

Guilford events

VOLUME 6 • QUARTER 1 • 2017



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN



Tom Clancy
203-415-3888



Erin Connelly
203-668-9696



Bonnie Fillion
860-575-4707



Deb Ford
203-250-5966



David Gottschalk
203-780-1717



David Galligan
203-868-9944



Mike Jain
203-927-3047



Jonathan Kwiat
203-537-1567



Judy Libby
203-215-1375



Fran McGriff
203-530-9791



Jade Papageorge
203-675-6606



John Persse
203 315-0753



Janet Pelletier
203-605-8118



Anne Rakocy
203-318-3124



Kathryn Ryan
203-640-2813



Nicole Talmadge
203-823-1871



Sheila Tinn-Murphy
203-915-7530



Donna Yanick
203-641-8599

Good to Know



**BERKSHIRE
HATHAWAY**
HomeServices


New England Properties

Guilford

35 Boston St.
203-481-0525

Madison

660 Boston Post Rd.
203-245-3100

A member of the franchise system of
BHH Affiliates, LLC 

The 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. The Economic Development Department and Shoreline Chamber of Commerce hosted another wonderful tree lighting event. Now that winter is upon us, I want to remind everyone to be extra careful when traveling our roads and to be mindful of our winter ordinances related to snow removal and parking. Within 24 hours after a snowstorm is over, property owners must have their sidewalks cleared. There is an "Overnight Parking Ban" in effect from December 1st through April 1st. There is no on-street parking between the hours of 1:00 am and 7:00 am or whenever snow removal operations are in progress. The Fire Department also requests if you have a fire hydrant in front of your property, keep it free and clear of snow in case of emergencies. Also, please do not plow snow into the roads. 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.

Fitch Ratings has upgraded Guilford's credit rating from 'AA+' to 'AAA.' The upgrade reflects a combination of positive credit trends and the application of Fitch's revised criteria for U.S. state and local governments, released on April 18, 2016, which incorporate a more focused consideration of the adequacy of an issuer's

reserves and the use of scenario analysis in the rating process. The 'AAA' rating also reflects the town's exceptionally strong gap-closing capacity, positive prospects for revenue growth, and solid operating performance. The town's strong financial profile reflects a healthy property tax base, and manageable expenditure growth. Fitch expects long-term liabilities to remain low based on manageable capital needs and well-funded pension plans-which are closed to new entrants. This is in addition to the Standard and Poor rating of 'AAA' that the town received.



Tom Banisch, First Selectman

This fall the Guilford Public Works Department completed another road elevation project by elevating Tuttle's Point Road a total of two feet, thus eliminating the flooding conditions during lunar high tides, which made it difficult for residents to get into and out of their homes. This project is the third road elevation in the last three years as part of our shoreline road elevation program, which included Old Quarry Road, Chaffinch Island Road and now Tuttle's Point Road.

continued on page 4

A photograph of a modern living room interior. A white sofa is the central focus, adorned with two patterned throw pillows. To the left is a round wooden coffee table, and to the right is a dark wood side table with a yellow lamp. The background shows a window with blinds and another lamp. The overall aesthetic is clean and contemporary.

The best sit. The sharpest style. American built.

**Saybrook
Country Barn**

2 Main Street, Old Saybrook CT 860-388-0891
saybrookcountrybarn.com

FURNITURE | DECOR | APPAREL



William
Pitt

Sotheby's
INTERNATIONAL REALTY



Guilford • \$729,000
Quality built brick home with grand two story foyer, first floor master suite, kitchen with granite, in-ground pool, on cul de sac. Donna Vaccaro (owner/agent) 203.988.6983



Guilford • \$1,499,000
Exquisite custom built home. Private estate completely ADA-compliant with a 3 floor elevator, pool, waterfall & outdoor kitchen. Nikki Travaglini & Assoc. • 203.415.3053



Guilford • \$835,110
Upscale award winning new construction in the heart of Guilford. This townhouse unit is located in the Mill Building. 66highst.com Nikki T. / Anne S. • 203.415.3053



Guilford • \$739,600
Townhouse style unit located in the Historic Mill building with views of the courtyard. Quality construction. 66highst.com Nikki T. / Anne S. • 203.415.3053



Guilford • \$625,000-\$1,175,000
Located in the Historic Mill building. High ceilings, exposed restored trusses & beautiful courtyard views. 66highst.com Nikki T. / Anne S. • 203.415.3053



Madison • \$369,900
Year round beautiful home with updated Gedney kitchen and stainless appliances. Wood floors & central air. Private assoc beach. Diana Hartman • 917.509.4700



Guilford • \$269,900
Wonderful opportunity! Charming ranch at the end of a cul de sac. Walking distance to historic downtown Guilford and train station. Eileen Boulay • 203.376.7916



Clinton • \$389,900
Turn key, 3 bedroom, 2 full baths Ranch with hardwood throughout, a 3 car attached garage, 19+ acres, with 2700 sf outbuilding. Eileen Boulay • 203.376.7916



Killingworth • \$439,900
Move right in, completely renovated with finished basement. 3+ acres in sought after neighborhood in South Killingworth. Eileen Boulay • 203.376.7916



Killingworth • \$539,900
Stunning 4000 sf custom colonial on 2+ acres just a few miles to the beach. Wonderful flow, bright & airy! Eileen Boulay • 203.376.7916



Guilford • \$825,000
Elegant custom home designed & built with attention to detail, and the highest quality workmanship inside & out. Beautiful setting. Barbara Goetsch • 203.927.7146



Madison • \$499,000
Bring your kayak, river access! New construction south of Rt. 1. Perfect year round or second home. Easy living. Betsy Anderson • 203.641.3233

MADISON BROKERAGE | 670 Boston Post Road
GUILFORD BROKERAGE | 102B Broad Street

williampitt.com

Paris
London
Madison
Beijing
Moscow
Guilford

Each Office is Independently Owned and Operated.

events

TM Ventures, LLC
dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205
 Centerbrook, CT 06409

860-767-9087 Fax 860-767-0259
 email: print@essexprinting.com
www.essexprinting.com

PUBLISHER
 William E. McMinn

ART DIRECTOR
 Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR
 AC Proctor 860-767-9087

LAYOUT & AD DESIGN
 Lynne Hardt

SALES REPRESENTATIVES

VERNON • TOLLAND
ELLINGTON • WILLINGTON
 Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK
CLINTON • MADISON
 Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME
 Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM
 Sue Smith 860-885-9670
sue@eventsmagazines.com

GUILFORD • STONINGTON
 Essex Printing 860-767-9087
print@essexprinting.com

Cover Design
 by AC Proctor.

Sunrise at Sachem's Head & Ducks Swimming in a Field by
 Judith L. Barbosa. Skating at Mill Pond, Winter Wonderland
 Sledding & Carriage Ride courtesy of Parks and Recreation.

www.eventsmagazines.com

OVER 1,000,000 READERS
17 TOWNS EVERY QUARTER

Copyright© 2017 Events Magazines. All rights reserved.
 No part of this publication may be reproduced or
 transmitted in any form or by any means, electronic
 or mechanical, including photocopy, recording, or any
 information storage and retrieval system without written
 permission. Not responsible for omissions or typograph-
 ical errors. All advertising material created by Essex
 Printing and Events Magazines is to be considered
 proprietary. Essex Printing and Events Magazines reserves
 the rights and license to all ad designs and photographic
 images produced by Essex Printing and Events Magazines.
 Reproduction rights for individual use in other publications
 is offered and available by purchase directly through Essex
 Printing and Events Magazines. Editorial appearing in this
 magazine is submitted by municipal agencies and other
 approved sources.

