

Guilford events

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First Selectman's Corner

I am happy to report that the Town ended fiscal year 2014-2105 with an estimated surplus of \$1.2 million. This would increase our unassigned fund balance (rainy day fund) to approximately \$7.2 million. Credit should be given to our department supervisors for an excellent job in managing their budgets despite the tough winter and challenging spring cleanup. This surplus can be attributed to an increase in tax collections as well as an increase in economic development in town, which has generated more revenue in our building, engineering and health department fees.

In other financial news, we are delighted to report that Standard & Poor's Rating Services has assigned a rating of "AAA" to the Town of Guilford, which is their highest credit rating. This contributed to the low 2.78% interest rate the Town received on its \$31,085,000, August, 2015 general obligation bonds which finances a portion of the costs of the new high school and various capital projects. This rate is lower than the 2.96% on the bonds issued in August, 2014, the first round of financing for the high school, and is lower than the 4% projected when the new high school was first proposed. This will result in considerable savings to the taxpayers as the debt service will be less than initially projected.

Standard & Poor's credited the Town's strong management and budgetary performance, which is evident by its past six years of continued surpluses and increasing unassigned reserves, as

supporting its highest rating. The rating report mentioned economic development projects including Guilford Commons, The Residences at 66 High Street and Tractor Supply as providing additional diversity and growth to the tax base.



Joseph Mazza,
First Selectman

The Town, through the efforts of Representative Sean Scanlon, has received a state grant totaling \$446,500 for much needed upgrades to the town's municipal parking lot directly behind the shops along the Green on Whitfield Street. This project has been planned for some time and we are now able to get the funding to move ahead with this renovation that will complement the shops and our wonderful Town Green. The Town has also received an insurance rebate totaling \$42,600 from our insurance carrier CIRMA as part of its equity distribution or rebate on our insurance premium, which will offset our 2016 insurance costs.

DDR Corp. has announced five new stores that will be coming to The Guilford Commons shopping center, formerly known as the "Rock Pile." The Fresh Market anchor store will be joined by Michaels craft store, DSW (Designer Shoe Warehouse), Ulta Beauty, Bed Bath and Beyond and Charming Charlie.

continued on page 2



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FIRST SELECTMAN ... continued from page 1

The projected date for the soft opening is October 21 and the Grand Opening is set for November 5.

Summer has been a busy month for road construction. In addition to our normal chip sealing program, milling and paving of Flat Meadow Road and Pond View Circle was done as well as the reconstruction of Schoolside Lane. The State Department of Transportation has repaved Route 77 from Prospect Hill Road to Water Street. The State is finishing its repaving project on Route 1 from the Branford line to York Street.

The new Guilford High School is complete. Students were welcomed on September 8 and a dedication was held September 26. The remaining work on the site will be to demolish the old building, level the elevation and build the parking lot and fields. The Guilford High School Building Committee has done an incredible job managing such a sizeable project. It is a state of the art facility that students, staff and residents can all be proud of.

Joseph Mazza, First Selectman

Sales Representative

Due to expanded growth we are seeking a full time sales representative to sell advertising in our niche publication. We seek an experienced leader that understands the consultative sales process.

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 by Tai Soo Kim Partners.

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Economic Development Department

If you are like me, you feel the summer passed us by too quickly. It was a great summer in many respects and it certainly provided us with an active construction season. Fall is a wonderful time in Guilford and we hope to stretch it for as long as we can.

Rarely a day goes by when I am not asked about Guilford Commons. This area was certainly a very active construction site throughout the summer. The road work improvements along Rt. 1 (in front of the transfer station) were completed and a traffic signal light was installed and activated. The developer, DDR, recently confirmed a lease has been signed with Charming Charlie, a women's store featuring fashion jewelry, apparel, handbags and accessories. This store, along with previously announced; Bed, Bath & Beyond (home goods), Michael's (art and hobby supplies), DSW (Designer Shoe Warehouse), Ulta Beauty (skincare, haircare, cosmetics and fragrances) and The Fresh Market (specialty grocery store) are the initial tenants in the plaza. These locations will occupy about 70% of the total approved square footage. We expect to hear about additional stores in the near future. The stores are expected to be open for business by October 21, with a targeted "grand opening" scheduled for November 5th. By the time this issue is distributed, construction will be nearing completion at 2945 Boston Post Road, the home of Tractor Supply Company (supplies for farming, livestock, pets, clothing, hardware and tools). TSC expects to open by October 24, with a "grand opening" projected for October 31st.

Another significant project is underway on the west end of town; however, it is less visible from Rt. 1. The Woods at Gatehouse West is an elegant 5 unit condominium complex, located at 2614 Boston Post Road. Two units are currently under construction. The first

unit, named "Welcome Cottage" will act as the model for the development and will be available soon to demonstrate the many amenities available within this complex. This project is being done by LHB Development.

Construction activity will be ramping up at The Residences at 66 High Street. They have obtained final approval from the State of CT - DEEP concerning their advanced treatment system that handles sewage disposal. This was a required action prior to building permits being issued. The first phase of the project, which is the original "Mill Building", is expected to be completed by late spring 2016. Two new buildings will be built, named Whitfield and Leete. Whitfield is expected to be completed by late summer and Leete is expected to be completed by late fall 2016. A third building, Chittenden, will start late in 2016 and is expected to be completed in 2017. Interest in this complex is very high as a number of units are already on "pre-construction deposit".

Several new businesses have opened in town, including; Guilford Animal Medical Center, a full service animal hospital at 1795 BPR, KC's Hickory Kitchen, a food takeout service business at 725 BPR, Pa's Place, a food service restaurant, located at 506 Whitfield Street (former Little Stonehouse), and Guilford CoWorking, primarily serving people working from home or on the move needing an office space to call their own, located at 14 Water Street.

