

Guilford



Events

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Volume 3 • Quarter 2 • 2014



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First Selectman's Corner

It has been a difficult and harsh winter, but we are finally on our way to Spring. This winter caused a tremendous amount of stress on our Public Works Department that had to deal with almost 60 inches of snow and ice. As a result we have exceeded the overtime and materials accounts in the Public Works budget by over \$48,000. In spite of the tough winter I want to congratulate the Public Works Department for its tremendous efforts in keeping the roads safe and keeping the need for school closings to a minimum.

This is the year of our 375th Anniversary Celebration. The first signature event was held on December 31st, which included a town photo on the Guilford Green, and various activities at the Community Center as well as a number of concerts at the churches. The evening concluded with a bonfire on the Green and a fabulous fireworks display. The second major event was the Crystal Ball that took place March 29 at the Pine Orchard Yacht & Country Club in Branford. Future events include "Guilford and the Civil War: A Day of Tribute" taking place May 31 on the Town Green, the Covenant Signing/Trail Weekend June 6-8, and the Fife and Drum Muster in October at the Fairgrounds.

On the Economic Development front, 66 High Street (former location of Clinipad) was sold last fall to a developer who is tentatively planning to renovate the building to accommodate condominiums. The Planning and Zoning Commission has

also approved an application for the development of Patriot Medical Center on the old Fonicello Nursery Property where a two building medical park will be constructed.

I am happy to report that the Board of Selectmen approved a new four year contract with the Local 356, Council 15, AFSCME, AFL-CIO, which represents the Guilford Police Officers.

The four year contract which runs through June 30, 2016, is retroactive to July 1, 2012. This agreement establishes a 401(a) Defined Contribution Retirement plan for new officers hired on or after July 1, 2014.

On March 6 the Board of Finance approved a combined Board of Selectmen/Board of Education budget for Fiscal 2014-2015 in the amount of \$88,008,456, which represents a 3.09% increase over the current budget. Both budgets were affected by a 15% increase in medical costs. This hike in medical insurance represents 42% of the increase in the Board of Selectmen budget and 82 percent of the Board of Education budget increase. The budget referendum was scheduled for April 8th.



Joseph Mazza
First Selectman

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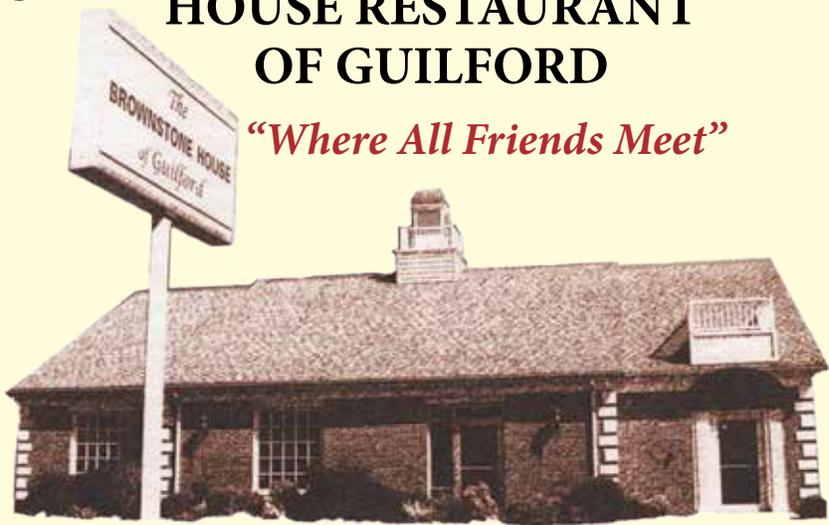


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Leisure & Recreation in Guilford: Then & Now

“There wasn’t much to do in Guilford when I was growing up in the 70’s. Trust me on that. Guilford was an agricultural town, and recreation as we think of it now didn’t exist too much for most of its history, except maybe for those who rowed the Lake or sailed the Sound (cover photo) as part of the summer community. We were always 50 years behind New Haven. I remember when Friendly’s and McDonald’s first came to town. We were like, ‘Ohh, ahh, we’ve arrived!’ Now we had somewhere to go after the one movie theatre in town. In North Guilford, we worked around the farms, picking corn for a buck a bag, bailing hay, then stopping at The Little Store for penny candy. Organized recreation didn’t really take shape until the end of the decade - when the 39-mile Westwood Trails system started picking up traffic, and Parks and Recreation acquired Jacobs Beach and Lake Quonnipaug, They’ve been building out ever since.”

- Edwin Bartlett, lifetime Guilford resident and producer of CTOutandAbout.com

Just imagine. When the 25 men aboard the Saint John that sailed from England to New Haven signed the Plantation Covenant in June 1639 to join together, “to plant [themselves] in New England,” they had one thought in mind: survival. Little did they know that 375 years later, the land they planted themselves in - Guilford, Connecticut - would be so much...fun! Leisure and recreational activities may have taken a long time to hit our town, but these last 40 years have certainly put Guilford on the tourist map, for locals and travelers far and wide. So what does “fun” look like in Guilford today? How’s about 319 acres of preserved parks and beaches that include: Jacobs Beach, Lake Quonnipaug, Bittner Park, Peddlers Park, Chittenden Park, Mill Pond, Chaffinch Island, Long Hill Park, the Guilford Marina, Grass Island, Shell Beach, and the Guilford Green. Or 1,435 miles of hiking trails - a breathtakingly large amount of open land space for any New England town - winding through the Timberlands, Northwoods, and Westwoods trail systems.

In the fall you can pick your own apples and pumpkins at Bishop’s Orchards, and in the winter you can warm up with a tour of the largest single-span greenhouse in America at Roses for Autism at the Pinchbeck Farm. There’s the annual Christmas Tree Lighting on the Green in December, and the Annual Shoreline Jewish Festival in August. The historic Guilford Green is also the site where lawn chairs (and people in them) line up for Shakespeare on the Shoreline on summer evenings, and Guilford Art Center’s Craft Expo, one of the oldest and finest outdoor craft shows in the Northeast, takes place every July.

In autumn, the circus comes to town (now how many towns can say that!) for the Guilford Fair - the second oldest agricultural fair in Connecticut. For 125 years the Guilford Fair has been a celebration of the harvest and remains one of the major social events in town. You may have also visited the Guilford Fairgrounds during the Shoreline’s first Oktoberfest, and for Guilford’s annual Robin Hood and Taste of the Shoreline festivals.

Prefer an educational twist to your spare time? Guilford’s renown Historic Walking Tours follow two miles, with stops at the home site of a popular 19th century poet, six homes on the

National Register of Historic Places, and tales of Indian Wars, New England slavery, abolitionists, and religious revolts all along the way. Guilford has preserved the most pre-Revolutionary War homes in the Northeast, including the oldest stone house in New England, the Henry Whitfield House.

