

# Guilford events

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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. The Economic Development Department and Guilford Chamber of Commerce also had another successful tree lighting event. I want to congratulate the 375th Committee for the wonderful 2014 year-long celebration of Guilford's 375th Anniversary. The committee worked hard and put in countless hours to plan and execute all the events, which were enjoyed by countless residents.

With the holiday season now behind us, the Board of Selectmen and the Board of Education are now heading into the budget preparation season. 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.

The Town through the efforts of the school system has received an \$800,000 grant from the State of Connecticut for implementation of school security projects. Congratulations to Assistant Superintendent of Operations Jason Beaudin and Director of Operations and Facilities Cliff Gurnham for obtaining that grant. Dr. Freeman has reported that all day kindergarten is in full swing and has so far been very successful. I would like to congratulate the parents who pushed for the program last year.

I also want to add that Police Chief Thomas Terribile has announced his retirement as of March 31 after 40 years of service to the Town of Guilford. We wish him a long, healthy and happy retirement and we want to thank him for all his years of service to the Town of Guilford.



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. 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.

Joseph Mazza, First Selectman

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## Vista Partners with “Bikes for Kids”



Pictured is Dave Fowler (Director, Bikes for Kids) alongside Vista members and their new bikes.

When Dave Fowler heard about Vista Vocational & Life Skills Center's annual cycling event, the Vista Tour de Shore, he wondered if not having a bicycle would deter many Vista members from participating in the event. Fowler is the Director of a non-profit organization called Bikes for Kids that provides children and families in need with bicycles and helmets.

Since Bikes for Kids was founded in 1989, they have donated nearly 17,000 bicycles! The majority of their donated bicycles go to children here in Connecticut, but they have also shipped bikes to Haiti after the earthquake, brought 136 bicycles to New York

areas hit hard from Super Storm Sandy, and have even sent bicycles to Africa to help local villages get water and supplies faster. Fowler offered bicycles to Vista members that didn't have them and a number of them jumped on the opportunity. Bikes for Kids donated 3 bicycles to Vista members this year, which allowed them to participate in weekly group rides at Vista as well as the Vista Tour de Shore! This year, the Vista Tour de Shore had 17 Vista members participating, a record number for the event. The importance of having a bicycle for many Vista members goes beyond participating in this event. However, cycling is not only a great form of recreation and physical fitness; it can also provide Vista members with a new form of transportation to access the community and get to work. Vista is proud to have partnered with this important organization and looks forward to continuing this partnership with Bikes for Kids in the future. For more information about donating or volunteering with Bikes for Kids, you can visit [www.bikes-for-kids.net](http://www.bikes-for-kids.net) or contact Dave Fowler at [davefowler05@gmail.com](mailto:davefowler05@gmail.com).

Based in Madison and Westbrook, CT, Vista Vocational & Life Skills Center is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information regarding Vista, please visit [www.vistavocational.org](http://www.vistavocational.org).

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# Guilford D.A.Y. Hosts Chris Herren on March 23

On March 23rd, Guilford D.A.Y. will host Chris Herren, former NBA player, free to the community, at 7pm in the Guilford High School gymnasium. Chris played for the Boston Celtics and Denver Nuggets and struggled with substance abuse for much of his basketball career. Drug-free and alcohol-free since August 1, 2008, Chris has refocused his life to put his sobriety and family above all else. This event is designed to educate youth and at-risk populations on the importance of a healthy lifestyle, good decision-making and how to handle pressure within a teen's life.

Chris founded "The Herren Project", a nonprofit organization dedicated to providing treatment navigation, educational and mentoring programs to those touched by addiction and to educate people of all ages on the dangers of substance abuse. In 2012, The Herren Project launched a national anti-substance abuse campaign,

Project Purple, to encourage people of all ages to stand up to substance abuse.

The Project Purple concept was developed when Chris spoke at a local high school in 2011 and the front row of students were wearing purple shirts. After Chris shared his story, one of the purple shirts raised her hand and stood up to speak.

As snickering and laughter could be heard throughout the auditorium, the student said "Thank you Mr. Herren for validating what we do. We are the sober students of this high school and each year we take a pledge to not use drugs or alcohol."

Chris was captured by the courage it took to not only stand up and share the symbolism of the purple shirts, but was inspired to make a difference amongst adolescents across the United States. Students and adults are encouraged to wear purple on March 23rd in support of positive

decision-making and taking a stand against substance abuse.

To register for this FREE event please contact Guilford Youth & Family Services @ 203-453-8047.

Guilford D.A.Y. (Developmental Assets for Youth) is a community coalition comprised of volunteers from the Guilford community, including parents, youth, community leaders, law enforcement, and other sectors.

Ultimately, D.A.Y. works to reduce high-risk behaviors such as underage drinking and other illicit youth substance use and provides our youth with the opportunities, skills and values they need to grow into healthy caring and responsible adults.

For more about D.A.Y. please visit: [www.itsworthitguilford.org](http://www.itsworthitguilford.org).

## The Guilford Keeping Society *An Afternoon of Soup & Song*

Sunday, March 22 / 2 p.m. to 5 p.m.

### Soup's on!

Warm your spirit, satisfy your tastebuds, and help others in a single afternoon of fun. The Guilford Keeping Society is hosting its third Afternoon of Soup and Song at its historic Medad Stone Tavern. It's all a benefit for the Guilford Food Bank as well as the Keeping Society.

The event will give guests a chance to choose from seven kinds of homemade soup. And then, with a mug of hot soup in hand, they can enjoy the live music from a fine local musician. A ten-dollar ticket, plus a contribution (in food or dollars) to the Food Bank will admit each guest to the Tavern.

During the afternoon, visitors will have a chance to tour the 1803 tavern and see the restoration that has been taking place. Guests can see the newly restored barn as well as the brand-new kitchen and restrooms.



The Tavern is located at 197 Three Mile Course in Guilford. Reservations are not absolutely required, but those interested in attending are encouraged to call 203-483-0792 for reservations.

# events

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## Heating Assistance

Guilford residents may apply for 2014/2015 State Heating Assistance (LIHEAP, CHAP) Program and for the Operation Fuel Program, by appointment only at the Guilford Social Services Department, 263 Church St. in Guilford. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Annual household income limits are based on last 4 weeks of income and size of household.

1/ \$32,514;  
2/\$42,519;  
3/\$52,523;  
4/\$62,528;  
5/\$72,532;  
6/\$82,536;  
7/\$84,412;  
8/\$86,288.

