services convene Sundays at 10:00 a.m.

A warm welcome awaits you at Guilford Gatehouse West, 2614 Boston Post Road East Hall Suite 32C, Guilford.

Upcoming event: *You'll Get Through This...Hope and Help for Your Turbulent Times.* An inspiring six-week session, video based study based on *You'll get through this...* by Max Lucado, New York Times best-selling author.

It offers real help and true hope for everyone. Study Guide and Book included.

Call 203-533-5569 or E-mail info@focuspointeministries.org to register. Six classes begin January 12, Sundays: 10 a.m. to 12:00 noon. Guilford Gatehouse, 2614 Boston Post Road, East Hall, Suite 32C Guilford.

On line: www.focuspointeministries.org

**Q: How do I know if orthotics in my shoes will work for me??**

If your heel swings too far to one side, your foot may be overpronating or flattening too much. This abnormal movement strains your foot causing the bones and soft tissue of the foot to support too much of your body weight. Over time this type of strain on the soft tissue may cause heel pain or spurs, tendinitis and pain when walking or exercising.

Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

Custom made orthotics are very different from over the counter devices as they are molded to your foot by the making of a plaster impression. This allows us as your podiatrist to add modifications needed to correct your particular foot condition. We as podiatrists are educated in biomechanics and trained to determine how your specific foot functions.

Runners love us. We see many patients that have actually avoided having surgery due to a pair of our well constructed orthotics. We guarantee all of our orthotic devices allowing patients to revisit us for adjustments as needed. It helps having labs in most of our locations.

Ask us questions at [www.centerpodiatry.com](http://www.centerpodiatry.com)  
 Dr. Gary Grippo and Dr. Sean Lazarus

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## *Should You be Seeing a Doctor of Chiropractic?*

Headaches, back pain, numbness, tingling, and many other health problems can often be traced to the spine.

Many things can cause the moving bones of the spine to lose their normal motion or position. Some examples would be work and sleep positions, slips and falls, sports trauma's, reading or texting position and stress to name a few. This can irritate or choke the sensitive nerves that branch off the spinal cord to service all the tissues and organs of your body. Many of these spinal problems can cause postural changes. It's easy to take a few moments to check a friend or loved ones posture and if you discover problems, they should be encouraged to seek a professional chiropractic examination.

A basic posture assessment would consist of viewing them from the front and their head should be straight, shoulders level, hips level, feet pointing straight ahead. From the side you should be able to have their ear directly over their shoulder, hip, side of their knee and ankle.

Common abnormal findings are their head tilted to one side, one shoulder or hip higher than the other, a foot turned in or out and from the side a common finding is a head that

is forward of the shoulder. These postural deviations are often indicators of spinal malfunction, nervous system interference and spinal stress which often leads to arthritic, degenerative changes.

There are three parts of our central nerve system. 1) motor nerves that control muscle activity, 2) autonomic nerves that control every organ, blood vessels, glands and systems in your body, 3) sensory nerves that controls posture, hot and cold and pain. Essentially 90% of our nerve system controls the function of our body and only 10% sends pain signals. Therefore the lack of pain only indicates that 10% of your nerve system is working ok and is not an indication as to how the other 90% of your nerve system is doing. How you feel, whether you have pain or not, is often not an accurate indication of how well your body and nerve system is functioning.

If you detect a possible problem while doing your posture assessment, schedule a chiropractic examination as these spinal problems rarely get better on their own and often get worse over time.

*Dr. Paul E. Heeren, Heeren Family Chiropractic Center*

### **SPOTLIGHT - On our newest Guilford Events Customers!** **sweetFrog and Window Products**

#### **IN PAIN?**

Listen to your Body

*Headaches*

*Numbness in hands or feet*

*Neck Pain*

*Sciatica*

*Low back pain*

*Painful joints*

*Pain in your arms or legs*

**THESE ARE WARNING SIGNS  
THAT THERE MAY BE INTERFERENCE TO  
YOUR NERVE SYSTEM.**

**Find Out How Chiropractic Can Help!  
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## **Essex Savings Bank** **Rated Five Stars**

Essex Savings Bank has once again earned the highest 5-Star rating for strength and stability from BauerFinancial, Inc. of Coral Gables, Florida, the nation's leading independent bank rating and research firm. No institution can pay BauerFinancial to rate it, nor can an institution choose to be excluded. Essex Savings Bank has proven its commitment to superiority by earning this top rating for 71 consecutive quarters. Fewer than 10% of the nation's banks can claim this distinction. In order to do so, the Bank has excelled in areas of capital adequacy, delinquent loan levels and profitability. Consistently earning BauerFinancial's highest rating assures customers and the community that Essex Savings Bank is a strong financial institution that will be able to fulfill their banking needs for years to come.

Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook. Financial, estate, insurance and retirement planning are offered throughout the state by the Bank's Trust Department and subsidiary, Essex Financial Services, Inc, Member FINRA, SIPC. Investments in stocks, bonds, mutual funds and annuities are not FDIC insured, may lose value and are not a deposit, have no Bank guarantee and are not insured by any Federal Government Agency.

## Guilford's Jubilee - Back to the Future

If you could change the past would you? And if you did, what would you have changed? Writing about an event in the past may not be difficult because you know what happened, but what do you write about an event in a past that has yet to come?

Did the dreams, hopes and plans to make Guilford's Generations Jubilee on December 31, 2013, an incredible town wide event materialize? You, the readers, know, but Guilford's Generations Jubilee Committee, who spent hundreds of hours working to make New Year's Eve 2013 one of the most memorable kick-off events in the history of the Town of Guilford, don't know what happened. They can only tell you what was supposed to happen.

The day was to have begun at noon in front of Town Hall, where Katharine Kiernan Photography would take a photo from the bucket of a fire truck of all gathered below. Next, Grand Marshal Sam Allery was to have led a band pot-banging, horn-blowing noisemakers in a discordant gig around the Green.

Young and old alike were to get their glitter tattoos at the Guilford Free Library, their faces painted by "Z" Face Painting and photos taken in the Studio 99 Productions photo booth at the Community Center. Those prepping for a healthy and fun new year were to learn some cool moves - hula, Latin, aerobic, Tai Chi, ballroom line dancing - from groups taught by Joanne Wilder, Christine Reaske, Barbara Corso, Martin Reichgut and Karen Pfrommer.

Arts and crafts admirers were to browse paintings and crafts handmade by the senior citizen students of Emer Gearhart, Charlotte DeGrado, Lois Terrible and Juliet Calabrese. Kids were to make snow globes, masks and add to the long mural in the hall. Everyone was to chill with the critters and enjoy



a hands-on, interactive presentation of exotic and unusual animals. Anne Kubitsky was to encourage people to share the good things in their lives through her "Look for the Good" project. Did it all happen?

There was to be a pool tournament and carnival-type game. Who won the prizes?

And the bubble wrap stomp, courtesy of the Guilford UPS Store and DJ Ron Glick from Studio 99 Productions Who stomped? Not just

kids, right? The music and dance festival was to provide nonstop musical entertainment - Broadway, classical, jazz - by 16 individual artists and groups. Coordinated by Kevin

Buno, they were to include Schuyler Beeman; Bravura Strings; Kevin Buno; Joe Cardinale; Diana Dart Harris; Brian Gillie; Guilford Brass Ensemble with Joe Boughton, Dan Fisher, Jeff Tucker and Brian Wolek; Chad Hardin and Michael Gracco; Lara Herscovitch; Keely Baisden Knudsen and Stephanie Stiefel Williams; Emily Pecoraro; Apollo Smile; Mark Sullivan; The Conn Artists; GHS Voices and the Student Coffee House Showcase.

A bonfire was to be the discarding place for all the vexations of the past. Did the flames burn bright, carrying with them the irritations of 2013 to make way for a fresh beginning in 2014?

The grand finale - a fireworks display - was to be a lavish spectacle of fiery bursts of color above the Guilford Green. Was it?

Committee co-chairs Anita Catardi and Stephen Page, as well as members Robert Augur, Kevin Buno, Juliet Calabrese, Roberta Flannery, Liz Mancini, Suzanne McDermott, Doug McGee, Paul Mei, Karen Quercia, Diane VanSteenbergen and tens of other volunteers tried to make it happen. Did it? Or did it snow? You know.

