



August 2018 GFB Newsletter

August

Happenings on the Green

Wednesday-Sunday, August 1 - 5, 2018
Shakespeare on the Green– Hamlet
sponsored by the Shoreline Arts Alliance

Sunday, August 12; 6:30 - 8:00pm
Elements (Earth, Wind & Fire Tribute)

This group is rated as one of the best Earth, Wind & Fire cover bands in the country. Elements combines tight horn arrangements, soaring falsettos and a pulsating groove on hits like "Shining Star," "September," "Boogie Wonderland" and more!

Sunday, August 19; 12:00 - 5:00pm
Taste the Shoreline

Food from many local restaurants, family entertainment, children's activities, and a business expo highlight the day. Sponsored by Shoreline Chamber of Commerce.

Sunday, August 19; 6:30 - 8:00pm
BloodLines: Blood , Sweat & Tears Tribute

This high powered band will play all the best hits like "Spinning Wheel," "You've Made Me So Happy," "Hi-De-Ho," "And When I Die," and "God Bless the Child."

Sunday, August 26; 6:30 - 8:00pm
Beau Bolero: Steeley Dan Tribute

The crowd will remember all the Steeley Dan hits like "Rikki Don't Lose that Number," "Pretzel Logic," "Reelin in the Years," "Hey Nineteen." A typical statement from audience members is "close your eyes and you will be there." Their musicianship is right on as they perform Steeley Dan hits!

STATE OF CONNECTICUT'S OFFICE OF POLICY AND MANAGEMENT'S

2018

RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2018 TO OCTOBER 1, 2018

**IF YOU WERE AN ELDERLY OR DISABLED
RENTER IN 2017 AND YOUR TOTAL 2017
INCOME WAS LESS THAN**

\$35,300 FOR AN INDIVIDUAL

\$43,000 FOR A MARRIED COUPLE

Tax Free Week

Begins Sunday, August 19

through

Saturday, August 25th

During the "sales tax holiday" week, most individual items of clothing and footwear priced under \$100 are exempt from Connecticut Sales and Use Tax. For items costing \$100 or more, sales tax is calculated on the full purchase price.

For more information go to www.ct.gov/drs

Operation Fuel Summer Utility Program



Applicants may qualify for up to a one time emergency grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel Grant during the previous 12 months. Program will run until October 31, 2018 or until funds last. Call (203) 453-8009 for more information or for an appointment.



AMERICA THE BEAUTIFUL

National Parks and Federal Recreational Lands Senior Pass/Access Pass

Life time passes are available for a one-time fee of \$80 for US citizens or permanent residents who are 62 or older (free to permanently disabled citizens to visit federal parks, monuments and recreation areas throughout the United States. Passes are obtained in person at the entrance of federally operated recreation areas or by mail. You may apply online or download an applications at www.store.usgs.gov/pass. There is an additional processing fee over the internet and by mail. There is also annual pass for seniors for \$20.



Fishing Licenses Those 65 years or older may

obtain a CT fishing license **free of charge**, renewable annually. You may apply online for a license through Connecticut's Online Sportsman Licensing System at www.Ct.wildlifelicense.com and print it out yourself in person at Captain Morgan's Bait & Tackle, 21 Boston Post Road, Madison.

SENIOR CITIZEN

TUITION WAIVER

Senior citizens, age 62 and older are welcome on Ct public college campuses— in fact, they make take courses and earn degrees tuition-free at any public college or university. UCONN and 12 community colleges are available to seniors. Waivers are available at most colleges when space exists in a class after regular registrations are completed. Cost for books and supplies are not waived. For specific details, contact the college or university of your choice and remember to bring documentation of your age when



Looking for a Job?

Stop by Guilford Social Services to take a look at our Job Board and Job Book. View local postings, updated on a weekly basis.



[Potato and Corn Festival, North Branford](#)

August 3-5, 2018

Three-day, family friendly event with hayrides, raffles, amusements, entertainment and of course, everything from French fries and onion rings to fried dough, funnel cake, steak and cheese subs, apple fritters, kettle corn, and more.

