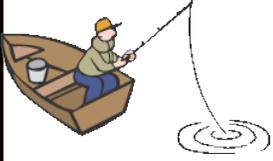


June 2019

GFB Newsletter



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 or apply in person at Captain Morgan's Bait & Tackle, 21 Boston Post Road, Madison.

Little Folks Fair

Saturday, June 1, 2019

10:00 AM – 4:00 PM



Bring the family to the annual Little Folks Fair on the Guilford Green on June 1st, 11-4, rain or shine! Since 1956 Community Nursery School has hosted the "Little Folks Fair" on the historic Guilford Green. The fair transforms the Green into a playground for children, creating memories that will last a lifetime. The Little Folks Fair is the main fundraising event for CNS, with parents organizing, creating and running the day-long event. Join us this year for donkey rides, bouncing, games, train ride, food and entertainment, including performances by the ever popular Sunny Train and Music Together. Don't miss The silent auction and tag sale!

Admission cost:

Adults \$3/Children (over 2) \$2

Games and Ride Tickets or Wristbands and Food for Purchase. All tickets sold at entry.

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

2019

RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2019 TO OCTOBER 1, 2019

IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2018 AND YOUR TOTAL 2018 INCOME WAS LESS THAN

\$36,000 FOR AN INDIVIDUAL

\$43,900 FOR A MARRIED COUPLE

YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2018 RENTAL AND UTILITY EXPENSES
 GUILFORD RESIDENTS PLEASE CALL 453-8009 FOR DETAILS AND TO SCHEDULE AN APPOINTMENT.

Jacobs Beach
Summer Sizzler
 Saturday, June 15 3:00 - 6:00pm

Guilford



Dudley Farm Museum -Free admission from 9 am until 3 pm

Guilford Information Center A free walking tour at 12 noon.

Henry Whitfield State Museum -Free admission from 10 am until 4:30 pm. Try all sorts of historical games and old-time toys, including knicker boxes, nine pins, rolling hoops, draughts, and more. The fun continues with scavenger hunts in the 1639 Whitfield House, and building activities in the Visitor Center's hands-on galleries.

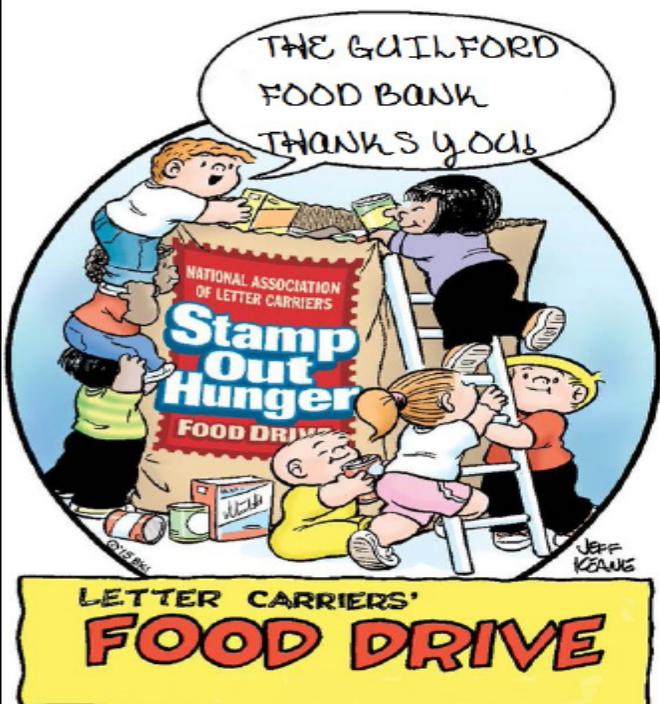
Hyland House Museum -Free admission from 11 a.m. until 4 p.m.

Medad Stone Tavern Museum -Free admission from 11 am until 4 pm

Thomas Griswold House Museum -Free admission from 11 am until 4 pm

Witness Stones Project -Free walking tour at 9 am around the historic Town Green remembering enslaved people who lived there and telling the stories of their contributions to the community.

**The Guilford Food Bank
 would like to thank Guilford's
 Letter Carriers & Volunteers & Donors
 for their support on
 Saturday, May 11th**



**during the NALC's
 Stamp Out
 Hunger Food Drive.
 Our
 Guilford
 Community
 is as good as it gets!**



NATIONAL ASSOCIATION
OF LETTER CARRIERS

Stamp Out Hunger

FOOD DRIVE



Tips for a Healthy Home this Summer

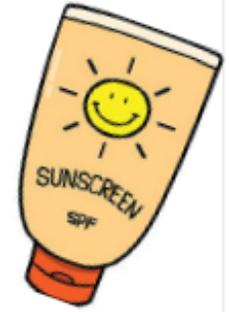
By the American Heart Association

Staying active in the summer months

The arrival of spring and summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active in the warmer months:

Hydrate! Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.

