

Madison



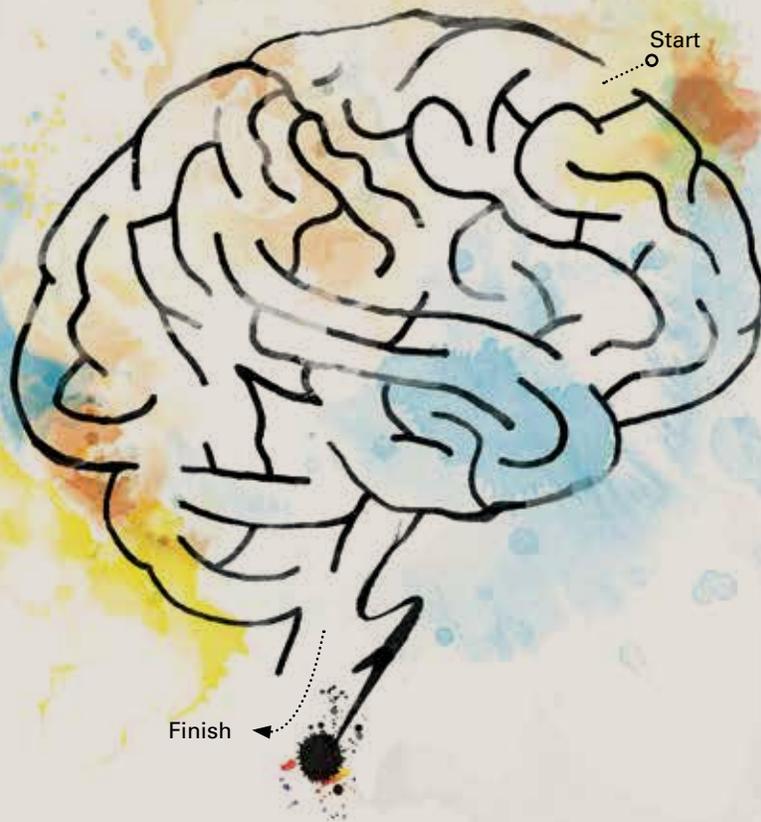
Events

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Volume 4 • Quarter 2 • 2013



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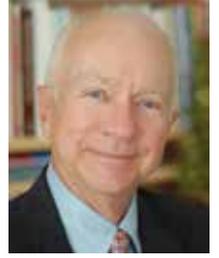
First Selectman's Corner

In loving memory of Ramona Perelli - Thanks to her husband Tony, Madison Community Television is showing the Classic Arts Showcase on Channel 18. This national program feed will air six days a week, Monday through Saturday, from 2 pm to 5 pm. It will repeat from 2 am to 5 am. Enjoy this new feature.

Every day is Clean Up Day - This year we are trying a different tack in addressing street trash left over from winter. Instead of having a designated single day when volunteer individuals and groups go out to pick up the trash along the streets, we ask that everyone lend a hand all spring and summer long. Imagine how much nicer the town would look if all of the beverage cups, sandwich wrappers, and other papers were not in evidence. It would be great if no one threw trash along the road, but that doesn't seem to work. We therefore ask that everyone pick up the trash along the street in front of their house once a month. That little bit would go a long way to keeping Madison looking nice.

Calling all Veterans - The summer season here in Madison officially starts on Memorial Day weekend, with the parade on Monday the key event. All veterans, of all services and all eras, are asked to show their respect for their comrades who died while serving the flag by marching in the parade. If marching is physically difficult, rides are provided. Remember, there is no uniform inspection! Any combination of uniform items and civilian attire is acceptable. Muster at 0930 and step off at 1000 hours.

Constitution Park and Strong Center - Construction continues at two major projects. Work has resumed at Constitution Park with grading and seeding of the playing fields and lawn areas. Please note that the Park is officially closed until construction is complete. At Strong Field, work continues to install the new artificial turf field. The Town has paid for the field itself and the non-profit group, The Strong Center at the Surf Club, will pay for the new field house and most of the bleachers. They have already paid for the new lights. I know they would welcome any donation from the public (mail to 94 Bradley Road).



Independence Day Weekend - For me, the highlight of the summer is the celebration surrounding the Fourth of July. This year the Fourth occurs on Thursday and the festivities kick off when the Exchange Club brings us one of the best Fourth of July parades around. That evening features the fireworks show sponsored by the non-profit Madison Fireworks Committee. Finally, on Saturday July 6th, Madison Cultural Arts presents the Wallingford Symphony Orchestra at the annual Concert on the Green. Many thanks to all of the volunteers from all three organizations who bring us this great weekend.

