

Guilford events

VOLUME 5 • QUARTER 1 • 2016



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First Selectman's Corner

I hope everyone had a wonderful holiday season and I wish everyone a healthy and happy New Year. Now that winter is upon us I want to remind everyone to be extra careful when traveling our roads and to be mindful of our winter ordinances related to snow removal and parking. Within 24 hours after a snowstorm is over, property owners must have their sidewalks cleared. There is an "Overnight Parking Ban" in effect from December 1st through April 1st. There is no on-street parking between the hours of 1:00 a.m. and 7:00 a.m. or whenever snow removal operations are in progress. The Fire Department also requests if you have a fire hydrant in front of your property, you keep it free and clear of snow in case of emergencies. In addition, please do not plow snow into the roads. We need everyone's cooperation in order to clear the roads quickly and make sure all the roads and sidewalks are safe for vehicles and pedestrians.

I am happy to announce that the Town of Guilford was recently recognized by CERC (Connecticut Economic Resource Center) for the Guilford Commons development. CERC recognized the plaza for the economic benefits it is providing our town and the region. We are proud to be recognized for all our hard work in Economic Development that has taken place over the last several years. The town also received an Official Statement from Governor Malloy recognizing Guilford's efforts in strengthening Connecticut's economic climate, improving communities and

revitalizing our neighborhoods. The Town, including the Board of Education, is currently involved in putting together the 2016-2017 operating budget which will be presented to the Board of Finance at its February 16, 2016 meeting with a tentative referendum date of April 19, 2016. At this time there are no significant increases except an anticipated increase in debt service due to funding for the new Guilford High School, which was anticipated when the project was first approved in 2011.



Joseph Mazza,
First Selectman

The design for the Whitfield/Water Street Streetscape project has been completed and will be going out to bid soon with an anticipated completion date prior to Memorial Day 2016. This project is being funded by a \$446,000 state grant, which is earmarked to renovate the parking lot and install new and improved lighting that is consistent with the lighting on the Green. There will be a redesign of the parking spaces, new islands and plantings will be installed as well as an overlay of the parking surfaces, among other improvements.

continued on page 2



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The Town has applied for a state matching grant in the amount of \$68,000 to help with weed control at Lake Quonnapaug. Invasive weed growth has been an ongoing problem, which the town has been continually trying to address. This grant will help us begin a program to annually control the growth of the weeds. We should receive a response soon as to whether the town has been awarded the grant.

The Guilford Lakes Golf Course Commission has completed the renovation of tees 1, 3 and 4 this fall, which now completes the reconstruction of all the tees on the

course. Next spring these tees will be in play as well as the tees that were reconstructed last year. As a side note the Board of Selectmen has approved a request for proposal to be published seeking proposals from companies interested in possibly take over management of the golf course in the hopes of producing better financial results. One of the conditions of the RFP is that the management company must maintain the excellent conditions of the course, which is still rated as the number one par three 9-hole courses in the state and the third in New England.

Joseph Mazza, First Selectman

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Winter Wonderland Guilford Parks & Recreation



The Guilford Parks and Recreation Department will hold Winter Wonderland on Tuesday, February 16th from 12:00-3:00 p.m. The event will take place at the Community Center (32 Church Street).

Wristbands cost \$5.00 and can be purchased the day of or you can purchase online at guilfordparkrec.com. Included in the event will be a DJ, face painting, moon bounces, horse drawn carriage rides and MORE!

PARKS & RECREATION PAINT NIGHTS (AGE 18+)

Day: Thursday
Date: February 11
Time: 6:00 - 8:00 p.m.
Program #: 12102
Where: Community Center
Instructor: Andrea Schmidt
Fee: \$25

Bring your friends, spouses and significant others to our adult paint night. We provide everything you'll need: canvas, paints, brushes, a smock, and the art idea; and you provide your creative spirit and enthusiasm. Enjoy a night out with other adults and head home with your own piece of individualized artwork!

(AGE 8-14)

Day: Thursday
Date: March 31
Time: 5:00 - 7:00 p.m.
Program #: 16219
Where: Community Center
Instructor: Andrea Schmidt
Fee: \$25

Come learn how to paint your own masterpiece! Children will be led by a qualified instructor in creating their own piece of art. Everything will be provided; canvas, paints, brushes, smocks, and the art idea; children just need to bring themselves and their creative spirit. Each child will leave with their own version of the artwork to keep and treasure. Go to guilfordparkrec.com to see all winter programs.

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Extremely professional work on my home, interior and exterior, my wife and I are very pleased! - Ford & Abby Gurall, Branford CT

Terrific work. Attention to detail, friendly and helpful team and a gorgeous job - Nancy Creel, Guilford CT

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Assessor's Office

Elderly Tax Relief applications will be taken in the Assessor's Office, between February 1st and May 15th, during the hours of 9:00 am and 4:00 pm, Monday through Friday. If you are unable to come in, an agent of your choice may file on your behalf. Please bring all proofs of income for both spouses (for the year 2015), including (but not limited to) your Federal Income Tax Return (if you file or will file), your Social Security (SSA-1099 Form) annual statements, statements of pension, interest or dividends, etc. All information must be in English and U.S. dollars.

THE BASIC REQUIREMENTS for all of the following Elderly Tax Relief Programs are as follows:

- The homeowner must have owned the property as of October 1, 2015.
- The homeowner must be at least 65 years of age as of December 31, 2015 or was receiving 100% disability benefits from Social Security as of that date;
- The homeowner must have lived in Connecticut for at least one year;
- The homeowner must not be receiving tax relief from any other town or state;
- The homeowner must occupy the property as their principal residence.

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

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

The homeowner must have income (including Social Security) of not more than \$35,200 for a single individual or \$42,900 for a married couple.

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

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

The homeowner must have income (including social security) of not more than \$37,200 for a single individual or \$44,900 for a married couple.

