

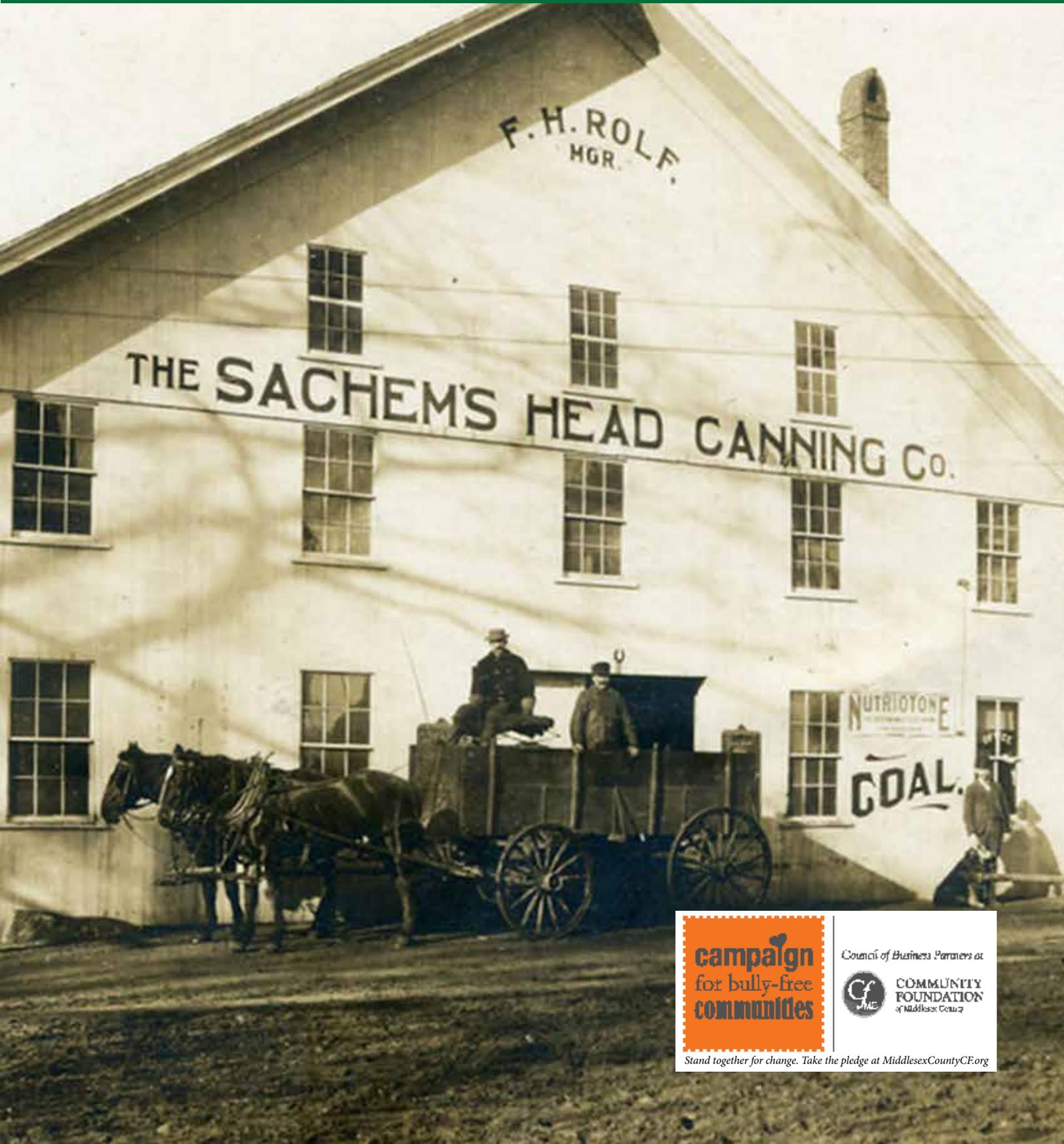
Guilford



Events

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Volume 3 • Quarter 4 • 2014



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At twice the size of our previous facility in Essex, our new Shoreline Medical Center in Westbrook offers expanded 24/7 emergency care and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state—that's *The Smarter Choice for Care*.

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First Selectman's Corner

I am pleased to report that at the close of Fiscal Year 2014-2015 we have a projected surplus of over \$500,000 that will be added to the undesignated reserve. This is the fifth year in a row that we have been able to build up the reserve, which is now at a comfortable margin. The bond rating agencies like the fund balance in the range of 5-10% of revenues and Guilford's current undesignated reserve is at 6.5%. Just five years ago it was only at 2%. This is particularly important since the Town recently went out for its first round of long-term financing for the new Guilford High School. In August the town sold \$26 million of twenty year General Obligation Bonds at a rate of 2.957%.

Over the past year the Town has undertaken a number of road and other infrastructure improvements. A large project involved the elevation of a mile of Old Quarry Road up to 2.5 feet to eliminate tidal flooding. The majority of work was done by our Public Works Department with some assistance from outside contractors. The elevation of Chaffinch Island Road as well as Tuttle Point is slated for next year. In addition the Town is currently in the process of repaving the entire length of West Lake Avenue. This \$1.4 million project is being fully funded through a new program by the Department of Transportation. Guilford has just received approval to proceed with the final design for reconstruction of Long Hill Road from Route 1 to Hubbard Road that will upgrade this significant

thoroughfare to eliminate seasonal flooding behind Bishop's Orchards. This project is funded with 80% from Federal Funds, 10% from the State with the remaining 10% from the Town.

The Jacobs Beach boardwalk was completed and the Parks and Recreation Department also constructed two new changing rooms that were open to beachgoers this summer, completing the second phase of the Jacobs Beach improvement projects. The Chittenden Boardwalk was also completed through a collaboration between the Parks and Recreation Department, Connecticut Forest and Park Association and the National Park. This boardwalk is also the terminus of the New England Scenic Trail. A short-term weed vacuum project was done at Lake Quonnipaug in the swimming area; this should help alleviate the weed problem over the next few years. Town and State officials are currently working on a more long-term solution to the weed problem at the lake.

It has been a good year for Economic Development. The Guilford Commons project on the Rock Pile is finally moving along. The retail plaza is expected to be completed within 15 to 18 months.



First Selectman
Joseph Mazza

Continued on page 3

Fall Fun

For All Ages!

CORN MAZE!
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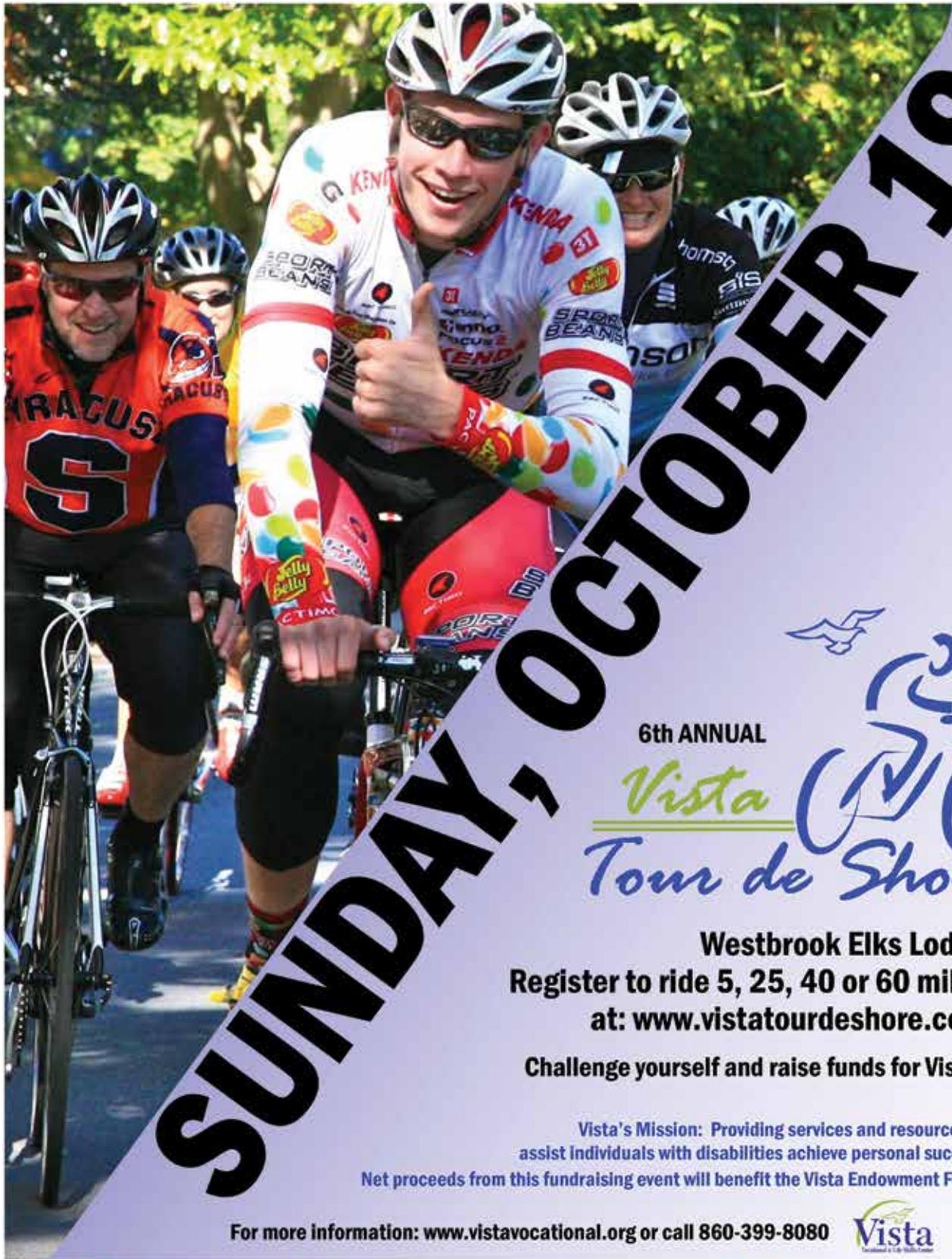
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6th ANNUAL

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Challenge yourself and raise funds for Vista!

