

Madison



Events

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Volume 5 • Quarter 1 • 2014



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First Selectman's Corner

West Wharf Beach Park - After several years of negotiation, the Madison Beach Hotel has agreed to a swap of property that will significantly enhance West Wharf Beach. The Hotel will give the town 3,007 square feet of sandy beach on the east side of the road near the "Fish House". This beach includes 80 linear feet of direct waterfront. An additional donation by the Hotel provides \$100,000 to the Town for improvements as follows:

- Realignment of the entire parking area from Parker Avenue south to the water;
- Addition of 19 municipal, public parking spaces, an increase from 30 spaces to 49;
- Installation of permeable pavers to alleviate storm water runoff in the beach area;
- A dedicated space for the Madison Hose Company to launch its fire boat;
- Improved lighting in the parking area.

In exchange, Madison will give the Hotel 3,824 square feet of grass area in front of the hotel. This area DOES NOT include any town beach. Madison retains in entirety the town-owned pathway around the dune.

Five years ago Madison turned down a different proposal. It would have involved Madison giving up beach directly in front of the hotel. The Town listened to the public, and the Hotel finally agreed to forego that stipulation in order to reach an exchange. Under the current swap, Madison receives a significant enlargement of its beach property in return for a

similar-sized area of grass. Residents have often assumed that the beach (which the Town will now own) already belonged to the Town, but that was not the case. It belongs to the Hotel. Similarly, it was assumed by many that the "grassy strip" in front of the hotel belonged to the Hotel, but in fact it wasn't. This logical exchange of properties will clarify a much-needed delineation of public/private spaces. The public parking improvements will beautify the area for both the Hotel and for the Town.



This proposed exchange will be presented at a Town Meeting soon.

House Number Identification - Walking around Madison neighborhoods as I knocked on doors last fall, I observed that it can be confusing to identify an individual home by its street number. A small number on your mailbox may not be sufficient for emergency responders to locate you. Please make sure that the street number of your home is also clearly marked on the house itself with easily readable numerals. Additional clarification may be needed at shared-driveway intersections. There is a Town Ordinance with more complete details of what is required.

Fillmore McPherson, First Selectman

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– Paige D. –

I want to thank Polito & Quinn and staff for the amazing work. Thank you for being so understanding and caring. I am very happy with your service.
– Erika S. –

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Resident Mae Gaudio with her son Bud, and wife Marge.



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Land Conservation Trust Celebrates 50 Years!

Founded in 1964, the Madison Land Conservation Trust (MLCT) is one of the oldest land trusts in the United States. Throughout the town of Madison, the Land Trust protects close to 1700 acres of woodlands and wetlands, fragile and vital habitats that might otherwise have been consumed by development. These properties provide residents with more than 35 miles of trails to enjoy. The Land Trust is a nonprofit organization with an all-volunteer board of directors. We are proud to celebrate 50 years of conserving land in Madison.

For 2014, the MLCT has planned special events throughout the year, including a 50th Anniversary Celebration in September, a two-day presentation/hike in November with guest speaker Tom Wessels, author of *Reading the Forested Landscape*, and the 2014 Trail Hike Challenge.

The 2014 Trail Hike Challenge

The 2014 Trail Hike Challenge includes a combination of guided and self-guided hikes on Land Trust trails. Participants who hike 14 trails will receive an MLCT hat. Those who hike all 22 MLCT trails will receive a hat and a special gift. To participate go to our website, www.madisonlandtrust.org, and follow these steps:

1. Download and print the 2014 Trail Hike Challenge Card from the website.

2. Get clues on the website to finding the hidden stamp on each trail. Look for the hidden stamp when you hike each trail and mark your Challenge Card.
3. Take your Challenge Card with all 14 (or 22) stamps to the Autumn Moonlight Walk in October and receive your prize.