Much activity is occurring in the area of women's clothing and accessories. Eve's, expanded her selection of women's apparel and accessories, moving across the lot to 96B Broad Street. The owner of Tracy Brent Collections has added a second store in town, offering a different variety of clothing and accessories at Tracy2, located at 71 Whitfield Street,

occupying the retail space where the former Trudy's was located. The owner of Trudy's is now enjoying her retirement. Carol's Creation has closed as the owner consolidated this location into her North Haven store. Shift Cycling will be expanding their operation into this space and as such, will be occupying the total building.

After 15+ years in business and challenged by two significant storms (Irene and Sandy), The Stonehouse Restaurant closed their doors on July 31. The space was purchased by Oceanco LLC. At the time of writing of this article, it was not clear as to the direction of this space.

The Town has been awarded a \$446,500 Grant from the State of CT to implement much needed improvements to the Whitfield – Water Street parking lot. Funds will be used to upgrade and renovate the existing parking lot, installing lampposts to light the lot at night, installing designated crosswalks, traffic calming islands, landscaping and enhancing the drainage and paving. Final designs and bids will occur over the winter, with construction expected to start early spring, to be completed no later than June 2016. This project will certainly enhance the downtown experience of residents and tourists as they support our local shops, restaurants and businesses.

Fall is a great time to spend in Guilford. We have many events and activities throughout our town to enjoy. Should you have any questions about these businesses, or any other in town, do not hesitate to contact me.

Brian McGlone
Economic Development Coordinator
203-453-8071
mcgloneb@ci.guilford.ct.us



Shoreline Chamber of Commerce

Community Outreach

Did you know the Chamber actively supports the community in a continually evolving role?

Examples of community support:

- Gold Sponsor at the Branford Festival
- Sponsor of the Branford Jazz Series
- Through Chili Challenge for a cause: donation to the Liver Foundation
- Through Chowder Challenge for a Cause: donation to the Marisa Meritolo Foundation for Cancer
- Sponsor of the Rotary Golf Tournament
- Scholarship for high school student
- Helps in sponsoring the Guilford Holiday Tree lighting
- Coordinates the Guilford Sidewalk Sale
- Donation to the Dan Cosgrove Animal Shelter
- Campaign for Toys for Tots at holiday time

Events

2nd Annual Chowder Challenge – Stroll up and down Whitfield Street, sampling all of the different chowders being offered by local restaurants. Part of the proceeds for ticket sales go to the charity of the winning chef's choice. So – don't forget to vote

for YOUR favorite! Saturday, October 17 / noon – 3 pm. Located on Whitfield Street, across from the town green. Entry fee: \$10 per person.

Dancing with the Stars – enjoy a delicious dinner, followed by great music, our fabulous “Dancing Through the Decades” dancers, plus open dancing for everyone after the contest. All are welcome! Saturday, November 14 / 6 – 10:30 pm. Foxon Country House, 990 Foxon Road, East Haven, CT 06513. Admission: \$50 per person.

Holiday Tree Lighting - The tree lighting ceremony is scheduled to begin at 6 pm Friday, December 4. Enjoy the entertainment and music leading up to the lighting!

Business After Hours Holiday Networking - Hundreds of attendees join Chambers of Commerce representing Clinton, Madison, Guilford/Branford, North Branford and East Haven for networking in a holiday setting at Bill Miller's Castle. Tuesday, December 8 / 5:30 – 7:30 pm. Bill Miller's Castle, 834 East Main Street, Branford, \$15.00/pre-registration; \$20 at the door.

Henry Whitfield State Museum

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

Calendar of Events

October to December

Hours – Wednesday to Sunday, 10 am to 4:30 pm (last tickets sold at 4 pm each day)

OCTOBER

HOLIDAZE - The Real Story of Halloween, Thanksgiving & Christmas (9/26/15 to Dec. 13)

Learn about the origins and myths of these three holidays and why witches had more to do with spirits than candy, why Plimoth was not the site of the original Thanksgiving and why in Puritan New England you could be sent to jail for celebrating Christmas.

Sat. 24 - Halloween Hysterics at Henry's

Explore Connecticut's oldest house using flashlights and venture into the normally

off limits basement. Craft a gargoyle and find out what they were originally used for in medieval times and find out if Henry Whitfield's granddaughter was a witch. Scavenger hunts, crafts, candy and special displays.

NOVEMBER

Fri. 27, Sat. 28, & Sun. 29

Harvesting History

Enjoy samples of 17th century recipes, examine reproduction trade items. Make Your Marke with a quill pen, explore the *Holidaze* exhibit and listen to readings of the children's book *Pilgrim Cat* during this annual Thanksgiving weekend event. You may even meet a Puritan.

DECEMBER

Fri. 4 - Firelight Festival

4 pm to 8 pm - Gather around the bonfires and make popcorn and s'mores while you enjoy hot cider and hot chocolate, tour the Henry Whitfield House after dark and make ornaments out of natural materials. Write a letter to Santa in the *Holidaze* exhibit and find the perfect gift in the museum shop.

Sat. 12 & 13 / Night Before

Christmas Storytime

2 pm to 4 pm - Find out the history behind this classic holiday tale followed by readings of the story inside the 1639 Whitfield House. Special discounts on children's items in the museum shop.

Assessor's Office

PERSONAL PROPERTY DECLARATIONS

must be filed by November 2nd. 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, 2015 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 2, 2015, or for such motor vehicles purchased after October 1, 2015, 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 2015.