And finally, there’s always the arts - pastimes that are timeless. Poetry readings. Local art exhibits adorning local coffee shops. Summer concerts on the Green. Plus Quilting Bees and Spelling Bees. Parades. Fireworks. Church Dinners. And more. This year, there are two extraordinary, once-in-a-lifetime spring events you won’t want to miss in celebration of Guilford’s 375 years since the signing of the Plantation Covenant aboard the St. John:

First, there’s Guilford & the Civil War on May 31, when a town-wide re-enactment of Civil War life (not War, Life!) will take place on the Green, complete with an encampment, orators, horse rides, period music, and a dynamic evening concert.

Then the following weekend, celebrate the signing of Guilford’s original covenant (June 7) and the Dedication of the New England Trail’s Southern Gateway (June 8) on Covenant/Trail Weekend, when hikes, historic walks, the annual Little Folks Fair, and much more will welcome Spring to the Green in 2014!

For more on Guilford’s leisure and recreation Then & Now, and to share your own stories about having fun in Guilford, go to: guilfordct375.org/recreation.

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









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Guilford and the Civil War: A Day of Tribute



Civil War Photo By Karen Purrone

History comes alive when *Guilford and the Civil War: A Day of Tribute* takes place on the Guilford Green on Saturday, May 31st, from 11 am to 7 pm. The Guilford 375th Anniversary Signature Event commemorates the Civil War, in which more Guilford townspeople fought than in any other war.

The names of 56 of these soldiers are inscribed on the pink and gray granite soldiers' monument that stands in the middle of the Guilford Green. There is nothing unique about the monument itself, for it is similar to other Civil War monuments - some with infantrymen, some with obelisks - that pepper all the New England states. However, what is important about the monument is that it focuses attention on soldiers who fought and gave their lives in the deadliest war in American history. For the celebration, a kiosk will be erected on the Guilford Green, where visitors will find a wealth of information about some of the soldiers whose names are listed on the monument, as well as on others whose names are not.

Throughout history, virtually no family has escaped the pain of war, and Guilford is no different. As sons, fathers, brothers, friends and neighbors marched off to Civil War battles, the entire Guilford community rallied behind them, offering care and support. The women of the Soldier's Aid Society made socks, quilts, jellies, barrels of vegetables and other items, which were sent to soldiers or brought to them by the Reverend William S. Smith and other Guilford men. Today, Guilford continues to recognize the contributions of its servicemen and servicewomen. The Guilford 375th Anniversary Committee will provide a complimentary copy of its keepsake commemorative book, *375 Years of Guilford, Connecticut 1639 - 2014*, to each one and to their families. Through their "Cookies for Heroes" program, Girl Scouts from Guilford collect money for cookies to send to those in military service. They also encourage residents to write letters to them.

Education and Fun for the Entire Family

Although *Guilford and the Civil War: A Day of Tribute* "commemorates a serious time in history, the event is packed with education and fun for you and your entire family. Here are some things you can do:

- Visit an encampment on the Green, where 20 - 40 reenactors from Company F, Fourteenth Connecticut Volunteer Infantry, headed by Irving Moy, will provide a look into the life of a Civil War soldier.
- Stop in at the First Church of Christ Scientist, originally built as an abolitionist church, and listen to short plays depicting stories told by Guilford residents of the time.
- Meet Toby Armour, the playwright who wrote the works being performed at the First Church of Christ Scientist.
- Take in a program of musical and dance performances developed by Guilford resident William Boughton, Music Director and Principal Conductor of the New Haven Symphony Orchestra.
- Travel up Park Street in an 1850's-style, two-to-four person horse-drawn carriage, supplied by Allegra Farms.
- Climb up onto a 16-person hay wagon pulled by two horses and make yourself comfortable as you journey along Boston Street from the Bethel Assembly of God Church to the Thomas Griswold House and the Hyland House Museum.
- Ride the Guilford Preservation Alliance bus, available at a minimal charge, along a route that highlights historic buildings and homes once occupied by Civil War soldiers.
- Stop at the Dudley Farm open-air market on the Green, which will offer baked goods and handmade items for sale.
- Relax with the kids. There'll be games on the Green, as well as picnic tables where they can color and enjoy a snack.
- Take a look at a large, seven-by-two-foot map of Guilford displayed on the Green that identifies the homes of over 100 soldiers. Do you know if a soldier ever lived in your home?

Continued on page 6

Events

MAGAZINES



Guilford Events

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Guilford and the Civil War ... continued from page 5

Guilford and the Civil War: A Day of Tribute is possible only because the 375th Civil War Committee volunteers have dedicated hundreds of hours to making it happen. These men and women have devoted their time, effort and skills to providing the Town of Guilford, its residents and their friends with a day they will long remember. They are:

- Toby Armour
- Edie Brown, Co-Chair
- William Boughton
- Kandie Carle
- Brian McGlone, Co-Chair
- Tara Melvin
- Pat Souney
- Sandy Stoddard
- Tracy Tomaselli

Additionally, many other people and organizations, too numerous to mention individually, provided assistance to the committee members.

Roberta W. Flannery
 375th Anniversary Committee

Voter Registration Information

We have sent out over 1700 letters to people we have reason to believe no longer live and vote in Guilford. If you are one of those 1700 voters who have received a letter from our office confirming your voting address, it is imperative that you read AND return the letter to our office telling us of your residential status. If we do not hear from you, your voting status will change from 'active' to 'inactive' in our Guilford Voter Registry. We cannot overemphasize the importance of responding to these letters.

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Contact Information:

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375 Years of Guilford, Connecticut 1639 - 2014 is available at Bishop's Orchard's, Breakwater Books, Community Center, Guilford Town Hall, Page Hardware & Appliance Co., Royal Printing Services, Sachem Card & Party and online at guilfordct375.org. Suggested donation for the book is \$10.

Roberta W. Flannery

375th Anniversary Committee

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Assessor's Office

Elderly tax relief applications will be taken in the Assessor's Office, between February 3rd and May 15th 2014 during the hours of 9:00 am and 4:00 pm, Monday through Friday. If you are unable to come in, an agent of your choice may file on your behalf. Please bring all proofs of income for both spouses (for the year 2013), including (but not limited to) your Federal Income Tax Return (if you file or will file), your Social Security (SSA-1099 Form) annual statements, statements of pension, interest or dividends, etc. All information must be in English and U.S. dollars.

Please visit the Town's website for more information: www.ci.guilford.ct.us/assessor.htm

HOMEOWNERS PROGRAM, A.K.A. CIRCUIT BREAKER (STATE PROGRAM)

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

The basic requirements are as follows:

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date;

The homeowner must have lived in Connecticut for at least one year;

The homeowner must not be receiving tax relief from any other town or state;

The homeowner must occupy the property as their principal residence; and

The homeowner must have income (including Social Security) of not more than \$34,100 for a single individual or \$41,600 for a married couple.