Some assets limits do apply. Guilford residents should schedule an appointment by calling 203-453-8009.

## Registrar of Voters

### Will You Be Getting A Letter?

The Registrars of Voters will be conducting their annual Canvass during the month of February, 2015.

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. Also, those names who have not voted in the last four years will be getting a letter, just to make sure you still live in Guilford!

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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 putting you in "inactive" status.

**DO NOT RISK YOUR RIGHT TO VOTE**

If you have any questions please contact us at 203-453-8028 or registrar@ci.guilford.ct.us.

Louise Graver & Gloria Nenczuk,  
Registrars

# Tax Collector

**Deborah A. Milano, Tax Collector, CCMCA**

A reminder to all Guilford Taxpayers, especially new homeowners, that taxes are due on January 1, 2015. If you purchased real estate on or after July 1, 2014, and do not have a tax bill and are not escrowing your real estate taxes, call or stop in at the Tax Office. Failure to receive a tax bill does not invalidate the tax nor does it prevent interest charges from accumulating.

Motor Vehicle Supplemental tax bills due January 1, 2015 have been sent to all taxpayers who between October 2, 2013 and September 30, 2014 registered a vehicle. If you no longer have the vehicle for which you are being taxed, notify the Assessor's Office immediately at 203-453-8010. You can also go to the Town's website under the Assessor's page for further information. Do not ignore the tax bill; you still may be responsible for all or part of the tax.

Payments by mail are encouraged and will save a trip to the Town Hall and avoid standing in long lines. When making payments by mail be sure that 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.

The Town has implemented an advanced online payment system which allows taxpayers to view an online replica of their paper bill (no fee to view). Electronic check/ACH payments are accepted on line as well as credit cards (there is a fee to make payments). To access this system, go to [www.ci.guilford.ct.us](http://www.ci.guilford.ct.us) and click on "View or Pay Tax Bill". There is a fee to pay the bills online. Income tax information is also available online. Once a tax bill becomes delinquent a follow up notice will be sent out and interest added accordingly. If the tax bill is still not paid the account will be sent for collection with added cost to the taxpayer.

Please call the Tax Office with any questions at 203-453-8014.

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# From the Publisher

Dear Valued Readers,

If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover.

2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

## Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around

the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,  
William McMinn  
President, Essex Printing and Events Magazines

## GUILFORD COMMUNITY LISTINGS

### CHURCHES

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

### CLUBS/ORGANIZATIONS

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

Guilford Land Conservation Trust ..203-457-9253  
 Leete's Island Garden Club .....203-453-3884  
 Shoreline Chamber of Commerce...203-488-5500  
 Women and Family Life Center.....203-453-6699

### LIBRARY

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

### MUSEUMS

Henry Whitfield State Museum .....203-453-2457  
 The Dudley Farm Museum .....203-457-0770  
 The Hyland House .....203-453-9477  
 Medad Stone Tavern.....203-453-2263  
 Thomas Griswold House.....203-453-2263

### POST OFFICE

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

### SCHOOLS

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

### USEFUL NUMBERS

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

# Guilford Police Department

## Coffee with a Cop

It's a simple concept. Police and community members of all ages come together in an informal, neutral space to discuss community issues, build relationships, and drink coffee.

In over 175 cities and towns in 36 states, Coffee with a Cop has done wonders for community trust, police legitimacy and partnership building. Community members come to a local Coffee with a Cop for a variety of reasons, but no matter why they come to their local event, they are likely to leave with a more positive impression of their local law enforcement agency.

One of the keys to Coffee with a Cop's success is that it removes the physical barriers and crisis situations that routinely define interactions between law enforcement officials and community members. Instead it allows for relaxed, informal one-on-one interactions in a friendly atmosphere. This informal contact increases trust in police officers as individuals which is the foundation to building partnerships and engaging in community problem solving.

## Upcoming Coffee with a Cop Programs

Drop in January 13th between 9:30-11:30 am at the Guilford Community Center located at 32 Church Street, February 24th, 2015 at Shoreline Diner located at 345 Boston Post Road between 9:30-11:30 am, and March 29th at Sweet Frog located at 893 Boston Post Road between 3pm-5pm. So pull up a chair and grab a cup of coffee....

## Child Safety Seat Installations

According to the Centers for Disease Control and Prevention, "Motor vehicle injuries are a leading cause of death among children in the United States. Many of these deaths can be prevented. Buckling children in age- and size-appropriate car seats, booster seats, and seat belts reduces the risk of serious and fatal injuries. Car seat use reduces the risk for death to infants (aged <1 year) by 71%; and toddlers (aged 1-4 years) by 54% in passenger vehicles. Booster seat use reduces the risk for serious injury by 45% for children, aged 4-8 years, when compared with seat belt use alone. For older children and adults, seat belt use reduces the risk for death and serious injury by approximately half. In the United States during 2011, more than 650 children, ages 12 years and younger, died as occupants in motor vehicle crashes, and more than 148,000 were injured."

It is for this very reason that the Guilford Police Department trains their officers to be certified Child Safety Seat Technicians. Several of our officers have been through extensive training to install, replace and teach caregivers how to install car seats. We hold car seat installation clinics routinely, both at the police department and off site for both residents and non-residents. There is nothing more sacred than the life of a child so if you or some

one you know, needs a car seat installed or checked, please call the Guilford Police Department to find out the times a technician will be available @ 203-453-8061.

## Citizens Police Academy

The Guilford Police Department hosts an annual Citizens Police Academy for up to 30 residents ages 16 and older. The Academy is 10 weeks long and held Thursdays from 6-9pm beginning March 26th. Attendees will have classes on the basic operations of the Guilford Police Department which will include training in motor vehicle law, domestic violence law, use of force law, and criminal law. Attendees will also have an opportunity to go on a ride-along with a Guilford Police Officer and have a Range Day with our Guilford Police Firearms Instructors. The academy also includes presentations from outside agencies such as The Connecticut State Police State Wide Narcotics Task Force, The New Haven Bomb Squad, Department of Homeland Security and the New Haven States Attorney's Office. Applications for the Guilford Citizens Police Academy will be available at the police department or on our website (guilfordpd.com) after January 1st, 2015. Please call Det. Jakober at 203-453-8061 with any questions.

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## Social Media

The Guilford Police Department has recently started a Facebook page to communicate easier with the community. We include press releases, information regarding criminal activity in the area, new scams affecting our citizens, and other pertinent public safety info. We encourage you all to like us on Facebook @ Guilford Police Department and help us continue to strengthen the relationship between police and community.