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 February 1, 2016. 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, 2015 and October 31, 2015. 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 2nd.

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 2.

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 2nd.

Edmund Corapinski
Assessor



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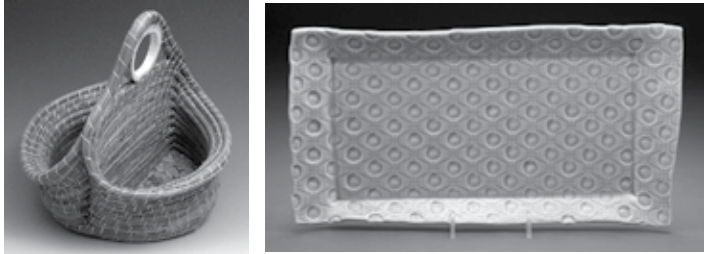
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Guilford Art Center

The Guilford Art Center announces its annual shopping event, *Artistry: American Craft for the Holidays*, which will take place October 30, through January 3, 2016. One-of-a-kind, hand-made crafts by more than 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.

“As distinct from mall and online shopping, *Artistry* offers the opportunity to find truly one-of-a-kind, special objects that you can find to really connect with your gift recipients,” says Guilford Art Center Executive Director Maureen Belden. “The opportunity to buy American-made goods is also very important to people.” *Artistry* also offers visitors a variety of shopping experiences: personal shoppers are available for advice and gift-giving ideas; a registry makes gift-selection easy; and businesses can take advantage of personal shoppers and discounts for employee holiday gift-giving. Proceeds from *Artistry* benefit the exhibiting artists and Guilford Art Center’s educational and community programs. Hours are Monday through Saturday 10 am-5:30 pm and Sunday 12-5 pm.

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

MEMBERS’ WEEK - SPECIAL MEMBERS’ BENEFITS: October 30 - November 6: 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.

JEWELRY & CHAMPAGNE RECEPTION: Wednesday, December 3, 5-8pm, free and open to the public. Join us while shopping for a huge range of jewelry and accessories to suit every style.

Guilford Art Center is located at 411 Church Street, Guilford, Connecticut (exit 58 off I-95). For more information call 203-453-5947 or contact www.guilfordartcenter.org.

ABOUT GUILFORD ART CENTER

The Guilford Art Center is a non-profit school, shop and gallery established to nurture and support excellence in the arts. Through classes for adults and children, gallery programs, a shop of contemporary crafts, and special events, the Center fulfills its mission to provide opportunities for the public to participate in the arts, to experience their cultural and historical diversity, and to appreciate the process and product of creative work. It receives support from the Connecticut Dept. of Economic and Community Development. Founded in 1967 (as the Guilford Handcraft Center), the Center evolved from the first Handcraft Expo, held on the Guilford Green in 1957. It currently serves over 2,000 students in classes, presents juried and invitational exhibits of art in the Center’s gallery and operates a shop of fine, handmade American crafts year-round. The Center also presents the Craft Expo, held on the Guilford Green each year in July, that features works by more than 180 of the country’s most distinguished artisans and is a much-anticipated annual event for the shoreline community.

Designers Circus “Pop-Up” Fall Fashion & Accessories Event

Designers Circus, a Boston-based creative fashion and accessories event, is returning to Guilford for the fall and will hold a “pop-up” sale in the Gallery at the Guilford Art Center. The sale will be open on Friday, October 9 & Saturday, October 10, 10 am-6 pm, & Sunday, October 11, 11 am-3 pm. A portion of proceeds from sales will benefit Guilford Art Center’s educational programs. All sales are final; there are no returns, refunds, credits or exchanges. For more information contact Guilford Art Center at www.guilfordartcenter.org or 203-453-5947.

“Soup for Good” Fundraiser

Enjoy a warm, soup supper while supporting two great shoreline organizations - Guilford Art Center and the Community Dining Room - at Soup for Good, Sunday, November 15, 4:30-6:30 pm at Guilford Art Center.

Guests are invited to the Guilford Art Center school to enjoy a bowl of hearty soup, bread, dessert and glass of wine or sparkling water. Each guest gets to choose their own one-of-a-kind soup bowl, handcrafted by Guilford Art Center potters. Bowls will be washed to take home “for good.”

A portion of proceeds will benefit the Community Dining Room, as well as Guilford Art Center. The Community Dining Room, located in Branford, is committed to serving the shoreline community by feeding the hungry and helping with other basic human needs. For reservations and more information contact Guilford Art Center at (203) 453-5947 or www.guilfordartcenter.org.

Do Your Hands & Fingers Tingle or Fall Asleep?

There are many people who experience these symptoms on a regular basis and are unsure of the cause.

The nerves that supply information to your hands and fingers have their origin in the middle to lower neck and upper part of the mid back (cervical and thoracic spine). These nerves travel from the neck through the shoulder area, elbow and then the wrist to send information from your brain to your fingers. Any interference to the nerve system along that pathway can result in tingling or numbness, weakness of grip or hands and fingers falling asleep.

On occasion the bones in the wrist (carpels) can be misaligned causing a narrowing of the canal where the nerve travels through, resulting in carpal tunnel syndrome. Other times nerve interference can result from tightness around the nerves traveling through the elbow or shoulder areas often due to

injury, poor posture or misalignment. The most common area that we find to be involved is the mid to lower cervical spine and the upper thoracic spine (neck and upper back). This part of our spine is often out of its proper alignment due to trauma, such as a slip or fall, sports injury or automobile accident, or due to repetitive head forward and down postures such as computer and desk work, texting, reading or watching TV in bed or on the couch with your head propped up.