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Beach Parking Stickers

Beach Parking Stickers - on sale now - required on May 25th. Seasonal Stickers, in order to be valid, must be permanently affixed to the outside of either your windshield or the rear side window on the Drivers side of your vehicle in order to gain admittance to the parking areas. Seasonal Stickers are on sale through the end of the summer. Residents/taxpayers are eligible to purchase a seasonal parking sticker. Non-Residents may purchase a daily parking tag only. Stickers are available at the Recreation Office in Town Hall – Monday through Friday 8:30 am - 4 pm. Seasonal Parking Stickers may also be requested by mail. Along with your request please include a copy of your vehicle(s) registration, a copy of the registered owner(s) driver's license and check made payable to "Town of Madison", and a self-addressed stamped envelope. See rate schedule below. Staff will process mail in requests as time permits. Please allow at least one week turnaround time if requesting passes by mail.

Daily parking tags - are sold at the Recreation Office, and also at the main gate of the Surf Club Beach (cash or check only at main gate).

2013 Seasonal Rates - Registered owners up to age 59: \$40 per vehicle. Multi vehicle discount (\$20) if registering more than one vehicle. Registered owners age 60 & over: \$10 per vehicle.

Daily Parking Rates

Resident/taxpayers \$10 per vehicle. Non-residents - Monday through Thursday \$25 per vehicle, \$40 Weekends (Fri, Sat, Sun) and Holidays per vehicle.

Beach Use Guidelines - For your enjoyment and safety at our beaches and parks, we would like you to be aware of these excerpts from the Town of Madison.

Beach Ordinances: Section 14-54 thru 14-56: Alcoholic beverages are allowed, in cans or Cups only, in the Surf Club Picnic grove until 10 pm. Alcohol is not permitted on any Beach, Athletic Field or parking area. No glass bottles, kegs or glass containers in our parks.

Group gatherings of 50 or more not permitted during beach pass season.

Pets are permitted at the Surf Club, East Wharf or West Wharf in the parking lots only during the Beach Pass Season. At no time are they allowed on the beach, or athletic fields or in the picnic area.

Abusive or threatening language will not be tolerated. Violators will be asked to leave the premises.

Inflatable toys, rafts and personal flotation devices other than Coast Guard Approved life Jackets are not permitted.

Speed Limit in all Town Parks is 10 MPH.

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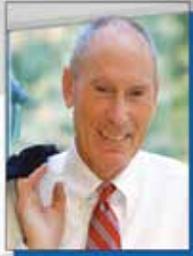
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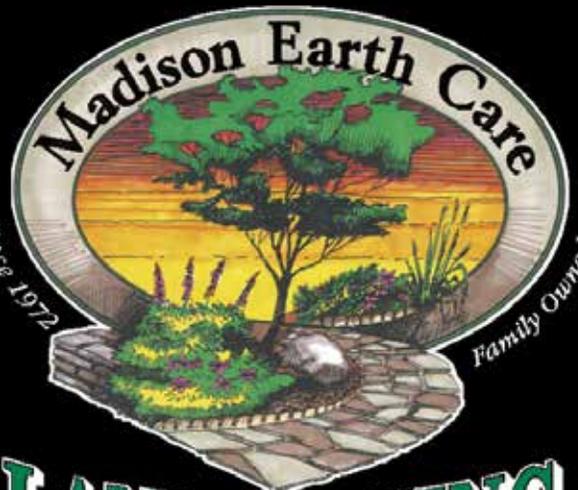
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Women's Club of Madison

June 15 - Lion's Club Tag Sale

We are participating in the Lion's Club Tag Sale on the Green. This will be our third year doing so and we have found it to be very successful for the club. Our section is near the Memorial Garden and we would appreciate any items that you are thinking of throwing away as you do your spring cleaning. You may drop them off between 7:30 & 8:00 a.m. with a price on them. Remember, "one person's junk is another person's treasure." Money raised at this event is added to the fund for our annual disbursements for our local and extended community.

June 20 - Carousel Rides

At Lenny & Joe's in Madison. Every year they give us

one-day proceeds from the carousel rides. This money is designated for our scholarship fund which helps our local students. You may buy tickets for the ride that day and use them at any time of the year. So again, we are asking for your support. Members will be present all day to answer any questions you may have about our scholarship fund or our club.

For more information on Membership call; Sheila Muller; Membership Chair.



Establishing a Relationship with Your Landscaper

Have you ever wondered what it would be like to have your own personal landscaper? Someone to help you imagine, create and maintain your perfect outdoor space. It is easier than you may think. The key is finding the right person or company. You need to find someone who listens to you and understands your style. Also you should be able to communicate honestly and effectively with your landscaper. You need to trust that your landscaper is charging a fair price for the

quality of work which they provide. Once you find the right person then you can begin to establish a relationship with them. Just as a landscape or garden evolves over time so does your relationship with your landscaper.

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Essex Printing Winner In New England Regional Awards of Excellence Competition



The announcement was made on April 4th during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance. PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines. For more information please contact Essex Printing at 860-767-9087.

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Mom's journey in life deserves a "Safe Harbor."