Vista's Mission: Providing services and resources to assist individuals with disabilities achieve personal success
Net proceeds from this fundraising event will benefit the Vista Endowment Fund.

For more information: www.vistavocational.org or call 860-399-8080



Selectman's Corner ... continued from page 1

This development will add approximately \$500,000 to the Town treasury. In addition, developers of 66 High Street are planning a high-end condominium complex on the property and hope to break ground in the spring of 2015. Once fully completed, this project will also result in another estimated \$500,000 in property tax revenue. The Patriot Medical Facility on the old Fonicello property is still in process although the project has been delayed a bit. These are all major projects, but

you will also notice smaller areas in town that have been filling in as soon as vacancies arise particularly around the Green.

I want to express my sincere appreciation to the 375th Anniversary Committee, headed by Veronica Wallace, for its outstanding work and dedication in helping Guilford celebrate its 375th Anniversary. They did a fantastic job raising money and planning and executing the events.

Joseph Mazza, First Selectman

Bazaar ~ Not Just For Seniors!

The Guilford Annual Senior Bazaar is for everyone – not just seniors! The volunteers of the Guilford Senior Center's Craft/ Sewing, Knitting/Crocheting, Used Books, Donated Jewelry, Baked Goods, and Gently Used Clothing have earned the moniker "The Smile Brigade." They devote countless hours combining imagination, idea-sharing, skills, sorting, cleaning, and heart, presenting an incredible inventory at their October Annual Bazaar.

Why "The Smile Brigade"? Because when a group forms in which people voluntarily share their time, talent, creativity, and spirit, hoping to bring cheer to others as well as raise funds for worthy programs, smiles are guaranteed.

Breakfast and lunch will be available at a reasonable cost.

It is called The Guilford Annual Senior Bazaar, because its work force is comprised of seniors and it is a fund raiser for important senior programs. So come and meet "The Smile

Brigade," treat yourselves to something unique or magical, or purchase something for someone else. After all, smiles are infectious.

Saturday, October 25th from 9 a.m. to 2 p.m.
at Guilford Community Center, 32 Church Street

Smile Brigade Chairs:

Knitting/Crocheting - Charlotte DeGrado

Jewelry - Rita Kosta

Baked Goods - Bev Adamo

Books - TBA

Crafts/Sewing, Gently Used Clothing,

& Publicity - Juliet Calabrese

Please call Terry Buckley 203-453-8086 to volunteer on Bazaar day or to donate a baked good.

Juliet Calabrese, Senior Bazaar Smile Brigade Chair



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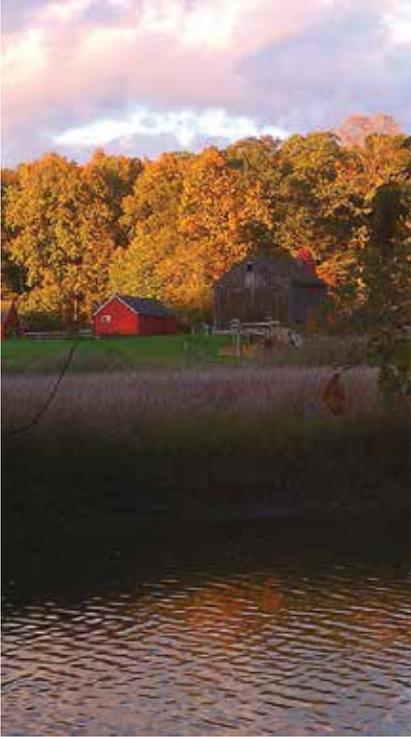
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375th Anniversary Photo Contest Winner



Michael Greco, a graduate of Guilford High School Class of 2014, was the winner of the photo contest sponsored by the Guilford 375th Anniversary Committee for GHS students. Michael's photo of the Goss Property, now part of the East River Preserve, captured the greatest number of Committee votes.

Supervised by GHS English teacher Sarah Kostandin, the contest was open to Guilford High School students. It was the third student competition sponsored by the Committee in its efforts to include all segments of Guilford's population in the celebration of the Town's founding. The other two contests were the naming of the Guilford New Year's Eve event and the creation of the commemorative book cover. Michael, a native of Guilford, developed an attraction to nature through numerous days spent roaming the Goss Property, now the East River Preserve, at an early age. His interest in photography arose when his aunt gave him his first camera a few years ago.

Michael believes that "photography is not about freezing a moment to last forever; that is what memories are for. Photography is finding a simple everyday scene and looking at it in different perspectives." An example of this is his captivation by rain, which he considers "an underappreciated phenomenon of everyday life. Most people associate rain with some sort of poignancy, but I see it as a chance to cool off or get out of watering my mom's plants," said Michael.

In addition to photography, Michael's other pastimes include the cello and running. At the College of the Holy Cross, where he will pursue a major in foreign policy, Michael plans to further his interest in the cello by becoming a member of the Holy Cross Orchestra. His photos and other photos submitted to the contest will be displayed at the Nathanael B. Green Community Center.

*Roberta Flannery
375 Anniversary Committee*

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Guilford Police Department

COFFEE WITH A COP

Beginning October 21, the Guilford Police will be conducting its first "Coffee With A Cop Program". This idea isn't new by any means but has proven to be an effective and fun way to interact with members of the community in an open and comfortable environment. Our programming will consist of an officer and a member of another town department, such as DPW, Social Services, Public Housing Department, and the Fire Department. There will be an open discussion about concerns in your neighborhood or community and we will do our best to answer any of your questions. Every six weeks the program will move to a new restaurant in town with new topics for each meeting. We hope that you join us on October 21st from 6 pm-8 pm at Colors Café located at 2 Water Street in Guilford. A representative from DPW will be available to discuss any questions you have about plowing or other DPW related issues in addition to police related issues. Our second event will be held December 2nd from 6 pm-8 pm at the Shoreline Diner and Vegetarian Enclave located 345 Boston Post Rd in Guilford and will feature a representative from Guilford Social Services. If you have questions regarding this program or are interested in other programming, please call Crime Prevention Coordinator Detective Jakober at 203-453-8061.

SCAMS

The Guilford Police Department routinely deals with complaints of scams. We have conducted several programs at the Guilford Community Center in regards to those scams and will continue as spacing allows. Remember, if it sounds too good to be true, it is. If you receive scam calls or emails from the IRS please visit their website to report it at IRS.GOV, Treasury.GOV and IC3.GOV to report those scams. Please see smartconsumer.ct.gov for additional information on scams that target all age groups.

VEHICLE SAFETY

The Guilford Police Department would like to remind you about personal safety concerns. Even though we live in a beautiful and fairly quiet community we are still susceptible to people looking to victimize our citizens. Please lock up your vehicles and remove any items of value from the vehicle or from plain site when unattended. It takes seconds to steal a purse, wallet or phone from a car, but it can take months

to straighten out all the damage the suspect has done to your personal credit or to replace stolen items. We wish we could prevent every incident from occurring but crime prevention begins with citizens in our community. Don't let yourself become a victim and be proactive in your personal safety. Don't hesitate to call the Guilford Police Department at 203-453-8061 (911 in the case of an emergency) when you see something suspicious. We would rather respond and prevent a crime then respond to document a crime.

DRIVING SAFETY

The school year is among us once again and that means that school buses are out and about. Each year the department receives a number of complaints about vehicles illegally passing the school buses while they are loading and unloading students. We ask that you stay alert when approaching buses and if you see the yellow flashing lights, slow down and be prepared to stop. Preventing injuries to our children is a priority and the ticket for C. G. S. 14-279(a) Passing a Standing School Bus is \$465 and will most certainly hurt your wallet.

Using a hand held device while driving is an increasing and dangerous issue. Traffic accidents are on the rise due to distracted drivers who are texting or talking on their phones while driving. Remember, the call or text can wait. It only takes a second for your vehicle to drift into oncoming traffic or into a pedestrian on the side of the roadway. No call or message is worth taking a life. If the Guilford Police Department stops you for this offense, the citation for a first offense cell phone violation C. G. S. 14-296aa(b) and is a \$150 fine. If you should get into an accident while using your phone, the second charge of distracted driving C.G. S. 14-296aa(i) adds an additional \$150 fine.

TIP LINE

The Guilford Police Department has an anonymous tip line 203-453-8240. This line was set up for citizens to call in suspicious activity in our community. It should be noted that if the crime is occurring or you need immediate police response, you should call the regular phone line of 203-453-8061 or 911. During the call you can request that the dispatcher or desk officer keep your identity anonymous for reporting purposes.

