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First Selectman's Corner

Property Evaluation - For some time now, the Town has been undergoing a periodic property re-evaluation as required by state law. Your property has been appraised by a professional firm, Vision Government Solutions, to reflect the estimated value as of October 1 of this year. As you read this, you will have just received, or will shortly receive, notification of this latest estimate. The notification letter will have information on how to contact Vision if you wish to have an informal hearing regarding your assessment.

The Town views this periodic re-evaluation as a "revenue neutral" event. At the last two re-evaluations the overall values in town increased dramatically and some residents were worried that their property taxes would also increase dramatically. Not so. The mil rate was adjusted downward by the corresponding ratio so that the total tax revenue remained equal. The changes people saw in their taxes reflected how much more or less than the average their property value increased.

Correspondingly, if the overall values drop slightly this time, the mil rate will be adjusted so that the impact on you will be how your change compares to the overall average.

CL&P Circuit Upgrade - At the height of last summer's air conditioning season, a large section of north-western Madison experienced several power service interruptions because the electric circuits were severely overloaded. The area included such streets as Overbrook Road, Bartlett Drive, Woodsvale Road, Bradley Corners Road, Race Hill Road, and surrounding areas. As a long term solution, CL&P announced that they would be upgrading the entire circuit (known as the 15D3 circuit) from 8,300 volts

to 23,000 volts, thereby tripling the power capacity to the area.

For the last several weeks groups of customers have been upgraded to the higher voltage. As the changeovers have occurred, there have been some temporary power outages. The upgrades will be completed in another few weeks and there should not be any more overloading problems next summer.



Madison Prescription Drug Plan - The drug plan for Madison residents has been in place for almost a year now, with substantial savings for those without regular insurance for pharmaceuticals. So far, Madison residents are saving over 50% on drug costs, with dollar savings running over \$5,000 per month. 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.

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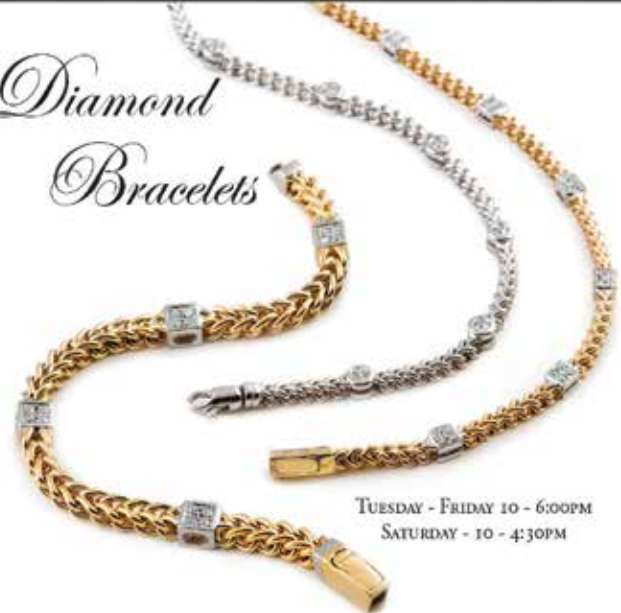


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Beach & Recreation

Family Day Trip

December 17 - Holiday Train Show at New York Botanical Gardens

We are off to New York City where we will first have lunch on Arthur Avenue at Ann & Tony's. A fifth generation Bronx landmark, Ann & Tony's Neapolitan cooking is fresh and unencumbered. Enjoy a choice of Eggplant Parmesan Chicken Marsala or Veal Parmesan served with all the trimmings. After lunch we will depart for the Holiday Train Show at the New York Botanical Gardens. You will have a 30 minute guided tour through an enchanting world of garden - gauge trains and trolleys winding their way through replicas of more than 140 New York landmarks. You will see the Chrysler Building, the original Yankee Stadium and Grand Central Terminal, made primarily from plant materials such as twigs, acorns, moss and berries. Admission also includes access to the diverse gardens and plant collections across 250 acres including 30,000 magnificent trees. There is also a complimentary tram available on a first come first serve basis.

Fee: \$112 per person.

