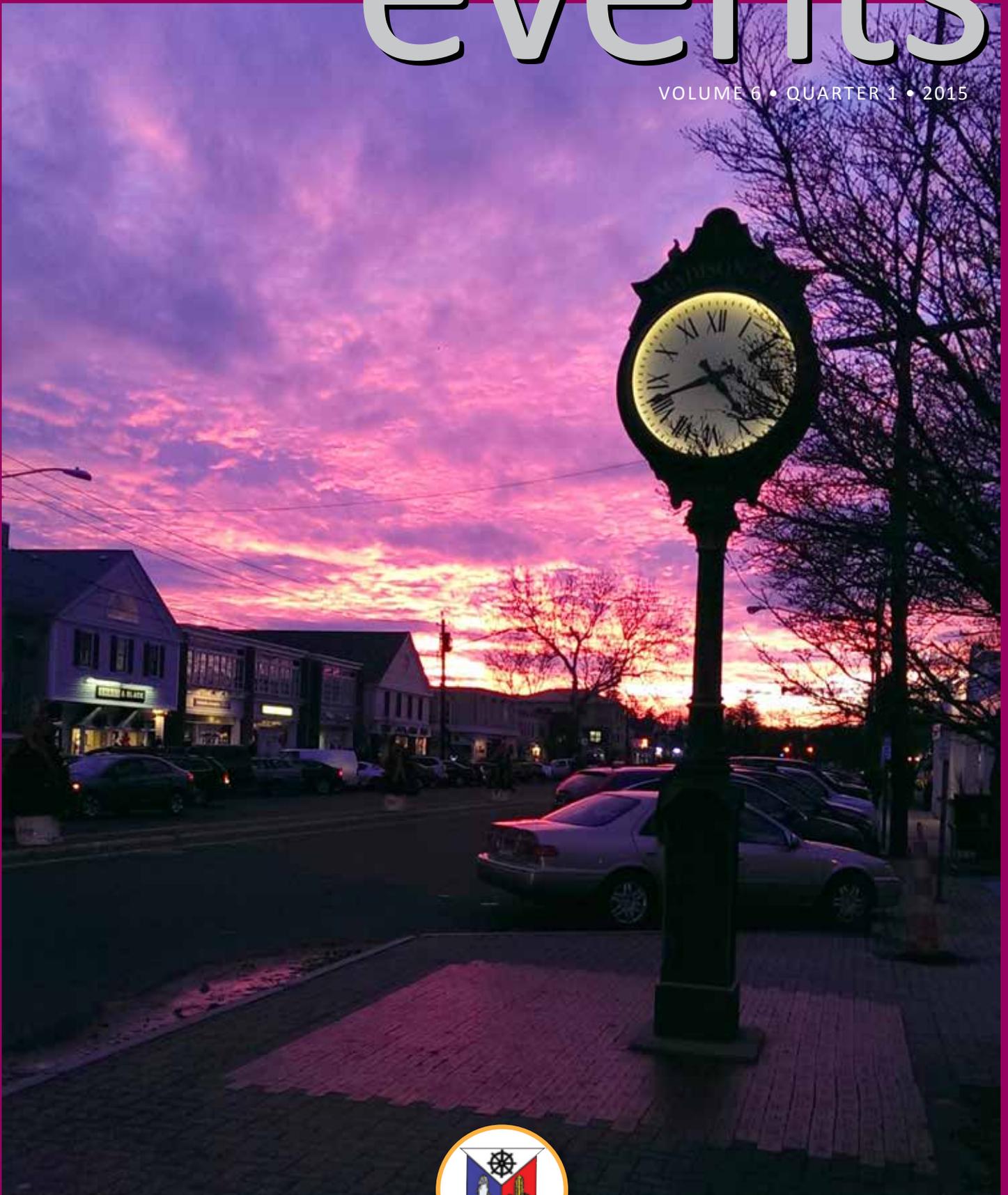


Madison events

VOLUME 6 • QUARTER 1 • 2015



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

INNOVATION IS IN OUR DNA



We're Creating Better
Outcomes Through
Talent and Technology

Innovation isn't just something we talk about. It's something we live. It's why we're pioneering the most advanced treatments—from minimally invasive spine surgery to the latest da Vinci[®] procedures. It's why we're the first hospital in CT to offer more precise molecular breast imaging. It's why our expert staff pushes technology to its limits to ensure better outcomes. And it's what continues to make Middlesex Hospital *The Smarter Choice for Care*.

To learn more, visit
middlesexhospital.org/innovate

The Smarter Choice for Care

 MIDDLESEX HOSPITAL

First Selectman's Corner

New Energy Initiatives

Do you think your heating bills might be a little high? Is it hard to keep your house warm in winter? Perhaps you need to have your insulation checked. This year Energize CT has a rebate of 50% of the total cost of your home insulation upgrade through its Home Energy Solutions™ or Home Performance with Energy Star programs. Join us at the Madison Energy Challenge Insulation Workshop on Wednesday, March 11 at 6:00 p.m. in the Memorial Town Hall upper level to find out more. Note that in addition to the 50% rebate, the two companies providing the insulation upgrades will donate \$25 for each upgrade to the Madison Foundation N2N program to help provide fuel assistance to Madison residents in need.

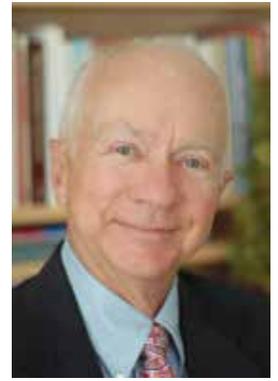
If this opportunity sounds a little familiar, it is part of the same program that provides home energy audits to check out your home for air leaks, which waste energy dollars. So far, 70 households (mine included) have been audited.

Finally, under the same heading as energy savings, the Solar Challenge has installed 226 kilowatts of solar panels on 38 homes in Madison. If you have been thinking of doing this

but just haven't gotten around to it, you had best hurry because the 30% federal tax credit will likely expire this year. Kudos to the Town's Energy and Efficiency Committee for spearheading these initiatives.

Emergency Communications Resiliency

During Tropical Storm Irene in 2011, Tropical Storm Sandy in 2012, and the Blizzard of 2013, we lucked out in one major aspect - we maintained our ability to communicate with police, fire, and ambulance personnel out in the field. Since Madison is a long, skinny town on the map, these communications depend on the network of radio towers that tie back to the Dispatch Center in the Police Station. While the radio towers transmit and receive back and forth to the various vehicle radios, they are connected to Dispatch by old-fashioned land telephone lines strung from pole to pole. A single tree coming down at the wrong place would have wiped out our communications!



continued on page 2

POLITO & QUINN
TRIAL LAWYERS
Serving Connecticut and Rhode Island

Connecticut "Super Lawyers" for 8 consecutive years
and U.S. News **BEST LAW FIRM**

Humbert J. Polito, Jr., Esq.
Admitted in CT & RI
CT Super Lawyer

James M. Harrington, Esq.
Admitted in CT & Tribal Courts
CT Rising Star

Best Lawyers
BEST LAW FIRMS
U.S. News
2014

Tel: (860) 447-3300 | www.politoandquinn.com

Wrongful Death • Medical Malpractice • Automobile Accidents
Practicing In... Mohegan Tribal Courts • Mashantucket Tribal Courts

**SERVICE the way it used to be...
With a Pharmacist YOU KNOW**

Free Delivery 7 Days a Week

Our customer-centric philosophy places CT Pharmacy on the cutting edge of the patient care industry while maintaining the top quality service you deserve.



**Connecticut Pharmacy
of Madison**

**200 Boston Post Road, Madison
Across from Hammonasset Ford
203-421-2132**

Sunday: 9:00 am-3:00 pm / Mon-Fri: 8:30 am-7:00 pm
Saturday: 9:00 am-5:00 pm

FIRST SELECTMAN'S CORNER ... continued from page 1

As a solution to this potential problem, we are investigating connecting our towers by microwave instead of the telephone land lines. Making our communications robust and resilient, however, will not be cheap. The project will likely cost several million dollars, but the

safety of the public requires that we move forward. *Budget Dates:* Public Hearing April 21, Referendum May 12

Filmore McPherson, First Selectman

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 DEEP:

- Leave the medications in their original container, but remove or otherwise deface the label so patient information is unavailable.
- Modify the medications to discourage or prevent 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.

SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE! • SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE!

SALE!
**COME IN
COMPARE!**



SPIRITS OF MADISON
Super Stop & Shop Plaza
203-245-9695

Visit our other location
SeaSide Wine & Spirits
Main St, Old Saybrook

SERVICE - SELECTION - EVERYDAY LOW PRICES - CONVENIENCE
EASY PARKING - WEDDING & PARTY SOLUTIONS - SMILES

SHOP SPIRITS & SAVE! • SHOP SEASIDE & SAVE!

Classic Car Wash & Lube



**\$3 OFF
ANY FULL
SERVICE
CAR WASH**

with this ad.
Not to be combined.

**FREE CAR
WASH
and \$5 OFF**

with Full Service
Oil Change with this ad.
Not to be combined.

**\$15 OFF
on FULL
DETAIL
SERVICE**

with this ad.
Not to be combined.

203.318.9274

209 Boston Post Road, Madison, CT 06443

(next to Ford Dealership)

www.classicwashandlube.com

Visit Us On Facebook!



events

TM Ventures, LLC
dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205
Centerbrook, CT 06409
860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

Publisher

William E. McMinn

**VP Marketing &
Business Development**

Fred Holloran

Director of Advertising/Operations

Suzanne Spires 860-391-5534
suzanne@essexprinting.com

Coordinator/Art Director

Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

Finance Manager

Donna Evarts

Cover Editor

AC Proctor 860-767-9087

Sales Representatives

Ward Feirer 914-806-5500
wfeirer@gmail.com

Betty Martelle 860-333-7117
betty@eventsmagazines.com

Brad Cunningham 860-581-0577
brad@essexprinting.com

Magazine Layout

Amy Bransfield
Patricia Stenbeck

Cover Photo by Lyn Lunn of Madison

www.eventsmagazines.com

265,000 READERS
15 TOWNS EVERY QUARTER

Copyright © 2013 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

Veterans' Advisory Committee

Attention Madison Veterans and Family

The Town of Madison has established a Veterans' Advisory Committee, which is now available to you as a resource for questions and concerns. This is a result of a requirement by the State of Connecticut. You can contact The Veterans' Advisory Committee through the Madison Town Clerk's office. Please call 203-245-5672 for assistance. Your request will then be referred to a committee member who will contact you. (If you have an emergency situation, please contact 911.) All communications are confidential.

Thank you for your service. We look forward to working with you.

Contents

First Selectman's Corner	1
Health Department	2
Veterans' Advisory Committee	4
From the Publisher	6
Spring Classes at Bauer Park	7
Beach and Recreation	10
Emergency Management Department	11
"A Great House, A Great Story"	12
Women's Club of Madison	13
Community Listings	13
Friends of Madison Youth	14
A Diversity of Diabetes Pills	14
Life is Like a Garden	15
Winter Refreshing Cocktails	15
Bad Beauty Habits That Are Aging You	16
Vista Partners with "Bikes for Kids"	17
Land Conservation Trust	18
Events Coming to the Scranton Memorial Library	20
Dry Eye	21
Michael Dental Care	23
Madison Art Society - 40 th Annual Art Exhibition and Sale	24

*The latest Events for all our towns
in one convenient place -
plus town information,
photos and links*

eventsmagazines.com

BRANFORD • CHESTER • CLINTON • EAST HADDAM
EAST LYME • ESSEX • GUILFORD • HADDAM
MADISON • MONTVILLE • OLD LYME
OLD SAYBROOK • VERNON • WESTBROOK • WOODBRIDGE

Coming Soon - Updated website

LANDON LUMBER CO.

134 Boston Post Road, Madison • (203) 245 - 0600 • Landonlumber.com

Monday-Friday 7am-5pm, Saturday 7:30am-noon

Serving the Shoreline Since 1955

IT'S OUR DIAMOND JUBILEE!

Celebrating 60 years!



Since 1955 the Landon Lumber Company has focused its business on family values, along with a knowledgeable and experienced staff, and continues to service the shoreline area with a dedication to providing our customers with quality products at competitive prices.

Located on Route 1 at 134 Boston Post Road in beautiful Madison the Landon Lumber Company has been family-owned and operated continuously by the Landon family for the past 60 years.

Landon Lumber offers customized millwork in our newly renovated millwork shop along with personalized measurement and manufacturing for any trim package needs.

Come in and speak with our very knowledgeable sales and service team who can assist you with any and all of your homes building, renovating, deck, door and window needs. No job is too big or too small.

You will be pleasantly surprised how competitively priced Landon Lumber is with the local big box retail chains; but Landon Lumber offers a more personal one on one experience.



From the Publisher

Dear Valued Readers,

If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover.

2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around

the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,
William McMinn
President, Essex Printing and Events Magazines

The toughest, easiest to clean
carpet on the planet.™

NOW ON SALE



Enjoy the carpet that offers it all:

- Permanent, built-in stain and soil resistance that never washes or wears off
- Spill protection technology for quick and easy cleanup
- Exceptional durability
- Luxurious softness

Get the best for less...today!



MOHAWK
COLORCENTER

860.399.6161
www.westbrookfloor.com
1275 Boston Post Road
Westbrook, CT 06498

Tuesday - Friday: 9 a.m. - 5 p.m.
Saturday: 10 a.m. - 4 p.m.
Closed Sunday & Monday
Evening Appointments Available

WESTBROOK
FLOOR COVERING

Spring Classes at Bauer Park

Madison's Agricultural and Environmental Center



Learn about bluebirds at Bauer Park

Get Ready for Bluebirds!

Sunday, April 19

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.

Then 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.

Beginning Birding

Saturday, May 16

8:00-10:00 a.m.

Learn to use binoculars to spot the many bird species that breed in the varied habitats of Bauer Park. Late spring is the best time to find them because they are singing

to attract a mate and to defend their nests. Species such as Bluebirds, Red-tailed Hawks, Yellow Warblers and Orioles will be easy to find. Binoculars and field guides will be provided or bring your own. For adults and high school students.

Dissect Flowers Through the Microscope

Thursday, May 21

10:00 a.m. – 12:00 p.m.

Dissect several species of flowers growing at Bauer Park and examine them under the microscope to reveal their intricate beauty. Learn why a daisy is not a flower. Discover how flower structure relates to pollinators. The instructor holds a Certificate in Botanical Illustration from the New York Botanical Garden. For adults and high school students.

continued on page 8

"Experience the Difference" at The Saybrook at Haddam.

We've Traveled the World and are Still Enjoying Happy Moments Together.

Diane Daudt and her mother, Marie, both enjoyed careers as flight attendants, traveling the world over. Now, with Marie's memory loss, Diane wanted her mom to continue to enjoy a quality life. "At Safe Harbor, Mom is able to be involved, stay active, and even go bowling with her friends. We've shared so many happy memories in the past and continue to enjoy happy moments together now. I can see that Mom is getting the quality care she deserves," says Diane.

Let your loved one "experience the difference" at The Saybrook at Haddam's Safe Harbor Memory Care Neighborhood. With a kind staff, bright apartments, social areas, gardens, and opportunities for activity and involvement, we take memory care to a wonderful new level.



Diane Daudt with her mom, resident Marie Daudt, looking at all the places they've flown to as flight attendants.



A Memory Care Neighborhood

1556 Saybrook Road, Haddam, CT 06438

www.thesaybrookathaddam.com

Expansion Complete – New Openings! Call 860-345-3779 for a personal tour.

SPRING CLASSES AT BAUER PARK ... continued from page 7

The Bauer Farming Project Planting Club

Saturdays, 3/28, 4/25, 5/2, 5/16, 5/30,
6/13, 6/27, 7/11, 7/25, 8/1
1:00-2:30 p.m.

