

Madison events

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Selectmen's Corner

What's Happening in the New Year

Well, we finally got a taste of winter in late January, but it warmed up right away, so we're hopeful that was it for this year.

We'll see!! Some "goings-on" in Madison: The Winter Farmers' Market happens every Friday at the American Legion Hall on Bradley Rd. You'll find locally produced, in season, fresh products. The Chamber of Commerce is hosting a Home & Garden Show on March 10 at Mercy Center on Neck Rd from 4:30-7pm. Check out the Chamber website for more information.

Speaking of websites, the new Town website is up and functional. It looks great and has many fun and interesting features. We're all still learning about it, but check it out for yourself www.madisonct.org. You can sign up for notifications about many different topics.

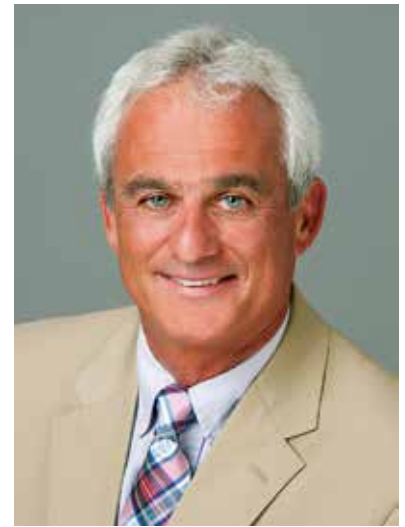
There will be another in the series of Frederick Lee Lectures on March 13,

at 4:00 pm at Hubley Hall at the First Congregational Church on 26 Meeting House Lane. There is a small admission fee to hear New Haven Superior Court Judge and author Jon C. Blue discuss "The Case of the Piglet's Paternity: Trials from the New Haven Colony, 1639-1663."

The Town and School Budget Referendum is scheduled for May 10. Be sure to get out and vote on this very important issue.

Downtown Center Project Update

The Downtown Center Project will resume as soon as weather permits. We'll be finishing off Phase 1 of the project with beautiful new brick sidewalks on the south side of the Post Rd. that will mirror the north side herringbone-pattern brick. A new median will be installed with plantings that will further enhance our beautiful, new, downtown streetscape. Included in the project, we will see matching light poles and newly planted trees on both sides of the street.



First Selectman Tom Banisch

"Green Up, Clean, Up Day"

"Green Up, Clean, Up Day" is scheduled for April 23rd, and planning has already begun. All groups and individuals are invited to join in. The volunteer sign up form is on our website.

Tom Banisch, First Selectman

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Spring Into Oregon Wines

Spring into warmer weather with light, bright and savory wines from Oregon. Oregon produces several different styles of light and refreshing whites. Chardonnay, Gewürztraminer, Riesling and Pinot Gris are the most widely grown varieties. One of the most sought after, Pinot Gris, is the same as the Italian Pinot Grigio grape, however from Oregon it tends to have more body with the same great acidity. The Rieslings are fruity with a slightly sweet edge to them. Due to the cooler climate, most of them tend to have a bit more acidity in the finish which makes them pair nicely with spicy dishes. The top producing red variety from Oregon is by far Pinot Noir, followed by Gamay Noir. The cool climate is the ideal condition to grow Pinot Noir, much like its birthplace in Burgundy, France. This variety brought notoriety to Oregon in the mid-seventies from wine lovers all over the world, though they have been producing other varieties since the mid-late 19th century. Pinot Noir has complex flavors while showing a light body and occasionally an earthy finish. The flavors most often noted are cherry/black cherry and blackberry. Due to its complexity Pinot Noir can be enjoyed with a wide variety of food choices spanning from light appetizers to heavier fare and meat dishes. Prepare your palate for the warmer days ahead by venturing out and trying a few of these savory, mouth-watering wines from the west coast. They will be sure to please both you and your guests!

Art LiPuma

Manager, SeaSide Wine & Spirits & Spirits of Madison



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Bauer Park

Early Spring Classes at Bauer Park
Madison's Agricultural and Environmental Center
257 Copse Road

FAMILY MAPLE SUGARING

Sunday, February 28 / 10:30 a.m.-12:00 p.m.

Come learn how maple syrup is made, from tree to table. We'll tap some of Bauer Park's maple trees, taste the sap, and learn how to turn it into syrup, which we'll also taste! Information on where to acquire sugaring supplies, and when, where and how to tap the maple trees in your own yard will be provided. Boots are recommended as we'll be hiking into the woods to tap the trees.