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

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

- The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see above);
- The homeowner must not owe any taxes (including motor vehicles);
- The homeowner cannot be on both the Town's Tax Deferral and this program; and
- The homeowner's income is based upon residency (as follows):

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

Edmund Corapinski, Assessor
203-453-8010

Guilford Police Department

Detective Martina Jakober

2016 CITIZENS POLICE ACADEMY

The Guilford Police Department is seeking participants for the 2016 Citizens Police Academy beginning Thursday, March 24th through Thursday, May 26th 2016.

As the Department strives for transparency, the Citizens Police Academy provides a hands-on opportunity to educate the citizens of Guilford on the operations of the Department while obtaining valuable feedback from citizens to enhance police and community relations.

The 10-week Citizens Police Academy will include over 30 hours of instruction taught

in 3-hour sessions every Thursday evening from 6pm to 9pm. We ask that participants commit for all 10 weeks to complete the program. The training includes interactive classroom participation, a department overview, elements of crimes, laws, a range day; patrol ride-a-long, K9 demonstrations, federal and state agencies. Classes will be held at the Police Department Community Room located at 400 Church Street.

If you have questions, contact Detective Jakober in the Crime Prevention Unit at 203-453-8061. Applications will be at the Department, on our Facebook Page, and

on the Guilford Police Department website: www.guilfordpd.com. The deadline for applications is March 14th, 2016 and the class size is limited to 30 people.

Participants must be Guilford residents and 16 years of age or older. Sixteen and 17 year olds must have written permission from a parent or guardian to participate. A standard background check will be completed on each applicant.

IRS SCAMS

This time of year, IRS scammers are looking to steal your money. Thousands receive letters, phone calls and emails

continued on page 6

POLICE ... continued from page 5

indicating that they owe back taxes and will be penalized, both criminally and financially, if they do not pay the amount due immediately. The written correspondence appears legitimate with IRS letter-head formatting and personal information. The phone calls are equally convincing and very intimidating. The truth is, the IRS will not call, email or send a letter of that nature in a not certified fashion. The IRS will want to know if you have received a letter and document the contact via certified return/receipt letter.

If you receive some type of correspondence from the IRS or a call from someone claiming to be the IRS, contact the IRS directly via the online listed number, not the number listed in the letter, email or phone call. Do not give out your personal information. If they are calling you, they will have it. Tell them you will call them back on the number listed for the IRS online or in the phone book. Often times, the caller will hang up as they have realized that you have been educated on the scam and will not be a willing victim at that point.

Taking the extra step to determine if the IRS contact is legitimate will save you, possibly thousands of dollars, down the road. The IRS website has a list of known common scams associated with their agency. What you should know, is that this scam list is evolving almost daily as scammers out there seek to relieve you of your money in new ways. Check this website for a list of your local IRS contact numbers: <https://www.irs.gov/uac/Contact-Your-Local-IRS-Office-1>

COMPUTER SCAMS

Have you received the call from “Microsoft” claiming something is wrong with your computer and they need access to it to fix the “bug”? It’s a scam. Microsoft will not call you to fix anything. The caller is attempting to gain access to your computer for one of two things. Either they are accessing your computer to take information from your hard drive or they are downloading a “keystroke virus” that will document your login and password information for banks, email, or other sites that contain personal financial information. They will use this information to steal your identity and wreak havoc on your credit.

Have you ever heard of “click bait”? The scammers are hoping you haven’t and are fishing for victims with links they send in emails or videos on social media. Click bait is something as simple as an article with an interesting title that you ‘click’ your computer mouse on to view. While you are viewing the link, the virus is spreading throughout your computer. The viruses vary. Some just steal your email contact lists or social media contact lists. Others access personal information and search for usernames and passwords for online banking, insurance and tax sites. Don’t fall victim to this scam. If you don’t know who sent the email, if the email looks suspicious from someone you do know or if the article or video is not from a trusted source, DON’T OPEN IT. Just delete it or skip over it on social media. Make sure your anti-virus software is up to date on your computer and if you think your computer may have been accessed,

disconnect it from the internet and bring it to a computer expert to make sure it is not infected.

Have you ever typed in the wrong website into your browser? For instance, google.com instead of google.com. Hackers are counting on you to misspell websites and then will send you an alert that you have a virus on your computer. The alert looks official, like it was sent from Microsoft or Apple. However, the virus alert is false and the scammers are trying to get you to click on the link they provide or call the number they provide to get access to your computer. If you see this happen, close your browser and disconnect it from the internet. Clear your browser history, clear the cache and cookies. Reboot the computer and you should be fine. Again, make sure you have up to date virus protection on your computer.

There is no definitive way to protect from all viruses and scams but the most important tool for computer safety is educating yourself on the scams and viruses out there. These criminals are lurking out there and waiting for someone to fall into their trap. See the Federal Trade Commission’s website for further information on scams and computer crimes: <http://www.consumer.ftc.gov/> To report these types of crimes go to <http://www.ic3.gov> to make sure the complaints are tracked and investigated. Follow us on the Guilford Police Department Facebook page for more helpful tips and scam updates. Join us for Coffee with a Cop to ask questions about this topic and more. Check our Facebook page for dates, times and locations. Thank you and stay safe!

SARAH Gala and Auction

A Cinco de Mayo Celebration will be held
at the Woodwinds on May 5th, 2016

SAVE THE DATE!



Shoreline Chamber of Commerce

2015 has been a stellar year for the Shoreline Chamber. The merger of the Guilford and Branford Chambers has been a successful undertaking. We are now 600+ members strong and growing. The many events offered throughout the year – Chili Challenge, Branford Festival, Lobster Clambake, Taste the Shoreline, The Wellness Fair, Chowder Challenge and Guilford Tree Lighting (done in conjunction with the town of Guilford) – have all achieved their goals – in being family friendly, community oriented, fun-filled days. Click the EVENTS button on the website: www.shorelinechamberct.com to keep apprised of both the Chamber's and members planned events.