*Roberta W. Flannery, 375 Anniversary Committee*

### 375th ANNIVERSARY - FUNDRAISING AUCTION

The Guilford Yacht Club was the scene of an auction on Thursday, November 21, 2013, to raise funds to help supporting the events celebrating the founding of the Town of Guilford in 1639. Excitement built among the crowd as Auctioneer Tony Fappiano encouraged them to bid higher and higher for the following 12 live auction items:

- "The Quilt," created especially for the Guilford 375th Anniversary and donated by quilters Clare Landon, Jane Bishop, Linda Moleske, Michele Van Epps, Barbara Richard, Maureen Collins, Maralee Hill, Amanda Merrill and Anita Catardi.
- Grass Island Cruise, a 90-minute cruise for up to 15 people, donated by Captain Bill Bussmann, Grass Island Cruises.
- Brendan Loughlin Painting, Pastac (TM), donated by Brendan Loughlin.
- Gayle Asher Painting, a framed watercolor, donated by Gayle Asher and Kathryn Greene of Greene Art Gallery.
- "Person of Interest" Original Script, autographed by Al Sapienza, donated by Pat Widlitz.
- Wilderness Systems Recreational Kayak, Tarpon 120, with Werner paddle, donated anonymously.
- Two, Six-Month Family Memberships to Soundview YMCA, donated by Soundview YMCA.

- Adrian Wong Shue limited edition serigraph, donated anonymously.
- Two Tickets to the U.S. Open Night Session and two tickets to the US Open Club, donated by Senator Ed and Patricia Meyer.

- Mary Beeman Painting, a framed watercolor, donated by Mary Beeman.

- Guilford 375th Anniversary Commemorative Book Cover Original Art by Aimee Lovington, framed by Sachem's Card Shop, donated by Guilford 375th Anniversary Committee.

The evening also included a silent auction with more than 60 items donated by old and new businesses in Guilford and shoreline communities, a 50/50 drawing and drawings for a TV, an iPad and six turkeys contributed by Gozzi's Turkey Farm. Hosts for the event were John Saville of John Saville Entertainment, the Guilford company that has provided entertainment all across Connecticut for more than thirty years, which has donated its services, as well Auctioneer Tony Fappiano, a producer and host on Guilford Community Television and owner of Shoreline Real Estate Company. The evening was also made possible through the generosity of the Thommen Family of Ocean Marketing, Inc., of Guilford.

*Roberta W. Flannery  
375th Anniversary Committee*

## Guilford Free Library Programs

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

### PROGRAMS FOR ADULTS

#### CELEBRATING GUILFORD'S 375<sup>TH</sup> BIRTHDAY

- February 12 *Architecture and Archeology of Henry Whitfield State Museum*, Mike McBride, 7 pm
- March 4 *300 Years of Connecticut Women's History*, by Katherine Wiltshire, 7 pm
- March 11 *Settling and Surviving in the Connecticut Wilderness*, Jim Powers, 7 pm
- March 19 *Connecticut's Indigenous People*, author Lucianne Lavin, 7 pm
- March 27 *An Appreciation of Charles Hubbard* by artist and author David Little 4 pm
- April 9 *Beecher/Foote/Ward/Benton/Parmelee Families*, Dennis Culliton, 7 pm
- May 1 *The Path of William Russel Dudley: from Loving Guilford's Flora to Saving California's Redwoods*, Nona Bloomer
- May 8 "A Celebration of Guilford Poets," 7 pm

**Monday Night Movies:** The popular series continues on Monday evenings from Feb. 3<sup>rd</sup> through April 28<sup>th</sup> starting at 7 pm. Titles to be announced.

#### Author Programs

- January 8 *Collision Low Crossers: My Year Inside the NFL*, author Nicholas Dawidoff, 7 pm
- 9 *Wicked New Haven*, author Michael Bielawa 7 pm
- 23 *Classic Connecticut Diners*, author Garrison Leykam, 7 pm
- 30 *Deer Isle's Undefeated America's Cup Crews*, author Mark Gabrielson, 7 pm
- February 27 *Yale Gargoyles*, author Mathew Dugan, 7 pm
- April 2 *Opposite of Maybe*, author Maddie Dawson, (aka Sandi Shelton), 7 pm
- April 17 *Shakespeare's Sonnets* with Mark Schenker.