TAX DEFERRAL, A.K.A. GSTRP (TOWN PROGRAM)

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

The basic requirements are as follows:

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from social security as of that date;

The homeowner must have lived in Connecticut for at least one year;

The homeowner must not be receiving tax relief from any other town or state;

The homeowner must occupy the property as their principal residence; and

The homeowner must have income (including social security) of not more than \$36,100 for a single individual or \$43,600 for a married couple.

ELDERLY TAX RELIEF PROGRAM, A.K.A. ETRP (TOWN PROGRAM)

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

The basic requirements are as follows:

The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date;

The homeowner must have lived in Guilford for at least one year;

The homeowner must occupy the property as their principal residence;

The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see previous Homeowners Program);

The homeowner must not owe any taxes (including motor vehicles);

The homeowner must not be receiving tax relief from any other town or state;

The homeowner cannot be on both the town's tax deferral and this program; and

The homeowner's income is based upon residency (as follows):

YEARS OF RESIDENCY	SINGLE	MARRIED
1 TO 4 YEARS	\$29,600	\$36,000
5 TO 8 YEARS	\$44,500	\$54,000
9 TO 20 YEARS	\$62,500	\$75,000
21+ YEARS	\$79,000	\$95,000

Edmund Corapinski, Assessor

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Historic Guilford

Historic Guilford continues to grow our Yankee Magazine "Best of New England" Walking Tours for the third year. We have added the Historic Guilford Bus Tours, a new Walking Tour, and a new schedule. We are dedicating ourselves to continue to providing opportunities for visitors to experience the great history around every corner of our scenic town. We will also continue to draw customers to our merchants, visitors to our house museums and art galleries, and create jobs for our talented high school students.

Megan Vanacore, decorated Girl Scout and Walking Tour guide has developed a town-wide bus tour that folks can reserve a seat on throughout the summer.

Another new product this year is a shortened around-the-Green tour that will be more focused on the Historic Guilford Green and its environs. We hope it will make the downtown

tours more accessible to young families and the young at heart who would prefer a tour that lasts a little under an hour.

We look forward to working with the local community for sponsorship of the tours so we can further develop our website and outreach to local and regional visitors. With the almost 30 million visitors to Boston and 55 million to New York City last year, we hope to attract a few of them to our historic town. This fall, the Guilford Preservation Alliance will unveil a kiosk to better facilitate visitors' experiences in Guilford.

To find out more details about both the bus and walking tours starting June 7th through Labor Day Weekend, or new sponsorship opportunities, please visit our website at www.HistoricGuilford.org, visit us on Facebook at Historic-Guilford, or call us at (203) 233-1026.

Dennis Culliton, Historic Guilford

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Shoreline Chamber of Commerce: Guilford-Branford Alliance

The snow is behind us and Spring is in the air! It's a great time to rediscover the Town Green and visit the many shops and restaurants; go for a hike on one of the town's many trails or spend some time down by the water enjoying the ever-changing shoreline.

Although some of us don't think of our fair town as a tourist destination - it is! We all recognize the increase in traffic once the warmer months roll around signaling the arrival of guests who want to enjoy the wonders of Guilford. Some come for a day and some stay for the summer months but they all have one thing in common - they marvel at the "Guilford Experience."

It might be fun to think of yourself as a visitor to town and sample some of the great things that bring people back to Guilford year after year! So here are some suggestions of great things to try and fun places to visit in the Spring:

- Take a Segway Tour – The tour includes a training session and a guided tour (203-453-5799)
- Float your troubles away at Surrender to the Float, Guilford's first Float Spa (203-506-9142)

Visit the five historic Guilford Museums and see what makes each one special. These buildings represent life in Guilford spanning from 1639 to 1844.

Stop into Greene Art Gallery. The sign for this gallery is seen in almost every tourist publication for Connecticut and we are fortunate enough to have it right here. Stop in, say hi and learn about the amazing art. (203-453-4162)

Take a historic Guilford Walking Tour. They start from the Town Hall on Saturdays and Sundays and there are two different ones to choose from, one on the history of Guilford and

the other on the architecture of the historic district (www.HistoricGuilfordWalkingTours.org)

Take a cruise with Grass Island Cruises to get a different perspective of the shoreline (203-245-7208)

Guilford is also home to CtBikeTours.com which offers a customized bike ride and boat tour (203-856-7263)

This is why visitors love Guilford and we do, too. Don't forget to leave a copy of *Guilford Events Magazine* in your guest room so your visitors will have all of the up-to-date information about what is happening.

Springtime is a great time to use GUILFORD DOLLAR\$ as a gift ... teachers, coaches, tutors, weddings, anniversaries - for sale at the Chamber of Commerce Guilford Office (1300 Boston Post Road, Strawberry Hill Shopping Plaza), in denominations of \$10, \$25 and \$50 checks. Each purchase comes with a list of participating merchants. Shop local!

Help celebrate Guilford's 375th anniversary! Many local businesses will be showing their support by highlighting something that screams "Guilford!" Be sure to show your love of our town by buying some commemorative items. As Guilford celebrates its 375th, the newly formed SHORELINE CHAMBER OF COMMERCE, GUILFORD-BRANFORD ALLIANCE is enjoying its first year as the largest chamber on the shoreline, now more than 650 members strong. So remember, shop local, support local - these are the businesses that support all your community activities.

Ed Lazarus, Chamber of Commerce President
Janet Testa, Vice President

"Home Alone" Program

Guilford Youth & Family Services and the Guilford Police Department are co-sponsoring several "HOME ALONE" sessions. The Home Alone Program is a safety course for Guilford youth ages 9 and older. Two dates still have openings this spring: Thursday, April 10 and Thursday, May 22. The program runs 4:00 – 6:00 pm at the Guilford Police Dept. Meeting Room. Students will learn ways to feel more

comfortable when home alone; how to prevent accidents, handle emergencies, internet safety and more. There is a \$5.00 fee to cover the cost of dinner and scholarships are available. Registration is required as space is limited to 18 students per class. Contact GY&FS at 36 Graves Avenue, Guilford, 203-453-8047 for registration a form for the date your child is able to attend!

The Epilepsy Foundation of Connecticut

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

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

Guilford, Connecticut 06437.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

Jacob's Beach Boardwalk

The Parks and Recreation Department is looking forward to the spring and summer seasons at Jacobs Beach Park. Phase 2 of the park improvements were completed this winter. Visitors will be able to walk along the beach on the new boardwalk that stretches from the showers and water fountain at the bath house area to the water fountain, near the playground.

This attractive boardwalk not only enhances the beauty of Jacobs Beach Park, but it provides access for people with disabilities and for parents with young children in strollers.

The Parks and Recreation Commission is in the process of selecting benches and Adirondack chairs, to be placed along the boardwalk. People interested in purchasing a bench or Adirondack chair should contact the Parks and Recreation Department.

