



WHAT IS AFFORDABLE HOUSING AND... WHY DO WE CARE?

During this election season, there have been a lot of “sound bites” from virtually every candidate about “affordable housing”. In my opinion, there has not been enough solid discussion or a community-wide clear(er) understanding about what affordable housing really means...**and about what it can mean for the communities of Berlin, Meriden and Wallingford.** All three communities have **active Transit Oriented Development (TOD) plans with some kind of housing incentives.** We want to be sure we all understand terms like “affordable housing”, “market rate rent”, “workforce housing”, “mixed use development” and other terms. While it does come down to words, we must remain focused on the overarching goal which is to create diverse and growing communities with workers of all income and skill levels to perform all of the jobs required for all employers, residents and visitors to spend their hard earned dollars within the community...that is my layman’s definition of Economic Development.

Our Government and Business Development Committee is working to create a regional community forum to be held in early 2016 to help us all best sort through the terms and to best understand the relationship between housing plans and TOD. If you would like to get involved in the planning, development and roll out of the program, contact the Chamber office and we’ll get you connected.



HELP US CHANGE & DELAY COSTLY PROPOSED CHANGES TO OVERTIME REGULATIONS

We continue to work with other business organizations to understand the proposed Federal Overtime regulation changes (29 CFR Part 514, RIN 1235-AA11) that are scheduled to go into effect sometime in 2016. While it appears to be within the authority of USDOL to change the wage threshold from \$23,660 to \$50,440, this change would mean that every employee under the new threshold amount, regardless of number of hours or job duties, would no longer be exempt from overtime wages. **This will certainly cause hardships**

to virtually every business and change the way you pay and classify many of your workers. In addition, the status and flexibility afforded to salaried workers would disappear and create unnecessary morale problems.

We need all of our elected officials to know how devastating this change would mean to your business. I am encouraging you to write your members of the Senate and House of Representatives to engage them in the discussion as soon as possible. They are:

Senator Richard Blumenthal, 90 State House Square, 10th Floor, Hartford, CT 06103
Congresswoman Rosa DeLauro, 59 Elm Street, New Haven, CT 06510
Congresswoman Elizabeth Esty, 114 West Main St., Old Post Office Plaza; Suite 206, New Britain, CT 06051
Congressman Jim Himes, 211 State Street, 2nd Floor, Bridgeport, CT 06604
Congressman John Larson, 221 Main Street, 2nd Floor, Hartford, CT 06106
Senator Chris Murphy, One Constitution Plaza, 7th Floor, Hartford, CT 06103

If you need more background, you can start by looking at the home page of the Chamber’s website. You will find the letter that the Midstate Chamber sent to USDOL in August and links to other references. If you have any questions, want to understand the problem or want to discuss your position, please contact President Séan W. Moore at any time.

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THERE ARE TWO GREAT EVENTS YOU NEED TO KNOW ABOUT

Our Chamber’s **Annual Energy Breakfast** will be held on **November 6th at the Four Points by Sheraton** and is naturally sponsored by **Eversource**. The topic will be **Energy Efficiency** for both Residential and Business and both Gas and Electric. This means you will **get connected to the folks who can save you money by improving your productivity and bottom line.** Details at www.midstatechamber.com.

For a quick **opportunity to inexpensively exhibit to a crowd before the holidays**, join the **Hamden Regional Chamber and the Midstate Chamber at the Farms Country Club on November 19th**. It’s a quick table top opportunity with a nice mix of the members of BOTH chambers. And you know that The Farms will do a **FAULOUS** job! You can plan to attend as either an exhibitor or as an attendee. For your reservation, please see the enclosed flyer.

And yes, there are many more events where we would hope to see you so please take a look at the rest of this November Chamber Newsletter and RSVP today!

LOTS OF WHAT WE DO FOR MEMBERS IS LINKING YOU

... to resources, services, support, and fellow members. Here are some **EASY LINKS** to the Midstate Chamber to “always keep you in the loop”:

NEWS: <http://www.midstatechamber.com/News> CALENDAR: <http://www.midstatechamber.com/Calendar>
RESOURCES: <http://www.midstatechamber.com/Resources> DIRECTORY: <http://www.midstatechamber.com/Directory>
NEWSLETTERS: <http://www.thechambernewsletter.com> 2015-16 CHAMBER BOOK: <http://www.thechamberbook.com>

MESSAGE FROM THE PRESIDENT:

ALL POLITICAL MATTERS MATTER!



Séan W. Moore

There are a number of political items that we'd like to make our members aware of and the first is to "Get out and Vote on November 5th". We also ask that you remain flexible with your scheduling so your employees can vote as well.

= You should know that while we at this Chamber do NOT endorse any candidate or any political party, we promise that we will work with every elected official to help advance the interests of our member businesses and our communities. We anticipate that we will see some new political faces this year and we want our members to get acquainted with our elected officials long before the time that you might actually need them. You can also help reinforce the message that every decision or vote that they will cast in office will very likely have either a positive or a negative affect on business...and we all want them to help create a business friendly environment!

= Towards that end, we will be planning a series of programs like "Pizza, Pasta and Politics" as well as a Political "Meet & Greet" Business After Hours in the upcoming months. We will be inviting elected officials from most the towns where we have a concentration of Chamber members! We'll get you the details after the election!

= Please know that our comments for our 216 Legislative Action Agenda are due to the Government and Business Development Committee by their December 9th meeting. We encourage all of our members from every business sector to submit items for the committee's review. We anticipate that the Chamber Board will approve the 2016 agenda at the January 2016 regular Board meeting. At that time, we'll get the agenda to our members in the February Newsletter and to all of our legislators as well.

= And save the date for our Regional Legislative Breakfast on January 29, 2016. This event will again be generously sponsored by AT&T. We will invite our area State legislators and partner with other area Chambers of Commerce and other organizations as well. Details to follow but please get the date in your calendar now!



WHO'S WHO AND PEOPLE TO KNOW

It has been said that The Midstate Chamber is the BEST WAY to make connections within the communities of central Connecticut. In this section we keep you - our members - updated on area leaders in business and community. This month we introduce you to our HOLA (Hispanic Outreach Leaders in Action) Committee.



The mission of HOLA is to engage with Hispanic individuals and businesses in the central CT region so that through the Midstate Chamber, they can obtain exposure, growth, and involvement in the community. HOLA meets the third Friday of each month at 12:00 pm at different member eateries.

If you are interested in becoming a member of this committee, please reach out to the Midstate Chamber of Commerce at 203.235.7901 or email membership@midstatechamber.com - the HOLA committee is OPEN to all who'd like to participate - you don't have to be Hispanic or speak Spanish to be involved! So, come out and have some fun with us as we work together to reach our goals! Pictured below are committee members and special guests who attended HOLA's Hispanic Heritage Breakfast on 10/16.



