

Madison



Events

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Volume 5 • Quarter 3 • 2014



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First Selectman's Corner

Salt Meadow Park - The grand opening of Salt Meadow Park (formerly Constitution Park, formerly Griswold Airport) will take place on Saturday, September 13. Originally targeted for this spring, the opening was postponed because the harsh winter and late spring did not allow the grasses to have a full growing season. Avoiding damage from premature use will contribute to the health of the Park. The conservation areas, playing fields, woodland trail, and picnic area all look very welcoming. The opening, to include foods and live music, will be announced soon in local newspapers and on the Town website, www.madisonct.org.

State Roadwork - Shortly after Labor Day, the Connecticut Department of Transportation will begin two significant projects. The first involves Route 79 from County Road in Rockland south to Whitman Road below the Route 80 circle. This road will be ground down and repaved. During the month of September, plan on some single lane alternating two-way traffic along that stretch. Please allow extra travel time.

The second project replaces the bridge which allows Huzzle Guzzle Brook to pass under Horsepond Road. This portion of Horsepond Road will be completely closed, probably for the entire month. You will have to detour around using local roads.

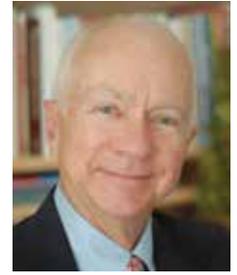
Power Upgrade - CL&P plans to upgrade the circuit that feeds the Neck Road area as far as Mercy School and the Boston Post Road from Nathan's Lane to Lowery Field. Starting this fall, equipment will be changed out, many poles will be replaced, and the voltage on lines increased from 4,800 to 23,000 volts, almost five times current capacity. There will be some very short term power

interruptions, plus the presence of linemen and trucks performing work. Once this upgrade is completed, the area will provide a more resilient power grid capable of withstanding flooding from a major storm.

Autumn Moonlight Hike - Each fall the Madison Land Conservation Trust, in collaboration with the Astronomical Society of New Haven and Madison Beach and Recreation Department, sponsors an Autumn Moonlight Hike to coincide with the harvest moon, the first full moon in October. This year's hike will take place Sunday, October 5, at 7 pm at the Surf Club.

Halloween - Madison will be graced with colorful creations during the upcoming Halloween season. Beginning Columbus Day weekend, an invasion of scarecrows provides decorative "straw men" for our enjoyment, sponsored by many businesses and organizations. On Halloween evening, the third annual Trunk or Treat will be held on the Madison Green. Park there with an open car trunk offering treats and you will be surrounded by ghouls, goblins, fairy princesses, and many other costumed trick-or-treaters! Stay tuned for exact details.

Election Day - The General Election will be held on Tuesday, November 4, to provide us an opportunity to choose state officials, from representative to governor. Every vote counts!



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Fall Program at Bauer Park



Members of the DHHS Environmental Club collect trash at the International Coastal Cleanup at the Surf Club.

ASTRONOMY NIGHT

Saturday, September 13
7:00 p.m.

Learn about the night sky with members of the Astronomical Society of New Haven. Telescopes will be set up on the Bauer Park Astronomy Platform near the community gardens. View Mars and Saturn and learn to identify constellations. For all ages.

MINI EXPLORERS

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

- 9/12 September Stroll
- 9/26 Are Crabs Really Crabby?
- 10/10 Wild Colors
- 10/24 Fall Flyers

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, accompanied by an adult.

MADISON NATURE DETECTIVES

Tuesdays, 9/23 - 10/28
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 4-7 accompanied by an adult.

NATURE TRACKERS

Thursdays, 11/6 - 12/18 (no class 11/27)
9:30-11:00 a.m. or 1:30-3:00 p.m.

continued on page 3

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

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Fall Program at Bauer Park ... continued from page 2

Does your child like to explore outdoors? Make nature collections? Observe plants and animals? 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, searching for clues and conducting experiments to unlock the secrets of nature. Classes include stories, games, crafts and lots of outdoor exploration!

Ages 4 - 7

SLIMY, SMELLY, GROSS SCIENCE

Wednesday, 10/8

4:30 - 5:30 pm

Chemistry has never been more fun! Participants explore chemistry concepts while making fake snot, testing pH with stinky cabbage juice, investigating how much liquid a diaper will hold, and making slime.

Ages 6-10

INTERNATIONAL COASTAL CLEANUP

Saturday, September 13 (Rain date: Sunday, 9/14)

10:00 a.m.-12:00 p.m.

Join the world's largest cleanup event by participating in the 29th annual International Coastal Cleanup at the Surf Club. Each year thousands of volunteers from around the world take part in this international effort to document coastal debris and promote a cleaner environment. Last year, volunteers collected over 8,000 pounds of trash from Connecticut's coastlines. This annual event makes our beaches cleaner and removes potential deadly hazards to marine life.