COMMUNITY OUTREACH

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

- Gold Sponsor at the Branford Festival
- Sponsor of the Branford Jazz Series
- Through Chili Challenge for a cause: donation to the Brian's Hope
- Through Chowder Challenge for a Cause: donation to the SARAH, Inc.

- Sponsor of the Rotary Golf Tournament
- Scholarship for high school student
- Brewery Tour to Support SARAH Inc.
- Coordinates the Guilford Sidewalk Sale
- Developed marketing campaign for 'Be Loyal to Local'
- Campaign for Toys for Tots at holiday time.

QUARTER 1 EVENTS

The Annual Awards Dinner will be held at the Guilford Yacht Club on January 28, 2016. Enjoy dinner and a silent auction while honoring the nominees for: Community Volunteer of the Year, Chamber Volunteer of the Year, Val Karlawish Distinguished Chamber member award, Small Business of the Year, New Business of the Year, Community Service Award – Organization and Business of the Year.

The Chili Challenge for a Cause, held on the Branford Green, is scheduled for April 2nd this year, vs. its usual March date. Be sure to join the fun: 12 – 3pm, Branford Green Merchant District. Taste the Chili, vote for your favorite Chili (or chef) while helping a worthy cause.

Come see what everyone's raving about!



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Shoreline Arts Alliance

SHORELINE ARTS ALLIANCE CELEBRATES 35 YEARS

With Two Special Events in Guilford in February and March, 2016 marks the 35th anniversary year of Shoreline Arts Alliance. Since 1981 Shoreline Arts Alliance has been in the 'business of the arts' through its services to artists and more than 100 arts and cultural organizations in our 24-town region and through its renowned programs and competitions. In the first quarter of 2016 SAA will be celebrating this milestone year with two very special events.

On February 6 the organization will hold its 4th annual Mardi Gras Gala.



Photo by Judy Barbosa

The festivities will take place at the Guilford Yacht Club and promises an evening of delicious New Orleans cuisine, great jazz, masks and beads, signature cocktails, silent and live auction and of course... a parade and presentation of the King, Queen, Captain and their Krewes. Patrons at past events have captivated in their creative and bejeweled masks, feathers, and other baubles as they strolled 'Bourbon Street' bidding on Silent Auction items. Passed hors d'oeuvres of Cajun and Creole specialties are a sneak preview of the fabulous meal to follow. Guests have enjoyed our own versions of the famous New Orleans Hurricane, Sazerac and Vieux Carre while swaying to the music of true Dixieland Jazz. We parade through the venue before finally taking our seats for an authentic Fat Tuesday meal and live auction. This major annual fundraising effort supports the organization and its Scholarship programs. Our regional high school Scholarships in the Arts students and our summer Rising Stars Theatre attendees are the primary beneficiaries of this annual event with the remainder of the proceeds supporting our other arts programs and services. Sponsorship opportunities, Mardi Gras Krewe tables and individual ticket information can be found at www.shorelinearts.org.

The second major event happens on March 20 as the 35th Annual IMAGES Photography competition and exhibition opens in the Mill Gallery of the Guilford Art Center.

This is the oldest, annual statewide juried photography exhibition in Connecticut and celebrates the art of photography in its many aspects, formats and technologies while encouraging excellence



"Dawn Light"
Lake Pocotopaug,
East Hampton,
Connecticut
2003
by Thomas Wells

among photographic artists. A carefully selected team of professional judges carefully review and select work for exhibition from those portfolios submitted by Connecticut artists and awards chosen based on: creativity, photographic excellence, and ability to evoke reaction. Works selected will represent a diversity of photographic processes, styles, subject matter and techniques. Some of our submitting photographers revel in the challenge posed by devices as simple and pristine as a pinhole camera.

And to the opposite extreme some bypass the use of film altogether, digitally manipulating and creating entirely new visual realities. Others are devotees of more traditional methods and tools. Whatever the methodology IMAGES 2016 will be a strong and diverse exhibit reflecting the high quality of work being produced by emerging and established photographic artists. Photographers interested in submitting to IMAGES 2016 can download the Call for Entry and Guidelines at www.shorelinearts.org or call the office at 203-453-3890. Submissions are accepted in person at the Mill Gallery of the Guilford Art Center, 411 Church Street, Guilford, CT on Friday, March 11 (4 - 7pm) and on Saturday and Sunday, March 12 & 13 (10am - 4pm). Exhibition opens on Sunday, March 20 with an Artists' Reception and Awards Ceremony from 3 - 5pm. The public is invited to join us in celebrating this 35th anniversary event. Gallery hours for the remainder of the exhibition, March 21 through April 9 are daily noon - 4pm and until 7pm on Thursdays. There will be no gallery hours on Sunday, March 27. The public is welcome during normal gallery hours. Group visits and docent tours can also be arranged by contacting the Shoreline Arts Alliance office at 203-453-3890. Group visits and docent tours can be accommodated during regular gallery hours and/or mornings and evenings. We are also happy to host club/organization meetings in the Gallery Space during this exhibition. Contact the office for more information.

For the past 10 years Shoreline Arts Alliance has collaborated with CT Hospice in Branford to install selected pieces from the Mill Gallery exhibition at the CT Hospice facility for the enjoyment of the patients, their families and the staff of Hospice. This additional IMAGES exhibition will be on display at CT Hospice, 100 Double Beach Road, Branford, from April 15 through May 19. The general public is welcome to visit Hospice to view the exhibit.

Registrar of Voters

Louise Graver & Gloria Nemczuk, Registrars

2016 IS A HUGE ELECTION YEAR

There will be many opportunities to vote in 2016! We will begin with our yearly budget referendum on April 19, followed just a week later, April 26, with both a Democratic Presidential Preference Primary and a Republican Presidential Preference Primary. In order to be eligible to vote in one of these primaries you must be an enrolled member in either the Democratic or the Republican party.