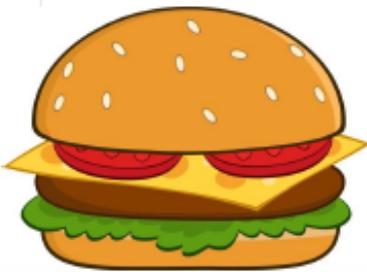
- **Protect your family from the sun:** wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- **Heat safety:** avoid intense activities between noon and 3 p.m. when the sun is at its strongest.
- **Dress for the heat:** wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.
- **Head indoors:** when the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga or racquetball.



Heart-Healthy Cookout Ideas

Warmer weather may mean it's time to break out the grill, here are some tips and ideas for a healthier grilling cookout:

- **Go fish!** Fish, especially oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.
- **Make a better burger:** if you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties – remember that a serving of meat is about the size of a deck of cards (3 oz). Add finely chopped green pepper to your beef to get in some veggies.
- **Baked fries:** Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.
- **Veggie kabobs:** load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.
- **Try grilled corn on the cob:** leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Remove from grill, let cool for about 5 minutes, remove husks and enjoy!



Healthy Road Trip

Road trips can take a toll on everyone – here are some ideas to keep things healthier while on the open road:

- **Make “rest breaks” active:** pick a road stop or park and get the family out of the car to take a brisk 10-minute walk and move around. Not only will it burn off some energy, but it can also help the driver feel rejuvenated and more alert.
- **Pack healthy snacks:** finding healthier snacks at road stops can be difficult. Pack apples, oranges, grapes, raisins, whole grain fiber-rich crackers or another favorite healthy snack to take with you.



- **Pack to play:** plan to incorporate regular physical activity into your daily routine while you’re away from home. Pack a football, soccer ball, Frisbee, or paddle balls so that you can be physically active throughout your down-time.

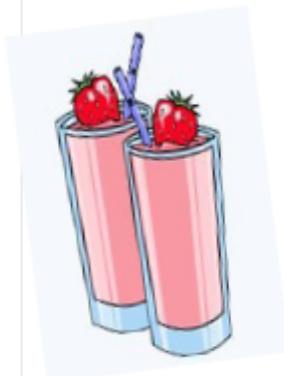
- **Reach for water:** sitting in the car for long periods of time can make it tempting to drink soda, which has extra calories and added sugar. Pack water (flavored or regular), fat free or lowfat (1%) milk and small portions of 100% juice to quench your thirst.



Summer Snack Ideas

Try some fun and refreshing summer snacks that the entire family can enjoy:

- **Fruit pops:** Homemade freezer pops are an easy, fun treat for kids to make. Mash up fruit like peaches, grapes, berries or watermelon and put them in paper cups, insert a popsicle stick, freeze overnight and enjoy!
- **Cool and crisp:** keep a variety of colorful veggies on hand that stay cool and crunchy for a refreshing treat – baby carrots, cucumber slices, and celery sticks are just a few ideas.
- **Fruit smoothies:** blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon like a frozen ice chill.



- **Mix it up:** make your own trail mix using your favorite unsalted or lightly salted nuts, seeds and unsweetened dried fruits (just be sure to keep your servings to 1.5 ounces or 1/3 cup).
- **Just slice and serve:** summer months are peak season for most fruits, just slice and serve – the whole family will enjoy the refreshing natural sweetness and juices just the way nature made ‘em!



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Eating foods away from home

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are higher in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Think about ways to make healthier choices when eating food away from home.

1 Consider your drink

Choose water, unsweetened tea, and other drinks without added sugars to complement your meal. If you drink alcohol, choose drinks lower in added sugars and be aware of the alcohol content of your beverage. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

2 Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



3 Share a dish

Share a dish with a friend or family member. Or, ask the server to pack up half of your entree before it comes to the table to control the amount you eat.

4 Customize your meal

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5 Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



6 Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

7 Compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check www.FDA.gov.

8 Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9 Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



10 Quit the "clean your plate club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.

Guilford Free Library Programs

Advanced Knitting for Adults: Open Work Scarf

June 3, 2019 6:00-7:30 pm

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

Projects require participants have prior knitting and crocheting experience. Please see individual class descriptions for specific requirements.

Class Description: This is an advanced level project. Participants will need to be able to knit, purl, knit two together, and yarn over for this project.

Class size is limited to 10 participants. All materials will be provided.

This class is free and open to all.
Please register.



