

Madison



Events

www.eventsmagazines.com

Volume 5 • Quarter 4 • 2014




SMARTER CARE NOW HAS A NEW ADDRESS

Shoreline Medical Center Is Now Open in Westbrook

At twice the size of our previous facility in Essex, our new Shoreline Medical Center in Westbrook offers expanded 24/7 emergency care and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state—that's *The Smarter Choice for Care*.

***Learn more at middlesexhospital.org/shoreline
or call (860) 358-3700***

 250 Flat Rock Place
Westbrook

The Smarter Choice for Care
 MIDDLESEX HOSPITAL

First Selectman's Corner

December 7th - This year, the day has a double meaning for Madison. First, let us not forget that, 73 years ago in 1941, December 7 became a day that will live in infamy after the sneak attack on Pearl Harbor. That incident has become one of those events that is seared in the national memory. Let us pause and remember the sacrifices of that day and in the years that followed.

On a lighter note, December 7 this year is the day that Santa Clause comes to town! Santa will arrive around 2 o'clock in the afternoon and parade from the corner of Bradley and Wall down to Café Allegre on Main Street, where he will entertain requests from children until about 4:00 pm. Santa then travels down to the Memorial Town Hall on the green, where he will help us light the town Christmas tree for the holidays. Join your neighbors to welcome Santa, sing some songs, and kick off the season by lighting the tree.

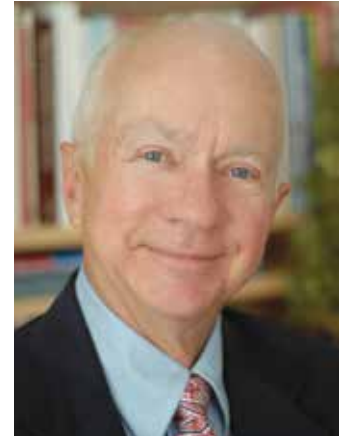
After the tree has been lit, stroll over to the Madison ABC Holiday Concert at the First Congregational Church. This year's concert features the Shoreline Youth Symphony Orchestra, the Guilford High School Voices, the ConnArtists, and the Waes Hael and Encore choruses from Daniel Hand High School. The concert starts at 5:30.

Madison Prescription Drug Plan - The drug plan for Madison residents has been in place for almost two years now, with substantial

savings on pharmaceuticals for those without regular insurance. So far, Madison residents are saving almost 50% on drug costs, with total dollar savings over \$100,000. If you have missed out, you can join in by merely picking up a card here at Town Hall. Present this card to the pharmacy when you pick up your prescription and, if you do not have any other insurance coverage, you will receive a discount. Even if you have insurance and you are picking up a prescription for your uninsured pet, you may still receive the discount if the drug is a variation of a human drug.

Neither you nor the Town pay a fee for this program. The cost of the discounts is borne by the pharmacies and/or the drug companies.

Both of Madison's pharmacies, CVS and Stop & Shop, are part of the program, as is Durham Pharmacy.



Fillmore McPherson, First Selectman

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



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

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

Made in U.S.A.





Silver
Moon

Hours:
Tuesday - Saturday
10 - 5:00pm

*Sterling
Silver Jewelry*

769 Boston Post Road
Madison, CT
203.318.8329

Madison Beach & Recreation

Ski Bus 2015 For Residents in Grades 7 - 12

Ski Bus takes place immediately after school for Polson and Daniel Hand students, when they load coach buses with their gear and head off to Mount Southington Ski Area in Southington, CT. The program runs for 5 weeks and is held every Tuesday night from January 13 to February 10. Cost varies by the type of ski package you choose and start with a Lift Only package for \$235. This includes 5 weeks of skiing or snowboarding and bus transportation provided by Dattco Bus Company.

Registration for Ski Bus began October 15. Download the required paperwork at http://www.madisonct.org/Beach_Rec/Forms/SkiBus.pdf

Payments may be made online or in person at the Recreation Office. A \$25 late fee will apply to all registrations / payments received after December 5. No registrations will be accepted after December 19.

If your child has a season pass to Mount Southington you can also register for the "Bus Only" option but all paperwork must be completed and your child will be considered a part of the program and must follow all policies and procedures. If you have additional questions after you have read the information, please contact Carrie at gazdac@madisonct.org.

Visit the Madison Beach and Recreation Department online

at www.madisonct.org/Beach_Rec to learn about other exciting offerings and programs.

Holiday Torchlight Parade & Tree Lighting Sunday, December 7, 2014 Beginning at 4:15 pm at Citizens Bank Samson Rock Drive

Once again, Madison Beach and Recreation and the Madison Chamber of Commerce, have decided to combine the holiday parade and the Town Tree Lighting Ceremony. 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, jump in and follow the parade to the Tree Lighting Ceremony. We will light 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 our candles during the tree lighting ceremony. Holiday music during the Tree Lighting is by Les Julian so bring along your singing voices so you can sing along! 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!

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

SERVICE
SELECTION
EVERY DAY
LOW PRICES!!!

Located in the
HEART
of Town



SPIRITS OF MADISON

Super Stop & Shop Plaza

203-245-9695

Tastings Weekly
throughout the
Holidays

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

Do You Need Help Paying Your Winter Heating Bills?

Perhaps the Connecticut Energy Assistance Program (CEAP) can help. CEAP provides low income and working poor households with help in meeting their winter heating bills. Through CEAP, eligible households may secure fuel deliveries and have their utility heating costs defrayed. For households whose heat is included in their rent, one-time financial assistance may be available. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Eligibility for CEAP is based on gross annual income and household size. Any household with a gross annual income at or below 200 percent of the federal poverty guidelines, and has

provided all required documentation is eligible for the program.

The households also must have less than \$7,000 in assets if they rent and \$10,000 if they own their homes.

To find out if you qualify for the Energy Assistance Program and you are a resident of Madison please contact either Wendy Larson, if you are under the age of 65, and Heather Castrilli, if you are over 65 for a list of the required documents to complete an application. Madison Residents may apply for the CEAP program by appointment only. Seniors can apply by calling Heather at 203-245-5687 and individuals or families can apply by calling Wendy at 203-245-5655.

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.

Thanks for your help. If you have any questions about the above, please feel free to contact me. My cell phone # is 203-915-6358.

Mary Molitor,

Member of the Madison Veterans' Advisory Committee

UNDER NEW OWNERSHIP!

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.