Along with picking up trash, we will record the types and quantities of debris removed. The Ocean Conservancy and Save the Sound will use this data to better understand what types of materials are polluting our beaches.

Biodegradable trash bags, gloves, data cards, pencils and educational information will be provided. After the beach has been cleaned, we'll pull a seine net through the water to collect and learn about some of the marine life that we helped to protect.

For all ages. Children must be accompanied by an adult. Please register by calling Madison Beach & Recreation at 203-245-5623, or signing up online at www.madisonct.org/beach_rec.

Beach Captain: Julie Ainsworth

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.

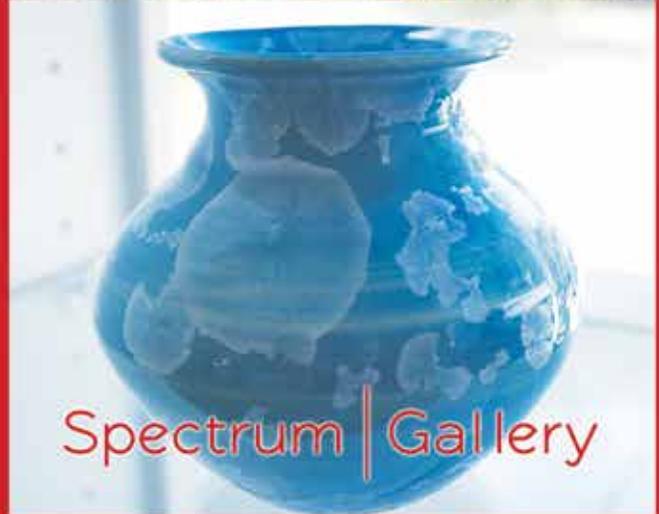
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ANNUAL AUTUMN ARTS FESTIVAL

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Vista Arts Center Celebrating The Artist Within



The Vista Arts Center is a unique, community arts program for adult artists of all abilities. Located in Madison, Connecticut, the Vista Arts Center has been offering classes in literary, performing, and visual arts since September 2012 and is now opening its classes to all adults in the shoreline community! The Vista Arts Center is unique in that they believe that the ability lies inside everyone, and they are waiting to “celebrate the artist within” you! The Vista Arts Center’s mission is to provide quality arts programming to a diverse adult population that promotes self-expression and learning in a nurturing, noncompetitive environment. Their programming and instructional methods encourage the inclusion of all talent and skill levels while providing a platform for the development of artistic and interpersonal skill development, self-esteem and confidence. All courses are led by arts professionals with many years of experience in their field of specialty and in individualizing instruction for a variety of students.

In almost two years of operation, the Vista Arts Center has grown exponentially in its diverse offerings, instructors and community involvement. They have participated in over 7 art showings, put on a full scale, all abilities, community theater production of “Joseph and the Amazing Technicolor

Dreamcoat” in partnership with the Ivoryton Playhouse and saw their class grow from 4 classes to 30 classes. Registration for the Fall-Winter semester will be open August 15 with new and exciting offerings for everyone!

For more information about how you can start celebrating your artist within at the Vista Arts Center, please contact Jeanean Cox, Arts Program Manager at 860-399-8080 or jcox@vistavocational.org. Visit Vista online at <http://www.vistavocational.org>.



Vista Arts Center’s instructor, Kelley Kapfer, leads art students, Laura Quintavalla and Erin Doyle in Action Painting Class.

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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.

The 2014 Trail Hike Challenge

As part of our 50th Anniversary celebration, we are inviting friends and neighbors to participate in the Trail Hike Challenge. Join us on our series of guided hikes, or head out on your own to hike our trails. We'll be awarding prizes for completing 14 hikes for 2014, or for hiking all 22 trails. Details are at www.madisonlandtrust.org

MLCT Hikes

September 21, 3:00 p.m. *Marsh Walk at Ox Pasture* - Salt marshes are one of the most productive ecosystems on earth. Discover how plants and animals are adapted to survive in this ever-changing environment. Also, learn about research into the nesting behavior of diamondback terrapins, the only turtle species to live in the brackish waters of tidal marshes. Boots and long pants are a must for walking on the marsh. No dogs please. The trailhead is on Canoe Road, off of Garnet Park Road.



Fiddler Crab at Ox Pasture
by Justin Coleman (2012 MLCT Photo Contest)

October 5, 6:45 p.m. *Autumn Moonlight Walk* - Bring a flashlight and join us for an evening stroll on the Garvan Trail at the Surf Club. As always, a bagpiper will lead the way.

continued on page 7

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Land Conservation Trust ... continued from page 5

After the walk, refreshments will be served in the Surf Club building, and prizes will be awarded for the Trail Hike Challenge. Members of the Astronomical Society of New Haven will set up telescopes for viewing the moon, planets and stars in the night-time sky.