For those suffering from Alzheimer's and other memory-related disorders, life should still be as fulfilling and active as possible. That is why The Saybrook at Haddam created Safe Harbor, a new specialized memory care neighborhood, located within our gracious assisted and retirement living community. With beautiful murals, social areas, and outdoor gardens, our safe, nurturing and stimulating environment provides a higher quality of life for our residents.

Our compassionate and professional staff works tirelessly to give you peace of mind knowing your loved one is getting the care they need and the respect they deserve.

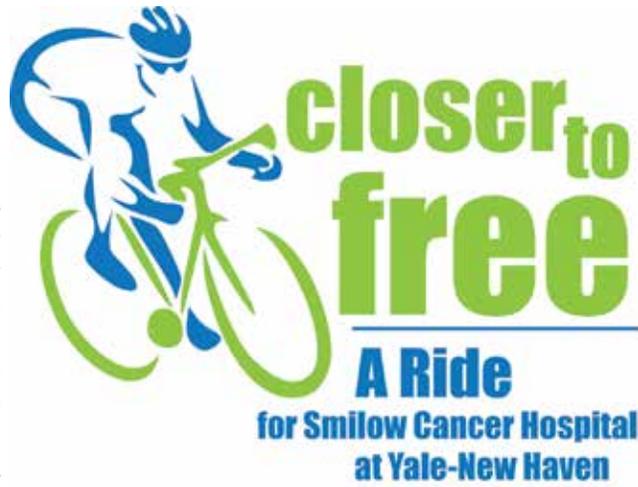
For a personal tour of Safe Harbor, call The Saybrook at Haddam today at **860-345-3779**.





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www.thesaybrookathaddam.com



The 3rd Annual Closer to Free Bike Ride for Smilow Cancer Hospital at Yale-New Haven will take place on Saturday, September 7th, 2013. Riders have the option of cycling 25, 62.5 or 100 miles. Our ride travels through multiple shoreline towns including Branford, Madison, Guilford, Essex, and Old Saybrook. We've been called the "best organized ride in Connecticut." And for good reason... our experienced staff and volunteers will take care of you from mile one until the finish line. Clear route cues and signage, lots of food and drink and efficient SAG when you need it will help you leave the worrying behind so you can focus on the miles ahead. Plus our finish line festival at the Yale Bowl has fun for everyone, with live music, a beer garden, food trucks and so much more.

Our volunteers and Road Crew are the backbone of the Ride. We've got fun and rewarding volunteer opportunities for anyone who wants to lend a hand. The Closer to Free Ride simply can't happen without the generous support of our family of sponsors. The Ride is the perfect platform to give your brand exposure while joining in the fight against cancer. We've got sponsorship packages to fit every budget and every goal, with lots of innovative ways to connect with our desirable demographic.

For more information on the riding, volunteering, or sponsorships please visit www.ridecloserstofree.org or email ridecloserstofree@ynhh.org. You can also reach us at (203) 200-CTFR (2837).

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Learn About Nature!



Search for salamanders and other amphibians at Bauer Park on June 1 and with the Madison Land Conservation Trust on June 9.

Madison Land Conservation Trust

Amphibian Hike, June 9, 1:00 p.m. - Join Yale ecologists Kealoha Freidenburg and David Skelly on a search for frogs, toads, salamanders and newts on the Blinshed Loop. This trail features extensive wetlands and old logging roads through the woods. Please wear boots and bring a dip net if you have one. The hike will run rain or shine. The trailhead is across the street from the Country School on Blinshed Road.

Trail maps and directions are available on the MLCT website, www.madisonlandtrust.org. Learn about upcoming events and see trail photo albums on the MLCT Facebook page: www.facebook.com/madisonlandtrust.

Adult and Family Programs at Bauer Park 257 Copse Road

The Eleventh Great Snake & Frog Hunt

June 1, 10:00 a.m. - 12:00 p.m. - Join a herpetologist on a hunt for turtles, snakes, frogs and salamanders. Learn about reptiles and amphibians then discover where and how to search for these elusive creatures. All ages. Children must be accompanied by an adult. \$7

Flowers Through the Microscope

June 5, 10:00 a.m. - 12:00 p.m. - Explore the beauty and intricate structures of wildflowers at Bauer Park. As participants dissect flowers and examine them under the microscope, secrets of their relationship to diverse pollinators will be revealed. For adults. \$12

Beginning Birding

June 9, 8:00 -10:00 a.m. - From warblers to wood peckers, over 42 bird species breed at Bauer Park. Learn the basics of birding as we explore the fields and forest to find our summer birds. Binoculars and field guides will be provided or bring your own. For adults and high school students. \$12

Float Your Boat!

July 7, 1:00 - 3:00 p.m. -Families will collect natural materials from the Bauer Woodland Trail. Using only these items from nature and their imaginations, they will construct miniature boats to sail and race on the pond in the Bauer Park annual Boat Regatta! Recommended for families with children 5 years and older. FREE but pre-registration is required.