The Department is also working with the Connecticut Forest and Park Association and the National Park Service to build a boardwalk in Chittenden Park, to cross the marsh from the edge of the grass field to the beach. There will be a platform at the end of the boardwalk offering a place to sit



and view beautiful Long Island Sound. The boardwalk will be the gateway to the New England National Scenic Trail, a new national trail extending 215 miles from our shoreline to New Hampshire. A dedication of this trail will take place on June 8, as part of the town's 375th anniversary celebration.

*Rick Maynard
Parks and Recreation Director*

DUB4U is a non-profit charitable organization. This is a free program formed to support those in need of obtaining incontinence wear. www.dub4u.org or 860.383.2290

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The Hyland House Museum



The Hyland House Museum is a living museum of 17th and 18th century life, art, and architecture in Guilford. In 2014, we are proud to be celebrating our 96th year as one of New England's oldest colonial house museums. This year, as we have for almost one hundred years, we will welcome many visitors, and we hope that you are among them!

Early Guilford Days - May

This May, as they have every spring since 1993, fourth graders from all the Guilford public elementary schools will participate in Early Guilford Days at the House. Directors Teresa Buchanan and Linda Reich work closely with the town's teachers and volunteers to make this program come to life every year. It's a highlight of the school year for many children and a memorable introduction to our town's history. The PTOs of A.W. Cox, Calvin Leete, Guilford Lakes, and Melissa Jones and the Guilford Preservation Alliance generously fund the Early Guilford Days.

Connecticut Open House Day - June 14

Cultural institutions across the state will welcome visitors in celebration of our state's culture and history. The Hyland House will offer free admission. For more information on Open House Day, visit ctvisit.com.

Early Guilford Days Family Festival - June 28-29

This year, in celebration of Guilford's 375th anniversary, we are expanding Early Guilford Days beyond its public school audience. Guilford's five historic house museums will be hosting an Early Guilford Days Family Festival, a two-day long event open to everyone in the community.

Each museum will be featuring a colonial activity. At the Hyland House, docent Sue Kowalski will be demonstrating hearth cooking - and offering some free samples. This will be a fun day for families and a wonderful way to explore our history. Hours at the Hyland House are Saturday, 11-4, and Sunday, 12-4. Free admission for children. Adult admission during the Festival is \$3.75.

For more information, please visit www.hylandhouse.org

GUILFORD COMMUNITY LISTINGS

CHURCHES

- Bethel Assembly of God.....203-453-5171
- Christ Episcopal Church203-453-2279
- First Church of Christ Scientist203-453-9175
- 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 Center203-453-5947
- Guilford Chamber of Commerce....203-453-9677

- Guilford Garden Club.....203-453-5203
- Guilford Land Conservation Trust ..203-457-9253
- Leete's Island Garden Club203-453-3884
- Women and Family Life Center.....203-453-6699

LIBRARY

- Guilford Free Library203-453-8282

MUSEUMS

- Henry Whitfield State Museum203-453-2457
- The Dudley Farm Museum203-457-0770
- The Hyland House203-453-9477
- Medad Stone Tavern.....203-453-2263
- Thomas Griswold House.....203-453-2263

POST OFFICE

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

SCHOOLS

- Adams Middle School203-453-2755
- 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 School203-457-0773
- 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 Wheels203-453-8359

Economic Development Department

The Economic Development Commission conducted a Breakfast Forum on February 26 at the Community Center. The event was attended by approximately 65 people from a diverse base of businesses, including for example; retailers, service providers, non-profits, arts community, realtors, developers, financial industry, and town officials. A four person panel consisted of Jeffrey Capone-Hen & Heifer, Mickey Hershman-Jordie's Toy Shoppe, Mike Mikolay-Guardian Jet and Lon Seidman-The Safety Zone, addressing three primary topics; 1) Why did you bring your business to Guilford? 2) What is the greatest advantage of doing business in Guilford? 3) What is the greatest challenge of doing business in Guilford? Each panelist offered their perspective on these issues and answered questions from the audience. Overall, those in attendance felt the session was informative and beneficial.

Bouvier Insurance, operated by David Summerlin, returned to Guilford after being located in East Lyme CT for nearly 7 years. Bouvier Insurance is located at 35 Water Street, across from the Post Office. Patriot Medical Center (formerly Fonicello's Garden Center on Rt. 1) obtained site plan approval from Planning & Zoning and is expected to begin construction this summer. There will be 2 – 2 story buildings, each with 20K square feet, designed in a "colonial style" architecture that will compliment Guilford's

landscape. The former Guilford Suites Motel (Rt. 1 West) is undergoing a total renovation and will become a Red Roof Inn, operated by local owner, Yogi Patel. The former Tile and Stone Shop located in the Strawberry Hill Plaza has been acquired and is now the Gallery Stone & Tile Shop. As part of this change, they have expanded their space to serve their customers more effectively. By the time this magazine is distributed, we expect Shift Cycling to be open at 965 Boston Post Road, above Carol's Creations. Stop in and meet Jenn Kuehn to learn more about her "spinning" exercise center. Many have been inquiring about the former Michael's Jewelry location at the corner of Whitfield and Water Streets. This space will be known as Colors Café, owned and operated by Greg Munroe. He is creating an upscale place for people to meet and greet over coffee and assorted foods and desserts. Meeting space will be available, along with enhanced internet connectivity. He expects to open in late April.

All of us are looking forward to a good spring season, making it even more enjoyable to support our local businesses, historical sites, recreational facilities and more.

Brian McGlone
Economic Development Coordinator



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The Big Barn Project (BBP)

The rooster crows, the sheep baa and the oxen look like gentle giants as they graze in the pasture. Just another day on the Dudley Farm.

With its period exhibits in the farm house, its various out-buildings, its livestock and picturesque grounds, The Dudley Farm Museum reflects life on a late 19th Century New England farm. Visitor's compliments are a testament to this success.

Now we're going to take it a step further. Next to the house is the gray weathered barn which you've seen as you walked around the state's second oldest Farmers' Market or attended one of the many activities sponsored by the Museum. Or maybe you've sat for a while on a Saturday morning in the shade of a large maple tree listening to the Dudley Farm String Band.

Did you ever wonder how it was on the Farm years ago? Well, that big barn is going to be restored, and after the three year project is completed the residents of Guilford will have one of the area's best exhibits of farm equipment and tools.



Big Barn Photo by Barbara Hanson

These exhibits will complement the displays in the main house along with the animals to provide all visitors, young and old, the experience of what it was like on a late 19th Century farm.

Such an ambitious project will require time, expertise and, of course, financing; so we are actively pursuing funding to make this a reality. The Dudley Foundation is registered with the IRS as a 501 (c)(3) and

receives no monetary funding from the Town of Guilford. All contributions to the Big Barn Project are tax deductible to the full extent of the law. Any individual or business interested in supporting this project will find more information at the Museum's website, www.dudleyfarm.com, or contact Bill Black, (203) 457-1459. Please consider helping us make memories of an old generation memories for the current and future generations.