[Wolcott Country Fair](#)

August 17-19, 2018

Begun in 1979, the Wolcott Country Fair is the area's largest agricultural and family fun event of the summer. During the course of the annual three-day event, more than 30,000 people come to enjoy the fair's sights and sounds. Attendees are treated to a traditional country fair complete with antique farm equipment displays, tractor pulls, pig racing, thrill rides and plenty of food and entertainment..

[Chester Fair](#)

August 24-26, 2018

The Chester Fair is a time honored tradition in a quintessential small New England town that never disappoints. Come see Robinson's Racing Pigs and all the favorites you'd expect, like tractor pulls, frog jumping contests and arts and crafts exhibits.

[Haddam Neck Fair](#)

August 31-September 3, 2018

The Haddam Neck Fair is celebrating its 104th year and is known for its family-friendly atmosphere and beautiful setting. The many events offer something for everyone including tractor and truck pulls, horse and oxen pulling contests and a horse show. Animal exhibits and contests, like women's skillet throwing, are popular. Vendors are on hand to offer vegetables, flowers, canned goods and handmade arts and crafts. There's live music and delicious food, too!

[North Haven Fair](#)

September 6-9, 2018

Bring the kids to Old MacDonald's Farm for a kids pie eating contest then visit the animals in the petting zoo. Enjoy live musical performances, agricultural exhibits, arts and crafts and great fair food.

[Orange Country Fair](#)

September 15-16, 2018

From the classic car show and tractor pulls to arts and crafts and animal displays, there is truly something for everyone at the Orange Country Fair. Enjoy live entertainment and all types of mouthwatering fair food.

[Guilford Fair](#)

September 21-23, 2018

The Guilford Fair offers midway rides, games and food, Cattle, Poultry, Sheep & Goats, Vegetables, Baking, Canning, Flowers, Arts & Craft, Needlework and Photography exhibits. Antique tractor Pull and Show.

[Durham Fair](#)

September 27-30, 2018

Begun in 1916, the Durham Fair continues its tradition today as Connecticut's largest agricultural fair. With rides and games, tractor pulls, three livestock barns, crafts, exhibits featuring baking, canning, photography and horticulture, and a wide selection of fair food, there's a huge harvest to take in.

Why is it important to make lean or low-fat choices from the Protein Foods Group?

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body. However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications.

The chart below lists specific amounts that count as 1 ounce equivalent in the Protein Foods Group towards your daily recommended intake:

	AMOUNT THAT COUNTS AS 1 OUNCE EQUIVALENT IN THE PROTEIN FOODS GROUP	COMMON PORTIONS AND OUNCE EQUIVALENTS
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	1 small steak (eye of round, filet) = 3/12 to 4 ounce equivalents 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (4 1/2 x 2 1/2 x 1/8")	1 small chicken breast half = 3 ounce equivalents 1/2 Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	3 egg whites = 2 ounce equivalents 3 egg yolks = 1 ounce equivalent
Nuts and seeds	1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) 1/2 ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 ounce equivalents
Beans and peas	1/4 cup of cooked beans (such as black, kidney, pinto, or white beans) 1/4 cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas) 1/4 cup of baked beans, refried beans 1/4 cup (about 2 ounces) of tofu 1 ox. tempeh, cooked 1/4 cup roasted soybeans 1 falafel patty (2 1/4", 4 oz) 2 Tablespoons hummus	1 cup split pea soup = 2 ounce equivalents 1 cup lentil soup = 2 ounce equivalents 1 cup bean soup = 2 ounce equivalents 1 soy or bean burger patty = 2 ounce equivalents

Nutrients

- Diets that are high in saturated fats raise “bad” cholesterol levels in the blood. The “bad” cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Some food choices in this group are high in saturated fat. These include fatty cuts of beef, pork, and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats such as regular bologna and salami; and some poultry such as duck. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- Diets that are high in cholesterol can raise LDL cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. Some foods from this group are high in cholesterol. These include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.

A high intake of fats makes it difficult to avoid consuming more calories than are needed.