SAVE THE DATE: Tuesday, Dec. 15 for HOLA's Holiday Friendraiser - ALL proceeds from this FUN event benefit the 2016 HOLA award fund! Dancing, Great Food, Prize Drawings - at Silver City Sports Bar & Grill at Four Points

Plan to attend with your staff or friends - also, sponsorships are available that promote your business before, during and after the event!



Tax season is right around the corner and volunteers are needed for Meriden and Wallingford VITA sites! Potential Volunteers can sign up at www.hranbct.org. Just visit the Financial Services Page.

6 GOOD REASONS TO BECOME A VITA VOLUNTEER:

1. You don't need to be an accountant - no experience needed.
2. IRS will train you - for free to prepare you to pass the certification test.
3. Training with Flexible hours that fit your schedule.
4. Convenient locations: HRA tax sites are in Meriden and Wallingford
5. You'll feel pride to be part of a nationwide program that has helped low-income people file tax returns at no cost for over 40 years.
6. Simply put, you'll feel good helping your community - and you'll have fun doing it with HRA's dedicated team that has been preparing returns since 2004.

For more info call Juan Berrios - Financial Services Programs Manager: 860-225-1084 Ext. 315; jberrios@hranbct.org



For all of your needs visit our members at www.midstatechamber.com

UPCOMING NOVEMBER EVENTS:

Mark your calendars, iPhones, Droids, etc. with these event dates. **M** = Chamber or Business event; **C** = Community event. More details and RSVP information for these events may be found on www.midstatechamber.com! Chamber event RSVP line: 203.235.7901



*This QR code in the upper right corner also brings you right out to our business and community calendars. Just SCAN and CLICK! **RSVP NOW for the highlighted chamber events below - just click and enter your info!***

- C** Wed, Nov 4 - 6:00 pm: Mother-Daughter Evening Out: Paint Night at WEPA Art Studio. FREE. Call 203.238.6800 to register.
- M** Thu, Nov 5 - 5:00 pm: **Business After Hours at Child Guidance Clinic for Central CT, Inc.** See enclosed flyer.
- M** Fri, Nov 6 - 7:30 am: **Chamber Breakfast Club Celebrates ENERGY** at the Four Points by Sheraton. See enclosed flyer.
- C** Fri, Nov 6 - 7:00 pm: PNA Friday Night Feast Features Czapiga's Celebrating National Polish Heritage Month.
- C** Fri, Sat, Nov 6 & 7 - 7:00 pm: 64th Annual Kiwanis Kapers Show: Kapers TV - Then and Now at Lincoln Middle School.
- C** Sun, Nov 8 - 9:00 am: Loredana Nesci Memorial 5K Walk-Run at Hubbard Park, Meriden. <http://firstmile-fitness.com/events/>
- M** Sun, Nov 8 - 4:00 pm: **Meriden & Wallingford Community Day with the Bridgeport Sound Tigers** will be held at Webster Bank Arena. Please see enclosed flyer. SHOW YOUR COMMUNITY PRIDE: Bring the family - have a staff outing - FABULOUS event!
- M** Thu, Nov 12 - 9:00 am: **SCORE - Counseling Sessions for Businesses** at Chamber Office. Call for an appointment.
- C** Sat, Nov 14 - 6:30 pm: Annual Augusta Curtis Live Auction held at Augusta Curtis Cultural Center
- C** Wed, Nov 18 - 5:30 pm: Project REACH Lights Up the Night will be held at the Women and Families Center.
- M** Thu, Nov 19 - 5:00 pm: **Business After Hours & Table Top Demo with the Hamden Chamber** will be held at the Farms Country Club. See attached flyer. *Promote your business - sell your wares, or gift cards for the holidays!*

DECEMBER DATES to SAVE

Fri, Dec. 4: Breakfast Club Celebrates BUSINESS

Wed., Dec. 9: HOLIDAY CELEBRATION

This is a SHORT LIST of some of our KEY events - for even MORE business and community events - from business workshops to art shows to golf tournaments - along with details and updates visit... <http://www.midstatechamber.com/Calendar>

COMMITTEE CONNECTION

A LOT of work happens at the committee level here at the Midstate Chamber. We do encourage your involvement and that of your employees on any committee! ALL committee meeting dates and times are listed on the Midstate Chamber's website. Come on out and sit in on a meeting to try it - you will like it: the experience, sharing, connections and more!

Your participation helps YOU, helps YOUR BUSINESS and helps OUR CHAMBER!

Questions? Call us at: 203.235.7901



And, LIKE us on FACEBOOK and FOLLOW us on TWITTER: @MidstateCoC



BREAKFAST CLUB TV

The Chamber's Breakfast program is NOW AIRING on Cox Public Access #15 - Frontier: #99 on Mondays at 9:00 p.m. Check the chamber website for details and get your popcorn ready!

Find event photos at: www.midstatechamber.com



MEMBER RENEWALS...

We *recognize and thank* our members who have joined or renewed their investment in the Midstate Chamber within the last month.

Visit www.midstatechamber.com for the most up-to-date membership listing!

A & R Body Specialty & Collision Works Inc.
AC Exterminating Co. LLC
AT & T- External Affairs
Automotive Core Recycling LLC
Barillaro Collision, LLC
Beecher & Bennett Flatow Funeral Home
Brand-Nu Laboratories, Inc.
Caserta & de Jongh, LLC
Community Health Center of Meriden
Credit Union League of Connecticut
CT Bureau of Rehabilitation Services
Diversified Physical Therapy
Edwin Cordero Painting LLC
G.T. Silver City Tire Co., Inc.
General Technology Group Inc.
Gonzalez Construction, LLC
H & R Block
Helping People Excel, Inc.
Horton Insurance Services LLC
Hunter's Ambulance Service, Inc.
Huxley's Bookmark Cafe
ISU Elite Insurance
Jonal Laboratories Incorporated
Joseph A. Miranda, PC
Lee Manufacturing
Lincoln College of New England
Little John's Moving & Storage, Inc.
Meriden Public Library
Midstate Radiology Associates, Inc.
Mount Hebron Baptist Church
Pascarella Accounting Group, LLC
R.J. Carabetta & Company, PC
RE/MAX Professionals
Record-Journal Publishing Co.
Salvation Army
Sans-Souci Restaurant
Seasons Federal Credit Union
South Central CT Substance Abuse Council
Suzio York Hill Companies
TD Bank
Texidor Event Videography
The Edge Fitness Club
Tomassetti Vending Company
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President



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WELCOME NEW MEMBERS!

gL Market Research: 94 Chelsea Court, Middletown, CT 06457. The phone number is 860-316.5787 and the fax number is 860.344.9689. Lloyd Duggan is the primary contact. gL Market Research is a full-service marketing consulting firm specializing in market research, brand management, word of mouth marketing, strategic marketing, sports marketing and sponsorship management.