CONTENTS

The First Selectman's Corner 1
 Tax Office 4
 Assessor's Office..... 5
 Shoreline Chamber of Commerce..... 6
 SARAH Celebrates 60 Years in the Community - 1957-2017..... 6
 The Guilford Foundation 6
 Economic Development Department 7
 Are you suffering with Sciatica or low back pain? 8
 Guilford Free Library..... 10
 Vista Member Celebrates Decade-Long Career
 of Helping Others..... 13
 Parks and Recreation..... 13
 The Williams School Fall Athletic Wrap-up..... 14
 Guilford's Whitfield Street to Get
 Shared Lane Markings 15
 The Dudley Farm Museum: Staying Warm
 Through the Winter 15
 Guilford Preservation Alliance 16
 Shoreline Arts Alliance 17
 It's Mardi Gras Time!..... 18
 Guilford High School Theatre Arts presents
 "Sweeney Todd: The Demon Barber of Fleet Street" 20

Parkinson's Exercise Program

East Shore Region Adult & Continuing Education is hosting classes.
Beat Parkinson's Today is an exercise program designed specifically
 to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost
 50 Parkinson's clients participating. Results have been astounding. Clients have
 improved gait, balance, fine motor control, explosive movement, attitude,
 self-image, and fatigue. Some have lowered their dosage of their medications.

860.463.3747

email at info@beatpdtoday.com, or visit web-site
www.beatpdtoday.com

First Selectman... continued from page 1

Recently the Town of Guilford applied for a Block Grant under the Federal Transportation Funding Act to fund a pathway from the Adams Middle School area to the Guilford Lakes Elementary School and eventually connecting to the Timberlands open space property. If this grant is received this would initiate a multi-year project that would create a walkway, which has been requested by many citizens in the areas of Nut Plains, State Street and North Madison communities.

At this time the Town and Board of Education are in the process of constructing the FY 2017-2018 operating budgets, which will be presented to the Board of Finance at its February 16, 2017 meeting with a tentative referendum date of April 18, 2017. At this time there are no significant increases except an anticipated increase in debt service to fund the last portion of the Guilford High School.

At its December 5 meeting, the Board of Selectmen approved a service contract with the Connecticut Water Company to provide water to the Mulberry Point, Tuttle's Point and Long Cove areas. As part of the agreement, if 40% of the property owners in the

communities agree to connect to town water, the water company will contribute \$1.4 million to the cost of construction. This contract is the first of many steps that have to be taken in order to provide town water to these communities. After much hard work on the part of the Town Health Director, the town has also been chosen by the State Department of Health as one of the projects to be included on the "Fundable Project Priority List," which would make the town eligible for a low interest loan from the Drinking Water State Revolving Loan Fund for the construction of the project. The town at this juncture is in the process of acquiring easements from various property owners, which is also required as part of this project, and which acquisition of easements will need to have Town Meeting approval. Once we have obtained these easements, the total approval of the project must go to a town-wide referendum before construction of the water main can commence. The total cost of the project, less the contributions from the Connecticut Water Company and potential grants from the State, will only be assessed to the residents of the communities receiving the water.

Joseph Mazza, First Selectman

Tax Office

The second installment of the real estate and personal property taxes for the 2015 grand list and the supplemental motor vehicle taxes of one installment are due January 1, 2017 and are payable by February 1, 2017 without penalty. Please note that we do not rebill for the second installment.

The Tax Collector's Office is responsible for billing and collecting taxes for real property, personal property and motor vehicles. The office promotes efficient, effective and equitable municipal tax collections. We strive to provide excellent customer service, while maintaining respect for the public and each other.

Property taxes, one of the Town's largest revenue generators, account for 93.8% of the annual budget for the Town of Guilford as of June 2016.

The goal of the Tax Collector's office is to continue to collect the necessary money for the Town of Guilford to operate on

an annual basis. If you have received a delinquent notice from the tax office, please do not ignore it. The Tax Collector's Office is allowed to use, by state statute, several collection tools. This office does use the Collection Agency of ANRG for delinquent motor vehicle and personal property taxes, and a collection attorney will be used for the sale of delinquent property taxes.

METHOD OF PAYMENTS:

Online: To access this system please go to the town website @ www.ci.guilford.ct.us. Click on the view or pay your tax bill button on the tax collector's page. The online payment option is not available for your motor vehicle bills if you owe back taxes. There is a fee to pay your bills online. Income tax information is also available online.

Mail: Checks should be made payable to "Tax Collector Guilford" and mailed to Tax Collector, 31 Park Street, Guilford, CT 06437. Please include the list number from

your bill to ensure proper credit. Checks should be made out for the exact amount.

In Person: Payments may be made at the tax office at 31 Park Street, Monday through Friday from 8:30 am to 4:30 pm. Acceptable forms of payment at the tax office are personal checks, money orders, or cash. WE DO NOT ACCEPT CREDIT OR DEBIT CARDS AT THE TAX OFFICE. Please bring your bills with you. There is a drop box for your convenience which will be located in front of the tax office during office hours.

For questions regarding your tax bill, please call the Tax Office @ 203-453-8014.

If you have a question regarding your assessment, or you no longer own the motor vehicle on your tax bill, please contact the Assessor's office at 203-453-8010

Deborah Milano
Tax Collector, CCMC

Assessor's Office

Elderly Tax Relief applications will be taken in the Assessor's Office, between February 1st 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 2016), 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.

The basic requirements for all of the following Elderly Tax Relief Programs are as follows:

1. The homeowner must have owned the property as of October 1, 2016.
2. The homeowner must be at least 65 years of age as of December 31, 2016 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.

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 homeowner must have income (including Social Security) of not more than \$35,200 for a single individual or \$42,900 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 homeowner must have income (including social security) of not more than \$37,200 for a single individual or \$44,900 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.

1. The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see above);

2. The homeowner must not owe any taxes (including motor vehicles);
3. The homeowner cannot be on both the Town's Tax Deferral and this program; and
4. 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
203-453-8010

Visit our website at:
<http://www.ci.guilford.ct.us/>

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

COMPUTER PROBLEMS DRIVING YOU NUTS?



- Unlimited Support – One Low Price
- Server, Network & Workstation Maintenance
- Network Security & Proactive System Monitoring
- Local and Online Backup and Recovery
- 2 Free Hours or Free System Analysis - Just to Give Us A Try (Offer for 4 or More Computers)

Now Celebrating 10 Years of Helping Business' Increase Productivity and Profits!

TechNet
computing

rob@technetcomputing.com
www.technetcomputing.com

860.740.0328

Shoreline Chamber of Commerce



There are many exciting events planned for 2017 – following are those that occur in the first quarter, January - March:

- **January 26** – The Chamber will hold its annual awards dinner, honoring the individuals and businesses who have shown exemplary conduct

both in their business and the community.

- **Late March** (date to be announced) – the Chili Challenge will once again be held in the Branford Merchant area on Main Street in Branford. This extremely popular event draws people from all over Connecticut, as well as neighboring states!

COMMUNITY OUTREACH:

Did you know the Chamber actively supports the community in a continually evolving role? Following are some examples of community support:

- Gold Sponsor at the Branford Festival
- Sponsor of the Branford Jazz Series
- Through Chili Challenge for a Cause: donation to the Women's Family and Health Center
- Through Chowder Challenge for a Cause: donation to SARAH, Inc.

- Sponsor of the Rotary Golf Tournament
- Scholarship for high school student
- Coordinates the Guilford Sidewalk Sale
- Developed and maintains the marketing campaign for 'Be Loyal to Local'
- Campaign for Toys for Tots at holiday time

THE CHAMBER IS PLANNING TWO EXCITING TRIPS THIS YEAR.

Discover Tuscany, one of the most popular regions in Italy. This 9-day, one hotel trip takes you to Montecatini, Pisa, Florence and the Chianti region. Departing on March 28, 2017 you will enjoy some of the finest weather Tuscany has to offer. Round trip airfare, fuel surcharges and fees, 10 meals plus a professional tour manager make this an easy, enjoyable trip. Double occupancy rate is only \$2,899.