Unaffiliated voters will NOT be permitted to vote in a primary. Party affiliations can be changed before the primaries, but there are several deadlines which will be strictly enforced. If you plan to change from one party to another, it must be done on or before January 26. April 21 is the deadline for unaffiliated voters to change to a party and for new voter applications by mail. April 26 at noon is the in-person deadline for unaffiliated voters to change to a party and for new voter applications. Party primaries to choose candidates for state and local offices will be held on August 9,

if needed. The presidential election is slated for November 8. Again this year, the Registrars of Voters will be conducting an annual Canvass during the months of February to June. All voters with an active forwarding address order on file with the US Postal Service will be targeted to receive Canvass letters from our office. Additionally, voters for whom we have received information that they no longer reside in Guilford will also receive Canvass Letters. Also those individuals who have not voted in the last four years will be getting a letter, just to make sure you still live in Guilford! Please return these letters to us (using a prepaid return address envelope). If you do not indicate that you still remain in Guilford, we will start the process of putting you in "inactive" status.

DO NOT RISK YOUR RIGHT TO VOTE

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

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The Dudley Farm



THE DUDLEY FARM MUSEUM WINTER MARKETS AND EVENTS

While you may be huddled up in your house waiting for winter to end, The Dudley Farm Museum and Farmers' Market continue to provide good reasons to leave your house! Our Winter Farmers' Market is held on the first Saturday of the month, February 6, March 5, April 2 & May 7, from 9 am to 12:30 pm in the Munger Barn.

We offer baked goods, eggs, handmade crafts, jams and jellies, naturally-raised meats, pickles, winter vegetables and more. Of course, if the weather is too bad, the market may be cancelled. With the coming of spring, complete with skunk cabbage, pussy willows, and running sap, the Museum will be demonstrating the fine old craft of making maple syrup in our sugar house. Of course, like many things, this is very weather dependent, so watch for news about this activity.

The Museum is located at 2351 Durham Road in North Guilford. For more information call 203-457-0770.


Photo by Barbara Hanson

Heating Assistance

Guilford residents may apply for 2015/2016 State Heating Assistance (LIHEAP, CHAP) Program and for the Operation Fuel Program, by appointment only at the Guilford Social Services Department, 263 Church St. in Guilford. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Annual household income limits are based on last 4 weeks of income and size of household: 1/ \$33,132; 2/\$43,327; 3/\$53,521; 4/\$63,716; 5/\$73,910; 6/\$84,105; 7/\$86,016; 8/\$87,928. Some assets limits do apply. Guilford residents should schedule an appointment by calling 203-453-8009.

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Tax Collector

Deborah Milano, Tax Collector, CCMC

TAX BILL INFORMATION

The second installment of the real estate and personal property taxes for the 2014 grand list and the supplemental motor vehicle taxes of one installment are due January 1, 2016 and are payable by February 1, 2016 without penalty. Please note that we do not rebill for the second installment.

METHOD OF PAYMENTS

Online

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

bills on line. Income Tax information is also available on line.

Mail

Checks should be made payable to "Tax Collector Guilford" and mailed to Tax Collector, 31 Park Street, Guilford, CT 06437. Please include the list number from your bill to ensure proper credit. Checks should be made out for the exact amount.

In Person

Payments may be made at the tax office @ 31 Park Street, Monday through Friday from 8:30 am to 4:30 pm. Acceptable forms of payment at the tax office are personal checks, money orders, or cash.

WE DO NOT ACCEPT CREDIT OR DEBIT CARDS AT THE TAX OFFICE.

Please bring your bills with you. There is a drop box for your convenience which will be located in front of the tax office during office hours. For questions regarding your tax bill, please call the Tax Office @ 203-453-8014.

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

Deborah Milano
Tax Collector, CCMC

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Winter Weather Grooming

Most of our pets love the snowy winter months. They enjoy racing through the freshly fallen snow, burying their faces into the snowdrifts, and of course coming inside to snuggle with their families afterward. One thing that occasionally gets neglected in our chilly New England winters is grooming, here are some tips to keep your pet happy and healthy.

Dry skin is one of the most common concerns pet owners have during winter. Like us, our pet's skin can become dry from the use of indoor heating. Consider adding a supplement like salmon or coconut oil to your dog's diet. When shampooing during the winter months opt for a product that will help rehydrate your dog's skin and coat. Many people turn to oatmeal shampoos, a classic standby, however, with so many dogs having grain allergies and sensitivities it may not be the best option. One of the best products on the market for itchy, dry skin is a doggie mud bath that has been infused with essential oil of lavender.

Our pet's feet can suffer terribly during the icy winter months. Between sharp, crusty, snow and ice, and road

salt many dog's feet become red and irritated. Be sure to use a pet safe ice melt on your own property and to rinse your dog's feet after a walk. If you have your pet groomed consider asking if your groomer offers a paw treatment. A popular paw treatment allows the dog's feet to soak for ten minutes and is followed up by a grapeseed oil paw massage.

If you chose to leave your pet's hair longer in the wintertime don't forget to brush and comb thoroughly! Visit your groomer and make sure you are using the right tools. Dogs who don't get brushed and combed properly will get tangles that lead to matting. When this happens groomers have no choice but to do a short shavedown, something your pet's won't appreciate in winter!

If you follow these tips your pet will remain happy and healthy all through the chilly winter months!

Kara Trojanoski
Groomingtails

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 Club203-453-5203

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 Cross.....203-787-6721
 Firemen's Field.....203-458-8812
 Guilford Food Bank.....203-453-8166
 Guilford Newcomers Club
 www.guilfordnewcomers.com
 Meals on Wheels203-453-8359

Quarry History

By Carl Balestracci, Jr.