Laudano's Apizza LLC: 122 Broad St., Meriden, CT 06450. The phone number is 203.440.1500. Rachael Laudano is the primary contact. Thank you to Nicole Logodicio of Trager Insurance Group for inviting Rachael to join the Chamber.

The Farms Country Club: 180 Cheshire Rd., Wallingford, CT 06492. The phone number is 203.265.0941 and the fax number is 203.284.8467. Séan McLaughlin is the primary contact. Thank you to John Wooley of Radio Frequency Systems for inviting Séan to join the Chamber!

Trager Insurance Group LLC: 5 Colony St., Suite 303, Meriden, CT 06451. The phone number is 203.235.1025. Joshua Trager is the primary contact. Trager Insurance Group LLC is an insurance broker with over 15 years experience whose goal is to protect everything you value and love.

VISUALIZE... YOUR AD HERE



**Directly Reach
1,600+ individuals -
rates as low as \$37.50 per month!**

Call 203.235.7901 to reserve your spot



Find business resources at: www.midstatechamber.com

MEMBER UPDATES

This QR code in the upper right corner also brings you right out to our member news section of the website where you can view FULL news articles by submission date OR by member. Just SCAN and CLICK!



Find ALL of our members' news online:

<http://www.midstatechamber.com/News>

Advanced Auto Parts, Inc., the largest automotive aftermarket parts provider in North America, serving both professional installer and do-it-yourself customers, opened its second store in Meriden at 800 E. Main St.. A ribbon cutting ceremony was held on Friday, October 9. Stephen Sullivan is the General Manager. The new store offers customers a wide range of parts and recognized national brands as well as several free services. Store Team Members will provide free installation for your new windshield wipers and also offer a complimentary check of the vehicle's electrical system and old battery, as well as provide free installation of a new battery with purchase on most vehicles. The store offers fast parts delivery to local commercial customers such as professional mechanics and garages. Customers can also conveniently order online and pick up in the new store in 30 minutes. During regular store hours, customers may drop off used motor oil and batteries for recycling - ensuring that these materials don't end up in landfills where they could harm the environment. The store is open Monday through Saturday from 7:30 am to 9 pm and on Sunday from 9 am to 7 pm.



Assisted Living Technologies Inc.: Every 4.5 minutes, a stove fire ignites, causing 5,000+ injuries and \$1 billion in damage each year. Assisted Living Technologies, Inc. is proud to announce that we are now offering FireAvert. FireAvert helps protect our home from the leading cause of stove fires in the United States - unattended cooking - by automatically disconnecting power to your range or stove in the event that fire or smoke are detected. Click here to watch a video about how FireAvert can save your home from a cooking fire: <https://www.youtube.com/watch?v=ccKnLoCqzTk>. If you are interested in learning more about FireAvert or other technology solutions visit www.assistedlivingtechnologies.com.

Boscov's Al Boscov says "If you come expecting the unexpected you won't be disappointed." The family owned department store opened in the beginning of October and is a shopper's dream. Note that the auditorium has been planned with the community in mind. The Community Auditorium is a spacious functional room, with portable walls to make it adaptable for large or small groups. It is tastefully decorated in contemporary colors. Comfortably seating 180 persons, it has a carpeted stage, runway and dressing room. It will be completely equipped with banquet tables and chairs, all available for community use. Because Boscov's feels so strongly about its role in community affairs, the Community Auditorium is available free of charge to local not-for profit groups and organizations for fund raising events or other community activities. A busy schedule of store scheduled events make it impossible, however, to reserve the Auditorium for regular monthly meetings on a year round basis. The store will bring famous personalities from the entertainment world to the auditorium and for store sponsored free cultural, educational and recreational programs. Local non-profit groups interested in booking the auditorium are asked to contact Boscov's Public Relations office for further information: 203-235-4144.



Recent Ribbon Cuttings:



Bring A Smile Foundation, Inc. Fellow member Anthonia Ubaike from Bring A Smile Foundation, Inc. invites all area businesses and friends to an UPCOMING Dinner Party that will benefit programs and scholarships for students in Meriden, CT and Nigeria, West Africa. Attendees will enjoy networking (businesses bring business cards and brochures), dinner and dancing. Call to GET INVOLVED in this special event: 203.631.3772. www.bringasmilefoundation.org.

Connex Credit Union holds FREE educational workshops - Registration is required: online at www.connexcu.org or by calling 1-800-CR-UNION. Space is limited! Join us for these upcoming sessions: **Getting Started with Medicare:** Are you or someone you know eligible for Medicare? Join Harry Di-Adamo, Medicare Specialist from Quantum Benefits, for a free, no-obligation workshop to learn the basics of Medicare. When: Thursday, **November 5** | 5:30PM-6:30PM | 412 Washington Ave., No. Haven. **Steering Toward Retirement with Individual Retirement Accounts:** What are the different types of Individual Retirement Accounts (IRAs)? How do I know which one is best for me? Find out the answers to these questions and much more at this highly informative workshop, hosted by Pat Piccirilli, Connex Investment & Retirement Services Representative. When: Thursday, **November 12** | 5:30PM-6:30PM | 412 Washington Ave., No. Haven. All attendees will receive a gift bag!



Easter Seals Central Connecticut - Meriden: Did you know that you can permanently lose your hearing from exposure to loud noise? Thirty six million Americans have hearing loss. 1 in 3 of those persons developed their hearing loss as a result of exposure to noise. The Easter Seals Center for Better Hearing are encouraging individuals to protect their hearing. Some simple strategies to prevent hearing loss caused by noise exposure includes:



- Wearing hearing protection when around sounds louder than 85dB for a long period of time;
- Turning down the volume when listening to the radio, the TV, MP3 player, or anything through ear buds and headphones;
- Walking away from loud noise.

Offices are located in Waterbury, Southbury and Meriden and is a division of the Easter Seals Rehabilitation Center of Greater Waterbury, Central, and Northwest Connecticut, a non-profit organization that has been serving people with disabilities since 1958. For more information on hearing loss, please contact 203-754-5141 or visit www.betterhearingct.com

H & R Block Emerald Advance program begins Nov. 23rd in participating H&R Block offices: "We know the unexpected happens. H&R Block Emerald Advance® provides a year-round line of credit of up to \$1,000. Tap into it for bills, car repairs, holiday shopping and unexpected expenses to breathe easier knowing you have a little extra help. New Clients Welcome and No W-2 Required. Visit www.HRBLOCK.COM or call 866-852-9250.



Find community resources at: www.midstatechamber.com



Kiwanis Club of Meriden - don't miss the 64th annual Kiwanis Kapers Show, entitled "Kapers TV - Then and Now". There will be singing, dancing, comedy, magic and a whole lot of fun! Show dates are **Friday, November 6th and Saturday, November 7th, starting at 7:00 PM, at Lincoln Middle School Auditorium**, 164 Centennial Avenue, Meriden. Ticket prices: Adults: \$15.00, Children under 12: \$5.00, available through any Kiwanian or at the door. *This is the club's biggest fundraiser of the year and all proceeds go back into the Meriden community.* Please come out to enjoy the entertainment and support the critical mission of Kiwanis - serving the children of the world. For more information please contact Corinne Balcher at (203) 213-2182.