*Detective Martina Jakober,
Guilford Police Department*

Seeking Full Time Digital Pressman

Company is seeking a qualified candidate digital press operator. This position will set-up, run, troubleshoot & maintain a Xerox 700i and Xante Illumina digital press. Candidates must have experience and ability to work closely with others and assist in other departments when needed. Previous experience a plus. Please forward resume and cover letter to print@essexprinting.com

Events

MAGAZINES



Guilford Events

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4th Annual SARAH Golf Team Skill Clinic

The Clinton Country Club professional golf staff conducted its Fourth Annual SARAH Golf Team Skill Clinic.

The Clinton Country Club head golf professional Sean Busca and his professional staff Chris Bland conducted a two hour skills clinic for the SARAH, Inc. golf team at Clinton Country Club on Monday, July 7th. This program was enthusiastically supported by the Clinton Country Club Golf Committee and Board of Directors.

SARAH, Inc. provides programs and services for individuals with intellectual and other disabilities along the Connecticut Shoreline.

There were 14 SARAH athletes who make up the SARAH Special Olympics golf team who participated. In addition Cindy Mones, Recreation Director for SARAH, Inc. and Connor Dolan, SARAH Golf Coach participated. This was an exciting and unique experience for the SARAH Golfers. This also gave the SARAH Golf Team an opportunity to show off their beautiful new golf bags which were made possible by a grant from the PGA, Connecticut Section Golf Foundation.

Sean Busca and several Clinton Country Club members assisted in the skills clinic. They did a fantastic job and provided the same professional quality instruction that would be provided to any golfing member. Sean and the participating members, Jim Lamb, Brian McGlone, and Casey Smith volunteered their time and Clinton CC donated the use of the golf course and practice facility.

The PGA, Connecticut Section has supported the SARAH golf team for the last few years with grant support. This is extremely important since all the funds that support the team must be raised through contributions and grant support.

This collaboration is a great example of how the Clinton Country Club and the PGA, Connecticut Section are supporting the community and special needs athletes.

*Jim Lamb, Manager Business Development
 Employee Services for SARAH Inc.*

STARSHIP DANCE THEATER *presents*

The Magic Toyshop

December 5th at 7:30 pm
 December 6th at 3:00 and 7:30 pm
 December 7th at 2:00 pm

At the Guilford Community Center
 32 Church Street, Guilford

Joyce DiLauro, Artistic Director

For more information visit www.starshipdancestudio.com
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Henry Whitfield State Museum - Calendar of Events

248 Old Whitfield St. Guilford, CT 06437
 203-453-2457 ~ whitfieldmuseum@ct.gov
 www.cultureandtourism.org
 www.facebook.com/henrywhitfieldstatemuseum

May 1 – December 14, Wednesday to Sunday, 10 am - 4:30 pm. \$8 adults, \$6 seniors & college students, \$5 youth 6-17 Free for ages 5 and under.

History Rocks: Stone Working in Early Guilford
 October 12 (Sunday) 10 - 4:30 pm.
 Stone Wall Walk & Talk, Architecture Walk & Talk by museum curator Michael McBride, and make your own Whitfield House model. Included with admission.

Holidaze: The Real Story of Halloween, Thanksgiving & Christmas. Oct. 22-Dec. 14 (Wed.-Sun.) 10 - 4:30 pm.
 Annual exhibit on the origins and myths of the holidays. Included with admission.

Halloween Hysterics at Henry's: October 25 (Saturday) 10 - 4:30 pm. Flashlight tours, scavenger hunts, craft activities, displays on the Whitfield/Salem witch trial connection and the cemeteries under the Guilford Green, and tours of the Holidaze exhibit. Included with admission.

Harvesting History: Nov. 28-30 (Fri.-Sun.) 10 - 4:30 pm.
 Display of reproduction trade items, "Make Your Marke" quill pen activity, reading of the Pilgrim Cat storybook each hour, and tours of the Holidaze exhibit. Included with admission.

Firelight Festival: December 5 (Friday) 4 - 8:00 pm.
 Festive luminaries, outdoor fires, popcorn, marshmallows, s'mores, hot cider, hot chocolate, tours of Connecticut's oldest house after dark, and the Holidaze exhibit, natural holiday ornaments, crafts, and a reading of *The Night Before Christmas*. Included with admission.

Night Before Christmas Storytime: Dec. 13-14 (Sat.-Sun.) hourly 11 - 4 pm. Reading of the classic holiday tale inside the 1639 Whitfield House, plus discounts on children's toys, games, and books in the gift shop. Included with admission.

Special Gift Shop & Visitor Center Hours:
 Dec. 17-19 (Wed.-Fri.) 10 - 4:30 pm.
 Dec. 22-23 (Mon.-Tue.) 10 - 4:30 pm.
 Holiday shopping, Holidaze exhibit, and Guilford Goes Global display. Free admission.

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Economic Development Department

Guilford has enjoyed many significant events in 2014 as we celebrate our 375th Anniversary. In speaking with many of our businesses, they have experienced a positive impact as our residents and visitors continue to support their enterprises. As you look around town, you will notice many positive changes occurring, with more to come as we proceed through 2014.

My office continues to receive inquiries about the "Rockpile". The Town is pleased to report that DDR, the owner/developer of the site, is moving forward with a retail complex to be known as "Guilford Commons". The Planning and Zoning Commission approved this project during a July meeting. At the moment, we have not been advised as to which retail tenants will occupy the property, but DDR is anticipating "Guilford Commons" will open during the Fall of 2015.

66 High Street (former Clinipad site), which has been vacant for many years, was recently acquired by some local residents and developers. The vision is to convert this location into an upscale condominium complex, and to date much has been done to clean up the site in anticipation of this project. Many Connecticut shoreline towns are experiencing a resurgence of this type of housing that offers walking and biking to town centers; proximity to rail and bus services; local recreational and business services; shopping, and dining. Plans are in-process and are being reviewed by the appropriate Town Departments and Commissions.

Renovations of the former Trailblazer site (corner Broad Street and Church Street) are nearing completion. It is wonderful to see this valuable building, situated on our Town Green, revived with such an attractive appearance. Guardian Jet moved in during August and is occupying the second level. H. Pearce Realty also moved in during August and is occupying a portion of the first level. William Pitt Sotheby's International Realty will occupy a separate portion of the first level, with move in expected during October. Selected additional space is available for appropriate businesses. Behind this building, (next to Perk on Church/Chroma Gallery) visit "Off the Green", a new business featuring home furnishings.

Color's Cafe', in collaboration with The Mad Gourmet, located at the corner of Whitfield and Water Streets, opened recently. Stop in and try their specialty coffees, teas, desserts, frozen yogurts and other delicious food selections. South Lane Bistro (former Rancho's location) has opened and features American cuisine. They have remodeled their location to include an outdoor patio seating area.

If you haven't already noticed, check out the building on Whitfield Street that houses Cilantro Specialty Foods, Page Taft Realty and offices on the 2nd floor. The exterior has been refreshed with new paint, windows and trim. On a sad note, Claywell Jewelers has closed due to the death of the principal owner. Many parties have expressed interest in

this space and we should be able to update you in our next issue. As you look down Boston Street to the building where Vera Wolf and Unique Cleaners are located, you will notice it, too, was recently refurbished. Across the Green, the First Congregational Church of Guilford's office building has a fresh new look. In the near future, the Guilford Savings Bank (Park Street location) will be undergoing a major update to service their customers more effectively. These investments in our local establishments make our town a more enjoyable place to live, work, visit, shop and dine.

Clarity Medical Aesthetics, focused on skin care, opened at 1205 Boston Post Road. Guilford Sporting Goods is under new management and moved their location to 942 Boston Post Road (next to Ashley's Ice Cream). Also in this plaza is a new business to town, the Shoreline Children's Dentistry.

As you travel west on Route 1, you will see the former Guilford Suites Motel has been totally renovated and converted to a Red Roof Inn Plus+. Just beyond this site is a new 14K square foot commercial complex to be called, "Holly Hock". Leases are being pursued with availability occurring during this quarter. A new 12 unit apartment complex was built as part of this total project with all units currently occupied. Across the street is The Mews (former Guilford Tavern), another site which has been underutilized for several years. The plan is to develop commercial space facing Route 1, with 9 condominium units in the rear.

Looking diagonally across Route 1, another building is undergoing renovations and will be the future site of Brian Alden's Corporate Headquarters; and just down the road, "The Woods at Guilford Gatehouse West"; a 5 unit, high end residential village, is breaking ground.

Needless to say, Guilford remains a thriving and desirable community. Remember to support our local businesses by Shopping Local while enjoying our historical sites, recreational facilities and more.

Brian McGlone

*Town of Guilford Economic Development Coordinator
203-453-8071 / mcgloneb@ci.guilford.ct.us*

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*1200	\$4,416.00	\$4,354.00

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Vista Arts Center / Celebrating the Artist Within

The Vista Arts Center is a unique community arts program for adult artists of all abilities. Located in Madison, Connecticut, the Vista Arts Center has been offering classes in literary, performing, and visual arts since September 2012 and is now opening its classes to all adults in the shoreline community! The Vista Arts Center is unique in that they believe that the ability lies inside everyone, and they are waiting to "celebrate the artist within" you! The Vista Arts Center's mission is to provide quality arts programming to a diverse, adult population that promotes self-expression and learning in a nurturing, noncompetitive environment. Their programming and instructional methods encourage the inclusion of all talent and skill levels while providing a platform for the development of artistic and interpersonal skill development, self-esteem and confidence. All courses are led by arts professionals with many years of experience in their field of specialty and in indi-

vidualizing instruction for a variety of students.