Our Guilford Police Department website is now [Guilfordpd.com](http://Guilfordpd.com). We also continue to operate an anonymous tip line at 203-453-8240 for non-emergency tips. If you have an emergency always call 911 to report.

Detective Martina Jakober  
Guilford Police Department

## Winter Pet Safety

The coming of winter often divides the hardest New Englanders from those wishing they could migrate south. However, it also presents challenges for our furry friends. Here are a few suggestions to keep this winter season safe for all:

Antifreeze and windshield washer fluid are hazardous to animals. Avoid walking your pets through puddles near cars, garages, or other automotive areas, as they may lick it off their paws later. If you think your pet has swallowed something toxic, call your veterinarian.

Wipe de-icing products off of paws, legs and bellies when your pet comes in from being outside. These chemicals can irritate

the paw pads and cause bleeding.

Beware of rodent poison; as the temperatures drop outside, mice move closer to, or into your home. If you or your neighbors are exterminating rodents, use safe traps rather than poisons and make sure they are out of the reach of your pets.

Keep cats away from your car, as they love warmth and may take a nap to be near the warm engine. It's a good idea to bang on the hood before starting your engine.

As the weather gets snowy and the temperatures drop, bring pets inside and make sure working dogs have a good shelter with warm bedding, like straw or woodchips.

By keeping these tips in mind, you'll be able to curl up with your beloved fur ball by the fire and enjoy a safe winter. Happy Holidays from the Guilford Veterinary Hospital!

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## MILE

### Middlesex Institute for Lifelong Education

More than 320 members of mile (Middlesex Institute for Lifelong Education) completed another varied program of classes with everything from Bluegrass to Opera, from Women in History to Gardening for hummingbird attraction.

The spring semester will start with orientation on February 12th. Classes are held at the Middlesex Community College and are open to everyone 50 and older.

The spring session will include everything from a visit with Ben Franklin, Did the Exodus from Egypt really happen?, baseball, opera and space exploration.

The total cost is only \$60. More information can be found at [www.mileonline.org](http://www.mileonline.org) or [mileatchapman@gmail.com](mailto:mileatchapman@gmail.com).

# Guilford Free Library Programs

The library's winter 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. Register for programs online at [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org), by phone (203-453-8282) or in person.

## Programs for Adults

### Books and Ideas

*Created Equal: America's Civil Rights Struggle*

Guilford Free Library is one of 474 communities nationwide awarded this grant by the National Endowment for the Humanities. The 4-part series spans the period from the 1830s to the 1960s and tells the remarkable stories of individuals who challenged the social and legal status quo of deeply rooted institutions, from slavery to segregation. They show the changing meanings of freedom and

equality in America and the struggle for freedom and human dignity that is at the core of the American experience.

### Part One: *The Abolitionists*

On Jan. 7, 1:30 pm we had the screening of the 180-minute documentary, *The Abolitionists*, which vividly brings to life the struggles of the men and women who led the battle to end slavery. Through innovative use of reenactments, this three-episode series will put a face on five of the anti-slavery movement: impassioned New England newspaper editor William Lloyd Garrison; former slave, author, and activist Frederick Douglass; Angelina Grimké, daughter of a rich South Carolina slaveholder; Harriet Beecher Stowe, author of the enormously influential *Uncle Tom's Cabin*; and John Brown, ultimately executed for his armed seizure of the federal arsenal at Harpers Ferry. The film's release in 2013 also marked the 150th anniversary year of the Emancipation Proclamation.

Jan 15: Joan Hedrick, Pulitzer Prize winner in biography for *Harriet Beecher Stowe: A Life*, will discuss the film and the Abolition movement.

Other films and discussions, with dates to be announced, include:

Slavery by Another Name

The Loving Story

Freedom Riders

*Abigail's Revenge: How the women's movement shook up America* by Rhea

Hirshman, Feb 12, 7 pm

Mark Schenker Book Discussion: Future Classics

Jan 15: *The Assault* by Harry Mulisch

Feb 19: *Out Stealing Horses* by

Per Petterson

Mar 19: *Life After Life* by Kate Atkinson

## Music, Movies and Art

### Music:

In collaboration with Shoreline Village CT, we present several discussions of operas

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100 gallon minimum. One time use only with this coupon.  
Not combinable with any other discount. Expires 1/20/15.  
Not valid for Budget / Buy / Cap Ahead customers  
who are already enjoying the lowest prices!

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**THREE GENERATIONS, OVER 60 YEARS OF CONTINUOUS AND RELIABLE PERSONAL HEATING OIL DELIVERY**

## LIBRARY ... continued from page 9

that will be shown prior to the Metropolitan Opera's Live in HD Broadcast.

Jan 12, 7 pm, *The Merry Widow* with Paul Hawkshaw of Yale's School of Music

Jan 26, 7 pm, *Les Contes d'Hoffmann*, with Paul Berry of Yale's School of Music

## Sunday Afternoon Concerts

Hold these dates for performers to be announced: Jan 25 and Feb 8  
Feb 22: Kenn Morr Trio

## Monday Night Movies

The popular series continues on Monday evenings from Feb 2 through April 27 starting at 7 pm. Titles to be announced.

## Galleries in Motion

### Modern Life: Realist Art in 19th century France

French poet and critic Charles Baudelaire issued the call for the Painting of Modern Life in 1846. Soon thereafter, circulating around the events of the 1848 Revolution on the streets of Paris, painter Gustave Courbet began to depict the working, rural poor of contemporary France in large scale paintings reminiscent of the grandeur of past history works, while also eschewing the imaginative and exotic subjects of the previous generation of Romantic artists. Similarly, with his politically socialist sympathies, Jean-Francois Millet's work threatened the values and tastes of the expanding middle class in Paris. Inspired by Courbet, Édouard Manet and Edgar Degas responded with their own form of realism with subjects of the urban leisure activities and entertainment of contemporary Paris. The art-going general public responded with outrage at what they saw as offensive and scandalous images. This series of talks will explore the various approaches to the art of modern life by Courbet, Millet, Manet, and Degas.

Once again we welcome Joy Marie Pepe, Professor Emeritus, Lyme College of Art. Joy is currently teaching Art History courses at University of Hartford and Central Connecticut State University. Tuesdays at 2 pm.

