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#### First Selectman's Corner

First, I would like to congratulate the Graduating Class of 2015. This is the last class that will have graduated from the old Guilford High School.

Voters approved the Town and School budget totaling \$90,703,425 which represents a .82 mil increase or 2.99% tax increase. Voters also approved four bonding questions for major school and town infrastructure and road improvements, including renovations to the old science wing, which will become a new fitness center under the control of the Parks and Recreation Department. The new facility will offer fitness programs as well as a space for use by athletic teams. The building will also serve as a restroom facility for spectators at the stadium field.

In April, Lieutenant Jack Dunn was sworn in as Guilford's new Deputy Police Chief and he joins Police Chief Jeff Hutchinson in overseeing the Guilford Police Department. Please join me in congratulating Deputy Chief Dunn on his promotion and wishing him a successful tenure as the new Deputy Police Chief.

As summer is upon us we look forward to the various annual events such as the Community Picnic and Fireworks Display taking place July 11, along with the Art Expo, Shakespeare Performances, Concerts, Jewish Festival, Taste of the Shoreline among others. Our Town Green is the center of many activities throughout the summer.

Also during the summer, residents can enjoy our Jacob's and Lake Quonnipaug Beaches. People have been pleased with the improvements that have been made in the last couple of years at Jacob's Beach. The boardwalk and new beach cleaning machine makes the beaches more enjoyable for everyone to use. The Parks and Recreation Summer Camp Programs are also in full swing. About 500 kids attend



Joseph Mazza, First Selectman

Camp Menunkatuck throughout the summer. The camp offers archery, boating, swimming, games, crafts, trips and special events. Close to 150 students attend the Get Out – Way Out trip camp for students entering grades seven to nine. Golfers will enjoy three newly reconstructed tees completed last fall. The new tees have made a vast improvement to Guilford's already celebrated golf course that has been cited as one of the top three 9-hole par 3 golf courses in New England.

Public Works has an ambitious summer schedule. Projects include the elevation of Chaffinch Island Road, the reconstruction of a retaining wall on Falcon Road and chipsealing in the North Guilford area.

continued on page 2



#### FIRST SELECTMAN ... continued from page 1

The Department will also be involved with its summertime maintenance routine of brush clearing and street sweeping. The State Department of Transportation will be paving Route 77 from Prospect Hill Road to Water Street. Milling and preparations will begin August 16th with paving starting

August 30th. Paving is also being done on Route 1 from the Branford town line to York Street. Milling and preparation will begin September 8th, with paving starting September 27.

Joseph Mazza, First Selectman

## The Dudley Farm Museum

#### 2351 Durham Road / North Guilford

July: In conjunction with The Five Historic Museums of Guilford, all five museums will be highlighting their quilt collections.

On July 19th from 1 to 4 pm, Lorraine German of Mad River Antiques will be presenting "More than Just a Quilt," which explores the importance of quilts as a form of artistic, sentimental and political expression during a time when women had very few means available to them to do so.

The following Sunday, the Dudley Farm

The following Sunday, the Dudley Farm Quilters will be demonstrating quilting to those who visit the Museum.

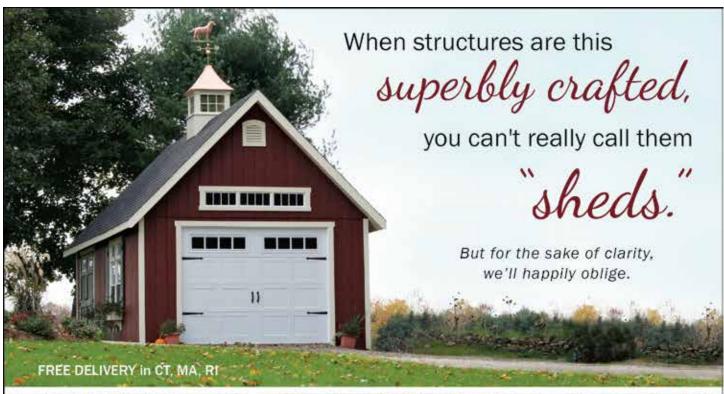
**August** will feature "Selling It: 19th Century Advertising Art", and September



will focus on 19th Century inventors and inventions. The Dudley Farm Farmers' Market is celebrating 20 years of providing homegrown or handmade products to buyers. Open every Saturday through October, 9 am to 12:30 pm. The Market Vendors are planning a Fairy Festival September 12th. The Museum is open Thursday-Saturday 10 am to 1 pm, and Sunday 1 to 4 pm. Programs for "Sunday Afternoon at the Farm" will be publicized via website (www.dudleyfarm.com) and Facebook (www.facebook.com/dudley farmmuseum). For more information call 203-457-0770. Please join us "down on the Farm".













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# events

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#### **Summertime on the Guilford Green**

The Guilford Green has certainly had its special moments this past year. Between transforming the time and place to 1860's Guilford during the 375th Anniversary Civil War event last May, to capturing the national spotlight with American Idol winner Nick Fradiani's homecoming parade and concert this May, you'd



be hard-pressed not to take notice. Guilford's got something special going on, and the Green is where it's at.

At left: Nick Fradiani taking the stage while the huge crowd on the Green awaits his performance. Photo credit: Rick Maynard

One glance at an aerial view of the Guilford Green and it's easy to see the original intention of the first settlers was just that: to provide a "special" space for the community to gather – to pray,

debate, and celebrate.
Encircled by local
churches, government
departments, and shops,
the Green is designed to
nurture and sustain the
heart of any hometown:
its people. As cited in
"The Guilford Green: An
Ever-Changing Landscape"
by James Sexton, Ph.D.,
"It was the site of the town's



first meetinghouses, and demonstrated that community could, and would, civilize the wilderness." Photo credit: Jim Goodridge.

Today, the Green continues to be the pulse of our community. It's where families gather to congratulate their high school graduating seniors at the school season's end, and where residents of all ages kick off the traditional Citizen's Day Parade to usher in their treasured Guilford Fair when kids are back to school in September. Other annual seasonal events include the Little Folks Fair (Spring), the Guilford Arts Center Expo (Summer), Taste of Guilford (Fall), and the Christmas Tree Lighting (Winter) - all cherished traditions for Guilford residents and neighboring friends up and down the Shoreline.

From July through September, there's something going on at the Guilford Green just about every weekend. On a summer Sunday night, concerts can draw a crowd as large as 1-2,000, and as big-name musicians like Fradiani and the recent American Idol hoopla have proved, up to 10,000 can fit rather comfortably!

So what's coming up on the docket this Summer? Check out our websites of Guilford's Park & Rec, the Guilford Free Library, and churches of various denominations around the Green

for the latest.

#### July - September

#### **COMMUNITY PICNIC**

Saturday, July 11 / 4 – 7 p.m. Picnic on the Green 7:30 - Pre-fireworks Concert at the Guilford Fairgrounds with a Fireworks Display beginning shortly after 9 p.m.

#### **GUILFORD ARTS CENTER EXPO**

Friday, July 17 / 12 – 9 p.m. Saturday, July 18 / 10 a.m. – 7 p.m. Sunday, July 19 / 12 – 5 p.m.

#### SHORELINE ARTS SUMMER THEATER PROGRAM

Monday, July 20 – Friday, July 31 8:30 a.m. – 3:30 p.m.

