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First Selectman's Corner

Madison Prescription Drug Plan

Sometime in the next few weeks you will receive in your mail a packet describing the new prescription drug plan to help Madison residents save money. We have signed on to a plan sponsored by the Connecticut Conference of Municipalities (CCM), of which we are a member. The plan is administered by ProAct Pharmacy Services. It is not an ad, so don't throw it away! The packet will contain your Town of Madison drug membership card. Present this card to the pharmacy when you pick up your prescription and, if you do not have any other insurance coverage, you will receive a discount averaging 45%. Even if you have insurance and you are picking up a prescription for your uninsured pet, you may still receive the discount if the drug is a variation of a human drug.

Neither you nor the Town pay a fee for this program. The cost of the discounts will be borne by the pharmacies and/or the drug companies. Both of Madison's pharmacies, CVS and Stop & Shop, are part of the program, as is Durham Pharmacy.

Triple A Bond Rating

We have just refinanced \$10 million of the Town's long term bonds in order to take advantage of the current very low interest rates being charged. We will save \$600,000 of debt service payments over the next nine years. As part of the process, two

rating agencies, Moody's Investors Service and Fitch Ratings, made a thorough review of the Town's financial situation to provide assurance to the people buying our bonds that their money is safe.

Both Moody's and Fitch have given Madison the highest possible rating: AAA, stable outlook! They base their conclusion on a number of aspects that we do well. In particular, they noted our low debt burden, conservative budgeting practices, good pension funding, healthy reserve levels, and our practice of pay-as-you-go financing of capital needs. Of particular note, Moody's pointed out that we are rated higher than the sovereign debt of the United States. With this rating we join the top 6% of municipalities nationally.

This favorable rating helps us in two ways. First, and more tangibly, it means we will save money because we will get the absolute lowest interest rate available. Second, it means that outside experts have reviewed our operations and have given us stellar marks. It validates the way the Boards of Selectmen, Finance, and Education as well as town staff work together to be fiscally responsible.

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Regional Natural Hazards Mitigation Survey

The Town of Madison is participating in the development of a Regional Natural Hazards Mitigation Plan. This plan will be a regional plan but will also be specific to Madison.

There will be public outreach meetings sometime after January 2013, but right now there is a survey available for people to become involved and give their opinions and provide information which will guide the plan.

The purpose of the Hazard Mitigation Plan is to become compliant with FEMA requirements and identify the Town's natural hazards and develop a risk assessment. This will result in better emergency management during an event as well as identify projects that could potentially reduce risks in the community. With a plan in place, the community can prioritize projects and the Town will also be eligible to obtain FEMA Hazard Mitigation Grant Funds if a disaster is declared.

A link to the survey is posted on the town website homepage www.madisonct.org "Survey – Regional Natural Hazards Mitigation Plan" or you can access it directly on the South Central Regional Council of Governments website <http://www.scrkog.org/regional-hazard-mitigation.html>.



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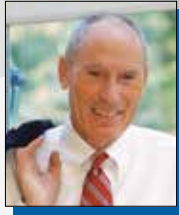
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Seasonal Influenza

Each year several strains of influenza (flu) circulate in the U.S. Flu season usually begins in the fall and peaks in January or February, but each flu season is unique. Flu viruses constantly change and it is common for new strains to appear each year. It is likely that the H1N1 virus from several years ago will still circulate in the U.S. this coming flu season, along with other strains. Flu causes annoying symptoms but can lead to more serious complications in the elderly and people with certain health conditions, such as asthma, diabetes or heart disease. Experts estimate that each year, about 30,000 flu-related deaths occur in this country. There are steps you can take to reduce the chance of catching or passing the flu to others. During flu season, it's important to observe "cough etiquette" by coughing or sneezing into a tissue or your sleeve to prevent viruses from becoming airborne. You should wash your hands with soap and water regularly. One of the most important things you can do to prevent the flu is get a flu vaccination. This year's vaccine will protect against the H1N1 virus of a few years ago and two other types that are expected to be circulating. The flu vaccine has been found to be very safe, and the Federal CDC recommends that everyone get vaccinated this year. This is a significant change from prior years, in that previously senior citizens were the main target group of vaccination. Unless you have a medical contra-indication for the flu vaccination, you should be vaccinated. Vaccine should be readily available this season.

Madison Health Department





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ABC Holiday Concert

The Madison *A Better Chance (ABC) Program* will be presenting its Holiday Concert on Sunday, December 9 at 4:00 pm at the First Congregational Church on the Green.

This highly anticipated annual event features many local performers including the Shoreline Youth Symphony Orchestra, The Shoreliners Quintet, the Daniel Hand High School musical groups Waes Haeil and ENCORE, and special guest performance by Yale - a cappella group Redhot and Blue. There will be pre-concert caroling by The Shoreline Chorale. There is no admission fee for this concert, but there will be a free-will donation.