In almost two years of operation, the Vista Arts Center has grown exponentially in its diverse offerings, instructors and community involvement. They have participated in over 7 art showings, put on a full scale, all abilities, community theater production of "Joseph and the Amazing Technicolor Dreamcoat" in partnership with the Ivoryton Playhouse and seen their class offering grow from 4 classes to 30 classes. Registration for the Fall-Winter semester opened August 15th with new and exciting offerings for everyone!

For more information about how you can start celebrating your artist within at the Vista Arts Center, please contact Jeanean Cox, Arts Program Manager at 860-399-8080 or jcox@vistavocational.org. Visit Vista online at <http://www.vistavocational.org>.

From the Assessor

PERSONAL PROPERTY DECLARATIONS - Must be filed by November 3rd. Penalties will be applied to non-filed declarations. The Declaration is available on the Town's website: www.ci.guilford.ct.us/town-departments/personal-property.htm. The following is an abbreviated look at some of the exemption programs that the Assessor's Office administers. Some programs are State Programs which means it is available in all towns. Some programs are Local Programs which means it is available in Guilford and only available in other Towns that have also passed an ordinance authorizing that particular program. If you think you might be eligible for any of these programs, please call the Assessor's Office, Monday through Friday, 9:00 am to 4:00 pm for more information. There is also additional information about these programs (and other important information) on the Town's website: www.ci.guilford.ct.us under Departments; Assessor's Office. Please note: Exemptions are always stated in assessment dollars. To calculate the actual tax savings, multiply the assessment exemption amount by the appropriate mill rate (e.g., the assessment exemption amount is \$1,000 and say the mill rate is 22.36 so the tax savings is \$22.36 or \$1,000 times 0.02236).

ONE SPECIALLY EQUIPPED OR SIGNIFICANTLY MODIFIED MOTOR VEHICLE (Local Option) - owned by the applicant as of October 1, 2014 and used exclusively for the purpose of transporting the medically incapacitated owner is exempt if such vehicle is not for hire and the required application is filed with the Assessor's Office by November 3, 2014, or for such motor vehicles purchased after October 1, 2014, within 30 days of purchase.

ONE MOTOR VEHICLE FOR AN ACTIVE DUTY SERVICEMAN (State Program) - is exempt if the motor vehicle is registered in Guilford. Forms for this exemption are

available from the Assessor's Office and must be filed no later than December 31, 2015 for taxes due and payable July 2014.

DISABLED SERVICEMEN OR

EX-SERVICEMEN (State Program) - may apply for an additional exemption by filing Form 20-5455a (issued by the Veterans Administration) with the Assessor's Office by January 31, 2015. The Amount of the assessment exemption will vary depending on the degree of disability. If you have previously been granted an exemption because your disability is permanent or because you are 65 or older, then you do not have to re-apply.

FARM, FOREST OR OPEN SPACE (State Programs)

- applications must be filed between September 1, 2014 and October 31, 2014. There are additional requirements for the forest program, please call.

FARM MACHINERY (State Program) - used exclusively by a qualifying farmer may qualify for a \$100,000 assessment exemption. An M-28 Form must be filed no later than November 3, 2014.

FARM MACHINERY (Local Program) - used exclusively by a farmer who qualifies for the above described program may be eligible for an additional \$100,000 assessment exemption. An M-28 Form must be filed no later than November 3, 2014.

FARM BUILDINGS (Local Program) - used exclusively for farming activities by farmers who are receiving an exemption for their farm equipment [See FARM MACHINERY (STATE PROGRAM) Above] are eligible for an assessment exemption of \$100,000 for certain eligible farm buildings. An application must be filed no later than November 3, 2014.

Edmund Corapinski, Assessor

Sciatic Pain

Do you have pain, tingling or numbness in your low back, hip or leg?

Eighty percent of the population will suffer with back pain at some time in their life. Low back pain that radiates to your hip, buttocks or leg can be the result of irritation to your sciatic nerve. The sciatic nerve is the largest nerve in your body and is made up of branches of nerves from the mid to lower lumbar spine (low back) and sacrum (part of the pelvic girdle). This large nerve travels through your buttocks, down the back of your leg, behind your knee and then down the back and side of your calf to your feet and toes. Irritation to this nerve can result in pain, tingling, dull ache, weakness, or shooting pain in any, or all of these areas that this nerve travels and supplies information to.

There are a number of possible sources of irritation to this nerve. Disc bulges, protrusions or herniations are one source of sciatic nerve irritation. Spinal and pelvic misalignments (subluxations) can also cause interference and irritation to this nerve. If you are experiencing any low back pain, shooting pain in your hip, buttocks or leg, numbness or weakness in your legs or feet, you need to have a proper spinal examination in order to determine the source of the nerve irritation. This evaluation will often include x-rays to evaluate spinal and pelvic alignment as well as nerve testing. Range of motion

testing will often be done as well. At times, after performing an exam, it may be necessary to have an MRI performed to evaluate the disc more closely. The results of these tests and examinations will help determine the best course of care to relieve the nerve irritation.

Chiropractic care is one treatment option that has been shown to be extremely effective in relieving most cases of sciatic nerve pain. Treatment varies from case to case but often involves specific spinal adjustments to improve and restore proper spinal alignment and function and to reduce the nerve irritation. In conjunction with chiropractic care, ice, stretching, ultrasound, electric muscle stimulation and core strengthening exercises can often be incorporated into their treatment plan. There are some rare occasions where a disc is fully herniated with disc fragments compressing the nerve and surgery to remove these disc fragments may be the only option. Fortunately, these don't occur often and most times conservation care can be very effective in resolving many sciatic conditions.

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

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

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Guilford Free Library Programs

GUILFORD FREE LIBRARY PROGRAMS

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

PROGRAMS FOR ADULTS

CELEBRATING GUILFORD'S 375TH BIRTHDAY

We have several programs to round out our celebration of Guilford's 375th birthday.

CELEBRATING AND PRESERVING OUR RAILROAD HERITAGE

Co-sponsored by the Guilford Preservation Alliance with Bob Belletzkic / Tuesday, Oct. 28 at 7 pm.

GUILFORD AND THE GREAT WAR

with Penny Colby. Tuesday, Nov. 11 at 7 pm.

MOVIES

Monday Night Movies / Regular Monday Night Movies resumed on October 6 with *Belle*. Other films to be shown include *Captain Phillips*, *Words and Pictures*, and *Chef*. All movies begin at 7 pm.

HOW TO READ A FILM;

A MARK SCHENKER DISCUSSION SERIES

Four Billy Wilder films that he co-wrote and directed will be discussed by Mark Schenker, Senior Associate Dean of Yale College, on four nights in a series co-sponsored by the Guilford Free Library and Madison's Scranton Library. The first two lectures, on *Double Indemnity* on Oct. 23 and *Sunset Boulevard* on Nov. 6, take place at Scranton Library, Madison. The next two lectures, on *Stalag 17* on Nov. 20 and *Witness for the Prosecution* on Dec. 4, will be held in Guilford. All four movies will be shown at each library. Guilford will show *Double Indemnity* on Oct 21, *Sunset Blvd* on Nov 4, *Stalag 17* on Nov 18 and *Witness* Dec 2. All begin at 7 pm.

BOOK AND AUTHOR PROGRAMS

Okey Ndibe, author of *Foreign Gods, Inc.* - the story of a Nigerian-born NYC cab driver who steals an ancient war deity - teaches African and African Diaspora literatures at Brown University. Nov 13, 7 pm.

Daniel Goldhagen, Harvard political scientist, has a new book, *The Devil That Never Dies: Global Anti-Semitism*, a groundbreaking examination of the widespread resurgence of anti-Semitism. Co-sponsored by Shoreline Office of the Jewish Federation of Greater New Haven and Shoreline Hadassah. Nov. 23, 1:30 pm.

LUNCH AND LEARN

For an hour at noon on Tuesdays bring your lunch and feed your mind.

Oct 21: Janet Barrett, author of *They Called Her Reckless: A True Story of War, Love and One Extraordinary Horse*, tells of the warhorse pony of the Marines who saved lives in the Korean War.

Nov 4: Tim Malton, chiropractor, describes all aspects of wellness, including exercise, nutrition, and stress relief.

Nov 18: Jeff Webber, author of *Hobbies and Your Retirement Lifestyle*, will give suggestions for new passions for you to pursue.

MUSIC AND DANCE

Julie Harris in Concert. Guilford songstress Julie Harris returns with An Evening with George Gershwin and His Lovely Wife, Ira. Julie's performance comes after the brief annual business meeting of the Guilford Library Association on Oct. 23, 7 pm.

LE NOZZI DI FIGARO

Shoreline Village CT teams up with the Library to bring Paul Berry of the Yale School of Music to discuss *Le Nozzi di Figaro* prior to the movie screening of the Metropolitan Opera performance. Oct. 14, 7 pm.