#### **P&R SUNDAY SUMMER CONCERTS**

All 6:30 - 8:00 p.m. on Green except July 19

July 19 - Orchestra concert (at Community Center)

**July 26** – All Summer Long (Beach Boys Tribute)

August 2 - California Dreamers (Mamas & Papas Tribute)

August 16 – Rick Larimore (Rod Steward Tribute)

**August 23** – The Idol Kings (Journey; Tom Petty Tribute)

August 30 - Nick Fradiani Sr.

#### SHAKESPEARE ON THE SHORELINE

Wednesday, August 5 - Sunday, August 9 / 7:00 p.m.

#### JEWISH FESTIVAL

Sunday, August 9 / 10 a.m. – 4 p.m.

#### TASTE OF THE SHORELINE

Saturday, August 22 / 12 p.m. - 5 p.m.

#### **GUILFORD'S GOT TALENT**

Sunday, August 30 / 1 p.m. – 4 p.m.

#### DOG SHOW ON THE GREEN

Saturday, September 12 / 9 a.m. - 4 p.m.

#### **WELLNESS FAIR**

Sunday, September 13 / 10 a.m. – 2 p.m.

#### **GUILFORD CITIZEN'S DAY PARADE**

Saturday, September 19 / 10 a.m.

#### CIVIC WOMEN HARVEST FESTIVAL

Saturday, September 26 / 10 a.m. - 4 p.m.

Have an event you'd like to see hosted on the Green? Visit the town website at www.ci.guilford.ct.us and download the 'Use of the Green' forms under the Selectman's Office Department.

#### continued on page 6

# **Forgotten Guilford Civil War Soldiers Being Recognized**



Forgotten Guilford Civil ORELINE War Soldiers Receive Belated Recognition, Thanks to A Gift from The Guilford 375th **Anniversary Committee** 



Soldier's Monument

Last year, while researching information for her booklet, "Civil War Soldiers, Guilford, Connecticut," which provides biographical information on the soldiers whose names are engraved on the Soldiers' Monument, Guilford author historian Tracy Tomaselli discovered that the names of six soldiers and two young teenage boys who rendered service were omitted.

Now, nearly 130 years after the monument was erected on the Guilford Green, these men and boys will finally be recognized for their contributions to the Civil War. Thanks to a gift to the Town of Guilford by the Guilford 375th Anniversary Committee, the eight names of those who lost their lives are being engraved on the Soldiers' Monument by Ed Vroman of Shelley Brothers Monuments of Guilford.

#### **SOLDIERS:**

George Blake, born September 25, 1837, in North Guilford, son of Roswell Blake and Clarissa Leete. A collier or coal carter. he was captured at the Battle of Ream's Station, Virginia, and died while in prison from disease.

Joziah Cozzens (aka Josiah Cozen), a mulatto, born around 1832 in Brownstown, Indiana. A barber, credited to Guilford, thus reducing Guilford's quota, died from disease.

**Alexander Cunningham**, an African American, born about 1842 in Spartanburg, South Carolina, was credited to Guilford. A teamster, Cunningham shot himself accidentally and died.

**Johannes Lambrecht**, born in Spain around 1842, served as a substitute for George W. Dudley of Guilford. Lambrecht, a laborer, died of pneumonia.

Samuel Mason, born about 1842 in New York, served as a substitute for Rufus B. Leete of Guilford and was paid \$200 for that service. A performer, he was killed in action at the Battle of Hatcher's Run, Virginia.

Patrick Murphy, born in Ireland around 1842, was a substitute for one Guilford resident called in the draft of August 1863. Murphy was a boatman who was killed accidentally after falling from a railroad car while on guard duty.

#### FOURTEEN-YEAR-OLD BOYS:

Ellis Dexter Bradley, born December 27, 1848, oldest son of John C. Bradley and Jane A. Griffing, lived in North Guilford. He was a drummer, and died of typhoid

Emerson S. Fowler, born January 6, 1848, son of Samuel Fowler and Eliza Ann Hill, lived on Boston Street, Guilford, A waiter for one of the officers, Emerson died of typhoid fever.

Tomaselli's booklet, the source of information on these men and boys, contains more details.

Roberta W. Flannery 375th Anniversary Committee

## **Parks and Recreation**

The Summer Series at Jacob's Beach

Thursday, July 23 – 8 p.m. **Beach Movie** 

Thursday, August 6 – 5:30 p.m. Magic show

Thursday, August 20 – 5:30 p.m. A Capella Group

#### Summertime on the Green ... continued from page 5

Then submit the forms and required information to the Selectman's Office for approval at an upcoming Board of Selectmen meeting.

*About the Author:* Lisa Calderone is the publisher of OurGuilford. com, a new digital magazine by and for the residents of Guilford intended to help build community through the sharing of stories, views, and news. Have a Guilford story, video or photo to share? She can be reached at lisacalderone@yahoo.com.

## **Shoreline Chamber of Commerce**



#### **Chamber News**

We are happy to welcome Anna Munafo to the Shoreline Chamber of Commerce as Director of Special Events and Programs.

JULY - Lobster/Clambake 5:00 - 9:00 pm,

July 22nd, Owenego Inn, Branford. Lobster or Steak dinner; lite fare menu available. Games and activities! Open to the public. Contact www.shorelinechamberct.com or call (203) 488-5500 for tickets. Rain or Shine.

**AUGUST 22** – Taste the Shoreline / noon – 5:00 pm, Guilford Green. Taste some great food from 20 restaurants. Games and activities! Open to the public. Contact www.shorelinechamberct. com or call (203) 488-5500 for tickets. Rain or Shine.

**SEPTEMBER 13** – Live.Life.Well Wellness Fair / 10am – 2:00 pm, Guilford Green. Visit the farmer's market. Vendors provide information on living a healthy life. Craft Expo. Open to the public. Contact www.shorelinechamberct.com or call (203) 488-5500 for tickets. Rain or Shine.

#### **Business After Hours**

JULY 28 – Trolley Museum 17 River St., East Haven / 5:30 – 7:30 pm

**AUGUST 25** – Nellie Green's Restaurant 50 Maple St., Branford / 5:30 – 7:30 pm

**SEPTEMBER 22** – Massage Savvy 2514 Boston Post Road, Guilford / 5:30 – 7:30 pm

Kathy Testa, Director of PR, Shoreline Chamber of Commerce

#### **Guilford Art Center**



#### GUILFORD ART CENTER'S SUMMER YOUTH PROGRAM

Guilford Art Center's popular, art-filled, summer youth program, runs 9 weeks, from June 22 to August 21.

Students ages 3 ½ to 12 can choose from a huge array of offerings, including clay, painting and drawing, sewing and more. Week-long classes run mornings, 9 am-noon, and afternoons, beginning 1pm; CLASSES MAY BE COMBINED TO MAKE A FULL-DAY PROGRAM. Financial aid is available. For more information, to register, and to download a copy of the summer youth brochure, visit www.guilfordartcenter.org.

#### **GUILFORD ART CENTER'S CRAFT EXPO 2015**

Friday-Sunday, July 17-19

Friday 12 - 9 pm / Saturday 10 am - 7 pm / Sunday 12 - 5 pm Admission: Adults \$9, Seniors \$7, Members, children under 12, and active military Free. Multi-day ticket \$15.