Next fall we are planning a trip to Ireland. More to come on that exciting event.

Please contact Kathy@shorelinechamberct.com or call 203-488-5500 for further information.

SARAH Celebrates 60 Years in the Community - 1957-2017



In celebration of the 60th Anniversary of SARAH, a volunteer committee is planning a year of festivities. SARAH events will be scheduled with the theme "SARAH - Yesterday, Today and Tomorrow." Additional information on how you can get involved is available at the SARAH Foundation at 203-453-6531 or visit www.sarahfoundation.org.

The Guilford Foundation

GUILFORD FOUNDATION
Live here. Give here.



LIVE HERE. GIVE HERE.

Founded in 1975 by a group of friends intent on protecting the trees around the Town green, The Guilford Foundation (TGF) has grown to over \$2 million in endowment funds, and we will invest over \$100,000 into Guilford this year through grants, scholarships and leadership initiatives. Support for our work to enrich the quality of life in Guilford has grown stronger each year, and we continue to invest an increasing amount of funds to local organizations serving our community.

Looking for grant funding? TGF offers a quarterly, competitive grant cycle. Grant applications are available on our website www.guilfordfoundation.org. The next deadline is March 31.

TGF also partners with Guilford High School's Interact Club to support the Youth Advisory Group. This group also accepts grant applications (also available on our website). Their next annual deadline is April 1.

For more information, including ways to give, visit our website at www.guilfordfoundation.org. Thanks to the support of this amazing community, TGF is positioned better than ever to meet our mission to "connect people who care with causes that matter to them" and improve the quality of life in Guilford - now, and for generations to come.

Guilford Foundation
PO Box 35, Guilford CT 06437
203-747-4554

Economic Development Department


It is hard to believe 2016 is behind us. We had a good year and more is in store for 2017. In an effort to support our merchants (primarily retail stores), the Economic Development Commission (EDC) worked with the Zoning sub-committee and the Planning and Zoning Commission to update the regulations concerning the Outdoor Display of Merchandise. Many businesses report a positive impact when they utilize outdoor displays to tastefully feature their wares and create a welcoming invitation to their customers. Prior to this regulation update, some newer businesses, (e.g., Ella where She shops), were required to apply for a P & Z site plan change for outdoor displays, while longer established businesses, (e.g., Page Hardware), were “grand-fathered” under older outdoor display regulations. For specifics of the new regulation, contact Guilford’s Planning and Zoning Department.

On December 1, 2016, Guilford’s EDC, in collaboration with our neighboring EDC’s in Branford, North Branford and Madison; the Shoreline Chamber of Commerce, the Madison Chamber of Commerce, and several local businesses, hosted a Legislative Forum. Our local state leaders including Senator Kennedy, and Representatives Candelora, Kokoruda, Reed, and Scanlon, formed a panel to address issues and questions generated by our business community. The purpose was to share views on critical issues as

the legislators begin the 2017 session. Topics included healthcare, transportation, workforce development and energy. Approximately 130 people attended this morning seminar at the Stony Creek Brewery in Branford. We look forward to the legislators’ feedback throughout 2017, as they incorporate the input they received at the forum into their legislative proposals and programs.

You can’t drive by the former Foniceo’s site along Route 1 without noticing the new construction underway for the Patriot Medical Center. The first building has 2 floors, totaling 20K square feet. A second building of similar size will be built next to it, and preliminary planning is underway for a 3rd building of 16K square feet to be built behind the main building. Metro Pooch, a pet (dogs and cats) daycare and overnight boarding facility, has been approved through Planning & Zoning to build a new facility on the empty lot at the bend on Soundview Road. U Haul continues to work through the Planning and Zoning process to renovate the former Mannix location on Route 1. Some may remember that this site was once an auto/truck dealership which was later converted to an antiques store, and included the rental of U Haul vehicles. U Haul is operating the former showroom as a retail rental equipment **continued on page 8**

A full service veterinary hospital earning your trust for over 60 years.



Guilford Veterinary Hospital, LLP
Dedicated to Caring for Your Pets Since 1954

- Surgery - Dentistry
- Endoscopy
- Radiology- Ultrasound
- Comprehensive On-Site Laboratory
- Geriatric Medicine
- Behavioral Consultations
- Well/Preventive Care
- Internal Medicine and Consultations
- Cancer Treatment
- Pain Management
- OFA Hip X-Rays

OUR VETERINARIANS
 Dr. Donald Mullen, VMD
 Dr. Deborah Ackles, DVM
 Dr. Anthony DellaMonica, DVM
 Dr. Anita Soucy, DVM
 Dr. Morna Pixton, DVM
 Dr. Kirsten Nord!, DVM
 Dr. Christina DeAngelo, DVM
 Dr. Chelsea Anderson, DVM

GUILFORD VETERINARY HOSPITAL, LLP
 81 Saw Mill Road, Guilford, CT 06437
 (203) 453-2707
www.guilfordvet.com

Good hearing is
PRICELESS



Is it time to get your hearing checked?

 **County Hearing and Balance**

MADISON
82 Bradley Road
203-245-1950

Call us for a Free Initial Consultation
 All services by Doctors of Audiology
www.countyhearingandbalance.com

Economic Development... continued from page 7

space, and will renovate the rear garage for use as storage units. Ultimately, they plan to build a new structure on site which will house additional storage units. There have been many inquiries about the status of a restaurant at Guilford Commons. We continue to encourage the developer, DDR, by providing restaurant suggestions to them based on “informal” input from our residents. Feedback from the current tenants indicates that they all are doing well and would certainly welcome additional retail tenants for the remaining available spaces.

The Residences at 66 High Street, an upscale condominium development, has come a long way in the past 15 months since the formal ground breaking occurred. The first phase of construction of 15 units is nearly complete. This includes the historic Mill Building, originally built in 1884, and the attached Quonset hut structure. Nearly half of these units have been sold or are on deposit, with numerous closings scheduled for early 2017. Several units are now occupied. The next phase, consisting of 13 units, is under construction. All exterior work is expected to be completed by the end of 2016 so interior finish work can occur over the winter. The foundations on the remaining two new buildings are in-place, and construction on these buildings is expected to occur during 2017. The greater Guilford

community is benefitting by the exposure this project is bringing to town. The Residences at 66 High Street were featured in the Oct/Nov 2016 issue of New Haven magazine. Additionally, this project received numerous awards from the Home Builders & Remodelers Association (HBRA) of Central CT during their annual meeting, including their highest honor, “Project of the Year.” Our businesses, particularly those located near the town Green, are welcoming this development as it is bringing more customers to shop, dine, and explore Guilford. Many local sub-contractors have benefitted by the construction work. The town will be benefitting from the increase in the Grand List and ultimate tax revenue, without experiencing a significant increase in town services costs.

As you can see, many economic development activities are underway that will continue to be realized during 2017 and beyond. Please enjoy all that Guilford has to offer. Should you have any questions concerning 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

Are you suffering with Sciatica or low back pain?

You are not alone! Eighty percent of the population will suffer with back pain at some time in their life. Low back pain that radiates to your hip, buttocks or leg can be the result of irritation to your sciatic nerve. The sciatic nerve is the largest nerve in your body and is made up of branches of nerves from the mid to lower lumbar spine (low back) and sacrum (part of the pelvic girdle). This large nerve travels through your buttocks, down the back of your leg, behind your knee and then down the back and side of your calf to your feet and toes. Irritation to this nerve can result in pain, tingling, dull ache, weakness, or shooting pain in any, or all of these areas that this nerve travels and supplies information to. There are a number of possible sources of irritation to this nerve. Disc bulges, protrusions or herniations are one source of sciatic nerve irritation. Spinal and pelvic misalignments (subluxations) can also cause interference and irritation to this nerve. Muscle tightness in the piriformis muscle, which is found in your buttocks region, can also be a source of sciatic nerve

irritation. These problems can arise quickly from lifting something without proper positioning, sports injuries, accidents or slips and falls. They can also occur gradually over time from repetitive poor posture and positioning when sitting and working or throughout your life from your normal daily or recreational activities.