All proceeds go to the Madison ABC Program, which recruits talented inner city youth and offers them a four-year opportunity to attend Daniel Hand High School in preparation for a successful college experience.

The Madison ABC Program, a non-profit organization, relies totally on contributions and special projects like this Holiday Concert.



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Do You Need Help Paying Your Winter Heating Bills?

Perhaps the Connecticut Energy Assistance Program (CEAP) can help. CEAP provides low income and working poor households with help in meeting their winter heating bills. Through CEAP, eligible households may secure fuel deliveries and have their utility heating costs defrayed. For households whose heat is included in their rent, one-time financial assistance may be available. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Eligibility Requirements

Eligibility for CEAP is based on gross annual income and household size. Any household with a gross annual income at or below 200 percent of the federal poverty guidelines, and has provided all required documentation is eligible for the program.

What are the income guidelines? These are dependant on the total number of household members, income less than the listed amounts are considered eligible. The households also must have less than \$7,000 in assets if they rent and \$10,000 if they own their homes.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,862	\$22,340
2	\$2,522	\$30,260
3	\$3,182	\$38,180
4	\$3,842	\$46,100
5	\$4,502	\$54,020
6	\$4,5162	\$61,940

If you believe you qualify for the Energy Assistance and you are a resident of Madison please contact either Heather Castrilli or Wendy Larson of Social Services for a list of the required documents to complete an application. Madison Residents may apply for the CEAP program by appointment only. Seniors can apply by calling Heather at 245-5687 and individuals or families can apply by calling Wendy at 245-5655.

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Essex Savings Bank Opening Chester Branch

Essex Savings Bank President and CEO, Gregory R. Shook reported that he has negotiated and executed a lease agreement with the town of Chester in the former Bank of America branch. It is expected the branch will begin operations in December after modest renovations.

Mr. Shook stated: "We are thrilled to have the opportunity to bring back Community banking to Chester. Since 1851 we have been a safe financial harbor providing a value added formula comprised of outstanding advisors and officers that take pride in building long term personal relationships... Essex Savings Bank is proud to offer a full complement of financial services for the individual, business, trust and investment clients in Madison and the surrounding communities." He noted that John W. Rafal, President of Essex Financial Services the Bank's subsidiary, was ranked number one in Barron's Top 100 Independent Financial Advisers article for several years including Barron's Top 100 Financial Advisers. Most recently he was featured in their, The Best Advice article in their November 10, 2012 "an Optimist's agenda". "Our team also includes, Granville Morris, Senior Vice President, the leader of the trust department who as an experienced Trust Attorney leads an extraordinary team who fulfill the individual needs required in the protection and preservation of clients' assets," Shook stated.

The Bank's capital far exceeds regulatory requirements for "well capitalized" banks. Mr. Shook further added, "We do not have shareholders to please and continue our long heritage as a mutual savings bank, a non-public organization with a far-reaching vision for our customers and the communities we serve. Our Community Investment Program, which returns 10 percent of our after tax net income to non-profits, is a testament to our commitment to the quality of life we strive to support in our area of operations."

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Friends of Hammonasset Annual Christmas Tree Sale

Commencing November 23rd, the day after Thanksgiving, the Friends of Hammonasset will be conducting its 13th Annual Christmas Tree Sale on Route 1 in Madison, just east of the Hammonasset Beach State Park entrance. The sale will run daily from 9 am to 5 pm and continue until all trees are sold. Fresh cut Connecticut grown Fraser, Canaan, Balsam and Concolor firs, as well as Colorado Spruce, will be available for purchase at prices from \$35 to \$55. In addition some extra tall trees at slightly higher prices as well as roping (25 yards) and wreaths beginning at \$10 will be offered. Friends of Hammonasset members will be offered a \$5 discount on any tree purchase.

Proceeds are used to support activities at Meigs Point Nature Center and other Park projects.

The Friends of Hammonasset is a non-profit, 501©3, organization whose function is to provide environmental education, preserve natural resources and to be an advocate for Hammonasset Beach State Park. Membership and general information can be obtained through their website at hammonasset.org.

Information regarding the Christmas Tree Sale can be obtained by calling 203-245-9192.



Friends of Hammonasset



Friends of Hammonasset - Jean Russman with tree

*Deadline for the next
Madison Events is January 25.*

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Madison Public Schools	203-245-6300
Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
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Registrar of Voters	203-245-5671
Selectmen's Office	203-245-5602
Senior Services	203-245-5627
Tax Collector	203-245-5641
Town Clerk/Vital Statistics	203-245-5672
Youth Services	203-245-5645
Zoning Board of Appeals	203-245-5632

www.madisonct.org

Winter Storm Preparation

Winter will be here soon and you should begin to prepare now for the harsh weather that we may be getting.