Curious about growing fresh vegetables? Learn about good soil and how plants grow best. Over the 10-week session we will plant many kinds of vegetables - from peas, radishes, spinach and lettuce to kale, swiss chard, onions and beets. Later in the season, we'll plant tomatoes, peppers, basil and eggplant in the Pizza Garden. In the warmer weeks we'll plant the Three Sisters Garden, and our popular bean teepees. Kids will learn how to make new soil using the composting station. Throughout the series, children will learn to prepare dishes to eat depending on which veggies are available. A BFP cloth badge will be given to each child who participates. Ages 4-10. Children age 5 and under must be accompanied by an adult.

Mini-Explorers

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

March 13 - The Wonder of Water
March 27 - Magnificent Machines
April 17 - Down on the Farm
May 1 - Dig Those Decomposers
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. Indoor/outdoor programs - dress for the weather. For preschoolers ages 3-5, must be accompanied by an adult.

Nature Trackers - Oceans

Thursdays, February 26 - April 2
9:30-11:00 a.m. or 1:30-3:00 p.m.
The ocean will come to Bauer Park as we learn about plants and animals that live in the sea. From snails to whales, we'll use our senses to discover how marine animals eat, move and protect themselves. Each class includes a story, an art project

and hands-on exploration of live and dried specimens. Ages 4 - 6.

Nature Trackers - Spring Scientists

Thursdays, April 16 - June 11
1:30-3:00 p.m.
From butterflies to bullfrogs, junior scientists will learn about the diversity of life at Bauer Park. We'll focus on a different topic each week, searching for clues and conducting experiments to unlock the secrets of nature. Classes include stories, experiments, games, and lots of outdoor exploration! Ages 4 - 6.

Snow and Ice Science

Thursday, March 19
4:30-5:30 pm
Since we have to live with it, we might as well play with it! These simple but cool science experiments about snow and ice will get kids interested in learning about nature's frozen wonders. We'll make our own (fake) snow, create and

continued on page 9



**SUNSET
LIMOUSINES**
Since 1986

• LIMOUSINE • SEDAN • SPORT UTILITY • SPRINTER MINI-COACH • VAN • COACH • LIMO BUS



Sunset Limousines
is proud to offer
an impeccable, versatile fleet —
one of the most modern in the state!

Our chauffeurs are on time.
We offer service
"A step above 1st class".





800-784-1173 • www.sunsetlimousines.com



VALUE - QUALITY - EFFICIENCY

FULLY LICENSED & INSURED

UNDER NEW OWNERSHIP

SPRING CLASSES AT BAUER PARK ... continued from page 8

test a snow volcano, investigate the magical world of snow and ice crystals, and more! Ages 6-10.

Science Toys

Thursday, May 7

4:30-5:30 p.m.

Who doesn't love toys? Investigate physics and chemistry concepts while creating and testing some simple toys. Ages 6-10.

Oceanology Club

Fridays, April 17 - June 12

3:30-5:00 p.m.

Investigate our local marine environment in this science club for middle school students. We'll explore a variety of coastal ecosystems - from sandy beaches and salt marshes, to tidepools and rocky shores. Students will collect and analyze data, learn to identify local species, and assess human impacts on Long Island Sound. We'll also monitor horseshoe crab and

shorebird populations as citizen scientists for Project Limulus. On rainy days, we'll do indoor activities, such as fish printing, microscopic studies or dissections. The club schedule with meeting locations will be emailed to parents. Students should have a serious interest in math, science and the marine environment. Ages 10-14 (students currently in grades 5-8).

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

Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches.

Learn about upcoming events at Bauer Park at: www.facebook.com/bauerpark-madisonct

Bogaert
CONSTRUCTION CO., INC.

60 PLAINS ROAD, ESSEX, CT 06426

860.767.8072



- Custom Homes
- Additions
- Full Remodeling Services
- Custom Millwork
- Window Replacement

Fully Insured
New Home Lic. #170
Remodeling Lic. #523107
www.bogaertconstruction.com

THREE GENERATIONS, OVER 60 YEARS OF CONTINUOUS AND RELIABLE PERSONAL HEATING OIL DELIVERY



HOD# 00000591

- Automatic Fuel Oil Delivery
- Burner Installation
- 24-Hour Emergency Service

860-388-2298



**For Our Old & New COD Customers...
NEW YEAR DISCOUNT!**

**10¢
per gallon**



**This is over and above our
regular daily low price!**

**Just mention this offer to the office when placing an order,
and we'll deduct it from your total.**

100 gallon minimum. One time use only with this coupon.
Not combinable with any other discount. Expires 3/20/15.
Not valid for Budget / Buy / Cap Ahead customers
who are already enjoying the lowest prices!

FUEL ASSISTANCE ACCEPTED

THREE GENERATIONS, OVER 60 YEARS OF CONTINUOUS AND RELIABLE PERSONAL HEATING OIL DELIVERY

Beach and Recreation



Programs

Please visit our website http://www.madisonct.org/Beach_Rec to see a complete listing of our program offerings.

Important dates to remember

Boat Rack Rentals

Renewal period March 1 through March 31.
Rack Upgrades - please renew current rack and indicate on your registration form that you would like to upgrade your rack.
New Rentals will begin on April 13.

Beach Parking Stickers & tags on sale beginning April 6

Residents/taxpayers are eligible to purchase seasonal parking stickers for each registered vehicle in the household.

Non-Residents may purchase daily guest tags only.

Parking stickers or daily guest tags are required for access and parking to the three town beaches beginning on Saturday, May 23 through Labor Day.

Seasonal parking stickers must be permanently affixed outside to

the Driver's side windshield or on the Driver's side window of the vehicle, and sticker must match the vehicle license plate.

Daily guest tags may be purchased in advance by both Residents and Non-Residents at the Recreation Department Office. Daily guest tags are also sold at the Surf Club Main Gate during the beach season.

Seasonal parking stickers and daily guest tags may be requested by mail. Please allow at least one week turnaround time if requesting by mail. Complete our beach tag order form and find further details on the website: www.madisonct.org/Beach_Rec/beach.html

2015 Seasonal Rates

Registered owners up to age 59: \$40 for first vehicle in household, if registering more than the one vehicle - \$20 each after first 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



www.michaeldentalcare.net
203.453.0499

Michael Dental Care LLC
General & Cosmetic Family Dentistry

Vincent J. Michael, DMD FICOI

*High-tech, comfortable dental care in
a uniquely relaxing environment*

LIKE US ON FACEBOOK!

MARK REEVES, BUILDER 860-388-3825

Time for Spring Projects!



New Homes
Whole House Remodels
Additions
Kitchens
Bathrooms
Basement Conversions
Siding & Windows
Entertainment Centers
Flooring
General Remodeling



Look me up on



CT LICENSE # 538583 & 10263
FULLY INSURED

MARKJREEVESBUILDER@COMCAST.NET
WWW.MARKREEVESBUILDER.COM

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.

Immediate Opening **Full Time Press Operator**

Press Operator (Offset Sheetfed) Well established Commercial Printer is seeking an experienced press operator for two color 25" press. Responsibilities include typical press operations such as hanging plates, maintaining register and limiting waste, while helping to maintain high quality output. The ability to make minor repairs is essential. Candidate must have a strong background in printing very high quality and detailed work. High School Diploma and minimum of 3 years multicolor offset experience required. To apply send resume to print@essexprinting.com



Good hearing is
PRICELESS

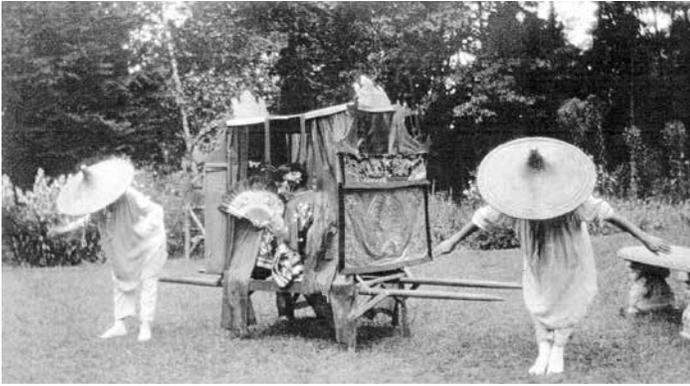
Is it time to get your hearing checked?