Why is it important to eat 8 ounces of seafood per week?

- Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease. Smaller amounts of seafood are recommended for young children.

Seafood varieties that are commonly consumed in the United States that are higher in EPA and DHA and lower in mercury include salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel (not king mackerel, which is high in mercury). The health benefits from consuming seafood outweigh the health risk associated with mercury, a heavy metal found in seafood in varying levels.

Health benefits

- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- B vitamins found in this food group serve a variety of functions in the body. They help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their child-bearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other non-heme iron containing foods along with a food rich in vitamin C, which can improve absorption of non-heme iron.
- Magnesium is used in building bones and in releasing energy from muscles.
- Zinc is necessary for biochemical reactions and helps the immune system function properly.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.



10 tips

Nutrition
Education Series

eat seafood twice a week



10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

1 eat a variety of seafood

Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

2 keep it lean and flavorful

Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor without adding salt.



3 shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams, or pasta with calamari.

4 keep seafood on hand

Canned seafood, such as canned salmon, tuna, or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.



5 cook it safely

Check oysters, mussels, and clams before cooking. If shells don't clump shut when you tap them, throw them away. After cooking, also toss any that didn't open. This means that they may not be safe to eat. Cook shrimp, lobster, and scallops until they are opaque (milky white). Cook fish to 145°F, until it flakes with a fork.

6 get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad, or oven-baked pollock.



7 put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

8 shop smart

Eating more seafood does not have to be expensive. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.

9 grow up healthy with seafood

Omega-3 fats from seafood can help improve nervous system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy diet for women who are pregnant or breastfeeding.

10 know your seafood portions

To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

*This recommendation does not apply to vegetarians.

Guilford Free Library Programs



Knitting for Adults

August 2, 2018 6:00– 7:30pm

Join Guilford native Emily Yale for a guided knitting project. Emily is an Engineering student at Fairfield University and a member of Guilford's Apple Pi Robotics Team. She has taught several technology related classes for the Guilford Free Library and is an avid knitter.

Adult Technology Class: Basic Computer Skills 8/14

August 14, 2018 6:30-7:30 pm

Complete beginner? Need to brush up on your computer skills? Learn the fundamentals of using a computer, keyboard, and mouse. Class size is limited to 10 adults. Sign up online or by calling the reference department. Free and open to all.

Adult Technology Class: Email Basics 8/7

August 7, 2018 6:30-7:30

This hands-on review session will address common email functions related to composition, attachments, printing, organization and more. Come prepared to access your email.

Class size is limited to 10 adults. Sign up online or by calling the reference department.

Healthy Sleeping Habits for Kids August 16, 2018 6:00-7:00 pm

Are exciting summer days keeping your kids up at night? Are you looking to establish or re-establish good sleep routines before school starts? Then this program is for you. Certified pediatric sleep sense consultant Amy Michalowski will show you how to help your child become well-rested in order to get the most from their days. Please find alternate care for your children as this is for adult caregivers only. Registration Required.

Tween & Teen Event: Harry Potter Paint Night

August 14, 2018 6:30– 8:00pm

Are you a fan of Hedwig? Ever wanted to learn how to paint?

Combine your love of Harry Potter and art and learn how to paint a snowy owl that resembles Hedwig. Follow along with Pam Halligan from Pam's Picassos and leave with your own completed masterpiece!

Free and open to all students in grades 5 to 12. Please register.

Registration for this program is now full. Please contact the reference desk to enter your name on the wait list.



Book a Lawyer August 6, 13, 20 or 27th At 6:30 pm

Do you have a general legal question?

The library is offering free 15-minute sessions for legal advice with one of two Connecticut-licensed attorneys—Pam Ellman and Cynthia Sheppard.

Appointments are first come, first served. You may sign up at the Reference Desk beginning at 6 pm prior to the evening's session. If you need further information, call the Reference Department at (203) 453-8282.

Dog Days of Summer Friday Movies

2-4pm

Bring the whole family to the Guilford Free Library to enjoy some new and classic dog movies each week. Popcorn will be served. All movies are rated G or PG. Parents are expected to accompany children.