Recommended for adults and children ages 3 and older.

Children must be accompanied by an adult / \$5.



Learn about Maple Sugaring at Bauer Park

NATURE TRACKERS

Thursdays, March 3 – April 7 / 9:30-11:00 a.m. or 1:30-3:00 p.m.

Does your child like to explore outdoors? Do they like to 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, experiments, crafts and outdoor exploration.

Ages 4-6 / \$60.

MINI-EXPLORERS

Fridays, 10:00-11:30 a.m.

March 4 – It's Sugaring Time!

March 18 – The Wonder of Water

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 / \$10.

An advertisement for a Citizen Eco-Drive watch. The watch is silver with a blue dial featuring Roman numerals and a diamond-set bezel. The dial has 'CITIZEN' and 'Eco-Drive' printed on it. In the top left corner, there is a logo for 'POWERED BY LIGHT Eco-Drive' and the text 'A watch that never needs a battery.' In the bottom right corner, there is a logo for 'Christo Jewelers' with the address 'Clinton, CT 06413', phone number 'Ph: 860-869-2145', and website 'www.christojewelers1985.com'.

An advertisement for two radio stations. At the top right, it says 'WMRD 1150 - AM Middletown - Hartford'. In the center is a green compass rose with yellow lightning bolts pointing to the four cardinal directions. At the bottom left, it says 'WLIS 1420 - AM Old Saybrook - New London'. Below the compass rose, it says 'We are The Best of the Valley & Shoreline!! News, Weather, Sports, Traffic, Music, Talk and Opinion, from around the Corner and around the World!!'. At the bottom, it says 'We've Got Personality!!!' and 'www.wliswmrd.net'.

ST. PATRICK'S DAY SCIENCE

Tuesday, March 15 / 2:30-3:30 pm.

Celebrate the holiday with some cool science experiments.

Ages 6-9 / \$19.

PINT-SIZED SCIENTISTS

Wednesday, March 16 / 1:00-2:00 p.m.

Engineering for preschoolers! Ages 4-6 / \$19.

BIRDS IN YOUR BACKYARD AND AROUND THE WORLD

Sunday, March 20 / 1:00-2:30 p.m.

Experience an avian world, from the backyards of Madison to the exotic wild lands of Australia, Africa and the Galapagos Islands. Each species has its own fascinating stories to tell through its unique behaviors and adaptations. Participants will be encouraged to ask questions about birds throughout the program. Instructor Susannah Graedel holds a master's degree in Ecology and Evolutionary Biology and spent many years banding songbirds. For adults and high school students / \$10.

GET READY FOR BLUEBIRDS!

Sunday, April 3 / 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. Children must be accompanied by an adult. All ages / \$5.

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.

Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches. Contact the Beach & Recreation Office at 203-245-5623 for more information.

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Madison Land Conservation Trust



Take a snowshoe hike with the Land Trust in the Neck River Uplands North Preserve

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EXHIBIT THROUGH MARCH 13



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PHOTOGRAPHY VASES CERAMICS

Snowshoe Hike

Saturday, February 27

1:00-3:00 p.m.

Neck River Uplands North Preserve

Join us for a family-friendly snowshoe expedition at Neck River Uplands North. Explore rocky ledges and icy waterfalls along this beautiful trail. Bring snowshoes or gear appropriate to the weather. No snow will turn this into a geocaching hike. Dogs are welcome, but must be on a leash.

Travel north of the traffic circle on Route 79 to the first left, Princess Drive. Look for the Neck River Uplands North trailhead on the left side of the road.

Future hike dates, locations and trail maps can be found at www.madisonlandtrust.org.

For weather updates, visit www.facebook.com/madisonlandtrust.

Town of Madison's New Website

Town of Madison **AGENDA CENTER** www.madisonct.org

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Agenda	Minutes	Media	Download
Jan 28, 2016 <i>Board of Selectmen Special Meeting</i>			Download ▼
Jan 25, 2016 — Amended Jan 28, 2016 <i>Board of Selectmen Meeting</i>			Download ▼

Click the date to view the agenda

Click the green check to view meeting minutes

Click the TV to view video

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Please visit our Subscribe area, choose Town Notifications. Provide your contact information and select what you want to be notified about. We can send you email or text message (SMS) notifications. If you were a subscriber to our old website, you will need to sign up again with our new site.