Register online at www.madisonct.org/beach_rec

Holiday Torchlight Parade & Tree Lighting

Sunday, December 8 - Beginning at 4:15 p.m. at Citizens Bank - Samson Rock Drive

This year, Madison Beach and Recreation and the Madison Chamber of Commerce, have decided to combine the holiday parade and the Town Tree Lighting Ceremony, so that families do not have to choose which events to participate in on such a busy weekend. Join us in the center of town to watch the holiday parade beginning at 4:15 p.m. The parade will include music, pets, local sports teams and groups, and, of course Santa too! Then, we want you to jump in at the end of the parade and follow the parade to the Tree Lighting Ceremony. We will be lighting the way with luminaries with the help of Madison's own Boy Scout Troop 490. Troop 490 will also provide hot chocolate and help us light our candles for the candle lighting ceremony. We want all to enjoy the Tree Lighting Ceremony but ask parents not to let their children go up on stage. The winners of the Tree Lighting Contest should be the only children up on stage at this event. Thank you in advance for your cooperation!

Ski Bus

Madison Beach and Recreation Offers its Annual Ski Bus Program to Madison Residents in grades 7 to 12. Ski Bus takes



place immediately after school for Polson and Daniel Hand students, where they load coach buses with their gear and head off to Mount Southington Ski Area in Southington, CT. The program lasts for 5 weeks and is held every Tuesday night from January 14th to February 11th. Cost varies by the type of ski package that you register for and start with a Lift Only package for \$256. This includes 5 weeks of skiing or snowboarding and bus transportation is provided by Premier Limousine. Registration for

Ski Bus begins on October 15 but must be done in person due to the required paperwork. Forms may also be downloaded at www.madisonct.org/beach_rec/forms.htm. Registrations received after November 26th will be considered late and a late registration fee of \$25 will be added to the cost of the program. The absolute last day to register is December 13. If you have additional questions after you have read the information, you can contact Carrie at gazdac@madisonct.org.

Tree Lighting Contest

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

Tree Lighting Contest Rules:

Entries should include the following:

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

All entries must be turned in to the Madison Beach and Recreation Office by 4:00 p.m. on November 26th.

Madison Public Schools Superintendent's Brown Bag Lunch

Thomas R. Scarice, Superintendent of Schools, invites you to bring your brown bag lunch and topics you wish to discuss. Brown Bag Lunch events are scheduled 12:00 - 1:30 p.m. at the Scranton Library on the following dates:

November 22, 2013

March 28, 2014

January 31, 2014

April 25, 2014

February 28, 2014

Updates are listed on our website www.madison.k12.ct.us.


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The open enrollment began October 1 with benefits beginning January 1, 2014. Anyone currently without insurance or will be uninsured MUST enroll in a program by March 2014. Penalties will apply for anyone that doesn't show proof of existing coverage after March. If you need further assistance you may also contact Wendy Larson, Madison Social Services at 203-245-5655 or Heather Castrilli, Municipal Agent for the Elderly at 203-246-5687.

November is adopt a senior pet month!

We all know how easy it is to be a pet owner of a young kitten or new born puppy. Over the years as I cared for my pets and worked with the pets of other people I was surprised to find that I was becoming attached to the older senior pets. Puppies and kittens are known to offer a lifetime of happiness and joy to their owners.

But did you ever consider the Benefits of adopting a senior pet? They too, make their owners happy and give them tons of joy.

The list from petfinder.com is a tribute to the enjoyment of adopting a senior pet can be.

1. Adopted senior pets seem to understand and are thankful for it.
2. Senior pets' personalities are already established, an easy match for an adoptive family.

3. Senior pets are easier to train than a distracted young pet.
4. Senior pets may have already mastered basic commands.
5. Senior pets are already housetrained.
6. Senior pets are fully grown-no guessing how big!
7. Senior pets are content to be by your side.
8. Senior pets make great napping buddies.
9. Senior pets know what not to chew or scratch.
10. Senior pets are difficult to place, so when you adopt one you are truly saving a life!

If you are now thinking of adopting a pet please consider the advantages of adopting a senior pet and start enjoying the happiness they provide.