 **County Hearing and Balance**

MADISON
82 Bradley Road
203-245-1950

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

"A Great House, A Great Story"



Two of the Jitney Players, bowing following a production of "Told in a Chinese Garden", performed in the gardens of "Oakledge". ca. 1918
Photo credit: Madison Historical Society archives



The travelling thespians assembled before their Jitney following a performance in New Hampshire. ca. 1927
Photo credit: Madison Historical Society archives

The Madison Historical Society will present its final lecture in the 2015 series, on Sunday, March 8 with a snow date of March 15. Our theme has been, "A Great House, a Great Story," with the final house to be explored being the 1897 Pignatelli House, also known as "Oakledge", a house you have always wondered about ... who built it, who lived in it and what did they do? Oakledge sits well back from Island Avenue, on the east side. For many years, was almost totally obscured from view by an overgrowth of trees and all... always a bit chilling for its forbidding edifice.

The featured speaker will be Rosalyn Cama, President and Principal Designer at CAMA, Inc. Rosalyn's interior planning and design firm's mission is to create interior environments that improve outcomes. Her many projects include Yale-New Haven Hospital and the University Medical Center at Princeton.

The Pignatelli House is an Edwardian version of a Swiss Chalet. George Augustus Wilcox built the house as a summer cottage for his new bride. It sits beneath the shade of a 700-year-old oak tree. The house remained in the Wilcox family for three generations. Its former gardens were used to stage summer theatrical productions by the "Jitney Players", which inspired the concept of summer theatre.

The Lee Lectures will take place in the auditorium of Memorial Town Hall in Madison. they are co-sponsored by Madison Beach and Rec. and are made possible with a grant from CT Humanities. Suggested donation is \$5, \$4 for MHS members, and \$2 for children over 10 years of age. For more information, please call the MHS office at 203-245-4567.

We hope to see you at what promises to be a fascinating exploration of our town's history.



Celebrating 46 Years
at the same phone number
860-669-6919

**NEW INGROUND POOLS
REPLACEMENT LINERS
RENOVATIONS
CHEMICALS
SUPPLIES
SERVICE**

9 North High Street
Clinton, CT 06413



"Oakledge" as it looks today.
Photo credit: Peter Clement

Women's Club of Madison

Babysitting Seminar

This year the Women's Club will be sponsoring their 44th Babysitting Seminar. Forty-four years ago it started as a service program and has been in continuous service since then.

Recently we chaired 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 community emergency services. Police, Fire and Ambulance do a wonderful job 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, 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 BE ATTENDED.

Classes will take place at the Polson Middle school March 4th, 11th, 18th 25th @ 6:30pm. Registration may be done online at www.madisonct.org/Beach_Rec or in person at the Beach & Recreation Department, Cost \$40.00. Register early as the class fills up fast, there is a MAXIMUM OF 40 STUDENTS ALLOWED PER CLASS NO EXCEPTIONS.

Community Listings

USEFUL NUMBERS

CHARLOTTE L. EVART S MEMORIAL ARCHIVES.....	203-245-5667
CT WATER COMPANY.....	1-800-286-5700
DEACON JOHN GRAVE FOUNDATION	203-245-7365
E.C. SCRANTON LIBRARY	203-245-7365
GARDEN CLUB OF MADISON.....	203-245-4879
MADISON ARTS BARN.....	203-245-2689
NORTH MADISON VOLUNTEER FIRE CO	203-245-2772

MADISON HOUSES OF WORSHIP

CHRIST CHAPEL	203-421-4667
CHURCH OF LATER-DAY SAINTS.....	860-664-0627
FIRST CONGREGATION CHURCH.....	203-245-2739
GRACE COMMUNITY CHURCH	203-245-1735
LUTHERAN CHURCH	203-245-4145
N. MADISON CONGREGATIONAL	203-421-3241
SHORELINE UNITARIAN UNIVERSALIST	203-245-8720
ST. ANDREWS EPISCOPAL	203-245-2584
ST. MARGARET ROMAN CATHOLIC.....	203-245-7301
TEMPLE BETH TIKVAH.....	203-245-7028

MADISON PUBLIC SCHOOLS

CENTRAL OFFICE	203-245-6300
ISLAND AVENUE ELEMENTARY.....	203-245-6450
K.H. RYERSON ELEMENTARY	203-245-6440

J.M. JEFFREY ELEMENTARY	203-245-6460
DR. R.H. BROWN LOWER MIDDLE.....	203-245-6400
WALTER C. POLSON UPPER MIDDLE SCHOOL	203-245-6480
DANIEL HAND HIGH SCHOOL.....	203-245-6350

SERVICE GROUPS

MADISON CARES	203-245-2315
MADISON EXCHANGE CLUB	203-245-7394
MADISON ROTARY CLUB.....	860-304-0023
MADISON NEWCOMERS CLUB.....	MADISONNEWCOMERSCT.COM
MADISON LIONS CLUB	860-732-2743
MADISON CHAMBER OF COMMERCE	203-245-7394
MADISON FOUNDATION.....	203-245-2796
MADISON HISTORICAL SOCIETY.....	203-245-4567
MADISON LAND CONSERVATION TRUST.....	
MADISONLANDTRUST.ORG	
MADISON VFW POST 2096.....	203-245-9938
THE WOMEN'S CLUB OF MADISON.....	203-245-0706

YOUTH SPORTS GROUPS

MADISON LITTLE LEAGUE.....	MADISONCTBASEBALL.COM
MADISON YOUTH BASKETBALL.....	MADISONBASKETBALL.ORG
MADISON YOUTH FOOTBALL	MADISONYOUTHFOOTBALL.NET
MADISON YOUTH LACROSSE.....	MADISONYOUTHLACROSSE.ORG
MADISON YOUTH SOCCER.....	MADISONSOCCER.ORG

Friends of Madison Youth



December open mic.

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.

A Diversity of Diabetes Pills

If you or someone you love has diabetes, you know how important it is to manage it well. What happens if you don't? You're at risk for serious complications that can affect your heart, kidneys, eyes, and nerves - to name a few.

Some people can manage diabetes with meal planning, weight loss, and exercise alone. Others also need medication. Pills to lower blood sugar levels are one type of drug used to treat diabetes.

Can diabetes pills help you? Not if you have type 1 diabetes. Do you have type 2 diabetes? Then, you're more likely to benefit if you've had diabetes for less than 10 years and your body still makes insulin. That's the hormone that regulates sugar levels in your blood.

There is more than one type of diabetes pill, and the FDA has approved several new ones in the recent past. Sometimes

Upcoming Events:

Middle School Neon Dances

6th Grade Dances - 2/27 & 4/17 from 7 p.m. - 10 p.m.

7th & 8th Grade Dance - 3/20 from 7 p.m. - 10 p.m.

High energy music with light show. Foosball, Air Hockey and Ping-Pong and Pool tables. Café is open for hot dogs, pizza, chicken nuggets, snacks and drinks. Admission is \$10.

Monthly 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. Admission is \$5. Upcoming dates 3/14, 5/9, and 6/6. No Open Mic in April. All from 7 p.m. - 10 p.m.

High School Dance

Club 4 Cancer High School Paint Party - April 24 - 8-11 p.m. High-Energy Music, neon paint and a portion of the proceeds benefits the American Cancer Society.

Mark your calendars for Auditions for Madison's got Talent on May 3 and 7 with the competition on June 7 and our Next Murder Mystery - "Murder is Carved in Stone" will be May 30.