January 20 (Guilford Library):  
Courbet (1819-1877)

January 27 (Guilford Library):  
Millet (1814-1875)

February 3 (Scranton Library):  
Manet (1832-1883)

February 10 (Scranton Library):  
Degas (1834-1917)

## Fashion and Fun

### From Hula Hoops to High Fashion: Remembering G. Fox & Co. in the 1950s

Take a trip down memory lane with a floor-by-floor tour of Connecticut's favorite department store. You will also hear the story of Beatrice Fox Auerbach, the woman who made every shopping experience a joy. Presented by the CT Historical Society, Feb 26, 4 pm.

### From Bonnets to Bell Bottoms: A Century of Connecticut Fashion, 1860-1960

Whether it has been passed down, owned for years, or just purchased yesterday, our clothing speaks volumes about who we are, what we do, and the world in which we live. See how much has changed and what has stayed the same from the Civil War to the swinging sixties. Presented by the CT Historical Society, Wed, Mar 18, 4 pm.

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

January 20 "Aboard the Charles W. Morgan," Chris Freeman, 7pm.

February 17 "New London Lighthouse," 7 pm

March 17 - to be announced

April 21 - to be announced

## Lunch and Learn, noon

February 5, "Sailors Valentines," Lois Kessler

February 19 "Back Pain Solutions and the Alexander Technique,"

Michaela Hauser-Wagner

March 5 "Banking Fraud and Scams,"

Richard Lalor, Examiner,  
CT Dept of Banking

March 19 - to be announced

## TEEN PROGRAMS

Late night study session from 8:00-10:00 pm for high school students on January 20, 21 and 22.

### The library hosts practice SAT and ACT exams:

#### Practice SAT

January 10th from 10:00 am to 2:00 pm

#### Practice SAT

February 21th from 10:00 am to 2:00 pm

#### Practice ACT/SAT Combo

March 21th from 10:00 am to 2:00 pm

#### Practice NEW SAT

April 25th from 10:00 am to 1:00 pm

Get the inside scoop on changes to the SAT. The Princeton Review will explain the changes and when they take effect. For parents and high school students. Tuesday, March 31 at 7:00 pm. Please register.

## Teen Tech Tuesdays

A six-part technology workshop is open to students in grades 7-12, 3:30-4:30 pm.

3D design and printing:

January 13 and 27

Basic computer coding:

February 10 and 24

Raspberry Pi applications:

March 10 and 24

## Teen Writing Club

Award-winning author Leslie Connor (Crunch and Waiting for Normal) returns to lead the Teen Writing Club for students ages 12 to 18. Over the course of this 6-week workshop, learn to develop ideas into finished stories, poetry, lyrics - whatever interests you.

The Teen Writing Club meets on the 1st and 3rd Tuesdays monthly, starting January 20 from 3:30-5:00 pm. Come to one or all, please register.

## Teen Art Lab

Learn new styles and techniques on the 2nd Thursday of each month starting January 8 continuing through May 7, 3:30-5:00. A different guest artist will be at each

meeting to present different techniques and provide feedback. For students in grades 7 to 12, please register.

## Teen Advisory Group

Get involved in your library, earn community service hours, plan library activities, and enjoy snacks! For students in grades 7 to 12, no registration is necessary. For more information, contact Heather Brine at [Teenlibrarian@guilfordfreelibrary.org](mailto:Teenlibrarian@guilfordfreelibrary.org).

## Winter Programs for Children

REGISTRATION for starred (\*\*) programs began on Tuesday, January 6. Register in person or 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

### \*\*ANIMAL EMBASSY-AMAZING

**ADAPTATIONS:** Meet animals from around the world and learn how they have evolved to survive in their different environments with unique adaptations. There will be a tortoise, frog, lizard, snake, and a small mammal such as chinchilla or sugar glider.

Tuesday, January 27, 4 to 5pm  
For children ages 4 and up

**\*\*ROAD TO FREEDOM:** Learn in this fun, interactive story how slaves used quilts as a secret code to find their way through the Underground Railroad to escape to freedom.

Thursday, February 12, 4 to 4:45pm  
For children ages 6 and up

**\*\*CHINESE NEW YEAR:** Celebrate the Chinese New Year with Guilford resident Xiang Gao by reading a special story, making your own Peking Opera mask, and eating Chinese New Year treats.  
Friday, February 20, 4 to 5pm  
For children ages 5 and up

**\*\*SUSAN PEAK MUSICAL SHOW**  
“Creatures of Nature and Magic.” Sing, dance, and clap along to songs about

our animal and imaginary friends, from leprechauns to ladybugs, and let your imagination run free.

Thursday, March 12, 4 to 5pm  
For children ages 3 and up

## Drop-In Programs

Open To All - Registration Not Required

**SNOW-FLAKE CRAFT:** A nice winter craft for all ages. Drop in any time between 9am and 5pm to make your very own snow flake.

Thursday, January 12, 9am to 5pm.  
For all ages.

### THE GREAT CONNECTICUT CAPER:

Gillette Castle has gone missing, and you can help us solve the mystery! Every two weeks, starting Wed., Jan. 14, 4 to 5pm, a different Connecticut author and illustrator will create a new chapter of this adventure, based on the previous chapter and your feedback. Each week, we will read the new chapter together, solve puzzles, and enter the weekly contests to win great prizes.  
January 14 & 28, February 11 & 25, March 11 & 25, April 8 & 22, May 9, 20, & 27, June 10. Ages 9 and up

**TAKE YOUR CHILD TO THE LIBRARY DAY:** Stop into the Children's Room any time on this special day celebrated in all Connecticut libraries. Hear a story, do a craft, and have a cookie!  
Saturday, February 7, 10:30 to 11:30 am & 3 to 4pm. For all ages.

**LEGO® BUILDING CLUB:** Join us on the second Friday each month from 4 to 5pm. We will build theme based projects and put them on display in the children's room.

January 9, February 13, March 13, April 10, May 8, and June 12. For children in Kindergarten and up.

**BOOKS-IN-A-NOOK:** Listen to stories read in a quiet corner of the Children's Room. Community volunteers will read to you from brand new books and the library's special story collection.

Wednesdays, January 14 through March 18, 11:00 to 11:30 am.

For all ages.

### 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 8 through March 19, 11 to 11:30 am. For children ages 3 and up.

### 1000 BOOKS BEFORE

**KINDERGARTEN:** A fun program to promote early literacy. Read books, record titles, receive a book bag, and your children will be set for Kindergarten! Ask for more information at the children's desk. Open to Guilford residents only.