Weekend Wildlife: One of these birds are not like the Other

Learn about the different body types and hunting styles of different birds. You will see a parrot compare it to three birds of prey, which could be: peregrine falcon, American kestrel, owl, hawk, or vulture. Ages 4 & up. Registration required.

Tween & Teen Event: DIY Constellation Art

June 18, 2019 4:00-5:00 pm

Create your own constellation art! Choose whichever constellation you'd like and create a work of art on canvas.

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

Tween and Teen Event: Rainbow Bracelets

June 7, 2019 3:00-7:30 pm

Make a rainbow bracelet out of a variety of beads. Not into rainbows? That's ok. You can use whatever colors you'd like!

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

Mutt-i-grees in the Library: Do What's Best for your Pet

June 8, 2019 11:00 am-12:00pm

June is Dog Licensing Month, and here to talk about why that's important and what else you can do to ensure that your pets are happy and healthy is former Guilford Animal Control Officer Danielle Borrelli. Dogs and cats need more than just love, and we're here to show you how to be the best pet parent you can be. Keep your furry family member happy and healthy with these important tips for new and seasoned pet owners alike. All ages welcome with adult supervision. Registration appreciated.

Part of our Mutt-i-grees in the Library series, funded by the Guilford Fund for Education. Mutt-i-grees uses curriculum developed by The Pet Savers Foundation, North Shore Animal League, and Yale University School of the 21st Century to teach compassion and community with the help of animals.

Friday Movie Nights

Bring the whole family to enjoy some new and classic dog and space movies each week. Popcorn provided. All movies are rated G or PG. Parents are expected to accompany children. All ages.

Fridays, June 21st to August 23rd, from 2:00pm to 4:00pm (No program on August 9th)
Registration not required.

June 21, 2019

A Dog's Way Home

June 21, 2019

How to Train Your Dragon 3: Hidden World

Book A Lawyer

June 3, 10, 17 and 24, 2019

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. Attorney Pam Ellman has 20 years of experience with civil matters. Attorney Cynthia Sheppard currently practices in the areas of personal injury, family law, worker's compensation and employment law. Book a Lawyer sessions will help you get started in finding the information and resources you need. Referrals can be made as necessary. 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.

Recipes of the Month

Tuscan Spaghetti Squash

INGREDIENTS

1 large spaghetti squash
 1 tbsp. extra-virgin olive oil
 kosher salt
 Freshly ground black pepper
 4 slices bacon
 2 cloves garlic, minced
 1 1/2 c. cherry tomatoes, halved
 2 c. baby spinach
 1/2 c. heavy cream
 1/3 c. grated Parmesan
 Basil, for garnish

DIRECTIONS

Preheat oven to 400 degrees F.

1. Cut squash in half lengthwise and take seeds out. Rub all over with olive oil and season with salt and pepper. Place flesh side-down on baking sheet. Bake for 40-45 minutes, until the spaghetti squash is tender. Let cool until cool enough to handle, then use two forks to pull apart spaghetti squash flesh into fine noodle-like strings.

2. Meanwhile, cook bacon in a medium skillet until crispy. Transfer to a paper towel-lined plate to drain.

3. Pour off half the bacon fat and add garlic, tomatoes and spinach to the skillet. Season with salt and pepper. Add heavy cream and Parmesan and let simmer until slightly thickened. Add spaghetti squash and toss until fully coated. Crumble bacon over the squash and stir to combine. Garnish with basil.

Garbanzo Bean Salad

Garbanzo beans (also known as chickpeas) are a great source of [heart healthy](#) and [diabetes](#) friendly [protein](#). They also taste great with almost anything!

Makes: 6 Servings

Ingredients

2 cups **garbanzo beans**, drained
 ½ cup **red onion**, diced
 ½ cup **red bell pepper**, diced
 ¼ cup **cilantro**, fresh, chopped
 2 Tbs **olive oil**
 2 tsp **red wine vinegar**
 ¼ tsp **oregano**, dried
 ¼ tsp **black pepper**



Instructions

1. Combine garbanzo beans, red onions, green bell peppers, and cilantro; mix thoroughly.
2. In a blender or jar with a lid, combine olive oil, red wine vinegar, oregano, and black pepper for dressing until fully mixed.
3. Toss dressing with bean mixture until well coated. Serve chilled.



Healthy Lemon Raspberry Frozen Yogurt

Ingredients

- 1 cup plain greek yogurt (regular)
- 12 oz. frozen raspberries
- 1/3 cup fresh lemon juice
- 2 teaspoons fresh lemon zest
- 3 tablespoons honey

Instructions

1. To a blender add greek yogurt, raspberries, lemon juice, lemon zest, and honey.
2. Blend until smooth.
3. Serve immediately or for a more solid consistency place in an air tight container and put in freezer for 1-2 hours. Serve!