

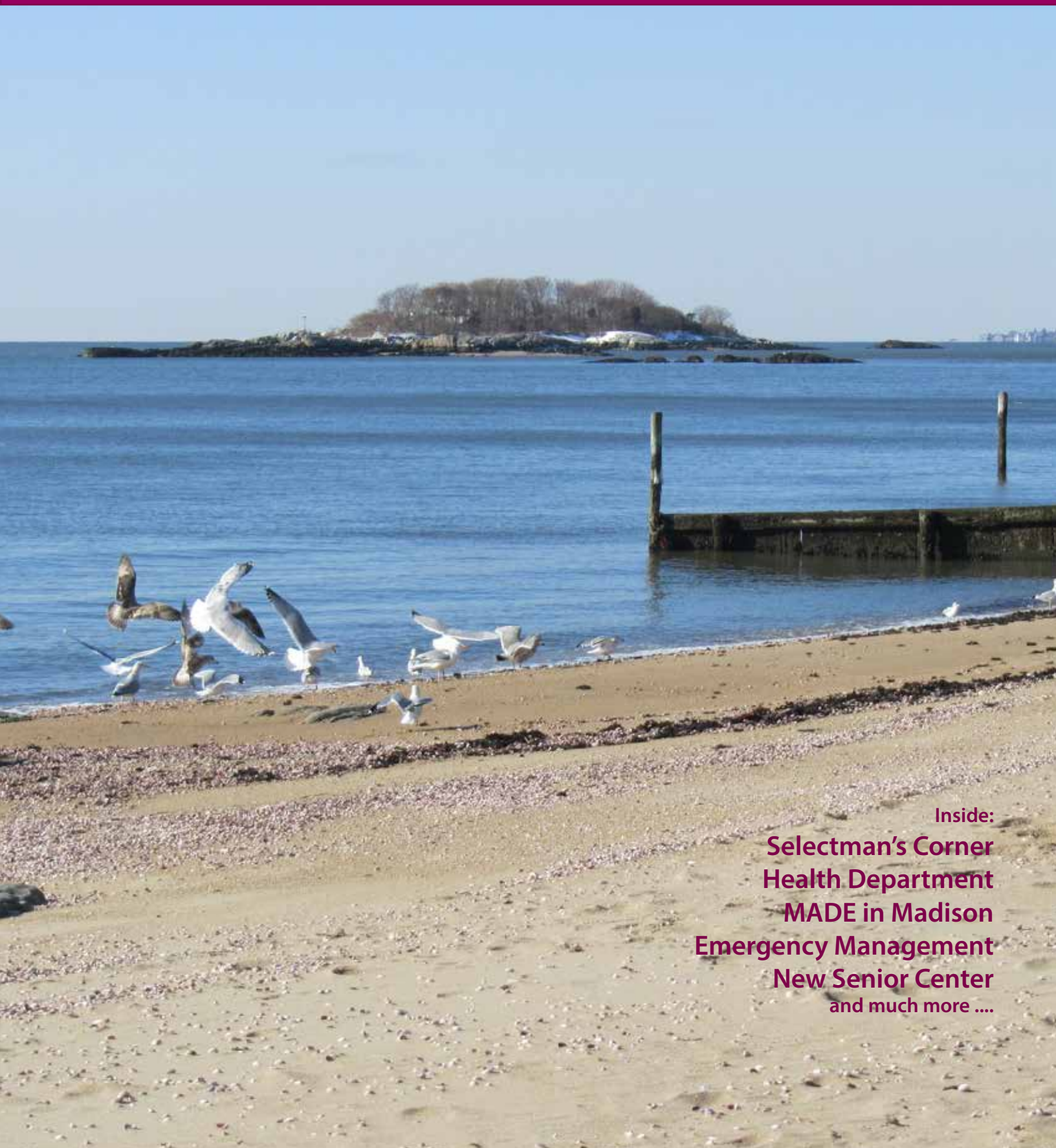
Madison



Events

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Volume 3 • Quarter 1 • 2012



Inside:
Selectman's Corner
Health Department
MADE in Madison
Emergency Management
New Senior Center
and much more



Timothy C. Siegrist, M.D., Urology

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First Selectman's Corner

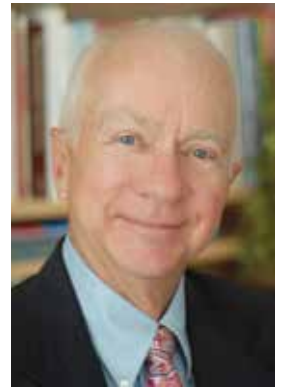
Highways and byways - Irene took a real toll on our ability to perform planned activities. That said, we are getting back on track and have issued the contract for the long-planned reconstruction of Overbrook Road. The drainage and grading parts of the project will begin very shortly.