Meriden Public Library - In the next couple of months, the Library will be replacing its 43 year old circulation desk with a new fully-wired and efficient service desk as well as a matching reference desk. As part of the project, new lighting will be installed to brighten the entrance and main checkout area. New carpeting will also be installed in most of the public areas. *The public should also expect the Library to be closed for a few days when the carpeting and new desks are installed. Closing and other disruptions will be posted on our website, telephone system and in the newspaper.* Although these overdue and much needed improvements will cause temporary inconvenience to the public and staff, the end result should be fantastic! Funding for this project has come from a State Library Construction Grant, the generous support of the Friends of the Meriden Library and from the Meriden community.

Nina's Café - It's the time for Special Holidays. Let the party begin. If you are looking for a space for an office party or just a gathering, Nina's Café will be very happy to cater for your event whether it's at your place or ours. Should you need more space, we do have space available at our location. If you need our service please feel free to contact us at 203.235.0593 or just come in: 39 W. Main St., Meriden. We are always happy to see you. Please stop by to pick up an updated menu. We deliver between 9am and 2pm with a \$10 minimum order. Nina's Café also has Gift Certificates available for the holidays.



Spanish Community of Wallingford SCOW - AT&T* Foundation has awarded a \$15,000 grant to SCOW, which will support the organization's efforts to expand the town's Science, Technology, Engineering and Mathematics (STEM) educational program. SCOW is a CT organization dedicated to creating greater opportunities for underserved members of the local Latino community. This year, SCOW is partnering with the Connecticut STEM Academy to add high-level STEM programs to the organization's ¡Adelante! America Youth Leadership Program - a year-round program that helps high school and middle school students from immigrant families build leadership skills, improve academic performance and develop a commitment to community service. "We are proud to support SCOW and Connecticut STEM Academy in their efforts to ensure every student in Wallingford has the opportunity to learn vital technical skills," said AT&T External Affairs Director, Kelly Wade Bettuchi. "In just a few years, these students will be leaders in our community. Thanks to organizations like SCOW, our state's future will be in good hands." SCOW was one of only three Latino organizations across the country selected to deliver the ¡Adelante! America Youth Leadership Program.

The Spice Catering Group would like to introduce to you the newest members of their team: **Carisa Lockery** is the new Marketing & Event Manager. For the last 8 years, Carisa Lockery has owned and operated CR Socials Event Planning, where she planned and executed many weddings and events. From day-of service to full event planning, Carisa has helped many clients and couples create the event or wedding of their dreams. She knows that the details are truly what personalizes any type of event, along with delicious food! **Jonathan Leff** is the new Executive Chef. Jonathan has been cooking professionally for over 25 years. Starting in New York City where he was raised, Jonathan worked for some of the best restaurateurs and caterers in Manhattan for over 15 years. Whether in a three star Italian restaurant, one of the city's finest steakhouses or for one of New York's premier caterers, Jonathan has constantly strived to produce the best food with only the finest ingredients.



United Laundry, located at 72 Cook Ave. Meriden, invites you to stop in and check out their new laundry facility. They offer **wash/dry/fold service, pick up and delivery available, and they accept commercial accounts.** Their washing machines range from 20 lb to 80 lbs and are clean and bright new machines. Open everyday from 7 am to 9 pm, plenty of parking and they accept credit cards..Any questions, please call 860-853-8591.

United Way of Meriden & Wallingford A variety of volunteer opportunities are available throughout the holiday season, and participants can serve at any level - from collecting food donations at your workplace and neighborhood or by "adopting" a local family. With your steadfast support of our Holiday Programs, together we will elevate families among us to share in the goodness of the holiday season. In addition to the Adopt-a-Family Program and donating Holiday Food Baskets, the Giving Tree at the Westfield Meriden Mall is another option. Agencies work with families in need to place a wish list item on a tag. Shoppers are encouraged to select a tag from the tree, purchase the gift item on the tag, and drop the gift off with mall staff. For more information about how you can make help make a difference, please contact James at The Volunteer Center: (203)235-4403 x12 or e-mail to thevolunteercenter@unitedwaymw.org



Recent Ribbon Cuttings:



Colonial Flooring America

Jersey Mike's



Webster Bank Arena



- Attention Midstate Chamber Members: **Meriden and Wallingford Day is BACK on Sunday, November 8!** Contact Evan for your individual tickets OR there are AWESOME business packages that will promote your business with a portion of the proceeds benefiting **our United Way of Meriden and Wallingford.** You can also "sponsor" local youth to go to the game - buy a ticket or two and they will be given to area youth organizations! **SEE ENCLOSED FLYER.** Please reach our local contact, Evan Paradise, directly at 203-345-4828 or email evan.paradis@harboryardse.com.

Westbrook Lobster Restaurant - we live and breathe all things local; all things CT. From dedicating our draft beer list to local CT breweries, supporting and using local vendors, to sourcing all of our seafood from local CT & New England waters, it's in our blood. We have had such great guests for over 15+ years and we are working hard to constantly improve and impress you each and every time you visit one of our restaurants. We ask your support in voting for us in Connecticut Magazine's 2015 Reader's Choice Awards by clicking here the image below or here: www.connecticutmag.com/2016-Reader-Restaurant-Survey/. Please think about us in the "Best Seafood" category, as well as any others you feel we should be included in. By voting for us or any other local business, you are supporting CT businesses and helping CT's economy. As always, thank you for supporting us, Michael, Matthew, and Larry Lariviere - Owners.



Find it all at: www.midstatechamber.com

Business After Hours



Child Guidance CLINIC FOR CENTRAL CONNECTICUT



384 Pratt St., Meriden

**Thursday,
November 5th, 2015**
5:00 to 7:00 p.m.

Please join Child Guidance Clinic for Central CT as they introduce their new Executive Director, Jim Maffuid. Come and meet Jim and other members of the Child Guidance team. Child Guidance has been a trusted community resource providing comprehensive behavioral health services promoting wellness and resilience in children and families since 1957. Enjoy Tours, Networking, Refreshments, Door Prizes, and more!

Please RSVP to this event by calling the Chamber: 203-235-7901, e-mailing: info@midstatechamber.com, or visit www.midstatechamber.com.

This Business After Hours event is in association with the Midstate Chamber of Commerce to showcase the sponsoring member and to offer both members and members-to-be the opportunity to network and enjoy a wonderful evening.



Thanks to Our Sponsors:



The Breakfast Club Celebrates...

Energy Efficiency

Friday, November 6, 2015

7:30 a.m. to 9:00 a.m.