TOM LEWY AND OPERA

Guilford's Tom Lewy turns his musical ears to two operatic favorites. On Nov 12, he'll discuss *The Barber of Seville*, and he returns on Nov 19 for *Tosca*. Both programs begin at 7 pm.

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 Christina DeAngelo, D.V.M.
 Chelsea Anderson, D.V.M.

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 I-95, Exit 58

TECHNOLOGY TRENDS

October 15: Resources for Job Seekers / An introduction to our databases & other online job seeking tools that will streamline your search.

October 22: Library Resources on Mobile Devices, Ebooks, audiobooks and other library resources on your mobile device, including some basic best practices for an optimal mobile experience.

October 29: What is a MOOC? Massive Open Online Courses are changing the face of continuing education. Learn what is available.

November 5: The Public Domain. We will focus on free ebooks & audiobooks but also look at photographs, music recordings and videos.

November 12: Digital Archives / Learn to search freely available digital collections hosted by libraries and museums. And we will tour our own Digital Archive of the Edith B. Nettleton Historical Room.

November 19: Introduction to 3-d Design Resources / Learn how to create your own, printable 3-d designs. Classes meet from 6:30 to 7:30 pm and are limited to 10 participants. Please sign up for each one online or at the Reference Desk.

CHILDREN'S PROGRAMS

REGISTRATION for starred (**) programs: began on September 9. SPECIALS - Open To All - Please Register / Funded by the Friends of the Guilford Free Library.

**THE GREG AND AXEL MAGIC SHOW: Greg McAdams and his magic dog Axel, will provide magic with comedy and lots of audience participation. Thursday, October 16, from 4:00 to 4:45 p.m. For children age 4 and up

**ZUMBA FOR KIDS: Tracy Brody, originally from Guilford, will present a special program for children and their parents. Friday, October 17 from 10 to 10:45 am. For children ages 5 and 6

**HALLOWEEN SCIENCE: "Cool-ology's" Claudia Esposito will help you get ready for Halloween with some spooky science. Thursday, October 23 from 4 to 4:45 p.m. For children ages 6 to 10

**HALLOWEEN STORY AND CRAFT: Children will hear a story and make a craft to take home. Tuesday, October 28 from 4 to 4:45 p.m. For children ages 6 to 8

**SPIN, POP, BOOM: The Mad Scientists will present a spectacular science show! Thursday, November 6 from 4:00 to 4:45 p.m. For children ages 5 to 12.

**THANKSGIVING STORY AND CRAFT: Children will hear a story and Linda Srebnik of Guilford will help create a holiday decoration to take home. Thursday, November 20, from 4:00 to 5:00 p.m. For children age 6 to 8

DROP - IN PROGRAMS

Open To All - Registration Not Required

POP-IN PLAYTIME: Parents come! Children play! All in a corner of the Children's Room. Tuesdays, September 2 through November 4 & Wednesdays: September 3 through November 5, from 10:30 – 11:00 a.m. All ages welcome.

BOOKS IN A NOOK: Listen to stories read in a cozy "computer free" area of the Children's Room. Wednesdays, September 3 through Nov. 5 from 11 to 11:30 a.m. All ages welcome.

LEGO® BUILDING CLUB: Theme-based projects to display in the Children's Room. Fridays, Nov. 14, & December 12. From 4 to 5 p.m. For children in Kindergarten and up.

BOARD GAMES: Children are invited to play their favorite games with friends! Battleship, Chess, Monopoly, Sorry, Candy Land and more. Just ask for them at the children's desk.

SERIES - Open to All – Please Register.

**TWEEN READERS CLUB: Join the book discussion of *Liar and Spy*, by Rebecca Stead. Read about joining the Spy Club, and tracking the mysterious Mr. X. when the assignment becomes too demanding. We will have a snack. Copies of the book will be provided during the book club. For students in grades 4-6 on Wednesdays, Oct. 8 to Nov. 19, from 4 - 5:00 p.m.

Continued on page 14

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Library Programs ... continued from page 13

****TOTS AND TUNES:** A musical program for toddlers and their parents. Dance, swing scarves and parachute dance to the music. For children age 0 to 5 and their parents. Tuesdays, September 30 through November 4 or Wednesdays, October 1 through November 5 from 10:00 – 10:30 a.m.

****BABY TIME:** For infants, birth through 11 months and parent/caregiver. Hear & discuss developmental issues, then enjoy some time to visit with each other. Mondays, October 20 through Nov. 24, 9:30 – 10:30 a.m. (Co-Sponsored with Guilford Youth and Family Services.)

****ONE ON ONE:** A playful time for children, 12 months to 23 months, and their parent/caregiver with songs, stories and poems. Thursdays, October 2 through November 6 from 9:30 – 10:00 a.m.

****TIME FOR TWOS:** A parent-child introduction to story time: including singing, dancing, and finger plays for children age 24 to 36 months. Fridays, October 3 through November 7 from 9:30 – 10:00 a.m.

****THURSDAY MORNING STORIES:** Children and their parents are welcome to join us for special stories and finger plays from the library's storytelling collection. Thursdays, October 2 through November 6 from 11:00 to 1130 a.m. for children ages three, four & five.

Registration for December Programs begins Tuesday, Nov-ember 18 at 9:00 a.m.

TEEN PROGRAMS

REGISTER FOR THESE PROGRAMS:

TEEN WRITING CLUB WITH LESLIE CONNOR

7th graders and up. 1st and 3rd Tuesdays, October 7th to January 20th 3:30 to 5:00 pm. Madison resident Leslie Connor leads this 8-week workshop that teaches you how to develop ideas into finished stories, poetry, lyrics - whatever interests you. Connor is an award-winning author of several books for young adults, such as *Waiting for Normal* and *Crunch*.

TEEN ART LAB

7th graders and up. 2nd Thursday of each month, October 9th - January 8th 3:30 to 5:00 pm. The popular Teen Art Lab returns with new styles and techniques to learn. Each month features a guest artist who will demonstrate and teach different styles and provide feedback. Guest artists include Sandra Kensler, an oil artist, and Denise Casey who works with pastels.

PRACTICE SAT

High School students
October 18th from 10:00 to 2:00 pm

PAYING FOR COLLEGE

Open to all. Wednesday, October 22th 6:30 pm.
Confused about the FAFSA? Concerned about the rising cost of college? Get help at the Guilford Free Library from College4Less of North Haven, who will discuss scholarships, grants and the FAFSA.

MONSTER MOVIE MAKEUP WORKSHOP

5th grade and up. Friday, October 24 from 3:30 to 4:30 pm.
GetreadyforHalloweenatourMonsterMovieMakeupWorkshop. Learn how to use common household ingredients to make fake blood, wounds and scars.

PRACTICE ACT

High School students. November 22nd from 10:00 to 2:30 pm.

PRACTICE SAT

High School students. December 20th from 10:00 to 2:00 pm.

DROP IN FOR THESE PROGRAMS:

TAG (Teen Advisory Group)

7th grade and up. 3rd Wednesday of each month, October 15th - December 17th 3:30 to 4:30 pm. Get involved with your library! Earn community service hours as you plan library programs, such as movie release parties. Help in the "Cupcake Extravaganza" or the "Blind Date with a Book" display.

IN BE-TWEEN

5th and 6th graders. 1st and 3rd Fridays, October 3rd – December 19th 3:30 to 5:00 pm. In Be-Tween welcomes 5th and 6th graders for art, engineering, exploring and hands-on fun. Try your hand at art with our guest artist, decorate pumpkins or test your engineering skills.

ART EXHIBITS AT THE GUILFORD FREE LIBRARY

October

Meeting Room: Irene and John Liebler, photography
Gallery: Joe Roberti, drawings and watercolors

November

Meeting Room: John Henningson and Veterans, assorted styles
Gallery: Suzanne Siegel, watercolors

December

Meeting Room: Sisters in Cloth Quilt Group
Gallery: Jay Babina, graphic paintings