209 Boston Post Road, Madison, CT 06443
(next to Ford Dealership)

203.318.9274

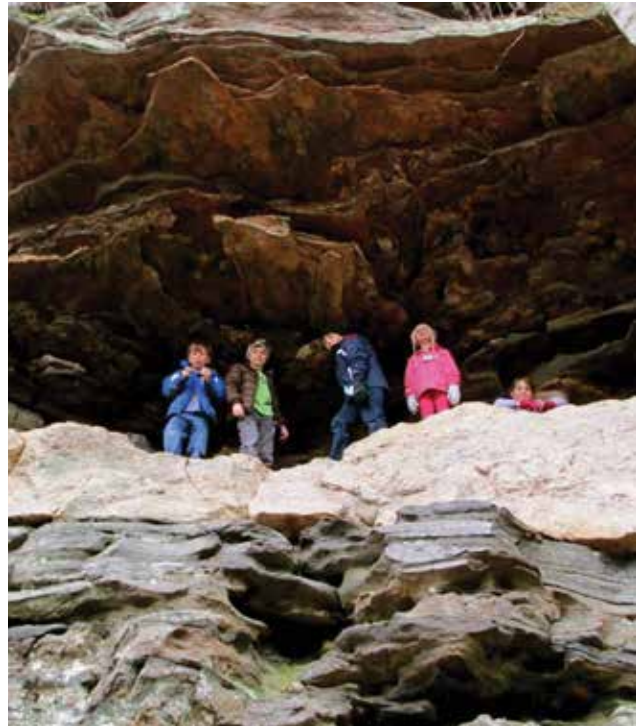
Land Conservation Trust

The Land Trust will offer its annual Groundhog Hike on Sunday, February 1 at 1:00 p.m. Future hike dates, locations and trail maps can be found at www.madisonlandtrust.org.

This year's Groundhog Hike will be on the Indian Rock Shelters trail in North Madison. This trail is named for the shallow caves that may have served as a winter home for members of the Hammonasset tribe. Within the rock ledges that form the western boundary of the trail are several protected spots to find shelter. It's possible to scramble up to the ledges and climb inside, imagining what it would be like to spend the night. The ledges also offer fantastic views of the surrounding area. The shelters overlook the headwaters of the Neck River, which flows south to Long Island Sound. The land trust owns much of the land bordering the river, allowing hikers to follow its course on other trails in town.

To get to the Indian Rock Shelters trail, take Summer Hill Road, North of Route 80 to the second left, Twilight Drive. Turn left on Lake Drive and park at the cul-de-sac. Hikers should wear sturdy boots or snowshoes and be dressed for the weather. Dogs are welcome but must be on a leash.

To see a photo album of the trail, visit www.facebook.com/madisonlandtrust.



Young hikers find an Indian Rock Shelter on last year's Groundhog Hike.

Fitness on the Water™

Offering **the Cuddly** for Snacks & Sundries!
a Private Fitness Studio Presented by Essex Wellness Center

A unique waterfront studio for private workouts, training and wellness services directly facing the scenic beauty of the Connecticut River at Brewer's Dauntless Marina, Essex Village

FITNESS ON THE WATER IS LOCATED IN **ESSEX VILLAGE, DOCKSIDE, AT BREWER'S DAUNTLESS MARINA.**

We offer private Personal Training; Nutritionists; Yoga/Pilates; Massage; Acupuncture; and Health Coaching by appointment. Open 7am to 7pm

Sessions are by appointment and space is limited to ensure your privacy in this beautiful waterside setting. Day passes, monthly, seasonal and annual memberships (at discounts!) for individuals & couples available now.

Fitness on the Water

CALL NOW TO RESERVE YOUR SESSION TIMES: **860.767.7770**

JOIN US WATERSIDE AT THE CONNECTICUT RIVER MUSEUM
 AND IN OUR GROUP WELLNESS STUDIO, 8 NOVELTY LANE

TAI CHI with Master Teacher David Chandler
 All Levels • On-Going Series Offered Mornings & Evenings
 Call Now to Sign Up – Space is Limited!

YOGA
 Mon & Fri: 9 -10AM \$17 Drop In • \$150 for 10 Classes

9 Novelty Lane, Brewer's Dauntless Marina

OR EMAIL US AT INFO@ESSEXWELLNESSCTR.COM

M.A.D.E. in Madison



As you may know, M.A.D.E. in Madison has received 6-10 years of our Drug Free Communities Federal Grant. We hope that you join the conversation, and join us in building a healthier community.

What is M.A.D.E.?

- The Madison Alcohol and Drug Education Coalition (M.A.D.E.) is a coalition of community members striving to promote positive youth development.
- A group of people dedicated to education and starting conversations.
- Inclusive
- Collaborators
- Problem Solvers

What M.A.D.E. isn't:

- Prohibitionists
- Exclusive
- Judgmental
- "Out to get the kids"

Our next quarterly meeting is scheduled for February 2 at 6:30 p.m. location TBD. Below are a few other ways you can get involved:

The Parent Community Involvement Committee (PCI) works to create programs and events throughout the year,

and find new ways to engage community members. On December 8 and January 12 (both at 8:30 a.m. in Room B at the Town Campus) the committee will be joined by two very powerful local speakers who will share their stories. We hope to see you there for their powerful presentations.

LIFE Choices (M.A.D.E.'s high school youth group) is offering in home parent workshops to Madison parents with kids of all ages. The interactive workshops will give parents an opportunity to learn from a teen's perspective on how best to have open, positive communication with kids, and what to expect as their children mature. Parents will be able to have frank discussions with the youth on topics such as communication, technology, substance use, and more. Adults who choose to "host" a workshop are encouraged to invite friends and neighbors to learn from the LIFE students who facilitate the program. For more information please contact Melissa Balletto or Erin Corbett at: 203-245-5656 or ballettom@madisonct.org or corbette@madison.k12.ct.us.

For more information please visit us online: www.madeinmadison.org. Also, be sure to "like" us on Facebook!

Madison FLOWER & GARDEN

WREATHS

ROPING

POINSETTIAS

FLOWERS

TREES

Madison Flower Shop & Garden Center

376 Durham Road, Madison
(203) 245-4851

www.madisonflowershop.com

 [@madisonflowerandgarden](https://www.facebook.com/madisonflowerandgarden)
[@madisonflowershop](https://www.facebook.com/madisonflowershop)



Mar Floral

140 Main Street, Old Saybrook
(860) 388-4670

 [Facebook.com/mar.floral140](https://www.facebook.com/mar.floral140)
[@marfloral](https://www.facebook.com/marfloral)

Events

MAGAZINES



Madison 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
suzanne@essexprinting.com 860-391-5534

Coordinator/Art Director

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

Finance Manager

Donna Evarts

Cover Editor

AC Proctor 860-767-9087

Sales Representatives

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

Betty Martelle

betty@eventsmagazines.com 860-333-7117

Brad Cunningham

brad@essexprinting.com 860-581-0577

Magazine Layout

Amy Bransfield & Patricia Stenbeck

Cover Photo by

Robert C. Gerard 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.