2014 MLCT Guided Hikes

- March 9 at 1:00 p.m. Family Treasure Hunt on the Neck River Trail
- April 27 at 1:00 p.m. Local History Hike at Ironwoods Preserve
- May 10 at 8:00 a.m. Spring Birding Hike on the Papermill Trail
- May 25 at 1:00 p.m. Wildflower Hike at Neck River Uplands North
- June 8 at 1:00 p.m. Amphibian Hike on the Blinnshed Loop Trail
- September 21 at 3:00 p.m. Marsh Walk at Ox Pasture
- October 5 at 7:00 p.m. Autumn Moonlight Walk on the Garvan Trail
- November 8 at 9:00 a.m. Forest Forensics on the Summer Hill Trail

We look forward to seeing you on the trails!

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Hope is Power

Exercise Group Bonds Cancer Survivors

Westbrook, CT - Laughter. Joy. A lightness of spirit. Camaraderie. These are terms that are not often connected to the word "cancer," but if you spend any time with the Hope is Power class at the Valley Shore YMCA in Westbrook, that's exactly what you'll experience.

Hope is Power is offered in collaboration and with the financial support of Middlesex Hospital. It is a free, 12-week program for adult cancer survivors designed to empower them to overcome the effects of fatigue and deconditioning from cancer and its treatment. The overall goal of the group is to improve participants' functional capacity and quality of life through an organized fitness program in a small group setting. The program was established in 2010 and now has an advanced level class for those who want to continue in the program after taking the beginner class.

According to Pat O'Brien, survivorship coordinator at the Middlesex Hospital Cancer Center, "There is an increasing amount of research pointing toward the benefits patients can receive from exercise, in terms of reducing cancer recurrence and improving survival rates."

The program is taught in a safe, fun, relaxed environment for all ages and fitness levels. Cancer experts from Middlesex Hospital also present to the group on a variety of topics, such as nutrition and personal care.

For more information about the next Hope is Power class, call the Valley-Shore YMCA at (860) 399-9622, ext. 121.

Madison Earthcare

Spring is a time of renewal and rejuvenation. The garden is a great place to renew the body, the spirit, and yes, the soil.

In today's fast paced world, we often hear terms like renew, reinvigorate, and rejuvenate urging us to take time to revive our senses, relax our minds, or repair our bodies. Whether it's a new face lotion, sworn-by yoga move, or relaxing getaway, we are reminded that rejuvenating ourselves is necessary in our busy lives.

Rejuvenation is also necessary in the garden. Similar to us, occasional extra care in the garden yields better results. When we provide our gardens with TLC, it is not only rejuvenating for the plants, but it is also a perfect opportunity to reinvigorate the human mind and body. Many studies show the health benefits of physically connecting with the earth. In fact, the growing field of Horticultural therapy uses the physical, cognitive, social, and emotional benefits of working in the garden to improve the quality of life for many. So why not use your own garden to take advantage of these proven benefits? A little 'garden therapy' is all you need! Whether it is just enjoying the beauty of the garden with help from a professional, or doing the work yourself, find what is therapeutic for you. "In every garden is a gate to heaven", it's just a matter of finding your own way to it.

In terms of the soil, the best head start you can give your garden is soil rejuvenation. Healthy soil is key to ensuring healthy plants. Use organic fertilizer and compost to reinvigorate your soil.

Melissa Blundon, Madison Earthcare

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M.A.D.E in Madison: Building a Healthier Community



Every two years, M.A.D.E. partners with the Madison school system to administer the Search Institute's Developmental Assets survey to its youth. The survey was last taken by our high school students in October of 2013, and now that the results are in, we are seeing some great results!

You may have noticed the buzz over the past several weeks about the new results released to the public in late January, early February. 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.

From 2009-2013 our past 30-day use of:

- Alcohol has dropped from 34% to 33% (a difference of -3%)
- Tobacco has dropped from 10.5% to 8% (a difference of -24%)
- Marijuana has dropped from 21% to 19% (a difference of -9.5%)

How do we compare to state and national averages?

	Overall 30-Day Use		
	ALCOHOL	TOBACCO	MARIJUANA
Madison	33%	8%	19%
Connecticut	41.5%	15.9%	24.1%
United States	38.7%	18.1%	23.1%

Most importantly, the number of high school students who reported that they got alcohol at home with their parent's permission dropped from 32% in 2011 to 17.2% in 2013!