Bill Black

Assistant Treasurer of the Dudley Foundation

Girls Unlimited! Guilford Conference

**A conference for girls,
by girls.**

Girls in 7th, 8th, and 9th grade are invited to the Girls Unlimited! Guilford conference at the Greene Community Center on Saturday, May 31st from 9 am to 2 pm. A Shoreline first, Girls Unlimited! hopes to broaden girls' horizons and perspectives of their own capabilities by helping them explore their natural talents and interests in a safe, thought-provoking environment. Guilford Youth & Family Services will partner with Hardy Girls Healthy Women of Maine to host this one-of-a-kind event. What makes the day truly unique is that all the programming, from the keynote addresses to the workshops, will be prepared and presented by girls, aged 14 to 17, who belong to the "Girls Advisory Board" at Hardy Girls Healthy Women.

Here's a sample of what conference participants can explore on May 31st:

- **Blurred Lines:** watching music videos depicting double standards and stereotypes about men and



At the Girls Unlimited! conference, participants will examine and question the media images they see every day.

women, then rewriting those song lyrics to be more girl-positive.

- **Be Your Own Shero:** studying popular female superheroes and then creating their own versions, based on themselves and their favorite qualities.
- **Expression Suppression?** Not in this session! Identifying issues that girls care about, then practicing different forms of expression to raise awareness and create change for those issues.
- **Your Life, Your Style:** Expression Unlimited examining fashion images and media messages, and then breaking the "rules" with their own DIY creations.

To register for *Girls Unlimited! Guilford* call Guilford Youth & Family Services at

203-453-8047. Conference fee is \$10 and includes lunch. Space is limited to 60 girls, so register soon!

This project is supported by a grant from the Guilford Fund for Education, with additional support from the Guilford Foundation and It's Worth It: A Guilford D.A.Y. Initiative.

Guilford Art Center



Register now for Guilford Art Center's Summer Youth Program!

Now is the perfect time to register your children for Guilford Art Center's popular, art-filled, summer youth program, running 9 weeks, from June 23 to August 22. Students ages 3 to 12 can choose from a huge array of offerings, including clay, painting and drawing, sewing and more. Week-long classes run mornings, 9am-noon, and afternoons, beginning 1pm; Classes

may be combined to make a full-day program. Financial aid is available. For more information, to register, and to download a copy of the summer youth brochure, visit www.guilfordartcenter.org.

Guilford Art Center's Youth Program Open Arts Day

Sunday, May 4, 1-3 pm / FREE TO THE PUBLIC

GAC's Youth Program offers hands-on opportunities for kids to explore all of their creativity. For this Open Arts Day, instructors will be in our studios offering kids ages 3 - 12 projects that give a taste of all our program has to offer, from pottery, painting and drawing, sewing, cultural arts and more. When school is out, it's a great time to take a class, and GAC's Summer Youth Program features week-long classes in all media, and half or full-day options, for 9 weeks, beginning June 23. Financial aid is available.

Shoreline House Tour

Saturday, June 7, 10 am-4 pm

A tour of fine residences in the towns of Branford, Guilford, and Madison, this self-guided tour of unique and artful homes in three beautiful shoreline towns features architectural styles from historical to contemporary, with each home reflecting the personal tastes of its owners. House Tour participants may also choose to attend a luncheon at the Pine Orchard Yacht & Country Club, which will additionally feature an "expo" of works created by Guilford Art Center artist-instructors and apprentices, as well as a kick-off cocktail party on Thursday, June 5, at a breathtaking Madison home open only for this evening.

Shoreline House Tour reservations are \$40 in advance and \$45 on the day of the event. The lunch at the Pine Orchard Yacht & Country Club is \$35. Reservations for the kick-off gala are \$75. Proceeds of all aspects of the event benefit Guilford Art Center's educational and community programs. Reservations are limited; call to make a reservation: 203-453-5947; or pay online at www.guilfordartcenter.org. For more information contact Guilford Art Center at www.guilfordartcenter.org or 203-453-5947.



The New Middlesex Hospital Shoreline Medical Center to Host Open House

The public is invited to a free community open house to mark the opening of the new Middlesex Hospital Shoreline Medical Center on Saturday, April 19, from 10 a.m. to 2 p.m., at 250 Flat Rock Place, Westbrook. The event will feature tours of the new Medical Center; and a health fair that will offer blood pressure screenings, child fingerprint I.D.s, emergency services vehicles; in addition to information about water safety, medication management, diabetes, asthma and weight management for children and families, and the Lifeline service. A roving magician will entertain and create balloon sculptures. There will also be several food truck vendors offering a variety of cuisines for purchase, including Taco Pacifico (Mexican), Hog Wild (barbecue), High Tide (seafood), The Whey Station (gourmet grilled cheese) and the NoRa Cupcake Company.

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Guilford Free Library Programs

The library's spring 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, by phone (203-453-8282) or in person.

PROGRAMS FOR ADULTS

CELEBRATING GUILFORD'S 375TH BIRTHDAY

MARCH 27 - "An Appreciation of Charles Hubbard"

by artist and author David Little, 4 pm

APRIL 16 - 1639 Re-Imagined,

with Dr. Michael Bracken, 4 pm

APRIL 23 - "Witchcraft Trials of Connecticut,"

author Richard Tomlinson, 7 pm

MAY 1 - "The Path of William Russel Dudley: from Loving Guilford's Flora to Saving California's Redwoods."

Nona Bloomer, 7 pm

MAY 8 - "A Celebration of Guilford Poets," 7 pm

MONDAY NIGHT MOVIES

The popular series continues on Monday evenings at 7 pm through April 28. The summer series begins June 2 through August 25.

BOOK AND AUTHOR PROGRAMS

March 20 - Jim Conroy, author of "Our One Common Country: Abraham Lincoln and the Hampton Roads Peace Conference of 1865," 7 pm

APRIL 17 - "Shakespeare's Sonnets"

with Mark Schenker, 7 pm

MAY 7 - "Opposite of Maybe," author Maddie Dawson, (aka Sandi Shelton), 7 pm

LONG ISLAND SOUND STUDIES WITH GUILFORD FREE LIBRARY & FAULKNER'S LIGHT BRIGADE

APRIL 15 - "The Steamboats of Long Island Sound,"

Norman Brouwer, 7 pm

APRIL 22 - "1938 Hurricane and Coastal Resilience,"

Adam Whelchel, 7 pm (rescheduled)

FOOD AND MUSIC

APRIL 24 - Night of 1000 Stars:

Sandy Connolly Trio, 7 pm

May 13 - Tom Lewy talks about Broadway show, *Fiddler on the Roof*

May 20 - Tom Lewy talks about Broadway show, *The Music Man*

FOR THE MIND

APRIL 22 - Digital Demo Day. We will be giving advice and demonstrations from 10 am-12, 1-3 pm and 4-6 pm

APRIL 14 AND APRIL 17 - "Marketing yourself to employers" with Natalia Xiomara-Chieffo of Employment Resource Team, LLC based in New Haven. This is a 2 part

program, both sessions 10-11:30 am.