When we think about Guilford history we tend to use 1639 as a starting point. Our most famous natural resource however takes us back about 600 million years earlier. A molten mass of stone which never reached the surface of the earth cooled & formed a granite which is a variable pink color. As the gigantic mass of the earth's surface began to separate and form our continents, this magma of pink granite split into three parts one of which came to form the bedrock between Guilford Point and Pine Orchard.

In 1869 John Beattie came to Leete's Island to purchase his first parcel of land. He was a master stone mason and over the years grew his quarry business to be the largest and most successful of its kind in the Northeast. In 1884 he was granted the contract for the Statue of Liberty. At that time his 700 plus workers from the British

Isles, Scandinavia, Western & Eastern Europe all worked to quarry, cut, process and transport each stone from Leete's Island to Bedloe's Island to form the pedestal as it was designed.

When the corner stone was put into place in August of 1884, before the six ton piece of granite was lowered, the Leete's Island workmen emptied their pockets of coins and tossed them into the mortar as their signatures of tribute, pride and thanksgiving for the recognition of their labor and the promise of a better future in their adopted land.

Mr. Balestracci and Mr. Anthony "Unk" DaRos, both descendants of quarry workers, give talks and tours of the history of the granite quarries in Guilford and Branford, twice each year. These are done at the Stony Creek Quarry. Proceeds benefit the Stony Creek Museum and the Guilford Keeping Society.



Mr. Balestracci will complete a research paper on the Beattie Quarries in the spring of 2016.

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Economic Development Department

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

Time continues to pass by quickly and we have turned the calendar to 2016! We had a very active 2015 and can expect more throughout the coming year. By now, most people are aware that the Guilford Commons shopping center celebrated experienced its "Grand Opening" in November of 2015.



During the Grand Opening Celebration, DDR Presented a \$5,000 check to benefit the Guilford Food Bank. The initial shops, which include: DSW, Ulta, Charming Charlie, Bed, Bath and Beyond, Michael's (Craft Store) Art & Hobby and The Fresh Market have all received positive feedback. The developer, DDR, has not confirmed any prospects but believes many will commit now that the plaza is open. We estimate that an additional 6 to 8 stores will ultimately occupy the remaining spaces. A restaurant and/or additional retail space is planned for the left side of the driveway as you enter the plaza.

The Town of Guilford, a member of the South Central Regional Council of Governments, was recently recognized for Guilford Commons by CERC, (Connecticut Economic Resource Center) during their annual dinner meeting. CERC recognized the Guilford Commons Plaza for its positive impact on our town and our region; providing economic benefits such as for the economic benefits it is providing in increasing the availability of products and services, job creation, and expanding Guilford's tax base.



From left to right is Catherine Smith - Commissioner State of CT DECD,
Brian McGlone - Economic Development Coordinator,
Shelly Saczynski - Board Chair CERC.

Tractor Supply, also located on the west end of Boston Post Road, town, celebrated its "Grand Opening" in November 2015.



Members of our farming community in particular are reporting how this store is providing products locally that they used to drive great distances to obtain. Manager Jason Kaspin and Assistant Manager Amanda Breault are welcoming their Guilford and surrounding area customers.

Movement and change is to be expected within our economic community. Recently, the GetWireless Now / AT&T store, located at 934 Boston Post Road ("Ashley's Plaza"), outgrew its space and moved a few doors down to the site of the former The Dough Market. Their new, larger space allows owner Carol Newton and her team to display more products while improving the overall customer feel and experience. A new store, Hil & Holiday, opened in the former AT & T location. Co-owners Hilary Catala and Janice Ametrano invite you to stop by and browse their chic clothing, accessories and holiday gift items. Rocco's Off Wooster opened at 2311 Boston Post Road (Westwood Plaza). The third generation Abate family (Rocco, Prisco and Lucia) are continuing to serve genuine, authentic New Haven style pizza and more. They are bringing their family tradition to the shoreline for all to enjoy. By the time this magazine is distributed, our long standing Guilford restaurant, Whitfield's On the Green, will have closed. However, while many will miss this fine establishment, we are pleased to report that a new French Restaurant and Bistro, D'Vine will be opening in its place. The transition is expected to move fairly quickly with D'Vine anticipating an opening by March 1 or before.

A recent news article may have caused some confusion regarding a few of our local businesses so we wanted to provide clarification. We are pleased to confirm that Quattro's Italian Restaurant remains in business and is ready to serve you at their location at 14 Water Street. A fairly new business, Guilford CoWorking, is located right next door and shares the 14 Water Street address. Guilford CoWorking occupies the space formerly occupied by Weichert Realty, who relocated their business to 688 Boston Post Road.

We want to congratulate the Shoreline Arts Alliance, located at 725 Boston Post Road, as they celebrate their 35th Anniversary during 2016. SAA has provided numerous arts programs to

Guilford and the a wide range of communities surrounding the shoreline. Their programs certainly support Guilford residents and bring many people to our town who often shop, dine and explore all we have to offer.

Design progress continues concerning the Whitfield-Water Street parking lot. The

town is utilizing a State Grant to implement much needed improvements. Designs will be finalized and bids will go out occur over the winter, with construction expected to start in early spring, and with completion expected no later than June, 2016. This project will certainly enhance the downtown experience of

residents and tourists as they support our local storeshops, restaurants and businesses. Although our cover feature presents a winter full of snow, let us hope we have a mild winter and an early spring! Should you have any questions about these businesses, or any other in town, do not hesitate to contact me.

SmartER Appointments Now Available

SmartER appointments are now available at the Shoreline Medical Center. Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department, letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, "With people's often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the

Emergency Department, and allow patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive."

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER. The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

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Guilford Free Library Programs

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

PROGRAMS FOR ADULTS

Monday Night Movies

The popular series continues on Monday evenings from Feb 1 through April 25 starting at 7 pm. Titles to be announced.