For more information please attend these upcoming M.A.D.E. events:

April 6th - Superhero Fun Run and Family Festival (MADE Stronger wrap-up) 10:00 am - 1:00 pm Madison Surf Club

April 7th - M.A.D.E. Quarterly Meeting, 6:30 pm - 8:00 pm Madison Arts Barn

April 29th - "What's The Worst That Could Happen?" Play on teen alcoholism, 6:30 pm Polson Auditorium

For more information please visit us online at www.madeinmadison.org



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Madison Health Department Proper Disposal of Medications

Medications should not be flushed down the toilet, sink or otherwise released into the environment. Flushing unwanted medications down the toilet or sink can cause water pollution and has adverse effects on fish and other aquatic wildlife. These medications are not fully broken down when flushed into septic systems and these chemicals can leach into ground and surface waters. Medications are being found at detectable levels in numerous ground and surface waters and are a growing concern among wildlife biologists for their potential effects on fish, frogs, etc. The best way to dispose of medications is to put them in the trash; all trash disposed of in Madison is incinerated. Another option is to dispose of these medications at a dedicated medication take-back day; sometimes sponsored by the US Department of Justice and local Police Departments.

The following tips are from the State of Connecticut DEP.

- Leave the medications in their original container, but remove or otherwise deface the label so privacy information is unavailable.
 - Modify the medications to discourage consumption:
 - For liquids, add table salt or flour, for example, to make it unpalatable
 - For solids; add water to partially dissolve
 - For blister packs; wrap in multiple layers of duct tape
 - Seal the container shut with duct tape
 - Place this container into an opaque bag or container, such as a yogurt or margarine tub
 - Discard the final container in the trash, not the recycling bin
- For more information, feel free to contact the Madison Health Department at 203-245-5614.

The Women's Club of Madison

Our Support of the Arts: Wadsworth Atheneum

Every year the Wadsworth Atheneum holds a fundraising exhibition and invites clubs & businesses to participate. The title is Festival of Trees & Traditions. The idea is to pick a theme and decorate a Christmas tree to match it or to make a beautiful wreath. The trees are displayed in the galleries, priced by them and sold at their auction or during the following week when the event is open to the public; any trees remaining will be donated to local Nursing Home's, Hospitals & Soup Kitchens. This year they had 155 trees and wreaths donated. We usually get a tree donated from a member and pick our theme. The first year it was a Sea Shore Tree which sold for \$350.00 and this year we did a Purple and White Tree to demonstrate our support of all Domestic Violence Awareness and Prevention Programs. I must say it was stunning.

It is a fun project for our club to participate in. We transport the tree and decorate it there so we get to view some of the other talented creations. When a tree is sold it must stay until the end of the exhibition and then the staff will wrap it in bubble wrap and help transport to your waiting vehicle. They are most appreciative of everyone's hard work and talent.

For more information about our club call Kathy 203-245-2269.

Babysitting Seminar

This year the Women's Club will be sponsoring their 43rd Babysitting Seminar. Forty-two years ago it started as a service program and has been in continuous service since then. Much to the surprise of the club they had 117 for their first session which prompted a quick change of venue.

Recently we partnered with the Beach and Recreation Department. They do the advertising and registration for us for a 20% fee. The program which is offered to students both male and female, ages 11 through 13, is run by our members and consists of four weekly classes held at the Polson Middle School. Each week we have a different presenter from our local



*Pictured above: Josephine Mokriski,
Kathy De Burra President, Donna Farrell
Vice President and Sheila Muller.*

community emergency services. Police, Fire and Ambulance do a wonderful job of educating the students on any and all emergencies that may occur and how to best handle them. One week is devoted to a local Pediatrician who instructs the students on the handling of babies and young children. Discussed are the signs and symptoms of medical issues such as Allergies and Asthma. Certificates will be awarded at the completion of the course; all four classes must have been attended.

Classes will take place At Polson Middle school March 5th, 12th, 19th and 26th @ 6:30 pm. Registration may be done on line @www.madisonct.org or in person at the Beach & Recreation Department, Cost \$40.00.