GUILFORD TOWN HALL DIRECTORY

www.ci.guilford.ct.us

DEPARTMENT	EMPLOYEE / TITLE / ADDRESS	PHONE	E-MAIL
ASSESSOR	Ed Corapinski, Assessor, Town Hall - 31 Park Street	453-8010	corapinskie@ci.guilford.ct.us
BUILDING	William Thody, Building Official, Town Hall South - 50 Boston Street	453-8029	thodyw@ci.guilford.ct.us
ECONOMIC DEVELOPMENT	Brian McGlone, Economic Development Coordinator, Town Hall - 31 Park Street	453-8071	mcgloneb@ci.guilford.ct.us
ENGINEERING	James Portley, Town Engineer/Facilities Mgr. Town Hall South - 50 Boston Street	453-8029	portleyj@ci.guilford.ct.us
ENVIRONMENTAL PLANNING	Kevin Magee, Environmental Planner, Town Hall South - 50 Boston Street	453-8146	mageek@ci.guilford.ct.us
FINANCE	Sheila Villano, Finance Director, Town Hall - 31 Park Street	453-8027	villanos@ci.guilford.ct.us
FIRE	Charles Herrschaft, Fire Chief/Fire Marshal, Fire Headquarters - 390 Church Street	453-8056	gfd10@guilfordfire.com
GUILFORD LAKES GOLF COURSE	Ted Tighe, Golf Course Superintendent, 200 North Madison Road	453-8217	guilford_lakes@hotmail.com
HEALTH	Dennis Johnson, Director of Health, Town Hall South - 50 Boston Street	453-8118	johnsond@ci.guilford.ct.us
HOUSING AUTHORITY	Guilford Court - 32 Guilford Court Boston Terrace - 41 Boston Terrace Sachem Hollow - 310 State Street	453-4760 453-4760 453-4760	
HUMAN RESOURCES	Mitch Goldblatt, Director of Human Resources, Town Hall - 31 Park Street	453-8075	goldblattm@ci.guilford.ct.us
LEGAL/PURCHASING	Pamela Millman, In-House Counsel/Purchasing, Town Hall - 31 Park Street	453-8015	millmanp@ci.guilford.ct.us
LIBRARY	Sandy Ruoff, Library Director, Guilford Free Library - 67 Park Street	453-8282	sruoff@guilfordfreelibrary.org
MARINA	Rod McLennan, Dockmaster	453-8092	townmarina@att.net
PARKS & RECREATION	Rick Maynard, Park & Rec Director, Community Center - 32 Church Street	453-8068	maynardr@ci.guilford.ct.us
PLANNING & ZONING	George Kral, Town Planner, Town Hall South- 50 Boston Street Regina Reid, Zoning Enforcement Officer - Wetlands	453-8039 453-8039	kralg@ci.guilford.ct.us reidr@ci.guilford.ct.us
POLICE	Tom Terrible, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	terribilet@ci.guilford.ct.us
PUBLIC WORKS	Tom Fillion, Highway Superintendent, Public Works Garage - 47 Driveway	453-8081	filliont@ci.guilford.ct.us
REGISTRAR OF VOTERS	(D) Louise Graver, Registrar, Town Hall- 31 Park Street (R) Gloria Nemczuk, Town Hall- 31 Park Street	453-8028 453-8028	registrar@ci.guilford.ct.us registrar@ci.guilford.ct.us
SELECTMAN'S OFFICE	Joe Mazza, First Selectman, Town Hall- 31 Park Street	453-8021	mazzaj@ci.guilford.ct.us
SOCIAL SERVICES	Tammy DeFrancesco, Social Services Director, 263 Church Street	453-8009	defrancescot@ci.guilford.ct.us
STUMP DUMP		453-8029	
TAX COLLECTOR	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

Vote November 4th!

UPCOMING ELECTION AND WHAT YOU SHOULD KNOW!

On November 4, 2014 Guilford will have a state wide election for U.S. Representative, Governor, Lt. Governor, Secretary of the State, Comptroller, Treasurer, Attorney General, State Senator, State Representative, Judge of Probate, and Registrars of Voters. Unless you have moved. You will vote at your usual polling place from 6 am until 8 pm. Please see the Registrar of Voters section in the website for town of Guilford., www.ci.guilford.ct.us for information on your exact voting place.

ONLINE REGISTRATION

It is now possible to register to vote, to change your address, name and/or party affiliation, online. This process is very easy. One path is to go into the Town of Guilford's website – www.ci.guilford.ct.us, choosing Registrar of Voters from the Town Department list and then "Register to Vote Online" which is located on the left side of that page; another way is through the Secretary of the State's website – www.sots.ct.gov, choosing the Elections and Voting tab. Registering to vote online works very smoothly when you have a current Connecticut driver's license.

CURBSIDE VOTING

Curbside Voting is available if for any reason you cannot walk into your polling place on election day. Two poll workers will come to your vehicle and give you a ballot to fill out. Please call our office, 203-

453-8028 when you are ready to go to the polls so we can set the process in motion and save you time when you get to the polling place

PERMANENT ABSENTEE STATUS

We would like to remind you of the availability of permanent absentee ballot status. Here's how it works: If you have a disability which prevents you from going to your polling place to vote you may file a request for an absentee ballot and include with that request a letter from your physician which states that your physical condition prevents you from going to the polls to vote. From then on the Town Clerk will automatically send you a ballot for every election, primary, and referendum, which you can fill out and return by mail. Every year we will send you a letter asking you to confirm the accuracy of your address. Now, isn't that simple?

ELECTION DAY REGISTRATION

If by any chance you have not been able to register to vote before November 4, 2014, you may come to our office, register to vote, and receive a ballot on Election Day. Please also be aware that the Registrars will be in their office to receive applications for voter registration on Tuesday, October 28, 2014 until 8:00PM.

*Louise Graver and Gloria Nemczuk
Registrar of Voters*

The Daily Grind

If you experience severe tooth, jaw or facial muscle pain, it may be from the effects of grinding or clenching your teeth - also known as bruxism.

Most people brux their teeth in response to stress or pain. Nearly 25% of Americans clench or grind their teeth to the point of destructiveness. This destruction leads to tooth sensitivity, wear and breakdown.

Studies suggest that while almost all people unconsciously clench or grind occasionally, more than 80% of habitual bruxers are unaware of their habit. Fortunately, custom-made bite guards offset the painful and destructive forces of bruxism. Bite guards offer people a proactive approach to protect their teeth. Made from a variety of high-tech plastics, these clear, thin and removable devices are usually

worn over the upper teeth as one sleeps. Most people adapt readily and the devices do not dislodge under most circumstances. Not only do bite guards protect the teeth and dental work, but often alleviate facial muscle pain associated with habitual bruxism.

Realizing the relationship between oral health and overall health, your family dentist uses many techniques to diagnose and treat bruxism. From protective bite-guards to stress reducing activities, dentists can help patients protect their teeth and reduce bruxism to promote a healthier and long-lasting smile.

If we can help by answering questions about bruxism, or providing comprehensive dental care, please call Michael Dental Care in Guilford at 203-453-0499.

Guilford Commerce / Then and Now

"Douden's Drug, Frank Douden's place, became very famous because of his invention of checkerberry sodas. They were very popular not only among people in Guilford, but people used to come from miles around ... There were three unique things about Douden's Drug Store that I remember Frank Douden for. One was the alligator that he had who I think always hated him. One of the other things he disliked very much was if you sat at his marble counters and took a quarter or half-dollar and tapped for service. This made Mr. Douden very unhappy. The other unique thing about Frank Douden was when you bought a milkshake there, he would mix the milkshake in a metal container and would pour your glass. If it wasn't quite full he'd add a little milk to it to fill it up. If there was any milkshake left over, you were not allowed to touch the metal container. That went down the drain. All you were getting was one glass of milkshake. That's what you were paying for and that's all you got."

- George Lazarevich, Taking Time to Remember:
An Oral History of Guilford, compiled and edited by the
Committee for Guilford Oral History,
Guilford Free Library, 1988

In a 1963 edition of a map of Guilford, "Douden's Drug Store: Home of Checkerberry On The Green" was listed as No. 37 of 95 local businesses. Every one of the businesses on the map 50 years ago had their stories – their owners, workers, patrons - stories that build character and community, fashioning memories that transcend time and place. Imagine the slice-of-life vignettes that took place just this afternoon at our local Guilford businesses, whether on or about the Green or further north where The Little Store serves up sandwiches to satisfy mid-day appetites along Route 77.

Who doesn't have a treasured memory of a local shop owner from their childhood, then or now? Eccentric characters who own alligators, invent regionally-renown elixirs, and teach Economics 101 with a glass of milkshake may be hard to come by, but taking care of business is a daily task, and our collective memoirs of such exchanges shape hometown lore.

In its 375 years, Guilford and her people have been redefined by economic times and trends like any other New England town. In the early years, products and services for sale or barter were offered by farmers, loggers, masons, blacksmiths, millers, and others who toiled together to "...be helpful each to the other in every common work, according to every man's ability and as need shall require...", as agreed upon in the Guilford Covenant of 1639. According to Steiner's History of the Plantation of Menuncatuck, by the mid-1700's records indicated taxes were taken from "[3] joiners, 7 weavers, 4 carpenters, 6 merchants, 8 shoemakers, 1 ship-carpenter, 2 wheelwrights, 2 victuallers and 'glasers,' 3 coopers, 4 blacksmiths, 1 hatter, 1 saddler, 1 sailmaker and riger, 1 rope maker, 1 clothier and victualler, 1 boatbuilder, 1 physician and 1 engaged in 'matting.'"

More sophisticated industries developed in the 1800's, including boatbuilding, canning (see cover photo), clock making, foundries, and quarries. By Guilford's 300th Anniversary in 1939, The Shore Line Times published an article by H. Philip Dudley entitled "Skill, Ideas and Initiative Find Fertile Ground in Guilford" that credited Guilford's location on the New Haven Railroad and U.S. 1, along with it simply being a "pleasant place to live," as attracting a diversified and sound development of light industries:

"Within the limits of Guilford town one can find Paul Geyer's deft hands involved in intricate and delicate glass-blowing operations, devising gas-filled tubes for electronic devices, and workmen at Shelley Brothers directing a powerful sand blast against unyielding granite in the creation of solid monumental pieces. William Pinchbeck raises roses and gardenias under a quarter-mile of glass stretching away across Guilford's central plain – the world's longest single green-house unit – while a young designer at the Guilford Boat Yard nestled on West River bank applies airplane engineering principles to the building of a new plywood sailboat hull. Philip Kelsey is at the exacting task of setting up custom-built radio and record playing units, while the George Foust Company and the Latham Grit Works are mixing tons of shell, sand and other ingredients to make a health grit which helps racing pigeons develop the

Continued on page 18



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The Largest Family-Owned Real Estate Company in the Northeast

Commerce / Then and Now ... continued from page 17

stamina that keeps them aloft for hundreds of uncharted miles. The Guilford Arts Company is fashioning unique gift items in solid leather and in graceful metal, while just across the hill F.S. Morse & Son is producing feed for farmers' stock, and a special brand of dog food.