The cervical spine is designed to have a C shaped forward curve when viewed from the side which reduces stress on the discs, joints and nerve system. When examining our patients who present with symptoms of hands and fingers tingling, numbness or falling asleep, we find that the normal C shaped curve is lost and often times it is actually reversed. This abnormal spinal alignment will produce increased stress on the nerve system as well as the discs and joints in the neck which over time

will result in degenerative arthritis. Doctors of Chiropractic are trained to evaluate the spine, shoulder, elbow and wrist for proper alignment and function and to determine where the interference to the nerve system is originating. Most times specific chiropractic adjustments can help restore proper alignment and function to the cervical and thoracic spine, shoulder, elbow and wrist reducing interference to the nerves thereby reducing many of their symptoms.

So if you are one of the many people who are suffering with your hands or fingers tingling or being numb, falling asleep, or weakness in your grip you may want to check and see if chiropractic care may be able to help.

Dr. Paul Heeren
Heeren Family Chiropractic Center

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The Dudley Farm & Farmers' Market



Harvest Day

Join us on Saturday, October 24 for Harvest Day at The Dudley Farm, 2351 Durham Road in North Guilford, CT. From 9 am to 2 pm, the Dudley Farm Museum and the Farmers' Market will celebrate the Harvest with family fun and autumnal delights. We invite you to join us for food, music, activities for children and demonstrations of early 19th century skills. Rain date is October 31.

At the Market

We offer seasonal produce, mums and cut flowers, eggs, baked and canned goods, naturally-raised meats, honey and maple syrup, handmade art and crafts. In addition, a number of Market

endors will demonstrate their specialties throughout the Harvest Day celebration.

Around the Farm

The Dudley Farm Museum offers spinning and blacksmith demos, working the oxen, and harvesting hops. Also included will be a weaving demonstration on our 19th century loom and other activities for young and old alike to enjoy while experiencing farm life as it once was. The Farmhouse will be open for tours and visitors can stroll around the picturesque grounds and see the pastures filled with sheep, the oxen and chickens. You can learn about our Big Barn Project and plans for its restoration. The Summer Market runs every Saturday, 9 am to 12:30 pm, through October 31st with our 3rd annual Halloween Party. Market vendors are planning Trick or Treat surprises between 9 am and 12:30 pm. Children must be accompanied by an adult.

Holiday Open House & Market



The Dudley Farm Museum and Farmers' Market invite you to celebrate the holiday season on December 5th and 12th, from 9 am to 2 pm. The Museum will be open for "Cookies and Carols" at their Holiday Open House and the Munger Barn will host the 20th annual Holiday Market. See our 1845 Farmhouse decorated for the holidays and enjoy live dulcimer music and complimentary mulled cider and cookies served in the dining room. All are invited to join in singing carols in the parlor accompanied by music played on our 1856 melodeon. The Farmhouse will also have its annual cookie sale to benefit the Museum, and free drawings for the floral centerpieces on display. Over 30 vendors will fill the Munger Barn both days. Available are baked goods, eggs, fibers, fresh holiday greens, wreaths, trees and decorations, handmade art and crafts, honey, jams and jellies, maple syrup, naturally-raised meats, pickles, soap and more.

For more information, contact the Museum at 203-457-0770 or the Market at 860-349-3917, visit www.dudleyfarm.com or check us out on Facebook at Dudley Farm Museum. The market is subject to cancellation due to inclement weather.

Photos by Barbara Hanson.



FALL FOR THE ARTS AT LYME!

Jerry Weiss, S-Shaped Nude, oil on linen, 36" x 36"

Come to LYME to enjoy the new Center for Arts Programming with year-round offerings. Registration for Fall classes opens September 15, 2015. To learn more about our classes and to register online visit: www.lymeacademy.edu

Upcoming events include:

- September 18** – Alumni Exhibition Opening; exhibit on view through November 14
- October 23** – Artist Lecture by Nancy Friese, Master Printmaker
- November 5** – Artist Lecture by David Dewey, Watercolorist, Professor Emeritus, LYME
- December 9** – Lecture by Roger Mandle, former President, RISD

All lectures are from 6-8 p.m.; Reservations Required.
RSVP to: eoleschuk@lymefsa.newhaven.edu

To join our mailing list Text: LYMECENTER4ARTS to 2282 to get started!

LYME ACADEMY COLLEGE OF FINE ARTS
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From the Registrar

Vote November 3, 2015.

Everything you need to know for the upcoming election.

On November 3, 2015, Guilford will have a municipal election for seats on three local Boards – Board of Finance, Board of Education and Board of Assessment Appeals. Unless you have moved since the last election, you will vote at your usual polling place from 6 am until 8 pm. If you are unclear as to your polling place location, 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 name, address 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; a third way is to go directly to the website www.voterregistration.ct.gov. 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 are not able to 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 your 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 3, 2015, 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 27, 2015, until 8:00 pm. It is strongly recommended that you complete your voter registration by October 27, 2015, if possible.

Please contact our office if you have any questions. Our office hours are Monday, Wednesday and Friday afternoons from 1:00pm until 4:30pm. On Wednesday evenings, October 14 and October 21, the office will be open until 7:00 pm.

Our telephone number is 203-453-8028 and our email address is registrar@ci.guilford.ct.us.

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The New Guilford High School



West Side Entrance of the High School
Photo by Chris Dobbins of the Guilford Courier

After almost a decade of research and planning, the new Guilford High School opened on Tuesday, September 8, the first day of school for all Guilford Public School students. The facility meets all expectations as a 21st Century flexible state-of-the-art learning facility designed to address all programming needs while supporting the necessary infrastructure to be considered a secondary Emergency Shelter for the Town of Guilford.