The 58th annual Craft Expo will bring more than 180 nationally-recognized craft artists to the scenic and historic Guilford Green, to benefit the educational programs of Guilford Art Center. The latest in handmade crafts will be represented, in a



variety of media, including Clay, Glass, Leather, Metal and Non-Metal Jewelry, Wearable and Non-Wearable Fiber, Metal, Mixed Media, Paper, Photography, Printmaking, Soap and Wood. These exquisite-quality works help rank this event as one of the top craft shows in New England and the country. Special features include a Silent Auction of exhibitor-donated crafts, Food Trucks & more including Perk on Church, iThai, Ashley's Ice Cream and more, and musical entertainment every day.

For more information contact the Guilford Art Center at 203.453.5947, email expo@guilfordartcenter.org, or visit the website www.guilfordartcenter.org.

#### **GAC STUDENT EXHIBITION**

July 31-September 6; opening reception Friday, July 31, 5 - 7 pm, free and open to the public. Works in all media by Guilford Art Center adult and youth students. For more information contact Guilford Art Center at www.guilfordartcenter.org or 203-453-5947.

Photos by Eric Carle

## **Economic Development Department**

Although our spring period seemed to be short, we are getting into the summer months, warmer weather, and the construction season. The Economic Development Commission recently visited the Guilford Commons construction site. We observed significant activity underway with the first 2 buildings, with the 3rd building about ready to be framed. The road work improvements along Rt. 1 (in front of the transfer station) should be completed in June. The developer, DDR, recently confirmed leases have been signed with Bed, Bath & Beyond, Michael's Art & Hobby Supplies, and DSW (Designer Shoe Warehouse), to add to the original announcement about The Fresh Market being in the plaza. We expect to hear about additional stores in the near future. The targeted "grand opening" remains at late October, 2015. Several businesses have located in the new complex at 2460 Boston Post Road, including; Massage Savvy, Farmer's Insurance, JMM Health and Wellness and Sensation Station. Site work is well underway at 2945 BPR to be the home of **Tractor Supply**. Construction should be underway by the time this issue is distributed as they too, are anticipating a late fall 2015 opening. Country Farms II opened as a garden center at 3049 BPR. And for more site work, The Residences at 66 High Street have significant activity in-process. Buildings not to be used in the project have been demolished and are being cleared. The Historic District has approved the first phase of the project, which is the original "Mill Building". It is being prepared for redevelopment-construction work, with major activity expected within the next 30 days or so. Interest in this complex is very high as a number of units are already on "pre-construction deposit".

The majority of the remodeling work has been completed at **The Marketplace at the Guilford Food Center.** They had their "grand opening" on May 22, with celebrations continuing over the Memorial Day Weekend. Many customers enjoyed witnessing the transformation as they came to shop and dine.

**Salon Touche** opened at 854 BPR (Shoreline Plaza – former Nilsa's Hair Salon). **Weichart Realty** moved their offices from

Water Street to 688 BPR. And the **Citgo gas station** at 455 BPR (exit 59) is undergoing renovations and will reopen soon. We are saddened that two of our businesses recently closed; **The Dough Market** and **Pizza Perfecto**.

Congratulations go to Katie Hughes, owner of **Perk on Church**. She was recently recognized by the U.S. Small Business Association as "Woman - Owned Business of the Year". According to the SBA, Hughes's "ecofriendly mentality" and dedication to empowering women entrepreneurship are partially the reasons for her recent accolades. We also want to congratulate **Cilantro Specialty Foods** as they celebrate their 25th Anniversary in Guilford. Owner Randy Kaoud of **Kaoud Antique Rugs** recently unveiled a wide variety of antique Oriental and Persian rugs that he has been collecting for over 60 years. These achievements are significant and certainly represent the quality of local businesses we have within our town.

The town of Guilford was well represented by Nick Fradiani as he pursued and ultimately became the 2015 "American Idol". We celebrated "Nick Fradiani Day" on May 1 with a series of events, including the day ending concert on the Green, witnessed by more than 10,000 people. Many of our businesses commented they had a very busy day. And several have commented that new customers/tourists have come to town based on the national visibility Guilford received during the whole process. We congratulate Nick and wish him well as his career develops.

Summer 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

#### **Outdoors with Our Pets**

Summer is on its way! Now that we have warmer weather upon us, everyone loves to be outside with their pets. We have to keep in mind it is not only humans and pets that are enjoying the great outdoors. Other insects and bugs also enjoy being outside during the warmer months. The bugs that we worry about infesting our pets are the fleas, ticks, mosquitoes and other intestinal parasites. This is why

prevention for these parasites is extremely important, not only for the protection of our pets, but for us also. It is very common for outdoor pets to carry ticks into the house where they can latch onto us. These parasites can cause diseases such as Lyme, Anaplasma and Heartworm. And it is not only our pets that bring these parasites in, we do too, so this is why we should keep our inside pets on preventatives also.

There are many options out there for different types of preventatives for our animals. Contact us to help you figure out which preventative medication is most suitable for your pet.

Christina DeAngelo, DVM Guilford Veterinary Hospital, LLP

#### The Guilford Fair





**Photos by Larry Kalbfeld** 

The Guilford Fair will take place Friday, September 18, Saturday, September 19 and Sunday, September 20. It is the only Fair in the state to have a Donkey and Mule show in addition to tractor, horse and oxen pulls. The Guilford Fair is also the "home away from home" for the Flying Wallenda's, who change up the Family Circus every year. On Friday night the musical entertainment is a Chicago tribute band called the Beginnings.

The feature musical act for Saturday night will be Craig Campbell. The Fair will also be featuring an illusionist that headlines at Six Flags, named David Garrity. The link to his website is: http://www.magicalartist. com/.

The first Guilford Fair was held in 1859 on the Green and it remained an annual event until it outgrew the Green in 1968. In 1969 it opened at its current location on Lover's Lane.

This property was a very fitting spot as it was part of the original Stone House Farm. The Guilford Fair is the 2nd oldest Fair in Connecticut, and is produced by the Guilford Agricultural Society, Inc. an all-volunteer organization as well as many other volunteers from the Community. For more information about the Fair visit the Guilford Agricultural Society website at http://guilfordfair.org/.

# Conditioning

Square Footage	TONNAGE	LOW AS
850 -1000 SF	2	\$5,600.00
1,000 -1,250 SF	2.5	5,850.00
1,250 -1,500 SF	3	6,100.00
1,500 -1,750 SF	3.5	6,700.00
1,750 -2,000 SF	4	6,900.00
2,100 -2,500 SF	5	7,600.00



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## **Guilford Police Department**

#### HOT CARS

As summer approaches, the Guilford Police Department would like to remind you about not leaving your children and pets in your vehicle. According to the National Highway Traffic Safety Administration approximately 38 children and 156 dogs die of hyperthermia a year due to being left unattended in a hot vehicle. "A car's windows act like a greenhouse, trapping sunlight and heat. Cars parked in direct sunlight can reach internal temperatures up to 131° F - 172° F (55° C - 78° C) when outside temperatures are 80° F - 100° F (27° C – 38°C). Even outside temperatures in the 60s can cause a car temperature to rise well above 110° F. When the outside temperature is 83° F, even with the window rolled down 2 inches, the temperature inside the car can reach 109° F in only 15 minutes. Within the first 10 minutes the temperature in an enclosed vehicle will rise an average of 19 degrees or 82 percent of its eventual one hour rise. In warm weather, a vehicle can warm to dangerous,

life-threatening levels in only 10 minutes."
- NHTSA http://www.nhtsa.gov/people/
injury/enforce/ChildrenAndCars/pages/
Unattend-HotCars.htm

It is never worth it to leave them "just for a minute." Pets should be left at home when the weather is warm and you plan on leaving your vehicle to run errands. Children should never be left unattended in vehicles as it violates statutes, 53-21aa Leaving Child under 12 Unsupervised and 53-21 Risk of Injury to a Child which carry prison sentences with a mandatory minimum of 5 years.