Four Points by Sheraton, 275 Research Parkway, Meriden



Diana McCarthy-Bercury, Eversource Program Administrator for municipal engagement, education and work force development programs, will be our guest speaker. Diana will be discussing **both Gas and Electric Energy Efficiency for Residential and Business customers**. Diana has a background in renewable energy design for solar, thermal, hydro and wind energy for residents, business and municipalities. **Attendees will walk away INFORMED on ways to save money through different programs that are available now..**

Program Format:

7:30—8:15 a.m. Arrival, Networking, & Great Breakfast Buffet

8:15—8:30 a.m. Announcements, Recognition

8:30—9:00 a.m. Presentation with Q & A

Company Name: _____

Name: _____

E-Mail: _____

Chamber Members: \$20 in advance; ___ check enclosed Chamber Members: \$25 at the door (without a reservation) Members to be \$30. *Registration changes must be made 2 days prior to event to avoid charge*

Credit Card #(AX, Disc, VI, MC) _____

3 digit code: _____ Card Zip Code _____ Exp. _____

Sponsorships are available—call the chamber for details - options for every business and any budget are a GREAT way to promote your business via The Breakfast Club!



What's Next: December 4, 2015 to hear from representatives of SBCD, DECD, SBA, SCORE, & SCORE.

Please RSVP by November 4, 2015 }

3 Colony Street, Suite 301, Meriden, CT 06451 Ph: 203.235.7901
Fx: 203.686.0172 info@midstatechamber.com
www.midstatechamber.com



The Breakfast Club Celebrates...

**Sponsorship Options
For Every Business, Any Budget!**

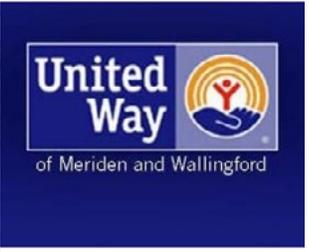
Bronze	Silver	Gold	Platinum Exclusive One Per Event
Business Name listed on table tent cards at event	Business Logo listed on table tent cards at event (.5" h x 2" w)	Business Logo listed on table tent cards at event (1" h x 2.5" w)	Business Logo listed on table tent cards at event (2" h x 4" w)
1 Breakfast Admission	3 Breakfast Admissions	Reserved table with 6 Breakfast Admissions	Reserved table of 10
Shared Display Table (2 per table max)	Shared Display Table (2 per table max)	Exclusive Display Table	Exclusive Display Table
Business Name Listing on event Web Page	Business Name Listing on event Web Page	Business Name Listing on event Web Page	11 Breakfast Admissions including 1 Seat at the Head Table
Recognition from podium at Breakfast	Recognition from podium at Breakfast	Recognition from podium at Breakfast	Business Name Listing on event Web Page
		LOGO on pre-event promotional materials	Recognition from podium at Breakfast
		WEB AD on Chamber web site for 1 month	Up to 1 minute "commercial" at podium
			Introduction of Guest Speaker
			LOGO on pre-event promotional materials
			Banner displayed in hall at event
			WEB AD on Chamber web site for 1 month Prime Placement



*These rates are PER event. Any Business Interested in Sponsoring more than one – or as a series – may contact the Chamber so that we may create a special package that suits your needs and budget!
Select breakfast events are taped for airing on Public Access Television and on the Midstate Chamber website.*



IT STARTS HERE



Meriden & Wallingford Community Day with the Sound Tigers

WHEN: Sunday, November 8th – 5:00pm (Doors open 4:00pm)

WHAT: Bridgeport Sound Tigers vs. Hartford Wolf Pack

WHERE: Webster Bank Arena | 600 Main Street | Bridgeport

TICKETS: Only \$20 for Meriden & Wallingford residents (Reg. \$39) –Center Ice Seats

Proceeds from all ticket sales benefit the United Way of Meriden & Wallingford!

The Meriden Youth Theatre will sing God Bless America during the first intermission!

Organizations from throughout the communities will be at the game!

Name: _____ Address: _____

Email: _____ Phone _____

of tickets: _____ x \$20.00 = _____

Checks payable to: **Bridgeport Sound Tigers**

The Bridgeport Sound Tigers are a proud member of the Midstate Chamber of Commerce!

To order tickets please contact Evan Paradis, Sound Tigers Representative at:
Evan.Paradis@harboryardse.com, 203.345.4828, or mail above form to:
Webster Bank Arena, ATTN: Evan Paradis, 600 Main Street, Bridgeport, CT 06604

NO DAY OF GAME ORDERS. DISCOUNT FOR ADVANCE ORDERS ONLY
DEADLINE IS FRIDAY, OCTOBER 30th, 2015



**Meriden & Wallingford Community Day with the
Bridgeport Sound Tigers**

Sunday, November 8th at 5:00 PM vs. Hartford Wolf Pack

Package One: \$250 (Full package value: \$700)

12 tickets

Table in concourse

Group Announcement

\$50 donation to United Way of Meriden & Wallingford

Tickets can be donated back to a United Way partnering agency

Package Two: \$600 (Full package value: \$1250)

30 Tickets

Table in concourse

One (1) sixty-second spot during game on LED Ribbon Board

Group Announcement

Autographed Sound Tigers Puck

Four (4) complimentary tickets to future Sound Tigers game

\$120 donation to United Way of Meriden & Wallingford

Tickets can be donated back to a United Way partnering agency



cordially invite you to a



Special Business After Hours & Table Top Demo



Thu, November 19th 5pm-7pm

The Farms Country Club 180 Cheshire Road, Wallingford

Exhibitor Cost: \$60 - includes draped table and two attendees
Includes 2 drink tickets each and food
Space is limited for Table Tops

WOW!! — Only \$10 for Members or \$20 for Non-Members
Includes 2 drink tickets each and food

Don't miss this networking extravaganza...two chambers creating stronger networking opportunities for you!

Company Name: _____

We will be Exhibiting for \$60 (cost includes 2 attendees) We will be Attending for \$10 per person

Attendees: _____

Displaying: _____

Bill Me Change My Credit Card (American Express, VISA, MasterCard, Discover)

Card # _____ Expr. Date _____

Verification Code # _____ Zip Code of Card: _____

Please RSVP to: **Midstate Chamber of Commerce, Inc.**
info@midstatechamber.com
203-235-7901
www.midstatechamber.com

OR

The Hamden Regional Chamber of Commerce
hcc@hamdenchamber.com
203-283-6431
www.hamdenchamber.com



Holiday FUN
Terrific Food

Fantastic
Networking



Exclusive
Event
Sponsor:



**SAVE
THE
DATE**

Wednesday, December 9, 2015

5:00 pm to 7:00 pm

Villa Capri—906 North Colony Rd., Wallingford

**TREAT
THE
TEAM**

2015

Holiday Networking CELEBRATION

SPONSORSHIPS
**Provide VALUABLE PROMOTION
Before, During & After Event!**
NEW Web Perks for Premier & Co-Sponsors!
**Display tables showcase your business with
your info/brochures, give-aways for guests
(display only—no need to “man it)**