APRIL 16 - "Retirement Planning Essentials with Guilford financial consultant Todd Zeidenberg, 7 pm.

MAY 21 - Can Your Genome Save your Life? A Report from the Frontier of Personalized Medicine with Carl Zimmer, 7 pm

MAY 22 - Dog Listener Pat Wright Returns, 7 pm, no dogs please!

SPRING PROGRAMS FOR CHILDREN**

Funded by the Friends of the Guilford Free Library,

Open to all, please register.

****PASSOVER STORIES AND CRAFT:** Guilford resident, Rochel Baila Yaffe of Chabad of the Shoreline, will read Passover stories. Children can sample some treats and make a craft to take home. Thursday, April 3 from 4 to 5 p.m. For ages 3 and up.

****DRUM INTO SPRING:** School Vacation Special - Join Craig Harris of Chicopee, MA for a Spring Celebration. Everyone will be able to participate in his interactive music and drumming program. Thursday, April 17, from 2:30 – 3:30 p.m. For children age 4 and up.

****TEDDY BEAR SLEEPOVER:** Come to a special story time & craft for you and your teddy bear. Afterwards, your bear is invited to stay overnight in the library. The next morning you can pick him up and see where he's been hiding & then have donuts and cider with your bear. Friday, April 25, 4 - 5 p.m. and Saturday, April 26, 9:00 to 10:00 a.m. For children age 3 and up.

****DANCE THE AFTERNOON AWAY:** Come spin, leap, hop, shake and twist with Guilford's "Starship Dance Studio." Diana Dart Harris of Guilford and her students will lead the children through a fun-filled movement class and then treat them to a short performance. Thursday, May 1, 4:00 to 5:00 p.m. For children age 5 to 8.

****CHRISTINA THE MAGICIAN:** Come and see what magic Christina has in store! There will be plenty of audience participation in this amazing magic show. Wednesday, May 7, 4:00 to 5:00 p.m. For children ages 5 and up.

The children's staff will be visiting the Guilford Public Elementary Schools during May.

SERIES

Open to All - Please Register

****ONE ON ONE:** A playful time for children, 12 months to 23 months, and their parents with songs, stories and poems. Thursdays, April 17 through May 22, from 9:30 to 10:00 a.m.

****TIME FOR TWOS:** A parent-child introduction to traditional story time with stories, songs, marching and more. Children age 24 to 36 months. Fridays, April 18 through May 23, from 9:30 to 10:00 a.m.

****BABY TIME:** For infants, birth through 11 months, and parent/caregiver. Hear about and discuss a variety of developmental issues, and then enjoy some time to visit with

each other. Mondays, May 5 (skip May 26) through June 16, from 9:30 to 10:00 a.m. (Co-Sponsored with Guilford Youth & Family Services)

****TOTS AND TUNES:** Come and enjoy a musical program for toddlers and their parents. Dance, sway, swing scarves and dance with a parachute. Tuesday, April 1 through May 13 (skip April 29) or Wednesday, April 2 through May 7, from 10 to 10:30 a.m. For children age 0 to 5 and their parents.

****LEGO @ BUILDING CLUB** continues: Build theme-based projects and display them in the children's room. Fridays, March 21, April 11, May 16, and June 20 from 4 to 5 p.m. For children in Kindergarten and up.

DROP - IN PROGRAMS

Open To All - Registration Not Required.

1000 BOOKS BEFORE KINDERGARTEN: A fun program of reading to your children. Read books, record titles, receive a book bag, and your children will be set for Kindergarten! Ask for more information at the children's desk. Open to Guilford residents only.

POP-IN PLAYTIME: Parents come! Children play! In the play area of the Children's Room. Tuesdays, March 25 through May 27 & Wednesdays, March 26 through May 28 from 10:30 to 11 a.m. All ages welcome.

BOOKS IN A NOOK: Listen to stories read by library staff in a "cozy" computer free area of the Children's Room. Wednesdays, April 2 through May 28 from 11:00 to 11:30 a.m. All ages welcome.

THURSDAY MORNING STORIES: Children and their parents are welcome to join us for special stories and finger plays read by the children's staff. Thursday, March 27 - May 29, 11 to 11:30 am. Age 3 and up.

DROP-IN SPRING CRAFT: Make a mosaic animal picture - one for home and one for the library! Supplies will be available in the Children's Room. Thursday, April 10, from 9 to 5 p.m. All ages welcome.

NIGHT OF 1,000 STARS: Celebrate National Library Week and Friends of Connecticut Libraries Month with The Sandy Connolly Trio. Music the whole family will enjoy! Thursday, April 24, 7:00 p.m. All ages welcome.

BOARD GAMES: Board games are always available. Children are invited to play favorite board games with friends. Sorry, Chess, Scrabble Junior, Candy Land and more. Just ask for them at the children's desk.

TEEN SPRING PROGRAMS, APRIL THROUGH JUNE

DROP-IN GAMING RETURNS! Come play XBOX 360, Nintendo Wii U, Nintendo Wii and Nintendo 64 at the Guilford Free Library. Feel free to bring your own console and games to share. Not into video games? We'll have card games such as "Magic the Gathering". Drop-in Gaming is on Fridays from 2:30- 4:30 pm, May 23, 30, June 6, 13, and 27.

TWEENS: come make crafts, enjoy snacks and hang out. "In Be-Tween" meets on first and third Friday of each month from 3:30-4:30 pm, until June 20. Teen author Leslie Connor (Crunch) will lead games and activities to help teens hone their writing skills. The Teen Writing Club meets the 2nd and 4th Tuesdays monthly 3:30- 5:00 pm until May 13.

TRY YOUR HAND AT ART! Learn new styles and techniques each month at the Teen Art Lab. TAL meets on the 2nd Thursday of each month through May 8 from 3:30-5:00. A guest artist will be at each meeting to present different techniques and provide feedback.

GET INVOLVED IN YOUR LIBRARY! The Teen Advisory Group (TAG) meets on the third Wednesday of each month, January - December from 3:30-4:30 pm. Earn community service hours, plan library activities and enjoy snacks!

The library hosts practice SAT, ACT or PSAT exams each month. The upcoming exams are:

Practice SAT April 12th from 10:00 to 2:30 pm

Practice SAT May 24th from 10:00 to 2:30 pm

ART EXHIBITS AT THE GUILFORD FREE LIBRARY

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

June: Robert Klopp's acrylics in the Meeting Room, Tom Mayer's shoreline oils and acrylics in the Gallery Hall.