Madison is subject to blizzards, ice storms and freezing rain that can block roads, bring down trees and power lines. Power outages could last several days or weeks, as we just experienced after Hurricane Sandy. Roads will have to be cleared by the Public Works Department in conjunction with CL&P. You should review and restock emergency supplies you may have put together for hurricane season, such as: Flashlight and extra batteries, battery-powered radio, extra non-perishable food and drinking water (enough for at least 3 days), extra medicines, pet and baby items, first aid supplies, heating fuel and emergency heating source (use indoor heaters properly and with ventilation to prevent carbon monoxide build-up), and cash (ATMs may not work in power outages).

Winterize your vehicles and provide an emergency kit for your vehicles: Blanket, flashlight with extra batteries, first aid kit, knife, high-calorie non-perishable food, battery booster cables, shovel, and windshield scraper & brush.

If it appears that power will go out: if you have a drinking water well, fill your bathtub with water to be used to flush toilets, etc. Alternately, you can use water from a pond or stream to flush toilets. Turn the thermostat on your refrigerator and freezer to the coldest setting and minimize opening it once the power does go out, to maintain the lowest temperature. Portable phones will not work when the power goes out, cell phones may not work. If you rely on electric power for specialized medical equipment, make a plan for potential power outages ahead of time (have extra oxygen delivered, get a generator, talk to a neighbor who has a generator, go to a friend or family member's house that has power, etc.). If the power goes out for a few days or more, please de-activate your burglar and fire alarm systems to prevent false alarms when the backup batteries in these systems begin to lose power. These false alarms put an undue burden on our emergency responders. Use generators properly to prevent back-feeding electricity to the grid and carbon monoxide build-up in homes.

Madison Emergency Management Department

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Fall Hours
Monday - Friday 8 am - 5 pm
Saturday - 8:30 AM - 3 PM

Closing Your Garden

As the fall season begins to wane and before Old Man Winter comes knocking, if you have not yet closed your gardens and prepared for a long winter's nap here are a few tips to keep in mind when checking off the chore list.

Closing your garden is a gradual process, dependent on the weather. As temperatures get colder perennial foliage will die back. Annuals will die completely after the first hard frost. Tender bulbs such as dahlias, gladiolus, and elephant ears should be dug and stored or they too, will perish in freezing temperatures. Shrubs and trees will lose their leaves if they are deciduous. As you cut back your plants consider what it is you want to look at during the winter months. Also, a consideration in winter preparation is the fact that the more work you do in the fall... the less there is to be done during the busy spring months. It gives you a head start in the spring if you have cut back the majority of the perennials and have raked away the

fall leaves. Some perennials can be selectively left up for winter interest and for the birds, such as sedum, echinacea and grasses. Woody perennials such as lavender and russian sage should not be cut in the fall. As for leaf removal, some gardeners prefer to wait until spring to remove leaves, but if you remove them in the fall, there is less chance of inviting disease and rodents. Sometimes life gets crazy and the fall clean up goes by the wayside. Don't worry, it will be there in the spring and regardless of how well the fall cleaning goes, nature will always bring us the rebirth of a new season. And don't forget to plant bulbs! Planting bulbs now will give you a spring lift just when you think winter is never going to quit. If the thought of heading into the winter months without completing the fall clean up stresses you - there is always your neighborhood landscaper, Madison Earth Care -203 421-4358. Call for a free estimate.

~ Happy Holidays from all of us at Events Magazines ~

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2013 Revaluation

The Town of Madison has contracted with Vision Government Solutions to complete the reappraisal and revaluation of all taxable and tax exempt real property located within the corporate limits of the Town of Madison, effective for the October 1, 2013 Grand List. Vision Government Solutions will begin to gather information within the next few weeks. Data mailers will be sent to each residential property owner. Vision Government Solutions personnel will also be conducting visits to all properties in town. Data Collectors will verify exterior measurements and conduct an interior property inspection for assessment purposes. A new photograph of the home will be taken to update the Assessor's files. On average, a property inspection will take approximately 10 to 15 minutes. The data collectors will be wearing identification badges and possess written documentation clearly stating the purpose of their visit. Homeowners are encouraged to ask for identification prior to admitting anyone on/into the premises. The names and vehicles of the firm's representatives are listed with the Police Department and Assessor's Office. Data collectors generally work between the hours of 8:30 a.m. and 7:00 p.m. Monday through Saturday. Vision Government Solutions personnel will make an initial visit to all properties and attempt to perform an exterior and interior inspection. If after the initial visit an interior inspection could not be performed you will receive a letter from Vision Government Solutions with instructions on how to schedule an appointment for the interior inspection.