#### Galleries in Motion

Pre-Raphaelite Artists with Joy Pepe. January 21 and 28 in Guilford; February 4 and 11 at Scranton Library, Madison, 2-3 pm.

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

- January 22 *Environmental History of Long Island Sound*, Tom Anderson, 7pm

- February 18 *1938 Hurricane and Coastal Resilience*, Adam Whelchel, 7 pm
- March 18 *The Breathing of the Bays: A Journey into Green Water*, Jamie Vaudrey, 7 pm
- April 15 *The Steamboats of Long Island Sound*, Norman Brouwer, 7 pm

#### Lunch and Learn, noon

- February 4, *Dimensions of Contemporary Poetry*, Evelyn Atreyea
- February 18 to be announced
- March 4 *ADHD*, Stephanie Gilfoy
- March 18 to be announced

#### Food and Music

- January 15 *Beatles Appreciation* with Aaron Krerowicz 7 pm
- February 5 *Traveling Vegan Chef*, Mary Lawrence, 7 pm
- March 16 *Irish Music* with Tom O'Carroll, 2pm
- April 3 *La Boheme*, discussion with Marc Verzatt, 7 pm
- April 24, *Night of a Thousand Stars*, Sandy Connolly Trio

#### WINTER PROGRAMS FOR CHILDREN

CHILDREN'S DEPARTMENT- GUILFORD FREE LIBRARY REGISTRATION for starred (\*\*) programs: Tuesday, January 7, beginning at 9 a.m. in person, online at [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org) or call 203-453-8282 until programs are filled.

#### SPECIALS

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

**\*\*CHINESE NEW YEAR:** Celebrate Chinese New Year with Guilford volunteer Xiang Gao. Hear a story and make a craft. Traditional Chinese Treats will be served! Thursday, January 30, 4 to 4:30pm For children age 5 and up

**\*\*VALENTINE STORY & CRAFT:** Hear a Valentine story & make a very special craft to take home. Tuesday, February 11, 4 to 4:45p.m. For children ages 6 to 8

**\*\*FRIENDSHIP FUN!:** Join the fun with this music program with Chester resident Margie Warner. The whole family will be moving to her music. Wednesday, February 12, 4 to 4:45 p.m. For parents & children ages 3 & up

**\*\*SPARKY'S PUPPETS:** "Tales of Sea and Shore:" Sparky Davis, from Rhode Island, will be here for a nautical puppet show. A pirate and a parrot discover a treasure chest full of seaside stories. Friday, March 28 from 4 to 4:45 p.m. For children age 3 and up

*Continued on page 16*



# 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

*Guilford Free Library Programs ... continued from page 14*

**DROP – IN PROGRAMS**

Open To All - Registration Not Required

**NEW 1000 BOOKS BEFORE KINDERGARTEN:** A fun program of reading to your children. Read books, record titles, receive a book bag, and your children will be set for Kindergarten!

**TWEEN SPACE:** Tween Space continues on the first and third Friday of each month. January 1 through June 20<sup>th</sup>. Enjoy activities such as book bingo, crafts, and food. For grades 5<sup>th</sup> and 6<sup>th</sup>, from 3:30 – 4:30 p.m.

**TAKE YOUR CHILD TO THE LIBRARY DAY:** Stop into the Children’s Room to celebrate the this special day celebrated in all Connecticut libraries. Hear a story and have a cookie! Saturday, February, 1, 10:30 to 11:30 am. All Welcome.

**ANNUAL GUILFORD FREE LIBRARY CUPCAKE EXTRAVAGANZA:** Decorate a cupcake to take home for Valentine’s Day. Frosting and cupcakes provided by “Splash”. Please bring decorations to share. Thursday, February 13, noon - 7 p.m. & Friday, February 14, 9:30 am - 5:00 p.m. All Welcome

**BOOKS IN-A-NOOK:** Listen to stories read in a quiet corner of the Children’s Room. Lori Lowe, Guilford volunteer, will read to you from the library’s special story collection. Wednesdays, January 15 through March 19, 11:00 – 11:30 a.m. All ages Welcome.