Winter Classes at Bauer Park

Madison's Agricultural and Environmental Center
 257 Copse Road

Squid Dissection, Saturday, December 6, 10:30 a.m.

- 12:00 p.m. - Discover the mysteries of this amazing mollusk through hands-on lab activities. Locate the squid's beak, write with its ink and find the shell hidden inside its body. Then learn about the search for the giant squid!

Ages 7 and up

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

December 12 - Fascinating Fishes

January 9 - Birds of Winter

January 23 - Mixing Madness

February 6 - Animal Tracks and Traces

February 27 - It's Sugaring Time!

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.

Nature Trackers, Thursdays, January 8 - February 12, 9:30-11:00 a.m. or 1:30-3:00 p.m. - Does your child like to explore outdoors? Make nature collections? Observe plants and animals? 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 4-7.

Ben Franklin's Birthday Bash, Thursday, January 15, 4:30-5:30 p.m. - Come celebrate the many scientific inventions of Benjamin Franklin! Born January 17, 1706, Benjamin Franklin was a prolific inventor, scientist and politician. Students will learn a bit about Mr. Franklin's life, and investigate some of his amazing discoveries.

Ages 6-10

Local Owls, Sunday, January 18, 3:30-5:30 p.m. - Owls are amazing birds of prey. Indoors, participants will learn about their haunts and habits. Before swallowing their prey, owls separate out what they can't digest and toss the pellet out of their roost. By dissecting these sterilized pellets and assembling the bones found in them we will discover what they eat. Then, the group will take owl calls outside to see if we can get our local owls to answer back.

Recommended for adults and children 6 years and older. Children must be accompanied by an adult.

Valentine's Day Science, Wednesday, February 11, 4:30-5:30 p.m. - Make a love potion (eww!), test the chemical

and physical properties of Valentine's Day candy, and other fun-filled experiments will help celebrate this special holiday with science!

Ages 6-10

Unveil the Secrets of Trees in Winter: The Beauty of Twigs and Buds, Sunday, February 15, 1:00-3:00 p.m. - Learn the tricks of identifying trees in winter by their bark and growth form in the forest. Then, come inside to explore the beauty of their twigs and buds. These intricate structures tell the story of a tree's past and foretell its burst into lush green life in the spring. This class will change how you see trees and connect you with their marvels. Dress for the weather and a short easy walk.

For adults and high school students.

Family Maple Sugaring, Saturday, 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.

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

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



Dissect owl pellets at Bauer Park.

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.



SmartStrand[®] Silk
with DuPont[™] Sorona[®]



SmartStrand[®] Silk with DuPont[™] Sorona[®] is the ONLY luxuriously soft carpet with lifetime built-in stain and soil protection that never washes or wears off. Special Financing Available.





A beautiful floor doesn't have to be expensive



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



Events *presents...* The Saybrook at Haddam

The Saybrook at Haddam is the region's premier independent and assisted living retirement community, which includes Safe Harbor, a specialized memory care neighborhood. Located in a gracious colonial-style manor, the community offers individualized care and an engaging lifestyle for senior citizens. Business Highlights: The Saybrook at Haddam has enjoyed occupancy rates close to 100 percent in recent years (up from 18 percent in 2009). This is the result of a professional and dedicated staff that has built a culture of kindness and caring; treating each resident with dignity and respect. We offer high-quality wellness programs, chef-prepared meals, countless social, cultural and physical activities, a 24-hour emergency call system, weekly housekeeping, building maintenance, and scheduled transportation. Our state-licensed Assisted Living Services Agency provides daily medication monitoring (if needed) and assistance with personal and household tasks. Our newly expanded Safe Harbor memory care neighborhood is an engaging environment designed specifically for those with Alzheimer's, dementia and other memory-related disorders. Residents thrive in a neighborhood-like setting



that includes a lovely great room, cheerful activity room, library and attractive dining room. Looking Forward: with the completion of a 15,000 square-foot expansion, The Saybrook at Haddam now includes 106 private apartments for independent seniors, those needing assisted living services, and those requiring specialized memory care. We will continue to meet the needs of seniors - while helping define quality retirement, assisted living and memory care as it should be.

The Saybrook at Haddam, 1556 Saybrook Road, Haddam, CT 06438
860-345-3779 www.thesaybrookathaddam.com



An Assisted Living Retirement Community

Season's Greetings
FROM THE STAFF
OF:

CLINTON, CT
SINCE 1994

CHIPS' PUB III
FINE FOOD
SPIRITS
GOOD TIMES

HOME OF THE 10 OUNCE BURGER AND A WHOLE LOT MORE

STOP IN AND CHECK OUT OUR
EXTENSIVE NEW SELECTION OF
HAND CRAFTED BEERS

WHILE YOUR HERE,
PICK-UP THE HOLIDAY GIFT THAT
EVERYONE LOVES TO RECEIVE...

A CHIPS' PUB III GIFT CARD
(THEY COME PRE-WRAPPED)

24 West Main Street, Clinton, CT 860-669-DINE (3463) chipspub3.com

Meriano's Bakery & Cannoli Truck



Wandi
Cannoli
Struffoli
Cheese Cakes
Stuffed Breads
Gingerbread Men
Cookie Trays & Boxes
Tiramisu Squares & Cakes
Anginetti & Pignoli Cookies
Large & Mini Italian Pastry
Edible Holiday Gift Baskets
Order Early

203-453-2924

200 Boston Post Road, Madison CT 06443

merianosbakeshoppe.com
cannolitruck.com



A Selection of 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.

Local Authors Showcase: Tuesday, December 2 at 7:00 p.m.
Meet shoreline authors who will read from their work, discuss the writing process, share their inspiration, and describe their experiences publishing their works.

Scranton Library Friends Pop-up Book Sale: Saturday, December 6 from 9:00 a.m. to 3:00 p.m.

Hartford Courant Food Columnist Leanne Griffin: Thursday, December 11 at 7:00 p.m.