Carol Parmelee- Hooves, Hounds, & Whiskers Pet Sitting

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ST. MARGARET ROMAN CATHOLIC	203-245-7301
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MADISON LIONS CLUB	860-732-2743
MADISON CHAMBER OF COMMERCE	203-245-7394
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MADISON HISTORICAL SOCIETY	203-245-4567
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Centerbrook, CT 06409
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Publisher

William E. McMinn

Director of Advertising/Operations

Suzanne Spires 860-391-5534

Coordinator/Art Director

Kathy Alsop 860-391-4372

Accounting

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

Erin Colwell

erin@eventsmagazines.com 860-581-0577

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Amy Bransfield & Patricia Stenbeck

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Women's Club - Santa Letter

Santa's Mailboxes will be located at Robert's and Stop & Shop in Madison right after Thanksgiving until December 18th this year. Each child who drops his or her letter to Santa in these mailboxes will receive a personalized reply from him. Due to the high volume of letters, the Women's Club of Madison is providing administrative services to help get the letters to Santa so that they can all be answered. Please include a self-addressed stamped envelope with each letter. This special event is sponsored by the Women's Club of Madison and is one of the many community projects that the Club does throughout the year! Season's Greetings to all!



Caroline Callahan (mailing letter) to Santa with her sister Cate Callahan.

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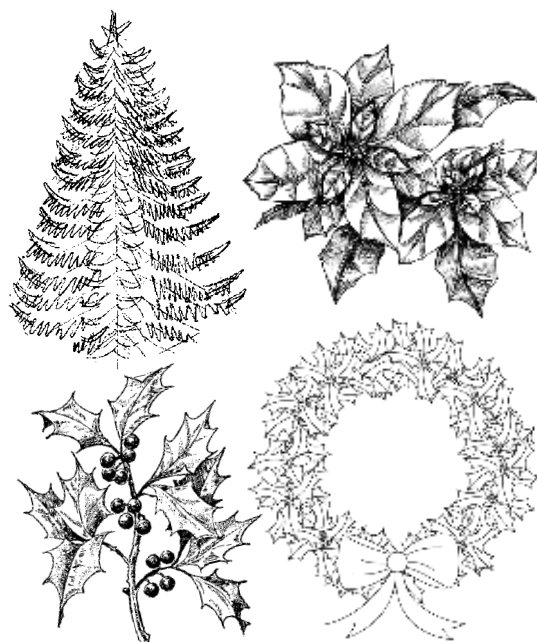
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Botox in a Jar? No Kidding

Have you seen the ads for skin cream that ask the question - Better than Botox? The answer is always no. But the thought of getting wrinkle relaxing results without the needle sure is appealing. There is a clinical trial underway that might make that treatment a reality within the next few years.

First off let me say, this is not an at home over the counter cream. RT001 combines botulinum toxin with a proprietary carrier peptide that transports it to the muscles under the skin. If this product is approved, it will be a medical treatment that will be applied at doctor's offices. So far the testing has only involved crow's feet.

Two phases of study have been conducted so far. Initially 90 individuals compared the product to placebo and the results were found to be statistically significant.

The second phase involved 180 people and this time various components of the product were tested. Results concluded that the carrier protein is an integral part of the

product, allowing the topical botulinum to be delivered to the underlying muscles.

Wrinkle relaxation is lasting about three months and there do not seem to be any side effects. Phase three testing will involve a much larger sample. Then it has to be approved by the FDA before it can be marketed, so it could still be a few years away.

It is unclear when it will be available or how much it will cost. We do know that if it is approved, even though it will be applied topically it is still a drug and will only be available through a physician. But how exciting to think that you might soon be able to relax your crow's feet without the chance of bruising or those little red dots.

To learn more about procedures that will keep you beautiful without surgery or to sign up to receive more articles like this one, please visit us at www.sonasmedspa.com.

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

Gruyere, a Great Cheese for the Holidays

Gruyere is one of my favorite cheeses and it ranks on my top 10 list. The reason is simple: few cheeses come close to the versatility of Gruyere. It gives fondue its body, onion soup its elegance, and Quiche Lorraine its flavor. In fact it can handle any task when it comes to cooking. It has great melting capabilities, it doesn't get stringy, nor does it solidify. Heat enhances its flavor and its keeping quality is longer than most other cheeses.