The SARAH Foundation

The SARAH Foundation is happy to announce that the Annual SARAH Gala will be held on Thursday, May 1st at The Woodwinds in Branford, CT.

A popular tradition along the Connecticut shoreline, the Gala features a live and silent auction, open bar, dinner, and a special guest speaker. We are thrilled to have as our Co-Chairs for the 2014 SARAH Gala, local community members and SARAH volunteers, Duffy Mudry and Amy Jensen. Our Honorary Co-Chairs are Ted and Kiki Kennedy.

Please call SARAH Foundation for tickets 203-453-6531.

Please keep SARAH in mind during the GIVEGREATER 2014. This is a 36 hour online giving event on May 6-7th. www.thegreatgive.org.

When we invest in our community, the returns are substantial!



SPRING & SUMMER PROGRAMS

more info: guilfordparkrec.com 203-453-8068

Two's Without You / 26119
Tu / Th April 22 - June 12,
9:30-11:30 a.m.

Little Scientists / 26102
Monday April 28 - May 19
3:00-3:45 p.m.
Pre K-K / 4:00-4:45 p.m.
Grade 1-5

Gymnastics / 26001 or 26002
Thursday or Saturday
Apr. 24 - June 14
Age Varies

Inner Artists / 26104
Tuesday April 8 - June 3
3:15 p.m.
Grades K-12

Small Fry Cooking / 26105
Tuesday April 22 - June 10
1:45-2:30 p.m.
Ages 4-6

Kitchen Science / 26117
Thursday April 24 - June 12
9:45-10:30 a.m.
Ages 4-6

Pee Wee Tennis / 26106/26107
Monday April 21 - May 19
Summer / 36101
June 30 - July 28
Various times
Ages 4-6

Pee Wee Girls Lacrosse / 26220
Thursday April 24 - May 22
4:30-5:15 p.m. Ages 4-6

Pee Wee Soccer / 26111
Saturday April 26 - June 7
9:00/10:00 a.m.
Ages 4-6

Tae Kwon Do / 26116
Mon & Wed, March 31 - June 25
4:15 p.m. Ages 4-11

Summer Day Camps
Pre-School Camp / 36301
June 23 - August 15, 9:00-1:00 p.m.
Age 3-5

Camp Menunkatuck / 34101
June 23 - August 15
8:00-3:00 p.m. Grades 1-6

Get Out Way Out / 34102
June 23 - August 15
8:00 - 3:00 p.m. Grades 7-9

Dramatic Explorations / 36209
June 30 - July 3
9:00-11:00 a.m. Ages 4-7

Summer Stock Theater / 36209
Wednesday June 25 - July 30
4:00-6:30 p.m. Ages 7-12

Young Chefs / 36401
July 7 - July 10
1:30-3:30 p.m. Grades 3-6

Baseball Camps / 33111
June 23 - June 27
June 30 - July 3
9:00-11:30 a.m.
Ages 6-13

Girls Softball / 33110
July 14 - July 18
9:30-12:00 p.m. Grades 3-6

Basketball Camps / 33106/33107
June 23 - July 3
8:30-11:30 a.m. Ages 7-12

Strength & Conditioning / 33116
Mon/Tues/Thurs/Fri June 30-Aug 8
9:00-11:00 a.m. Grades 6-12

Learn to Row / 33109
July 14 - July 24
6:00-7:30 p.m. Ages 13-17

Boys 3x Lacrosse / 33123
July 7 - July 11
2:00-6:00 p.m. Grades 5-8

Field Hockey / 33121
July 21 - July 25
9:00-11:00 a.m. Grades 3-8

Volleyball / 33122
July 14 - July 18
9:00-4:00 p.m. Grades 5-9

Swim Lessons / 33203-33207
Times and Ages Vary

Adult Programs
Field Hockey, Paddleboard,
Boating, Classical Fencing,
Acting, Tennis, Fitness, Yoga

Reduce Your Risk of Alzheimer's & Improve Brain Health

Did you know that potentially, the largest exposure of Americans to the neurotoxin mercury is through the consumption of products containing High Fructose Corn Syrup? (Environmental Health, 2009) Glutathione is a super antioxidant that our body produces which removes heavy metals and pesticides from our brain. One helpful course of action to improve your brain health is to avoid the consumption of High Fructose Corn Syrup as well as take specific supplements that help to increase your glutathione levels. One of these supplements is undenatured whey protein.

Did you know that Monosodium Glutamate, Aspartame (nutrasweet) and similar substances are called Excitotoxins which have a cumulative effect and can cause harm to the brain and nerve system. Part of the problem is that we consume far greater amounts of these substances than we realize since the glutamate manufacturers and processed food industries are always on a quest to disguise MSG added to food. Some of the names that are used for MSG are hydrolyzed protein, textured protein, autolyzed yeast, sodium caseinate as well as many others too numerous to list. There are a couple of ways to assist your body's ability to remove these damaging Excitotoxins from your brain. One of these is by taking specific supplements and a second way is by increasing your frequency and intensity of exercise.

Did you know that most Americans have an imbalance between Omega 6 and Omega 3 essential fatty acids? They are called essential fatty acids because they are ESSENTIAL (not optional) for your body and brain to function properly. Omega 6/Omega3 ratio should be about 4/1 and unfor-

tunately most Americans are about 20/1. A large source of Omega 6 is from grains and Omega 3 is primarily from fish and fish oil supplements. This imbalance is important for your brain health since the EPA and DHA in the Omega 3's is critical for reducing inflammation and improving brain function and the Omega 6 increases inflammation. The tremendous imbalance can lead to chronic inflammation and have a significant impact on your brain health, increasing your risk for Alzheimer's, as well as your overall health and well-being. Restoring the ratio closer to 4/1 is critical for your brain and overall health.

If you are someone who has had a head trauma with concussion, or head trauma without concussion (auto accident, sports injury, slip or fall) you have a significantly greater risk of Alzheimer's disease. In addition to a brain injury you may also have suffered a spinal misalignment which can cause significant stress to your nerve system and have a negative impact on your overall health as well. A chiropractic evaluation is essential to determine if spinal misalignments may have occurred and if nerve system stress is present. Proper nutrition is extremely important for your brain to recover and heal properly from these traumas as well.

So if you are looking to keep your brain healthy for the future or have suffered any head trauma, you may want to consider having your spine and nerve system checked to find out if chiropractic care and nutrition can help.

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

Resolutions You Can Keep

Have you already abandoned your new year's resolutions? We are all familiar with the usual declarations about this being the year to lose weight or to get organized. But did you ever think of New Year's beauty resolutions?

Little changes in your routine can have a big impact. As in any modification of your routine, simple is the key to success. Looking your best is no exception. Let's start with three basic steps.