If you are experiencing any low back pain, shooting pain in your hip, buttocks or leg, numbness or weakness in your legs or feet, you need to have a proper spinal examination in order to determine the source of the nerve irritation. This evaluation will often include x-rays to evaluate spinal and pelvic alignment as well as nerve testing to assess weakness, loss of sensation or changes in reflexes. Range of motion testing to look for restrictions in motion in the spine, pelvis and hip will often be done as well. Chiropractic care is one treatment option that has been shown to be extremely effective in relieving most cases of sciatic nerve pain. Treatment varies from case to case but often involves

specific spinal adjustments to improve and restore proper spinal alignment and function and to reduce the nerve irritation. In conjunction with chiropractic care, ice, stretching, ultrasound, electric muscle stimulation and specific strengthening and stretching exercises can often be incorporated into their treatment plan. There are some rare occasions where a disc is fully herniated with disc fragments compressing the nerve and surgery to remove these disc fragments may be the only option. Fortunately, these don't occur very often and chiropractic care can be very effective in resolving most sciatic conditions.

If you or a loved one are suffering with sciatic nerve irritation you may want to consider having your spine and pelvic alignment checked to see if chiropractic care may be able to help provide you with relief.

Dr. Paul E. Heeren
Heeren Family Chiropractic Center

GUILFORD TOWN HALL DIRECTORY

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	Maryjane Malavasi, Finance Director, Town Hall - 31 Park Street	453-8027	malavasim@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	Jeff Hutchinson, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	hutchinsonj@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

Guilford Free Library

67 Park St. Guilford, CT 06437

phone: 203-453-8282, fax: 203-453-8288

guilfordfreelibrary.org

Children's Programs

REGISTRATION for starred (**) programs begins on Tuesday, January 3, at 9 am in person, by phone at 203-453-8282, or online at www.guilfordfreelibrary.org.

PARENT PROGRAM

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. Registration appreciated; drop-ins welcome.

Friday, February 3rd from 10:30 am-12:00 pm

Parents & children are welcome

SPECIALS

Funded by the Friends of the Guilford Free Library

Open To All - Please Register

****Spanish/English Bilingual Story & Craft:** Enjoy stories read to you in both Spanish and English by library staff member Sybelle Almodovar, then make a related craft. Registration required for each individual date.

Hora de cuentos bilingue Espanol/Ingles: Disfruten cuentos leidos en Espanol e Ingles por Sybelle Almodovar, empleada bibliotecaria.

****Rolie Polie Guacamole:** Join this award-winning "kindie" band from Brooklyn, NY for a high energy, interactive show that's a mix of funk, rock, and folk music mashed into original tunes about natural living, eating healthy, and staying active!

Friday, January 27th from 4:00-5:00 pm

All ages

****It's Book Time!** Famous clown Ronald McDonald will perform a show using puppets, magic, comedy, and music to teach kids all about the importance of reading. Part of our Take Your Child To The Library Day celebration.

Saturday, February 4th from 2:30-3:15 pm

All ages

****Valentine's Day Story & Craft:** Hear a delightful Valentine's Day story and make a lovely themed craft with library staff member Peggy Day.

Tuesday, February 7th from 11:00-11:45 am

Ages 3 to 5

****Laugh-a-Lot Family Poetry:** Come watch award winning poet and children's book author Darren Sardelli perform his funny

poems for the crowd. He will dazzle you with his humorous topics, whimsical characters, and surprise endings. This program brings families together and keeps them laughing the entire time!

Wednesday, February 22nd from 4:00-5:00 pm

All ages

****March All-Ages afternoon special:** Hopefully juggling. TBD.

All ages

****Weekend Wildlife:** One Saturday each month, come to the library to learn about local wildlife and meet animals & plants. Check back with the library for dates and themes. Registration required for each individual event.

Saturdays, 1/21, 2/18, & 3/11 from 11:00 am-12:00 pm

Ages 4 & up

SERIES

Open to All - Please Register for **starred** programs

****In Be-Tween:** An after-school program for grades 5 & 6. Sometimes art, sometimes science, sometimes technology, but always a lot of fun. Please register for each program individually.

Alternating Thursdays from 3:30-4:30; January 12th & 26th, February 2nd & 16th, March 2nd & 23rd.

5th & 6th graders

****Crazy 8s Math Club:** This is not your ordinary math club. Numbers are anything but boring in this after school program. Kids will jump, play, and build to learn mathematical concepts while having tons of fun. Both new and returning students are welcome for brand-new activities in our third season of Crazy 8s Math Clubs.

Mondays, January 23rd - March 20th (not February 20th)
from 4:00-5:00 pm

Grades K to 2

Mondays, January 23rd - March 20th (not February 20th)
from 5:15-6:15 pm

Grades 3 to 5

****Sneak Peek Book Club:** Do you love to read? Do you want to read books before anyone else? Then you belong in our club. We'll read from books that haven't been published yet, enjoy some snacks, and chat.

Wednesdays, January 11th - March 29th from 3:30-4:30 pm

Ages 9 & up

****Tots & Tunes:** Come and enjoy a musical program with your toddlers and preschoolers. Dance to great children's music, play musical instruments, and swing scarves.

Tuesdays, January 17th through March 7th, 10:00-10:30 am
OR Wednesdays, January 18 through March 8th, 10:00-10:30 am
Ages 0 to 5

****Baby Time:** Meet other parents while you learn about developmental issues and let your babies play together. Refreshments at each session for parents and a free gift for your baby. (With Guilford Youth & Family Services.)

Mondays, January 23rd - February 27th (not 2/20)
from 9:30-10:00 am
Ages 0 to 11 months

****One On Ones:** A playful time with songs, stories and poems led by library staff for toddler & parent/caregiver.
Thursdays, February 2nd through March 9th from 9:30-10:00 am
Ages 12 to 23 months

****Time For Twos:** A parent-child introduction to a traditional story time with books, songs, marching and more, led by library staff for toddlers & parent/caregiver.
Fridays, January 3rd through March 10th from 9:30-10:00 am
Ages 24 to 36 months

LEGO® Building Club: Join us one Friday each month from 4 to 5 pm. We will build theme-based projects and put them on display in the children's room.

January 20th, February 10th, & March 10th from 4:00-5:00 pm
Kindergarten & up

Books-In-A-Nook: Listen to stories read in a quiet corner of the Children's Room. Community volunteers or library staff will read to you from new books and the library's special story collection.
Wednesdays, January 11th through March 29th
from 11:00-11:30 am
All ages

Storytime: Children and their parents are welcome to join us for special stories, songs, puppets, and finger plays with the children's staff.

Thursdays, January 19th through March 30th
from 11:00-11:30 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 and Wednesdays, Jan. 4 through March 29
from 10:30-11:30 am
All ages

Angelina Carnevale, Head Children's Librarian

Teen Programs

HARRY POTTER SCARVES-Tuesday Session

5th graders and up, Tuesdays, January 3 and 10 from 3:30 to 5:30 pm. Learn how to knit your own Harry Potter inspired scarf! Choose which house scarf you'd like to make when you register. Please plan to attend both classes of the session.

HARRY POTTER SCARVES-Thursday Session

5th graders and up, Thursdays, January 5 and 15 from 3:30 to 5:30 pm. Learn how to knit your own Harry Potter inspired scarf! Choose which house scarf you'd like to make when you register. Please plan to attend both classes of the session.

INDOOR S'MORES

7th graders and up, Friday, January 13 from 3:30 to 4:30 pm. Learn how to make s'mores in the oven instead of over a fire. Stay warm and still enjoy a summer treat!