Twenty-Somethings Book Club: 7:00 p.m. on the fourth Tuesday of every month

Concert: Rich Moran Sings Holiday Songs and American Standards: Sunday, December 14 at 2:00 p.m.

Children's Chanukah Party: Tuesday, December 16 at 10:00 a.m.

Teen Henna with Z: Friday, December 19 at 4:00 p.m.

Christmas Story Time and Party: Saturday, December 20 at 2:00 p.m.

Reading Buddies A reading enrichment program: Big Buddies are students in grades 6-12 who become a mentor to a younger child (Little Buddy), meeting once a week to read together and play reading-related games. Little Buddies are students in grades K-3. Buddies meet once a week during the 8-10 week session. Applications will be available starting January 9 (in print at the library or online at scrantonlibrary.org), due by January 16. Sessions January 26. Both new and returning big and little buddy applications will be accepted.

Party Line Dancing class: Monday, December 29 at 4:00 p.m. For families, couples or solo dancers.

Emergency Management Department Winter Storm Preparation

Winter will be here soon and you should begin to prepare now for the harsh weather that we will get. Madison is subject to blizzards, ice storms and freezing rain that can

block roads, bring down trees and power lines. Power outages could last several days, as we experienced after Tropical Storm Irene and Superstorm Sandy. Roads will have to be

continued on page 10

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...
BONUS HOLIDAY 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 1/20/15. 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

Winter Storm Preparation continued from page 9

cleared by the Public Works Department in conjunction with CL&P. You should review and restock emergency supplies you may have put together for hurricane season, such as:

- Flashlight and extra batteries
- Battery-powered radio
- Extra non-perishable food and drinking water (enough for at least 3 days)
- Extra medicines, pet and baby items
- First aid supplies
- Heating fuel and emergency heating source (use indoor heaters properly and with ventilation to prevent carbon monoxide build-up)
- Cash (ATMs may not work in power outages)
- Winterize your vehicles and provide an emergency

kit for your vehicles:

- Blanket
- Flashlight with extra batteries
- First aid kit
- Knife
- High-calorie non-perishable food
- Battery booster cables
- Shovel
- Windshield scraper and brush

If it appears that power will go out:

- If you have a drinking water well, fill your bathtub

with water to be used to flush toilets, etc.

- Alternately, you can use water from a pond or stream to flush toilets.
- Turn the thermostat on your refrigerator and freezer to the coldest setting and minimize opening it once the power does go out, to maintain the lowest temperature
- Portable phones will not work when the power goes out, cell phones may not work
- If you rely on electric power for specialized medical equipment, make a plan for potential power outages ahead of time (have extra oxygen delivered, get a generator, talk to a neighbor who has a generator, go to a friend or family member's house that has power, etc.)
- If the power goes out for a few days or more, please de-activate your burglar and fire alarm systems to prevent false alarms when the backup batteries in these systems begin to lose power. These false alarms put an undue burden on our emergency responders.
- Use generators properly to prevent back-feeding electricity to the grid and carbon monoxide build-up in homes
- Know where the main water shut off is and how to operate it, to prevent pipes bursting.



William Pitt
INTERNATIONAL REALTY





Buy or Sell Your Home with Me and I Will Donate 5% of My Commission to a Local Charity of Your Choice!*

Because it's more than just a roof over your head.

Rose Ciardiello, Realtor
203.314.6269
rciardiello@williampitt.com



*After closing and transfer of title.
Charity must be 501(c)(3) organization.

williampitt.com

GUILFORD BROKERAGE • 102B BROAD STREET
MADISON BROKERAGE • 670 BOSTON POST ROAD

Each Office is independently Owned and Operated 



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!

ProfExt
Professional Exterminating

Richard Cusano • Proprietor
Locally Owned & Operated

**Residential & Commercial
Customized Programs
to Fit Your Needs**

- Termites • Carpenter Ants
- Carpenter Bees • Squirrels
- Rodent Control • Wasps

ALL WORK CONFIDENTIAL - UNMARKED
VEHICLES - V.A. & F.H.A. CERTIFICATION
FOR TERMITE INSPECTION - PRICES
QUOTED OVER PHONE


Lic. #B-0557






203-453-9020
www.profect.com





**Insuring your life
helps protect
their future.** 

It can also provide for today.
I'll show you how a life insurance policy with
living benefits can help your family with both
long-term and short-term needs.
GET TO A BETTER STATE.* CALL ME TODAY.



Lauren LaTorre-Osterling, Agent
38 Academy Street
Madison, CT 06443
Bus: 203-245-4555
Fax: 203-245-4730
www.laurenosterling.com



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Insurance Company (Licensed in NY and WI)
1203087
Bloomington, IL

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

Medication Safety in Children

Curiosity kills more than the cat... Did you know that medications are the top cause of poisoning in kids? Together, we can help change that! To get started, here are a few answers to some questions parents commonly ask about medication safety for kids.

1. Where should I store medications? People may call it the "medicine cabinet," but it's not a good place to store medications. Bathrooms are moist and can lower the strength of a medication. Plus, they're a little too easy for little hands to get into.

Instead, keep drugs, eye drops, and vitamins out of sight and out of reach of children. Try a high place, such as a hall closet or kitchen shelf. Don't forget that a curious kid may easily find medicine in a purse or dresser drawer.

2. How should I measure medicine? With young children, it's especially important to get the dosing right. Always use the dosing device that comes with the medicine. Measuring spoons or other home utensils aren't the same as a medication syringe or cup. If you use a syringe, try squirting the medicine on the inside of the cheek where there are fewer taste buds.

If your child takes the wrong dosage, call me right away. I can tell you whether or not it's cause for concern. Or call Poison Control for assistance as well.

3. Does a spoonful of sugar help the medicine go down? Some medicines can taste pretty nasty to a child! It may be okay to mix a liquid medication with chocolate or maple syrup. However, don't do this for babies. If they don't finish a bottle, they won't get the right amount of medication. And check with me before crushing and mixing a tablet or capsule with food.

4. Is it okay to share prescription medications? No matter how similar their symptoms, don't have your kids share medications. And never repackage them. Keep medications in their original childproof container.

5. How long can my child use a medication? Be sure to not use drugs past their expiration date. Most drugs lose their strength after about a year. If you have any question about whether or not to use a drug, talk with your child's doctor or me.

6. Are OTC drugs safe for kids? Be sure to read labels. Not all over-the-counter (OTC) medications are safe for children of all ages. Of course, never give aspirin to any child - it can cause serious illness, even death.