**THURSDAY MORNING STORIES:** Children and their parents are welcome to join us for special stories and finger plays read by the children’s staff. Thursdays, January 16 through March 20, 11 – 11:30 am. Ages 3 & up.

**POP-IN-PLAYTIME:** Parents come! Meet your friends & let your children play! All in a corner of the Children’s Room. Tuesdays, January 7 through March 25 & Wednesdays, January 8 through March 26 from 10:30 – 11:30 a.m. All ages welcome.

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

**SERIES**

Open to All – Please Register

**\*\*NEW GIRLS ROCK BOOK CLUB:** Join the book discussion of *Wild Girl* by Patricia Reilly Giff. We will read & discuss it each week. Read the story of Lidie who leaves South America to join her father and brother who train racehorses in NY. Lidie faces many challenges in her new home: a new language, a new school, and more. Books are available at the children’s desk. Refreshments will be served. For girls in grades 4 – 6, Thursdays, February 20 through April 10, 4 to 4:45p.m.

**\*\*WISE GUYS BOOK CLUB:** Read & discuss three books. Book One: *Because of Mr. Terupt* by Buyea. February 7 and February 14. *Sea of Monsters* by Riordan, February 21 and February 28. *Saving Arm Pit* by Hyde, March 7 and March 14. Pick up copies at the children’s desk. Refreshments! For boys in grades 4 - 6, Fridays, February 7 to March 14, 4 -5p.m.

**\*\*MAKE YOUR OWN STORY BOOK CLUB:** “Wordless” books will be featured. Select a book during the book club, write your own words down, tell your story to the book club and then to your family on the last day! Refreshments! For 4<sup>th</sup> through 6<sup>th</sup> graders. Wednesdays, March 5 (skip April 16) through April 30, 4 to 4:45 p.m.

**\*\*NEW LEGO ® BUILDING CLUB:** Join us one Friday a month. We will build theme based projects and put them on display in the children’s room. Fridays, January 17, February 21, March 21, April 11, May 16, and June 20 from 4 to 5 p.m. For children in Kindergarten and up.

**\*\*TOTS & TUNES:** Come and enjoy a musical program for toddlers and preschoolers. Dance to great children’s music, play musical instruments, and swing scarves. For children age infant to 5 and their parents/caregivers. Tuesdays, January 28 through 45 OR Wednesdays, January 29 through March 5. From 10:00 to 10:30 a.m.

**\*\*BABY TIME:** For infants, birth through 11 months, and parents: come and meet new friends. Mondays, February 24 through March 31, 9:30 to 10:00 a.m. (Co-Sponsored with Guilford Youth and Family Services.)

**\*\*ONE ON ONE:** A playful time for children, 12 months to 23 months, and their parents with songs, stories and poems led by library staff. Thursdays, February 6 through March 14, 9:30 to 10:00 a.m.

**\*\*TIME FOR TWOS:** A parent-child introduction to a traditional story time for children age 24 months to 36 months. There’ll be stories, songs, marching and more. Fridays, February 7 through March 13, from 9:30 – 10:00 a.m. Immediately after the first session, you are welcome to attend a special program: “The Preschool Information Fair” held on February 7 at 10:30 am. (See Parent Program)

**PARENT PROGRAM**

Open to All - Registration Not Required

**PRESCHOOL INFORMATION FAIR:** Wondering which Nursery School or Day Care is best for your child? Come meet representatives of local preschools, get information, and ask questions. Friday, February 7, 10:30 – 12:00 a.m.

**REGISTER FOR THESE PROGRAMS:**

Teen Art Lab: 7<sup>th</sup> graders and up. 2<sup>nd</sup> Thursday of each month, January 9<sup>th</sup> – May 8<sup>th</sup> 3:30 to 5:00 pm

*Continued on page 17*

*Guilford Free Library Programs ... continued from page 16*

**Practice ACT:** High School students. January 11<sup>th</sup> from 10:00 to 2:00 pm.

**Saving 4 College with College4Less**  
Open to all - Thursday, January 16<sup>th</sup> 6:30 pm

**Late, Late for a Very Important Date:** After Hours Alice in Wonderland Party - 7<sup>th</sup> graders and up  
Saturday, January 18<sup>th</sup> 5:00- 7:00 pm