Gruyere dates back to the twelfth century and is named after the town of Gruyere, Switzerland that boasts a valley and castle of the same name. The cheese is manufactured with the finest raw milk from cows that graze only on fresh, lush, green pasturage. Milk from silage fed cows will never make its way into Gruyere production.

Gruyere is a natural cheese produced in 60-80 pound wheels. It has almost no eye formation (holes) and, most often, 'blind' (no holes) forms are the rule. The cheese is approximately thirty inches in diameter. Gruyere is more aromatic than Emmenthaler and usually sharper. This is due to a longer aging period and its size being less than half the weight of an Emmenthaler. All cheeses ripen from the outside in so a smaller cheese will ripen faster than a larger cheese. You can buy Gruyere at many different stages along the way. I prefer a longer cave aged cheese with much greater flavor. As a side note, Gruyere is occasionally confused by some as a processed cheese found in little cubes or wedges. Though some of the lesser quality natural Gruyere cheeses make their way into processed cheese it should not be confused with the natural greatness of true Swiss Gruyere.

Gruyere has a wide range of culinary uses. You can make a great meal by just slicing Gruyere on dark bread with a little raw onion, mustard, and smoked sausage. Add a crisp white wine such as Chenin Blanc, Riesling, or Chardonnay, and a fresh salad and a simple, appetizing meal awaits you. Pan-frying this cheese dusted with a little flour is a great snack as well.

Basic Gruyere fondue

Given the hundreds of recipes out there my favorite is the traditional Swiss recipe. It's tried and true and I've been using it for over 40 years.

- 1 cup dry white wine
- 1/4 cup Kirsch (optional) this can be too strong for some, can be omitted
- 1-pound Gruyere, shredded or cubed
- 2 tablespoons arrowroot (corn starch or flour will work)
- 1 garlic clove
- Squeeze of lemon juice
- Nutmeg & Pepper to taste
- 2 loaves French bread, cut into bite sized cubes

Rub the fondue pot with the cut garlic clove (discard garlic). Then mix the shredded or cubed cheese, black pepper and the arrowroot in a plastic bag. Try to coat all of the cheese with arrowroot to stop the cheese from sticking together.

Heat the wine in the fondue pot until hot but not to a boil. Stir in the lemon juice which adds acidity to help the cheese and the wine merge. Add the cheese to the wine, a handful at a time while stirring constantly, until melted and smooth. Top with a little nutmeg and additional pepper to taste.

I mentioned earlier that Gruyere has a great keeping quality. The cheese can keep for weeks if not months. Should the cheese show any surface mold just scrape or cut it off. If the cheese is covered in cling film for a prolonged period of time you might develop what I call a plastic taste similar to cheeses often found pre-cut and cryovac packaged. Although this packing technique helps for mass marketing shelf life it does little to protect the integrity of the cheese. Just remove the surface layer with a cheese slicer to regain the fresh taste. As always, it's best to buy smaller amounts more often and, of course, freshly cut.

*Paul Partica, The Cheese Shop of Centerbrook,
www.cheeseshopcenterbrook.com*



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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 including 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 Requirements

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.

What are the income guidelines? These are dependant on the total number of household members, income less than the listed amounts are considered eligible. The households also must have less than \$7,000 in assets if they rent and \$10,000 if they own their homes.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$2,683	\$32,190
2	\$3,508	\$42,095
3	\$4,333	\$51,999
4	\$5,159	\$61,904
5	\$5,984	\$71,809
6	\$6,809	\$81,713

If you believe you qualify for the Energy Assistance Program and you are a resident of Madison please contact either Heather Castrilli or Wendy Larson of Social Services 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.

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Keeping up with M.A.D.E.!



M.A.D.E. in Madison has been off to a busy start to the school year! To hear about all of the current and upcoming initiatives please join us at our next Quarterly meeting scheduled for Monday January 6, 2014 at 6:30 p.m. at the Madison Arts Barn. There we will discuss our new program at Brown called "Choose to Be Your Best" as well as our work with the various youth sports leagues.

M.A.D.E. also worked with the Madison Public Schools to conduct another Search Institute Attitudes and Behaviors school survey for students in grades 9-12. Once we get the results, we will hold community-wide presentations to disseminate the data.