For more information please visit the Town of Madison website www.madisonct.org/Assessor. If you have any questions or concerns, please feel free to contact the Assessor's office. The Assessor's office can be reached at (203) 245-5652 between 8:30 a.m. to 4:00 p.m. Monday through Friday.

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How Does Alcohol Affect Your Skin?

It may be hard to believe but the holiday season is here. As we enter the season of over-eating and over-drinking, I thought it would be a good time to talk about the effects of alcohol on your skin.

Too much alcohol can cause your skin to look dull and lack luster. Alcohol is a diuretic which causes you to lose more fluid than you are taking in. Drinking too much can cause you and your skin to become dehydrated. Not only does dehydration lead to dull skin, but it also causes premature aging - aka wrinkles.

Drinking alcohol also causes facial blood vessels to dilate, and repeated alcohol consumption can cause the vessels to dilate permanently causing red, spidery veins on your nose and cheeks. Excessive alcohol use can also worsen a pre-existing condition such as rosacea. Although red wine is the main culprit for worsening rosacea, any alcoholic beverage can contribute to a flare-up.

Alcohol intake can also reduce the level of vitamin A within the body. Vitamin A is directly responsible for two important tasks. First, it promotes cell turnover which gives your skin a healthy glow. Second, it is a powerful

antioxidant that helps reduce internal cell damage due to free radicals.

Decreased levels of Vitamin A lead to two problems - lower cell turnover and a decreased ability to fight free radicals. The end result is the breakdown of collagen and elastin and the formation of sagging and wrinkles.

Moderate alcohol consumption is the best way to avoid any unwanted side effects and water will help counteract the dehydration. You may want to consider a glass of water with every glass of alcohol. Your skin will thank you for it.

[Dr. Susan O'Malley, founder and Medical Director of Sonas Med Spa is dedicated to helping women maintain their beauty without surgery. To learn more about Dr. O'Malley or Sonas Med Spa, please visit www.sonasmedspa.com or call 203 245-2227 for a free consultation.]



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Madison Land Conservation Trust - Photo Contest



"Fiddler Crab (Uca sp.)" by Justin Coleman

1st place, Wildlife – Cecilia Bueno
2nd place, Wildlife – Deanna Broderick
3rd place, Wildlife – Susan McDevitt

1st place, Teen – Jamie Pinilla-O'Dea
2nd place, Teen – Carter Chatillon
3rd place, Teen – Sarah Williams

1st place, Age 12 and under – Kelly Fay
2nd place, Age 12 and under – Matthew Waterman
3rd place, Age 12 and under – Alanna Fay

Honorable Mentions were awarded to Brianna Bennard, Deanna Broderick, Justin Coleman, Lauren Hajus, Katy Marsh, Hattie Swank, Anna Ward, Evan Waterman and Kristen Waterman.

Rules and entry forms for the 2013 photo contest will be posted at www.madisonlandtrust.org.

The Land Trust's fourth annual photo contest attracted 34 entries. The spectacular photos taken on 13 different MLCT properties were on display in the Madison Senior Center café during the month of October. Contest judges Anne Foley, Andrew Kaplan and Christopher Jennings Penders awarded prizes in five categories as follows:

1st place, Landscapes – Samantha Pavano
2nd place, Landscapes – Kenneth Farrelly
3rd place, Landscapes – Justin Coleman

1st place, Plants – Deanna Broderick
2nd place, Plants – Susan Fay
3rd place, Plants – Lauren Cole



"The Trees Have Eyes" by Deanna Broderick



"Water Flow" by Jamie Pinilla-O'Dea

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Upcoming Events at the Madison Arts Barn

Upcoming Events at the Madison Arts Barn

There is so much happening for teens at the newly revitalized Madison Arts Barn. It looks amazing with its new make-over of bright colors, furniture and equipment, but beyond its new appearance there is a creative energy flowing! Students and parents agree "You can feel the creative energy from the minute you walk into the place", there are amazing teen activities and programs. Here are a few of upcoming events and activities:

Dances are back by popular demand at the Madison Arts Barn. The 5th, 6th, and 7th grades have already had dances. All the dances are high energy and lots of fun. Boppers DJ's provide professional entertainment and for those that like the party but don't like to dance there is basketball, ping-pong and foosball tables. Our cafe will be open for drinks, snacks and glow in the dark and LED novelties. All the dances are from 7-10 pm and admission is \$10. Tickets can be purchased in advance to avoid lines at the door at http://madisonartsbarn.com/?page_id=178. Parent volunteers are always needed and if interested email us at madisonartsbarn@gmail.com.

Winter Wipe-Out is back by popular demand - Dec. 1st. Learn more about the fun online.