Early Spring Classes at Bauer Park

Nature Trackers

Mondays, 2/24 - 3/31

Thursdays, 3/6 - 4/10

9:30 - 11:00 a.m. or 1:30 - 3:00 p.m.

Does your child like to explore outdoors? Make nature collections? Observe plants and animals? Care about the Earth? Then join the club! From salamanders to seals, junior scientists will learn about the diversity of life on land and in the sea. We'll focus on a different topic each week, and a different theme each session, searching for clues and conducting experiments to unlock the secrets of nature. Ages 4 - 7.

Mini-Explorers

Fridays, 10:00 - 11:30 a.m. or 1:00 - 2:30 p.m.

2/28 It's Sugaring Time!

3/14 Mammals on the Move

3/28 Magnificent Machines

4/11 Down on the Farm

Come join in the fun of exploring! We will learn about nature and science through activities such as hiking, singing, games, reading and making crafts. For preschoolers ages 3 - 5, accompanied by an adult. Indoor/outdoor programs - dress for the weather.

Madison Nature Detectives

Wednesdays, 3/19 - 4/23 (no class 4/16)

Thursdays, 5/1 - 6/12

1:30 - 3:00 p.m.

Join us for weekly visits to Madison's great outdoor places. Each week, we'll meet at a different site to explore and discover our town's natural resources. Activities will include scavenger hunts, water studies, games and more, all while learning how the town's ecosystems are interconnected. Directions to each week's site will be sent to participants via e-mail. For children ages 4 - 6 accompanied by an adult. (Younger siblings are welcome too!)

Get Ready For Bluebirds!

Sunday, 4/6

1:00 - 3:00 p.m.

Bluebirds start nesting in Madison in early spring. Indoors we will learn about what these lovely songbirds need to raise a family. Nest box plans are available. Tour the Bauer Bluebird Trail to see the birds in action. Learn how to become a bluebird nest box monitor as part of the Cornell Lab of Ornithology citizen science program.

All ages. Children must be accompanied by an adult.

Minute To Win It Physics

Thursday, 4/24

4:00 - 5:00 p.m.

Children explore physics concepts while playing fast-paced, exciting games as seen on the TV show Minute To Win It! Science concepts include: forces, gravity, Newton's 3 laws of motion, inertia, potential vs. kinetic energy, momentum, balance - center of gravity and more. Ages 7-10.

A Beginner's Guide to Starting an Organic Kitchen Garden

Saturdays, 4/26, 5/17 and 6/14

9:00 - 11:00 a.m.

Learn how to grow organic vegetables and herbs through fun and productive "hands-on" lessons. This is a beginner's class, no gardening experience is needed. We will cover the basics of soil preparation, easy to grow vegetables, pest control and harvesting. Activities will take place in the Bauer Farming Project plot and the Bauer classroom. Students will be encouraged to apply what they learn at home or in a Bauer community plot if they have one. For adults and high school students.

Registration and more information at www.madisonct.org/bauer/programs.htm or in the Madison Beach & Recreation office. Questions? Call 203-245-5623.

Learn about upcoming events at Bauer Park at: www.facebook.com/bauerparkmadisonct.

Emergency Management Department

What to Expect When You Call 911

When you call 911, the telephone is answered by a telecommunications professional that 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.

Events

MAGAZINES



Madison Events

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Winter Wonder Ball 2014

It's not too late to get your tickets!

Winter Wonder Ball 2014 to benefit the E.C. Scranton Memorial Library is right around the corner!

March 1, 2014

6:00 - 11:00 PM

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Dinner & Open Bar
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Winterwonderball.celebrations.com/libraryball2014

Find Winter Wonder Ball updates on Facebook:
www.facebook.com/pages/Winter-Wonder-Ball-to-benefit-the-Scranton-Library/289247201098958

About Us

The E.C. Scranton Memorial Library, located at 801 Boston Post Road in the heart of downtown Madison, offers much more than good books; it's a center for town information, a learning and resource facility, an exciting environment for children's programs and art exhibits, and a gathering spot for community organizations. The Winter Wonder Ball, with the support of local businesses, individuals and guest attendance, has raised more than \$80,000 over the past two years to further the community service mission of the Scranton Library and to assist with library renovations that help maintain a vibrant, necessary and beloved community space.