The Town will also begin work this spring on the permanent rebuilding of the portion of Middle Beach Road that was damaged by Irene last August. During the construction, pedestrian and automobile traffic may be restricted along this popular scenic area. Please respect any road closures that may arise.

Next on the list of repairs from Irene is the sea wall at the Surf Club. Again, please respect any fenced off safety areas involved. After the sea wall, in priority will be the East Wharf and West Wharf stone jetties, and sand dune restoration at the Surf Club.

Looking ahead, we have spoken of the need to perform an engineering study of all of our Town roads to evaluate their condition and prioritize any repair or rebuilding work. I am pleased to announce that we expect to receive a grant from the South Central Regional Council of Governments to perform the study at no cost to the Town. Both the Town Engineer and I are active in this group as we work with our compatriots to solve local municipal problems.

Town Garage - When we finally got some snow in January, the new Town Garage on Fort Path Road proved its worth. Snow plow truck preparation took place quicker and easier inside the new building, instead of outside, and the trucks were able to get on with their tasks immediately instead of waiting for their diesel engines to warm up. It also helped tremendously that the ice and snow didn't have to be scraped from the trucks before starting out.



Budget Calendar - The Boards of Education, Finance, and Selectmen are working hard on the budget for next year. A few key dates are:

Monday, April 23 (7:30 at Polson Middle School Auditorium) Public Hearing where the Board of Finance presents its budget recommendations;


Tuesday, May 15 - Budget referendum at District 1 and 2 Polls.

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Madison Health Department

Protect Your Investment Pump Your Septic Tank Regularly


Septic tanks are underground concrete (or sometimes, plastic) boxes, filled with sewage, that allow solid wastes to settle out and oils and greases to float, so that they don't enter your leaching area. If the level of solids or greases in the tank becomes too high, they will enter the leaching area and plug the pores in the soil that allow the liquid to filter into the ground. If that happens, this sewage will either back up into the house or break out onto the ground surface. Once the leaching area becomes clogged it will need to be replaced or extended. Adding leaching fields is far more expensive than pumping septic tanks. Regular septic tank maintenance is the single most important step you can take to extend the life of your system. Other protective measures are listed below and additional septic system information can be found on the Health Department page of the Town's web site: <http://www.madisonct.org/health/septic.html>.

Septic tanks should be cleaned (pumped) every three to five years, depending on their size and how heavily they are used. There is a Town Ordinance that requires septic tanks to be inspected, and pumped if necessary at least every five years.

Septic tank pumping companies are licensed by the state and they report each tank they pump to the Town, which we then enter into a database. Occasionally, we send notices to homes that have not had a septic tank cleaning in five years. If you receive such a notice from the town, you should arrange to have your tank pumped. If you receive a notice and your tank has been pumped in the last five years, contact the company that did the work and have them send us a record of the service, so the Town's records can be updated.


SEPTIC SYSTEM DO'S AND DON'TS

- If you use a garbage disposal, use it moderately and pump your tank annually
 - Don't put fats and oils down your drain
 - Minimize use of strong cleaners and disinfectants which reduce biological activity in the tank
 - Keep diapers, cigarette butts, coffee grounds and other solids out of your septic system
 - Dispose of caustic chemicals, pesticides, oil, paint, gasoline etc. through the Town Hazardous Waste Disposal program - not in your septic system.
- For more information, visit our website
<http://www.madisonct.org/PW/hazardous.html>
- Don't allow construction, landscaping or other heavy equipment on your septic system
 - Don't grow large trees over your septic system
 - Minimize water usage



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M.A.D.E. in Madison: Seeing Results

Every two years, M.A.D.E. in Madison partners with the Madison school system to administer the Search Institute's Developmental Assets survey to its youth in grades 7-12. The survey was last taken by our students in October, and now that the results are in, we can start to see emerging patterns trending in the right direction!

You may have noticed the buzz over the past several weeks about the new results released to the public in late January, early February. We are happy to report that the underage drinking and drug rates have decreased across the board! Thanks to the efforts of our volunteers, supporters, and YOU, the community as a whole, our students are reporting that they feel more supported, engaged, and are increasing their resistance against risky behaviors. Overall underage drinking decreased 4.17%, tobacco use decreased 14.29% and marijuana use decreased 6.67%. As a whole, students are also starting to delay their age of initiation for alcohol, tobacco, and marijuana.