Don't miss out on our early bird Summer Camp specials with weekly discounts up to \$50 per week if you register prior to March 1! Summer Camps at The Barn include exciting Art and Dance camps, Jr. Show Choir, Murder Mysteries, Girlfriend's Getaway and New this year a special Intensive Show Choir Boot Camp. Check out our website at www.madisonartsbarn.org for information, to register, and/or to purchase event tickets.

combining more than one type is the best solution. Or, your doctor may prescribe pills plus insulin.

There are many classes of diabetes pills. They help you control your diabetes in different ways. These drugs may do one or more of these things:

- Stimulate the pancreas to release more insulin
- Decrease the amount of sugar the liver produces
- Make muscle tissue more sensitive to insulin
- Help insulin work better
- Lower blood sugar, but only when it gets too high in your body
- Help the kidney get rid of extra sugar, which lowers levels in your blood
- Block the breakdown of starches such as pasta and potatoes, and slow the breakdown of certain sugars, which slows the rise of sugar levels after eating
- Both lower cholesterol and reduce blood sugar

continued on page 15

A DIVERSITY OF DIABETES PILLS ... continued from page 14

Isn't it amazing how many different ways these drugs work? If one doesn't work well for you or if it stops working, another may be more successful. That's because doctors and scientists think that the cause of type 2 diabetes is not the same for all people with the disease.

If your doctor has prescribed one of these drugs, I can provide you with more information. To help avoid interactions with other drugs, print a list of all your medications,

both prescription and over the counter. Bring that list with you when you come to talk to me.

I can answer other questions you might have about your medication, such as:

1. Are there special instructions for this medication?
2. Do I need to take the medicine with meals or at certain times of day?
3. Should I avoid taking this medication with any foods, vitamins, or supplements?

4. What are the most common short-term and long-term effects of this drug?

As you can see, the arsenal for fighting diabetes just keeps growing - and we haven't even touched on new injectable and inhaled medications. Let's save that for another day!

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

Life is Like a Garden

"Life is like a garden, you reap what you sow". –Paulo Coelho

The promise of spring lies just around the corner, bringing with it another growing season, and an opportunity for growth and personal development. A garden is a wonderful way to nurture your body and spirit. The physical benefits are obvious. The more active you are the more calories you burn. Stretching in the garden is what I call garden Yoga. Centered breathing can be practiced in the garden. A garden, whether large or as small as a container or two, is a place where you can be creative and let your own self expression paint the canvas of earth. It is a place where we are co creators with Nature and in that place we are reminded of the circle of life and the ever changing cycles of life on this planet. We are born, we live, grow and hopefully even thrive.

We sow seeds along the way, reaping some and never knowing others before we die. The seeds we sow may long out live our earth

stained hands. Indeed, Gardening is a great metaphor for life. There are many lessons to be learned from the garden but for various reasons our discovery of these lessons can be hindered by circumstances beyond our control. If you are overwhelmed with schedules and your garden is just another thing to check off the list you might be missing what it can offer. Hiring a garden professional can help ease this burden. Perhaps you have visions of the garden of your dreams but your creativity is feeling challenged or you lack plant knowledge. A garden designer can work with you in choosing the right plants for your dream garden to become a reality. Or maybe you are not as physically able as you once were to keep up with your garden. This is when you need to consider hiring a professional to help keep your garden a place of peace, enjoyment and discovery.

Melissa Blundon
Madison Earth Care Landscaping

Winter Refreshing Cocktails

Nothing is more refreshing than a well crafted cocktail. With all of the quality spirits and liqueurs available it is now easier than ever to create fantastic drinks at home. This is also a good time to mention that when it comes to cocktails it is a great practice to get out of the mind set that because you are mixing your spirit, something cheap is the best way to go. Now with this being said, you do not have to purchase the most expensive, but a nice middle of the road, great tasting liquor or mixer. This will really bring your drink to life.

First lets start simple, some of the easiest cocktails to make at home are liquor mixed with "something else," whether that be a soda, tonic, or a bar juice. Some of our

favorites come from Fever Tree, who make fantastic tonic and soda waters, some of which are infused with botanicals, which really add a little something extra to your drink. The Mediterranean Tonic Water has a unique flavor that mixes well with gin or vodka. Also the RIPE line of bar juices, made here in Connecticut, are some of the best. These fresh made juices are never frozen, heated or have had any preservatives added to them. All of them are delicious, but the Agave Margarita and San Marzano Bloody Mary Mix are my favorites.

Now lets not forget about liqueurs. These slightly less alcoholic, but highly flavored spirits can really add that extra punch to

your cocktail. One such liqueur I have been playing with quite a bit lately is Ancho Reyes Chili Liqueur. This smoky, slightly spicy spirit really adds a bit of depth and an unexpected little kick to any drink you add it to.

So the next time you feel like having a cocktail, do not be afraid to experiment, or just try something new. You never know, a new favorite drink could be on the horizon!

Anthony Dichiara
Cocktail Coordinator
SeaSide Wine & Spirits and Spirits of Madison

COMPUTER PROBLEMS



DRIVING YOU NUTS?

- Unlimited Support – One Low Price
- Server, Network & Workstation Maintenance
- Network Security & Proactive System Monitoring
- Local and Online Backup and Recovery
- 2 Free Hours or Free System Analysis - Just to Give Us A Try (Offer for 4 or More Computers)

TechNet
computing

rob@technetcomputing.com
www.technetcomputing.com

860.740.0328

Bad Beauty Habits That Are Aging You

As a cosmetic physician, I have counseled women against bad beauty habits for many years and am sharing two of them today.

You must wash your face twice a day. Over the years I have met a lot of women who only splash water on their face in the mornings. It is important to wash away any film of moisturizer left over so you start the day fresh and clean. Also, bacteria can build up on your face overnight as well.

It is equally important to develop a nighttime routine. It is imperative to take your make-up off EVERY night. When you fall asleep with make-up it gets pushed into your skin causing you to have a lack luster and aged look.

If washing at night is a problem for you, try washing your face and applying night cream when you come from work. Don't wait until 10 p.m. or 11 p.m. when you've already fallen asleep on the couch. Your face doesn't know what time it is.

You can't rely on the sunscreen in your moisturizer for protection. We seek out and sometimes pay extra money for these products. While the ingredients provide a good start, they are not enough.

Most moisturizers contain ingredients that protect against UVB but not against UVA. It is the UVA rays that destroy your collagen and lead to wrinkles and sagging. The purpose of a moisturizer is to penetrate slightly into your skin and hydrate. The purpose of a sunscreen is to create a protective barrier in-between your skin and the sun's rays.

You should wear a separate sunscreen every day with an SPF of at least 25. My favorite ingredients for the best protection are minerals - either zinc or titanium dioxide. So even after the summer winds die down, don't let your guard down. Protect your face. Today's tan is tomorrow's wrinkle.

I am the owner and and Medical Director of Sonas Med Spa, and I'm dedicated to helping women look younger without surgery.

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



CLINTON: Great Investment Opportunity! Live in this well maintained ranch with in-law apartment. Home is set in a private setting, separate entrances, flat lot, plenty of parking and close to I-95 & Clinton Crossing. All features make this a very desirable home to live in. MLS N355474 Asking: \$259,900.

Betty Martelle
860-339-5251
cell: 860-333-7117
website: bettymartelle.com
33 Main Street
Old Saybrook, CT



WILLIAM RAVEIS

— REAL ESTATE • MORTGAGE • INSURANCE —
The Largest Family-Owned Real Estate Company in the Northeast

Vista Partners with “Bikes for Kids”



Pictured above is Dave Fowler (Director, Bikes for Kids) alongside Vista members and their new bikes.

When Dave Fowler heard about Vista Vocational & Life Skills Center’s annual cycling event, the Vista Tour de Shore, he wondered if not having a bicycle would deter many Vista members from participating in the event. Fowler is the Director of a non-profit organization called Bikes for Kids that provides children and families in need with bicycles and helmets. Since Bikes for Kids was founded in 1989, they have donated nearly 17,000 bicycles! The majority of their donated bicycles go to children here in Connecticut, but they have also shipped bikes to Haiti after the earthquake, brought 136 bicycles to New York areas hit hard from Super Storm Sandy, and have even sent bicycles to Africa to help local villages get water and supplies faster.