Pond Dipping For Families

July 13 and August 4, 10:00 - 11:30 a.m. - Have you ever wondered what critters live in the pond at Bauer Park? Join us for some pond dipping with nets, and you'll have the chance to observe freshwater creatures up close. Please wear clothes and shoes/boots that you don't mind getting a little wet and muddy. All ages. FREE but pre-registration is required.

Butterfly Walk

July 27, 10:00 a.m. -12:00 p.m. - Led by members of the Connecticut Butterfly Association, this walk will focus primarily on the open fields. Please wear clothing and footwear to protect you from poison ivy and ticks. Sunscreen and water are also recommended. Children are welcome with adults. FREE and open to the public.

Leaf and Bark Tee Shirt Art

August 17, 1:00 - 3:00 p.m. - Use nature to create artistic expression that you can wear! Collect natural objects from Bauer Park's woodland trail to make colorful prints using fabric paint. Bring a tee shirt, pillowcase or other articles of your choice. As fabric paints are permanent, please dress accordingly. All ages. Children must be accompanied by an adult. \$8.50

Register for all programs at Madison Beach & Recreation or at www.madisonct.org/bauer/programs.htm. Summer camps are also available.

Learn about upcoming events at Bauer Park at www.facebook.com/bauerparkmadisonct. Questions? Call 203-245-5623.

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Tax Collector's Office

Local tax payment season will be upon us shortly. Three types of property are assessed and subject to taxes: Real Estate, Motor Vehicles, and Personal Property. Any land or buildings you own are considered real estate. Registered motorized or non-motorized vehicles, (including cars, trucks, trailers and motorcycles) are considered motor vehicles for tax purposes. Personal property is a general category of fixtures/equipment either owned or leased by a business. Unregistered motor vehicles are also taxed as personal property. The property tax rate is expressed in mills, or thousandths of a dollar. A tax rate (mill rate) of 19.77 mills is equivalent to \$19.77 in tax per \$1,000 of net assessed value.

The Board of Finance sets a mill rate annually (May) after the budget has been passed by referendum.

Tax bills for the Fiscal Year 2013-2014 will be mailed by the Tax Collector's Office the third week in June. These bills are due July 1, 2013 and payable by August 1, 2013. The following provides some important information regarding these bills:

If you have recently sold your property, please be sure there is an exchange of the tax bill between the seller and the buyer.

If you receive a real estate tax bill and a bank or Mortgage Company pays the real estate taxes for you, please promptly send them the bill.

If a motor vehicle has been sold and not replaced, please contact the Assessor.

If you recently moved out of state and you send a copy of the new vehicle registration along with the receipt for turning in the Connecticut registration, you will receive a tax adjustment. Please contact the Assessor at 203-245-5652.

Motor Vehicle taxes unpaid after August 1, 2013 will be reported to the Motor Vehicle Department and registrations will be denied as provided by law.

All back taxes must be paid in full before money can be applied to the current tax bill.

Receipts will not be mailed unless a stamped envelope is included with the payment.

Mail received with a USPS POSTMARK on or before AUGUST 1, 2013 is considered an ON TIME PAYMENT for the July installment.

Please make checks payable to Town of Madison.

To pay by credit card, please go to www.madisonct.org and click on Online Tax Payments and follow the instructions. There is a convenience fee charged by Official Payments Corporation for this service.

If you have any questions regarding your bill or taxes in general, please contact our office at 203-245-5641.

Alma D. Carroll, CCMC

Director of Town Services/Tax Collector

Online Database Local Property Taxes

An on-line database of tax information for local property taxes is available on the Town of Madison website. From the convenience of your home or office, the on-line database allows you to inquire and research tax information, print bills and if you so choose pay taxes on-line. This feature became available on the website on January 3, 2012 and the information is updated on a daily basis. Just visit our website at www.madisonct.org and click on the button that says "Online Tax Payments". All current year tax information is available for real estate, personal property and motor vehicles. There are several options for searching information, such as: Bill number, Unique ID number, Property Location, Name, All bills, Current amount due and Balance due.

The option to pay taxes on-line is accessible directly from the Town of Madison website. More information and instructions are available on the website to assist you with the process. The service company that we use, Official Payments, charges a fee for this service. Electronic Check (\$3.00 per check fee); MasterCard or Visa Debit Card (3% fee); MasterCard, Visa, Discover and American Express Credit Card (3% fee). If you have any questions regarding this on-line service, please feel free to contact the Tax Collector's office at 203-245-5641 or visit us at www.madisonct.org.

*Alma D. Carroll, CCMC
Director of Town Services/Tax Collector*

Help Wanted BOOKKEEPER

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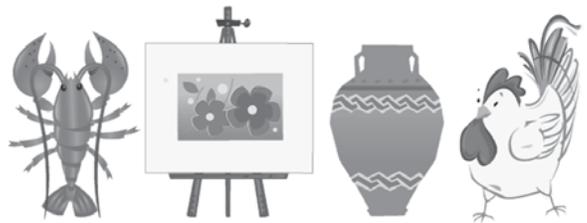
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From the Town Clerk

JUNE IS DOG LICENSE RENEWAL MONTH!