**POP-IN-PLAYTIME:** Parents come! Meet your friends! Let your children play! All in a corner of the Children's Room.  
Tuesdays and Wednesdays, January 13 through March 11, 10:30 to 11:30am.  
For all ages.

Continued on page 12

## 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.

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203-453-9888  
[www.heerenchiro.com](http://www.heerenchiro.com)

## LIBRARY ... continued from page 11

**BOARD GAMES:** Board games are always available. Play your favorite games with friends and family! Battle-ship, Chess, Monopoly, Scrabble Junior, Candy Land and many more. Just ask at the children's desk.

### SERIES

Open to All – Please Register

#### **\*\*NEW! CRAZY 8s MATH CLUB:**

This is not your ordinary math club. Numbers are anything but boring in this new after school program. One session for grades K-2, one for grades 3-5. Kids will jump, play, and build to learn mathematical concepts while having tons of fun.

Mondays, January 26 through March 23, 4 to 5pm for grades K-2 or 5:15 to 6:15pm for grades 3-5.

**\*\*IN-BE-TWEEN:** Join us on the first and third Thursday of each month. January 22 through May 22. Enjoy activities such as robotics, 3-D printing, crafts, and food. 3:30 to 4:30pm. January 22, February 5 & 19, March 5 & 19, April 2 & 16, May 7 & 21 For 5th & 6th graders.

**\*\*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 ages 0 to 5 and their parents/caregivers. Tuesdays, January 20 through March 10 OR Wednesdays, January 21 through March 11, 10:00 to 10:30am

**\*\*BABY TIME:** Meet new friends and engage babies in pre-literacy skills. (Co-Sponsored with Guilford Youth and Family Services.) Mondays, February 23 through March 30, 9:30 to 10:00am. For ages 0 to 11 months & parents.

**\*\*ONE ON ONE:** A playful time with songs, stories and poems led by library staff. Thursdays, February 5 through March 12, 9:30 to 10:00am. For toddlers ages 12 to 23 months & parents.

**\*\*TIME FOR TWOS:** A parent-child introduction to a traditional story time with books, songs, marching and more, led by library staff. Fridays, February 6 through March 13, 9:30 to 10:00am.

For toddlers ages 24 to 36 months.

### 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 6, 10:30am to 12pm For parents, but children are welcome to attend.

### Art Exhibits

#### January

Marion Harrison  
Beverly Schirmeier

#### February

Mark Jankee  
Mary Ann Flick  
Allison Maltese

#### March

Guilford Art League

## Reminder

The Guilford office of The Shoreline Chamber of Commerce is located at 87 Whitfield St. and is open Monday - Thursday from 10 am - 12:30 pm and by appointment.

## Child Development Infoline

1-800-505-7000

Do you have questions or concerns about your child's health, development or behavior? Child Development Infoline (CDI) is a specialized unit of United Way of Connecticut. Care Coordinators are available to answer the phone Monday through Friday from 8 am-6 pm, except on holidays. Messages can be left 24 hours a day, seven days a week, and are returned promptly. This service is free and confidential, with multi-lingual and TTY capacity.

CDI care coordinators provide education on development, behavior management strategies and programs, make referrals to services, and provide advocacy and follow-up as needed. They take great pride in working with families to understand their individual needs, connect them to the best services available, and follow up to ensure their needs

are being met. They are available by phone to help with questions or concerns about:

General child development

Challenging behaviors

Disability and health related issues... and more.

By calling the toll free Child Development Infoline, families, child care, health care and social service providers have access to many of Connecticut's programs and services for children and their families.

# Economic Development

Brian McGlone

Town of Guilford Economic Development Coordinator  
203.453.8071

It cannot seem possible that another year has gone by. Out with 2014 and in with 2015. We had an exciting year in 2014, especially recognizing Guilford Celebrated its 375th Anniversary all year long. There were many events that enabled us to share the wonderful community we all call home. It is not possible to list all of the businesses (and residents and volunteers) who contributed to our success, but we would like to recognize and especially thank our Diamond Level Sponsors: Bishop's Orchards and Market, East River Energy, Guilford Savings Bank, Page Hardware & Appliance Co. and Yale New Haven Hospital.

Vera Wolf Jewelry also had a recent milestone, celebrating 28 years in business, with the past 16 years in Guilford. As part of their celebration, they refreshed the look of their store location at 19 Boston Street. During the 4th quarter, new retailers; Off the Green (home furnishings – 20 Church Street) and The Spice and Tea Exchange of Guilford (80 Whitfield St – former Claywell Jewelers) opened for business. Tenants are beginning to occupy the new commercial center “Holly Hock” (Rt. 1 West / 2470 Boston Post Road). JMM Wellness is the first business opened and they offer personalized weight loss plans.

Also in 2014, we witnessed the completion of the major renovation of the former “Trailblazer” building, located at the corner of Broad and Church Streets. Several local growing businesses have moved their offices into this location, including; Guardian Jet LLC, H. Pearce Realty and William Pitt Sotheby's International Realty. Another Guilford business, Red Rooster Gourmet Cookies, will be moving in by February 2015. Look for this business in the “yellow section” along Church Street. More movement will occur early in 2015 as mediaBOOM will relocate to 32 Church Street (former Wm Pitt office) from their current location at 96 Broad Street. mediaBOOM is an advertising agency and web design company focused on digital marketing solutions. The Safety Zone, located at the corner of Long Hill and Hubbard Roads, recently had a “grand opening celebration”. This recognized the nearly 3 year project to consolidate their world headquarters to Guilford. They currently employ approximately 85 people in Guilford, supporting sales, operations, finance, IT and warehousing for their global customers and other locations.

The Guilford and Branford Chambers of Commerce merged in January 2014, forming the Shoreline Chamber of Commerce. A consolidated Chamber office is located at 764 E. Main Street, Branford (Rt. 1, near Flowerland), just across the Guilford border. A Guilford satellite office is located at 87 Whitfield Street (2nd floor). For more information, call 203-488-5500 or go to [www.shorelinechamberct.com](http://www.shorelinechamberct.com).

2015 will certainly be an exciting year in Guilford. Recent months have included significant road and site preparation for Guilford Commons (aka the Rockpile) which is expected to open during the Fall of 2015. Site work and preliminary planning are underway at 66 High Street, intended to be renovated from an industrial site to an upscale condominium complex. And we should see several other projects early in 2015 that will positively impact our business community while providing products and services requested by Guilford residents... Stay tuned!