Aside from the use rates, the survey showed an increase in the Developmental Assets. Developmental Assets are the supports, experiences and attitudes that can influence our decisions and help shape us as people. They are the fundamental relationships, opportunities and qualities that young people need to avoid risky

behavior and to thrive. When it comes down to it, Developmental Assets are a framework and measuring stick for some very common sense assertions: all adolescents need support, empowerment, boundaries and expectations, constructive use of time, a commitment to learning, positive values, social competencies and a positive identity. Students are reporting an increase in both external and internal assets. The more assets an adolescent identifies in their life, the more likely they are to make smart choices. As adults, we can all help build assets in our youth through simple, everyday actions.

While these results are positive, we know that the work is not done! We will continue to work with the community as a whole to reduce youth substance use. We encourage you to continue to talk about the results, and what they mean for the youth in Madison. We also invite you to attend upcoming events, like the panel discussion on the social host law scheduled for March 8 at the Senior Center from 6:30-8:00 p.m.

To learn more, get involved with M.A.D.E. in Madison and contribute to the work of the coalition in building a healthier community, visit the website www.MadeinMadison.org or contact the coalition at madeinmadison@madisonct.org, 203-245-5694.



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News from Events Magazines

Events Magazines is under new management. With this change comes the opportunity to bring fresh ideas and new features to our advertisers and business partners. We plan to offer new magazine features including special events focus pages, business spotlight pages and merchant/group ad pages. We will add website advertising and client links. You can look forward to the same outstanding service, hard work and strong business relationships we have already developed.

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News from The Tax Collector's Office

The Town of Madison has a new feature on our website, an on-line database of tax information for local property taxes. 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 as of January 3, 2012 and the information is updated on a daily basis. Just visit our website at www.madisonct.org and click on the green button that says "Online Tax Payments". All current year tax information is available for real estate, personal property and motor vehicles. There are

**Online
Tax
Payments**

several options for searching information, such as

- Bill number
- Unique ID number
- Property Location
- Name
- All bills
- Current amount due
- 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*

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Madison Emergency Management

What to Expect When You Call 911

When you call 911, the telephone is answered by a telecommunications professional who is trained to determine the nature of the call and gather essential information from the caller. He or she will ask you to confirm the address from which, or about which, you are calling and your phone number, in case you are disconnected, and will then ask you to describe the nature of your call or need, so that they can send the appropriate emergency services in the most appropriate response mode. Please be patient and try to be calm with the dispatchers because in many cases they have a pre-scripted series of questions that they need to ask in order to prioritize the call to ensure a proper emergency response. Many calls result in several emergency services responding. For instance, police and fire often respond to medical calls. Please call 911 directly if you have an emergency. If you call your friend, family member or neighbor and have them call 911 on your behalf, there is often critical information that is not available to the dispatcher.

911 is reserved for true emergencies, such as medical emergencies involving life or limb, fires or the smell of smoke, burglary or intruders, vehicle accidents, power lines in the road, etc. Other issues such as animal complaints, general power outages, mailbox damage due to snowplows, vandalism, etc. should not be reported on 911.

Please don't abuse the 911 system. Madison's emergency communications center receives a significant number of 911 hang-ups. These not only tie up the dispatchers but result in unnecessary emergency service responses, because every 911 hang-up is investigated by the Police Department, which impairs both services from responding to true emergencies. Please do not allow young children to play with the telephone (even old, unused cell phones that are not covered by a contract are still able to dial 911). Use 911 for only true emergencies, not general information inquiries, or parade details. The dispatchers do not know, for instance, when power will be restored to a street or home or when your street will be plowed.

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Beach & Recreation Department News



The Beach & Recreation Department has many fun and exciting programs planned for your consideration and participation for the upcoming spring. 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 http://www.madisonct.org/Beach_Rec to see a complete listing of our program offerings.

On-Line Registration

We are happy to announce that our on-line registration system is now up and running. All programs may be found at the town's website www.madisonct.org. Just click on Beach and Recreation Department and follow the prompts. New users will be asked to create an account which will need to be approved once submitted – this process usually takes a week so please plan accordingly. If you see a program that is coming up quickly it may be best to come in to the office and register. Staff will be happy to help set up your account, just ask. We now also accept Visa, Master Card and Discover to assist you with your registration.

There are some important dates for everyone to remember and mark down on your calendars:

Boat Rack Rentals Renewal period begins March 1st and ends on March 31st. Rack Upgrades - please renew your current rack and indicate on your registration form that you would like to upgrade your rack. New Rentals will begin on April 12th.

West Wharf Mooring Post Lottery

- Registrations for lottery draw begin March 1st and end on March 31st.
- One registration per family
- Vessels 18 feet and under are eligible
- Vessel must be registered in Connecticut
- \$220 check or money order made payable to "Town of Madison" must accompany registration form; funds will not be deposited unless you are issued a post. All others will be returned.
- All boats on posts MUST display a Town Boat Number on the stern of the vessel.