Every dog must be licensed when it becomes six months old and then annually in June. Additionally, kennel licenses are issued annually in June as provided in section 22-342 of the Connecticut General Statutes. The Madison Town Clerk issues licenses for dogs of residents of Madison, Connecticut. The office hours for the Town Clerk are 8:30 a.m. to 4:00 p.m. Monday through Friday, except holidays.

FEES

For neutered male /spayed female = \$8.00

For un-neutered male/un-spayed female = \$19.00

Kennel Licenses for 10 tags = \$51.00 & additional kennel packages are available. These fees are not pro-rated by the month for dogs which become six months of age after June 30, but are the same throughout the year. A penalty of \$1.00 per month or fraction of a month is charged when an owner fails to license a dog when it becomes six months old. However, no penalty is charged if the owner presents certain proof of new ownership; see "License by New Owners" below.

NEUTERING, SPAYING AND RABIES CERTIFICATES

The Town Clerk may not issue a license for a neutered male or a spayed female dog not previously licensed unless the person obtaining the license presents a certificate from a licensed veterinarian stating that he or she has neutered or spayed the dog.

Likewise, no license may be issued unless a valid rabies certificate, signed by a licensed veterinarian, including date of vaccination and duration of immunity, is submitted to the Town Clerk.

On or before June 1 of each year, the Director of Health may arrange a low-cost clinic for the vaccination of dogs and cats against rabies. The licensing of dogs at an anti-rabies clinic is permitted under statute.

GUIDE DOGS

Any blind, deaf or mobility impaired person who is owner or keeper of a dog trained to guide and assist such person shall receive a license and tag for such dog, and no fee shall be charged. Also, dogs between 6 months and 1 year of age, placed for training as guide dogs, shall also receive a license and tag at no fee, provided satisfactory evidence is presented that the dog was placed by an organization which supplies such guide dogs.

LICENSE BY NEW OWNERS

Anyone who becomes owner or keeper of an unlicensed dog over six months old must license the dog within 30 days of acquisition. If the new owner presents satisfactory evidence that the dog was obtained from a licensed kennel or animal welfare organization, or was imported into the state within thirty days, no penalties for late licensing shall be charged. Any person becoming an owner of a dog already-licensed in Connecticut may present the license and tag to the Town Clerk of the town in which the owner resides and, for a fee of \$1.00, shall receive a new license and tag in the new owner's name. The Town Clerk must retain the old license.

For more information on Dog Licenses, please visit our website at <http://www.madisonct.org/Clerk/dogs.html> or contact the Town Clerk's Office at 203-245-5672

TOP DOG CONTEST

Each dog whose license is renewed during the month of June will be entered in a special drawing. The winning entrant (picked at random) will receive Tag No. 1!

VNA Community Healthcare

Stronger Seniors

VNA Community Healthcare presents this 8-week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse led health talks, on Mondays and Wednesdays starting May 13, 1:00 - 2:00 p.m. at the Madison Senior Center, 29 Bradley Rd. There is no charge for this program as it is sponsored by the Connecticut Collaboration for Fall Prevention at Yale University School of Medicine through the Aging Services Division of the State of Connecticut Department of Social Services.

For more information, call (toll free) 1.866.474.5230 or visit ConnecticutHomecare.org.

Memory Matters - Part 2: Taking it to the Next Level

VNA Community Healthcare presents a 7-week course for those who already took Memory Matters, funded by the Town of Madison. Enjoy new and creative brain exercises and total brain fitness workouts, starting Thursday, May 16, 10:00 - 11:00 a.m. at the Madison Senior Center, 29 Bradley Rd. A \$5 fee will be charged for residents and \$10 for non-residents.

Madison residents have priority. For more information, call (toll free) 1.866.474.5230 or visit ConnecticutHomecare.org.

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Friends of Madison Youth Summer Camps and Programs

Check out what is happening this summer at the Madison Arts Barn. Open to students entering 5th grade and up. More information, online registration, financial assistance and early bird discounts can be found at www.themadisonartsbarn.org.

Don't have time for full day camps? Check out our workshops: Art Exploration, Rock Band Live, Intro. to Improv, Digital Art, individual college counseling and more.

Center Stage Theater Camp

Director Alan Wagner will help you improve your performance and audition skills.

The Famished Games

Based on the novel, *The Hunger Games*, campers will have the opportunity to explore the districts of Panem and compete in the arena!

MBTV: Mad Barn TV

Mad Barn TV involves creating productions that will air on Madison's cable access channel!

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Come learn crime scene investigation skills with Science teacher, Deb Thomas.