"Yes, even in this brief mention there is developed a convincing picture of healthy diversification, and a demonstration of the fact that in Guilford adequate facilities and favorable conditions exist for the establishment and success of small units in almost any line of manufacturing."

Seventy-five years later, Guilford has retained a rather eclectic mix of businesses across assorted industries. "Guilford is and has been recognized as an agricultural town," says Brian McGlone, Economic Development Coordinator for the Town of Guilford, "but the diversity in business trades and services that built our town over history remains with us. Today Guilford is home to many leading companies in the medical, travel, and publishing industries as well as a variety of small businesses run by local residents. While agriculture remains visible, diversity and the entrepreneurial spirit are all around us."

McGlone is immersed in that entrepreneurial spirit in his daily work of assisting both established Guilford businesses

and those looking to locate to Guilford succeed. Whether a business owner's need for new or additional work space, promotional support, employee training, navigating regulatory issues, or other undertaking first prompts their call to the Town, McGlone is on the other end ready to listen, learn, and link. "I get a kick out of connecting people," says McGlone. "I do what I can directly and then network with the appropriate parties - whether other town departments, local landlords, realtors, developers, bankers, the Chamber of Commerce, or organizations like SCORE - to resolve the issue at hand."

At our town's 375th, no print map could serve as a directory to all of Guilford's local businesses, because Guilford commerce is again morphing with the times. Quantifying and tracking local commerce is growing more complicated by the hour. Internet-based businesses operating out of home offices often fly under the radar locally as they cater to a national or even international customer base. They splash on and off the Web faster than any one Chamber of Commerce can track. At the same time, brick and mortars are scrambling to stretch their reach beyond the local community to stay viable and compete in their respective industries. Their customers and clients may not be impressionable Little George or his dad or mom down the street any more.

So how can we retain that down-home feel that is so foundational to Guilford in this technology-driven, highly

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 Church203-453-2788
- St. John's Episcopal Church203-457-1094
- 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 Tavern203-453-2263
- 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 School203-453-0128
- Guilford High School203-453-2741
- 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 Bank203-453-8166
- Guilford Newcomers Club
..... www.guilfordnewcomers.com
- Meals on Wheels203-453-8359

competitive, increasingly global economy? How do we support local businesses overwhelmed with the daunting task of balancing operations, marketing, sales, customer relations, and product or service delivery while economic trends shift and swivel daily?



One such budding Internet enterprise is partnering with local businesses to find out. On February 12, 2014, over 85 residents, town leaders, and business owners gathered at the Guilford Arts Center for a traditional ribbon-cutting ceremony to welcome the nontraditional GoodStreets.org - an alliance at once forward-thinking and folksy. Co-founded by Leslie Krumholz, a 25-year resident of Guilford who honed her skills as a collaborator and social entrepreneur throughout her extensive nonprofit career, along with her partner, Peter Olausson, Guilford resident and entrepreneur, GoodStreets is designed to “Bring Main Street to You.”

What does that mean exactly? Say it’s Thursday evening and there’s no way you’re cooking tonight. Instead of sifting through your kitchen cabinet drawer of take-out menus, you log on to your bookmarked goodstreets.org/take-out page and all your favorite Guilford restaurants are there in one spot - with updated menus and prices. You order online – like so many other purchases you make these days – and zip down to First Garden Chinese Restaurant or Fortes Gourmet Market 30 minutes later. Or say you have an amber necklace with a broken catch, and don’t know where to get it fixed in town. You log onto GoodStreets.org, hit the “Seek & Find” call-to-action, and post a free “classified ad” of sorts. Vera Wolf Jewelry replies with a suggestion to “speak with Peggy at Shoreline Creative Arts Boutique because she does beading.” Or say your adult daughter just bought a new home in town and you want to help her out with a new appliance or other household purchases. Click on “Shop the Local Webstore” on GoodStreets.org and buy her a gift certificate from Page’s Hardware. On checkout, let Page’s know whether she will pick it up or you would like it mailed, since you live in San Diego and she’s raising her family in Guilford. Strolling through GoodStreets is as simple as that.

“We’ve been listening to people, talking to people, trying to figure out together what’s going to resonate with Guilford small businesses and customers alike,” says Krumholz, who is passionate about building strong business-customer relationships

both online and off. “From the beginning I’ve approached this as a community effort. I never walked into a shop or service as a sales person or a solicitor, but as a member of the community. We’re in this together, and we’re going to figure out what works best for everyone together.”

Today the “Shop Local” movement is growing – and for good reason. Local residents don’t want to lose the uniqueness and integrity of their neighborhoods to the twin threats of e-commerce and large warehouse chain takeovers. “Guilford is a caring community,” McGlone points out. “The business community is asked regularly to support many organizations with donations, raffle items, and gifts that benefit many in and around our town. We need to ‘shop local’ to ensure their success so Guilford remains a vibrant community.”



As the Buy Local movement has grown in recent years, so too have hyperlocal websites that encourage online social interaction and e-commerce on a town-by-town basis. From Amazon Local to The Daily Nutmeg in New Haven, the “think local” trend is clearly gaining traction.

GoodStreets is unique in its grass-roots approach. Krumholz shared her vision with five Guilford businesses three years ago - Mix Design Store, StarFish Market, Jordie’s Toy Shoppe, Skin Logic, and the Guilford Arts Center. Together they knitted and kneaded the idea of an online collaboration until it took shape, and within four months launched a beta site. From there, support grew rather organically - from business owners who “have been around forever” to those struggling to keep up with technology and innovation who saw GoodStreets as a viable alternative to going it alone. Its premise relies on transparent communication between businesses and customers, with a “Find & Review Local Businesses,” a Trip Advisor-like feature, front and center.

Best of all, says Krumholz, it has potential to be a multigenerational collaboration. “We’re hoping to provide opportunities for kids to be entrepreneurial - to nurture their ideas and innovations. Technology is the great equalizer, so on the other end of the spectrum, it’s also an opportunity for older folks – like me – to remain relevant.”

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Ready to start or reconfigure your own business? There's never been a better time to let your inner entrepreneur loose. And Guilford - with its history of pioneering enterprises, especially in the agricultural industry - is a particularly strong breeding ground for entrepreneurial types. "There are a lot of cool people who live in this town," says Krumholz. "I've been incredibly impressed with both those who are new to business in Guilford and those who have been around for generations. They are a creative, forward-thinking, open-minded bunch."

And really not so different than the entrepreneurial spirit that led Whitfield and company to Guilford 375 years ago, observes Krumholz. "We're just people dreaming up something new. Together."

Has a Guilford store owner made an impression on you today, yesterday, or 50 years ago? Share your "Frank Douden"-type story at guilfordct375.org, then log onto GoodStreets.org to find, shop, and review local businesses today.

by Lisa Calderone-Perrelli



32 CHURCH STREET, GUILFORD, CT 06437
 WWW.GUILFORDPARKREC.COM
 (203)453-8068

The Guilford Parks and Recreation Department enhances the quality of life in Guilford by providing attractive, well maintained areas and facilities for active and passive leisure pursuits. We offer affordable structured activities for all age groups that are recreational, social, cultural, physical and creative; and we provide various social and health services.

The Department provides programs seasonally for ages six (6) months through 99+. Programs include: movement, rhythm, music, art, fitness, yoga, after school and more!

PRESCHOOL PROGRAMS

- Teddy Bear Rhythms w/ Parent** (6 months – 4 years)
Tues. or Wed., Program # 46121, \$120
- Two's Without You** (2-3)
Tues. or Thursday, Program # 46113, \$180
- ABC's & 123's** (Ages 3-5)
Mon., Wed. or Fri., Program # 46101, \$200
- Cupcake Creations** (Grade K-1)
Tuesday, Program # 46127, \$50
- Small Fry Cooking** (Ages 4-6)
Wednesday, Program # 46122, \$95
- Munchkin Science** (Age 3-5)
Thursday, Program # 46115, \$50
- Pee Wee Soccer** (Ages 3.5-5)
Saturday, Program # 46109, \$50
- Jr. Tae Kwon Do** (Ages 4+)
Mon. & Wed., Program #46205, \$100+
- Gymnastics (18 months-Age 12)
Thurs. or Sat., Program # 46002/46003, \$55-65

YOUTH PROGRAMS

- Young Chefs** (Grades 3-7)
Thurs., Program # 46229, \$28

- Youth Tennis** (Ages 7-12)
Tues. or Thursday, Program # 46203, \$50
- Guitar Lessons** (Ages 7-14)
Tuesday, Program # 46210, \$60

- BLAST Babysitting** (ages 12-15)
Program # 46201, \$75
- After School Art & Math** (Grades 5-8)
Tuesday, Program 3 46212, \$50
- Classical Fencing** (ages 11+)
Wednesday, Program # 42121, \$75
- Youth Adventure Club**
Friday, Program # 46214 \$125

ADULT PROGRAMS

- Adult Mens Basketball** (Ages 18+)
Monday, Program # 42101, \$25
- Dog Obedience**
Thursday, Program # 42111, \$50
- Acting for Adults**
Wednesday, Program # 42100, \$80
- Bull's Eye Quilt**
Tuesday, Program # 42106, \$25
- Fitness Classes**
(Various Days and Times)
- CPR / First Aid**
Monday, Program #42104/42105, \$65

ACTIVE ADULTS 55+

- Low Impact Aerobics**
Tues. & Fri., Program # 40215, \$ 45
- Hula**
Monday, Program # 40204, \$10
- Pickleball**
Wed or Fri, Program # 40217, \$20
- Oil Painting**
Thursday, Program # 40205, \$60

Active Adults 55+ are welcome Monday through Friday for breakfast. Lunch is served Monday, Tuesday, Thursday and Friday for \$3.25. Call to reserve your spot.