August 3 Red Dog, True Blue
August 10 Lady and the Tramp
August 17 Good Boy
August 24 For the Love of Benji

Recipes of the Month

Grilled Parmesan Fish Foil Packs

- 2 medium zucchini
- 2 medium yellow summer squash
- 2 tablespoons olive oil divided
- 1/2 teaspoon salt divided
- 1/4 teaspoon ground black pepper divided
- 1/2 teaspoon Italian seasoning
- 1 lb. Alaskan pollock fillets skinless
- 2 tablespoons grated parmesan cheese

Instructions

1. Preheat grill to 375 degrees F°. Lightly oil the grill grates.
2. Cut the ends off the zucchini. Cut them in half, lengthwise. Then, cut them into 1/4 inch thin slices (making a half moon shape). Repeat with the yellow squash.
3. Tear off four pieces of heavy duty aluminum foil, about 1½ feet long each (or use a double layer of regular aluminum foil). Divide the zucchini and yellow squash between the pieces of foil, gathering the squash in the middle of each sheet.
4. Drizzle 1 tablespoon of olive oil over the squash (dividing the oil between the foil packs). Sprinkle the squash with 1/4 teaspoon salt, 1/8 teaspoon pepper, and the Italian Seasoning. Use your fingers to lightly toss the vegetables in the seasoning.
5. Pat the fish dry. Cut the fillets so that no piece is longer than 5 inches in length. Divide the fish pieces between the foil packs, placing the fish on top of the squash piles. Brush the fish with 1 tablespoon of olive oil. Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Sprinkle parmesan cheese evenly on top of the fish.
6. Bring the longest ends of the foil up over the fish and roll them together. Then, roll the short ends in, making sealed packets.
7. Place the packets on the grill over indirect heat. Grill for 15-17 minutes, until fish is 145 degrees F°.
8. Let the fish packs cool for 5 minutes before serving.

Grilled Clams

(A Guilford resident can pay \$25 Seniors \$15 for a clamming license. Available at the Town clerk's office.)

Build a medium-hot fire in a charcoal **grill**, or heat a gas **grill** to high. Place **clams** on **grill** rack and cover **grill** with lid. **Grill** until **clams** just open, 6–8 minutes (discard any that do not open). Use tongs to transfer to a platter, being careful to keep as much juice in the shells as possible. Use a little bit of tabasco sauce with cocktail sauce and brush on the clams. Enjoy!

KEY LIME PIE

For the graham cracker crust:

- 1 and ½ cups (180 grams) graham cracker crumbs, 11-12 full sheets of graham crackers
- ½ cup (65 grams) granulated sugar
- 5 tablespoons (70 grams) unsalted butter, melted and slightly cooled

For the key lime pie filling:

- 1 cup (240 ml) key lime juice
- 2 (14-ounce) cans sweetened condensed milk
- 5 large egg yolks

Topping:

- Whipped topping or homemade whipped cream

To make the graham cracker crust:

Preheat oven to 350°F.

Combine the graham cracker crumbs and sugar in a mixing bowl and mix until well combined. Add the melted butter and stir until fully combined and all of the crumbs are moistened.

Scoop the mixture into a 9-9.5 inch pie plate and firmly press it down into an even layer on the bottom and up around the sides of the dish.

Bake at 350°F for 10 minutes. Remove from the oven and set aside to cool for 10 minutes while you make the filling. Keep oven temperature at 350°F.

To Make Key Lime Pie Filling:

Combine the key lime juice, sweetened condensed milk, and egg yolks in a large mixing bowl and whisk until fully combined.

Bake at 350°F for 18-22 minutes or until the top of the pie is set, the pie will still be jiggly.

Pour the filling into the slightly cooled graham cracker crust and spread it around into one even layer.

Remove from the oven and transfer to a wire rack to cool for 2 hours. Transfer to the refrigerator to chill for at least 6 hours or overnight. Once chilled, top with [whipped cream](#), serve and enjoy!

More recipes at whatscooking.usda.gov