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The Madison Senior Center and the M-Team Present
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 Wednesday, May 15th 8:00 am - 7:00 pm
 Madison Senior Center - 29 Bradley Road

Events Schedule

8:00 am - 2:00 pm

Yale Digital Mammography Bus
 (for appointments call (203) 200-5251.

10:00 am - 2:00 pm

Vendor Fair and Live Music
 Speakers and Presentations

2:00 pm

Madison Police Department and
 Wells Fargo Bank - Scams and Frauds

3:00 pm

Carlos Maynard
 Medicare Professional

4:00 pm

Veteran's Benefits

5:00 pm

Maria Tomasetti
 Alzheimer's Association

6:00 pm

Open House and Live Music

Sponsored by the Madison Senior Commission

For more information
 please call
 The Madison Senior Center
 at 203-245-5627

Madison Town Hall DIRECTORY 203-245-5600

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Emergency Management	203-245-5681
Fire Marshall	203-245-5617
Health Department	203-245-5681
Human Resources	203-245-5603
Inland/Wetlands	203-245-5632
Madison Public Schools	203-245-6300
Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
Public Works & Engineering	203-245-5611
Registrar of Voters	203-245-5671
Selectmen's Office	203-245-5602
Senior Services	203-245-5627
Tax Collector	203-245-5641
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Youth Services	203-245-5645
Zoning Board of Appeals	203-245-5632

www.madisonct.org

Rent Rebate Program

Monday, April 1st - Tuesday, October 1st 2013

A state program that helps to offset rental expenses. Eligible participants are age 65 and older or disabled & have incurred some rental expenses in Connecticut, in 2012.

Participants must submit proof of income for 2012, proof of rental, heating, electric, & water payments made in 2012. This proof can be obtained by contacting your landlord, oil/gas/propane company, CL&P & Connecticut Water Company. An eligible participant may have rented for part or for the entire year. Benefits are given once a year in the form of a check, maximum benefit for a single person can be up to \$700 and for a couple up to \$900, depending on income level. Maximum Qualifying income in 2012, for a single person is \$33,500 and for a couple is \$40,900.

To schedule an appointment: Seniors please contact Heather Castrilli, Municipal Agent for the Elderly at (203) 245-5687 and Disabled persons, please contact Wendy Larson, the Coordinator of Social Services at (203) 245-5655.

Q: Why do I have pain in the ball of my foot??

It's very common for people to go for years before seeking treatment for foot pain. So much unnecessary pain every day when a solution is so available! A 44 year old woman comes to us with burning pain in the ball of her foot. When asked how long she has had this pain, she said eight months and it's getting worse. She adds that "sometimes it really hurts when going for a walk." Diagnosed with having a neuroma, she was given conservative treatment options from shoe modifications, padding, anti-inflammatory medicine and physical therapy. Injection therapy and surgery to remove the neuroma was presented as a last option.

The patient is now walking pain free. This is the part of medicine that is most rewarding to us.

Ask us questions at www.centerpodiatry.com
Dr. Sean W. Lazarus & Dr. Gary N. Grippo

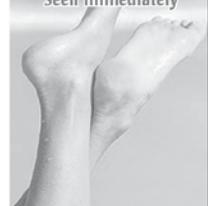
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FREE SPECIAL EVENTS

Summer Concerts on the Green

Concerts are held each Sunday evening beginning at 6 pm on the town green. All events are free of charge. Please no alcohol as per Congregational Church request.

- July 14 - The Kerry Boys
- July 21 - The Taxmen
- July 28 - The Larry Stevens Band
- August 4 - Orange Crush
- August 11 - Tracy Walton
- August 18 - The Tirebiter Band

Bauer Park Outdoor Movie/Music Nights

Family Outdoor Movies sponsored by Guilford Savings Bank. All movies begin at dusk. (roughly 9 pm) Bring a blanket or beach chair, sit back and enjoy the flick! Music starts at 7 pm with Movie following at approximately 9 pm.

- Friday, June 28 - Brave Music by The Jessica Prouty band
- Friday, July 26 - Thunderstruck Music by Tom "T-Bone" Stankus

Summer Concerts at the Surf Club 7-9 pm

- Saturday, July 13
The Shoreline Connection
- Friday, August 2 - Number Nine
Beatles Tribute Band

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Fondue Season is Still Upon Us!



It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fondre" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start with a good, aged Gruyere. Emmenthaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from Switzerland which are also great eating cheeses. If you can, try them before you buy and see which ones suit your palate. The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left."

Paul Partica, The Cheese Shop of Centerbrook

Oregon Wines

Spring into warmer weather with light, bright and savory wines from Oregon. Oregon produces several different styles of light and refreshing whites. Chardonnay, Gewürztraminer, Riesling and Pinot Gris are the most widely grown varietals. One of the most sought after, Pinot Gris, is the same as the Italian Pinot Grigio grape, however from Oregon it tends to have more body with the same great acidity. The Rieslings are fruity with a slightly sweet edge to them. Due to the cooler climate, most of them tend to have a bit more acidity in the finish which makes them pair nicely with spicy dishes.