November 7, 7:00 p.m. *Annual Meeting with Tom Wessels*
This two-part program will begin with Tom Wessels' keynote presentation at the MLCT Annual Meeting, to which all are invited. Wessels is the author of *Reading the Forested Landscape, A Natural History of New England*, and a professor at Antioch University New England.

November 8, 9:00 a.m. *Forest Forensics with Tom Wessels on the Summer Hill Trail*. The second part of the program will take place the following morning. Tom will introduce us to the science of forest forensics, interpreting the landscape by taking a closer look at the arrangements of plants, landforms, and historical relics. We will learn to unravel the complex stories etched into our forested landscape. The trailhead is on Summer Hill Road, just north of Route 80.

Trail maps and directions are available on the MLCT website, www.madisonlandtrust.org. Hikes will be cancelled in case of inclement weather. Check the MLCT website or www.facebook.com/madisonlandtrust for updates.

We look forward to seeing you on the trails!

The Daily Grind

If you experience severe tooth, jaw or facial muscle pain, it may be from the effects of grinding or clenching your teeth - also known as bruxism. Most people brux their teeth in response to stress or pain. Nearly 25% of Americans clench or grind their teeth to the point of destructiveness. This destruction leads to tooth sensitivity, wear and breakdown. Studies suggest that while almost all people unconsciously clench or grind occasionally, more than 80% of habitual bruxers are unaware of their habit. Fortunately, custom-made bite guards offset the painful and destructive forces of bruxism. Bite guards offer people a proactive approach to protect their teeth. Made from a variety of high-tech plastics, these clear, thin and removable devices are usually worn over the upper teeth as one sleeps. Most people adapt readily and the devices do not dislodge under most circumstances. Not only do bite guards protect the teeth and dental work, but often alleviate facial muscle pain associated with habitual bruxism. Realizing the relationship between oral health and overall health, your family dentist uses many techniques to diagnose and treat bruxism. From protective bite-guards to stress reducing activities, dentists can help patients protect their teeth and reduce bruxism to promote a healthier and long-lasting smile. If we can help by answering questions about bruxism, or providing comprehensive dental care, please call Michael Dental Care in Guilford at 203-453-0499.

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Now Is The Time!

As the days grow shorter and the kids head back to school, the gardens are just getting ready for the finale show. If your garden has become overgrown or needs a boost, NOW is the time to take back control. Later this fall you will be glad you did. Early summer perennials should be cut back to tidy up the garden and make space for the late summer show offs. If the annuals have been neglected and are now worn out pull them up and replant with mums or other fall bloomers such as ornamental grasses, asters. Mums may seem cliché but they are classic and nothing invites the fall season like mums. When you select mums for planting look for a mix of blooms and buds to extend your bloom time. If you have been thinking how nice a particular plant would look in your garden NOW is the time to plant it. Fall is a great time to plant because the soil temperatures are warm and the hot days of summer are passing. Think spring NOW. Look for opportunities to plant bulbs. Again, next spring you will be glad you did. If you need help making any of this happen, NOW is the time to call a landscape professional.

Live in the NOW. Let the regrets of yesterday and the worries of tomorrow go. Have vision and faith for tomorrow without fear. If you struggle with this concept plant a garden and see what it can teach you.

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Scranton Memorial Library

Fall 2014 Events

For our full listing of events and much more, please visit our newly designed website at www.scrantonlibrary.org

For Children

Fall Registration for our Children's Programs begins September 8 at 9:00 a.m. We offer programs for infants all the way thru 6th grade. Go to www.scrantonlibrary.org/kids/ to see our offerings.

The Scranton Library Children's Department will also be forming a new Destination Imagination Team for next year. Destination Imagination incorporates team building, creative thinking, science and art into a fun program. Slots are limited. We will host a meeting on September 8 at 7:00 pm. with Eric Wolff, Connecticut coordinator of D.I. and Ted O'Neill our team manager. After the meeting we will hold a lottery to fill the seven slots for our team.