Town of Guilford  
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# GUILFORD TOWN HALL DIRECTORY

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

DEPARTMENT	EMPLOYEE / TITLE / ADDRESS	PHONE	E-MAIL
ASSESSOR	Ed Corapinski, Assessor, Town Hall - 31 Park Street	453-8010	corapinski@ci.guilford.ct.us
BUILDING	William Thody, Building Official, Town Hall South - 50 Boston Street	453-8029	thodyw@ci.guilford.ct.us
ECONOMIC DEVELOPMENT	Brian McGlone, Economic Development Coordinator, Town Hall - 31 Park Street	453-8071	mcdgloneb@ci.guilford.ct.us
ENGINEERING	James Portley, Town Engineer/Facilities Mgr. Town Hall South - 50 Boston Street	453-8029	portleyj@ci.guilford.ct.us
ENVIRONMENTAL PLANNING	Kevin Magee, Environmental Planner, Town Hall South - 50 Boston Street	453-8146	mageek@ci.guilford.ct.us
FINANCE	Sheila Villano, Finance Director, Town Hall - 31 Park Street	453-8027	villanos@ci.guilford.ct.us
FIRE	Charles Herrschaft, Fire Chief/Fire Marshal, Fire Headquarters - 390 Church Street	453-8056	gfd10@guilfordfire.com
GUILFORD LAKES GOLF COURSE	Ted Tighe, Golf Course Superintendent, 200 North Madison Road	453-8217	guilford_lakes@hotmail.com
HEALTH	Dennis Johnson, Director of Health, Town Hall South - 50 Boston Street	453-8118	johnsond@ci.guilford.ct.us
HOUSING AUTHORITY	Guilford Court - 32 Guilford Court Boston Terrace - 41 Boston Terrace Sachem Hollow - 310 State Street	453-4760 453-4760 453-4760	
HUMAN RESOURCES	Mitch Goldblatt, Director of Human Resources, Town Hall - 31 Park Street	453-8075	goldblattm@ci.guilford.ct.us
LEGAL/PURCHASING	Pamela Millman, In-House Counsel/Purchasing, Town Hall - 31 Park Street	453-8015	millmanp@ci.guilford.ct.us
LIBRARY	Sandy Ruoff, Library Director, Guilford Free Library - 67 Park Street	453-8282	sruoff@guilfordfreelibrary.org
MARINA	Rod McLennan, Dockmaster	453-8092	townmarina@att.net
PARKS & RECREATION	Rick Maynard, Park & Rec Director, Community Center - 32 Church Street	453-8068	maynardr@ci.guilford.ct.us
PLANNING & ZONING	George Kral, Town Planner, Town Hall South- 50 Boston Street Regina Reid, Zoning Enforcement Officer - Wetlands	453-8039 453-8039	kralg@ci.guilford.ct.us reidr@ci.guilford.ct.us
POLICE	Tom Terribile, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	terribilet@ci.guilford.ct.us
PUBLIC WORKS	Tom Fillion, Highway Superintendent, Public Works Garage - 47 Driveway	453-8081	filliont@ci.guilford.ct.us
REGISTRAR OF VOTERS	(D) Louise Graver, Registrar, Town Hall- 31 Park Street (R) Gloria Nemczuk, 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

# Parks and Recreation

The Guilford Parks and Recreation Department is currently accepting registration for the Winter session. You can browse programs or view a copy of the Winter Brochure at [www.guilford-parkrec.com](http://www.guilford-parkrec.com). There are programs for all ages, preschool through adult 55+. New programs include adult guitar lessons, archery, chess, cartooning and quilting.

## MARK YOUR CALENDAR

**Special Event:** Winter Wonderland is scheduled for Tuesday, February 17 from 12:00-3:00 p.m. at the Community Center. The event will include: DJ, face painting, tattoos, moon bounces, safari animal rides, horse drawn carriage rides, and more! Wristbands are \$5.00 each; they can be purchased in the office or online. Program #11110. Concessions will also be available for purchase.

## ICE SKATING AT MILL POND

Ice skating is weather dependent. If there is sufficient ice

(measured daily) an announcement will be posted on the Town facebook page, Town website and Parks and Recreation website. Please **DO NOT** utilize Mil Pond unless we are open!

The hours are as follows:

Weekdays	3:00 pm - 8:00pm
Saturday	10:00 am - 8:00pm
Sunday	12:00 pm - 8:00pm
No school	10:00 am - 8:00pm

Bring your own skates! We will have skate guards and a fire to keep you warm!

If you have an idea for a new program or questions about upcoming programs/events please feel free to contact the Parks and Recreation Department at (203)453-8068.

# Elderly Tax Relief

Edmund Corapinski, Assessor  
203-453-8010

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

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

The homeowner must have owned the property as of October 1, 2014.

The homeowner must be at least 65 years of age as of December 31, 2014 or was receiving 100% disability benefits from Social Security as of that date;  
The homeowner must have lived in Connecticut for at least one year;  
The homeowner must not be receiving tax relief from any other town or state;

The homeowner must occupy the property as their principal residence.

## 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 \$34,600 for a single individual or \$42,200 for a married couple.

## TAX DEFERRAL

A.K.A. GSTRP (TOWN PROGRAM)

This program allows you to "defer" up to 75% of your taxes (depending upon income) until either the property is transferred or at the time of your death (at which time the taxes must be re-paid with interest). The deferred taxes constitute a lien on your property.

The homeowner must have income (including social security) of not more than \$36,600 for a single individual or \$44,200 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 homeowner, if eligible, must be on the State Program known as Circuit Breaker (see previous);

The homeowner must not owe any taxes (including motor vehicles);  
The homeowner cannot be on both the Town's Tax Deferral and this program; and  
The homeowner's income is based upon residency (as follows):

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

# Shoreline Chamber of Commerce

## 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 Liver Foundation

Through Chowder Challenge for a Cause: donation to the Marisa Meritolo Foundation for Cancer

Sponsor of the Rotary Golf Tournament

Scholarship for high school student

Helps in sponsoring the Guilford Holiday Tree lighting

Coordinates the Guilford Sidewalk Sale

Donation to the Dan Cosgrove Animal Shelter

Campaign for Toys for Tots at holiday time

## Member Services:

Women in Business – 6 programs, covering a wide variety of subjects, including Open Networking, Take Charge of Your Financial Future and Domestic Violence, to name a few.

Business After Hours – a monthly networking event, each month held at a different member location.