L.I.F.E. (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, rules, technology, substance use, and more. Adults who choose to "host" a workshop are encouraged to invite friends and neighbors to learn from and interact with the LIFE students who facilitate the program. If you are interested in hosting a workshop please contact Melissa Balletto or Erin Corbett at: 203-245-5656 or ballettom@madisonct.org or corbette@madison.k12.ct.us

For more information on our initiatives and to view the "Be Your Best" video, please visit us online at: www.madeinmadison.org. Also, be sure to "like" us on Facebook as we post a lot of good information to stay informed and up-to-date!

Unfortunately M.A.D.E. in Madison hit a financial setback when it did not receive a grant for years 6-10 of our Drug Free Communities Federal Grant. Despite the news, M.A.D.E. is still fully funded for the upcoming fiscal year, and there is no shortage of positive activities happening around town. We are examining every option to keep this effort going. We urge you, now more than ever to become involved and help us to keep our progress moving.

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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

Town Office Information

Office hours are Monday through Friday, 8:30 a.m. to 4:00 p.m.

Assessor

Three types of property are assessed and subject to taxes: Real Estate, Motor Vehicles, and Personal Property. Any land or buildings are considered real estate. Registered motorized or non-motorized vehicles, (including cars, trucks, trailers and motorcycles) are considered motor vehicles for tax purposes. Personal property is a general category for fixtures either owned or leased by business. Unregistered motor vehicles are also taxed as personal property.

Field Cards: detail information on each property in the Town of Madison includes a picture of the building (if applicable) and an exterior sketch of the building, references to Land Record volume and page, Developers Maps, previous owners, assessment information, assessor's maps, etc. (Land Records and Developer's Maps are in the Town Clerk's Office)

Copies of field cards and Assessor's maps may be obtained at a charge of \$1.00 each - cash or check only.

**When researching a property or trying to obtain information for a property, in most instances, the best first step may be to obtain a copy of the field card.

Tax Collector

Payment of taxes may be made at the Tax Collector's office on a daily basis by cash or check only. On-line payments by electronic check, credit card or debit card may be made through our website at www.madisonct.org and click on Online Tax Payments. There is a convenience fee charged by Official Payments for this service.

Tax Records: Tax information on each property in the Town of Madison for the current fiscal tax year and prior fiscal years – including benefits and exemptions - may be obtained at the Tax Collector's Office.

References to Land Records volume and page, assessments, Assessor map, record owner information, mil rate, etc. are contained on the tax record for each property.

Town Clerk

The Town Clerk's Office is responsible for recording land records, filing and preserving all records and vital statistics, and other various documents. Public documents include the Town Boards and Commissions minutes, land records, ordinances and the official town meeting schedule.

Vital Statistics: issuing of marriage licenses and death certificates. Recording of birth, marriage and death certificates; authorized to issue certified copies.

Licenses: dog licenses, trade name certificates, liquor and shellfish licenses are issued and/or recorded.

Veteran's Exemptions: requests are processed by way of filing an original DD-214 discharge with the Town Clerk.

Voter Registration: residents can register to vote on a daily basis in the Town Clerk's Office in addition to the Registrar of Voter's office.

Absentee Ballot Applications and Absentee Ballots: available through the Town Clerk's office for any election or vote.

Land Records: Search of the land records is by the last name of the property owner and can be accessed by the following methods:

- Public computers which are indexed back to March 8, 1974 and scanned images of documents to October 13, 2000;
- Grantor and Grantee Index books back to 1826
- On-line through the Town Website at www.madisonct.org and click on Madison Land Records – there is a \$2.00 per page charge to view and/or print the documents.
- Copy charges at the Town Clerk's office are \$1.00 per page – cash or check only.

Developer's Maps: cross indexed by name and street - (*please note that the name is the owner at the time that the survey was performed)

- The developer's map number (or search info) can be found in the deed schedule (property description) or on the assessor's field card.
- Maps can be printed in various sizes (11x17, 8.5x14, 8.5x11) for a charge of \$1.00 per map, or to scale are \$10.00 each - cash or check only.

Notary Public: A Notary Public's Commission must be recorded in the Town that they reside and must be sworn in by the Town Clerk.

Boards and Commissions: Members of a Board or Commission are administered an oath by the Town Clerk. The Town Clerk's Office maintains agendas and minutes for public viewing and adheres to Freedom of Information regulations.