Fowler offered bicycles to Vista members that didn’t have them and a number of them jumped on the opportunity. Bikes for Kids donated 3 bicycles to Vista members in 2014, which allowed them to participate in weekly group rides at Vista as well as the Vista Tour de Shore! In 2014, the Vista Tour de Shore had 17 Vista members participating, a record number for the event. The importance of having a bicycle for many Vista members goes beyond participating in this event, however. Cycling is not only a great form of recreation and physical fitness, but can it also provide Vista members with a new form of transportation to access the community and get to work. Vista is proud to have partnered with this important organization and looks forward to continuing this partnership with Bikes for Kids in the future.

For more information about donating or volunteering with Bikes for Kids, you can visit www.bikes-for-kids.net or contact Dave Fowler at davefowler05@gmail.com.

Based in Madison and Westbrook, CT, Vista Vocational & Life Skills Center is a 501©3 nonprofit organization. Vista’s mission is to provide services and resources to assist individuals with disabilities achieve personal success.

For more information regarding Vista, please visit www.vistavocational.org

WISHING YOU A JOYOUS 2015

WILSON, PINDER & SNOW, LLC
ATTORNEYS AND COUNSELORS AT LAW

ELDER LAW & MEDICAID • WILLS & TRUSTS • PROBATE ADMINISTRATION
DIVORCE MEDIATION & FAMILY LAW • BANKRUPTCY • REAL ESTATE

(860) 669-1222 130 E. Main Street, Clinton www.wpslaw.com

FANTASTIC FLOOR SALE

MADISON FURNITURE BARN
★ BARN ★
Westbrook, CT

Like us on Facebook



The staff at Madison Furniture Barn has been honored to serve you for these past 18 years. Whether it is a classic colonial or a casual beach cottage, we would love to help you make your house a home!

TangerOutlets 314 Flat Rock Place
Suite F155 Westbrook, CT 06498
Phone: 860-399-7846 • www.MadisonFurnitureBarnCT.com

Land Conservation Trust

Spring Hikes



Learn to identify trees in winter with the Madison Land Trust on March 1.

The Trail Hike Challenge continues in 2015! Hike 15 MLCT trails to win a Land Trust hat. Fun for all ages! Download the Challenge Card to find the clues and record your hikes at www.madisonlandtrust.org.

Sunday, March 1, 1:00-3:00 p.m. Exploring the Secrets of Trees in Winter

In this indoor/outdoor program we will unravel the mystery of identifying forest trees in winter. Join environmental educator Susannah Graedel on a short interactive walk on the Neck River Uplands South trail where, in no time at all, you will be able to tell an ash from an oak, a hickory from a tulip, and a red from a white oak. Then, warm up as we transform the meeting room of the North Madison Fire Department into a dendrology lab. Using microscopes

continued on page 19

Madison Earth Care
Since 1972 Family Owned

LANDSCAPING
203-421-4358
www.madearth.com

LAND TRUST ... continued from page 18

and a species key we will examine the marvelous, intricate structures of the twigs and buds of the species we have seen outside. During this program, trees will unveil their outdoor beauty to you in their textures and the geometry of their growth form. Then, inside we will discover the secret beauty of their tiny, complex structures. Please park in the back lot of the North Madison Congregational Church. Meet at the trailhead on Opening Hill Road. As Susannah will be supplying materials for the program, please RSVP to her at graedelbirdsong@comcast.net.

Saturday, April 25, 11:00 a.m. CCC Camp Hadley History Hike

Celebrate the 80th anniversary of the Civilian Conservation Corps camp built at this site in 1935. Camp Hadley was one of 23 CCC camps providing employment for young men in Connecticut. The CCC was a program of the WPA (Works Project Administration) established by President Franklin Roosevelt during the Depression. It was designed to promote environmental conservation and build good citizens through outdoor work. The 200 men at Camp Hadley planted trees, created parks and were of great benefit cleaning up Madison after the 1938 hurricane. With the help of Daniel Hand High School students, the trail has been cleared and signs added to indicate the functions of the various camp buildings on the site. Meet at the trailhead near the intersection of Warpas and Cope Roads.

Saturday, May 2, 8:00 a.m. Birding Hike, Papermill Trail

Join nationally recognized wildlife artist and birder Mike DiGiorgio for a spring nature walk with an emphasis on birds. Mike will point out migrant songbirds, waterfowl, and anything else we come across, such as mammals, plants, fungus and insects. Binoculars are recommended. Since we'll be locating birds with their calls, this will be a quiet hike. No dogs, please. Meet at the trailhead on Fawn Brook Circle, just north of Green Hill Road.

Saturday, May 16, 10:00 a.m. Wildflower Hike, Rockland Preserve

Join Yale botanist Michael Donoghue for a spring flora hike in Rockland's Wildflower Preserve. Explore the preserve's five ecological niches to discover a variety of wildflowers. Meet in the Renee's Way parking lot. (Route 79 in North Madison to Dorset Lane to Devonshire Lane to Renee's Way)

Find directions and trail maps at www.madisonlandtrust.org. See event updates at www.facebook.com/madisonlandtrust.

Madison's Only Full Line Bakery

Meriano's **Bakery & Cannoli Truck**



- Authentic Italian Pastry & Cookies, Party Platters & Cannoli
- Birthday, Graduation, Anniversary & All Occasion Cake
- St. Joseph Zeppole
- Irish Soda Bread
- Traditional Easter Pies

203-453-2924

200 Boston Post Road, Madison CT 06443

merianosbakeshoppe.com
cannolitruck.com



WE HELP YOUR TREES WEATHER THE STORM.

We're Bartlett Tree Experts, a 100+ year old tree and shrub care company with global reach and local roots. We protect your property by giving you expert, attentive service, a safety-first record and a range of weather damage services that include:

- Emergency Tree Services
- Pre-Storm Strategies, Including Pruning and Cabling & Bracing
- In-Depth Post-Storm Hazard & Damage Analyses



Call us at 203.453.1357 or visit BARTLETT.COM  

Events Coming to the Scranton Memorial Library

All events are free and open to all. Call (203) 245-7365 or visit scrantonlibrary.org to register

Introduction to Digital Photography

with Ben Sordo - Tuesdays, March 3, 10 from 11:00 a.m. - 12:30 p.m.

An Introduction to Beekeeping

Thursday, February 26 at 7 p.m.
Howland Blackiston has more than 30 years' experience keeping bees. He is the author of numerous articles on beekeeping and has appeared on dozens of television and radio programs, including CNBC, CNN, NPR, and Sirius Satellite Radio.

Tom O'Carroll in a concert of Irish Music

Sunday, March 8 at 2 p.m.
Dublin born folklorist, folk-singer and instrumentalist Tom O'Carroll brings a wealth of stories, humor, wit and history to his performances.

The New York You Don't Know

Thursday, March 12 at 7 p.m.
New York City Geology and history with Dr. Sidney Horenstein of the American Museum of Natural History

"True Faces" Great Italian Portraits: the Renaissance

with Professor Joy Pepe - Tuesday, March 24 at 3 p.m.
Studying portraits by Botticelli, Ghirlandai, Leonardo, Raphael and Titian

Twenty-Somethings Book Club

meets from 7-9 p.m. every 4th Tuesday of the month.

• Premium Bark Mulches
• Screened Top Soil & Organic Compost
• Seasoned Firewood

Essex, CT

NOW AVAILABLE

Sweet Peet
BEST MULCH ON EARTH.

100% ORGANIC
More than just a Mulch!