Premier Sponsor—\$995

Terrific opportunity to entertain clients & staff

- 20 Event Tickets
- **1 Minute “Commercial” or Holiday Wish**
- Web Ad for 2 Months - *prime placement*
- Full Display Table
- Banner Displayed
- LOGO on Table Signs
- Full Screen Recognition at Event

BEST VALUE

Co-Sponsor—\$500

A great night out for the small office & staff

- 12 Event Tickets
- Web Ad for 2 Months - *prime placement*
- Full Display Table
- LOGO on Table Signs
- Half Screen Recognition at Event

Sponsor—\$375

A wonderful venue to showcase your business

- 8 Event Tickets Shared Display Table
- Company Name on Table Signs
- Quarter Screen Recognition at Event

Tabletop Sponsor—\$200

Perfect opportunity to promote your business to 150+

- 4 Event Tickets Partial Display Table
- Company Name on Table Signs

\$30 pp by 12/1; \$40 pp after 12/1 and includes fabulous food, merriment, and 2 drink tickets (house wine / beer) Cash Bar Also Available

Company: _____ Premier Sponsor ___ Co-Sponsor ___ Sponsor ___ Tabletop Sponsor

____ # of Attendees ___ Check Enclosed ___ Credit Card # _____

Expr. Date: _____ Zip Code _____ Ver. # _____

Midstate Chamber of Commerce, Inc.: 3 Colony St., Suite 301, Meriden, CT 06451

203-235-7901 - Fx: 203-686-0172 - info@midstatechamber.com midstatechamber.com

CHANGES ARE ON THE HORIZON...

Our communities are changing and looking better every day; it's time we changed the look of THE BOOK as the Midstate Chamber Celebrates 120 Years in Business in 2016!

Illustrate YOU ARE IN BUSINESS and YOU ARE CONNECED to this Chamber and REGION.



The Chamber Magazine

2016-2017

A
NEW LOOK is coming in
2016 - the chamber's 120th Year in
Business: Reserve Your Ad Space
EARLY

Rail Project ALIGNS
Communities of
BERLIN
MERIDEN
WALLINGFORD

NEW SIZE:
8½ x 11

NEW FORMAT:
Magazine Style

TOTAL - FULL - COLOR:
Ads and Directory Sections

NEW CONTENT:
Devoted to people, places
where our members are!



See
Reverse for **MAGAZINE**
AD PRICING and more - including
AD SIZES and **OPTIONS**
*** NEW *** Reserve **NOW** to
STAND OUT

Magazine Ad Options

Yes, this will be the LAST Chamber Membership Directory – THE CHAMBER BOOK - or at least the last one looking this way in the 8 ½ by 5 ½ spiral bound format. One thing hasn't changed: **IF YOU ARE DOING BUSINESS IN THIS REGION...YOU MUST BE IN THE MAGAZINE – YOU WILL STAND OUT WITH AN AD** – we've created pricing for every budget.

- **Our communities are changing and looking better every day. It's time we changed the look of "The Chamber Book".**
- In 2016-2017, we will be changing the format to 8 ½ by 11 communities magazine! This will allow us the Larger 3 Column format allows for greater flexibility in layout and presentation. The entire magazine will now be in full color...including the membership directory section.
- Sections will be devoted to the people and places in the cities and towns where our members currently are...
- **We'd like it to be available in advance of the Start of Service for the Rail...in 2016...all train stations in Berlin, Meriden and Wallingford will be NEW - and our MAGAZINE will also bring a Fresh NEW Look!**
- Ads will be based on 2 ½ x 2 ½ sized panels of ad space – in virtually any configuration on a page of 12 panels. (3 across and 4 down) The **first panel is only \$300** which is a lower entry price point than previous books.

YES! Reserve My Space			
		Number of Panels	Price
	Single Panel	1	\$ 300
	Double H or V	2	535
	Quarter Page H	3	770
	Third Page H or V	4	1,005
	Half Page	6	1,475
	Two Thirds	8	1,945
	Inside Full Pages	12	2,885
	Full Page I/O Covers	12	3,095

Affordable entry ad rate for EVERY business!

This allows a full 7.5" x 10" of messaging!
Only 3 prime opportunities – and they INCLUDE a top banner ad on the chamber's web site!

Here are some examples of ad layouts based on panel sizes...AND EARLY BIRD RATES!

<p>Double 5 x 2.5</p> <p>2 panels \$ 475</p>	<p>Quarter Page 7.5 x 2.5 \$ 660</p> <p>3 panels</p>	<p>Third Page 2.5 x 10 \$ 845</p> <p>4 panels</p>	<p>Two Thirds 5 x 10 \$ 1,585</p> <p>8 Panels</p>
<p>Double 2.5 x 5</p> <p>2 panels \$ 475</p>	<p>Half Page 7.5 x 5 \$ 1,215</p> <p>6 panels</p>	<p>Third Page 5 x 5 \$ 845</p> <p>4 panels</p>	
<p>2.5 x 2.5</p> <p>Single 1 panel \$ 290</p>			

THIS MAGAZINE WILL CONTINUE TO BE THE GO-TO RESOURCE viewed by thousands of people: It is a Chamber Membership Directory, Communities Guide and MORE. This full color Resource Guide is the go-to guide for businesses and residents! A minimum of 5,000 copies (print & digital) are distributed to the Chamber Membership, at Member locations, at special events & in relocation packets. YOUR AD promotes your business / organization AND illustrates your PRIDE in being connected with our central CT region.

Company: _____ Contact: _____

___ Bill Me

___ Check Enclosed or Credit Card - Card # _____

Exp. Date: _____ Ver. Code: _____ Zip Code: _____

Now Leasing

QBS Enterprises Inc.

632 East Main St. Meriden, CT 06450

Ideal For:

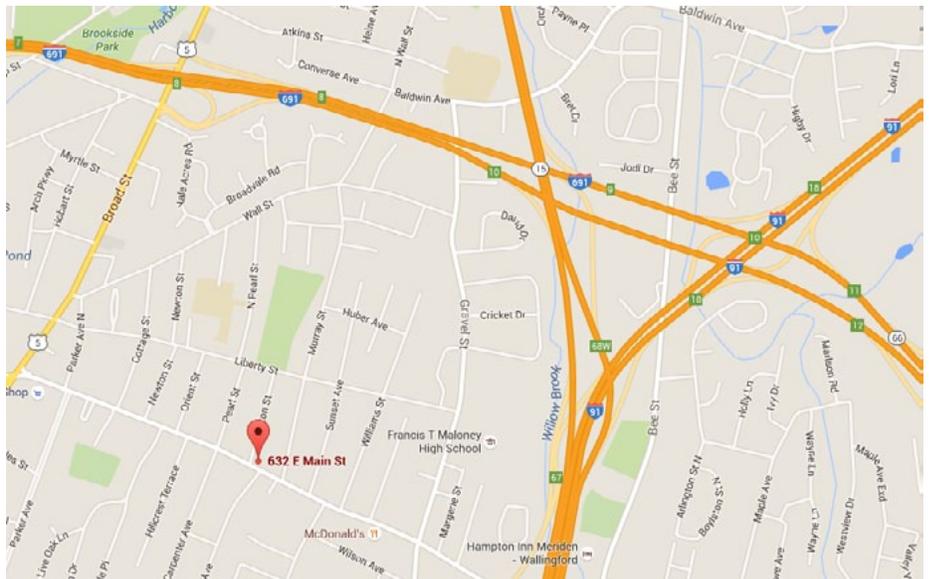
- Versatile space:
- Small businesses
- Retail
- Medical office
- Office space