Ribbon Cuttings – for any new member location. Photos and member information appear in local newspapers

Business of the Month – highlighted in local newspapers. Each article contains photos and information on the member business.

Men in Business – a quarterly event, featuring speakers on a range of subjects.

The Chili Challenge is a great time for the community. The event is held on Main Street in Branford – the next is on March 28, 2015. Chili lovers take note:

almost 600 attended the event in 2014, many visiting from other parts of CT as well as out of state.

The Chowder Challenge is a new event held on the Green in Guilford. Our first challenge was held in early fall of 2014 and attracted 350 participants.

Fashion's Night Out is an event full of fun, food, beautiful clothing displayed in runway fashion, plus booths from several local retailers.

The Wellness Committee offers many great programs throughout the year.

These are but a few of the endeavors that the Chamber has embraced to help the Shoreline be a better place to work, live and play.

For information on our many other programs, events and support go to [www.shorelinechamberct.com](http://www.shorelinechamberct.com).

## Do you have “Normal” Headaches?

If you have a headache, you are not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea. What you need to realize is there are no “normal” headaches. It's not normal for your head to hurt and you need to determine the cause of the headache and not just try and reduce it with medication.

Did you know that one of the most common forms of headache is actually caused by problems in your neck? Some other causes may be due to stress, trauma, nutritional sensitivities or deficiencies.

The alignment in your neck (cervical spine) can be altered or misaligned easily for a variety of reasons. Trauma such as an automobile accident, concussion, taking a fall or a sports injury can quickly and abruptly alter the normal alignment in your neck. Repetitive motions such as texting, poor posture, computer work, reading or watching T.V. in bed with your head propped up will gradually alter your normal alignment over time. Once the alignment is altered, abnormal stress is placed on the vertebrae,

discs, joints, and nerves in the neck. Muscles that attach in your mid and upper back and shoulders that hold your neck in place often times are under greater stress trying to hold your neck in this abnormal alignment. Not only can these misalignments be the cause of many headaches, if left uncorrected they can also cause osteoarthritis or degenerative joint disease.

“A report released in 2001 by researchers at Duke University Evidence-Based Practice Center in Durham, N.C., found that spinal adjustments resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.”

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

Dr. Paul E. Heeren  
HEEREN Family Chiropractic Center

# SARAH, Inc.



SARAH Inc., founded in 1957 by three Guilford families, provides programs and services to children and adults with differing abilities. Since its humble beginnings, SARAH Inc. has come a long way and has expanded its reach to enhance the skills and enrich the lives of hundreds of individuals across the state and across generations.

A major focus of SARAH Inc.'s services is to provide meaningful work opportunities for SARAH supported workers. Today, 125 supported workers are employed in retail, manufacturing, and other industries with dozens of community business partners; doing real work for real pay. In Guilford, some of these businesses include Bishop's Orchards Farm Market & Winery, Safety Zone, Ocean Marketing, Guilford Savings Bank, and Big Y Supermarket.

Continuing the innovative traditions of our founders, SARAH created "SARAH Recycles", a supported work program that supports our community by collecting donated refundable bottles and cans and turning those nickels into paychecks for SARAH supported workers. The Guilford community has embraced SARAH Recycles to help grow this program significantly. You can donate your bottles and cans at any of our large recycle bins located at Bishop's Orchards Farm Market & Winery, St. George Church, the Guilford Town Dock, and the Guilford Transfer Station. In addition, smaller "office style" bins are located in dozens of local businesses.

SARAH Inc. recently received a generous grant from the Alcoa Foundation to expand SARAH Recycles and, with the help of

Alcoa and the Guilford community's commitment, the recycle program has quadrupled in size. In the fiscal year 2013-2014, SARAH Recycles collected and processed over 900,000 donated refundable cans and bottles!

With the success of SARAH Recycles, SARAH Inc. recently opened the SARAH Redemption Center, an LLC in the CVS shopping center on Rt. 80 in East Haven. This is our new retail endeavor and a natural extension of SARAH Recycles where customers can redeem their own refundable bottles and cans. The SARAH Redemption Center provides jobs and helps the local economy while protecting the environment by encouraging recycling.

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!

To learn more about SARAH Inc., SARAH Recycles, and how you can help visit [sarah-inc.org](http://sarah-inc.org).

Laura Andrews  
Marketing and Communications Coordinator,  
SARAH, Inc.

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In 2006, Dr. Vincent Michael, of Michael Dental Care in Guilford, proudly opened his doors realizing a vision. The vision was to change patients' perceptions of dentistry on many levels. Dr. Michael said, "I'm breaking the mold of the typical dental office from the smell to the sensations. Dentistry has changed and I want people to experience all the positive technologies of modern dentistry – especially those making patient care easier, more comfortable and more relaxing."

Designed from the ground up, this modern dental office nestled in the Guilford Gatehouse gained inspiration from the surrounding seaside beauty and elegance of the shoreline. Its spacious dental suites are focused on patient care and comfort, employing soothing décor, aromatherapy, massaging dental chairs and silent drills. Environmentally conscious as well, Michael selected mercury-free dental materials, chemical-less digital x-ray systems and efficient mechanical items.

Dr. Michael went on and explained, "I love dentistry because I am able to see the positive changes I can bring to a patient's life by improving their smile and dental health. People understand the importance of a great smile: it's engaging, it's heartwarming, it's outgoing, it's exciting. We laugh, love and communicate with our smile and we use our teeth all of the time. And the last time I checked, the mouth is connected to the rest of the body, so great dental health improves our overall health." His passion and dedication to the profession are clear – he has been awarded fellowship honors in local and international dental societies, as well

as teaching part-time at UCONN dental school and volunteering at CT Mission of Mercy. Why the efforts? Michael responded, "I feel a true obligation to be the best that I can be for my patients, not only to educate and treat as their dentist, but also to provide them with a comfortable, high-tech dental home. Modern dentistry offers so many patient benefits and I help people experience them here in my office"

Michael Dental Care offers dental services for the whole family ranging from routine cleanings and checkups to rejuvenating cosmetic makeovers. You are able to watch TV or listen to Sirius radio during appointments. Straighten teeth with Invisalign's clear braces, whiten teeth with Zoom Whitespeed, repair teeth with dental implants, metal-free fillings and crowns: "No Problem", Michael states with a smile. "It's our pleasure to meet the needs of our patients in a comfortable, personalized, relaxed environment." Michael Dental is accepting new patients, please call to schedule an appointment.