Galleries in Motion

Naturalism and Spirituality

Painting in Renaissance Italy in the Fifteenth Century. Once again we welcome Joy Marie Pepe, Professor Emeritus, Lyme College of Art. Joy is currently teaching Art History courses at University of Hartford and Central

Connecticut State University. Tuesdays at 3 pm.

Tuesday, March 8 (Guilford Library):

Masaccio (1401-1428)

Tuesday, March 15 (Scranton Library):

Fra Angelico (1395-1455)

Tuesday, March 22 (Scranton Library):

Piero della Francesca (1415-1492)

Tuesday, March 29 (Guilford Library):

Botticelli (1445-1510)

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

January 19: "Global Pioneers: New Haven and the China Trade" with Amy Trout of the CT River Museum, Essex

February 16: "Casting for a Variety of Fish around the World" with Andrew Weaver, Madison, CT

March 15: "Using Art to End Plastic Pollution" with Joseph Bernier, Guilford, CT

Lunch and Learn: noon

February 9 to be announced

February 23 Lapidarist Robert Schuster and Silversmith Judith Schuster

March 8 to be announced

March 22 Mystic Knotwork, Matt Beaudoin

Music

In collaboration with Shoreline Village CT, we present discussions of operas that will be shown prior to the Metropolitan Opera's Live in HD Broadcast.

Mar 31, 7 pm, Madama Butterfly, speaker to be announced

Sunday afternoon concerts are held in our Meeting Room from 2 to 3 pm:

Jan 31: DeChamplain Jazz Trio plays favorites

Feb 21: Seat of Our Pants, contemporary, acoustic folk music

Mar 20: Martha Colby, cellist, classical music

Continued on page 18

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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

LIBRARY ... continued from page 16

Authors and Ideas

Carol Wright: author of *Blue Guide to New York City*, Wednesday, January 27 at 4 pm, in conjunction with Shoreline Village CT

Carol Rizzolo: *The Hero in Islamic Folklore*, Wednesday, March 9 at 7 pm, and *Feminists in Islamic Folklore*, Wednesday, March 23 at 7 pm

Mark Schenker: Future Classics
Jan 21: *Curious Incident of the Dog in the Night Time*
Feb 18: Fun Home
Mar 17: Wolf Hall

Yale Science Ambassadors

Science in the News is a series of fun lectures given in the spring by Yale graduate students in the sciences. The series is organized and hosted by the Yale Science Diplomats, a campus group devoted to educating the public about science issues that affect them and encouraging scientists to become engaged in the political process.

Feb 17: "Distortion of Perception: From brain to mind to behavior," Sarah Hill, Sharif Kronemer, and Rosanna Smith

Mar 16: "The Quantum Factory: Creating solar storms, particles, and

uncertainty," Jeremy Gaison, Charles Brown, and Darryl Seligman

Book a Lawyer

Do you have a general legal question? The library is offering free 15-minute drop-in sessions for legal advice with two Connecticut-licensed attorneys, Pam Ellman and Cynthia Sheppard. Sessions will be held on Mondays from 6:30 to 7:30 pm. Appointments are first come, first served. You may sign up at the Reference Desk beginning at 6 pm prior to the evening's session.

Continued on next page

Cat Owners

Inappropriate elimination or house soiling is a common frustrating problem faced by many cat owners. Medical conditions that cause pain or difficulty while using the litter box can lead to house soiling. They include urinary tract infections, intestinal disorders (colitis, inflammatory bowel disease), diabetes, kidney and thyroid diseases, and aging changes such as arthritis. Any cat that suddenly develops

an elimination problem should be thoroughly evaluated by a veterinarian as soon as possible to alleviate discomfort and resolve the undesirable behavior.

Non-medical reasons for cats to develop house soiling behaviors can include stress from environmental changes or family dynamics, but most commonly have to do with the litter box itself. Frequently, the problem is that the litter box is not clean enough. Cats have a very sensitive sense of smell and are easily deterred from using the litter box by even the smallest amount of soiled litter - or some of the scented litter products. The ideal way to keep the litter box acceptably clean is to dump all of the litter, clean the box with a mild detergent and replace with fresh litter every day. This is made more economical by using a shallow layer of litter. Alternatively, with clumping litter, the clumps can be scooped out twice a day and the entire box dumped and cleaned weekly. Avoid using covered litter boxes as the cover concentrates and traps odors inside the box.

Be sure to have enough litter boxes. The general rule of thumb is to have one box per cat, plus one extra, to ensure that there will be at least one clean box at any given time. Choose a spot thoughtfully, keeping in mind cats tend to avoid eliminating close to their food, water or bedding. The location should be fairly quiet and somewhat private and easy to get to.

House soiling can be a very difficult behavioral issue to correct and can result in expensive damage to a home, but taking steps like the above can help prevent your cat from developing a permanent aversion to the litter box.

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Poetry

Feb 10, 4 pm: Poets Evelyn Atreya and Tony Fusco, *Heart of the Matter*, contrasting male and female perspectives.

Mar 10, 7 pm: Guilford Poets Second Thursday Poetry Series, Bessy Reyna.

TEEN PROGRAMS

Teen Trivia Night

7th graders and up, Monday, January 11 from 6:30 to 8:00 pm. Five teams of five will compete. One team will win. Will it be yours? Test your knowledge of a variety of topics while listening to music that you pick! The team with the most points at the end of the game will win a prize.

Teen Writing Club

7th graders and up, Tuesdays, January 12 and 26, February 9 from 3:30 to 5:00 pm. This is an invitation to throw off some rules, be inventive and discover your own voice. Over the course of this 6-week workshop, you will learn how to develop ideas into finished stories, poetry, lyrics - whatever interests you. Come to one or come to all. Madison resident Leslie Connor is an award-winning author of several books for young adults, including *Waiting for Normal* and *Crunch*.