You can be notified when we post an emergency alert or calendar events or for board/commission/committee meetings: agendas, minutes and video recordings of a meeting (some meetings only).

You can re-visit the Subscribe page at any time to change which notifications you want to receive.

The website also has an online Job Opportunities Center where you can be notified of recently posted openings and apply online. Visit our Agenda Center to find minutes, agendas and (for some meetings) video. In the Agenda Center click on the date of the meeting. Click on the green check mark to view the meeting minutes. If a video of the meeting is available, click on the media icon. Some additional tools are available by clicking on the cogwheel near the search bar. You can easily email a page, or open a printer friendly page that will save you ink when printing.

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Gardens Begin with a Dream

“Every garden begins with a dream. From the dream a seed forms. The seed is sown and from fertile ground a seedling sprouts. The days go by; the seedling is nurtured, growing stronger every day. Suddenly the miracle of life emerges into a bountiful garden”. - anonymous

Every year about this time I begin dreaming about the gardens, both my own and the gardens of my clients. I wake from my winter’s nap, relaxed and refreshed, ready to plan for the upcoming season. It is a time of anticipation and hope.

I flip through the piles of catalogs, making lists of plants I want to grow in my garden. The list grows long and I say to myself, “hmm...I’m going to need a bigger garden”. I imagine how glorious the garden will look and how happy I will be sitting back, sipping a cold drink, admiring the garden of my dreams. Ahhh. Then I remember my budget and schedule and realize I need to be realistic. The list is shortened, eliminating the fussy plants, the higher maintenance plants, the plants that grow out of bounds, giving preference to native plants and plants my bees will enjoy. This year perhaps I’ll dig the new garden outside my office window that I’ve been dreaming of for years now. And if the budget allows, I’ll expand the vegetable garden. But I’ll hold off on building the conservatory, unless of course I win the lottery!

Dreaming is good for the soul. Don’t be afraid to dream big.

If you need help designing your dream garden and making it become a reality consider working with a landscape professional. A good landscape professional will guide you in making the right choices for a sustainable garden. Now is the time to begin dreaming, and planning your next landscape project. If you are thinking about hiring a landscape professional to help you with your project now is a good time to call and begin the process.

Melissa Blundon - CNAP, AOLCP
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Free Help with Your Tax Return

Certified counselors working through AARP Tax-Aide, a free program, will provide income tax preparation assistance for low and moderate income taxpayers, especially those 60 and older.

Taxpayers MUST bring copies of their 2014 tax return.

Madison: Taxes will be prepared by appointment only on Tuesdays from 10:00 to 3:00 pm beginning February 2 at the Madison Senior Center, 29 Bradley Road. Call 203-245-5627 for an appointment.

If married, both husband and wife should be present during an income tax counseling session. Please bring all documents you have received that apply to your 2015 income taxes including:

- Copy of last year's income tax return (2014)

- Social Security or Individual Taxpayer ID numbers for all household members and your photo ID
- A voided check with routing number for direct deposit of refund.
- Record of any estimated taxes paid in 2015.
- All documents that relate to deductible expenses, including receipts or records for charitable contributions.
- All 2015 income reporting forms that have been received:
 - SSA-1099, Social Security Benefit Statement and RRB-1099-R, US Railroad Retirement Board forms.
 - All 1099 forms (1099-INT, 1099-G, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - W-2, Wage and Tax Statement forms.
 - Statement of any state tax refunds.
 - W-2G, Certain Gambling Winnings forms.

- 1099 G, Unemployment compensation statements.
- Original cost of assets sold during 2015.
- Affordable Health Care Act – Bring evidence of health care coverage or exemption if under 65

Note: Taxpayers holding accounts with brokerage firms and other investment companies should schedule their appointment beginning in March as these statements are frequently corrected and re-issued.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

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Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the “thief of sight” since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is a Yale educated specialist and trained in Trabectome glaucoma surgery.

Middlesex Eye Physicians

Beat Parkinson's Today

East Shore Region Adult & Continuing Education is hosting classes by *Beat Parkinson's Today*, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT. Results have been astounding. For more information or to register: call 860.463.3747, email at info@beatpdtoday.com, or web-site www.beatpdtoday.com.