Beach Parking Stickers

Parking stickers go on sale April 2nd.

Parking stickers are required for access and parking to the three town beaches beginning on Saturday, May 26th. Parking stickers must be permanently affixed outside to the driver's side of the windshield or on the driver's side

Continued on page 8

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Beach & Recreation ... continued from page 7

of the vehicle, and sticker number must match vehicle license plate.

Residents/taxpayers are eligible to purchase seasonal parking stickers for each registered vehicle in the household. Non-Residents may purchase daily parking passes only. Parking stickers are available at the Recreation Office in Town Hall - Monday through Friday 8:30 a.m. - 4 p.m. Daily parking tags are sold at the Recreation office, and also during the summer months at the main gate of the Surf Club Beach. Residents may purchase daily guest parking tags in advance at the Recreation Department Offices.

Parking stickers and guest tags may also be requested by mail. Along with your request please include a photo-copy of your license, car registration and tax bill, check made payable to "Town of Madison", and a self addressed stamped envelope. Staff will process mail in requests as time permits. Please allow at least one week turnaround time if requesting passes by mail. Complete and print out our beach tag order form which can be found on the Town of Madison Website - www.madisonct.org and look under departments - Beach and Recreation.

2012 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 Week-ends (Fri, Sat, Sun) and Holidays per vehicle.

Community Garden Plots at Bauer Park

Garden rental renewal period begins March 1st and ends March 31st. Remaining plots after renewal period will be available for new rentals on April 18th. Individuals may have up to two plots in either the Community Garden or Organic gardens.

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Toning Your Financial Health

It's that time of year when many people set goals in the hope of changing their lives in the year to come. Some may set their sights on losing a significant amount of weight or training for a marathon, while others may want to spend more time with family or other loved ones. Whatever your plans, you may want to add a few small financial changes to your resolution list to help you turn 2012 into an even better year.

Pay down debt - Having debt is normal, but having too much debt - particularly as your credit card statements start flowing in after the holidays - can quickly become overwhelming. As you start the year, make a plan to pay off debts with the highest interest rates first. Also, it's always wise to pay more than the minimum payment, so if you're financially able to pay a bit more than the monthly amount due on your mortgage, car loan, or other debt, do so. You'll pay off your debt faster and save more on interest in the long run.

Increase your savings - Now that we're exiting the season of "spend, spend, spend," it's time to focus on saving. Perhaps you'd like to save for a dream vacation, a down payment for a new home, or an emergency fund to cover the unexpected. By setting a goal, establishing a timeline for accomplishing the goal, and outlining a strategy for reaching it, you'll find the results easier to achieve.

Develop a budget - Budgeting isn't exactly glamorous, but even the world's Warren Buffetts need to incorporate a budget

into their financial plans. When developing your new "budget," it may help you to think of it as a spending plan instead. How much will you spend on food, entertainment, and education during the year? By planning out your expenditures, you'll have a better understanding of where you're allocating your income and how much is available to spend on each activity in a given week, month, or year; whichever timeline best suits your planning style.

Review your credit report - Your credit report is a critical component of your financial health. Therefore, it's important to check it annually so you can monitor where you stand, as well as keep an eye out for potential credit fraud. You are entitled to one free report a year from each of the three major credit-reporting agencies - Equifax, Transunion, and Experian. Use a website such as annualcreditreport.com to request your reports at the beginning of the year (or request one at a time throughout the year). This way, you can file disputes regarding any erroneous information, as well as evaluate how you might increase your overall credit health during the year.

Protect your identity - Thanks to the wonders of technology, it is easier than ever bank, shop, and even find long-lost friends and family members online. At the same time, it's also easier to inadvertently expose our personal information to those looking to exploit it. Protecting your identity can be as simple as monitoring your accounts; including online bank accounts, social media profiles, and your personal e-mail.

Tips:

- Review your monthly statements for any suspicious activity.
- Avoid using your social security number whenever possible.
- Be sure that you are on a secure website - the URL will begin with https - before you submit personal information online.
- Be wary of opening suspicious e-mails and don't click on any attachments. Err on the side of caution and contact the company directly if you receive any suspicious e-mails, letters, or phone calls regarding any of your accounts.
- Start a college fund - education expenses have continued to increase exponentially, so the sooner you can begin putting money away, the better off you'll be. Whether you are saving for a child's or grandchild's, or your own education, there are multiple investment tools that can help you develop an effective college savings plan. Work with your financial advisor to evaluate your unique situation and the best option for pursuing your goals.
- Assess life changes - As our lives change from year to year, we may not be aware of how these changes can affect our financial health. Embarking on new career, welcoming a new baby to the family, purchasing a new property, or even just getting one year closer to retirement may all require you to revisit your financial plan and long-term goals.