Ongoing Events

Open-Mic Nights - 3rd Saturday of each month, come down and try on some stage time and see how it feels! \$5 Admission, 9th grade and up welcome!

The High School Advisory Board switched their

meetings to every other Fridays starting Oct. 12th, from 3:30 - 4:30 pm. The Barn will have open teen hours on those days from 3:30 - 5:30 pm. Come in to hang-out and meet old and new friends.

Weekly open hours - Tuesday/Thursday 3:30 - 5:30 pm. Kids in sixth grade and up can come by and be with friends or meet new friends, listen to music, play on our Wii or use one of the game tables. Ping-pong anyone?

Be sure to bookmark our website for easy access so you can check our new listing. Also don't forget to "like" us on Facebook and be a part of what's happening at the Madison arts Barn. <http://madisonartsbarn.com/wp-content/uploads/2011/04/barnlogo.jpg>

The Madison Arts Barn is a non-profit youth center aiming to act as a creative outlet and venue of expression for local teens and young adults. The youth of the Connecticut shoreline can attend and participate in concerts, creative workshops, skate jams and more all in a safe and accepting environment. It is our goal to bring the community together through music, arts and culture and to allow young people to explore their interests and passions free from judgment or discrimination.

Roses for Autism

Roses for Autism is the first business endeavor for Growing Possibilities - a nonprofit social enterprise founded by Ability Beyond Disability that is dedicated to growing independence in the business world for individuals with autism and other disabilities. Jim Lyman's dream was to improve the quality of life for his son Eli, through meaningful work and continued opportunities to grow as an individual. Jim's search brought him together with Pinchbeck's Rose Farm, Connecticut Autism Spectrum Resource Center, and then to Ability Beyond Disability.

We supply for anniversaries, birthdays, special accomplishments, recognition events, etc. We are a local farm planting the seeds of possibilities for the autism community. Your rose purchase supports the development of inclusive work-place opportunities for adults on the autism spectrum. We are Pinchbeck's Rose Farm, located at 929 Boston Post Road in Guilford, CT 06437. 203.453.2186.

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MADISON NEWCOMERS' GUIDE

WELCOME TO MADISON!

On behalf of *Events Magazines*, welcome to Madison. In Madison you will find wonderful people and places to visit in town. Madison has something for everyone. Below are important phone numbers. Tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Please use this guide and "Buy Local"!

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A New Dimension in MRI Comfort

Middlesex Hospital now offers a “Wide-Open” MRI System. Are you claustrophobic? Can you tolerate having a CT scan? If so, you can now comfortably get an MRI at Middlesex Hospital, with its new “wide-open” MRI. Even for people who are not claustrophobic, the wide-open MRI provides a much more comfortable space during the exam than in the past.

“Open” vs. “Wide-Open” MRI

Many people believe that having an “open” MRI can eliminate the claustrophobia they feel when having the same test in a traditional MRI unit. These types of “open” MRI systems are only open on the sides, and the top of the magnet is still very close to the body. In addition, these MRIs are also usually “low-field” MRIs, and although they do give patients more room during the test, they also have a significant drawback - it takes a lot longer to obtain the same image quality as traditional, “high-field” MRI machines. To cut down on exam times, some lower-field MRI systems may not have the same image quality as a state-of-the-art, higher-field system.

Middlesex Hospital only uses high-field MRI machines, since they produce the clearest images - because the higher the field strength, the better the quality of the images produced. However, the opening in these traditional machines is considered too small by some larger or claustrophobic patients to allow them to be comfortable during the exam.

All that is changing at Middlesex Hospital. As of September, the Hospital now offers a new dimension in patient comfort - in its wide-open bore, high-field MRI that 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 all sizes (up to a 550-pound patient) 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.

Why should patients care about the quality of their MRI images? When your doctor orders an MRI, he or she is looking to get as clear a picture as possible of what is going on in your body. The best way to get a clear picture is to



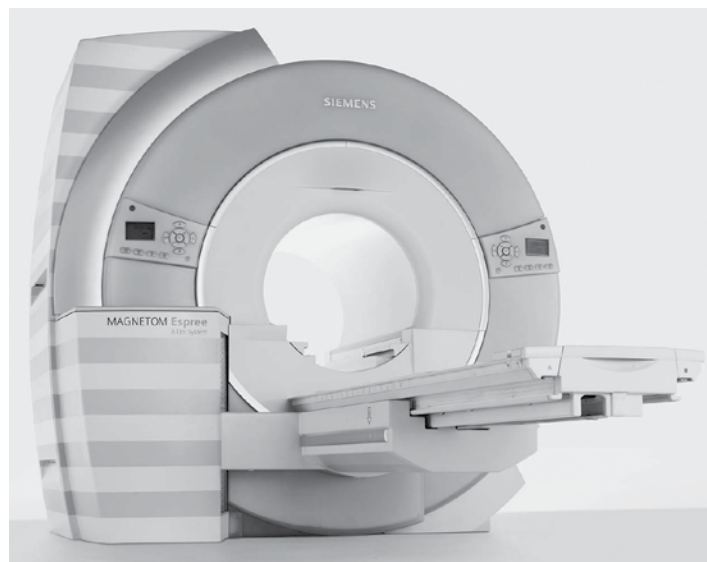
use the type of technology that provides physicians with crisp and clear photos of the anatomy. “This is great news for patients who may have chosen to receive a low-field, open MRI in the past,” said Laurel Patt, Middlesex Hospital Director of Radiology.