Sponsorship & Auction Donations

If you are interested in sponsorship opportunities or making an auction donation, please contact one of the Ball Committee Co-Chairs: Beth Coyne, bethcoyne01@gmail.com or Carin Keane, carinkeane@yahoo.com

E.C. Scranton Memorial Library
801 Boston Post Road, Madison, Connecticut 06443
203-245-7365, www.scrantonlibrary.org



Friends of Madison Youth, Inc. (FOMY)

Friends of Madison Youth, Inc. (FOMY) is a non-profit organization that runs programs and events out of The Madison Arts Barn. The youth of the Connecticut shoreline can attend and participate in open mics, creative and academic workshops, theatrical performances, skate jams and more. Programs include theatrical productions, leadership opportunities, educational support services, artistic and technology competitions and trainings, social events, summer camps and workshops. FOMY strives to create a safe, substance-free environment that nurtures artistic expression, creativity and self-confidence and empowers young people by supporting them in the exploration of their interests and passions.

Upcoming Events:

Middle School Neon Dances

6th Grade Dances - 2/28 & 4/25 from 7:00 - 10:00 pm

7th & 8th Grade Dance - 3/21 from 7:00 - 10:00 pm

High energy music with light show. Double shot basketball, foosball, air hockey and ping-pong tables. Café is open for hot dogs, pizza, snacks and drinks. Admission is \$10.

Teen Open Mic Nights

The First Saturday of every month is our Teen Open Mic Nights. Come down and get some stage time or just come and listen to great music. Full bands, individual instruments or vocal numbers all welcome. House band changes every month. Admission is \$5. Upcoming dates 3/1, 4/5 & 5/3 all from 7:00 - 10:00 pm.

Harlem Superstars v. Madison Players

March 31 at Polson Middle School to benefit FOMY. Come watch New Haven's own Bobby "The Legend" Moore and the Harlem Superstars in a highly entertaining comedy basketball game. Details and ticket info will be available on our website soon.

Auditions for Madison's got Talent and the Next Murder Mystery will be announced shortly along with our Summer Camp and Workshop schedule. Check out our website at www.madisonartsbarn.org for information, to register, and/or purchase event tickets.



Bicentennial Commemoration of British Raid



Segment of 23-ft mural installed on the first floor of the Connecticut River Museum. Mural created by noted painter and muralist, Russell Buckingham. In foreground, British Commanding Officer Coot, brandishing his sword.

Image courtesy of Connecticut River Museum

This year marks the 200-year anniversary of one of the more significant, yet somewhat obscure, events that occurred in the history of Essex - the British attack on the town which took place during the War of 1812. A bicentennial committee has been formed to plan commemorative events for the occasion.

During the early morning hours of April 8th, 1814, 136 British officers, sailors and marines dropped anchor in Long Island Sound at the mouth of the Connecticut River, just off the coast of Saybrook. Manning several heavily-armed boats from their warships, the British made their way up river and came ashore at the foot of Main Street, Essex (then known as Pettipaug), adjacent to what are now the grounds of the Connecticut River Museum. This sneak attack was intended to destroy the town's shipping, specifically their privateers. Though the conflict lasted less than 24 hours, at its conclusion 27 ships in Essex Harbor had been burned. This was the largest single maritime loss of the War of 1812. Thankfully, homes and business were spared and no harm came to the town's residents.

Jerry Roberts, battlefield historian for the National Parks Service grant project concerning this 1814 incursion, has brought it to life through storytelling and a dynamic written account which sheds light on this significant chapter in American maritime history. The release of *The British Raid on Essex: The Forgotten Battle of the War of 1812* is scheduled in early spring, to coincide on or near the actual anniversary date of the skirmish.