**Teen Writing Club:** 7<sup>th</sup> graders and up. 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, January 28<sup>th</sup> to May 13<sup>th</sup> 3:30 to 5:00. Leslie Connor

**Test Prep in Your PJs with Learning Express:** Open to all. January 28<sup>th</sup> at 7:00 pm

**Practice SAT:** High School students - February 8<sup>th</sup>, March 8<sup>th</sup> and April 12<sup>th</sup> from 10:00 to 2:30 pm

**DROP IN FOR THESE PROGRAMS:**

**Guilford Free Gaming: Drop-In Gaming**  
Open to 5<sup>th</sup> grade and up  
Thursdays, December 19<sup>th</sup> - January 16<sup>th</sup> 3:30 to 5:00

**TAG (Teen Advisory Group):** 7<sup>th</sup> grade and up  
3<sup>rd</sup> Wednesday of each month, January 15<sup>th</sup> 3:30 to 4:30 pm

**Tween Space:** 5<sup>th</sup> and 6<sup>th</sup> graders  
1<sup>st</sup> and 3<sup>rd</sup> Fridays, January 17<sup>th</sup> – June 20<sup>th</sup> 3:30 to 5:00

**Exam Cram:** High School Students  
January 21, 22 & 23<sup>rd</sup> from 8:00 pm to 10:00 pm

**Teens, Tech and You:** Open to 7<sup>th</sup> graders and up  
Mondays, February 24<sup>th</sup> through March 17<sup>th</sup> from 3:30 to 4:30 pm

**Art Exhibits at the Guilford Free Library**  
January: Mark Jankee: Hall, Allison Maltese and Mary Ann Flint: Meeting Room  
February: Marge Casey: Hall, Linda Srebnik: Meeting Room  
March: Guilford Art League Hall and Meeting Room

## Dental Disease in Pets

Dental disease is the number one disease affecting cats and dogs over the age of three years. Some of the clinical signs associated with oral and dental disease are halitosis, excessive drooling, reluctance to eat or chew treats/toys, chronic eye infections, chronic sneezing as well as swelling under one or both eyes. If you see any of these signs, you should bring your pet to your veterinarian.

Dental disease falls into three categories: gingivitis, tartar and pyorrhea. Gingivitis is inflammation of the gums. You can easily see this by the increase in pinkness of your pet's gums. Tartar is the accumulation of plaque on the surface of the tooth. Tartar is like cement on the teeth and cannot be removed with simple tooth brushing. Pyorrhea is pus in the mouth, usually surrounding an infected tooth.

Your veterinarian may need to anesthetize your pet in order to complete a full dental exam. This allows examination of all the dental structures, especially the area under the gums. To properly clean your pet's teeth, general anesthesia is necessary. Cleaning of the teeth involves cleaning the visible surface of the teeth and the area under the gums. If there are deep periodontal pockets, these need to be addressed. Sometimes it's necessary to take radiographs to fully evaluate the teeth. Unfortunately, sometimes the best treatment is extraction of infected or abscessed teeth.

The best preventative care for dental disease is brushing your pet's teeth. Ideally, you should brush them every day using a toothpaste that is formulated for pets. If it is not possible to brush your companion's teeth, then there are products to help reduce the formation and accumulation of plaque. There are special dental diets, as well as treats and chew toys that help. By looking for the VOHC (Veterinary Oral Health Council) seal of approval, you can feel more confident that the product will help reduce dental disease.

So the next time you complain of your dog or cat's bad breath, call your veterinarian and have a conversation about your pet's dental disease.

*Kirsten Nordt, DVM, Guilford Veterinary Hospital*

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## *Xylitol Can Fight Tooth Decay*

Believe it or not there is a sweetener that is friendly to your teeth. Xylitol is a carbohydrate found in corn cobs birch tree and several kinds of fruit. Xylitol is a sugar-free sweetener added to some foods. It's nearly as sweet as sucrose, but has fewer calories.

People with diabetes sometimes use Xylitol as a sugar substitute because blood sugar levels stay at a more constant level with Xylitol than with sucrose or regular sugar. This is because it is absorbed more slowly by the body.