The top producing red varietal from Oregon is by far Pinot Noir, followed by Gamay Noir. The cool climate is the ideal condition to grow Pinot Noir, much like its birthplace in Burgundy, France. This varietal brought notoriety to Oregon in the mid-seventies from wine lovers all over the world, though they have been producing other varietals since the mid-late 19th century. Pinot Noir has complex flavors while showing a light body and occasionally an earthy finish. The flavors most often noted are cherry/black cherry and blackberry. Due to its complexity Pinot Noir can be enjoyed with a wide variety of food choices spanning from light appetizers to heavier fare and meat dishes. Prepare your palate for the warmer days ahead by venturing out and trying a few of these savory, mouth-watering wines from the west coast. They will be sure to please both you and your guests!

Art LiPuma, Manager, SeaSide Wine & Spirits

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Middlesex Hospital Now Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in "teslas" and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter "tunnel" (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images.



In addition, the new MRI is quieter and may require less time to capture the necessary images.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI.

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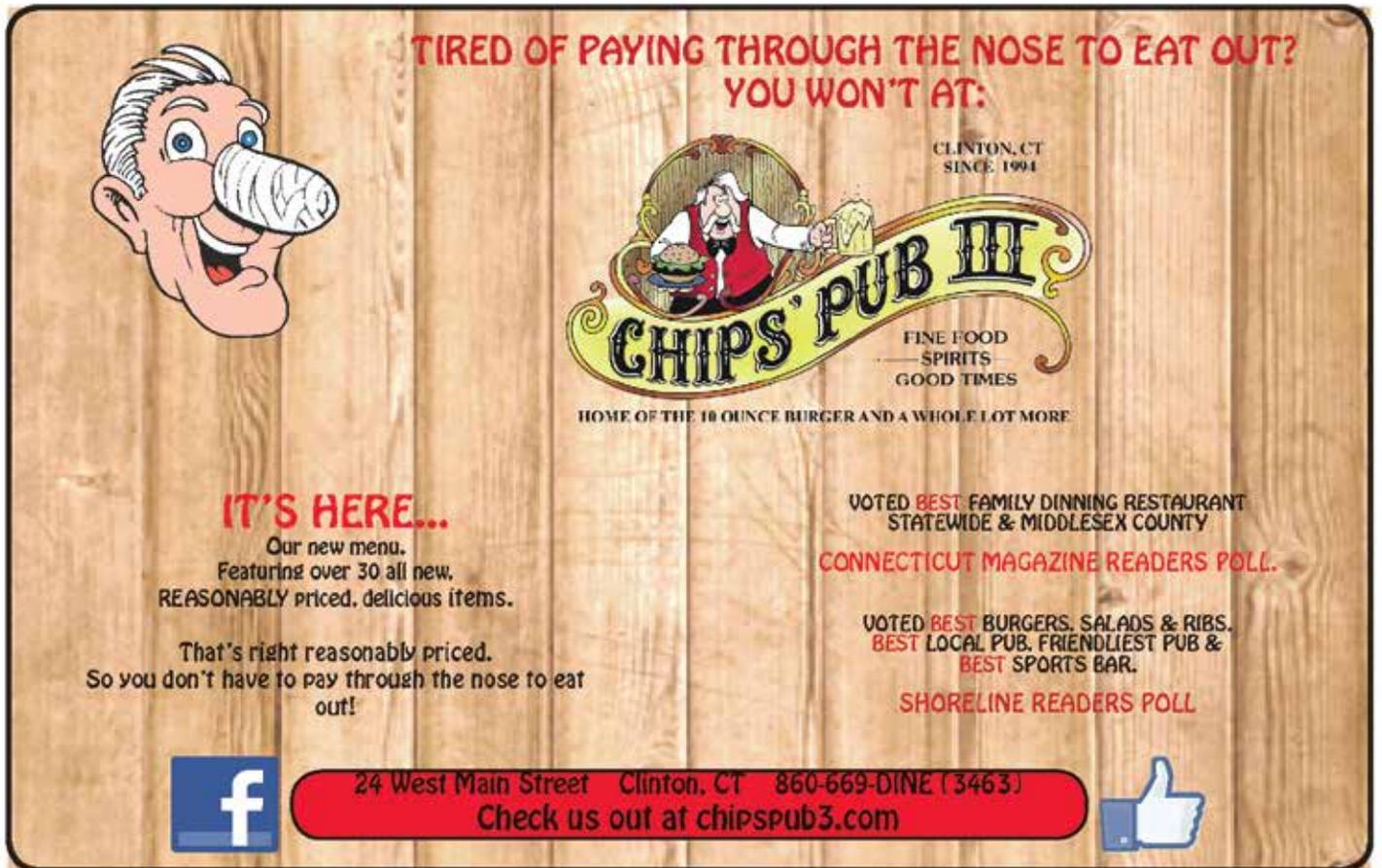


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Could You Have Sleep Apnea?