“These patients can now feel assured that if they get an MRI here at Middlesex Hospital, they won’t have to worry about their size or the fact that they may be claustrophobic. Our new machine offers both

patient comfort and convenience, while still giving physicians the best possible image quality.”

The new “wide-open” MRI system at the Hospital is currently operational. In addition, the current MRI scanner at the Outpatient Center on Saybrook Road in Middletown will be replaced with a new, “super-high-field strength” MRI. This new MRI has double the field strength and can produce even clearer, more detailed images. It will be operational at the beginning of March 2013. The new Shoreline Medical Center in Westbrook will also have a brand new, stationary MRI system operational when construction of the facility is completed in 2014.

When using the new, wide-open MRI systems at Middlesex Hospital, patients will be comfortable, experience less noise, spend less time in the machine and can still be sure that their doctors will get the highest quality medical imaging. In other words, patients now have the best of all possible worlds at Middlesex Hospital if they need to have an MRI!



Beach & Recreation Department News

The Beach & Recreation Department has many exciting programs planned for your consideration and participation for the upcoming season. Whether you are looking for a passive activity or an activity to tone your body and remain physically fit we have you covered. Please visit our website www.madisonct.org/Beach_Rec/forms to view our Program Guide or Register Online. Any questions? Please call and we will help guide you through it.

Breakfast with Santa – December 1

Join Madison Beach and Recreation for Breakfast with Santa on Saturday, December 1. Enjoy a hot breakfast including French toast, scrambled eggs, bacon, sausage, fruit, apple juice, coffee, hot chocolate with mini marshmallows and tea. Breakfast runs from 8:30 to 9:30 am. From 9 to 11 am visit with Santa and make a craft project to take home with you. Enjoy music from The Sunshine Road to get you in the holiday spirit from 10 to 11 am. Held at the Madison Senior Center Café on Bradley road and preregistration is required. One seating only and seating is limited. Adults \$5, Children ages 3 to 12 \$3 and ages 2 and under are free. Registration closes when seating capacity is reached. Absolutely no walk-in's day of program. Sorry, high chairs are not available. Reservations are required for admittance. For more information contact Madison Beach and Recreation at 203-245-5623.

Holiday Tree Lighting Sunday, December 2

4:30 pm. Come join us as a community to help light the town tree and sing some songs. Grammy Award winner Les Julian will lead us in song. Special guest – Kris Kringle will also be joining us to light the tree and meet with children of all ages. Madison Boy Scout Troop 490 will be there to help us pass out and light candles for our thanks to the troops as well. This year, to decide which children will be helping the First Selectman and Santa light the Christmas tree, we will be holding a contest. All children who wish to participate need to write a few words about what Christmas means to them and draw a picture to go along with it. Three winners will be chosen to go on stage and help light the tree.

Entries should include the following:

- Name and Age
- They must be a Madison resident
- Words must be child's own words, in their own handwriting. Artwork must be child's own artwork.
- Forms can be picked up in the Recreation Office beginning November 1st or may be downloaded from our website www.madisonct.org/Beach_Rec.
- All entries must be turned in to the Madison Beach and Recreation office by 4:00 pm on November 23.

Madison Beach and Recreation Ski Bus Program

For grades 7 to 12. Madison Beach and Recreation's Ski Bus program begins registration on November 1. Registration ends on November 21 at 3:00 pm. Late registration ends on December 3rd and will cost an additional \$25 late fee. You cannot register online due to the necessary paperwork that must be completed, but you may stop by the office to pick up registration forms, download them from our website, call and have them mailed to you or we can fax them to you. Cost for a lift ticket only is \$225 and this is good for skiers or snowboarders. You may sign up for various options such as Ski Lift and Lesson, Ski Lift and Rental, Ski Lift, Lesson and Rentals, Snowboard Lift and Lesson, Snowboard Lift and Rental and Snowboard Lift, Lesson and Rental. Fees vary accordingly. Dates of ski bus are Jan. 15, 22 and 29 and February 5 and 12. We ski at Mount Southington Ski Area. We travel by motor coach buses and participants are picked up at the school in which they attend. This program is for Madison Residents only. Call 203-245-5623 for more information or the registration packet or email Carrie Gazda at gazdac@madisonct.org.