SAT vs ACT INFO SESSION

Free and open to all, Saturday, January 14 from 2 pm. Representatives from Bulldog Tutors in New Haven will discuss the differences between the SAT and ACT exams.

ARE YOU SMARTER THAN A LIBRARIAN?

5th graders and up, Tuesday, January 17 at 6:30 pm. Based on the game show Are You Smarter Than A 5th Grader, tweens and teens can compete in this trivia game against librarians to see if they can outsmart them.

GAME DESIGN WORKSHOP

Ages 10 and up, Wednesday, January 18 from 3:30 to 5:30 pm. Join Ken Thompson, Assistant Professor of Game Design at the University of Connecticut and award winning game designer, in a game design workshop. Flex your creative muscles to design, create, and iterate a card game in this hands-on game activity and lecture.

POTTERHEADS: A HARRY POTTER CLUB FOR TWEENS AND TEENS

5th graders and up, Tuesday, January 24 and March 28 from 3:30 to 4:30 pm. Join an alliance of Harry Potter fans, or "Potterheads," to discuss all things Harry Potter! Take part in Harry Potter activities and games, discuss the books and movies, make wizardly crafts, and more! The club meets every 4th Tuesday of the month (no February meeting).

TEEN PAINT PARTY

7th graders and up, Monday, January 30 from 3:30 to 5 pm. Learn how to paint a winter scene! Follow instructor Pamela Halligan of Pam's Picassos she walks you through the steps of creating your own masterpiece. You will leave with a completed painting!

continued on page 12

Library... continued from page 11

VALENTINE'S DAY TREAT

7th graders and up, Tuesday, February 14 from 3:30 to 4:30 pm.
Make a Valentine's Day themed treat from scratch.

HARRY POTTER TRIVIA

Free and open to all, Tuesday, February 21 at 6:30 pm. Test your wizarding world knowledge with a game of Harry Potter Trivia. Great for families to participate in together!

COLLEGE4LESS

Free and open to all, Tuesday, March 7 at 6:30 pm.
College4Less of North Haven will present a workshop for college financial planning.

ST. PADDY'S DAY CUPCAKES

7th graders and up, Friday, March 17 from 3:30 to 4:30 pm. Make and decorate cupcakes with a St. Patrick's Day theme.

LIBRARY SCAVENGER HUNT

5th graders and up, Friday, March 24 from 3:30 to 4:30 pm.
Can you find all the clues hidden in the library? Unlock the secrets of this scavenger hunt by answering questions, completing tasks, and more.

DROP IN PROGRAMS:

Guilford Gamers

5th graders and up, Friday, January 6 from 3:30 to 4:30 pm.
Join a club of fellow gamers! Play games on the Library's Xbox One or Wii, or bring your own gaming equipment to set up. Hang out and play and talk all things video games, tabletop games, PC games, and more. This group will meet monthly on the first.

Friday: Retro Gaming

5th graders and up, Friday, February 3 from 3:30 to 4:30 pm.
Play some retro video games at this gathering of gamers!

Adult Programs

BOOK AND AUTHOR PROGRAMS

- February 8 Alice Kaplan, author of *Looking for The Stranger*: Albert Camus and the Life of a Literary Classic, 7 pm.
- February 22 Lauren Acampora, author of *The Wonder Garden*, 7 pm
- February 28 Peter Woerner, author of *Odyssey: Fifty Years of Travel Drawings and Memories*, 7 pm
- March 2 Christine Woodside, author of *Libertarians on the Prairie*: Laura Ingalls Wilder, Rose Wilder Lane, and the Making of the Little House Books
- March 30 Future Classics with Mark Schenker (title to be announced)

MUSIC

- January 19 Tom Lewy on *The Sound of Music*, 7 pm
- January 29 Fe Fi Fo in concert, 2 pm
- February 12 Craig Harris in concert, an introduction to Native American Music, 2 pm
- February 23 Opera talk with opera director and Yale lecturer Paul Verzatt on Antonin Dvorak's *Rusalka*
- March 9 Opera talk with Paul Hawkshaw of the Yale School of Music on Giuseppe Verdi's *La Traviata*.
- March 26 Phil Rosenthal and the Guilford Ramblers in concert, 2 pm

FILMS

Artists in the Movies: A 3 part series co-sponsored by the Guilford Art Center. Maureen Belden, Executive Director of the Guilford Art Center, will briefly introduce each film. All films will begin at 7 pm.

- January 23 Basquiat
- January 30 Surviving Picasso
- February 6 Girl with a Pearl Earring

Monday Night Movies: February 13-April 24

A film every Monday evening at 7 pm- check our website www.guilfordfreelibrary.org for current listings.

WOMEN'S HISTORY MONTH

- March 16 Celebrating 300 years of Connecticut's Remarkable Women. Sponsored by the Connecticut Women's Hall of Fame, 7 pm.

SCIENCE & HEALTH

- February 2 Andrew Vogl, expert on the autism spectrum.
- February 16 "Against Empathy" with Yale Professor of Psychology, Paul Bloom.

YALE SCIENCE DIPLOMATS ARE BACK

BY POPULAR DEMAND!

- February 15 "Big Bacteria, Big Pharma, Big Problems: What you should know about antibiotics"
- March 15 "Our Future in the Cosmos: Living Beyond Earth"
- April 19 "Three Ways to Kill Humanity: The Science of Human Extinction"
- May 17 "Eat, Play, Fun: The Science of a Perfect Weekend"

TECHNOLOGY ASSISTANCE

"Book a Librarian" Tuesday and Thursday mornings by appointment. Address the topic of your choosing in a one-on-one session with a professional librarian.

E-help Tuesday: Every Tuesday afternoon from 1-4 pm, starting Jan. 10. Topics to be announced but will include mobile device services, tablets, electronic and audio book options, library subscription services such as Hoopla and much more.

Vista Member Celebrates Decade-Long Career of Helping Others



For Vista Life Innovations member Genna Lewis, the expression “do what you love and you’ll never work a day” holds true. The Clinton resident recently celebrated 10 years with the Connecticut Department of Developmental Services (DDS) office in New Haven, where she proudly works as a champion for individuals with

disabilities—herself included—in her role as a Self Advocate Coordinator. “I consider myself lucky because I know not everyone can wake up and say that they love their job,” said Genna, 37. “It’s a lot of responsibility and hard work, but I feel honored to be an advocate for others.”

Through her work, Genna serves as a voice for individuals with disabilities and helps raise awareness by educating the public about the issues these individuals face. She was part of the team that advocated for the successful rebranding of the Department of Mental Retardation to the current Department of Developmental Services. She and colleagues were also involved in the passage of

the Respectful Language Bill, which focused on erasing the term “mental retardation” from the public’s vocabulary in a show of respect for individuals with intellectual disabilities. The bill was signed into law in 2011 by Gov. Dan Malloy in a ceremony attended by Genna and other Self Advocate Coordinators.

Another key component of Genna’s work involves promoting the importance of self-advocacy and training individuals to become their own advocates. “I definitely feel like I’m making an impact,” she said. “There’s still a lot to be done, but we work hard each and every day so that people can be seen as individuals, not a disability.”

With campuses in Madison, Westbrook and Guilford, Vista Life Innovations is a nationally accredited community-based program that supports the personal success of individuals with disabilities.

Vanessa Pereira
Organizational Communications Coordinator
Vista Life Innovations 107 Bradley Road Madison, CT 06443
860-399-8080 ext. 263

Parks and Recreation

During the winter months, we encourage people to stay active. We offer many programs, activities and special events in the Nathanael B. Greene Community Center, for pre-schoolers through the 55+ population, all of which are listed on our website www.guilfordparkrec.com.