Michael Dental of Clinton Joins Michael Dental Care

In 2006, Michael Dental Care opened its doors in Guilford, offering patients a unique dental office experience. In his modern facility with state-of-the-art equipment, Dr. Vincent J. Michael offers his patients high-quality dental care in a uniquely relaxing environment with spa-like amenities.

Now, ten years later, another Michael Dental has come to the shoreline as Dr. Stacey C. Michael opens Michael Dental of Clinton at the former office of Drs. Kaufman and Shah. Drawing on the coastal charm and seaside elegance of its location among the Clinton marinas, Dr. Michael is looking forward to creating another relaxing dental environment that focuses on patient care and comfort. Both offices offer a full range of General and Cosmetic Dentistry for the entire family. The procedures offered range from routine exams and cleanings to complex dental implant rehabilitations. The doctors are trained in Invisalign and Zoom tooth whitening, and make appliances for grinding, clenching and sleep apnea.

Michael Dental Care and Michael Dental of Clinton are happily accepting new patients. Both offices are staffed with friendly and enthusiastic people who are always ready to accommodate patients and answer any questions.

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Madison Senior Center Trips

Visit our website for additional upcoming trips and activities at www.madisonct.org/seniors

Visit Ioka Valley Farm's Sugar House in the Berkshires

Maple Syrup Making - Saturday, March 19th, 2016 Spring is finally here and it's time to participate in an old New England Springtime Tradition- Maple Syrup making! March is Maple Syrup Month, where sugar houses all over New England open their doors and welcome visitors to learn how to make maple syrup and then to enjoy some fantastic samples. Watch the fascinating process of turning fresh maple sap into pure maple syrup then enjoy a pancake lunch in the "Calf-A." Following your delicious meal, peruse the Norman Rockwell Museum. The museum is a gathering place for reflection, involvement and discovery through the enjoyment of the artist's work. Menu includes: all you

can eat pancakes (blueberry, chocolate chip, M&M, butterscotch, apple cinnamon, pecan, or plain) bacon or sausage, corn muffin, coffee, tea, orange juice, milk, hot chocolate, maple milk. Departure time TBA. Place of departure is the Commuter Parking Lot at exit 61 of Rte. 95.

Registration deadline Feb. 29th Fee: \$105.

National Cherry Blossom Festival

April 1st – 3rd 2016 Washington, DC welcomes the arrival of spring with the National Cherry Blossom Festival, a tradition that showcases the beautiful gift of 3000 cherry trees that the city of Tokyo gave to our nation's capital. The blossoming cherry trees symbolize the arrival of spring and brighten the area surrounding the Jefferson Memorial on the Tidal Basin with their vibrant pale pink and white flowers. Trip includes visits to: World War II Memorial, FDR Memorial,

Iwo Jima Memorial, Lincoln Memorial, Viet Nam Memorial, Korean War Memorial, Jefferson Memorial surrounded by the Cherry Blossoms at the Tidal Basin, Washington Monument. Tour-mobile through Arlington National Cemetery, Changing of the Guard Ceremony at the Tomb of the Unknown Soldiers, US Capitol & White House photo stop, Smithsonian Buildings (American History, Natural History, Air & Space, African Art, Indian Art, National Gallery of Art, Hirshhorn Museum & Sculpture Garden Trip includes: Motorcoach Transportation, 2 nights at the Marriott Falls Church, 2 breakfasts, 1 dinner at Buca de Beppo. Time of departure is TBA. Place of departure is the Commuter Parking Lot at exit 61.

Registration deadline Mar. 14th Single: \$549, Double: \$339, Triple/Quad: \$417, Child sharing with 2 adults: \$329.

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Rick Lacey, Kyle, 2015.

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Center for Arts Programming
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Beach & Recreation Department News

Programs

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

Important Dates

Boat Rack Rentals - Renewal period March 1st through March 31st. 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 11th.

Beach Parking Stickers & Tags

Stickers & Tags will go on sale beginning April 4th. 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 28th 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 online at www.madisonct.org/recreation.



Seasonal Rates - Per Vehicle

\$10 Resident Senior (Age 60+) Senior rate applies to additional Senior Citizen cars \$10 if registered to a Senior Citizen in the household.

\$10 Resident Veteran's - Military I.D. is required to receive discount, car must be registered in veteran's name. One Military discount per veteran.