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Healthy Eating through Healthier Habits for Seniors

As we age, the make-up of what we eat becomes more and more important to our bodies and our overall well being. With proper nutrition, we are better able to manage health issues such as high blood pressure, cholesterol and sugar levels. We also reduce or eliminate common ailments such as swelling and inflammation, poor digestion, and low energy.

While many seniors find themselves on some type of "restrictive" diet, this does not have to mean the end of enjoying a good meal. In fact, with better food labeling and an increasing selection of healthier foods in grocery stores, eating better really tastier than ever. Here are some tips to help get in the habit of shopping and eating well:

Fresh is best when it comes to fruits and vegetables, and frozen is second best (avoid high-salt or sugary canned foods). The fiber and vitamins in popular favorites such as apples, blueberries, plums, broccoli, cauliflower, and avocados provide countless benefits. Enjoy these foods raw, steamed or sautéed in a little olive oil. Brown (whole grain) is better when it comes to breads, pasta, rice and cereals. For potatoes, sweet ones are far more nutritious than white. Choose lean, high-protein foods such as fish, turkey, pork, beans, peas, nuts, for higher energy and better bone health. Eggs, cheese and milk have calcium that is also beneficial to bone health. However, these foods should be avoided if cholesterol levels are a concern. Use olive oils or

soy-based margarines instead of butter whenever possible, to keep cholesterol counts down. Choose water over high-sugar drinks and fruit juices. Instead of canned soups or frozen dinners, keep bagged salads, canned tuna, and low-fat yogurts on hand for quick meals.



Seniors are encouraged to eat as many fresh fruits and vegetables as possible every day.

If you live in a retirement community, discuss your diet with the chef, nutritionist, or nurse. They will make recommendations for you and prepare foods that meet your special needs. By adopting better eating and shopping habits, we can find the best balance of foods that keep us healthy and help us enjoy a great (and delicious) quality of life.

Kathy Ryan

[Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.]

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What is Dry Eye?

Dry eye occurs when the eye does not produce tears properly, or when the tears are not of the correct consistency and evaporate too quickly.

In addition, inflammation of the surface of the eye may occur along with dry eye. If left untreated, this condition can lead to pain, ulcers, or scars on the cornea, and some loss of vision. However, permanent loss of vision from dry eye is uncommon.

Dry eye can make it more difficult to perform some activities, such as using a computer or reading for an extended period of time, and it can decrease tolerance for dry environments, such as the air inside an airplane.

Who is likely to develop dry eye?

Elderly people frequently experience dryness of the eyes, but dry eye can occur at any age. Nearly five million Americans 50 years of age and older are estimated to have dry eye. Of these, more than three million are women and more than one and a half million are men. Tens of millions more have less severe symptoms. Dry eye is more common after menopause. Women who experience menopause prematurely are more likely to have eye surface damage from dry eye.

How is dry eye treated?

Depending on the causes of dry eye, your doctor may use various approaches to relieve the symptoms.

Dry eye can be managed as an ongoing condition. The first priority is to determine if a disease is the underlying cause of the dry eye. If it is, then the underlying disease needs to be treated. If dry eye results from taking a medication, your doctor may recommend switching to a medication that does not cause the dry eye side effect.

If contact lens wear is the problem, your eye care practitioner may recommend another type of lens or reducing the number of hours you wear your lenses. In the case of severe dry eye, your eye care professional may advise you not to wear contact lenses at all.

Another option is to plug the drainage holes, small circular openings at the inner corners of the eyelids where tears drain from the eye into the nose. Lacrimal plugs, also called punctal plugs, can be inserted painlessly by an eye care professional. The patient usually does not feel them.

Continued on page 25

eye

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Dry Eye ... continued from page 23

These plugs are made of silicone or collagen, are reversible, and are a temporary measure. In severe cases, permanent plugs may be considered.

What can I do to help myself?

Use artificial tears, gels, gel inserts, and ointments - available over the counter - as the first line of therapy. They offer temporary relief and provide an important replacement of naturally produced tears in patients with aqueous tear deficiency. Avoid artificial tears with preservatives if you need to apply them more than four times a day or preparations with chemicals that cause blood vessels to constrict.

Wearing glasses or sunglasses that fit close to the face (wrap around shades) or that have side shields can help slow tear evaporation from the eye surfaces. Indoors, an air cleaner to filter dust and other particles helps prevent dry eyes. A humidifier also may help by adding moisture to the air.

Avoid dry conditions and allow your eyes to rest when performing activities that require you to use your eyes for long periods of time. Instill lubricating eye drops while performing these tasks.