It's a good idea to review your insurance coverage, retirement plan, will, and estate plan annually to assure that all aspects of your life are incorporated.

Continued on next page

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Financial Health ... continued from previous page

· Further your financial knowledge - One can never have too much knowledge. There are a number of websites, TV shows, and books available that can offer insight into this industry and its ever-changing nature. Be sure to reach out to your financial advisor if you find a topic you would like to learn more about. This will not only provide you with a deeper understanding of your investments and other financial matters, but it also will allow you and your financial advisor to improve your financial goals through communication on topics that interest you.

These are just a few resolutions that can help improve your overall financial health, toning up those areas that may need extra attention. What's our resolution for 2012? Continuing to help individuals and families pursue their financial goals well into the future. If you're interested in learning how we can help you, resolve to contact us today. Best wishes and Happy New Year!

- Matthew J Sullivan

Matthew Sullivan is a Financial Advisor practicing at 10 Springbrook Road, Old Saybrook, CT 06475. He offers securities and advisory services as an investment adviser representative of Commonwealth Financial Network®, a member firm of FINRA/SIPC (and a Registered Investment Adviser). He can be reached at 860-388-9628 or at matt@sullivanfinancialgrp.com.

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Zoning Board of Appeals	203-245-5632

www.madisonct.org

Bringing Relief to Patients with Chronic Sinusitis

Headaches come in many forms and occur for many different reasons. They often come with the change of seasons, due to allergies or infections that may result from the common cold. However, many people have a condition called "chronic sinusitis," that causes them severe, ongoing pain and/or pressure in the forehead and the middle of the face. Now, Middlesex Hospital Ear, Nose and Throat specialist, Howard Boey, M.D., is using an advanced technology that can relieve these symptoms. Sinusitis occurs when the linings of your nose, sinuses and throat become inflamed, possibly from a pre-existing cold or allergies. Chronic sinusitis can occur when this inflammation lasts three months or more.

Common symptoms include:

- Facial pain or pressure
- Difficulty breathing through your nose
- Discharge of yellow or green mucus from the nose
- Pain in your teeth
- Lost of the sense of smell or taste
- Headache
- Fatigue
- Sore throat
- Bad breath

In the past, there were two options available for patients suffering from chronic sinusitis - medical management of the condition through the use of medications or injections, or invasive surgery that involved removing bone from the nasal system to open the sinus passages. This procedure can be very painful and require extended recovery time. For some patients, neither of these treatments provided a permanent fix.

Dr. Boey is now providing a brand new option at Middlesex Hospital for those suffering with chronic sinusitis called, "balloon sinuplasty." It is a minimally invasive procedure that opens the sinus passages and provides relief from the pain and pressure associated with chronic sinusitis. During the procedure, inflamed sinuses are opened in essentially the same way that doctors open up blocked arteries during a heart procedure called balloon angioplasty. A balloon catheter is inserted into the inflamed sinus and then inflated to expand the sinus opening. Fluid is sprayed into the infected sinus to flush out pus and mucus. The balloon is then removed, leaving the sinuses open to drain and relieve sinus pressure.

According to Dr. Boey, "The balloon procedure provides a much quicker, less invasive way to treat chronic sinusitis. Patients recover in less time, with less pain and those who meet the criteria for this type of surgery experience longer-lasting relief from their symptoms."

To learn more about Dr. Boey's balloon sinuplasty procedure, he can be contacted at Southern New England Ear, Nose and Throat Group, at the following locations: 51 South Main Street, Middletown, (860) 344-0055 and 669 Boston Post Road, Guilford, (203) 458-6181.

Madison's New Senior Center



Ribbon Cutting Ceremony

Madison's new Senior Center officially opened with a ribbon cutting ceremony on January 10, 2012.

The Senior Center is located at 29 Bradley Road and offers many activities and programs including billiards leagues, tai chi classes, dance classes, lectures, art and crafts classes, card leagues, aerobics classes, yoga classes, computer courses, book clubs, trips, and much more. Staff is also busy coordinating clinics, health screenings and support groups.

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Please visit us online for more information <http://www.madisonct.org/seniors>.

*Madison Senior Center (203)245-5627
www.madisonct.org/seniors*



The Library



The Computer Room



The Billiard Room

MADISON NEWCOMERS' GUIDE

WELCOME TO MADISON!

On behalf of *Events Magazines*, welcome to Madison. Whether you are new to Connecticut or just new to 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" - we do!