Planning, Zoning and Inland Wetlands

Information that can be found in this office includes:

Blank Forms for New Applications to Boards and Commissions and Records pertaining to Active and Past Applications:

- Planning & Zoning Commission (P&Z) - Special Exception Permits, Site Plan Reviews, Subdivisions, Zone Boundary Changes/Regulation Amendments, Coastal Site Plan Reviews;
- Advisory Committee on Community Appearance (ACCA) - Sign Permits & general design review;
- Inland Wetlands Agency (IWA) - Regulated Activity Permits;
- Zoning Board of Appeals (ZBA) - Variances & Zoning Enforcement Officer Appeals;
- Historic District Commission - Certificates of Appropriateness.

Copies of Zoning Regulations, Subdivision Regulations, Inland Wetland Regulations, & Historic District Regulations Minutes and Agendas from past meetings for Boards and Commissions. Planning and Zoning minutes from 1934 to present, Zoning Board of Appeals minutes from 1938 to present, and Inland Wetland Agency minutes from 1974 to present.

Copies of Zoning Maps, Inland Wetland Boundary Map, Historic District Map, and FEMA Flood Insurance Rate Maps (FIRM)

Blank Forms for New Applications, and Records of Previously Approved Applications for Customary Home Occupations and Accessory Apartments

Building Department

The Building Department maintains microfilm and scanned permit records of town properties filed by street address. The more recent the project; the more information that will be available.

- Records are available for review by the public whenever the office is open.

- Copies made for property owners are usually at no charge.
- Copies of records for other individuals are \$.50 per copy - cash or check only.
- See www.madisonct.org for our permit applications and overview of the permitting process.

Health Department

The Madison Health Department along with the Water Pollution Control Authority, Office of Emergency Management, Youth and Family Services, Senior Services, and Visiting Nurse Association, work together to prevent illness and promote health and safety in the Town of Madison.

Septic System Permit forms can be obtained from the Health Department or on-line at www.madisonct.org

Permits are usually taken out by Septic System installers and the permit costs range from \$35.00 for a new septic system to \$15.00 for both repairs and additions to an existing septic system - cash or check only.

Public Works Department

The Public Works Department is responsible for the maintenance of substantial portions of Town property.

Concerns regarding Town roads may be reported to the Public Works

Department at 203-245-5611.

Connecticut towns are required to provide ways for residents to dispose of most common types of waste. Madison has no municipal trash pick-up so residents may either contract with commercial waste haulers for regular trash and recycling service or they may dispose of their own trash at authorized locations.

Guilford-Madison Transfer Station tickets are available for purchase at the Public Works Department. Individual tickets may be purchased at \$7.00 each or books of 5 at \$35.00 - cash or check only.

Guilford-Madison Transfer Station tickets are also available for purchase at the Transfer Station site in Guilford by check, credit or debit cards - cash not accepted.

Madison Bulky Waste site tickets can be obtained at the site on Ridge Road. Payment by check can be mailed to the office at 8 Campus Drive, Madison CT 06443 or payment by cash or check can be dropped off at the Public Works Department office.

Landscaper Passes for the Madison Bulky Waste site can be purchased at the Public Works Department office for a fee of \$100.00 - cash or check only.

Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably; however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering,

staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00 p.m. to 8:30 p.m. at Guilford Parks & Recreation 32 Church Street Guilford, Connecticut 06437.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsysct.com. Offices are located at 386 Main St., Middletown, CT.



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E4D Crowns: A Dental Crown in a Day

E4D is a revolutionary dental technology that has transformed the way dentists create and fit dental restorations and crowns. In the past, placing a crown or other custom cast restorations required multiple office visits and several weeks of temporary restorative wear while permanent fixtures were created in a lab. During that time, temporaries could break and patients could experience inconveniences.

Thanks to the E4D system, same-day ceramic crowns and restorations have become a welcome reality for many of dental patients. This complex technology features state-of-the-art digital scanning, design and milling all in a single unit. No longer are restorations spread out over multiple visits, because with E4D, patients spend just a couple of hours in the dentist office from start to finish. Patients can walk out with porcelain crowns and brilliant new smiles in a single afternoon.