The first step is the most complicated as you have to do it TWICE A DAY. Wash your face. Over the last ten years, I've heard many stories. Some of you only wash at night; some fall asleep with make-up; some only use water; some use grains excessively. I'm a fan of the one step process, so here's my recommendation. Find a cleanser that you like. It should be effective enough to clean your skin and gentle enough not to burn your eyes. Look for something that will remove eye make-up, as well as foundation. One step ... no washcloth, no grains, no rubbing or scrubbing. If you feel dry, tight or like you have a film on your face shortly after washing, the cleanser you are using is not for you.

The second step is not as complicated since you only have to do it ONCE A DAY. Wear sunscreen. Many of you think

that the SPF in your moisturizer is protecting you. It is not. SPF numbers measure protection against UVB, but not UVA. Higher numbers don't mean more protection. The lifeguards put white stuff on their noses. It's zinc, a mineral that protects against UVA and UVB. Look for a separate sunscreen that contains micronized zinc or titanium dioxide (another mineral) and wear it every day.

If you still believe that you don't go out in the sun and therefore this step is not for you, look in the mirror. I guarantee you that the left side of your face is aging differently than your right. Think of that the next time you get behind the wheel of the car and then put on the sunscreen.

The third step is really simple since you can do it ONCE A MONTH, once every three months or just once. Try something new. If the crease in-between your eyebrows is making you look angry or tired, try Botox. If the bottom half of your face has lost its plumpness, try Juvederm. If you wish you were tighter and brighter, think about Viora Radiofrequency to tighten up. Or if you just need a boost, a change of products and quick microdermabrasion could be the answer.

Resolve to do something, you'll be glad you did!

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

GUILFORD TOWN HALL DIRECTORY

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War of 1812 Celebratory Events

This year marks the 200-year anniversary of one of the more significant, yet somewhat obscure, events that occurred in the history of Essex – the British attack on the town which took place during the War of 1812.

On April 8, exactly 200 years from the British invasion, a public commemoration, Light Up The Night, will take place on the lawn at the Connecticut River Museum, Essex at 7:30 pm. A full roster of commemorative activities is planned for Saturday, May 10. Reenactments throughout the town, narrated excursions by boat tracing the events along the Connecticut River, historic walking tours, and geocaching, a gps-based scavenger hunt, are being organized. These events will surround the Commemoration Day Parade, also known as the Burning of the Fleet Parade, which is hosted and led by the Essex Sailing Masters of 1812, a fife and drum corps. This year will mark the Parade's 45th year! Additional commemorative activities will occur over select weekends throughout the summer and fall.

Essex is already recognized by the State Register of Historic Places as a War of 1812 Battle Site District. Designation as a Battle Site by the National Register of Historic Places is anticipated around the actual anniversary date of the conflict. Public recognition will take place as part of the May 10 commemorative event.

Jerry Roberts, battlefield historian for the National Parks Service grant project concerning this 1814 incursion, has brought it to life through storytelling and a dynamic written account which sheds light on this significant chapter in American maritime history. The release of *The British Raid on Essex: The Forgotten Battle of the War of 1812* is scheduled in the spring, to coincide near the actual anniversary date of the skirmish.

For more information and continual updates of commemoration activities visit BattleSiteEssex.org.



Segment of 23-ft mural installed on the first floor of the Connecticut River Museum. Mural created by noted painter and muralist, Russell Buckingham. In foreground, British Commanding Officer Coote, brandishing his sword. Image courtesy of Connecticut River Museum

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Business Highlights: Over the next decade **Events Magazines** grew, adding towns along the Shoreline and Connecticut River Valley. Now **Events Magazines** is the town magazine in 14 towns: Branford, Chester, Clinton, East Haddam, East Lyme, Essex,

Guilford, Haddam, Madison, Montville, Old Lyme, Old Saybrook, Westbrook, and Woodbridge! Every quarter over 217,000 readers look to **Events Magazines** for the local town news. As one reader said, "It's our town's bible."

Looking Forward: The future looks very bright for **Events Magazines** as they continue to grow and reach more towns and readers throughout Connecticut. **Events Magazines'** dedication to the towns they serve will not change and our commitment to help bring our readers their local news from town leaders, managers, and departments will continue.

Business Information: Events Magazines, 18 Industrial Park Road, PO Box 205, Centerbrook, Connecticut 06409. 860-767-9087 www.eventsmagazines.com

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Preventing Gum Disease; Important for Over-all Health

Gum disease (also called periodontal disease) is an infection of the tissues that support your teeth. It is a major cause of tooth loss in adults. Because gum disease is usually painless, you may not know you have it. Gum disease is caused by plaque, a sticky film of bacteria that constantly forms on the teeth. These bacteria create toxins that can damage the gums. Periodontal diseases attack just below the gum line in the sulcus, where they cause the attachment of the tooth and supporting tissues to break down. As the tissues are damaged, the sulcus develops into a pocket; generally, the more severe the disease, the greater the depth of the pocket.

Periodontal diseases are classified according to the severity of the disease. The two major stages are gingivitis and periodontitis.

GINGIVITIS - In the early stage of gum disease, called gingivitis, the gums become red, swollen and bleed easily. At this stage, the disease is still reversible and can usually be eliminated by daily brushing and flossing.

PERIODONTITIS - In the more advanced stages of gum disease, called periodontitis, the gums and bone that support the teeth become seriously damaged. Whereas healthy gums and bone anchor teeth firmly in place, infected gums can cause teeth to become loose, fall out, or have to be removed by a dentist.

If you notice any of the following signs of gum disease, see the dentist immediately:

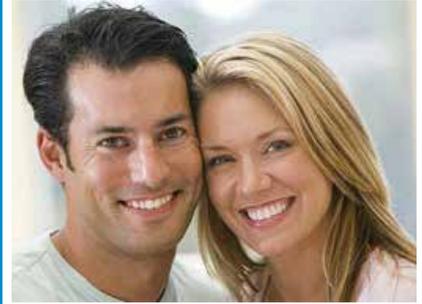
- Gums that bleed easily
- Red, swollen, tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste
- Pus between your teeth and gums
- Permanent teeth that are loose or separating
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

It is possible to have periodontal disease and have no warning signs. That is one reason why regular dental checkups and periodontal examinations are very important

Brush regularly, clean between your teeth, eat a balanced diet, and schedule regular dental visits for a lifetime of healthy smiles.

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No Bully Zone program, an initiative of CFMC's Council of Business Partners, can make a significant difference in our schools and communities by

- ✪ Empowering students
- ✪ Reducing incidents of bullying
- ✪ Improving school climate
- ✪ Increasing school staff awareness
- ✪ Increasing communication between students, teachers and parents



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For more information about the "No Bully Zone" program and how to bring it to your community, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or Cynthia@MiddlesexCountyCF.org.

*The Community Foundation of Middlesex County Council of Business Partners
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