The Guilford Parks and Recreation Department also offers many special events for the community. Events include: Fall Festival, Skate Park Contest, Halloween Spooktacular, Window Painting Around the Green, Soup with Santa, EGGStravaganza, Summer Sizzler, Community Picnic &

Fireworks and more!

There are many parks and facilities in Guilford: Chaffinch Island Park, Jacobs Beach, Lake Quonnipaug, Chittenden Park, Long Hill, Nut Plains. For more information on parks and facilities please visit www.guilfordparkrec.com.

For up to date information, please visit the Guilford Parks and Recreation Department website at www.guilfordparkrec.com or call (203)453-8068.

Guilford Art Center

Guilford Art Center's Fall semester began the week of September 15. Adult classes include Blacksmithing, Ceramics, Drawing, Fiber, Glass, Metals, Painting, Photography, Sculpture, and more. Children's classes take place after school and on weekends. Catalogs with all details are available by calling 203.453.5947 or downloading from the website www.guilfordartcenter.org.



Guilford Art Center's Artistry: American Crafts for the Holidays
November 1 – January 4, 2015

Monday-Saturday, 10 am - 5:30 pm, Sunday 12 - 5 pm
One-of-a-kind, handmade crafts by 250 artists from across America will be featured, including ceramics, glass, jewelry, fiber, ornaments, accessories, toys, specialty foods, and more. During Artistry, works spill from the shop into the gallery at the Center, making for a bountiful and festive display of fine craft objects. Scores of new artists will have their work featured this year, offering shoppers a huge array of unique gift ideas. New works are added throughout the course of the show, so visitors will want to return to snag a "find" they might not have seen before. Proceeds from Artistry benefit the exhibiting artists and Guilford Art Center's educational and community programs.

Artistry OPENING RECEPTION

Friday, November 1, 5 - 8 pm, free and open to the public:
Join us for shopping & refreshments.

Artistry OPENING WEEKEND

SPECIAL MEMBERS' BENEFITS! November 1-3: Members receive 15% off all items and 10% off throughout the rest of sale. Become a member at any time and immediately receive this benefit. For more information call 203-453-5947 or contact www.guilfordartcenter.org.



Soup for Good / Sunday, November 16, 4:30 - 6:30 pm

Guilford Art Center's School & Pottery Studio, 411 Church Street, Guilford, CT

At this second annual savory gathering to benefit Guilford Art Center and the Community Dining Room in Branford, pick out your one-of-a-kind handcrafted ceramic bowl, made by GAC potters, and enjoy a warming soup of your choice. Also included is bread, dessert and glass of wine or sparkling water. Bring your friends! Afterwards, head to the Shop and Gallery to visit Artistry: American Craft for the Holidays, the Center's extraordinary annual sale of fine holiday arts and crafts.

Call GAC for reservations at 203-453-5947 or visit www.guilfordartcenter.org.



SARAH, Inc. Partnership - Beautification of Branford Green



Branford First Selectman James B. Cosgrove recently announced that the Town of Branford is partnering with SARAH, Inc. to help with the maintenance of the Town Green for the summer months. The SARAH supported work crew was hard

at work keeping the grounds clean and watering the beautiful hanging flower baskets that were provided by the Branford Garden Club.

"Contracting with SARAH, Inc. is a win-win partnership. The SARAH supported work crew is excited to be working around the Town Green providing these valuable services, and the town receives quality, cost effective service to help maintain the beauty of the town center" said Branford First Selectman, James B. Cosgrove.

Founded in 1957 SARAH, Inc. provides programs and services for individuals with intellectual and other disabilities. An important part of its mission is partnering with local businesses and municipalities to find meaningful work opportunities. Earning a paycheck helps bring smiles to the faces and self-esteem to the hearts of SARAH supported workers. There are more than 120 supported workers currently employed in businesses throughout greater New Haven and across the shoreline.

"We truly value our relationship with the Town of Branford and the support of First Selectman Cosgrove," said Pat Bourne, Executive Director of SARAH, Inc. "We hope this will be a long term relationship."

Do You Have a Renovation Strategy?

With our warmer months now coming to an end, I'm noticing a lot of home improvements while I drive about. I remember when my husband and I moved into our house and did some renovating. Built in 1979 and not maintained by previous owners, our house needed "a little work." Watching renovations take shape has brought a lot of thought into "a little work" and I have some parallels and insights that I would like to share.

Our renovation process took longer than anticipated for a couple of reasons. As we saw our ideas coming to life, my husband and I became more creative and added more ideas to our wish list. (Fun!) But more importantly, as the project progressed, it became apparent that years of neglect had taken their toll, requiring more labor and more money than initially anticipated. (Not fun!)

Through it all, we remained grounded and realistic. Some projects required more money and some less money. Sometimes things could be salvaged, but sometimes things just needed to be replaced. And, in time, our neglected colonial shaped up to be a beautiful colonial. But if our goal had been to change our neglected colonial into a contemporary, we would have been very frustrated and very poor. We live in an instant gratification society with new

technology emerging on a daily basis. As a result, many people believe that any problem can now be solved quickly, easily and cheaply. And the truth is that a lot can, but a lot cannot. The key to a successful outcome in any cosmetic procedure is to have realistic expectations.

Every procedure will have limitations, even facial plastic surgery. Every procedure will only last for so long and will need to be repeated - even facial plastic surgery. Some procedures will last for months and some for years, but nothing lasts forever.

Each procedure is designed to give specific results. If your physician is clear about the results you can expect and those results are in line with your desired outcome, then it is an open playing field for non-surgical procedures for you.

So enjoy every non-surgical option available, explore them and discuss them with your physician (be it me or someone else). If you're realistic, not only will you be beautiful, you'll be happy too. What a combo!

To learn more about procedures that will keep you beautiful without surgery, please call 203-245-2227 for a free consultation with Dr. O'Malley or visit us at www.sonasmedspa.com.

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

Feeling Drowsy During the Day?

Are you drowsy during the day with no explanation? Do you snore loudly or wake up breathless in the middle of the night? If you're experiencing any of these symptoms, you may be one of more than 12 million Americans who are affected by sleep apnea. Sleep apnea is a condition in which your breathing stops periodically during sleep, as many as 20-30 times per hour, the resulting lack of oxygen alerts your brain, which temporarily wakes you up to restart proper breathing. Since the time spent awake is so brief, most people with sleep apnea don't remember it, and many believe they are getting a good night's sleep when, in fact, they are not. The constant wake-sleep cycle prevents those with sleep apnea from achieving deep sleep, resulting in a constant drowsy feeling during the day.

Sleep apnea is considered a serious medical problem and if left untreated it can lead to high blood pressure, increasing the risk of heart failure and stroke. The ongoing state of fatigue caused by sleep apnea can lead to problems at work or school, as well as danger when driving or operating heavy machinery. Sleep apnea can also cause complications with medication or surgery; sedation by anesthesia can be risky, as can lying flat

in bed after an operation. If you know or suspect you suffer from sleep apnea, let your family doctor know before taking prescribed medication or having surgery.

Treatments for sleep apnea depend on the severity of each individual case, and the type of apnea. Basic treatment can be behavioral - for instance, patients are instructed to lose weight, stop smoking, or sleep on their sides instead of on their backs. Beyond that, oral devices can be used to position the mouth in such a way that it prevents throat blockage. In more severe cases, surgery may be the best option.

If you suspect you or a loved one suffer from sleep apnea, contact your dentist. They may refer you to a sleep apnea specialist. The specialist may recommend a sleep study to diagnose the precise extent of the problem, and can prescribe appropriate treatment. Depending on your situation, treatment may involve an oral device that can be fabricated by your dentist.

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

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Please Think Twice!

Please think twice before posting signs on public trees & utility poles.

As a public service reminder it is important for the public to know that placing a playbill, picture, notice, advertisement or other similar signs on public trees and utility poles is illegal in the State of Connecticut.

Nails and staples used to hang the signs can injure workers and damage equipment. It is the responsibility of the town's tree warden to remove any signs placed on trees, utility poles or other natural objects located in the town's right of way.

Any one who places signs on trees, utility pole or natural objects could be fined up to \$50 per a sign.

Therefore, the signs that you created for your event could be removed prior to the event even happening and all money raised would be used to pay the violation fee.

*Kevin Magee
Town of Guilford
Natural Resources Department
Environmental Planner/Tree Warden*



campaign for bully-free communities

Council of Business Partners at



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STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County **860.347.0025** or go to **MiddlesexCountyCF.org**.

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