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Safe Harbor Memory Care Neighborhood Opens

After months of planning, designing, preparation and construction, The Saybrook at Haddam assisted living retirement community is thrilled to open our new Safe Harbor Memory Care neighborhood. This warm and inviting neighborhood "village" is located in a one-story wing of The Saybrook at Haddam, and was created specifically for individuals suffering from Alzheimer's, dementia, or other memory-related disorders.

We designed the Safe Harbor Memory Care neighborhood to be a beautiful, open and engaging environment - taking advantage of the building's existing high ceilings, oversized windows, wonderful lighting, and open floor plan. Our common-area living room is very home-like with comfortable chairs and couches, a large television, games, and books. Residents enjoy family-style meals each day in our large, open dining area - which always has room for "one more." Both of these rooms are available for use anytime throughout the day for visits with family and friends, for conversation, or enjoying our many social activities designed specifically for individuals with memory disorders. These areas are bright and airy, and overlook our new outdoor walking garden and patio.

Each private or shared studio apartment is also light and open, and some featuring seating areas, a small kitchenette, and a spacious bathroom. This space is perfect for quiet time or private visits with family and friends. Residents are encouraged to decorate their apartments with their own personal items, photos, and artwork to truly make Safe Harbor their home.

Entering Safe Harbor is like walking down the main street of a little village. As you stroll along the path, you pass a park and "café" setting with table, chairs and striped awnings, where you can stop for conversation or rest. You then pass a "neighbor's house" (which is a large, engaging mural of a lovely yellow house), and finally make your way to the beach and boardwalk (another oversized mural). The doorways are decorated with wreaths and many other home-like details. Additionally, our secure entries and exits blend into the surroundings, and do not take away from the neighborhood setting.

The philosophy at Safe Harbor is that life is made up of many little touches, events, and small happenings every day, and it is our job to use these little opportunities to create happy moments. Everyone at Safe Harbor works in a kind, respectful and caring way towards each resident to bring out the essence of who they are as individuals - so they can live with dignity and as much independence as possible. Our team works closely with doctors and families to provide a personalized memory care plan for each resident - so they can be their best at every moment of the day.

It is exciting to see this vision come to life, and be able to bring this valuable living option to our region. We were able to show off Safe Harbor during a "preview" open house in December, when we invited professionals and the community to tour this newly completed specialized memory care neighborhood. Many guests told us the open spaces, inviting layout, and warm environment was ideal for anyone living with a



A "Neighbor's House" Mural

memory-related disorder. Families and individuals are welcome to schedule their own private tour of Safe Harbor (or to request an application for residence) anytime by calling 860-345-3779.

We know many families struggle to care for a loved one who suffers from Alzheimer's, dementia, or other memory-loss disorder, which can take a toll on everyone. We hope our Safe Harbor Memory Care neighborhood provides an exceptional solution for them.

- Kathy Ryan, Executive Director, The Saybrook at Haddam

Kathy Ryan is executive director of The Saybrook at Haddam, (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located in the heart of the Connecticut River Valley region. The community provides independent retirement living services as well as assisted living services (provided by its state-licensed Agency).



Cafe setting for conversation or rest

Madison Youth & Family Introduces “Parents Forever”

Building a positive parenting team from a broken marriage

Divorce can be a time of extreme stress for families as parents work to dissolve the marital relationship without damaging the relationship with their children. Unfortunately the research continues to find divorce has a negative impact on both parents and children exacting a high cost to society as a whole. Depression, low self-esteem, and financial stress among parents effects their ability to provide a consistent stable environment necessary for healthy child development (Brotherson, White, & Masich, 2010). Too often parents lose sight of how their actions and reactions to their spouse place their children into the middle of the battle and at times even letting the children become their weapons in the fight. Children are suddenly faced with loyalty issues, insecurity, and anxiety about their future.

The research confirms that children who experience divorce are also more likely to experience emotional and behavioral

problems than children who do not. The good news is this research has also found that parents who participate in short term post-divorce parent education programs are more likely to be able to limit the negative effects the divorce has on their children (Dworkin, & Karahan, 2005).

Madison Youth & Family Services will soon present “Parents Forever” a short-term parent education program developed by the University of Minnesota (<http://www.extension.umn.edu/parentsforever/>) and backed by ten years of research as an effective tool in limiting the negative effects of divorce on kids and families. This program is designed to provide the information and tools parents need to effectively deal with their stress, anger, and conflicts while limiting the negative impact on their children. The program addresses the issues facing parents and families including anger, stress, money, legal, and next steps.

For more information contact Madison Youth & Family Services at 203-245-5645.

Choosing A Child Day Care Program - Guidelines

- Is the program licensed? You may visit the Department of Public Health’s (DPH) web site at www.dph.state.ct.us to verify if a program is licensed.