Practice ACT Test

Free and open to all, Saturday, January 23 from 10:00 am to 2:00 pm. The Guilford Free Library is hosting a full-length practice ACT to help students prepare for the real ACT. Students may bring a calculator and snacks. The Princeton Review will administer the exam and return the results via email.

Teen DIY Comic Craft

7th graders and up, Thursday, January 28 from 3:30 to 4:30 pm. Make a magnet out of comic books! Flip through different comic books and choose a design for your magnet.

Drop In Programs

Be a part of the future of teen services at the library! Have an idea for a program or event? Want to help with tech or other projects? Join Teen Advisory Group and earn community service hours while having fun! For students in grades 7 to 12. No registration necessary. For more information, or to be added to the e-mail list, contact Sara Martone at eenlibrarian@guilfordfreelibrary.org.

WINTER PROGRAMS FOR CHILDREN

REGISTRATION for starred (**)

programs began on Tuesday, January 5, 2016:

Series requiring registration

In Be-Tween - Alternating Thursdays from 3:30-4:30;

Continued on page 20



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LIBRARY ... continued from page 19

January 14th plus 21st (two-week special class), January 28th, February 4th & 18th, March 3rd & 17th. An after-school program for grades 5 & 6. Sometimes art, sometimes science, sometimes technology, but always a lot of fun. Please register for each program individually. Grades 5 & 6 only.

Tots & Tunes – Tuesdays January 19th – March 8th OR Wednesdays January 20th – March 9th, 10:00-10:30am; Come and enjoy a musical program with your toddlers and preschoolers. Dance to great children's music, play musical instruments, and swing scarves. Ages 0 to 5.

Crazy 8s Math Club – This is not your ordinary math club. Numbers are anything but boring in this after school program. Kids will jump, play, and build to learn mathematical concepts while having tons of fun. Mondays January 25th – March 14th; grades k-2 – 4:00-5:00pm; grades 3-5 – 5:15-6:15pm.

Weekend Wildlife – One Saturday each month from 11:00am-12:00pm, come to the library to learn about local wildlife and meet animals & plants. Registration required for each individual event.

January 16th – Aquarium touch tank & seashell craft, February 20th – Nature's Not-So-Cuddly, March - TBA – check back with library for date & theme. Ages 4 & up unless stated otherwise.

One on Ones: Thursdays January 28th – March 3rd, 9:30-10:00am; A playful time with songs, stories and poems led by library staff for toddler & parent/caregiver. Ages 12-23 months.

Time for Twos – Fridays January 29th – March 4th, 9:30-10:00am; A parent-child introduction to a traditional story time with books, songs, marching and more, led by library staff for toddlers & parent/caregiver. Ages 24-36 months.

Babytime: Mondays 9:30-10:00am, Dates TBA-Please call the library; Meet other parents while you learn about

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Specials requiring registration:

Puppet Show: Stories from Snowy Lands – Tuesday, January 12th, 4:00-5:00pm; Watch a snowman come to life, see a bear go ice fishing, and visit a toymaker on a wintry day. Delight in these classic tales re-told through puppetry from Sparky's Puppets. Ages 3 & up.

Chinese New Year – February TBA

Preschool Science – March TBA

Valentine's Day Story & Craft – February TBA

Homeschoolers Focus Group – Parent program – TBA – Meet other homeschoolers and talk with a librarian about how the library can meet your homeschooling needs and further enhance your homeschooling curriculum. Feel free to discuss comments, questions, and concerns in a supportive environment. Light refreshments will be provided.

Drop-in Specials:

Preschool Information Fair – Parent program – Friday, February 5th, 10:30am-12:00pm; Wondering which Nursery School or Day Care is best for your child? Come meet representatives of local preschools, get information, and ask questions. Parents and children are welcome.

Take Your Child To The Library Day – Saturday, February 6th, 10:30-11:30am or 3:00-4:00pm; Stop into the Children's Room any

time on this special day celebrated in all Connecticut libraries. At either of our two special storytimes, hear a story, do a craft, and have a cookie! All ages welcome.

Drop-in Series:

****LEGO Club** – One Friday each month, January 8th, February 12th, March 11th, 4:00-5:00pm; Build a theme-based project and put it on display in the children's room. Kindergarten and up.

****Books in a Nook** – Wednesdays, January 6th – March 30th, 11:00-11:30am; Listen to brand-new books read by library staff or community volunteers in a quiet corner of the children's room. All ages.

****Storytime** – Thursdays, January 7th – March 31st, 11:00-11:30am; Children and parents are welcome for a special story time with books, puppets, songs, and finger plays. Ages 3 & up.

Pop-in Playtime – Tuesdays & Wednesdays, January 12th – March 30th, 10:30-11:30am; Meet friends and play in a corner of the children's room. All ages.

Art Exhibits at the Guilford Free Library

January

Rene Carrasquillo, photography

George Fidler

February

Holly Bollier

March

Guilford Art League

VISTA Members Publish Memoirs

Four members of Vista Vocational & Life Skills Center have accomplished a feat many have only dreamed about - publishing a book. Evan Brookman, Matt Christiaanse, Devery Morgan and Dana Rupley recall memories, life experiences and even look to the future in memoirs they wrote and published during a seven-week Vista Arts Center class taught by writer Jocelyn Ruggiero. These newly published authors shared passages from their books on Nov. 12th during a reading held at CREATE Art Studio in Madison. "I liked telling my story to my family, friends and Vista staff," said Dana. Her memoir, *Pieces of My Life*, recounts her early years at Vista and includes anecdotes about loved ones. "I feel a sense of accomplishment."