#### FACEBOOK AND WEBSITE

The Guilford Police Department now has a Facebook page in addition to the website guilfordpd.com. The Facebook page is available to anyone with internet access and a Facebook account is not required to view our posts. We utilize this page to update the public on current scams and crimes in the area as well as community programs like Coffee with a Cop and the Citizens Police Academy.

#### CHILD SAFETY SEAT CLINICS

The Guilford Police Department conducts Child Safety Seat Clinics the first and third Wednesday of every month from 3:30pm to 6:30pm at the station. The clinics are free to the public and are on a first come first serve basis. The Guilford Police Department currently has 3 certified Safety Seat Technicians who have extensive training in the installation of car seats. Please call the station on the scheduled dates to ensure the technicians are working as scheduled for that day. 203-453-8061.

#### IRS AND IDENTITY THEFT

There will always be scams going around, but this year, Guilford has been hit hard with a few. Most prevalent is the IRS scam which has turned into complete identity theft for so many. Most of the time these cases were a result of a breach of information through a major corporation or business such as the Anthem Breach or Target breach. These identity thefts are difficult to combat because you are not responsible for the release of information.

# Guilford Community Listings

CHURCHES	Guilford Land Conservation Trust 203-457-9253	SCHOOLS
Bethel Assembly of God203-453-5171	Leete's Island Garden Club203-453-3884	Adams Middle School203-453-2755
Christ Episcopal Church203-453-2279	Shoreline Chamber of Commerce203-488-5500	A.W. Cox School203-453-5291
First Church of Christ Scientist203-453-9175	Women and Family Life Center203-453-6699	Baldwin Middle School203-457-0222
First Congregational Church203-453-5249		Calvin Leete School203-453-0128
Focus Pointe Ministries	LIBRARY	Guilford High School203-453-2741
www.focuspointeministries.org	Guilford Free Library203-453-8282	Guilford Lakes School203-453-5201
North Guilford Congregational Church		Melissa Jones School203-457-0773
203-457-0581	MUSEUMS	BOE Administrative Offices203-453-8200
St. George Catholic Church203-453-2788	Henry Whitfield State Museum203-453-2457	
St. John's Episcopal Church203-457-1094	The Dudley Farm Museum203-457-0770	USEFUL NUMBERS
Vineyard Church of Guilford203-453-5453	The Hyland House203-453-9477	American Red Cross203-787-6721
	Medad Stone Tavern203-453-2263	Firemen's Field203-458-8812
CLUBS/ORGANIZATIONS	Thomas Griswold House203-453-2263	Guilford Food Bank203-453-8166
Guilford Agricultural Society203-453-3543		Guilford Newcomers Club
Guilford Art Center203-453-5947	POST OFFICE	www.guilfordnewcomers.com
Guilford Garden Club203-453-5203	Guilford Post Office203-453-2429	Meals on Wheels203-453-8359

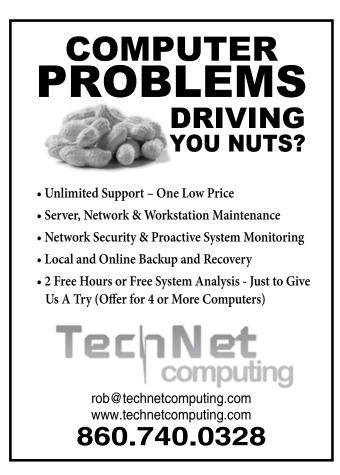
However, there are a few simple tips that you can do to help prevent identity theft.

- 1. Your social security number is for tax purposes only. You do not need to provide your social security number to your doctors, your school, or anyone else that is not taxing you. You can request a different number be assigned to you instead of your social security number. If it is on your Medicare card, call Medicare and have a new number assigned to you unrelated to your social security number. If you have already given it out to a utility company for service hookup credit checks, request in writing that they remove your social security number from their database once the credit check is performed.
- **2.** Utilize credit protection services. There are a number of credit protection and fraud protection companies out there. Do your research and find one that fits your needs. These companies will notify you when credit accounts are opened up using your name, social security or other identifying information. It is much easier to be proactive rather than reactive.
- **3.** Monitor your own credit report. You are allowed one free credit report annually. Obtain a copy and look through it. If there are discrepancies, report it to the credit bureau and police as soon as possible. With most identity theft cases, there is a paper trail and suspects can be identified.

4. Never give out personal information over the phone. Your bank will never call you and ask for your information. They have it already. When in doubt, call the bank back on their normal number and confirm they are trying to reach you. Many identity thieves call you and sound legitimate. They may even give you a number to call back, but it is not one that belongs to the company you are trying to reach. Many identity thieves threaten people with criminal charges over the phone and use scare tactics into compelling someone to provide their information. If you feel you have been a victim of identity theft, have been scammed or have questions, call the Guilford Police Department at 203-453-8061.

#### **DRUG RETURN BOX**

Do you have old, unused or expired medications that you need to dispose of? Many people hold onto those old medications and it becomes a temptation for some to steal from your homes while others flush the unused medications which end up in the ground water. The front lobby of the Guilford Police Department has a green drug return box where you can bring those medications for safe disposal. The drug box offers a safe alternative in which the department transports those medications to an incinerator for disposal so it will not contaminate the environment. All medications are accepted, except liquids and needles. Needles can be brought to the Fire Department Headquarters for safe disposal.





# **Registrars of Voters**

#### **ONLINE VOTER REGISTRATION**

It is now possible to register to vote, to change your address 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. And a third method is to go directly into the website, www.voterregistration.ct.gov. Registering to vote online works very smoothly when you have a current Connecticut driver's license.

#### PERMANENT ABSENTEE BALLOTING

We would like to remind you of the availability of permanent 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 it a letter from your physician which identifies your disability 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 in your home and return. Every year we will send you a letter asking you to confirm the accuracy of your address. Now, isn't that simple?

Please mark your calendars to vote on Tuesday, November 3, 2015 for three municipal boards - Education, Finance and Assessment Appeals.