There are opportunities for outdoor activities. Hiking on trails at Bittern Park, Westwoods, East River Preserve and other trail systems allow for people to enjoy the woods and fresh air. When weather conditions permit there is excellent cross country skiing and snowshoeing at Bittner Park and the East River Preserve. A small sledding hill at Bittner Park and a steeper hill at Baldwin School offer downhill fun. We provide supervised ice skating at Mill Pond when the ice is the proper thickness. It is extremely important that people stay off Mill Pond when the sign indicates “No Skating.” The pond may

be closed due to thin ice, water on the ice, cracks, snow cover or rough ice. When skating is allowed, we provide skate guards Monday-Friday 3:00 pm – 7:30 pm, Saturdays 9:00 am – 7:30 pm and Sundays 12:00 pm – 7:30 pm. A warming fire and benches provide opportunities for skaters to rest and for skaters and spectators to be warm.

Our Annual Winter Wonderland, on February 21st, will feature horse drawn carriage rides around the Green, games in the Community Center, inflatables, face painting, and other fun activities, from 12:00 pm – 3:00 pm.

We encourage you to step outdoors during the winter months, participate in a Parks and Recreation program, enjoy a meal with our 55+ group or come to our special events.

Rick Maynard
Parks and Recreation Director

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! Call Today for a FREE CONSULTATION

Heeren Family Chiropractic Center
Guilford



Like Us on Facebook!

203-453-9888
www.heerenchiro.com



The Williams School Fall Athletic Wrap-up

The 2016 fall season has come to a close and all who can proclaim, “I am a member of the Williams School community” should be proud, as this season’s participating student athletes were really quite exceptional.

VARSITY CROSS COUNTRY

Our Cross Country team, under the tutelage of Mr. Bowerman, Ms. Barth, Ms. Sakorski, and led by captain Will Jarrett ‘18, showed great dedication from the start of the season, and only got better with each meet! The family-like atmosphere created by the team and coaching staff, translated into a wonderful support system that pushed each other during training sessions. Come race day, the Blues were always prepared—mentally and physically—and dominated a great many of the races they took part in.

Top runners this season included:

- Will Jarrett ‘18 finished the season with ten top 10 finishes and two 1st place finishes. Will finished 8th out of 198 runners in the 2016 NEPSTA Division IV Cross Country Championship race.
- Catherine Shannon ‘21 finished the season with three 1st place finishes and four 2nd place finishes. Catherine finished 2nd out of 114 varsity girl runners at the NEPSTA Division IV Championship race.
- Mary Madaus ‘21 placed 4th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.
- Grace Cassineri ‘22 finished 20th out of 114 varsity girl runners at the NEPSTA Division IV Championship race.

Williams hosted the SENE Cross Country Championship race this year, and what a beautiful day it was. The sun was shining brightly on that early November day, with a crisp breeze and an air of anticipation, as 200 plus runners took to our home course. Proudly, the Blues performed as they had all season—with strength and confidence; third-place team finishes for both boys and girls was the result! Earning SENE honors: Will Jarrett ‘18, Catherine Shannon ‘21, Mary Madaus ‘21, and Grace Cassineri ‘22.

Earning All New England Honors for the Blues: Mary Madaus ‘21, Catherine Shannon ‘21, Grace Cassineri ‘22, and Will Jarrett ‘18. All four student athletes qualified to compete in the New England Preparatory Schools Track Association All Star Cross Country Meet at St. Marks School in Southborough, MA.

BOYS VARSITY SOCCER

The boys varsity soccer team, coached by Joe Langton, showed marked improvement from start to finish and earned them a spot in the SENE Tournament. The team came ready to practice hard as Coach Joe put them through their paces—well organized drills that forced skills to improve and team unity to strengthen—each and every day! This attitude and grit transferred to game time and

led to many positive outcomes and losses by very small margins.

Keeper, Alexander Bowdler ‘18, did a wonderful job in goal all season in conjunction with his teammates holding down the defensive positions. On the offensive end, the Blues were led by Nicholas Chirillo ‘18 and Oliver Falla ‘17. Also, earning a spot in the scorer’s column: Fehme Braish ‘18, Kevin Masson ‘19, Harrison Anselmi ‘20, George Sun ‘18 and Jacob Marchesi ‘18.

Post-season honors included:

- Fehme Braish ‘18 - Boys SENE All League Team
- Andrew Little ‘18 - WNEPSSA Class C/D Select Team
- Nicholas Chirillo ‘18 - honorable mention for the WNEPSSA Class C/D Select Team

GIRLS VARSITY SOCCER

The girls varsity soccer team, coached by Andrew Capewell, complimented the boys varsity team effort, as far as hard work, dedication, well organized practices that enhanced all skills and enthusiasm for team and success. The end result was the team earning a spot in the SENE Tournament.

In the keeper position, several key players deserve the spotlight: Deriyana Carter ‘17, Victoria Hersant ‘17 and with the JV call up, Olivia Guinan ‘22. Each girl in front of their keeper worked hard on the defensive side of the ball. No matter the opponent, the Blues made a consistent effort to challenge every attempt and to make the opposition truly earn their goals.

On the offensive end, the team was led strongly by Camryn Werbinski ‘18 and Audrey Matson ‘20. Both Camryn and Audrey scored more than 10 goals each over the course of the season. The Blues leading scorers were not alone in their effort: Katerina Bourganos ‘18, Mia Taylor ‘18, Morgan Pill ‘20, Kayla Capano ‘19 and Grace Powell ‘19, also found the back of the net.

Post-season honors included:

- Katia Bourganos ‘18 - Girls SENE All League Team
- Mia Taylor ‘18 - Girls SENE All League Team
- Audrey Matson ‘20 - Girls SENE All League Team
- Isabella Nucci - honorable mention for her defensive play this year in the SENE

The dedication and discipline displayed by the Williams School fall season student-athletes was a wonderful extension of their leadership and excellence in the classroom. The Williams School prides itself on being a small school that makes a big difference, and these all-around student-athletes exemplified Williams’ hopes, accomplishments, and mission statement beautifully!

Thank you to all coaches and athletes—we are so very proud of each and every one of you! Go Blues!

Guilford's Whitfield Street to Get Shared Lane Markings



Shared lane markings like this one in New Haven will soon be installed on Whitfield Street between the town center and harbor, thanks to a grant from the Guilford Foundation and the cooperative efforts of the town and Shoreline Greenway Trail. Shoreline Greenway Trail Photo

A \$4,000 grant from The Guilford Foundation will enable the installation of shared lane markings on Guilford's Whitfield Street between the town center and the harbor. Twenty reflective markings, each depicting the outline of a bicycle with an arrow pointing in the direction of travel, will be painted in both directions on the roadbed from the Eagle Hose Company #2 firehouse south to the town marina.

The painting of the markings, facilitated by Shoreline Greenway Trail in partnership with the Town of Guilford, is among the ways the entities are working cooperatively to improve bicycle safety in Guilford. Their efforts also include the proposed stretch of multiuse, off-road trail beside Route 1 between Boston Street and the Madison line, which is under consideration by the Guilford Board of Selectmen. "Whitfield Street is a heavily traveled cycling route between downtown Guilford and popular destinations such as the Shoreline East train station, the Guilford



Shoreline Greenway Trail Logo

Yacht Club, several residential neighborhoods, Jacobs beach, the marina and restaurants. The street was too narrow for a dedicated bike lane, and lane markings were the next-best solution," Shoreline Greenway Trail's Kimberly Schmid, a Guilford resident, said.

"Painting shared lane markings on Whitfield Street is a small but important step in raising community awareness of the need to share the road while creating a more welcoming environment for cyclists," she added. "Placing signage on the pavement increases the likelihood that drivers will be more careful and that bicyclists will safely ride with the flow of traffic. We appreciate the Guilford Foundation's generosity and support of this commitment to public safety." As of this writing, a timetable had not been set for application of the markings.

For more information, contact Kimberly Schmid at klarsen78@gmail.com.