For Teens

We offer many wonderful programs and volunteer opportunities for students in 6th grade and up. Please check out our Teen page at www.scrantonlibrary.org/teens/

For Adults:

Sunday Concert Series:

Marc Berger presents "Ride": a musical exploration of the American West - September 28 at 2 pm
 Singer and guitarist Sheri Miller - October 5 at 2 pm
 Vermont Folk Duo "Hungrytown" - November 16 at 2 pm

Billy Wilder Film Series:

"Double Indemnity" - September 17 at 7 pm
 "Sunset Blvd." - September 25 at 7 pm
 "Stalag 17" - October 15 at 7 pm
 "Witness for the Prosecution" - October 22 at 7 pm

Lectures:

"Understanding Concussions" - September 15 at 7 pm
 "Quick-Start Your Business Plan" - October 2 at 7 pm
 "Understanding Opera: The Marriage of Figaro" with Tom Lewy - October 16 at 7 pm
 "Understanding Opera: Rigoletto" with Tom Lewy - October 27 at 7 pm
 "How to Read a Film: Billy Wilder" with Mark Schenker (part 1) - October 23 at 7 pm
 "How to Read a Film: Billy Wilder" with Mark Schenker (part 2) - November 6 at 7 pm
 "Madison Postcards, Then and Now: An Illustrated History" - November 24 at 7 pm

Health Department

Drinking Water Tips; Well Water

Most wells in Madison are drilled wells; i.e. holes bored into the underlying bedrock. Generally, these wells produce water of very good quality. The presence of bacteria is rare in such wells and is a potential cause for concern. Other chemical constituents are found at various concentrations, reflecting background ground-water quality. Iron and manganese are very often found in ground water in Madison at concentrations that are aesthetically objectionable. There are treatment systems that can correct most water-quality problems found in local ground water. In no case should the backwash from any such treatment system discharge to the septic system, because this can add unnecessary amounts of water to the system.

It is important to remember that any well-water analysis represents the quality of the well water only at the time the sample was collected. Periodic tests of well-water quality are not required by the Health Department once a Certificate of Occupancy is issued for the home, and responsibility for the well is then entirely in the hands of the homeowner. Factors

affecting the quality of the ground water in an area can change, and therefore, the potential for changes in the ground water quality also exists. For these reasons, the Madison Health Department suggests retesting the well water every few years.

There are numerous chemical compounds that can be found in well water, such as heavy metals, fuel components, industrial solvents, pesticides, radon, etc. With the exception of lead and radon, these other more exotic compounds are rarely found in wells in Madison. Homeowners must be very careful in their use and disposal of chemicals and products that contain toxics. Remember that what you dispose of into your septic system or spray on your lawn ultimately reaches the ground water, which feeds your well and nearby streams or other water bodies. Lead can be leached from interior plumbing, particularly if the well water is acidic, although modern plumbing solder is lead-free.

The website of the American Groundwater Trust at www.agwt.org contains a great deal of good information on wells and water quality.

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Emergency Management Department Hurricane Season Preparations

Hurricane season is upon us, and the time is now to prepare your home and family for the potential damage and disruption that may occur. It is likely that there will be several days' notice of the approach of a hurricane. Here are some tips for preparing yourself before a hurricane hits. Think about your special needs, like pets, children and the elderly.

Well before any storm:

- Refill special medications.
- Get cash (ATMs may not work for days after). Don't charge credit cards to the limit; you might need extra cash after the storm.
- Get non-perishable food and water for at least 3 days.
- Don't fill gasoline cans until right before the storm; they are a fire hazard.
- Fill vehicle fuel tank. Gas stations may run out and some will not have power to run pumps. Check your car's battery, water, oil. Make sure you have a spare tire and buy aerosol kits that fix and inflate flats.
- Check fire extinguishers.
- If you own a boat, make necessary preparations.

As the storm approaches:

- Get shutters, storm panels or plywood in place on windows. If you haven't installed sockets, attach with wood screws; they're better than nails and do less damage.
- Don't tape windows; tape can create daggers of glass and bake onto panes.

- Remove swings and tarps from swing sets. Tie down anything you can't bring in. Check for loose rain gutters, moldings.
- Move grills, patio furniture and potted plants into your house or garage.
- Check your mailbox. If it's loose, secure or remove it.
- Move vehicles out of flood-prone areas and into garages if possible. If not, park cars away from trees and close to homes or buildings.

Inside the home:

- Seal key documents - including passports, wills, contracts, insurance papers, car titles, deeds, leases and tax information - in zip plastic bags and get into a protected, dry place, such as a safe-deposit box or home safe.
- Set the refrigerator to its coldest setting in anticipation of the power failing.
- Fill the bathtub. It may be your main supply of water.
- Check flashlight and radio batteries and have extras on hand.
- Charge rechargeable cellphones, drills, power screwdrivers, flashlights, lanterns and batteries.
- If you are in a flood-prone area, prepare to evacuate; bring medications, eyeglasses, baby supplies, toiletries, change of clothes, bedding, cellphone charger, important documents and phone numbers.