The British Raid on Essex Bicentennial Committee has been formed to plan, develop and implement a series of educational, cultural and entertaining events that will commemorate the 200th anniversary of this noteworthy incident in Connecticut's history.

As a kick-off, a full roster of activities is scheduled for the weekend, April 12-13, following the actual anniversary date. Reenactments throughout the town, narrated excursions by boat tracing the events along the Connecticut River, historic walking tours, a festival highlighting the songs and music of 1812, and geocaching, a gps-based scavenger hunt, are planned. Various events will also take place throughout the commemorative year. As always, the Essex Sailing Masters of 1812, a fife and drum corps, will host the annual Commemoration Day Parade, affectionately known by many locals as the "Loser's Day Parade" on Saturday, May 10th.

For more information and continual updates of commemoration activities, visit ctrivermuseum.org, British Raid on Essex Bicentennial 1814-2014.

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Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

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institution that will be able to fulfill their banking needs for years to come.

Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook. Financial, estate, insurance and retirement planning are offered throughout the state by the Bank's Trust Department and subsidiary, Essex Financial Services, Inc, Member FINRA, SIPC. Investments in stocks, bonds, mutual funds and annuities are not FDIC insured, may lose value and are not a deposit, have no Bank guarantee and are not insured by any Federal Government Agency.

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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 www.madisonct.org/Beach_Rec to see a complete listing of our program offerings.

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 31.
- 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 14.

West Wharf Mooring Post Lottery

- Registrations for lottery draw begin March 1 and ends on March 31.
- 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.
- Drawing will be conducted on April 11. Those who are drawn and assigned a post will be notified. Payments for those on the waitlist will be returned.

Beach Parking Stickers

- Parking stickers go on sale April 7.
- Parking stickers are required for access and parking to the three town beaches beginning on Saturday, May 24.

- Parking stickers must be permanently affixed outside to the Driver's side of the windshield or on the Driver's side 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 am - 4:00 pm.
- 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/Beach_Rec.

2014 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.

Community Garden Plots at Bauer Park

- Garden rental Renewal period begins March 1 and ends March 28.
- New Gardener applications will be accepted beginning April 21.
- Returning gardeners who wish to add space may do so starting May 1.
- Individuals may have up to two plots in either the Community Garden or Organic gardens.

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Resolutions You Can Keep

Have you already abandoned your new year's resolutions? We are all familiar with the usual declarations about this being the year to lose weight or to get organized. But did you ever think of New Year's beauty resolutions?

Little changes in your routine can have a big impact. As in any modification of your routine, simple is the key to success. Looking your best is no exception. Let's start with three basic steps.

The first step is the most complicated as you have to do it TWICE A DAY. Wash your face. Over the last ten years, I've heard many stories. Some of you only wash at night; some fall asleep with make-up; some only use water; some use grains excessively. I'm a fan of the one step process, so here's my recommendation. Find a cleanser that you like. It should be effective enough to clean your skin and gentle enough not to burn your eyes. Look for something that will remove eye make-up, as well as foundation. One step ... no washcloth, no grains, no rubbing or scrubbing. If you feel dry, tight or like you have a film on your face shortly after washing, the cleanser you are using is not for you.

The second step is not as complicated since you only have to do it ONCE A DAY. Wear sunscreen. Many of you think that the SPF in your moisturizer is protecting you. It is not.

SPF numbers measure protection against UVB, but not UVA. Higher numbers don't mean more protection. The lifeguards put white stuff on their noses. It's zinc, a mineral that protects against UVA and UVB. Look for a separate sunscreen that contains micronized zinc or titanium dioxide (another mineral) and wear it every day.

If you still believe that you don't go out in the sun and therefore this step is not for you, look in the mirror. I guarantee you that the left side of your face is aging differently than your right. Think of that the next time you get behind the wheel of the car and then put on the sunscreen.

The third step is really simple since you can do it ONCE A MONTH, once every three months or just once. Try something new. If the crease in-between your eyebrows is making you look angry or tired, try Botox. If the bottom half of your face has lost its plumpness, try Juvederm. If you wish you were tighter and brighter, think about Viora Radiofrequency to tighten up. Or if you just need a boost, a change of products and quick microdermabrasion could be the answer.