The High School building was finished on time and within budget, after a very full summer of receiving furniture, completing punch lists, continuing site work, and beginning demolition. There is much more to do over the next 10 months. But the building was ready for students, faculty and staff.

Superintendent Paul Freeman greeted faculty and administrators at the Sept. 1st Convocation at the new facility. Members of the Guilford High School Building Committee (GHSBC) were awarded the Friend of Education Award for 2015 in recognition of their outstanding service to the community in overseeing all phases of the design and construction of the new school.

The GHSBC, consisting of community volunteers, was established in July of 2011 following the successful referendum that spring which proposed a budget of

\$92,220,800 for the first new school in Guilford in decades. With an approximate reimbursement rate of 29%, the Town of Guilford should expect to pay approximately \$65.5M plus financing costs after the State of CT Bureau of School Facilities finishes its inspections over one year from now.

“Guilford has been extremely fortunate in regards to the long term financing of the new Guilford High School,” says First Selectman Joseph Mazza. “We most recently financed \$15 million in bonds at a 2.79% interest rate, and in 2014 financed \$26 million in bonds at a 2.96% interest rate. Both of these issues were well below the forecasted interest rate of 4%. As First Selectman, I am extremely happy that the projected debt service is way below our original estimates, as the cost to the taxpayers is considerably less than what was first proposed to the citizens of Guilford.” Prior to the work of the GHSBC, many others volunteered their time and expertise in helping the Board of Education and the Board of Selectmen determine that the most needy school – and the one that could best benefit the community – was the High School. The Community Task Force for School Facilities (CTFSF) spent a few years studying all of Guilford’s schools, including Adams Middle School. While much effort was placed on either

refurbishing or replacing Adams, the High School kept floating to the top. It could serve the largest number of students in Town while also providing an additional Emergency Shelter and plenty of spaces for community use.

CTFSF Co-Chair and Mary Jo Kestner says, “I am so pleased that the students and faculty have a facility that supports learning. The new high school is an asset for the town and I congratulate the project team and the building committee for their diligent work in seeing it through.”



Guilford High School 2 – Atrium Area
Photo by Tai Soo Kim Partners

Tai Soo Kim Partners was hired as the architect to not only usher the Town through the pre-referendum stage of developing concepts for the school but has continued throughout design development and construction. The “bow-tie” design provides students efficient passing between classes while enjoying spectacular interior and exterior views.

It brings the outside in: light from the third floor skylight over the central corridor and sawtooth skylights over the Commons and Gymnasium; views of Long Island Sound; and tempered fresh air that passes through a tunnel beneath the gym.

The new building is filled with access to the latest technology, multiple energy efficiency measures, and flexible learning spaces. Many who have taken tours with Principal Rick Misenti have commented on the collegiate ambience of the building. A Ribbon Cutting Ceremony and Open House was held on September 26. While site work will continue throughout the school year, learning will continue in the new facility without interruption. The GHSBC foresees site completion, including parking areas, bus loop, landscaping, and athletic fields, in the Spring of 2016.

Mary Beeman Chair, Communications Subcommittee
 Guilford High School Building Committee

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 Church203-453-5249
 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 Garden Club.....203-453-5203

Guilford Land Conservation Trust ..203-457-9253
 Leete's Island Garden Club203-453-3884
 Shoreline Chamber of Commerce...203-488-5500
 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 School203-453-5291
 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 Cross203-787-6721
 Firemen's Field.....203-458-8812
 Guilford Food Bank.....203-453-8166
 Guilford Newcomers Club
 www.guilfordnewcomers.com
 Meals on Wheels203-453-8359

Guilford Parks and Recreation Department, Guilford Youth & Family Services and D.A.Y. - It's Worth It Initiative Events

Halloween Window Painting Around the Green

Saturday, October 17 (Raindate: Sunday, October 18th)
This event will be held from 10:00 a.m.-12:00 p.m. Groups and families (up to 7 individuals) are encouraged to decorate a business window for the fall season. To register for this fun event, please go online to www.guilfordparkrec.com and register for program # 41112. Sketches should be submitted to Karolin Regan at Youth & Family Services (regank@ci.guilford.ct.us) or send to 36 Graves Avenue Guilford, CT 06437. Winners will be announced at the Halloween Spooktacular on October 25th.

Rescheduled - Guilford's Got Talent

Sunday, October 18th on the Guilford Green (Rainsite: Community Center) The event will take place beginning

at 1:00 p.m. Audition submissions are to be emailed to Ellen Clow at clowe@ci.guilford.ct.us. Please include your name, number & age along with a 60 second clip of your talent. We are looking for adult and youth performances. Guilford's Got Talent is emceed by Radio Personality John "Cadillac" Saville. Prizes will be awarded to top performers.

Halloween Spooktacular

Sunday, October 25th on the Guilford Green / Park Street (Rainsite: Community Center). Activities will be a performance on stage, inflatables, ice cream from Ashleys & more. Park Street will be utilized for a "trunk or treat." Please register your families, organizations, businesses "Trunk" to be a part of this wonderful community event. To register guilfordparkrec.com (program # 41106). For more information contact Ellen @ 203-453-8068.

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.

Adult Programs

HISTORY - THE LOGBOOKS: CONNECTICUT'S SLAVE SHIPS AND HUMAN MEMORY - The realities of the CT slave trade with author Anne Farrow, Wednesday, Nov. 18, 7 pm.