No Slowing Down This Fall at The Madison Historical Society

The Summer of 2014 was crammed with MHS events, and the fall is looking just as busy. On September 7, MHS members will enjoy a picnic and concert on the grounds of the Grave House with the members of the Charlotte L. Everts Memorial Archives, the Madison Garden Club, and the Deacon John Grave Foundation.

On October 4 and 5, the Historical Society will participate in the Meigs Point Farm Festival at Hammonasset State Park with a traveling display from our current exhibit, *The Business of Leisure*, currently on display at Lee's Academy.

On October 16 and 17, the MHS will host all the second-grade classes from Madison schools for a fun and informative immersion into the history of Madison. The students will meet Dolley and James Madison, see the play, "Where will George Washington Sleep?" at the First Congregational Church, map the 300-year history

of Madison, and experience the chores and pastimes of children at work and play at the Deacon John Grave House.

On October 18, the MHS will participate in the Bauer Park Harvest Festival with a family-friendly exhibit that may put some parents in an "uncomfortable position."

On October 19, the MHS will host a reception for its new members at the c1785 Allis-Bushnell House.

On November 29, the Allis-Bushnell House will again be open to the public for tours and interpretation, a perfect respite from holiday shopping.

For more information about Madison Historical Society memberships and events, visit madisoncthistorical.org, or email us at contact@madisoncthistorical.org.

Rick Camp, President, Madison Historical Society



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Gubanatorial Election

November 4, 2014

Voting Locations

Polls Open: 6:00 a.m. - 8:00 p.m.

District 1

Madison Senior Center
29 Bradley Road

All registered voters who live at properties on the EVEN numbered side of Green Hill Road and South.

District 2

Dr. Robert H. Brown Middle School
980 Durham Road

All registered voters who live at properties on the ODD numbered side of Green Hill Road and North.

Voter Registration

Oct. 28, 2014 - Last day for receipt by Town Clerk or Registrar of Voters of mailed application for admission as elector on prescribed form of any such person who became 18 years of age, U.S. citizen, or resident of the municipality on or before October 28, 2014.

Nov. 3, 2014 Deadline for receipt by Town Clerk or Registrar of Voters of mailed application for admission as elector on prescribed form of any such person whose qualifications as to age, citizenship or residence was attained since October 28th.

Nov. 4, 2014 - Election Day Registration: An applicant whose name is not on the check-list may register and vote with proper ID in the Hammonasset Room.

Absentee Ballots

Note: These are general guidelines for absentee ballot usage.

Procedures vary by election and additional procedures may apply. Please visit the website of the Connecticut Secretary of the State for complete instructions.

Absentee ballots will be available beginning October 3, 2014 at the Town Clerk's office, 8 Campus Drive.

To obtain an Absentee Ballot

An application **MUST BE COMPLETED BY THE VOTER** prior to issuing the ballot. The applications are available:

1. In person at the Town Clerk's office during regular hours or by printing from the link on the Town website - Complete the application and either bring the application to the Town Clerk's office and you will be given a ballot at that time to complete while there or to take with you and return in person or by mail
2. By printing the application from the website link - You can bring it in to the Town Clerk's office as stated in number 1 or mail the application to: Town Clerk, 8 Campus Drive, Madison, CT 06443. Upon receipt a ballot will be mailed to you starting October 3, 2014 at the designated address provided.
3. If you do not have access to a computer and are not able to come in, you can request that an application be mailed to you by calling (203) 245-5672 and one will be sent. Upon completion you will either bring it to the Town Clerk's office, or, mail it as noted above in #1 or #2. Ballots must be received no later than Election Day to be counted.

Note: Town Clerk must have the original signature on the application for a ballot to be valid.

Hours: The Town Clerk's Office hours are Monday-Friday 8:30 a.m. to 4:00 p.m.

Madison Public Schools

Parents are invited to visit their child's school during the scheduled open house:

Ryerson, Jeffrey & Island Avenue Elementary
Grades K-2: September 10, at 6:00 pm
Grades 3 -4: September 10, at 7:30 pm

Brown Middle School
Grade 5: September 11, at 6:45 pm
Grade 6: September 17, at 6:45 pm

Polson Middle School
September 23, at 6:00

Daniel Hand High School
September 18, at 6:45 pm

Beach & Recreation Department News

The Beach & Recreation Department has many exciting programs planned for your consideration and participation for the upcoming season. Whether you are looking for a passive activity or an activity to tone your body and remain physically fit we have you covered. Visit our website at www.madisonct.org/Beach_Rec to see a complete listing of our program offerings. Participants can register for programs online and pay by credit card. If you have any questions please call 203-245-5623 - M-F 8:30 am to 4 pm.