In his memoir, *My Life at Vista and Beyond*, Evan, too, focuses on his time at Vista. He chronicles his journey through the program - from the nerves he experienced his first week, to the confidence and friendships he has developed over the years. His book also serves as a tribute to his late grandmother, of whom he shares fond memories. "I thought making part of [the book] about her would be a perfect way to honor her," Evan said. Matt took a different approach in his memoir, *My Life*. Instead of recalling a memory, he imagines what the future may hold and details his aspirations of moving to Los Angeles to become an actor and singer. Devery, who Jocelyn called a prolific writer, centered her memoir on a more emotional topic - the cause of her disability. In *I Fought My Way in*

Life, she tells the story of how her life was forever changed after being involved in a car accident at age two. Although a painful story, Devery enjoyed the writing process. She said writing gives her a voice and allows her to express things she wouldn't otherwise be able to. "For me, writing is like a painting where you have nothing on paper, but in time, you will get a beautiful picture and writing is the picture," Devery said. "If I could write for a living, I would be in heaven!"

Based in Madison and Westbrook, CT, Vista Vocational & Life Skills Center is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success.

For more information about Vista, please visit www.vistavocational.org



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OPEN HOUSE

1/10 1:00 - 3:00 p.m.

2/25 6:00 - 8:00 p.m.

3/13 1:00 - 3:00 p.m.

Age 3 - Grade 8
Middlefield



The Epilepsy Foundation Of Connecticut

We offer 7 support groups throughout the state in **Guilford**, Bethel, Milford, Stamford, Middletown, Groton, & Hartford.

Our meetings are for adults living with epilepsy and parents of children with epilepsy.

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For more information go to www.epilepsyct.com

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Saturday: 9:00 am-5:00 pm

Ice Skating at Mill Pond

The Parks and Recreation Department provides supervised ice skating at Mill Pond when the ice is thick enough and conditions allow for safe ice skating. Skate guards will be available to monitor the skating and keep a warm fire going.

When the pond is posted as “no skating”, it is imperative that people do not go on the ice. The pond may be closed due to cracks, insufficient thickness, rough ice, or snow cover. The Parks crew tests the ice thickness daily, and when it is determined to be the proper thickness, the Parks and Recreation Director makes the decision whether or not to open the pond for skating. The crew clears the snow from the ice after they finish clearing snow from 2 miles of sidewalks and town parking lots.

“Sometimes people think they are helping by trying to clear the snow from the ice. This can actually make the conditions worse because they do not push the snow all the way to the edges. Last winter, someone cleared a small area, and the piles of snow they left on the ice froze there and our crew could not move it. It caused the skating to be closed for the season earlier because the skating area was ruined,” according to Parks and Recreation Director Rick Maynard.

When the pond is open, a sign is posted at the edge of the parking lot.

As the weather turns colder, people may call the Parks and Recreation office at 203-453-8068 or the weather line at 203-453-8134 to determine if the schedule for the pond is open.



Looking Good Should be Easy!

Looking good should always be easy. It should not be difficult to get dressed for casual, work or after hours. The best clothing items in your wardrobe will not only be easy to wear, they will be practically seasonless. It should also be easy to choose items in your wardrobe that can coordinate with, or accessorize any outfit. When I purchase any given item, I evaluate it to determine how many different ways I can utilize the item. The expense of owning any clothing does not necessarily stop after the item is purchased. Whenever I purchase something, I always read the care labels. Does it have to be dry cleaned? By what method? The items that I enjoy the most, and therefore wear the most, are machine washable. My favorite designer is Clara Sun Woo. The items that she designs are generally timeless, seasonless and also very easy to care for. They are travel-friendly and can be easily rolled and placed in a suitcase. Upon your arrival, they will be wrinkle free and effortless to wear. I strongly believe in American made clothing. The designs that I prefer are beautiful, and timeless. They can be bold or subtle and can be easily accessorized. The quality should be excellent. Your favorite pieces in your wardrobe should last for years.

Karen Aldridge
The Butterfly Effect

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Guilford Art Center



“Art & Craft Beer” Fundraiser

Friday, March 4 6-8:30 pm

This annual fundraising event features local CT breweries, creative food and a silent auction of artist-customized glass growlers and bar accessories.

GUILFORD ART CENTER CLASSES & WORKSHOPS

Go to www.guilfordartcenter.org to see full range of classes and workshops offered for children, teens and adults, or call the office at (203) 453-5947.

Winter Semester Classes & Workshops

Ongoing open registration

Semester dates: Jan 11 – March 4

Spring Semester Online Registration Opens Feb. 1

Semester dates: March 28 – June 3

GUILFORD ART CENTER GALLERY SCHEDULE Q1 2016

Local Color: Connecticut Stories

February 5-21

Fiber art works by members of Studio Art Quilt Associates (SAQA) in the Connecticut Region, broadly interpreting Connecticut history, from text messages to literary references and beyond.



Connecticut Blacksmiths

February 26-March 10

Works by blacksmiths working in CT and the Guilford Art Center forge

Shoreline Arts Alliance IMAGES Juried Photography Exhibition

March 21 – April 9

Photography by CT artists

Do you have “Normal” Headaches?

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

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

The alignment in your neck (cervical spine) can be altered or misaligned easily for a variety of reasons. Trauma such as an automobile accident, concussion,

taking a fall or a sports injury can quickly and abruptly alter the normal alignment in your neck. Repetitive motions such as texting, poor posture, computer work, reading or watching T.V. in bed with your head propped up will gradually alter your normal alignment over time. Once the alignment is altered, abnormal stress is placed on the vertebrae, discs, joints, and nerves in the neck. Muscles that attach in your mid and upper back and shoulders that hold your neck in place often times are under greater stress trying to hold your neck in this abnormal alignment. Not only can these misalignments be the cause of many headaches, if left uncorrected they can also cause osteoarthritis or degenerative joint disease.

“A report released in 2001 by researchers at Duke University Evidence-Based

Practice Center in Durham, N.C., found that spinal adjustments resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.”

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

Dr. Paul E. Heeren
Heeren Family Chiropractic Center



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