CHRISTMAS TRUCE of 1914
Men on both sides met in No Mans Land to share a respite from the Great War. Dave Davison, Thursday, Dec. 3 at 7 pm.

GUILFORD AND SLAVERY
Guilford's connections to slavery with Dennis Culliton, Tuesday, Dec. 8 at 7 pm.

DOWNTON ABBEY: FASHION AND SOCIAL CHANGE
Susan J. Jerome, a GHS graduate and Collections Manager for the Historic Textile and Costume Collection at the University of Rhode Island, looks at fashion as reflected in the popular television drama, Downton Abbey. The social,

technological, and political changes of the early twentieth century were reflected in the notable evolution of women's and men's clothing. This illustrated presentation will look at some of the influential designers and other persons involved in the years of the first five seasons of the popular PBS series. Thursday, Nov. 12 at 4 pm.

Books And Authors

ANN NYBERG
Ann Nyberg, WTNH's longest serving and award-winning news anchor, has been a storyteller her whole life. She will read from her new book, *Slices of Life: A Storyteller's Diary*, on Sunday, Nov 8 at 2 pm.

LITERATURE AND LIFE
Mark Schenker, Associate Dean and Dean of Academic Affairs, Yale College, will explore how "the common reader" - Virginia Woolf's phrase for the reader who is neither a critic nor a scholar - can increase their own understanding and pleasure reading literature. Thursday, Nov. 5, 7 pm.



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Music And Film

Nick Fradiani, Sr. in Concert

Nick Fradiani Sr, musical father of American Idol winner, Nick Fradiani, Jr., will perform after the brief annual meeting of the Guilford Library Association on Oct. 22 at 7 pm. Nick will sing his hits, play his guitar, and tell us about his music and his life.

Metropolitan Opera Talks

Shoreline Village CT teams up with the Library to bring faculty from the Yale School of Music to discuss operas prior to the commercial movie screening of the Metropolitan Opera Live in HD performances. All talks begin at 7 pm.

Oct 15, Marc Verzatt discusses Giuseppe Verdi's Otello

Oct 30, Paul Hawkshaw discusses Richard Wagner's Tannhauser

Tom Lewy and Broadway

Guilford's Tom Lewy turns his musical ears to two Broadway favorites. On Nov. 3rd he'll discuss "An American in Paris",

and he returns on Nov. 10th for "The King and I". Both programs begin at 7 pm.

Teen Programs

Please Register For These Programs.

COLLEGE4LESS

7th graders and up. Wednesday, October 14 from 6:30 to 8:00 pm. Get help from College4Less of North Haven with scholarships, grants, and the FAFSA.

PRACTICE NEW SAT

High School students. Saturday, October 24, from 10:00 am to 2:00 pm. Saturday, December 12, from 10:00 am to 2:00 pm.

PRACTICE ACT

High School students. Saturday, November 21, from 10:00 am to 2:00 pm. Saturday, January 23, from 10:00 am to 2:00 pm.

TEEN ART LAB

7th graders and up. 2nd Thursday of each month, 3:30 to 5:00 pm. November 12, December 10, and January 12. A different guest artist will be at each meeting to

Continued on page 16

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LIBRARY PROGRAMS ... continued from page 15

present different techniques and provide feedback.

SCIENCE CLUB

7th graders and up. 3rd Wednesday of each month, 3:30 to 4:30 pm. October 14, November 18, December 16, and January 20. Each meeting will explore a different STEM topic with guest appearances from local experts.

PYTHON WORKSHOP

7th graders and up. Mondays, October 19, 26, November 2 and 9, 6:00 to 7:00 pm. Cory Lynch, a Guilford High School senior and member of Apple Pi Robotics, will introduce the computer programming language, Python.

TEEN ADVISORY GROUP

7th graders and up. Get involved in your library by joining the Teen Advisory Group! Earn community service hours while having fun! For students in grades

7 to 12, no registration is necessary. For more information, or to be added to the e-mail list, contact the Teen Librarian at Teenlibrarian@guilfordfreelibrary.org.

In BeTween

Bi-monthly programs for grades 5 and 6. Please register for these programs on the first and third Thursday of each month from 3:30-4:30 pm.

OCTOBER 15 — GLITTER PUMPKINS

Get creative! Come to the library to decorate a sugar pumpkin with paints, glitter, and more.

NOVEMBER 5 — BUTTON MAKING

Design and create buttons using magazine pages, scrapbook paper, or your own doodles.

NOVEMBER 19 — PIXEL ART WITH FUSE BEADS

Create pixelated masterpieces with fuse beads! Use a guide to make a familiar character from your favorite video game

or make a creation from your imagination.

DECEMBER 3 - MAKE A 3-D PRINTED ORNAMENT

DECEMBER 17 -- DECORATE A MUG & MAKE YOUR OWN HOT CHOCOLATE MIX.

Children's Programs

The library offers programs for youngest readers—Tots & Tunes, Baby Time, One on One, Time for Twos—for which we ask you to register. These drop-in programs are open to different ages: Lego Building Club (Kindergarten and up), Books-in-a-Nook (all ages), Thursday Morning Stories (ages 3 and up), and Pop-In Playtime (all ages). Check our website (www.guilfordfreelibrary.org) for details.

In addition to stories and more for our youngest readers, we have the following special events. Call to register, 203-453-8282.