Make sure you know a drug's potential side effects. But stay alert to any adverse reactions. Kids can be more sensitive to drugs than adults. For example, cold medications can cause excitability or severe drowsiness in kids, even at lower doses. The FDA recommends that you not use OTC cough and cold medications in children younger than age two. Rest, clear fluids, and a humidifier may be the best route to recovery from colds and flu.

Remember: There's no substitute for getting your specific questions answered. I'm here to personally talk with you about your child's medications. I can also suggest OTC drugs and discuss any concerns you have about side effects. If you don't remember a question until you're home, that's okay. Just give me a call (860-452-4275).

*Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy*

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 Services	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

What Exactly Does Aging Gracefully Mean?

How many times have you heard the term aging gracefully? Maybe you have even said it yourself. But what does it really mean? Do you have to let yourself go completely to be considered aging gracefully?

Do women who have decided to age gracefully still cover their grey hair? How about gym memberships - are they out of the question? Plucked eyebrows, fashionable clothing ... off limits too? And who decides anyway?

Young women who can't conceive getting older and are appalled at the thought of injecting needles in their beautiful young faces are often leading this charge. And they're usually not leading it for themselves. For goodness sake, they're not even using moisturizer yet!

What they are really saying is "Not my mother." I've seen many women in my spa who hide their treatments from their teenage daughters. I totally understand the concept of body image and not wanting their young daughters to think that they have to be physically beautiful to be of value. But that is not the issue. This is more like the tail wagging the dog.

I've had women say to me "If my daughter knew, she would kill me. She hates Botox." Well, when your seven-year old daughter develops frown lines that could hold a credit card, let's talk.

In my practice I treat many women into their 70's who are beautiful because with my help and a treatment here or there, they maintain their beauty, dignity and self-esteem.

I think aging gracefully is looking beautifully age appropriate. And it doesn't matter how you get there. Sometimes nature can take care of that and sometimes you need a helping hand from technology.

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, 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*

Twenty Years Later People Are Still Asking “What is CLEMA?”

The Charlotte L. Evarts Memorial Archives, Inc. was created in 1995 as a not-for-profit organization.

CLEMA collects archival materials relating to the past, present and future development of the town of Madison, Connecticut, and make these materials available to students, historical researchers and other interested parties.

The work of the Archives is to organize and preserve these collections, and assist visitors with historical inquiry and research. Bound and microfilm volumes of local newspapers, school records, tax records and annual town reports are available to the public. Sources such as photographs, diaries, letters and other documents relating to Madison’s history may be located with a computerized data base.

Materials span more than 300 years, beginning when “East Guilford” was recognized as a separate section of Guilford, and continuing through 1826 when the Town of Madison was incorporated as an independent municipality, to the present with significant concentration on the

20th century.

The Archives maintains an ongoing program of acquisition, preservation and public education. An Archivist is responsible for the daily operation of the facility. All programs are run by volunteers and supported by private donations.

The Archives is located in the lower level of Memorial Town Hall facing the historic Madison Green. In keeping with archival standards, the collection is housed in a fire-proof vault. As historical materials are received, they are catalogued and entered into a computer database to facilitate document searches.

Several publications are available through the CLEMA web site: www.evartsarchives.org and available at the Archives. In celebration of twenty years, a “Remember When . . .” 2015 Calendar is also available at the Archives.

Contact CLEMA at 8 Meetinghouse Lane, Madison, CT 06443. Open hours Tuesday - 7 p.m. to 9 p.m.; Friday - 10 a.m. to 1 p.m.; or call (203) 245-5667.

MARK REEVES, BUILDER
860-388-3825

Winter is the time to renovate

NEW HOMES

WHOLE HOUSE REMODELS

ADDITIONS

KITCHENS

BATHROOMS





BASEMENT CONVERSIONS

SIDING & WINDOWS

ENTERTAINMENT CENTERS

FLOORING

GENERAL REMODELING

MARKJREEVESBUILDER@COMCAST.NET
WWW.MARKREEVESBUILDER.COM

CT LICENSE # 538583 & 10263 FULLY INSURED



CLINTON: Great Investment Opportunity! Live in this well maintained ranch and let the legal apartment/in-law apartment pay your taxes. Long term tenant in place. 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 but also very affordable. MLS N355474 Asking: \$272,000.

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

The Rising Trend of Grower Champagne

The holidays are a special time of year when we all come together to celebrate. The newest trend in wine to celebrate the holidays with is Grower Champagne. Champagne is the most widely known sparkling wine which is grown and produced in France in the Champagne region. There are many other sparkling wines from all over the world but they are only considered true Champagne if they come from this region.

The most popular, mass produced Champagnes outsource their grapes from many different areas and vineyards in the Champagne region. This enables them to produce a consistent style year after year. Grower Champagne on the other hand, are grown and produced on the estate by which they are owned. With these small production Champagnes it is all about the micro-climate and soil, otherwise known as the 'terroir', upon which it is grown. Grower Champagne may vary year to year because they are sourcing from their estate and are at the mercy of the climate each year. These growers take a lot of pride in their Champagne, many of which are 100% Organic using no pesticides and in some

cases no machines in the field. Their main concern is to produce the absolute best wine that they can, given the small parcel of land they have.

These Grower Champagnes are of excellent quality, and usually far surpass the price you pay for them. The best way to identify a true Grower Champagne is on the label. Look for the letters RM before a series of numbers. RM stands for Récoltant-Manipulant, with Récoltant meaning 'grower/farmer' and Manipulant meaning 'handling/producing'.

Whatever the occasion, sparkling wine is always a great addition to any gathering. So while perusing your local wine shop for a great bottle of bubbly for your holiday party or as a great gift idea, make sure to inquire about Grower Champagnes. Your guests will be pleasantly surprised by the depth and wonderful flavors these Champagnes have to offer. Savor these new-found gems with friends and family and have a sparkling holiday season!!!

*Art LiPuma, Manager,
SeaSide Wine & Spirits, Spirits of Madison*



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

Mulching
Fertilizing
Irrigation
Lawn Mowing
Pool Care

Hardscapes
Patios
Walkways
Gardens
Cleanups

www.2detail.net

2detailpm@gmail.com
(860)391-0297
(203)903-2442 

DEEP License B2994
CT License 0673953

Attention 2 Detail

Landscaping &
Property Maintenance

Our Name Says it All!