\$40 Residents to Age 59 - Each additional Adult (age 24 or older must prove residency if vehicle is not registered in Madison) vehicles in same household \$20 per vehicle

Daily Parking Rates

Resident/taxpayers \$10 per vehicle (must show registration or tax bill). Non-residents - Monday through Thursday \$25 per vehicle, \$40 Weekends (Fri, Sat, Sun) and Holidays per vehicle.

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A Warning from the Building Official

Dear Residents of Madison,

It has been brought to my attention that there has been a rash of illegitimate contractors working without permits; along with not having state required contractor licenses. Several of these contractors have dishonestly represented themselves as professionals. Several Madison residents have lost thousands of dollars on illegal structures, windows, doors, kitchens, etc. Many of these contractors will often claim that a permit is not required. This is a deceptive practice and these statements are incorrect and misleading. When a resident allows a contractor to undertake a building project without proper inspection from the Town Building Official, said resident risks future problems. The Town Building Official conducts inspections to ensure that a project is being done to the State of Connecticut Building Code. All permits including: Building, Electrical, Plumbing Mechanical and Gas require a final inspection from the Town of Madison. When the final inspection is completed and approved a formal Certificate of Completion is issued to you. The Department of Consumer Protection recommends receiving this Certificate of Compliance prior to paying a contractor in full, to ensure that code compliance has been met.

For clarification, listed below are the items that do not require a building permit:

- Detached accessory structures used as tool and storage sheds, playhouses and similar uses, provided the floor area does NOT exceed 200 square feet. (This does require approval from the Zoning Department)

- Fences not over 6 feet in height
- Retaining walls that are not over 3 feet in height measured from grade to the top of the wall
- Water Tanks supported directly on grade, not to exceed 5,000 gals.
- Sidewalks, driveways and on-grade concrete or masonry patios not more than 30 inches above adjacent grade
- Painting, papering, tiling, carpeting and similar work not involving structural changes or alterations of framing
- Prefabricated swimming pools that are equal to or less than 24 inches in height
- Swings, non-habitable tree houses and other playground equipment
- Window awnings supported by an exterior wall which do not project more than 54 inches from the exterior wall and which do not require additional support
- Decks not exceeding 200 square feet that are less than 30 inches above grade and do not serve an exit door (Zoning approval is required)

All other items shall require a permit.

If you have any questions on permit and inspection requirements, please do not hesitate to call the Building Officials office at 203-245-5619. If you feel your neighbor is working without a permit; you can report it to the Building Department at 203-245-5618.

Vincent A. Garofalo III, Madison Building Official



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Pictured left to right: Corey Gittleman, MD;
David Parmelee, DO; Kristin Lichtenberg, MD;
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Madison Historical Society



In the spirit that soup warms the heart and music soothes the soul, the Madison Historical Society will host its first annual "Soup and Song" fundraising event from 4 - 6 pm on Sunday, February 28, 2016, at the Allis-Bushnell House. This mid-winter community event supports the MHS's ongoing effort to keep Madison's history alive. All are invited to discover the charms of the MHS's historic home, to



sample chowders prepared by local restaurants, and to enjoy a live performance of stirring songs from the past. Come listen to songs of villains, outlaws and rogues and vote for your favorite soup! Reservations are strongly recommended; seating is limited. The inspiration for this event came from the Crime and Punishment theme of the Society's annual Frederick Lee Lectures. The third and final installment of the series will feature author and judge Jon C. Blue. His talk will thrill listeners with sordid details of trials from the New Haven Colony in the 1600's. The lecture will be held on March 13 at 4 pm at the

First Congregational Church. Discover the charms of the Allis-Bushnell House during the statewide Open House Day. Typically held on the second Saturday in June, this day offers residents the chance to visit participating museums and galleries free of charge. Located at 853 Boston Post Road, the newly renovated AB House is a must see in Madison. The Society's mission is to preserve and protect Madison's rich cultural history for future generations. We do this through history-based educational programs designed to explore the past and engage the imagination.



For more information on our upcoming events or programs, please call (203) 245-4567 or visit www.madisoncthistorical.org.

Images of the AB House = Bob Gundersen; Soup and Song design = Pam Meier; Photo of Rick Spencer = Powder & Pixel.