- Visit the program when children are present prior to enrolling your child; after enrollment, pay an unannounced visit at a time different from your regular schedule. Parents must be given access to licensed programs during the hours of operation. Observe the routine and ask questions. Ask to see the program’s most recent DPH Inspection report.

- Are the staff members friendly and qualified? Do they appear to enjoy their job? How long have they worked at the program? Are they actively engaged with the children? Do they speak and work with children gently and appropriately for their ages, levels of development and special needs?

- Is there adequate staff to provide careful supervision? No children should be left unsupervised.

- Is the program clean and safe indoors and outdoors? Are the toys, equipment and furniture clean, safe and appropriate for your child’s age and development? Is the playground free of hazards?

- Ask the program for parent references.

- Is there a planned program of activities that is appropriate for the children at the facility?

- Are the children having fun at the program? Do they look forward to going to the program?

- Do you feel comfortable with the program? Can you communicate easily with the director and program staff?

- Use the Child Care Checklist for Parents to conduct your own inspection of the program. The Regulations that outline minimum requirements for licensed child day care programs can be found at the web site below.

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Harlem Wizards vs. Mighty Madison Tigers

Monday, March 26, 6:30 p.m.
 DOORS WILL OPEN AT 5:45 p.m.
 Walter C. Polson Middle School
 302 Green Hill Rd, Madison, CT
 Student/Senior Admission: \$12 in Advance
 Adult General Admission: \$14 in Advance

For the second year, Madison's Parents Representative Council (PRC) is organizing a fun, family night to benefit all of our Madison Public Schools. Madison will host the Harlem Wizards Basketball Team (a comedic basketball team, similar

to the Globetrotters). They will play the "Mighty Madison Tigers," a team comprised of Madison citizens, teachers, coaches and athletes. All of the district schools have come together to organize this event. It will be fun for all ages. All proceeds will be divided evenly among Madison's seven public schools. If you have questions or would like to help sponsor this event, please contact: Sherry Brohel at jnsbrohel@att.net.

For more information go to: <http://www.madison.k12.ct.us> and select the PRC link under the Parents button.

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Mention this ad for a discount

Madison Cares: "Raise the Roof"

On Saturday, May 12th, *Madison Cares*, and *Habitat for Humanity of Greater New Haven* will once again stage a live 'build' in downtown Madison to benefit Habitat for Humanity. Entitled 'Raise the Roof,' the day-long event will include multiple sites where volunteers can assist in building parts of a Habitat for Humanity home. These sections will be utilized in future Habitat homes in New Haven. All volunteers are welcome, and no construction or building experience is necessary.

Large scale building, including creating the walls for as many as five Habitat houses, will take place on the town green. Smaller construction projects such as those dedicated to youth and families will occur at work stations located in the downtown area. The event will also feature music performed by local artists and an Expo where Connecticut tradesmen and contractors will exhibit a variety of home maintenance products and services. Last year's event drew hundreds of people. This year promises to be even bigger!

A voluntary donation of \$25 per adult and \$15 per teen is requested. Donors will receive a Raise the Roof T-shirt and online photo souvenir. Registration opens March 2, 2012. For more information, go to www.madisoncares.org.

Founded in 2003, *Madison Cares* has raised over \$375,000 and has built seven Habitat houses in New Haven. Ground-breaking for the eighth house is on March 3rd.



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next
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Red Carpet Secrets for Everyday Use



Dr. Susan O'Malley

It's award show season again. That means its Red Carpet Season too. When stars walk the red carpet they talk about who designed their gorgeous gowns, killer shoes and fabulous jewelry. But no one talks about the work that went into their face.

We look at stars on the red carpet and wonder how they do it. Every now and then we'll find a "beauty secret" from one of them raving about some face cream. As if that was all it took!

Just because you're not walking down a red carpet, doesn't mean you can't "borrow" some of their secrets. When you compare yourself to a big name star, don't despair. They didn't get that look from eating apples and drinking water. Their solutions can be your solutions as well.

Botox® flows on the red carpet like water out of a faucet. One Botox® treatment will relax your frown lines, crow's feet, forehead wrinkles and even give your eyebrows a little lift. There is no downtime and your results will last three to four months. If lip lines are starting to become an issue for you, a tiny amount of Botox® can relax those as well.

One Juvederm™ treatment can fill in nose to mouth lines, mouth to chin lines, give you back your fuller lips of youth and contour your chin to a chiseled look. The results will last between six months to one year, depending on the amount of product used. Bruising can occur from these injections, so give yourself at least a week or two before an event.

Radiofrequency is a trade secret known to Hollywood insiders for many years. While other treatments can be done a few weeks before your event, radiofrequency requires three to four treatments to get your desired effect. The radiofrequency waves target the dermal layer of your skin, causing your body to make more collagen. This is a process that takes a little time.