**Michael Dental Care**  
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in the West Wing of the Guilford Gatehouse complex.  
[www.michaeldentalcare.net](http://www.michaeldentalcare.net), and check out our Facebook page.

*Happy New Year*

*from all of us at Events Magazines  
and Essex Printing*

# Timberland Trail

## 20-Year Old Trail System Receives a Make-over

Hikers in Guilford's 598-acre Timberland forest will start noticing some changes. The Land Stewardship Committee – a standing committee under the auspices of the Conservation Commission – recently enacted a plan to modify the trail system, to make it easier for visitors to navigate and for volunteers to maintain.

About one mile of the forest preserve's fifteen miles of trail has been abandoned or re-routed, and all trails are receiving an update of their colored markings, or blazes. "It was agreed there were some unnecessary paths and turns," said Bill Johnson, the LSC's current Chairman. "There was confusion among hikers and a burden on our entirely volunteer trail crew to keep all of them open."

The longest path, the White Trail - which leads from Route 80 all the way to Guilford Lakes School – changed direction too often, said Johnson. "So we created a bypass, and marked the section that was removed as an alternate loop."

Another factor was the recent addition of the New England National Scenic Trail (NET). It coincides with several of Timberland's existing paths, on its way from New Hampshire to Long Island Sound. The NET is designated with the pale blue blazes of the Connecticut Forest & Park Association (CFPA). Therefore hikers will often see two different color blazes on the same stretch of trail. The NET also required roughly a half mile of new trail to be cut, to bring the route out on to North Madison Road.

"We're trying our best to make things look tidy, and avoid a confusing or distracting array of markings," said Johnson. "It's a tall order in a trail system with so many intersections

and blaze colors. It's always a work in progress."

Other aspects of the project included installation of kiosks and new signage at trailheads, and the publication of a new trail map to reflect the changes. "The new trail map is a joint effort between the Town and CFPA," said Johnson. "It is a standard design used at other trailheads on the NET, yet it presents information unique to the trail's 'host' property. It is now posted on the kiosks at several Timberland trailheads."

The map can be downloaded to hikers' Smartphones by way of a "Q-code" emblazoned on the map. It is also available from the Town website, and print versions will be stocked at Town Hall and other locations in the near future.

Contributors to the development of the Timberland trail system since its inception in 1994 will be credited in a companion text, to be posted alongside the maps, and online, said Johnson. "And we are also working on a detailed Guide to Timberland Preserve, to offer trail descriptions, natural history, and interpretive information."

More volunteers are needed to maintain Timberland Trails in top shape. And there are current vacancies on the Land Stewardship Committee, which meets bi-monthly on Mondays in the Community Center. Interested persons should contact the Environmental Planner, Kevin Magee, at 453-8074 or [mageek@ci.guilford.ct.us](mailto:mageek@ci.guilford.ct.us).

Bill Johnson  
Conservation Commissions and  
Land Stewardship Committee



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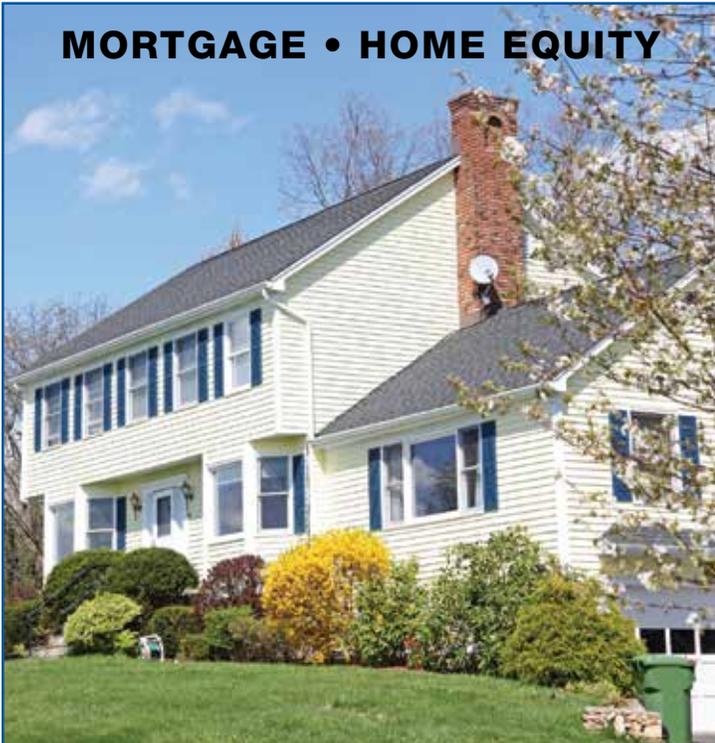
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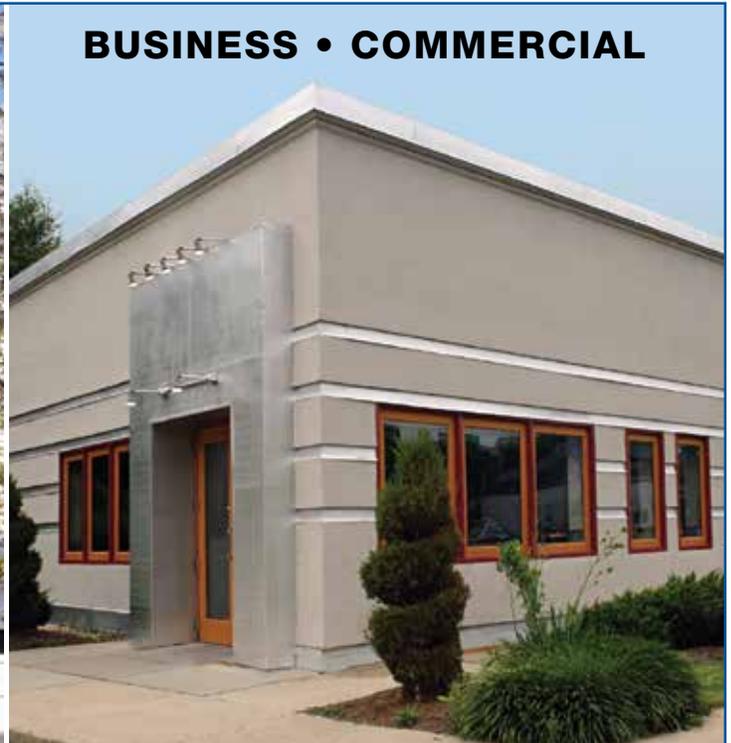
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