You can purchase 100% Xylitol and some types of gum or oral care products, such as toothpaste and mouthwashes that contain Xylitol as well. Oral bacteria cannot use Xylitol as a source of energy the way it does other sweeteners. Research has shown that Xylitol may help by inhibiting the growth of bacteria. For the purpose of this article we will discuss Xylitol uses to help prevent tooth decay by starving the bacteria that feeds on sugar and other carbohydrates to create acids that breakdown teeth leading to decay.

It is not necessary to replace all sweeteners to get the dental benefits of Xylitol, just look for products that encourage

chewing or sucking to keep the Xylitol in contact with your teeth for extended periods to help neutralize the bacteria. The best products are 100% Xylitol and next best are items where Xylitol is the primary sweetener, but be sure that there are no acids in the product.

Strive for five, is a good rule of thumb to follow when determining how much Xylitol we need to help in preventing tooth decay. To get the optimal benefit and to "starve" the bacteria, researchers shows that it is the number of daily exposures, more so then the amount of Xylitol used, so try get 4 to 5 exposures of 100% Xylitol spread throughout the day. Use Xylitol toothpaste or mouthwash when you wake up in the morning, or if you drink coffee or tea use Xylitol to sweeten it. After eating breakfast, lunch or dinner use Xylitol gum, mints or candy and use Xylitol toothpaste or mouthwash again at bedtime. Remember that throughout the day any time you would normally use chewing gum or eat candy make sure you are using Xylitol sweetened products.

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

**Want to Advertise? Call Ward Feirer at 914.806.5500**

## *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 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  
 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

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## Guilford Coaches Workshop

Tuesday, January 14 / 7:00 – 9:00 p.m.  
 Guilford Free Library, 67 Park Street  
 For Anyone who coaches Guilford Youth:  
 No Charge for admission. Refreshments provided.

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### Positive Coaching Alliance: Developing the "Triple-Impact Competitor"

Anyone who plays on a team is a participant. However, it requires hard work, commitment and personal growth to become what Positive Coaching alliance calls a "competitor." This dynamic workshop defines what it means to be a "competitor" in terms of three important relationships: the athlete's relationship with himself, with her teammates, and with his sport.

Every participant will receive a copy of the new Elevating Your Game book from PCA Executive Director Jim Thompson. This book, based on the thinking and experience of elite athletes and coaches who are part of the Positive Coaching Alliance movement, is filled with insights that can help athletes elevate their game! To register contact Kim Beckett at [kim.beckett@yale.edu](mailto:kim.beckett@yale.edu) or call (203) 214-6401.

"So many kids think they're great competitors because they growl the loudest or cuss the loudest. I define a competitor as the person who is most often ready to play and win the next play. You've got to get the last play out of your mind, except the part that educates you. The person who consistently is most ready to win the next play is the person I want on my side of the net - not the growler."

*John Dunning  
 Stanford Women's Volleyball Coach  
 Three time NCAA Champions*

## Essex Printing & Events Magazines Supports goPink Project & Middlesex Hospital



*Left to Right: Suzanne Spires, Director of Advertising & Operations, Events Magazines;  
 Kathleen Russo, Community Relations Middlesex Hospital; Sarah Moore, Director of Development, Middlesex Hospital; Fred Holloran, Vice President Marketing & Business Development, Essex Printing;  
 Georgi Marion, EG Salon, Middletown; Ellie Gagnon EG Salon, Middletown.*

During the month of October you saw a lot of pink. Pink shirts, pink hair, pink flowers, pink ribbons; all promoting breast cancer awareness and treatment. Essex Printing and Events Magazines teamed up with the Middlesex Hospital Comprehensive Breast Center and goPINK Project, a local collaboration among area beauty salons and other local businesses to increase awareness about breast cancer and to support patients in our community.

For every advertisement sold in Events Magazines during the month of October a donation was made to the Middlesex Hospital Comprehensive Breast Center. Essex Printing and Events Magazines are proud to have made a \$900 donation to fight breast cancer. Over \$26,600 was raised by the thirty-three participating companies this year and \$63,393 since the goPINK project's inception in 2010.



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