Louise Graver & Gloria Nemczuk Guilford Registrars of Voters

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# GUILFORD TOWN HALL DIRECTORY www.ci.guilford.ct.us

DEPARTMENT	EMPLOYEE / TITLE / ADDRESS	PHONE	E-MAIL
ASSESSOR	Ed Corapinski, Assessor, Town Hall - 31 Park Street	453-8010	corapinskie@ci.guilford.ct.us
BUILDING	William Thody, Building Official, Town Hall South - 50 Boston Street	453-8029	thodyw@ci.guilford.ct.us
ECONOMIC DEVELOPMENT	Brian McGlone, Economic Development Coordinator, Town Hall - 31 Park Street	453-8071	mcgloneb@ci.guilford.ct.us
ENGINEERING	James Portley, Town Engineer/Facilities Mgr. Town Hall South - 50 Boston Street	453-8029	portleyj@ci.guilford.ct.us
ENVIRONMENTAL PLANNING	Kevin Magee, Environmental Planner, Town Hall South - 50 Boston Street	453-8146	mageek@ci.guilford.ct,us
FINANCE	Sheila Villano, Finance Director, Town Hall - 31 Park Street	453-8027	villanos@ci.guilford.ct.us
FIRE	Charles Herrschaft, Fire Chief/Fire Marshal, Fire Headquarters - 390 Church Street	453-8056	gfd10@guilfordfire.com
GUILFORD LAKES GOLF COURSE	Ted Tighe, Golf Course Superintendent, 200 North Madison Road	453-8217	guilford_lakes@hotmail.com
HEALTH	Dennis Johnson, Director of Health, Town Hall South - 50 Boston Street	453-8118	johnsond@ci.guilford.ct.us
HOUSING AUTHORITY	Guilford Court - 32 Guilford Court Boston Terrace - 41 Boston Terrace Sachem Hollow - 310 State Street	453-4760 453-4760 453-4760	
HUMAN RESOURCES	Mitch Goldblatt, Director of Human Resources, Town Hall - 31 Park Street	453-8075	goldblattm@ci.guilford.ct.us
LEGAL/PURCHASING	Pamela Millman, In-House Counsel/Purchasing, Town Hall - 31 Park Street	453-8015	millmanp@ci.guilford.ct.us
LIBRARY	Sandy Ruoff, Library Director, Guilford Free Library - 67 Park Street	453-8282	sruoff@guilfordfreelibrary.org
MARINA	Rod McLennan, Dockmaster	453-8092	townmarina@att.net
PARKS & RECREATION	Rick Maynard, Park & Rec Director, Community Center - 32 Church Street	453-8068	maynardr@ci.guilford.ct.us
PLANNING & ZONING	George Kral, Town Planner, Town Hall South- 50 Boston Street Regina Reid, Zoning Enforcement Officer - Wetlands	453-8039 453-8039	kralg@ci.guilford.ct.us reidr@ci.guilford.ct.us
POLICE	Tom Terribile, Police Chief, Police Headquarters - 400 Church Street Animal Shelter Routine Calls	453-8244 453-8083 453-8061	terribilet@ci.guilford.ct.us
PUBLIC WORKS	Tom Fillion, Highway Superintendent, Public Works Garage - 47 Driveway	453-8081	filliont@ci.guilford.ct.us
REGISTRAR OF VOTERS	(D) Louise Graver, Registrar, Town Hall- 31 Park Street (R) Gloria Nemczuk, Registrar, Town Hall- 31 Park Street	453-8028 453-8028	registrar@ci.guilford.ct.us registrar@ci.guilford.ct.us
SELECTMAN'S OFFICE	Joe Mazza, First Selectman, Town Hall- 31 Park Street	453-8021	mazzaj@ci.guilford.ct.us
SOCIAL SERVICES	Tammy DeFrancesco, Social Services Director, 263 Church Street	453-8009	defrancescot@ci.guilford.ct.us
STUMP DUMP		453-8029	
TAX COLLECTOR	Debi Milano, Tax Collector, Town Hall - 31 Park Street	453-8014	milanod@ci.guilford.ct.us
TOWN CLERK	Anna Dwyer, Town Clerk, Town Hall - 31 Park Street	453-8001	dwyera@ci.guilford.ct.us
TOWN PROPERTIES	Steve Neydorff, Facilities Engineer, Town Hall South - 50 Boston Street	453-8487	neydorffs@ci.guilford.ct.us
TRANSFER STATION	1900 Boston Post Road	453-8095	
YOUTH & FAMILY SERVICES	Lyne Landry, Director, 36 Graves Avenue	453-8047	landryl@ci.guilford.ct.us

# **Guilford Free Library Programs**

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

#### **Programs for Adults**

**BOOK AND BAKE SALE** 

The library's 34th annual Book and Bake sale takes place on September 25, 26 and 27. Baked goods are sold on Saturday, September 26; bargain books available all three days.

#### **MONDAY NIGHT MOVIES**

The popular series continues on Monday evenings from July 6 through August 31 starting at 7 pm. Titles to be announced.

#### MUSIC UNDER THE STARS

July 16 Guilford's Skyler Hagner and Josh Uguccioni, An Evening of Jazz Standards

July 23 Former State Troubadour Lara Herscovitch, Modern Folk Music

These concerts take place at 7 pm on the patio, or in the meeting room if it rains.

#### **Theater and Opera**

August 5 - Shoreline Arts Alliance in collaboration with



Shakesperience Productions, Inc., present "Optical Illusions," a talk on this year's Shakespeare on the Green production, *The Comedy of Errors*, 2 pm.

**Sept 30** - Shoreline Village CT presents a discussion of *Verdi's Il Trovatore*, 7 pm

#### **Summer Programs for Teens**

Series: Come to one or come to all, please register

Teen Tech Tuesdays: Experiment with 3-D printing, coding, robotics, and much more on Tuesdays, July 14, July 21, July 28, August 4, August 11, and August 18 from 3:30 to 4:30 pm.

Technology Thursday Crafternoons: Craft your way to understanding basic scientific concepts. Learn the basics of circuitry by making a bracelet that lights up, create jewelry with computer hardware, construct a copper bracelet to learn about conductivity, and learn about robotics by making origami robots. Thursdays, July 23, July 30, August 6, and August 13 from 3:30 to 4:30 pm.

Teen Book Club features graphic novels, superheroes, robotics, and much more on Mondays from 2 to 3 pm, July 13, 20, 27, August 3, and 10.

**Workshops:** Please register and plan to attend all sessions. Join Emily Yale for "Hand Drafting" to learn the basics of computer-aided design using Google Sketch-Up. Emily is an engineering student at Fairfield University and mentor to Apple Pi Robotics. Please plan to attend all three sessions, on Mondays, July 13, and July 20 from 6:00 to 7:30.

**Write your Memoir:** Madison resident and author Doe Boyle will lead a four-part Memoir Writing Workshop on Monday, August 10, Wednesday, August 12, Monday, August 17, and Wednesday, August 19 from 3:30 to 5:00 pm. Please plan to attend all four sessions.

#### OTHER TEEN EVENTS

**Exams:** The library is offering two practice exams this summer, an **SAT** on Wednesday, July 15 from 10:00 am to 2:00 pm and an **ACT** on Wednesday, August 12 from 10:00 am to 2:00 pm. **The Science Club** inaugural meeting happens on Wednesday, July 15 from 4:30 to 5:30 pm with an ice cream social. Check out the library's cutting-edge and innovative technology such the **Lego Minestorm and the 3-D printer.** The club meets on the second Wednesday of the month.

#### **Summer Programs for Children**

Summer Reading Game: EVERY HERO HAS A STORY All ages of children are invited to sign up for our newly revamped and improved summer reading game and get a free book to jumpstart the fun! A new element is an optional online game component where readers can keep track of their books, complete optional special challenges, and customize the look and powers of their very own superhero character. After reading ten books over the summer participants may put their names up on our bulletin board for all to see.