The Dudley Farm Museum: Staying Warm Through the Winter



While we struggle to stay warm during these winter months, The Dudley Farm Museum is heating things up with programs and activities for all. We welcome Lorraine German from Mad River Antiques in North Granby for Pieced History: How America's Textile History Helped to Shape the 19th Century Quilt on Saturday, January 21st (snow date January 22) at 1:30 pm in the lower level of the Munger Barn. Pieced History examines the history of textiles

in America and its influence on the development of the American quilt. Exploring the history of the textile industry and its role in the quilt's evolution from an elegant domestic furnishing for the wealthy into the familiar pieced bedcover for households of all income levels. Our antique quilt frame will display a recently made quilt. We will also display our recently-conserved Potter Crazy Quilt which has the Blizzard of (18)'88 as its theme as part of a display about that blizzard. Admission is free; donations to support our textile collection are appreciated. RSVP to 203-457-0770 to be contacted in the event of cancellation.

February means the return of the Winter Farmers' Market to be held the first Saturday of the month through May. The Market runs from 9 am to 12:30 pm and is held in the lower level of the Munger Barn. Come see what goodies and gifts we have to sell while visiting with neighbors and friends.

continued on page 16

Dudley Farm... continued from page 15



Our sugarhouse will be steaming things up as soon as weather allows. While our syrup production is for demonstration only, you are invited to taste a sample of sap and syrup. Nothing creates sweet memories like making maple syrup. Sugaring will be on weekends during February and March, but please call ahead, as it is weather dependent. Admission is free.

Guilford Preservation Alliance

The Guilford Preservation Alliance (GPA) continues to fulfill its mission of preserving the built and natural heritage of Guilford. Presently 680 historically significant houses, commercial buildings and cemeteries are listed on the recently updated 1981 Historic Resource Inventory for the Town of Guilford. Copies of this inventory are available at the Library (among other places) and on the GPA website.

This past first year of operation the Information Plaza, the Kiosk and the Interactive computer and website, www.visitguilfordct.com, was utilized by hundreds of visitors from 27 states and 17 countries as well as hundreds of touchscreen participants and website users. Located next to the community center, this interactive information center is a comprehensive and easy way for neighbors and visitors to connect with information about our town. Take a look and experience one of the self-guided walking tours available.



The passing of the Historic Resource Inventory catalogue to the Library to be kept in the Edith B. Nettleton Historical Room. Pictured above left to right: Joel Helander, town historian, Jordan Sorenson and Kristen Neiterling, architectural historians, Shirley Gironi, president GPA, Sandra Ruoff, head librarian and John Herzan, New Haven Preservation Trust consultant. Guilford Preservation Alliance Photo by Tracy Tomaseslli

The GPA presents annual Preservation Awards to individuals and groups for their attention to the preservation of buildings

and the natural environment in our town. Seven awards were made this past year. Read more on the GPA website www.guilfordpreservation.org.

Historic plaques tell our history! There are now 15 plaques on buildings around the Guilford Green. This joint project with the Guilford Keeping Society includes QR codes enabling smartphone users to experience self-guided tours around the Green learning more about our unique town.



Ryan Connelly of Connelly Building and Design hanging a plaque on the William Todd House. Guilford Preservation Alliance Photo by Ellen Ebert.

Preserving Guilford's historic railroad buildings, historic houses at risk of demolition and identifying our Guilford history continue to drive the work of the GPA. In partnership with other Guilford museums the newly formed Guilford Museums Group has produced a brochure providing information about each organization. Pick one up at the Community Center, Town Hall or the Library. Read more about all this and more at www.guilfordpreservation.org.

Shoreline Arts Alliance



Guilford High School Student Mark Sejourne poses with his artwork – Future Choices 2015. Shoreline Arts Alliance Future Choices Photo by Judith L. Barbosa

TWO JURIED EXHIBITIONS COMING IN FEBRUARY AND MARCH

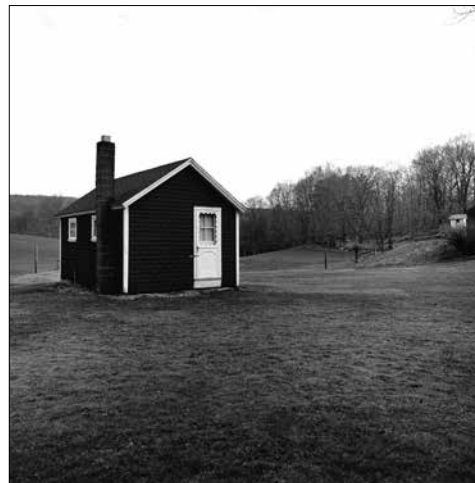
Future Choices, now in its 33rd year, is an annual juried student art competition and exhibition presented by Shoreline Arts Alliance (SAA) to high school students in grades 9 - 12. This year's exhibition dates are February 14 – March 7 at the Lyme Academy College of Fine Arts, Sill House Gallery. An artists' reception and awards ceremony will be held on Sunday, February 26 from 3 – 5 pm. All are invited to come and meet these talented young artists. This competition and exhibition is open to all high school students who live or go to school in any of the 24-town region served by Shoreline Arts Alliance. Visit www.shorelinearts.org for a list of towns and entry guidelines. This program strongly supports SAA's mission to Educate, Encourage, Enrich and Engage our artists and the community.

This is our fourteenth year hosting this exhibition at the Lyme Academy College of Fine Arts. Having an exhibit with some of the best high school art students in our region in this prestigious setting provides a very special opportunity for these aspiring young artists.

Submission categories are: Ceramics, Drawing, Mixed Media, Painting, Pastels, Photography, Prints, Sculpture and Video. Each student may submit up to three pieces. Submission dates are February 8, 9, 10 from 2:30 – 5 pm at the Sill House Gallery.

The second major event happens on March 17 as the 36th Annual IMAGES Photography competition and exhibition opens in the Mill Gallery of the Guilford Art Center. This is the oldest, annual statewide juried photography exhibition

in Connecticut and celebrates the art of photography in its many aspects, formats and technologies while encouraging excellence among photographic artists. A carefully selected team of professional judges will carefully review and select work for exhibition from those portfolios submitted by a diverse group of Connecticut artists. Awards are chosen based on: creativity, photographic excellence, and ability to evoke reaction. Works selected will represent a diversity of photographic processes, styles, subject matter and techniques. Many submitted works show the photographers' interest in documenting their world and telling a story through their art. The photos provide an opportunity to inspire, open communications and enable positive change by creating a photographic community that explores, examines and gives voice to the world around us. Some revel in the challenge posed by devices as simple and pristine as a pinhole camera. And to the opposite extreme some bypass the use of film altogether, digitally manipulating and creating entirely new visual realities. And others are devotees of more traditional methods and tools. Whatever the methodology IMAGES 2017 will be a strong and diverse exhibit reflecting the high quality of work being produced by emerging and established photographic artists.



North of Route 80
Photograph by
Guilford Resident
R.D. Smith

Shoreline Arts
Alliance

Photographers interested in submitting to IMAGES 2017 can download the Call for Entry and Guidelines at www.shorelinearts.org or call the office at 203-453-3890. Submissions are accepted in person at the Mill Gallery of the Guilford Art Center, 411 Church Street, Guilford, CT on Friday, March 10 (4 – 7 pm) and on Saturday and Sunday, March 11 & 12 (10 am – 4 pm). Exhibition opens on Friday, March 17 with an Artists' Reception and Awards Ceremony from 5:30 pm – 7:30 pm. The public is invited to join us in celebrating this 36th year of fine art photography exhibition.

Donita Aruny, Program and Marketing Director
Shoreline Arts Alliance

It's Mardi Gras Time!