Please check our website for more information
www.bombacimulch.com

860-767-8501
45 Plains Road, Essex, CT

\$1 Off per yd.
Organic Hardwood Mulch
with this ad

Convertible
LEISURE COLLECTION

Christo
Jewelers
215 East Main St.
Clinton, CT
860-669-2145

Dry Eye

Everyone will likely experience the symptoms of dry eyes at some point in our lives. Blinking replenishes our tear film providing the moisture the eyes need. The prevalence of electronic devices has resulted in a decrease in blink rate. Red, itchy, sandy, gritty, burning, and tired eyes are some of the more common complaints. Excessive tearing is also a sign of Dry Eye disease, often a result of poor tear film quality. Many dismiss and accept these symptoms as "normal". This is an incorrect assumption. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

The tear film not only keeps the eyes lubricated, it also maintains the optical and anatomical integrity of the ocular surface. It provides a smooth interface between the eyelids and the eye itself. It also helps remove environmental debris that can cause ocular allergies. The tear film partially supplies nutrients to the cornea, as well as help defend the eye from infection. Without a sufficiently healthy tear film, the front surface of the eye is more susceptible to irritation, infection, and allergic reaction. The ocular surface insult dry eyes are subject

to eventually lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune disease (e.g. Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g. Rosacea, eczema, etc.), and Thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. Though, it is important to customize and tailor these treatment options to each individual. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision, and before it affects the quality of your life."

Dr. Scot Yap, Middlesex Eye Physicians,
860-669-5305

The HometownTouch
MADISON MOTORS



LARS VIGEN - Owner
ASE Certified
Master Technician

Land Rover
Master Technician

Madison Motors
services ALL foreign
and domestic cars and
light duty trucks.

Honest work ... competitive prices

Diagnostic Services of Domestic
& Foreign Cars including

- **LAND ROVER**
- Mercedes
- **BMW**

170 Boston Post Road,
Unit 5, Madison, CT 06443

allrovers.com
Madisonmotors@sbcglobal.net



203-245-2988

Mention this ad for a discount

the
Blue Hound
Cookery



American fare with a southern flair

**Fun, family dining in a
casual atmosphere!**
**Reservations for groups
of five or more.**




**Opening
March
2015**

107 Main Street, Ivoryton CT
(across from the Ivoryton Playhouse)
860.767.0260 bluehoundcookery.com

**When "That will
never happen
to me" happens.**

I'm ready to help.
There's never a good time for an
accident to happen. But when it
does, you can count on me to be
there quickly so you can get your
life back to normal.
GET TO A BETTER STATE[®].
CALL ME TODAY.



LaTorre Osterling Ins Agcy Inc
Lauren LaTorre-Osterling, Agent
38 Academy Street
Madison, CT 06443
Bus: 203-245-4555
Fax: 203-245-4730



1101204.1 State Farm, Home Office, Bloomington, IL

**Madison Town Hall
D I R E C T O R Y
203-245-5600**

**8 Campus Drive, Madison, CT 06443
Monday - Friday 8:30 a.m. - 4:00 p.m.**

Animal Control	203-245-2721
Assessor	203-245-5652
Beach & Recreation	203-245-5623
Building Department	203-245-5618
Emergency Management	203-245-5681
Fire Marshal	203-245-5617
Health Department	203-245-5681
Human Resources	203-245-5603
Inland/Wetlands	203-245-5632
Madison Public Schools	203-245-6300
Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
Public Works & Engineering	203-245-5611
Registrar of Voters	203-245-5671
Selectmen's Office	203-245-5602
Senior Center	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

**Personal Attention,
Beautiful Results**

Look younger without surgery!

Botox • Voluma • Juvederm
Laser • Skin Tightening
Skin Care Products

FREE CONSULTATION

Dr. O'Malley offers a unique approach to beauty. She treats your face as her own in a discreet, caring atmosphere.



Dr. Susan O'Malley



869 Boston Post Road, Madison 203-245-2227 sonasmedspa.com

**Want to Advertise?
Call Ward Feirer at
914.806.5500**

**THE EPILEPSY FOUNDATION OF
CONNECTICUT**

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Groton, Guilford & Hartford. Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsysct.com.

For more information visit <http://www.epilepsysct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

Events presents... Michael Dental Care LLC

In 2006, Dr. Vincent Michael, of Michael Dental Care in Guilford, proudly opened his doors realizing a vision. The vision was to change patients' perceptions of dentistry on many levels. Dr. Michael said "I'm breaking the mold of the typical dental office from the smell to the sensations. Dentistry has changed and I want people to experience all the positive technologies of modern dentistry – especially those making patient care easier, more comfortable and more relaxing." Designed from the ground up, this modern dental office nestled in the Guilford Gatehouse gained inspiration from the surrounding seaside beauty and elegance of the shoreline. It's spacious dental suites are focused on patient care and comfort, employing soothing décor, aromatherapy, massaging dental chairs and silent drills. Environmentally conscious as well, Michael selected mercury-free dental materials, chemical-less digital x-ray systems and efficient mechanical items.



Dr. Michael went on and explained, "I love dentistry because I am able to see the positive changes I can bring to a patient's life by improving their smile and dental health. People understand the importance of a great smile: it's engaging, it's heartwarming, it's outgoing; it's exciting. We laugh, love and communicate with our smile and we use our teeth all of the time. And the last time I checked, the mouth is connected to

the rest of the body, so great dental health improves our overall health." His passion and dedication to the profession are clear – he has been awarded fellowship honors in local and international dental societies, as well as teaching part-time at UCONN dental school and vol-

unteering at CT Mission of Mercy. Why the efforts? Michael responded "I feel a true obligation to be the best that I can be for my patients, not only to educate and treat as their dentist, but also to provide them with a comfortable, high-tech dental home. Modern dentistry offers so many patient benefits

and I help people experience them here in my office." Michael Dental Care offers dental services for the whole family ranging from routine cleanings and checkups to rejuvenating cosmetic makeovers. You are able to watch TV or listen to Sirius radio during appointments. Straighten teeth with Invisalign's clear braces, whiten teeth with Zoom Whitespeed, repair teeth with dental implants, metal-free fillings and crowns: "No Problem" Michael states with a smile, "It's our pleasure to meet the needs of our patients in a comfortable, personalized, relaxed environment."

Michael Dental is accepting new patients, please call to schedule an appointment. Visit online or check out our Facebook page.

**Michael Dental Care LLC, 2614 Boston Post Road
(In the West Wing of the Guilford Gatehouse complex), Guilford, CT
203-453-0499 www.michaeldentalcare.net**



Happy New Year
from
Middlesex Eye Physicians

Roger Luskind, MD
Elizabeth Rocco, MD
Peter Shriver, DO
Raji Mulukutla, MD
Kristy Mascarenhas, MD
Scott Yap, OD

MIDDLETOWN
400 Saybrook Road, (860) 347-7466
Optical (860) 347-8300

WESTBROOK
4 Grove Beach Road, North (860) 669-5305
Optical (860) 664-8089

EAST HAMPTON
240 Middletown Avenue
(860) 295-6440

www.middlesexeye.com



FEARLESS



Age 3 - Grade 8

LEARNING

IDS is finding out who you are and what you're good at. It's life long friends and knowing that you're known. It's being a kid, the best kid you can be. It's not like any other school. It's IDS.

Come Visit & Take a Tour

IDS The Independent Day School
860-347-7235 Middlefield, CT
www.independentdayschool.org



www.kfrx.net



See our website for Online & Mobile Refills
Monthly Sales - Health Information - And More

Full Service Pharmacy

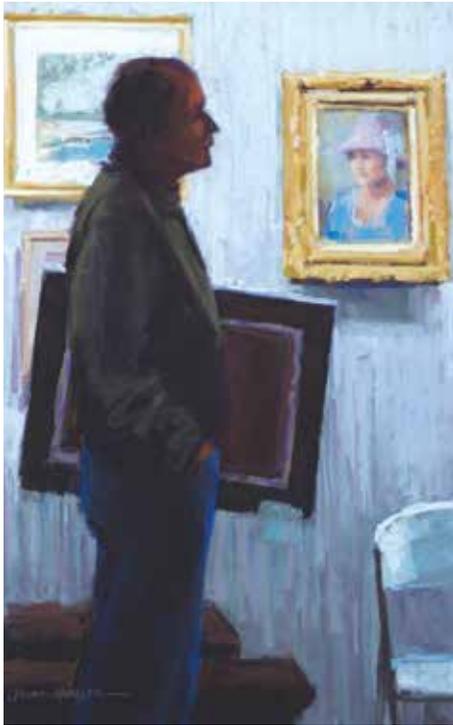
Health & Beauty Aids • Gifts • Cards

Most Insurances Accepted
Including CVS/Caremark Express Scripts
Professional Friendly Service
10% Senior Discount Wednesdays
On all store merchandise

183 Route 81, Unit 3
Killingworth, CT 06419
860-452-4275

Hours: Mon-Fri: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3 p.m.
Sunday: Pharmacy Dept. Closed
Store Open 9 a.m. - 1 p.m.