Eye Exam Importance

The importance of a comprehensive exam cannot be overstated. It is important to emphasize that good vision does not necessarily equate healthy eyes. Having "20/20 vision" tells your eye doctor that only a small portion of your eyes are healthy. What about the rest of the eye? For example, a legally blind patient with advanced glaucoma may still be capable of "20/20", while their peripheral vision has been claimed by the disease. Many systemic conditions affect our eyes. Early detection of these systemic diseases often happen during your comprehensive dilated eye exam. Diabetes, Hypertension, auto-immune or inflammatory disease, malignancies or metastases, and brain tumors are only some conditions that can manifest in our eyes. Many potentially blinding eye diseases such as Macular Degeneration, Glaucoma, and Cataracts are predominantly seen in the geriatric population, and early treatment is crucial in preserving and maintaining functional vision.

We must also consider the quality of our vision. How comfortable are your eyes? Do you have dry eyes? Do you experience headaches, eyestrain, lose

concentration or fall asleep while reading? These symptoms may indicate a "hidden" refractive error that forces your eyes to strain. It is very important that parents pay attention to these symptoms in kids. Neural connections from our eyes to our brain are still developing from birth to school age. These connections are necessary for the development of good vision and true depth perception. Myopia, Hyperopia, Astigmatism, Strabismus, and congenital cataracts are only some conditions that may hinder this process. These conditions must be treated before it is too late. Children lacking clear vision and/or true depth perception may be excluded from certain occupations in adulthood. It is also important to note that children may not complain about their vision only because they are unaware that there is a problem. With the constant advances in corrective lens technology (spectacles, soft/hard contact lenses, specialty contact lenses), there is an aesthetic solution for everyone seeking to improve their vision.

*Dr. Scot Yap,
Middlesex Eye Physicians, 860.669.5305*



HOD# 1030

LIGHTHOUSE OIL

10¢

OFF each gallon

Not valid for Budget / Buy / Cap Ahead customers who are already enjoying the lowest prices!

100 gallon minimum.

One time use only with this coupon.

Not combinable with any other discount. Expires 1/20/15.

OUR HOLIDAY BONUS DISCOUNT!

For Our Old & New COD Customers

Call Today for the
Current Price!

lighthouseoil.com

860-399-0682

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.

**FUEL
ASSISTANCE
ACCEPTED**

**Serving Branford
through East Lyme**



The Clinton Land Conservation Trust needs your help!



The CLCT is a nonprofit organization committed to preserving our natural resources since 1967. The Trust, with the help of the Town of Clinton, the State of Ct and the Ct Water company is in the process of purchasing the Weiss-Loveday property in the northwest corner of Clinton.

We need to raise the final \$135,000 to complete the purchase of this extraordinary 38 wooded acre parcel in the Hammonasset river watershed.

The preservation of this important tract of land will :

- Protect and provide a buffer for two nearby wells, that provide over one million gallons per day of pure drinking water for our community, including the towns of Clinton and Madison.
- Help preserve the rural nature of the shoreline for future generations.
- Enhance the natural habitat for wildlife by linking areas of existing open space already owned and preserved by the Trust and the State of Connecticut.



PLEASE GIVE \$\$\$ GENEROUSLY :

ALL DONATIONS WILL BE APPLIED TO THIS LAND PURCHASE

Please mail us your check or donate through our website at www.clintonlandtrust.org

Thank you for your support

I support the purchase by the CLCT of the Weiss-Loveday parcel of land in Clinton, CT

Enclosed is my tax deductible contribution of \$: _____ (The CLCT is a 501C3)

Name: _____ Address: _____

Please mail your check to "Clinton Land Conservation Trust", PO BOX 121, Clinton CT 06413

For more information about this valuable property please go to our website at www.clintonlandtrust.org

campaign for bully-free communities

Council of Business Partners at



COMMUNITY
FOUNDATION
of Middlesex County

- ✪ A&A Office Systems
- ✪ A.R. Mazzotta
Employment Specialists
- ✪ BEST Cleaners
- ✪ Brown & Brown of CT, Inc.
- ✪ Connecticut Lighting
Centers, Inc.
- ✪ Direct Energy
- ✪ Essex Printing/Events
Magazines
- ✪ Gabrielle's/The Black Seal
- ✪ LiveKind
- ✪ Mahoney Sabol & Co.
- ✪ Mallove's Jewelers
- ✪ M&J Bus Company, LLC
- ✪ Attorney Nancy Raczka
- ✪ The Rossi Group
- ✪ The Interfaith Golf Open
Tournament. St. Mary's
Church, Portland and
Congregation Adath Israel,
Middletown
- ✪ Suburban Stationers, Inc.

IN PARTNERSHIP WITH:

Rushford a Hartford Healthcare Partner | CT Association of Schools | Empower | The First Tee of Connecticut | LiveKind | Donny Marshall | Elizabeth Shulman, LMFT

help make middlesex county a bully-free community

STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County **860.347.0025** or go to **MiddlesexCountyCF.org**.

**STAND TOGETHER FOR CHANGE.
TAKE THE PLEDGE.**

WANT TO ADVERTISE?



Call Ward Feirer
at
914.806.5500

**Brenton Evans
PIANOS**

COMPLETE REFINISHING,
REBUILDING & SALES OF FINE PIANOS

Serving Madison,
New Haven County and
beyond for 25 years.

963 State Street • New Haven, CT 06511
(203) 785-8780 • brent@evanspiano.com

evanspiano.com
STEINWAY | MASON AND HAMLIN | YAMAHA

Carol Mancini REALTOR®

Service Exceeding Your Expectations



**COAST & COUNTRY
REAL ESTATE**

1300 Boston Post Road
Guilford, CT 06437
203-710-6405 Cell
carol.mancini@coldwellbanker.com
www.carolmrealestate.com



Did you Know?

Now available at
Essex Printing

18 Industrial Park Road
Centerbrook, CT 06409
860-767-9087
www.essexprinting.com

8 out of 10 customers will remember your name after you give them a promotional product.



Order Your Gift Today!



VERY LOVELY PARTY

\$5 OFF
ANY ARRANGEMENT
OR DIPPED FRUIT BOX
MAD4Q

Celebrate Your Occasion with Edible Arrangements®. Order Now and Save!