Does your snoring raise the dead - or at least prompt a swift kick? Has your partner or spouse said that you gasp or snort, or make choking sounds while asleep? Are you finding yourself way too drowsy during the day, despite getting a "good night's sleep"? These can be major signs of a common disorder called sleep apnea.

Other signs may include: Waking often to urinate, Morning headaches, Memory or concentration problems, Irritability, depression, or mood swings, Dry mouth or sore throat upon awakening. With sleep apnea, you breathe shallowly or have regular pauses in your breathing that can last from a few seconds to minutes. This may occur when the airway collapses or becomes blocked from extra tissue or other causes. Breathing pauses can happen many times a night, often moving you out of deep sleep into light sleep.

Your body and brain need oxygen - and lots of it. Sleep apnea can be serious. It isn't something to ignore. The problem is, lots of people don't know they have it because there is no simple test to detect the condition. And your doctor can't confirm it during a routine office visit. Feeling tired a lot may be just the tip of the proverbial iceberg. Sleepiness can lead to work-related or driving accidents. And, if left untreated, sleep apnea can also increase the risk of: High blood pressure, Heart attack, Stroke, Obesity, Diabetes, Heart failure, Irregular heartbeats (arrhythmias). Suddenly that signature snoring seems a little less funny, doesn't it? If you have

signs of sleep apnea, have a conversation with your physician. You might need a sleep study to confirm a diagnosis. Snoring doesn't always mean you have sleep apnea. A sleep study tests how well you sleep and how your body responds to any problems with sleep. Among other things, it measures the amount of oxygen in your blood, air movement in and out of your nose, and chest movements. It also records brain activity, eye movements, heart rate, and blood pressure. This study is often done in a sleep center or sleep lab. If you are diagnosed with sleep apnea, many things can help. Sometimes just dropping some pounds, quitting smoking, and avoiding alcohol or sedatives can make a difference. Also, sleeping on your side instead of your back can help keep your throat open. Ask your doctor whether allergy medicines or nasal sprays might help keep your nasal passages more open at night. If you need treatment, a sleep doctor may recommend one of several options. These include a custom-made oral appliance to move your jaw forward, a device with a one-way nasal valve called Provent.

Therapy, or a breathing device called continuous positive airway pressure (CPAP). These all work in slightly different ways. Some people also benefit from surgery to widen breathing passages. If one approach doesn't work well, be sure to follow up with your doctor. Of course, I'll also answer any questions I can. Sweet dreams!

Keith Lyke,

Registered Pharmacist Killingworth Family Pharmacy

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But I Saw It On TV

When I was a child, there was nothing in-between facial and face-lift. Today you have a variety of options when it comes to cosmetic procedures to help you look your best.

We've come a long way and can now erase years off our faces with injections and machines. It seems that there is something new every day. But new isn't necessarily better.

In an article that appeared in the February issue of Allure Magazine, author Joan Kron warned against procedures that have not withstood the test of time. Her advice was to not to impulsively undergo cosmetic procedures just because the advertisements are seductive or because you saw them on TV.

There are effective tried and true surgical and nonsurgical cosmetic procedures available that give great results. The goal is to avoid those that are untested, ineffective, painful or risky. Here are two procedures that Allure magazine, February 2013, suggests you should approach cautiously.

The Vampire Facelift: This is not a facelift at all, but injections of dermal fillers and your own plasma. The basic premise is that if your own blood plasma is injected under your skin, the growth factors it contains will stimulate collagen production. The problem is that Juvederm is usually injected at the same time which has an immediate plumping effect. Juvederm is FDA-approved and clinically proven to yield results, while plasma injections are unproven and add approximately \$1,000 to your bill.

The Stem Cell Facelift: Again, not a facelift but injections of fat from your own body. During a stem cell facelift, fat cells (which contain adult stem cells) are obtained through liposuction. The stem cells are isolated and injected into the skin in an increased concentration, separately from the fat.

Fat grafting without separating the stem cells has been around for many years. Risks of fat injections in the face include lumps or bumps, uneven absorption and a chance of deformities at the donor site as well. Fat injections can cost upwards of \$4,000. Also, there is no proof that injecting stem cells produces any regenerative effects.

If you're thinking about getting dermal fillers, your goal, and that of your doctor, should be to make you look like a better version of yourself - not fake or overfilled. Injecting dermal fillers requires an in-depth understanding of facial anatomy, years of experience and an artistic eye. The best way to figure out what procedure is right for you is to have a face-to-face consultation with your doctor. Just because you saw it on television, doesn't mean it's right for you.

To learn more about procedures that will keep you beautiful without surgery or to sign up to receive more articles like this one, please visit us at www.sonasmedspa.com.

Susan O'Malley, M.D.
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