Facts:

- Storefront commercial space
- Easy access to major highways
- Square footage from 500 sq ft - 1200 sq ft

Amenities include:

- Spacious parking
- Internet access
- Handicap accessible
- Recently renovated



For more information:

Jodi Hajjar • Property Manager • (203)-499-7759

Buy 3 of the Same Size Pizza
and Get 1 Same Size Cheese
Pizza Free



Pizza

All served with sauce and cheese

	SMALL 8 1/2"	MEDIUM 11"	LARGE 14"
Cheese.....	5.95	8.95	10.95
Tomato.....	6.50	9.50	11.50
Onion.....	6.50	9.50	11.50
Pepper.....	6.50	9.50	11.50
Garlic.....	6.50	9.50	11.50
Anchovy.....	6.95	9.95	11.95
Broccoli.....	6.95	9.95	11.95
Spinach.....	6.95	9.95	11.95
Olives.....	6.95	9.95	11.95
Mushroom.....	6.95	9.95	11.95
Pepperoni.....	6.95	9.95	11.95
Bacon.....	6.95	9.95	11.95
Hamburger.....	6.95	9.95	11.95
Sausage.....	6.95	9.95	11.95
Meatball.....	6.95	9.95	11.95
Ham.....	6.95	9.95	11.95
Clams.....	8.25	10.75	12.75
Artichokes.....	8.25	10.75	12.75
2 Items.....	7.50	11.75	13.25
3 Items.....	8.50	13.25	14.75
Extra Item.....	.75	1.50	2.25
Extra Cheese.....	.75	1.50	2.25

Specialty Pizza

All served with sauce and cheese

Hawaiian (pineapple and ham).....	9.25	11.50	14.50
Mousaka (spiced beef, eggplant, ricotta cheese).....	10.75	13.50	16.75
Vegetarian (onions, peppers, mushrooms, olives, broccoli, spinach).....	9.25	11.50	14.75
Grilled Chicken.....	9.75	13.50	16.50
Clams Casino (Clams, bacon, garlic).....	9.75	13.50	15.75
Eggplant.....	9.50	12.50	15.00
Greek (tomato, spinach, garlic, feta cheese).....	9.75	12.75	15.25
Italian (ham, garlic, capricola, cooked salami).....	10.25	13.00	15.75
Primavera (tomato, artichokes, mushrooms, olives, garlic).....	9.75	12.75	15.25
House Special (Pepperoni, sausage, meatball, mushrooms, onions, peppers).....	10.50	14.00	16.75
Meat Lovers (Pepperoni, sausage, meatball, bacon, hamburger, ham).....	9.75	14.50	17.25
Steak Domb (diced steak, grilled peppers, onions, mushrooms).....	11.25	14.75	17.50
Buffalo Chicken (buffalo chicken, sauce, and mozzarella cheese).....	9.75	13.50	16.50
Shrimp (shrimp, sauce, mozzarella cheese).....	10.00	13.75	16.75

Stromboli or Calzone

Cheese.....	7.25
Each topping.....	1.25

Desserts

Rice Pudding.....	2.95
Baklava.....	3.95
Cake.....	3.95
Pie.....	3.95

Beverages

Coffee.....	1.30
Hot Tea.....	1.30
Hot Chocolate.....	1.50
Can of Soda.....	1.30
Bottled Soda.....	1.70
Bottled Water.....	1.50
2 Liter Soda.....	2.75
Milk.....	SM 1.50 LG 1.70
Chocolate Milk.....	SM 1.60 LG 2.00

THOROUGHLY COOKING MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS REDUCES THE RISK OF FOODBORNE ILLNESS*

Vi's

PIZZA RESTAURANT

Free Delivery Everyday
(\$10 min)

HOURS

MONDAY - WEDNESDAY 11:00 A.M. - 9:00 P. M.
THURSDAY - SATURDAY 11:00 A.M. - 10:00 P. M.

1068 OLD COLONY ROAD
ROUTE 71
MERIDEN, CT 06451

PHONE: 203 237-7700

FAX: 203 237-7744

Thank you for dining at Vi's Pizza.
Please come again

Soups

Soup of the Day.....cup 2.50 bowl 3.50

Appetizers

Mozzarella Sticks (8)..... 6.95
 Chicken Fingers (5)..... 6.95
 Buffalo Wings (8)..... 6.95
 Potato Skins (5)..... 6.95
 Jalapeno Poppers (8)..... 6.95
 Fried Clams..... 6.95
 Fried Ravioli (8)..... 6.95
 Stuffed Grape Leaves (5)..... 6.95
 Garlic Bread..... 2.50
 Garlic Bread with Cheese..... 3.50



Salads

Antipasto..... 7.50
 Chef Salad..... 7.50
 Tuna Salad..... 7.50
 Grilled Chicken Salad..... 7.50
 Grilled Chicken Salad..... 7.50
 Grilled Cajun Chicken Salad..... 7.50
 Crispy Chicken Salad..... 7.50
 Crispy Buffalo Chicken Salad..... 7.50
 Cajun Chicken Salad..... 7.50
 Tossed Salad..... sm. 2.75 lg. 4.50

Sandwiches

Chicken Salad..... 4.00
 Grilled Cheese..... 3.50
 B.L.T..... 4.00
 Tuna..... 4.00
 Ham and Cheese..... 4.00
 Pepper, Egg & Cheese..... 3.75
 Tuna Melt..... 4.75
 Fresh Turkey..... 4.75
 Roast Beef..... 4.75
 Grilled Pastrami & Cheese... 4.75
 Fish..... 4.75

* (All platters served with French fries)

* See back page for pizza menu

Triple Decker Sandwiches

Served with lettuce, tomato, bacon, mayo, coleslaw, and French fries

Fresh Turkey..... 7.95
 Roast Beef..... 7.95
 B.L.T..... 7.95
 Ham & Cheese..... 7.95
 Cheeseburger..... 7.95