1347 Boston Post Road | Madison, CT | 203-245-3535
316 Boston Post Road | Waterford, CT | 860-447-8401
240 Post Road | Westerly, RI | 401-322-8800



Offer valid at participating locations shown below. Valid on arrangements and dipped fruit boxes only. Offer expires 12/31/14. Offer code must be used when placing order. Arrangements available in a variety of sizes. Containers may vary. Delivery not available in all areas. Cannot be combined with any other offer, promotion, coupon or discount code. Excludes tax and delivery. Not valid on previously purchased items. Acceptance and use of coupon is subject to all applicable laws. Void where prohibited. See store for details. EDIBLE ARRANGEMENTS® & Design and all other marks noted are trademarks of Edible Arrangements, LLC. ©2013 Edible Arrangements, LLC. All rights reserved.

Have Whiter Teeth
in 1 Hour
with Phillips ZOOM



Call today for your smile evaluation

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

157 Goose Lane
Guilford, CT 06437

203.453.4475

Visit us at
www.guilfordsmiles.com

• Evenflo • Lilly Pulitzer



New and gently loved...

- Children's Clothing
- Maternity Clothing
- Baby Equipment
- Toys & more

We carry Melissa & Doug Toys at
15% off retail everyday!!!

Shop Poppies
First!

up to
50% off
retail
every day

77 Wall Street, Madison
203-245-2245
poppiesboutique.com

Alex and Alexa • Ergo Baby • Graco • Safety First • Bellini • Melissa & Doug • Bob Strollers • Baby Bjorn

Ralph Lauren • The North Face • Crewcuts • Hartstrings • Zuliano • Tea Collection • Mulleerbusch

Calamini • Hannah Anderson • Mini Boden

Madison Earth Care Landscaping

Even in the bleak winter months your landscape, however humble or grand, does not give up. It is in constant motion, changing with the forces of nature. Every day there is something new to observe. In the stillness of the winter landscape we can allow ourselves to notice things we might overlook during the summer months when the landscape is bursting with activity. There is only one thing you need to do to experience the marvel of observation. Go outside! Even when the temperatures dip down into the teens don't make excuses! Bundle up and go out even if it is only for a few minutes. Walk around your landscape and take notice. Breathe deeply; the oxygen and fresh air are good for your mind and body. Notice the plants. How do they look? Notice the different bark patterns of the trees. Listen. Maybe it is very quiet or perhaps a bird is singing in the distance. What wildlife has left their mark? If there is snow or ice, notice the details of the crystals that reflect off the sun. If you make this your routine you will be sure to beat the winter blues.

More than likely, while on your walkabout, you

will have noticed that deer have been browsing your landscape. This is the reality of living in suburbia New England. Our sprawl has taken their natural feeding grounds. We really can't blame the poor things but it is so very discouraging to see a favorite shrub eaten to the ground or an entire bed! There are things that can be done to minimize deer damage. Consistent spraying, alternating products, and netting are helpful. The best defense against deer damage is to use deer resistant plant material. Although there is no guaranteeing what a starving deer will or won't eat, choosing deer resistant plants is key. A landscape professional can help you determine what plants would be best for your landscape. As you take your routine walk around your landscape this winter, enjoy the fresh air and take notice. If you have a deer problem consult your landscape professional early in the spring!

*Melissa Blundon
Madison Earth Care Landscaping*

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

BARTLETT TREE EXPERTS
FOR THE LIFE OF YOUR TREES.

Call us at 203.453.1357 or visit BARTLETT.COM  

THERE'S PEACE OF MIND IN KNOWING YOU MADE THE RIGHT CHOICE.

Watrous Nursing Center, a Five-Star rated Center offers residents a long-term living environment that focuses on ensuring the care and comfort of residents looking for care in a quiet, home-like atmosphere.

Call Wendy Melendez today at 203.245.9483 for more info.

Reduced Rate Respite Care
Hospice Care
Post Acute Care
Long Term Living

WATROUS
Nursing Center

9 Neck Road, Madison | 203.245.9483 | www.apple-rehab.com

The Women's Club - Poinsettia Sale



The Women's Club of Madison Annual Poinsettia sale has begun, as many of you know we get very healthy plants! Please consider ordering your plants from us this year. All proceeds will go into disbursements and returned back into community programs. We have received many compliments as to the freshness and durability of the plants every year!

Prices & choice of color follow:

Marble, Pink, Red and White Poinsettias (some colors sell out quickly!)

These are good size plants and you could not buy them in a store for the price and are all foil wrapped.

6½ inch pot, 1 branched plant	4-6 flowers	\$13.00
7½ inch pot, 2 branched plant	8-12 flowers	\$18.00
8½ inch pot, 3 branched plant	12-16 flowers	\$22.00
10 inch tub	18-22 flowers	\$35.00
12 inch tub	20-24 flowers	\$45.00

You may call or email your order and then make your check out to The Women's Club of Madison, PO Box 691, Madison, CT 06443 josephinemokriski@hotmail.com or threesams@sbcglobal.net Josephine Mokriski; 203-245-0706 or Kathy DeBurra; 203-245-2269. Plants pick-up and or delivery will be arranged in the first two weeks of December.

The Women's Club of Madison will adopt a Military Family again this year over the holidays. Our members help to complete a wish-list for a military family making the holidays special for each member of the family. This year a widowed Mother and her three children will have a little brighter holiday with the thoughtfulness and kindness of the membership. To attend a meeting of the Club and for more information call Margaret Hopkins; Membership Chair @ 203-245-4879.

Madison Earth Care
Since 1972 Family Owned

LANDSCAPING
203-421-4358
www.madearth.com

Madison Furniture Barn
Westbrook, CT

Like us on Facebook

The staff at Madison Furniture Barn has been honored to serve you for these past 17 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

Sciatic Pain

Do you have pain, tingling or numbness in your low back, hip or leg?

Eighty percent of the population will suffer with back pain at some time in their life. Low back pain that radiates to your hip, buttocks or leg can be the result of irritation to your sciatic nerve. The sciatic nerve is the largest nerve in your body and is made up of branches of nerves from the mid to lower lumbar spine (low back) and sacrum (part of the pelvic girdle). This large nerve travels through your buttocks, down the back of your leg, behind your knee and then down the back and side of your calf to your feet and toes. Irritation to this nerve can result in pain, tingling, dull ache, weakness, or shooting pain in any, or all of these areas that this nerve travels and supplies information to.