Bauer Harvest Festival - Saturday, October 18 - 11:00 am - 3:00 pm

Special events include Pony rides, Hay rides, Old Fashioned games, a special visitor - a Falcon! Music by Shoregrass Band, food, cider pressing, and more. Free family event. \$5.00 Parking Fee. Bauer Park is located at 257 Copse Road, Madison.

Volunteers are still needed for this year's Harvest Festival. Planning meetings are being held throughout the year. If you are interested in becoming involved please contact Carrie Gazda, Recreation Supervisor at 203-245-5623 or by email gazdag@madisonct.org.

Holiday Torchlight Parade & Tree Lighting, Sunday, December 7 - Beginning at 4:15 pm at Citizens Bank - Samson Rock Drive

This year, Madison Beach and Recreation and the Madison Chamber of Commerce, have decided to combine the holiday parade and the Town Tree Lighting Ceremony, so that families do not have to choose which events to participate in on such a busy weekend. Join us in the center of town to watch the holiday parade beginning at 4:15 pm. The parade will include music, pets, local sports teams and groups, and, of course Santa too! Then, we want you to jump in at the end of the parade and follow the parade to the Tree Lighting Ceremony. Music will be provided by Grammy Award Winner Les Julian. We will be lighting the way with luminaries with the help of

Madison's own Boy Scout Troop 490. Troop 490 will also provide hot chocolate and help us light candles for the candle lighting ceremony. We want all to enjoy the Tree Lighting Ceremony but ask parents not to let their children go up on stage. The winners of the Tree Lighting Contest should be the only children up on stage at this event. Thank you in advance for your cooperation!

Tree Lighting Contest

Our second Annual Tree Lighting Contest is on. Draw a picture of what the holidays mean to you and submit the photo with a caption. Three children will be chosen out of the entries, to help Santa and our very own First Selectman, light the tree on the Town Green. Ages will vary from young to old.

Tree Lighting Contest Rules

Entries should include the following:

1. Child must be a Madison resident.
2. Child must be able to write, draw and understand what they are being asked to do. In other words, they need to be able to do this on their own. Parents should not help.
3. Child must have the holiday spirit.
4. Child must be able to go up on stage and state their name.
5. Artwork MUST be done by the child, regardless of age. Entries will be disqualified if not done by child. Ages up to 13 will be accepted.
6. Child must have a Caption or Title for their Artwork on top of Page.
7. All entries must include name, age, valid email address, address and phone.
8. Form can be picked up in the Recreation Office beginning November 1st or may be downloaded from our website www.madisonct.org/Beach_RecNovember1st.

All entries must be turned in to the Madison Beach and Recreation Office by 4:00 pm on November 21.

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*

Sleep Apnea

Are you drowsy during the day with no explanation? Do you snore loudly or wake up breathless in the middle of the night? If you're experiencing any of these symptoms, you may be one of more than 12 million Americans who are affected by sleep apnea. Sleep apnea is a condition in which your breathing stops periodically during sleep, as many as 20-30 times per hour, the resulting lack of oxygen alerts your brain, which temporarily wakes you up to restart proper breathing. Since the time spent awake is so brief, most people with sleep apnea don't remember it, and many believe they are getting a good night's sleep when, in fact, they are not. The constant wake-sleep, wake-sleep cycle prevents those with sleep apnea from achieving deep sleep, resulting in a constant drowsy feeling during the day.

The following symptoms can indicate the presence of sleep apnea. If you notice one or more of these, contact our practice.

- Insomnia or difficulty sleeping
- Loud snoring at night
- Waking up at night short of breath
- Snorting or choking sounds during the night (indicating a restart of breathing)
- Headaches upon waking in the morning
- Falling asleep unintentionally during the day
- Extreme drowsiness throughout the day

Sleep apnea is considered a serious medical problem and if left untreated it can lead to high blood pressure, increasing the risk

of heart failure and stroke. The ongoing state of fatigue caused by sleep apnea can lead to problems at work or school, as well as danger when driving or operating heavy machinery. Sleep apnea can also cause complications with medication or surgery; sedation by anesthesia can be risky, as can lying flat in bed after an operation. If you know or suspect you suffer from sleep apnea, let your family doctor know before taking prescribed medication or having surgery.

Treatments for sleep apnea depend on the severity of each individual case, and the type of apnea. Basic treatment can be behavioral - for instance, patients are instructed to lose weight, stop smoking, or sleep on their sides instead of on their backs. Beyond that, oral devices can be used to position the mouth in such a way that prevents throat blockage. In more severe cases, surgery may be the best option.

If you suspect you or a loved one suffer from sleep apnea, contact your dentist. They may refer you to a sleep apnea specialist. The specialist may recommend a sleep study to diagnose the precise extent of the problem, and can prescribe appropriate treatment. Depending on your situation, treatment may involve an oral device that can be fabricated by your dentist.