E4D is a powder-free system that generates multiple 3D images of a patient's teeth using digital impressions. Multi-angled interactive images are visible in-office, and E4D uses them to produce a rendering of the actual dental environment in just seconds. Advanced lasers then mill fitted restorations that fit seamlessly into the mouth, fabricating a new smile that appears both natural and aesthetically pleasing.

E4D's ceramic crowns and restorations are not only safe, but they are resistant to damage and wear over time. As the reputation of E4D technology grows, patients are beginning to request E4D restorations because they are fast, convenient, visually attractive and structurally reliable.

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

Vaccines for Adults

Quick - do you know if you're up to date on your vaccines? Or, do you think of vaccines as just kids' stuff? Apparently lots of folks do, given that way too few adults receive the recommended vaccines. That puts them - and those who come into contact with them - at greater risk for vaccine-preventable diseases.

Consider this:

- In 2012, there were 42,000 cases of whooping cough (pertussis) - the highest number in a single year since 1955. Nearly a quarter of these cases were in adults. Most of the babies who died from the disease, in fact, picked it up from an adult in the home.
- In 2011, most of the 4,000 people who died from pneumococcal pneumonia were older than 50. The highest rate of death was in those older than 65, yet only two-thirds of this age group receive the vaccine.
- Only about one-third of U.S. adults at high risk for hepatitis B have received the vaccine. Fewer still have received a vaccine for hepatitis A.

If you're someone who's afraid of vaccines, you need to know this: You can't get a disease from the vaccine. They won't cause you harm. Instead, the more people who receive vaccinations, the fewer germs are around you. Vaccines virtually wiped smallpox and polio off the face of the map.

How does this all work? Vaccines ally with your body's natural defenses to safely develop immunity. But first a reminder about immunity: When germs invade your body, they attack and multiply, causing an infection. Your immune system works bravely to fight it off. This leaves your body with a supply of cells that now recognize this invader, providing immunity.

Vaccines imitate, but don't cause, an infection. They help

the body learn how to respond if a real infection attacks your body. As your body builds immunity, however, it is normal to have mild symptoms such as fever.

So which vaccines do adults need? Recommendations vary depending upon your age, overall health, and medical history. It's really important to stay up to date with vaccines if you have special health conditions such as diabetes or cardiovascular, liver, or renal disease. That's because some vaccine-preventable diseases may put you at increased risk for serious complications.

Your doctor may also need to make adaptations with vaccines if you are pregnant or have a medical condition. For example, in certain cases, you may need to avoid the nasal live attenuated influenza vaccine and use an injectable form instead.

Remember: all adults - no matter how healthy you are - you should have a seasonal influenza vaccine every year and you can call your doctor about scheduling these vaccines:

- Tetanus, diphtheria, pertussis (Td/Tdap)
- Varicella (chickenpox)
- Human papillomavirus (HPV)
- Zoster (shingles)
- Measles, mumps, rubella (MMR)
- Pneumococcal
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- Hepatitis A
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We know Mom is receiving the care she needs because we worked with the nurses and caregivers to prepare her individualized care plan. Her apartment is large and bright, she's getting lots of exercise (for mind and body), and she's even baking again in the Country Kitchen.

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



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Winter Interest in the Garden

Your garden can still be beautiful and bring you pleasure, even in the winter months. A little foresight and planning can make sure this is so. First, think about what you like to look at in the winter. Do you prefer a neat and tidy garden or are you more on the wild side? This determines how you prepare your garden for the winter. My personal preference is to find a balance between both. After frost I pull out the annuals. I cut most of the perennials, selectively leaving some for winter interest. By winter interest I mean anything that will be interesting or attractive during the long winter months. From a design perspective, plants can provide interest in different ways through color, texture, and architectural form. They can also provide interest in attracting birds. Examples of perennials that I would (might) leave for winter interest would be sedum,

astilbe, echinacea, hibiscus, bergenia, (keeping in mind that, if they aren't looking good, then I'd cut them)!