If symptoms of dry eye persist, consult an eye care professional to get an accurate diagnosis of the condition and begin treatment to avoid permanent damage.

Eye Doctors, Elgart, Pinn, Gordon, Elgart - Optometrists

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STRUT your PLUCK or... From Insomnia to Ducks - A Genesis

My husband couldn't sleep. He got up, searched the internet for car toppers; you know, some kind of funky object that could stick on a car to distinguish it from others... well, no luck. However, Fred, now on a mission, found a rubber duck from the bathtub, punched a hole into its sides, angled a zip-tie through its belly and fastened it to my van's roof rack.

That very morning, amid the frenzy of dashing for the bus, all three kids and myself were positively enchanted, totally delighted, and just had to shout "Hey! There's a duck on mom's car!"

Well, that was the genesis of *Plucky Duck*, a way to help you find your car and truck.

Fred, seeing a niche for practical yet fanciful fun, with an entrepreneurial pal, Tom Muckle, designed and manufactured a respectable mounting base for zip-tie models, and expanded to suction cup and mini magnets with brightly colored friends of frogs & fish as well as ducks.

Everyone has some "pluckiness" within them - grit, daring and mettle. It is backbone, heart and nerve. It is determination and resourcefulness in the face of adversity. I believe that it is not just blood sweat and tears, but more like spunk, spark and spirit. Strut your Pluck! Check us out on www.mycartopper.com and distinguish yourself - you will never lose your car in the parking lot again.

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Thanksgiving Wines

Thanksgiving is a great time to experiment with wines. With such a broad variety of foods one is sure to find a wine to pair with almost anything served. The most traditional wines for Thanksgiving include whites such as full bodied Chardonnays and crisp Rieslings. For Reds, a light Pinot Noir is most typically served with turkey and Bold Zinfandels for the fixings. While these varietals all pair perfectly, there are some newer varieties of wines that should be looked at.

California has started a trend of Red and White Blends, although this process is anything but new. France has been blending for years both in Bordeaux and the Rhone Valley, and most other European countries have been doing the same. So what is all the hype about in California? Well, unlike the typical dry Bordeaux from France, California has come up with some rich, fruit forward wines with soft finishes which are relatively inexpensive ranging from \$10-\$20. Most of these Red Blends are comprised of Zinfandel, Petite Sirah, Syrah, Cabernet Sauvignon, Merlot, and small amounts of other lesser known varietals. Many of these wines have great

richness, and perhaps a little spice which makes them total crowd pleasers, as well as a great match for your Thanksgiving feast.

The blended whites also tend to be on the fruity side rather than being dry, which makes them a great substitute for a Riesling. Many different varietals are used in these blends including Sauvignon Blanc, Chardonnay, Semillon, Moscato and Riesling. These wines tend to be very aromatic and floral with soft tropical fruit notes. These qualities make them perfect for turkey and fixings.

Although its easy to run into your local wine shop and pick up your old "go-to" wine, venture out a bit this Thanksgiving and try a white and red blend for your feast. Not only will you be pleased, your guests will be as well. There are vast selections to choose from and you won't have to break the bank. Happy Thanksgiving!

*Art LiPuma, manager
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INGREDIENTS

2 – 3 lbs boneless/skinless Chicken Breast (Bell&Evans)
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28 oz. San Marzano Whole Tomatoes
1 Cup All Purpose Flour
12 oz. Can Quartered Artichokes in water
Olive Oil – enough to coat bottom of pan
Large Red Pepper
Large Green Pepper
Medium Onion

4 Cloves Garlic Minced
1 Cup Dry White Wine
6-8 Leaves Basil
¼ cup Italian Parsley
1 - Tbl. Capers
Salt and Pepper
Green or Black Olives to taste
Grated Parmesan or Romano Cheese
Egg Noodles or Rice

Cut chicken into small medallions or strips (Ask your butcher to do it for you). Dredge chicken in flour seasoned with salt and pepper. Using large frying pan with oil, cook chicken for 3-4 min. Should be half done and slight brown on both sides. Remove chicken from pan and use this pan over medium heat. Deglaze pan with wine, scrape any brown bits from bottom of pan to for maximum flavor. (Add more oil if needed) Sauté peppers, onion, garlic, approximately 10 minutes. Add tomatoes (crushed by hand) simmer for approx. 5 min. (Add as much juice of tomatoes as needed) Season with pepper, salt, basil, parsley. Add artichokes, capers, olives to taste. Add chicken - cover pan with foil or lid. Cook over medium heat 15 minutes until done. Can be served over egg noodles or rice – garnish with cheese. Serves 4-6 people.

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*Courtesy of Dr. Thomas P. Petrick, DMD
and Dr. Theodore J. Katz, DDS, PC*

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