*Thomas P. Petrick DMD
Theodore J. Katz DDS, PC*



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Do You Have a Renovation Strategy?

Now that we're into the warmer months, I'm noticing a lot of home improvements while I drive about. I remember when my husband and I moved into our house and did some renovating. Built in 1979 and not maintained by previous owners, our house needed "a little work." Watching renovations take shape has brought a lot of thought into "a little work" and I have some parallels and insights that I would like to share.

Our renovation process took longer than anticipated for a couple of reasons. As we saw our ideas coming to life, my husband and I became more creative and added more ideas to our wish list. (Fun!) But more importantly, as the project progressed, it became apparent that years of neglect had taken their toll, requiring more labor and more money than initially anticipated. (Not fun!)

Through it all, we remained grounded and realistic. Some projects required more money and some less money. Sometimes things could be salvaged, but sometimes things just needed to be replaced. And, in time, our neglected colonial shaped up to be a beautiful colonial. But if our goal had been to change our neglected colonial into a contemporary, we would have been very frustrated and very poor.

We live in an instant gratification society with new technology emerging on a daily basis. As a result, many

people believe that any problem can now be solved quickly, easily and cheaply. And the truth is that a lot can, but a lot cannot. The key to a successful outcome in any cosmetic procedure is to have realistic expectations.

Every procedure will have limitations, even facial plastic surgery. Every procedure will only last for so long and will need to be repeated - even facial plastic surgery. Some procedures will last for months and some for years, but nothing lasts forever.

Each procedure is designed to give specific results. If your physician is clear about the results you can expect and those results are in line with your desired outcome, then it is an open playing field for non-surgical procedures for you.

So enjoy every non-surgical option available, explore them and discuss them with your physician (be it me or someone else). If you're realistic, not only will you be beautiful, you'll be happy too. What a combo!

To learn more about procedures that will keep you beautiful without surgery, please call 203-245-2227 for a free consultation with Dr. O'Malley or visit us at www.sonasmedspa.com.

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



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Calcium

Taking calcium - either through diet or supplement - is a little like making deposits into a bone bank account. If you keep a healthy balance of this mineral, your body is able to build and maintain bone, which is a living, ever-changing tissue. Not only does calcium keep bones and teeth healthy, it also helps with clotting blood, sending signals between nerves, and regulating heart rhythms.

But if you fail to make calcium "deposits," your body starts to pull calcium out of your bones and "overdraws your account." Worse than a painful overdraft fee, however, this calcium imbalance can cause porous, weakened bones. This condition is called osteoporosis. In the U.S., it affects 8 million women and 2 million men, resulting in 1.5 million fractures each year.

How much calcium do you need? It varies, depending on your age. Your preteen or teen needs more. Banking calcium at this stage is really like making an early investment in "retirement."

The National Academy of Sciences recommends:

- 1,300 mg/day for children ages 9-18
- 1,000 mg/day for men and women ages 19-50
- 1,200 mg/day for men and women ages 50 or older

Some guidelines suggest 1,500 mg for postmenopausal women who don't take estrogen. That's because - due to a loss of estrogen at menopause - women start to have bone loss earlier than men.

If you take calcium supplements, it's best to divide the dose. Take half in the morning and half at night. Let me know if you have questions about different types of calcium. I can also discuss any medications that might interfere with calcium absorption. And I can give you tips on how to handle any calcium side effects, such as constipation or indigestion. To limit side effects, be sure to take no more than 2,000 mg daily.

Foods rich in calcium include dairy products, dark leafy greens, dried beans, nuts, and calcium-fortified foods, which may include orange juice, cereal, and bread. Some recent studies suggest that food sources of calcium may be better than supplements. Last year, a study reported on in the American Journal of Clinical Nutrition showed that participants who got most of their calcium from diet had better bone density than those who got most it from supplements. It's too soon to know why, but it might have to do with better absorption or other food compounds that enhance bone health.

What else can you do to prevent bone loss as you age? Try weight-bearing exercise, such as walking or running, and get enough vitamin D. This vitamin helps your body absorb calcium. To get enough of it, you can spend at least 15 minutes in the sun several times a week. You can also take supplements or get food sources of vitamin D - in salmon, tuna, or fortified milk, margarine, or cereal. Try to get 800 International Units (IU) daily, but no more than 2,000 IU, which can be toxic.

*Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy*



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Health Department	203-245-5681
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A Wine Tasting

As many people are aware one of our fire fighters from North Madison and her husband Chris have been dealt with a severe health crisis. Amanda age 30 was diagnosed with ALS otherwise known as Lou Gehrig's disease shortly after she found out she was pregnant. The joy of being pregnant shadowed by the fear of what was to come due to her disease put their lives in turmoil. Amanda who has a progressive form of that disease has been in a wheel chair for a few months and is now hospitalized to ensure that the baby is getting enough oxygen.

Help has come from many organizations and people in our community plus our extended community as well. Their house has to be totally rebuilt and made handicapped accessible, that cost along with the medical equipment is overwhelming. Her electric wheelchair alone cost nearly \$22,000. The baby who will be born early will also incur many medical expenses as well.

So we are asking you to support our Wine Tasting Event on September 5 at the Madison Winter Club 5:30 pm to 7:30 pm Boston Post Road, Madison. We will have seven vendors who will supply a fantastic array of wine. Tickets are \$25.00 per person and are available at The Silver Moon, Madison, & The Hammonasset Package Store. You may also call Dee Mulqueen @ 203-245-8622 for tickets or information.

If you cannot come to the event you may make a donation, checks made out to The Women's Club of Madison - note Bernier Fund and sent to Women's Club, PO Box 691, Madison CT. 06443. Let us keep in mind all the fire fighters do to protect

us and our belongings when there is an emergency.

All costs related to this event are being paid for by the above organizations, therefore all proceeds go directly to the Bernier family.



Firming up Plans for the Wine Tasting

Bottom row, left to right: Ann Gilligan - Event Planner & Dave Allen - President of the Madison Winter Club.

Dee Mulqueen - The Madison Women's Club, the Event organizer.

Second Row: Gail Chapman - Vice President of The W.C.M.

Tom Mulqueen - Owner of Hammonasset Package Store &

Donna Farrel - President of The W.C.M.

Third row: Kathy DeBurra - Past President The W.C.M.,

Jeff Wagner - The Hammonasset Package Store,

Maureen Jones - The Women's Club of Madison.

Oktoberfest on the Sound

A Charity Event Hosted by Madison Lions - Sept. 27

The Madison Lions Club will host a one day Oktoberfest Charity Event on Saturday, Sept. 27 at the Madison Surf Club. This event, planned and presented by the Madison Lions replaces the revenue generated in the past by sales of George Love Art and Cards. That fundraising enterprise lasted for 35 years and generated significant funds which have allowed the Madison Lions to support donations of over \$750,000 over the years to various community based service organizations.

The Oktoberfest is planned to entertain young and old alike.

There will be a kid zone with games and races, Brat eating contest, a Bavarian Menu served by Donahue's Restaurant, Brats by the Madison Lions, continuous music all day-including German band & dancers, and of course, German beers. The event will take place from 12 Noon to 8:00PM - rain or shine - at the Madison Surf Club, Surf Club Rd., Madison. Admission will be \$10 for adults with children 12 or under free. Parking is also free. Look for more information at www.oktoberfestonthesound.com

Superintendent's Brown Bag Lunch

Thomas Scarice, Superintendent of Schools invites you to an open discussion at Scranton Memorial Library at noon on the following Friday dates. Bring your brown bag lunch.

2014

- September 12
- October 24
- December 5

2015

- January 23
- March 6
- April 24
- May 22

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MILE

MILE (Middlesex Institute for Lifelong Education) is a program for people 50 and over to participate in fun, educational sessions at Middlesex Community College. The fall orientation and registration will be held September 13 from 1:00 to 3:30 at the College 100 Training Hill Road, Middletown.

The fee is \$60 and includes fall and spring sessions. There are 15 weeks of classes (7 in the fall and 8 in the spring). Each session is 2 hours long and ranges from Blue Grass music, to photography, to World Peace, trusts, the cardiovascular system, the Beatles, gardening to attract birds and butterflies. Those are the subjects of the first two weeks. The brochure will be available at the end of August on our website at www.mileonline.org or at local libraries and senior centers.

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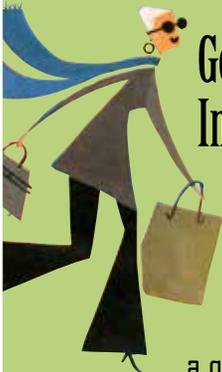
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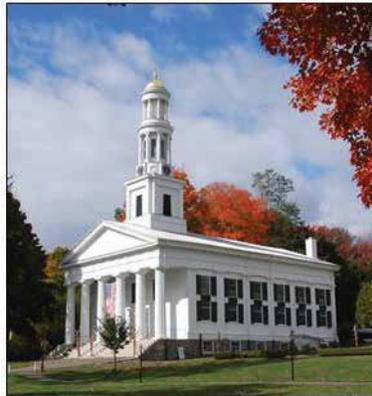
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