Resolve to do something, you'll be glad you did!

Susan O'Malley, M.D., Sonas Med Spa

Stress and Heart Disease

If managing stress is a challenge for you, take heed: More and more research is pointing to stress as a contributor to heart attack and other forms of heart disease. From natural disasters to the death of a sibling to the daily grind of modern-day life, stress can have a big impact on your heart. In fact, some studies show it harms your heart as much as smoking at least five cigarettes a day.

Adding insult to injury? If you do have a heart attack, the prognosis may be poorer with chronic stress. And heart patients with high anxiety can double their risk of dying. Throw depression into the mix - and it's a triple whammy.

Why does stress have such a big impact? Stress produces lots of physiological changes affecting your heart. For example, you pump out more adrenaline, which can make your blood pressure rise and your heart race. If these changes keep up over time, they can damage your heart's arteries.

Of course there's also some good news. Although you can't control all the stressors in your life, you can take steps to better manage your responses to stress. Cultivating a positive, optimistic frame of mind has even been linked to better levels of cholesterol and other markers of heart health.

Okay, so where do you start? Find methods for managing stress that work well for you. Here's just a sample. You might have other ideas to add to this list.

Practice positive self-talk at least once a day. This can work wonders at turning around a negative frame of mind. An example of negative self-talk is this: "I hate when this happens." An example of positive self-talk is this: "I can handle this. I've done it before."

Do something pleasurable JUST FOR YOU at least 15 minutes a day. Maybe it's taking a bubble bath, strolling in the park, or listening to your favorite music. You might be amazed at how much this can turn around a day that feels like it's gone all wrong.

Use emergency stress stoppers. These are great for those situations where you feel like you're going to burst! Try methods like these: Count to 10 before you speak. Take a few deep breaths. Go for a walk. Give someone a hug. Smile at a stranger. Give yourself extra time to get ready in the morning so you won't be running late.

Practice a daily relaxation method such as deep breathing. And when I say relaxation, I don't mean just sitting and watching TV. You need to actively calm the tension in your mind and body. Other great methods of relaxation are yoga, tai chi, and meditation. Try out a variety of methods, but give yourself time to practice and learn.

Cultivate healthy habits. Get enough sleep, don't forget to laugh, exercise, slow down, accept what you can't change. Taking steps like these will make a big difference in how well you manage stress.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

*Keith Lyke, Rph
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Xylitol Can Fight Tooth Decay

Believe it or not there is a sweetener that is friendly to your teeth. Xylitol is a carbohydrate found in corn cobs, birch tree and several kinds of fruit. Xylitol is a sugar-free sweetener added to some foods. It's nearly as sweet as sucrose, but has fewer calories.

People with diabetes sometimes use Xylitol as a sugar substitute because blood sugar levels stay at a more constant level with Xylitol than with sucrose or regular sugar. This is because it is absorbed more slowly by the body.

You can purchase 100% Xylitol and some types of gum or oral care products, such as toothpaste and mouthwashes contain Xylitol as well. Oral bacteria cannot use Xylitol as a source of energy the way it does other sweeteners. Research has shown that Xylitol may help by inhibiting the growth of bacteria. For the purpose of this article we will discuss Xylitol uses to help prevent tooth decay by starving the bacteria that feeds on sugar and other carbohydrates to create acids that breakdown teeth leading to decay.

It is not necessary to replace all sweeteners to get the dental benefits of Xylitol, just look for products that encourage

chewing or sucking to keep the Xylitol in contact with your teeth for extended periods to help neutralize the bacteria. The best products are 100% Xylitol and next best are items where Xylitol is the primary sweetener, but be sure that there are no acids in the product.