Madison Art Society - 40th Annual Art Exhibition and Sale



Master Volunteer by Deborah Quinn Munson
pastel

The Madison Art Society will present its 40th Annual Art Exhibition and Sale at the Scranton Memorial Library May 4 - 29. The high quality exhibition celebrating works in a variety of media, is a juried show open to Connecticut artists. This year's juror is Zufar Bikbov, a well-known plein air oil painter.

In conjunction with the show, several events are planned and all are open to the public.

Thursday, May 7, 5-7 p.m., Opening Reception and Awards Ceremony

Thursday May 14, 6 p.m., Oil painting demonstration by this year's juror Zufar Bikbov. Bikbov's main focus will be on plein air painting. Classically trained in art and medicine he came to the United States from Russia in 2004. He states, "I love to work with oils, which allow me to be flexible and deeply expressive."

Wednesday, May 20, 6:30-8:30 p.m., Guilford Poets Guild will share original poems inspired by selected artworks from the show. This is always a special event for poets, artists and appreciators of both.

All events will be held in the community room of the library

The Madison Art Society is dedicated to the promotion of the arts along the Shoreline. Throughout the year they offer their 250 members a variety of exhibition opportunities as well as enriching experiences such as an active plein air painting group, winter studio, and an annual trip to a major museum. They also host artist's demonstrations and lectures at which the public is welcome. A portion of sales from exhibits is donated to support the library and other community groups.



Kathy Alsop, Art Director and Suzanne Spires, Operations Director at Events Magazines showing the International Benny Award won by Essex Printing for being the Best of the Best in the printing industry while attending the Old Saybrook Chamber of Commerce Business Expo.



ESSEX WELLNESS CENTER

SPECIALISTS IN HOLISTIC SERVICES



Private Specialized Services Provided by Highly Experienced Professionals

- Naturopathic and Chinese Medicine
- Acupuncture, Anti-Aging Techniques
- Nutrition, Weight Loss/Management
- Hypnosis for Health, Spiritual Growth
- Mindfulness Meditation
- Life Coaching, Executive Coaching
- Leadership Coaching
- Art Therapy
- Eating Disorder
- Body Image Therapy
- Massage
- Reiki
- Healing Touch
- Substance Abuse & Addiction Counseling
- Art Classes and Creativity Workshops
- Personal Training & Health Coaching
- Yoga and Tai Chi in our Waterview Group Wellness Space, 8 Novelty Lane

Complete Customized Wellness Programs

Personal Training & Membership in Our Private Waterview Fitness Studio

TAI CHI

with Master Teacher David Chandler • All Levels
Offered Thursday Mornings, 10-11:30am
Call Now to Sign Up – Space is Limited!

YOGA

Monday Mornings, 9-10:00AM
\$20 Drop In • \$175 for 10 Classes

28 Main Street and 8 Novelty Lane: Waterview Fitness Studio | Essex Village, CT

860.767.7770 | info@essexwellnessctr.com

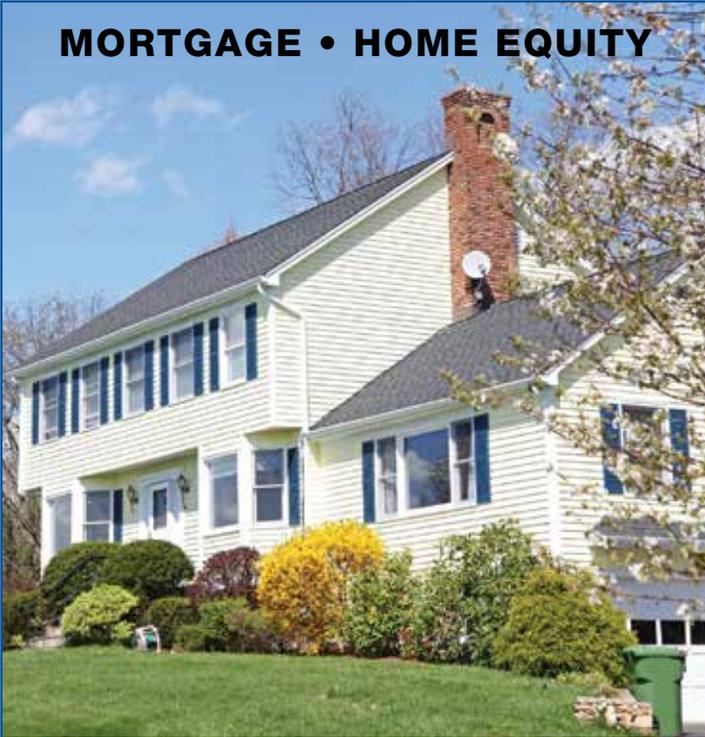


MADISON EVENTS
Madison Town Hall
8 Campus Drive
Madison, CT 06443

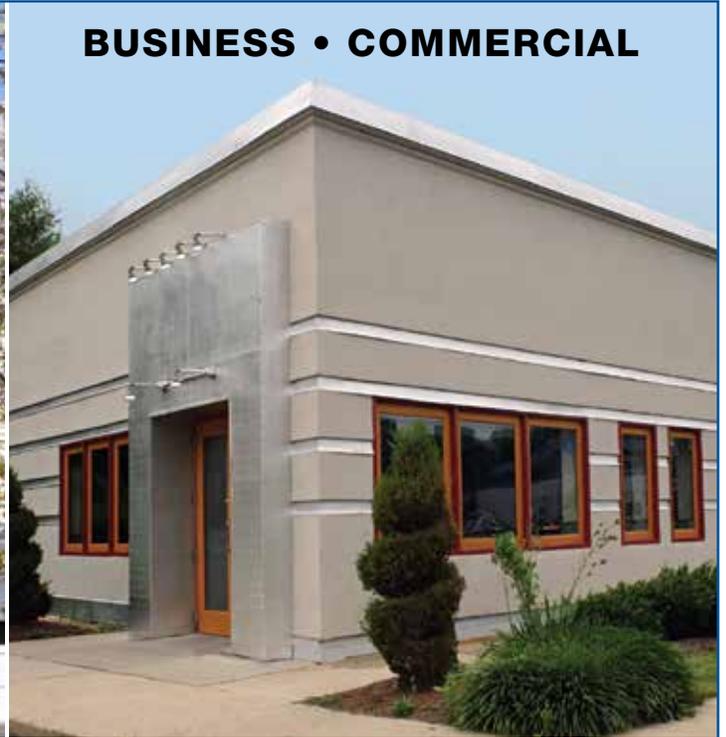
PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

POSTAL PATRON

MORTGAGE • HOME EQUITY



BUSINESS • COMMERCIAL



Awesome Loan Rates
essexsavings.com



Essex, 35 Plains Road, 860-767-2573 • Essex, 9 Main Street, 860-767-8238 • Chester, 203 Middlesex Avenue, 860-526-0000
Madison, 99 Durham Road, 203-318-8611 • Old Lyme, 101 Halls Road, 860-434-1646 • Old Saybrook, 155 Main Street, 860-388-3543

Call Toll-Free: 877-377-3922 • www.essexsavings.com

Member FDIC

 Equal Housing Lender