# Specials, Registration Required

July 15, 2:30-4 pm, ages 7-9: American Girl Felicity - Pat Lovelace from The Guilford Keeping Society, will read from Felicity's story and compare it to local history. Make a craft & have a snack from that time period.

July 17, 2:30-4 pm, ages 9-14: Parkour Introduction for Kids - Experience the superhero-like movement of parkour, learning to traverse obstacles safely and efficiently using only your body. Children should come dressed to move, with comfortable clothing and sneakers. Parents and guardians will need to sign a permission form for children to participate in this class.

July 27, 10:30-11:30 am, all ages: Rocky the Rock Cat – Meet the New Britain Rock Cats mascot, Rocky, listen to great baseball stories, and do a baseball-themed craft. July 29, 2-3 pm, all ages: Mr. Magic's Super Summer Show - Watch and be amazed by Mr. Magic's wonderful magic show. Fun for all ages.

August 6, 10-11 am, ages 6+: What Pet Should I Get? – Read Dr. Seuss's newly discovered and published manuscript "What Pet Should I Get?," then meet and learn about the various pets that your friendly library staff have at home.

August 20, 2-3 pm, ages 5+:
Bubbleology - Learn all about the science of bubbles and watch the crazy types of bubbles created by a bubble master, and learn to create your own!

# Summer Series for Children Registration Required

Paws & Read - ages 5+, Thursdays in July & August (except 7/30 & 8/6), 11:30 am-12:30 PM: Sign up for a 15-minute reading slot with licensed therapy dog Kiri, and retired teacher/dog handler Elisabeth Holder. Parent/Legal Guardian must sign a permission form for their child to be alone in the room with the dog and therapy supervisor. Registration by phone or in person only.

**Tots & Tunes** - ages birth-5, Tuesdays, 10-10:30 am from June 30th to August 18th: A music and movement class for children under 5 and their caregivers.

Storytime - ages 3+, Tuesdays in July from 11-11:30 am and Wednesdays in August from 11-11:30 am: Parents and children please join our fun-loving and charismatic Guilford resident and volunteer storyteller, Barbara Kiesel for a special story time.

Garden Club - ages 8-11, every other

Monday from 10-11 am, July 13th, and August 3rd, 17th, & 31st: Get your hands dirty and care for the library's garden.

Nutmeg Book Club - grades 4-6, Thursdays in July from 10-11 am: Readers are invited to discuss the 2016 candidates for the Intermediate Nutmeg Award. Vote for your favorite & play Nutmeg Trivia at the last session (July23rd). Refreshments will be served.

**Chess Club** - ages 8-12, Tuesdays in July from 1:30-3 pm: Test your skills with a game of Chess. Limited to those who know how to play.

Story & Craft - ages 6-8, Thursdays, July 16, & 23 from 10-10:45 am: Hear a story and make a craft to take home. Registration is required for each individual date. In Be-Tween - grades 5 & 6, first and third Thursdays of the month, starting September 17th, 3:30-4:30 pm: Bi-monthly afterschool program for grades 5 & 6; sometimes art, sometimes science, always fun.

#### **Drop-in Clubs/Events**

**Books in a Nook:** Thursday mornings in August, Wednesdays in July & September, from 11-11:30 am - All ages are welcome to drop in for stories read by Guilford volunteers.

**LEGO® Building Club:** Mondays, August 3 & 17 from 10-11 am, September 11 from 4-5 pm, grades kindergarten and up. Come try a theme-based project or build your own design. Display your creation in the children's room.

#### Art Exhibits at the Guilford Free Library

July - Meeting Room: Deanna Broderick and Diane Roberts, photography Gallery Hall: Bob Paul, watercolors. August - Meeting Room: Gallery Hall: Marge Casey, oil paintings. September - Meeting Room: SARAH, mixed format. Gallery Hall: Beverly Schirmeier, oil paintings

# **Dental Implants**

In the US, it has been estimated that nearly 70 percent of adults age 35 to 44 have at least one missing tooth, and one in four over the age of 74 have lost all their natural teeth. A common solution to missing teeth today is the dental implant.

Dr. Vincent J. Michael, of Michael Dental Care in Guilford went on to explain, "People understand the importance of teeth and want a tooth that stays in place when they chew, smile and speak. Dental implants help by acting as anchors - whether for a single tooth or a screwed-in denture." Biocompatible titanium dental implants are surgically placed and have been in widespread use since the 1960's. Almost any adult is a candidate for implants.

Modern changes to implants and their components make them more affordable, reliable, and long lasting. "I have many patients that want a longer lasting, natural-feeling solution to missing teeth - implants provide just that", Dr. Michael commented.

Dental implants provide a stable bite, rejuvenate the facial appearance and smile, and help with speech. Though dental implants are impervious to cavities, one must still practice excellent oral hygiene in the same manner as natural teeth. Many dentists perform dental implants, ask your dentist about the benefits of implants today.

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248 Old Whitfield Street, Guilford, CT 06437 203-453-2457 – whitfieldmuseum@ct.gov www.cultureandtourism.org www.facebook.com/henrywhitfieldstatemuseum Hours – Wednesday to Sunday, 10 am to 4:30 pm (last tickets sold at 4 pm each day)

# Calendar of Events July to September

#### **JULY**

A Stitch in Time: Guilford Museum Quilts Exhibit (7/1/15 to 7/31/15) A large selection of historic quilts will be displayed at all five of Historic Guilford museums in July. They range from rare 18th century calimancos to Victorian crazy quilts. (Henry Whitfield State Museum, Hyland House Museum, Thomas Griswold House Museum, Medad Stone Tavern Museum & Dudley Farm Museum.)

# Captain Frederick Lee: First Hero of the U.S. Coast Guard Exhibit

(7/1/15 to 7/31/15) In conjunction with Connecticut's Summer of the U.S. Coast Guard, see artifacts related to Guilford's own, Frederick Lee, first Captain of Eagle and first hero of the U.S. Coast Guard.

#### **AUGUST**

#### Faulkner's Island Lighthouse Exhibit

**8/1/15 to 9/27/15** - Learn about Guilford's historic 213 year old light house, from its colorful maritime history, notable light keepers and environmental diversity, to its modern preservation and educational mission.

**Sun. 16 - Meet a Lighthouse Keeper Program**Interact with a costumed 19th century interpreter and learn what life was like for a keeper and his family at lighthouses like Guilford's own Faulkner's Light.

#### **SEPTEMBER**

#### Holidaze: The Real Story of Halloween, Thanksgiving & Christmas Exhibit

(9/26/15 to Dec. 13, 2015) Learn about the origins and myths of these three holidays and why witches had more to do with spirits than candy, why Plimoth (Plymouth) was not the site of the original Thanksgiving and why in Puritan New England you could be sent to jail for celebrating Christmas.

### **Shoreline Arts Alliance**

#### July 20 - 24: Session 1

Rising Star Summer Theatre Program for students ages 7 – 17
Twins Fairy Tales, Guilford Green Under the Big Top, 9 am – 3 pm. On July 24:
Rising Star Theatre Program Performance at 12 pm Guilford Green Under the Big Top: All are invited. Performance is free.

#### **July 21: Optical Delusions**

A Round Table Forum discussing this summer's Shakespeare on the Shoreline production of *The Comedy of Errors*. Blackstone Library (Branford), 7 pm. Open to all, event is free.