In designing your garden, remember the winter months. Choose plants that, again, will provide interest. Some examples of plants that provide color in the winter are blue spruce, gold cypress, redbud, dogwood, and yucca 'color guard'. Textured plants include river birch, and many different conifers. Architectural plant examples are Alberta Spruce, Harry Lauder's Walking Stick and boxwood. Rose hips are attractive and along with other berry plants like holly and crabapples, can provide interest as well as food for wildlife. Late winter blooming plants including heath, helleborus, and witch hazel, bring promises of spring!

Melissa Blundon,
Madison Earth Care Landscaping



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Sparkling Wines for the Holidays

Fall is upon us and the holidays are right around the corner. Sparkling wines are a great way to give a little “pop” to your celebrations. Whether it be a family gathering or a little brunch with friends, sparkling wines are always a light and refreshing beverage alternative.

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 grapes used to produce these sparkling wines are Chardonnay, Pinot Noir and Pinot Meunier. Varieties of champagne are: Blanc de Blanc, which is made of strictly Chardonnay grapes; Blanc de Noir, which is a blend of Pinot Noir and Pinot Meunier; and Rose, which is typically one of the driest and best Champagnes. Rose Champagne has a small amount of still Pinot noir added to give the beautiful salmon color to the wine. Some sparkling wines are made in the same method as that of Champagne, and using the same grapes, these wines are labeled ‘Methode Champenoise.’

Sparkling wine comes in a wide range of taste from bone-dry to sweet and floral flavors. The finishing process in which the wine is made determines this. As sediment collects on the cork, it is removed by placing the neck of the bottle in a freezing brine solution, which results in the sediment popping out under pressure when the bottle is opened. This ‘clears’ the wine and

in-turn leaves a space in the bottle which is filled with a dose of sugar solution. The percentage of sugar solution added determines how the bottle will be labeled. From driest to sweetest they are labeled; Natural, Brut, Extra Dry, Sec, Demi Sec and the sweetest is Doux (which is not carried much in the US).

In Italy, Asti and Prosecco are the two most popular sparkling wines. Asti Spumante is sweet and bubbly having been produced using Moscato Bianco grapes. The Prosecco grape produces a sparkling wine that lacks the sweetness of an Asti yet is not as dry as Champagne. Prosecco has quickly become one of the most popular sparkling wines on the market with its shopper friendly price tag and its approachability on the palate. Ranging from Brut to Extra Dry, Prosecco can be enjoyed with a wide variety of dishes or simply as an aperitif, or with dessert.

To jazz up your sparkling wines you can make a range of popular bubbly drinks. Add a touch of peach nectar to your Prosecco for a Bellini, a classic Italian favorite. Or perhaps you are in the mood for a Kir Royal, adding cassis to your Champagne. Orange Juice is a traditional American Brunch favorite to add to your sparkling wine. Or if you just want a kiss of fruit, place a few sliced strawberries in your glass. Whatever the occasion, sparkling wine is always a great addition to any gathering.

Art Lipuma, Spirits of Madison

Raisin Praline Coffee Cake

1-1/2 cups dark seedless raisins
1/2 cup shortening
3/4 cup sugar
1 teaspoon vanilla
3 eggs

2 cups sifted flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup dairy sour cream

Pecan praline mix - see below:

[Pecan Praline Mix: Rub together until well mixed: 1/3 cup butter, 1 cup brown sugar (packed), 2 teaspoons cinnamon and 3/4 cup coarsely chopped pecans.]

Chop raisins lightly. Beat shortening, sugar and vanilla together until fluffy. Beat in eggs one at a time. Stir in raisins. Resift flour with baking powder, baking soda, and salt. Add to raisin mixture alternately with sour cream. Spread half of the batter in greased and floured 9 or 10 inch tube pan. Sprinkle with half of pecan praline mix; repeat layers. Bake in moderate oven (350 degrees F.), 50 minutes or until cake tests done. Cool in pan 10 minutes; turn out on rack to finish cooling. Serve warm or cold.

Pat Crisco

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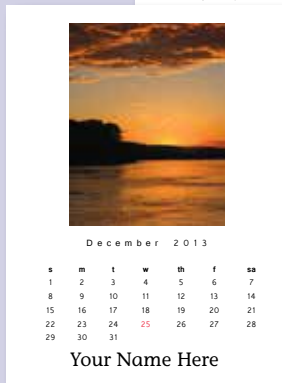
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