Strive for five, is a good rule of thumb to follow when determining how much Xylitol we need to help in preventing tooth decay. To get the optimal benefit and to "starve" the bacteria, research shows that it is the number of daily exposures, more so than the amount of Xylitol used, so try to get 4 to 5 exposures of 100% Xylitol spread throughout the day. Use Xylitol toothpaste or mouthwash when you wake up in the morning, or if you drink coffee or tea use Xylitol to sweeten it. After eating breakfast, lunch or dinner use Xylitol gum, mints or candy and use Xylitol toothpaste or mouthwash again at bedtime. Remember that throughout the day any time you would normally use chewing gum or eat candy make sure you are using Xylitol sweetened products.

Thomas P. Petrick, DMD and Theodore J. Katz, DDS



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Heart Health

Love Your Heart

About 1 out of every 3 adults has high blood pressure, which increases the risk for heart disease and stroke. High blood pressure usually has no symptoms, so you can have it for years without knowing. All that time, high blood pressure can damage your heart, blood vessels, kidneys, and other parts of your body. That's why it's important to get your blood pressure checked often.

Blood pressure is measured as two numbers. The top (systolic) number refers to the pressure when your heart beats. The bottom (diastolic) number refers to the pressure when your heart rests between beats.

Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, work with your health care team to keep it that way. If your blood pressure is too high, treatment may help prevent damage to your body.

Cholesterol: Know Your Numbers

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up in your blood vessels and lead to heart disease or stroke. If you've never had your cholesterol checked, all you need is a simple blood test.

How to control your cholesterol:

- Eat healthy food
- Keep a healthy weight
- Exercise every week
- Take medicine as directed

Good Cholesterol Levels:

- Total cholesterol = less than 200 mg/dL
- LDL ("bad" cholesterol) = less than 100 mg/dL
- HDL ("good" cholesterol) = more than 60 mg/dL

For more information: www.ninds.nih.gov, Million Hearts Initiative, www.nhlbi.nih.gov/about/ncep/index.htm.
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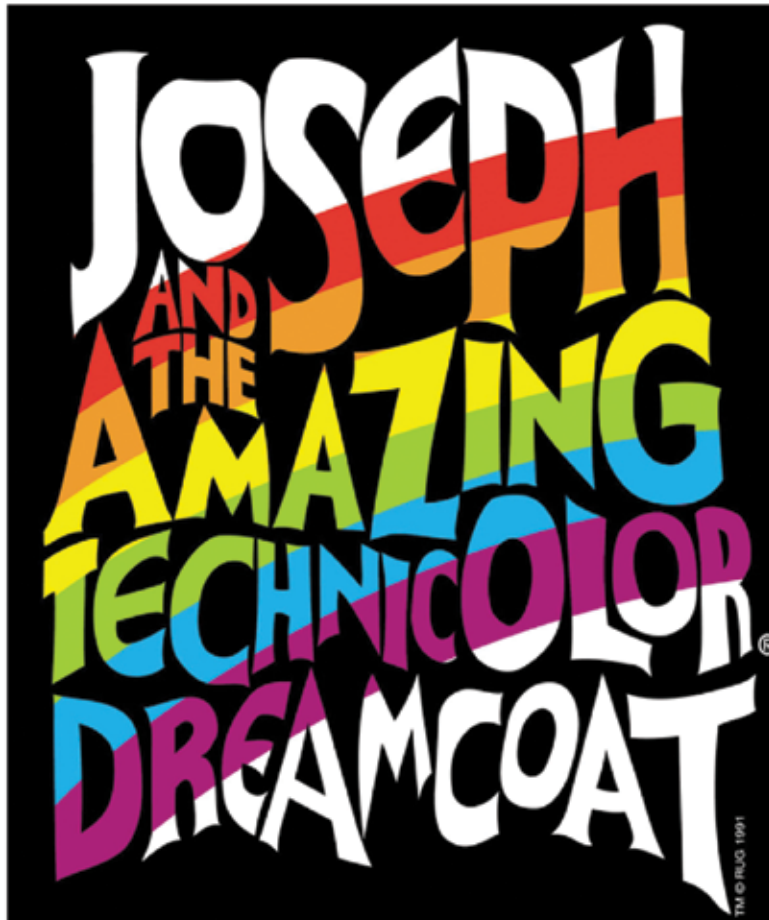


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