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Women's Club of Madison

Babysitting Seminar

This year the Women's Club will be sponsoring their 45th Babysitting Seminar. Forty five years ago it was 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 of educating the students on any and all emergencies that may occur and how to best handle them. One week is devoted to a local Pediatrician who instructs the students on the handling of babies and young children, 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 Polson Middle school March 2nd, 9th, 16th and 23rd @ 6:30 – 8:00 pm. Registration may be done on line at www.madisonct.org 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.**

Kentucky Derby

Now is the time to start researching horse races that are going on around the country and keeping some stats. On May 7th we will be hosting our first Kentucky Derby party; it will be a fun night so keep watching our website for upcoming details, www.womensclubofmadison.org.



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What's Your Best Side?

Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other. What is your good side?

If you said your left, there is now science to back you up. According to a study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right.

According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display "a greater intensity of emotion." The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings.

How ironic then that the left side of the face ages faster than the right because we now get the bulk of our sun exposure in the car sitting next to a left sided window.

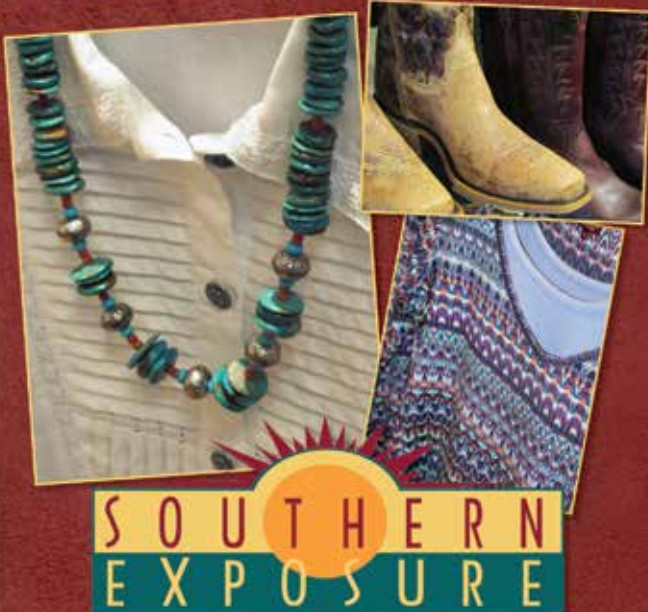
UVA rays go through the glass of your car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a separate sunscreen for your face every day is so important.

The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA.

Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA. Now, call the photographer!

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Vista Vocational & Life Skills Center

Vista Student Wins Scholarship

Hopes to inspire others with disabilities to follow their dreams



A disability does not define a person: That's the message Vista Vocational & Life Skills Center student Dillon Dean-Frazier emphasized in the letter that won him a \$2,000 scholarship from BD

Remodeling & Restoration, a residential architecture firm with offices in Connecticut and New York. Despite being diagnosed with dystonia, a neurological movement disorder, Dillon strives to live life to the fullest. No goal is too big for him, whether it's playing sports, performing on stage in musical productions, holding various internship positions or successfully utilizing public transportation to travel around the community. "No matter what my goals are, I know that if I work hard, I will accomplish what I set out to do," said Dillon, of Old Lyme. "I do not let my dystonia define me." One of Dillon's ultimate goals is to become an independent member of the shoreline community.

This is what he works toward every day at Vista, where he learns valuable employment skills and life skills. Outside the classroom, he serves as an elected member of Vista's Student Advisory Council. Dillon makes the most of his spare time by staying active through sports, including wheelchair basketball, softball and soccer. He also enjoys the performing arts. Among his stage credits, Dillon has performed in *Legally Blonde*, *The Pirates of Penzance* and the Vista Arts Center production of *The Wizard of Oz*.

Having won the scholarship, Dillon hopes his story will inspire others with disabilities to follow in his "tread marks" toward the path of their own dreams. "You have to push for what you want. You can't just sit back, relax and let it come to you," Dillon said. "The goals that you set, you've got to make them bigger than life. That's what I've been doing; I've been pushing toward all my goals."

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 about Vista, please visit www.vistavocational.org

Photo by Vanessa Pereira.

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The Safe Harbor Memory Care team includes (left to right): Shannon Bengston, LPN; Brooke Conley, LCSW, staff social worker; Mary Goldsmith, RN, director of wellness; Ann Bertini, director of recreation for Safe Harbor; Meredith Inkel, personal care assistant.

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Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department — letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, “With people’s often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the Emergency Department, and allow patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive.”

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER.

The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

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