Shoreline Arts Alliance will host its 5th Annual Mardi Gras Gala on Saturday, February 11, 2017 at 6:00 pm at Water's Edge Resort & Spa. The party will benefit the nonprofit with funds going towards arts scholarships for high school juniors and seniors; tuition assistance for young thespians to participate in our summer theatre program; for the summer Shakespeare on the Shoreline program, which brings free 'theatre under the stars' to residents and visitors for five nights; and to provide professional development opportunities for more than 100 arts, cultural and heritage organizations.



Shoreline Arts Alliance Eight to the Bar Photo

The evening will begin with a cocktail reception in the salon where guests will have a chance to mingle, sample some Cajun cuisine, sip and stroll through a festive array of items available to bid on in the silent auction. The cocktail reception will be followed by a Dixieland style parade featuring our jazz musicians leading the Mardi Gras King, Queen, Captain and guests to the Royal Ballroom for a

delicious New Orleans dinner, decadent desserts, a live auction and an evening of dancing to the fabulous music of Eight to the Bar.

The King, Queen and Captain are individuals who have supported the mission of Shoreline Arts Alliance to Educate, Encourage, Enrich and Engage our community through the arts, culture, heritage and the humanities. We are honored to recognize and honor these extraordinary individuals for their unyielding support of Shoreline Arts Alliance. (Royal Court soon to be announced).

The funds raised from the Mardi Gras Gala are vital in ensuring that the arts continue to be a part of the fabric of our daily lives and that our programming and services are inclusive of all who live or visit our region. Many of our adaptive programs can make this possible by facilitating opportunities that may otherwise not be possible. The Shakespeare on the Shoreline program



Council of Business Partners at



COMMUNITY FOUNDATION
of Middlesex County

- A & A Office Systems
- A.R. Mazzotta Employment Specialists
- Belltown Motors
- BEST Cleaners
- The Black Seal
- Brown & Brown of CT, Inc.
- Connecticut Lighting Centers
- Direct Energy
- East Hampton Rotary Foundation, Inc.
- Essex Printing/Events Magazines
- Interfaith Golf Open Tournament, St. Mary's Church, Portland and Congregation Adath Israel, Middletown
- LiveKind
- Mahoney Sabol & Co., LLP
- Malloves Jewelers, Middletown
- M&J Bus Company, Inc.
- Paulson Training Programs, Inc.
- Nancy Raczka, Attorney
- The Rossie Group
- Elizabeth Shulman, LMFT
- Suburban Stationers, Inc.

IN PARTNERSHIP WITH: Connecticut Association of Schools; Rushford, a Hartford Healthcare Partner; EMPOWER Leadership Sports; The First Tee of Connecticut; iCRV Radio; Donny Marshall.

STAND UP TO MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack? Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

Help make Middlesex County a bully-free community.

Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to www.bullyfreemiddlesexcountycf.org.

TAKE THE PLEDGE.

BULLYFREEMIDDLESEXCOUNTYCF.ORG

on the Guilford Green offers American Sign Interpreters, assisted Listening Devices, large print and Braille programs, and volunteer escorts to assist patrons getting to and from the seating area. A free-to-attend daytime “judgement free” performance is presented for children on the autism spectrum and other sensory disabilities thereby providing a live theatre experience for families.

Tuition assistance is available to students in need enabling them to participate in our summer theatre program designed for children ages 8 – 15.

For ticket prices and sponsorship information visit www.shorelinearts.org or contact Shoreline Arts Alliance at 203-453-3890 or office@shorelinearts.org.



Shoreline Arts Alliance Mardi Gras Photo.
Photo by Judith L. Barbosa

For more than 35 years Shoreline Arts Alliance has been a cultural leader in Connecticut. Partnering with local businesses and arts organizations, educators, institutions, and artists Shoreline Arts Alliance provides a multitude of services that strengthen tourism and the arts and cultural infrastructure in the region. Our functions are broken down into two areas: Support for internal

operations of local arts, cultural and heritage organizations and community outreach programming with a mission to educate, encourage, enrich and engage artists, organizations, residents and visitors in the arts.

Donita Aruny, Program and Marketing Director
Shoreline Arts Alliance

Call and Visit Your Neighborhood Hometown Pharmacist Doug Kane

We Now Accept Preferred Tri-Care

We strive to provide the highest level of personalized care and service.

“Service the way it ought to be”



Connecticut Pharmacy of Madison

200 Boston Post Road, Madison
Across from Hammonasset Ford
203-421-2132

Sunday: 9:00 am-3:00 pm / Mon-Fri: 8:30 am-7:00 pm
Saturday: 9:00 am-5:00 pm

WE HELP YOUR TREES WEATHER THE STORM.

We're Bartlett Tree Experts, a 100+ year old tree and shrub care company with global reach and local roots. We protect your property by giving you expert, attentive service, a safety-first record and a range of weather damage services that include:

- Emergency Tree Services
- Pre-Storm Strategies, including Pruning and Cabling & Bracing
- In-Depth Post-Storm Hazard & Damage Analyses

BARTLETT TREE EXPERTS
FOR THE LIFE OF YOUR TREES.

Call us at 203.453.1357 or visit BARTLETT.COM



The Williams School

Small School • Big Impact

Congratulations to our students on their recent accomplishments!



Winterfest 2016 featured our amazing performing artists in the Harkness Chapel at Connecticut College.



The Student Service Committee helped a plethora of families in need.



All students conquered a distinctive array of end-of-term assessment models.

Read about these students and more at williamsschool.org

Information Session

Sunday, January 22, 2017 • 1-3PM

Independent College Prep Day School • Grades 6-12
On the campus of Connecticut College • New London, CT

Guilford High School Theatre Arts presents "Sweeney Todd: The Demon Barber of Fleet Street"

Music and lyrics by Stephen Sondheim

Book by Hugh Wheeler

Directed by Cara Mulqueen-Teasdale

Musical Direction by Kevin Buno

Attend the dark, witty and Tony Award-winning tale of love, murder and revenge set against the backdrop of 19th century London.

SHOW TIMES

March 24 - 7 pm	March 30 - 7 pm
March 25 - 7 pm	March 31 - 7 pm
March 26 - 2 pm	April 1 - 7 pm

Presented at the Guilford High School Performing Arts Theatre.

Visit <http://ghsta.weebly.com/> for ticket information and for any scheduling changes.

Is joint pain keeping you off the slopes?

We are now incorporating regenerative medicine in our practice

We are offering Stem Cell Therapy and PRP-Platelet Rich Plasma.



A natural solution that accelerates healing and relieves pain caused by sports injuries, aging, osteoarthritis, ligament damage and tendonitis.

We use Ultrasound guided placement for all injections

Dr. Phillip Luchini | Dr. Michael Luchini

Luchini Orthopaedic Surgeons

1481 Chapel Street, New Haven, CT | 203-776-9110

www.luchiniortho.com

Attention



to detail

it's what sets us

apart

ESSEX PRINTING

essexprinting.com



GUILFORD EVENTS

Town Hall
31 Park Street
Guilford, CT 06437

PRSRT STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

POSTAL CUSTOMER



It is fun to try to win when playing board games. It is even more fun to really win when you switch to a FREE checking account at Essex Savings Bank. You win with...

- FREE debit card
- FREE web banking
- FREE electronic bill payment access
- ATM surcharge reimbursements up to \$12 per statement cycle
- FREE first order of checks
- FREE paper statements
- FREE mobile app
- FREE mobile check deposit

There are no maintenance or activity fees. We never play games with the real money you have worked hard to earn and save.



Essex, 35 Plains Road, 860-767-2573 • Essex, 9 Main Street, 860-767-8238
Chester, 203 Middlesex Avenue, 860-526-0000 • Madison, 99 Durham Road, 203-318-8611
Old Lyme, 101 Halls Road, 860-434-1646 • Old Saybrook, 155 Main Street, 860-388-3543
Call Toll-Free: 877-377-3922 • essexsavings.com

Member FDIC  Equal Housing Lender