#### July 27 - 31: Session 2

Rising Star Summer Theatre Program for students ages 7 – 17: *The Comedy of Errors*, Guilford Green Under the Big Top, 9 am – 3 pm. On July 31: Rising Star Theatre Program Performance at 12 pm Guilford Green Under the Big Top: All are invited, performance is free.

#### July 28: Optical Delusions

A Round Table Forum discussing this summer's Shakespeare on the Shoreline production of *The Comedy of Errors*. Evergreen Woods Retirement Community, 7:30 pm. Open to all, event is free.

#### August 4: Shoreline Arts Alliance Annual Meeting

Guilford Green, Under the Big Top, 6 – 7 pm

#### **August 5: Optical Delusions**

A Round Table Forum discussing this summer's Shakespeare on the Shoreline production of *The Comedy of Errors*. Guilford Free Library, 2 pm. Open to all, event is free.

#### August 5 - 9

#### Shakespeare on the Shoreline

production of *The Comedy of Errors*.

7 pm on the Guilford Green. Free to attend. Bring picnics, blankets and chairs.

Alcohol not permitted. All performances will have Assisted Listening Devices available, large print and Braille programs, increased lighting for exiting the Green, and escorts for those who need assistance getting to and from their cars.

At the August 5th and 6th performances two American Sign Language interpreters will be signing the show.

#### August 6

Daytime children's performance of *The Prince and The Pauper* at Jacob's Beach. 9:30 am, free.

#### August 7

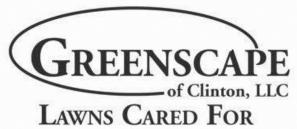
Daytime children's performance of *The Prince and The Pauper* at Blackstone Library (Branford). 10:00 am, free.

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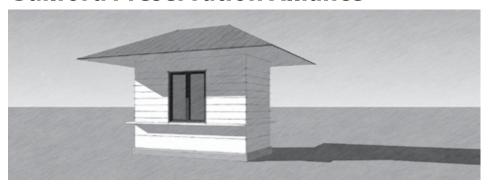
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#### **Guilford Preservation Alliance**



#### Guilford Visitor Information Kiosk to Open in Town Center

When the Visitor Information kiosk goes live this summer, residents and tourists will have a new resource to learn nearly everything they want to know about Guilford. Through both electronic and printed materials, the kiosk will aid in planning what is available to see and do in town.

The kiosk, which will be located on Church Street next to the Nathanael B. Green Community Center, is part of a comprehensive heritage tourism plan to encourage exploration of Guilford's historic, cultural and natural resources. It's the brainchild of the Guilford Preservation Alliance, whose mission is "to preserve and protect the built and natural heritage of the town of Guilford."

A stand-alone structure, the kiosk will include an interactive touch-screen computer monitor accessible from the exterior and display cases for historic and current events in the interior. The kiosk information will also be accessible from home computers (and other devices) on the website visitguilfordct.com, the new go-to source for town resources: where to shop, dine and lodge; services, arts, recreation and historic information, as well as an events calendar.

Work on the Visitor Information Center Kiosk began three years ago, and last year the Connecticut Humanities Council awarded the Guilford Preservation Alliance a grant to organize Guilford's history into four themes that connect stories with historic and natural sites. These themes, which take the form of twelve essays of 300-to-500 words each, will tell Guilford's story. One of the main features of visitguilfordct.com, this histor-ical data will encourage visitors to come and explore our community.

To accomplish the project, the GPA collaborated with a network of 26 local cultural, heritage and natural resource nonprofits, as well as town government offices and commissions and state agencies.

It brought together experts in several fields, including Shirley Girioni, president of the Guilford Preservation Alliance to spearhead the undertaking as project director; Dr. Nancy Morgan, manager and heritage development consultant of Point Heritage Development Consulting LLC of Tallahassee, Florida, to facilitate meetings and create interpretive themes; Russell Campaigne and Mary Jo Kestner of Campaigne Kestner Architects of Guilford to design the Visitor Information Center Kiosk; Carolyn Brackett, heritage tourism specialist of the National Trust for Historic Preservation in Washington, D.C., hired to conduct a series of workshops to raise the merits of heritage tourism and consciousness of the benefits of heritage tourism as an economic development tool through analysis of existing and potential target audiences; and Jeffrey Dawson of Lees Dawson Associates, design consultants, of Scituate, Massachusetts, to conduct a survey and to make signage recommendations. Hanler Building Co. will be constructing the modular kiosk.

Also contributing to the project are members of the Guilford History Experts Committee: Dennis Culliton, a Guilford history teacher; Carl Balestracci, former principal of several Guilford schools and a history teacher; and Joel Helander, Guilford municipal historian. Other participants include Patricia Baldwin, assistant director of Guilford Free Library and a historian; Veronica Soell, garden curator at the Hyland House Museum and a volunteer; and the following principals of media BOOM, the Guilford digital advertising agency developing the kiosk application for the visitor's center: Frank DePino, principal/project manager; Joe Cunningham, art director; Matt Mizerek, interactive director; and Kayla Pfrommer, interactive designer. They will be working with GPA volunteers: Howard Brown, Tracy Tomaselli, Marcia Safirstein, Ellen Ebert and Dennis Culliton.

"The goal of the GPA is to protect our natural historic and cultural resources while at the same time develop a small economic plan that will support these resources," said Shirley Girioni, GPA president.

The State Bonding Commission, the Connecticut Humanities Council, Guilford Preservation Alliance's Marjory Schmidt Fund, and Guilford Foundation provided the funds to pay for the kiosk. mediaBOOM is providing in-kind services. An advertising component will help GPA raise funds for maintenance.

Beginning this summer, volunteers will staff the kiosk on Thursday through Monday, from 10 am to 4 pm. Anyone interested in volunteering should contact Tracy Tomaselli at 203-671-9351 or tomasellitracy@sbcglobal.net, or Marcia Safirstein at 203-533-5779 or safirstein1428@gmail.com. No experience is needed; training began in May.

Roberta Flannery Guilford Preservation Alliance

## **Allergies**

While pollen from grasses or trees or other allergen's may appear to be the cause of your runny nose and watery eyes it is really only the trigger that activates the symptoms in an already compromised immune system. When allergies appear, the body is sending you a signal that it's struggling to adapt and cope with its environment.

Your nervous system controls all of the functions and systems in your very complex body. This includes your immune system as well as adapting you to the environment. If there is any interference to the nerves that travel from your brain through your spinal column due to vertebral subluxation (spinal vertebra out of alignment ) you will not be able to effectively adapt to the environment and often times allergies will be the result. Other contributors of allergies can be the effect of a poor diet, use of drugs, and unhealthy lifestyle choices or prolonged

emotional, physical or chemical stress, which over time have overwhelmed the body's protective mechanisms.

When someone has allergies, their body often produces extra fluids such as watery eyes, runny nose etc. in an attempt to actually rid itself of toxic waste. Often times their bodies are also in a state of chronic inflammation due to an imbalance in their omega 6/ omega 3 ratio. Omega 6 essential fatty acids are pro-inflammatory and are abundant in grains and oils made from grains while omega 3 essential fatty acids are anti-inflammatory and found primarily in fatty cold water fish and fish oil. Balancing that omega 6/3 ratio can be extremely helpful in reducing inflammation and improving overall health.