There are a number of possible sources of irritation to this nerve. Disc bulges, protrusions or herniations are one source of sciatic nerve irritation. Spinal and pelvic misalignments (subluxations) can also cause interference and irritation to this nerve. If you are experiencing any low back pain, shooting pain in your hip, buttocks or leg, numbness or weakness in your legs or feet, you need to have a proper spinal examination in order to determine the source of the nerve irritation. This evaluation will often include x-rays to evaluate spinal and pelvic alignment as well as nerve testing. Range of motion testing will often be done as well. At times, after performing

an exam, it may be necessary to have an MRI performed to evaluate the disc more closely. The results of these tests and examinations will help determine the best course of care to relieve the nerve irritation.

Chiropractic care is one treatment option that has been shown to be extremely effective in relieving most cases of sciatic nerve pain. Treatment varies from case to case but often involves specific spinal adjustments to improve and restore proper spinal alignment and function and to reduce the nerve irritation. In conjunction with chiropractic care, ice, stretching, ultrasound, electric muscle stimulation and core strengthening exercises can often be incorporated into their treatment plan. There are some rare occasions where a disc is fully herniated with disc fragments compressing the nerve and surgery to remove these disc fragments may be the only option. Fortunately, these don't occur often and most times conservative care can be very effective in resolving many sciatic conditions.

If you or a loved one is suffering with sciatic nerve irritation you may want to consider having your spine and pelvic alignment checked to see if chiropractic care may be able to help provide you with relief.

*Dr. Paul E. Heeren
Heeren Family Chiropractic Center*



**Middlesex
Eye Physicians**
The Eye M.D.s

Complete Eye Care

Board Certified Surgeons and
Physicians with over
45 years of expertise in:

- * Complete Eye Examinations for the entire family
- * Diabetic Eye Care
- * Glaucoma Evaluations and Treatment
- * LASIK * Retina Exams
- * Botox, Juvederm, Belotero
- * Full service optical department for eye glasses and contact lenses
- * Evening and Weekend hours

400 Saybrook Road, Ste 100
Middletown
860-347-7466

240 Middletown Ave
East Hampton
860-295-6440

4 Grove Beach Road, North
Westbrook
860-669-5305

www.middlesexeye.com




OFFICINA BERNARDI
MADE IN ITALY

Italian Jewelry Design house Officina Bernardi takes the finest sterling silver and cuts then carves the surface using their exclusive patented diamond "micro cutting" technique. This gives each piece an extraordinary sparkle, a glittering appearance that reflects like a diamond. Made 100% in Italy, the look embodies the very strength of Italy, namely style, quality and craftsmanship. No stones, only diamond cut 925 sterling silver, sealed with 18kt gold, platinum or black rhodium.

Christo Jewelers
Clinton, CT
860-669-2145

Feeling Drowsy During the Day?

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 cycle prevents those with sleep apnea from achieving deep sleep, resulting in a constant drowsy feeling during 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 it 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




THE CHEESE SHOP
of Centerbrook

We Can Prepare You for the Holidays!

We not only have the largest selection of imported and domestic cheeses, we also carry, Italian and domestic pastas, breads, pates, oils, vinegars, Scottish smoked salmon, Parma proscuitto, and many other specialty meats. Come in for a taste, try before you buy.

Gift Baskets, Boxes and Party Trays
33 Main Street, Unit 1, Centerbrook, CT 06409
860-767-8500
www.cheeseshopcenterbrook.com
Open Monday-Friday 10-6, Saturday 9:30-5:30, Closed Sunday

THE SONAS PLEDGE




"I will always tell you the truth. You will never look overdone."

Dr. Susan O'Malley

With twelve years of facial aesthetic experience, Dr. O'Malley has a unique approach to beauty. She treats your face as if it were her own. Her goal for you is the same as her goal for herself - to become a more relaxed, less tired version of you.

Call 203 245-2227 today for a free consultation and learn which non-surgical procedures are right for you.
Look younger without surgery!

869 Boston Post Road
Madison, CT
2 doors down from Elizabeth's Café
Parking in rear of building
203-245-2227
sonasmedspa.com





Coastal Cooking Company



Catering at our Unique Essex Waterfront Location or Your Location

Book Your Upcoming Holiday Parties
Now at the ECYC

We create a menu with your taste, theme and budget in mind

Full Service planning for Weddings, Business Events,
or any Special Occasion

Call Monique for new LOW waterfront facility rates
and a FREE consultation

860-501-5036

monique@coastalcookingcompany.com
9 Novelty Lane, Essex, CT 06426

Every year we're here to keep the
Affordable Care Act

Simple.

Annual Enrollment Period begins November 15th.

Access Health Certified Broker Location



access health CT
certified independent broker

Call **203.245.4107**

WWW.CRETELLABELOWSKY.COM

ENROLLMENT CENTERS

472 Boston Post Road, Suite 3
Orange, CT 06477

2 Samson Rock Drive, Suite 1G
Madison, CT 06443

"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor, which is different from other memory care communities. She really has blossomed by making new friends, and even learned new things," says Beryl Thorpe, Doris Whitmore's daughter.

Let your loved one "experience the difference" at the Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where people do blossom. With a kind staff, bright studio apartments, cozy social areas, outdoor gardens, and many opportunities for activity and involvement, we take memory care to a wonderful new level.



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



A Memory Care Neighborhood
1556 Saybrook Road, Haddam, CT 06438

www.thesaybrookathaddam.com

Expansion opens January 1, 2015! Call 860-345-3779 for a personal tour.



Happy Holidays from All of Us At Events Magazines!



the red balloon

77 MAIN STREET, ESSEX, CT



holiday wishes &
necessities too...

for **Boys & Girls**

Hours: Mon-Sat 10-5 / Sun 11-4

860.767.0763

 HealthMart PHARMACY 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.

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



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 & Addictions Counseling
- ▣ Art Classes and Creativity Workshops
- ▣ Personal Training & Health Coaching at our Private Picturesque Dockside Studio, ***Fitness on the Water***
- ▣ Yoga and Tai Chi Groups on the Water and Studio

Complete Customized Wellness Programs

Join Us Waterside at the Connecticut River Museum

AND IN OUR GROUP WELLNESS STUDIO, 8 NOVELTY LANE, ESSEX CT

TAI CHI

with Master Teacher David Chandler • All Levels
On-Going Series Offered Mornings and Evenings
Call Now to Sign Up – Space is Limited!

YOGA

Mondays and Fridays: 9:00 -10:00 AM
\$17 Drop In • \$150 for 10 Classes

28 MAIN STREET | ESSEX VILLAGE CONNECTICUT

For a private consultation call 860.767.7770 | info@essexwellnessctr.com



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

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

RESIDENTIAL CUSTOMER MADISON CT 06443

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