Grinders

**Served with lettuce, tomato, and cheese

	SM.	LG.
** Meatless (lettuce, tomato, onions, peppers, cheese, mushrooms, olives, oil & vinegar).....	4.95	6.25
Pepper, Egg & Cheese.....	4.95	6.25
Cooked Salmi (oil & vinegar).....	4.95	6.25
** Genoa (oil & vinegar).....	4.95	6.25
** Cappicola (oil & vinegar).....	4.95	6.25
** Ham (oil & vinegar).....	4.95	6.25
** B.L.T. (mayo).....	4.95	6.25
** Tuna (mayo).....	4.95	6.25
Pepperoni (Sauce & cheese or Lettuce & tomato).....	4.95	6.25
Meatball (Sauce & cheese).....	4.95	6.25
Sausage (Sauce & cheese).....	4.95	6.25
Grilled Pastrami & Cheese (mustard).....	5.50	6.95
Eggplant (Sauce & cheese).....	5.50	6.95
Italian (oil & vinegar).....	5.50	6.95
** Fresh Turkey (mayo).....	5.50	6.95
** Roast Beef (mayo).....	5.50	6.95
** Cheeseburger (mayo).....	5.50	6.95
** Veal Cutlet (mayo).....	5.50	6.95
** Chicken Cutlet (mayo).....	5.50	6.95
Veal Parmesan (Sauce & cheese).....	5.50	6.95
Chicken Parmesan (Sauce & cheese).....	5.50	6.95
Combo - Meatball & Sausage (Sauce & cheese).....	5.50	6.95
** Steak & Cheese.....	5.75	6.95
Steak Bomb (Peppers, onions, mushrooms, cheese).....	6.75	7.95

SM. LG.
 Extra Meat..... 1.75 2.75
 Extra Cheese..... .75 1.50

Specialty Sandwiches

(Served with French fries)
 Chicken Cordon Bleu..... 8.95
 Grilled Chicken Breast..... 8.25
 Grilled Cajun Chicken..... 8.25
 BBQ Chicken Breast..... 8.25
 Buffalo Chicken Sandwich..... 8.25

Wraps (Hot or Cold)

All wraps 5.95 with French Fries 7.95
 Grilled Roast Beef Wrap - onions, tomato, lettuce, provolone cheese, mayo

Grilled Ham and Cheese Wrap - lettuce, tomato, provolone cheese, mayo
 Pepperoni Pizza Wrap - mozzarella cheese, sauce
 Sausage, Onion & Pepper Wrap - mozzarella cheese, sauce

Steak Bomb wrap - grilled onions, peppers, mushroom, and American cheese

Veggie Wrap - lettuce, tomato, onions, peppers, provolone cheese, mushrooms, olives, oil and vinegar

Grilled Chicken Wrap - lettuce, tomato, provolone cheese, and your choice of dressing

Turkey Caesar Wrap - lettuce, bacon, parmesan cheese, and Caesar dressing

Grilled Chicken Caesar Wrap - lettuce, bacon, parmesan cheese, and Caesar dressing

B. L. T. Wrap - bacon, lettuce, tomato, provolone cheese, and mayo

Chicken Salad Wrap - lettuce, tomato, provolone cheese

Buffalo Chicken Wrap - lettuce, tomato, provolone cheese, bleu cheese

Burgers & Hot Dogs

Hot Dog 2.75 * Platter 4.50
 Chili Dog..... 3.50 5.50
 Hamburger..... 3.00 5.00
 Cheeseburger..... 3.75 5.75
 Mushroomburger..... 4.25 6.00
 Baconburger..... 4.50 6.25
 Deluxeburger (with mushroom, onion, bacon, cheese)..... 5.50 7.25

* (All platters served with French fries)

Side Orders

French Fries..... 2.95
 Onion Rings..... 3.25
 Meatball (3)..... 3.50
 Sausage (3)..... 3.50
 Coleslaw..... 2.95
 Chili..... Cup 2.75 Bowl 3.75

Greek Taverna

(Served with French fries or Greek salad)

Chicken Souvlaki..... 8.95
 Gyro..... 8.95
 Spanakopita..... 8.95

Fried Dinners

(Served with coleslaw & French fries)

Fried Chicken..... 8.95
 Fish & Chips..... 9.95
 Fried Clam Strips..... 9.95
 Fried Scallops..... 11.95
 Fried Shrimp..... 12.95
 Seafood Combo..... 15.95

Pasta Dishes

(Served with salad, bread & butter)

Spaghetti - Ziti - Linguine
 With Sauce..... 6.50
 With Meatballs..... 7.95
 With Sausage..... 7.95
 Baked Ziti with Ricotta cheese & mozzarella..... 8.00
 With Meatball or Sausage..... 9.95
 Baked Ravioli (meat or cheese)..... 9.50
 Baked Lasagna..... 9.50
 Stuffed Shells..... 9.50
 Manicotti..... 9.50
 Eggplant Parmesan..... 10.50
 Chicken Parmesan..... 10.95
 Linguini with Clams (red or white)..... 10.95
 Chicken & Eggplant Parmesan..... 12.95

Specialty Dinners

(Served with salad, bread & butter)

House Special (meatball, sausage & roasted peppers) w/ pasta... 10.95
 Chicken Marsala (with mushrooms) w/pasta or potato... 12.95
 Chicken Cordon Bleu (ham & cheese) w/pasta or potato... 12.95
 NY Steak w/pasta or potato..... 14.95
 Shrimp Fra Diavolo (hot marinara sauce) w/pasta... 12.95

Kids Corner (under 12)

Hot Dog with fries..... 3.95
 Cheeseburger with fries..... 4.95
 Grilled Cheese with fries..... 4.25
 Chicken Fingers with fries..... 5.75
 Pasta with sauce..... 4.75
 Ravioli (meat or cheese)..... 5.25



Vis 2 of 2

Higher Movement

Dance - Zumba - Self Defense

Located at 491 West Main Street Meriden, CT 06451



Register Now!

We are still accepting registration for our Fall classes!

At Higher Movement we offer a wide range of dance classes in various styles for all ages, as well as Zumba and Self-Defense. Not sure what you're looking for? No problem! Give us a call at (203) 235-2630 and we will be glad to help you out.

Children's Classes Offered...

Mommy & Me Class (Ages 2 - 3)

Tap

Jazz

Ballet

Modern

Hip Hop

Self-Defense

Ballet For Figure skaters

Class rates range from \$25 - \$45

A month per class

Adult Classes Offered... (Ages 18+)

Tap

Ballet

Hip Hop

Zumba

Self-Defense

* All adult classes are on a walk-in basis*

Walk-in class Rates- \$7 / individual class

\$50 for an interchangeable 10 class card

Higher Movement, LLC. strives to improve our students cognitive and physical development in, and outside of the classroom.

Dance and fitness enhances and exercises

creativity as well

as teaches the importance of teamwork by allowing students to interact with each other. By communicating with one another, students create relationships. Dance and fitness classes improve students' social, physical, and mental skills in a disciplined environment.