Continued on page 18

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GUILFORD TOWN HALL DIRECTORY

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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	Jeff Hutchinson, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	hutchinsonj@ci.guilford.ct.us
PUBLIC WORKS	Tom Fillion, Highway Superintendent, Public Works Garage - 47 Driveway	453-8081	filliont@ci.guilford.ct.us
REGISTRAR OF VOTERS	(D) Louise Graver, Registrar, Town Hall- 31 Park Street (R) Gloria Nemczuk, Registrar, Town Hall- 31 Park Street	453-8028 453-8028	registrar@ci.guilford.ct.us registrar@ci.guilford.ct.us
SELECTMAN'S OFFICE	Joe Mazza, First Selectman, Town Hall- 31 Park Street	453-8021	mazzaj@ci.guilford.ct.us
SOCIAL SERVICES	Tammy DeFrancesco, Social Services Director, 263 Church Street	453-8009	defrancescot@ci.guilford.ct.us
STUMP DUMP		453-8029	
TAX COLLECTOR	Debi Milano, Tax Collector, Town Hall - 31 Park Street	453-8014	milanod@ci.guilford.ct.us
TOWN CLERK	Anna Dwyer, Town Clerk, Town Hall - 31 Park Street	453-8001	dwyera@ci.guilford.ct.us
TOWN PROPERTIES	Steve Neydorff, Facilities Engineer, Town Hall South - 50 Boston Street	453-8487	neydorffs@ci.guilford.ct.us
TRANSFER STATION	1900 Boston Post Road	453-8095	
YOUTH & FAMILY SERVICES	Lyne Landry, Director, 36 Graves Avenue	453-8047	landryl@ci.guilford.ct.us

Guilford Preservation Alliance



Guilford Visitor Information Kiosk

The Guilford Visitor Information Kiosk Went Live on September 18th.

Where to go, what to see, where to shop, where to eat? Visitors and residents no longer need ask these questions about Guilford. The answers are keystrokes away at the Visitor Information Kiosk and on their home computers and other devices at visitguilfordct.com, thanks to three years of work by the Guilford Preservation Alliance (GPA).

The kiosk offers residents and tourists a new electronic resource to learn nearly everything they want to know about Guilford, from its historic museums, arts and recreation to local shopping and dining. Using its events calendar, visitors can find out months in advance what there is to see and do in town and plan accordingly.

Located on Church Street next to the Nathanael B. Green Community Center, the stand-alone kiosk features an interactive touch-screen computer monitor accessible from the exterior, as well as display cases for historic and current events in the interior. The computer monitor is available 24 hours a day, every day, year round.

The kiosk is part of a comprehensive heritage tourism plan of the Guilford Preservation Alliance to encourage

exploration of Guilford's historic, cultural and natural resources. The State Bonding Commission, the Connecticut Humanities Council, Guilford Preservation Alliance's Marjory Schmidt Fund, and Guilford Foundation funded the kiosk, and mediaBOOM provided in-kind services.

Funds for ongoing maintenance will be provided through advertising. A campaign is currently underway to encourage corporations and businesses, large and small, to advertise. All advertising will remain on the kiosk computer and the website for one year; ads are available for \$100 and \$250. Those interested should contact Tracy Tomaselli at 203.671.9351 or tomasellitracy@sbcglobal.net.

Roberta Wisk Flannery
Guilford Preservation Alliance

LIBRARY PROGRAMS ... continued from page 16

PAWS & READ

Read to therapy dog Kiri and his handler, retired teacher Elisabeth Holder, for 15 minutes. Registration for this program by phone or in person only. Wednesdays, Oct. 21, Nov. 4 and 18, Dec. 2 & 16, 3:30-4:30 pm. For children 5 and up.

SPOOKTACULAR ANIMALS

A tarantula, a scorpion, snakes, and more! Tuesday, Oct. 20, 4 to 5 pm. For children 4 & up.

HALLOWEEN STORY AND CRAFT

Join us for a special story and great spooky craft, Monday, Oct. 26, 10 to 10:45 am for ages 3-5; 4 to 4:45 pm for ages 6 to 8.

HOOP & SPIN SHOW

Hula hoops poi, flow wand and more—spinning wonder for all ages, Friday, Nov. 6, 3:30 - 4 pm. Class after the show for ages 7 and up, 4- 5 pm.

THANKSGIVING STORY AND CRAFT

Linda Srebnik of Guilford will read a story & help you create a holiday decoration to take home. Nov. 17, 4 to 5 p.m. For children ages 6 to 8.

WEEKEND WILDLIFE

Funded by the Allan Louis Loeb. Foundation. One Saturday each month, come to the library to learn about local animals & plants and meet local wildlife. Open to ages 4 & up. Registration is required for each individual event. 11:00 am-12:00 pm on the following days:

OCTOBER 17TH - REPTILES WITH RANGER RUSS

Connecticut's native snakes and turtles are fascinating creatures. Meet the animals that could be living right in your backyard and learn about their habitats and what you can do to help preserve them.

NOVEMBER 14TH-THREATENED & ENDANGERED RAPTORS

What do the classifications "threatened" and "endangered" really mean? We feature two American kestrels, a barn owl, a peregrine falcon, and bald eagle. Learn which species of raptors are currently on Connecticut's threatened and endangered list and ways in which we can help to promote their survival.

DECEMBER 5TH-WILDLIFE IN WINTER

What strategies do animals employ to get through harsh winter conditions? We'll discuss how some animals remain active in

winter, while others hibernate, migrate, or go into torpor. Meet some winter animals up close as you learn about their cold-weather adaptations. Registration for these December programs takes place beginning on November 17 at 9 am.

WINTER MAGIC

Friday, December 4th, 4:30-5:15 pm, all ages: Steve Woyce and Henry the magic rabbit are back to perform some amazing magic feats before the Guilford Tree Lighting.