In my practice, I use the Viora Reaction because the technology has been refined so that the radiofrequency waves can target the dermis without damaging the epidermis. For this reason, there is no downtime associated with this procedure which makes it easy to keep your little secret.

You can still get glowing skin with a quick fix. Microdermabrasion treatments are designed to remove the dull lackluster top layer. Once this skin is removed, your new top layer is bright and vibrant. You feel a scratchy sensation as the machine does its magic, but no pain. There is no down time to speak of, but you might be "in the pink" for a few hours afterward.

Who doesn't want to look good in front of the camera or the mirror? We all do. So when you watch the Oscars this season, don't despair. Now you know their secrets!

By Susan O'Malley, M.D.

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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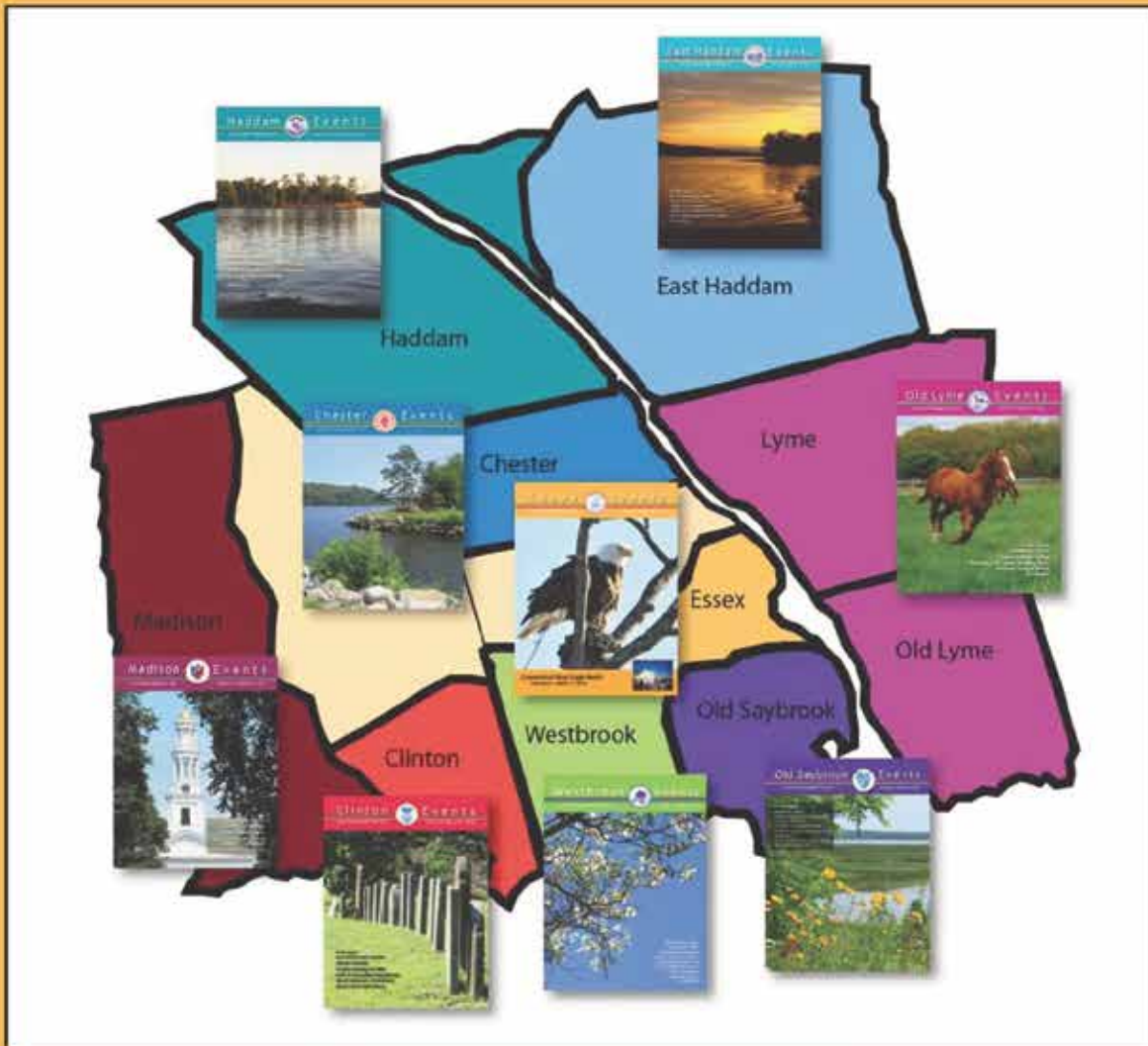
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