Allergies can produce many symptoms or conditions in the body. Their affects can range from runny noses, watery eyes and

food sensitivities, to arthritis, migraines, hyperactivity, eczema and psoriasis.

The chiropractic approach is to locate and eliminate any interference to your nervous system so your entire body, including your immune system can function at its best allowing you to adapt to your environment. Also helpful in strengthening your immune system is a diet of organic fruits and vegetables, free range chicken, grass fed beef, wild caught fish, omega 3 eggs, pure water, sufficient exercise, sufficient probiotics and omega 3 fish oil, vitamin D and adequate rest.

So if you are one of the many who are suffering with allergies, look at your lifestyle choices and have your nervous system checked to see if chiropractic care may be able to help you enjoy all of the seasons.

Dr. Paul E. Heeren Heeren Family Chiropractic Center

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## Tick Borne Illnesses In Connecticut

Summer is the time for picnics, hiking, outdoor concerts, and just relaxing in your back yard. It is also the time for ticks to come out and feed. In Connecticut there are several illnesses caused by a tick bite. The common deer tick, Ixodes scapularis, can transmit Lyme disease, Human Granulocytic Anaplasmosis (Ehrlichiosis), and Babesiosis. Symptoms of these illnesses include fever, body aches, headaches, and in the case of Lyme disease an expanding red rash. Symptoms may begin from 3-30 days after the bite.

The American dog tick, Dermacentor variabilis, can transmit another illness Rocky Mountain Spotted Fever. Symptoms include the sudden onset of fever, headache and muscle pains followed by a rash. These symptoms may appear 3-14 days after the tick bite.

All of these infections can be treated with antibiotics, but without prompt treatment they can cause serious or even fatal illness.

After spending time outside it is important to do thorough skin survey to find any ticks. The longer a tick remains attached the more likely it could transmit an illness. An infected deer tick can transmit one or

even more illnesses at the same bite. The Connecticut Agricultural Station estimates that about 25-30% of deer ticks are infected with Lyme disease. But not every tick bite will transmit the illness.

If you find a tick it is important to remove it promptly. Use tweezers and grasp the tick's mouthparts as close to the skin as possible. Using steady pressure, pull the tick upward. After removal wash the area with soap and water and apply an antiseptic. Write down the date it was removed and the body part. If you develop a rash at the bite site and/or symptoms of a flu like illness contact your physician immediately.

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# CT Agricultural Fairs 2015

North Stonington Agricultural / Fair July 9–12

Lebanon Country Fair / August 7-9

Bridgewater Country Fair / August 21-23

Wolcott Country Fair / August 21-23

Brooklyn Fair / August 27-29

Chester Fair / August 28-30

Terryville Lions County Fair / August 28-30

Haddam Neck Fair / September 4-7

Hebron Harvest Fair / September 10-13

North Haven Fair / September 10-13

Orange Country Fair / September 19-20

Woodstock Fair / September 4-7

Durham Fair / September 24-27

Berlin Fair / October 2-4

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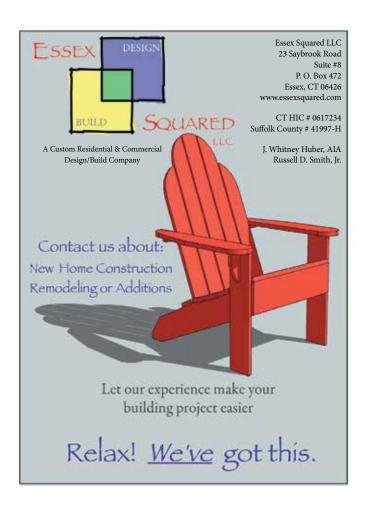
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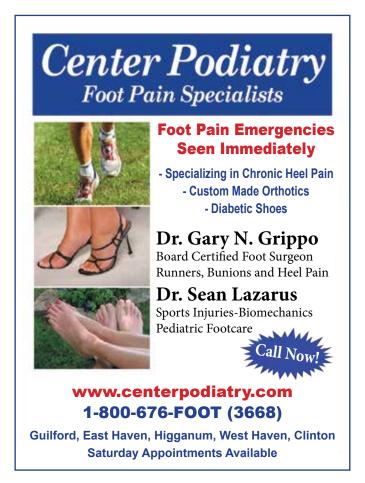


# **Edgar Rice Burroughs Bibliophile Convention**

(aka Dum Dum), Clinton, CT

August 20-22: a movie marathon; panel discussions; a Comic Con Workshop for kids; & a Tarzan Yell Competition, all open to the public for FREE, at Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT; a banquet at the Clinton Country Club (for a fee) at 6:00 pm on August 22nd ... followed by a Chamber of Commercefireworks extravaganza at the Clinton Town Beach; August 23rd, Dum Dum Dutch Treat farewell breakfast, also at the Clinton Town Beach.

Organizer & Contact Person: Peggy Adler ERBDUMDUM2015@gmail.com
Telephone number: (860) 669-7706
Additional Info & documentation:
@ www.tarzan.com/meets





## **Chemical or Organic?**

This is the question we encounter at Village Greene daily. But before we discuss the pros and cons of organics vs chemicals, lets at least stop using chemicals we do not need.

Just because a big chemical maker says you need to put a lawn crabgrass control down every spring, DOES NOT mean your lawn needs it. (One customer's lawn had not now, or in the past ever had a weed or crabgrass problem, but was going to use the control). Start with a soil test. Then look at your lawn carefully. Next, ask any Garden Center, Landscape or lawn professional about your lawns needs. It may not be what the common annual four step program provides. When discussing chemicals or organic use on plants, remember the best defense in the fight over bugs and disease is a healthy plant, in a good soil that sustains the plant. For the most part we should stop using chemicals to prevent something that might not happen. Most problems can be avoided by having a healthy plant, getting its nutrients from the proper soil. By doing these simple things you can eliminate most chemicals with no adverse reaction from your plants or lawn. When considering chemicals or organics in the area of lawns, you must first decide if you want a golf course lawn without any weeds in it, or a medium green lawn with a few weeds here and there. It is almost impossible to have a golf course/showpiece lawn without the use of some chemicals, fertilizers and a lot of time and money to maintain it. It is very possible to have a nice, relatively weed free lawn that you can enjoy without the use of chemicals. Not a putting green, but a very nice green durable lawn.

Village Greene Gardens

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# **Essex Printing Wins 2015 Award of Excellence**



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In 2014 Essex Printing received the highest award from PIA the International Bennie Award. Winners are considered "The Best of the Best" in the printing industry.

Lisa Reneson from Two Sisters Design, and Bill McMinn from Essex Printing, are shown with Lisa's book "Simple Pleasures." It was recognized by PINE for its outstanding print quality and awarded the 2015 Award of Excellence.





For the past 3 years the spotlight has been on Essex Printing and we have been honored to win 6 major printing awards, including a prestigious "International Benny Award".

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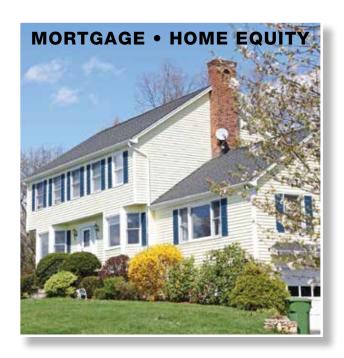
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