HANNUKAH FUN

Monday, December 7th, 4-5pm, ages 5+: Come hear a dramatic reading of Eric Kimmel's book, *Hershel and the Hanukkah Goblins*, with Guilford residents Julie Harris, former Guilford Free Library staffer, and Hesch Sommer, Rabbi Emeritus of Temple Beth Tikvah. Jill Lesage of the Jewish Foundation of Greater New Haven will lead children in a Hannukah craft and activity after the story.

GINGERBREAD HOUSES

Wednesday, December 9th, 3:30-4:45 pm, ages 9+: Guilford resident Jodi Marra will help children create gingerbread houses that will be displayed in the children's area.

Art Exhibits at the Guilford Free Library

OCTOBER - Meeting Room: Terry Offredi, oil paintings
Gallery: Steve Plaziak, paintings

NOVEMBER - Meeting Room and Gallery: Robert Jacoby and Rita Breiger, paintings

DECEMBER - Meeting Room: Sisters in Cloth Quilt Group

Check our website and local newspapers for more information. www.guilfordfreelibrary.org.



375th Anniversary Committee Gives Gift to Guilford

Commemorative Sidewalk Installed on Guilford Green

Although Guilford's 375th anniversary year ended many months ago, one of the good works done by the Guilford 375th Anniversary Committee will live on for years in the form of the sidewalk that has been installed at the northern end of Guilford Green. Thanks to the sponsors, businesses and individuals who generously supported the 375th Anniversary, the Committee had enough money not only to fund a year of events, but also to leave a lasting gift for the people of Guilford.

For some reason lost in history, since no one seems to recall it, the Green has had sidewalks on three sides, but none on the Broad Street end between Park and Whitfield streets. This prevented walkers, runners and strollers from making a complete circuit, forcing them to cross the street to do so. Now, they will be able to make a loop around the entire Green even in winter because care was taken to place the walk a sufficient distance from the street so that it wouldn't be covered by snow banked up by plows. Additionally, people will be able to access the bus stop via a short walkway connected to the sidewalk.

The idea for the installation came from Guilford Green Committee member Rob Leete, whose wife Susan asked him why there was no sidewalk at the northern end of the Green. Rob raised the issue with the Committee, which explored the



possibility of installing a walk. The problem? No money to do it. Fortunately, Stephen Page, a Guilford Green Committee member and also a member of the Guilford 375th Anniversary, knew where to get the money. Stephen was aware that the Anniversary Committee wanted to make a permanent gift to Guilford, so he suggested funding the sidewalk, and the Committee agreed that such an expenditure could benefit everyone. First Selectman Joe Mazza and Town Engineer Jim Portley coordinated the installation. Today, residents and visitors can see a plaque embedded in the walk commemorating this gift.

Roberta W. Flannery
375th Anniversary Committee

How to Get Noticed

By the time we reach our 40's many of us find ourselves applying more than one product to get the desired results that used to come for free when we were in our 20's. In order to get the best results from your anti-aging products, they should be applied in a specific order.

Cleansing is an important first step. You should be using a cleanser that is specifically designed for your face and not any old thing that you have in the shower. Some cleansers that contain ingredients like glycolic and salicylic acids might be too harsh for over 40 skin.

If you use a good facial cleanser, you should not need a toner. And when it comes to drying, please put down the hand towel. Reach for a tissue and pat your skin dry.

By the age of 40 all women should incorporate a serum into their daily routine. Moisturizing is essential for hydration, but a serum can help repair damage. My personal favorites are serums that contain growth factors.

You should wait for a few minutes for your serums to dry before applying a moisturizer. So use that time to do something - brush your teeth, dry your hair. Just something so

you won't notice the time. If you're new to layering products, it will make your new routine much easier.

Your next step is a sunscreen. This is the most important step and is often neglected. You should be in the habit of wearing a separate sunscreen every day, not only in the summer months.

Many women seek out moisturizers that have an SPF and think that they have adequate protection from harmful UV rays. While this is a good first line of defense, it is not enough protection. You should be using a separate sunscreen that contains either Zinc or Titanium Dioxide for maximum protection.

Aging is a complex process and one product or procedure rarely gives the desired result. Most skin rejuvenation plans include more than one topical treatment and tightening or volumizing procedures to enhance the results. Start making a plan now! Call for a free consultation - 203-245-2227.

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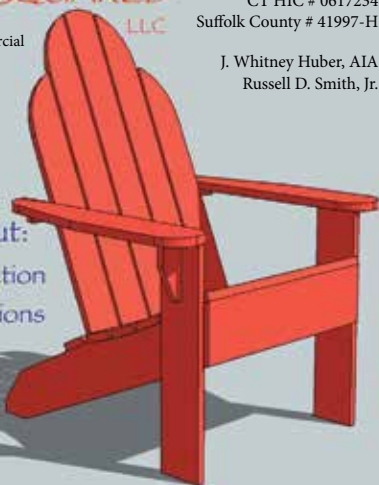


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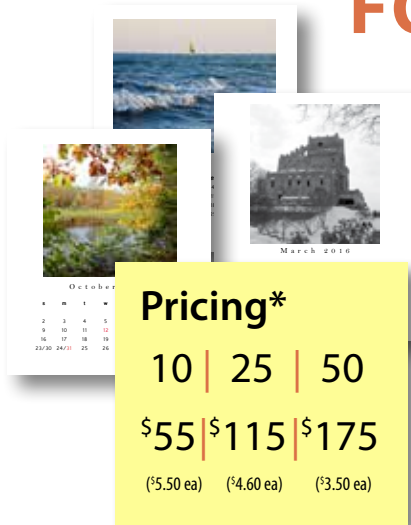
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