

Madison events

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The First Selectman's Corner

MHS 100th Anniversary Celebration Continues

Since the Madison Historical Society was founded in 1917, its mission has been to collect, preserve, and interpret artifacts and information that illustrate Madison's rich cultural history. The Madison Historical Society continues its Centennial Year celebration with its annual Antiques Show on the Madison Green on Saturday, August 26, 9-4. Known far and wide as the most sophisticated Antiques Show around, over 1,000 people are likely to attend. The award-winning exhibit, "Over Here, Over There: Madison in WWI" is a collaborative exhibition of the Madison Historical Society and the Charlotte L. Evarts Memorial Archives, and tells the story of Madison and its people during the Great War and features uniforms, memorabilia and letters of those who served. It will run through November. The MHS will feature vintage images of the town in storefronts along the Post Road and Wall Street. The celebration continues with "An Evening in White" fundraiser at a secret location in the late summer. The festivities will culminate on October 19 with a gala at the Madison Beach Hotel.

Music in Madison

Madison Beach & Recreation Summer Concerts are performed Sunday nights from 6 - 8 pm on the Madison Town Green and continue through August. The schedule is as follows:

- July 30 Eddie Seville and Steel Rodeo
- August 6 River of Dreams
- August 13 River Mud
- August 20 60's Satisfaction

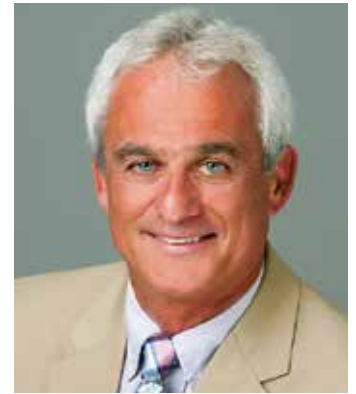
The Grassy Strip Concert Series continues Wednesday nights at the Madison Beach Hotel from 7-9 pm. Their schedule:

- July 26 Magic of Motown
- August 2 Adam Ezra Group
- August 9 Albert Cummings
- August 16 Sacred Fire, A Tribute to Santana
- August 23 Peter Mayer/Scott Kirby
- August 30 Christine Ohlman

Summer Concerts at the Surf Club are performed Friday nights from 7-9 pm on the deck at the Surf Club. The remaining schedule is:

- August 11 The Kenn Morr Band
- August 18 Larry Stevens
- August 26 The Rovers

continued on page 2



Tom Banisch, First Selectman



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Chamber Events

Madison Chamber of Commerce's 8th Annual Beachcomber Night will be Thursday, August 17, 5-8 pm downtown. This benefit for both of Madison's volunteer fire departments features live music, beverage tastings, food and fun.

The Chamber will sponsor an outdoor Vintage, Antiques & Repurposed Goods Show on Saturday, September 16 from 9 am to 4 pm on the Madison Town Green. Over 70 distinguished dealers from throughout the northeast will participate in the show.

Food and snacks will be available for purchase throughout the day.

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Madison, Currycross Road



Madison, Centre Village Drive



Madison, Boston Post Road



Madison, Jannas Lane



Madison, West Wharf Road



Madison, River Edge Farms Road

Madison Land Conservation Trust

Saturday, August 26, 10:00 am.
Mushroom Hike, Rockland Preserve
Search for mushrooms and other fungi with mycologist Bill Yule. Discover the variety and importance of nature's decomposers on a stroll around the beaver pond at Rockland Preserve. Participants can bring mushrooms for identification. Meet in the Renee's Way parking lot.

Saturday, September 2, 8:30 pm.
Creatures of the Night, Bauer Park
Take an evening field walk with John Himmelman, author of *Night-Singing Insects of the Northeast* and many other natural history books. Cook look (and listen) for katydids, coneheads, tree crickets and other night-singing insects. Learn how to identify them by their calls and get some up-close looks at these cryptic critters. Bring a flashlight and meet in the parking lot by the Bauer farmhouse at 257 Copse Road.



Mushroom Hike on August 26th!

Sunday, October 8, 7 pm.
Autumn Moonlight Walk
Bring a flashlight and join us for an evening stroll on the Garvan Trail at the Surf Club.

As always, a bagpiper will lead the way. After the walk, refreshments will be served in the Surf Club building and members of the Astronomical Society of New Haven will set up telescopes for viewing the moon, planets and stars in the night-time sky.

Visit www.madisonlandtrust.org and see if you can solve the Mystery Trail Challenge! Trail maps,

directions and more hike dates are posted. For event weather updates and photos, visit www.facebook.com/madisonlandtrust.

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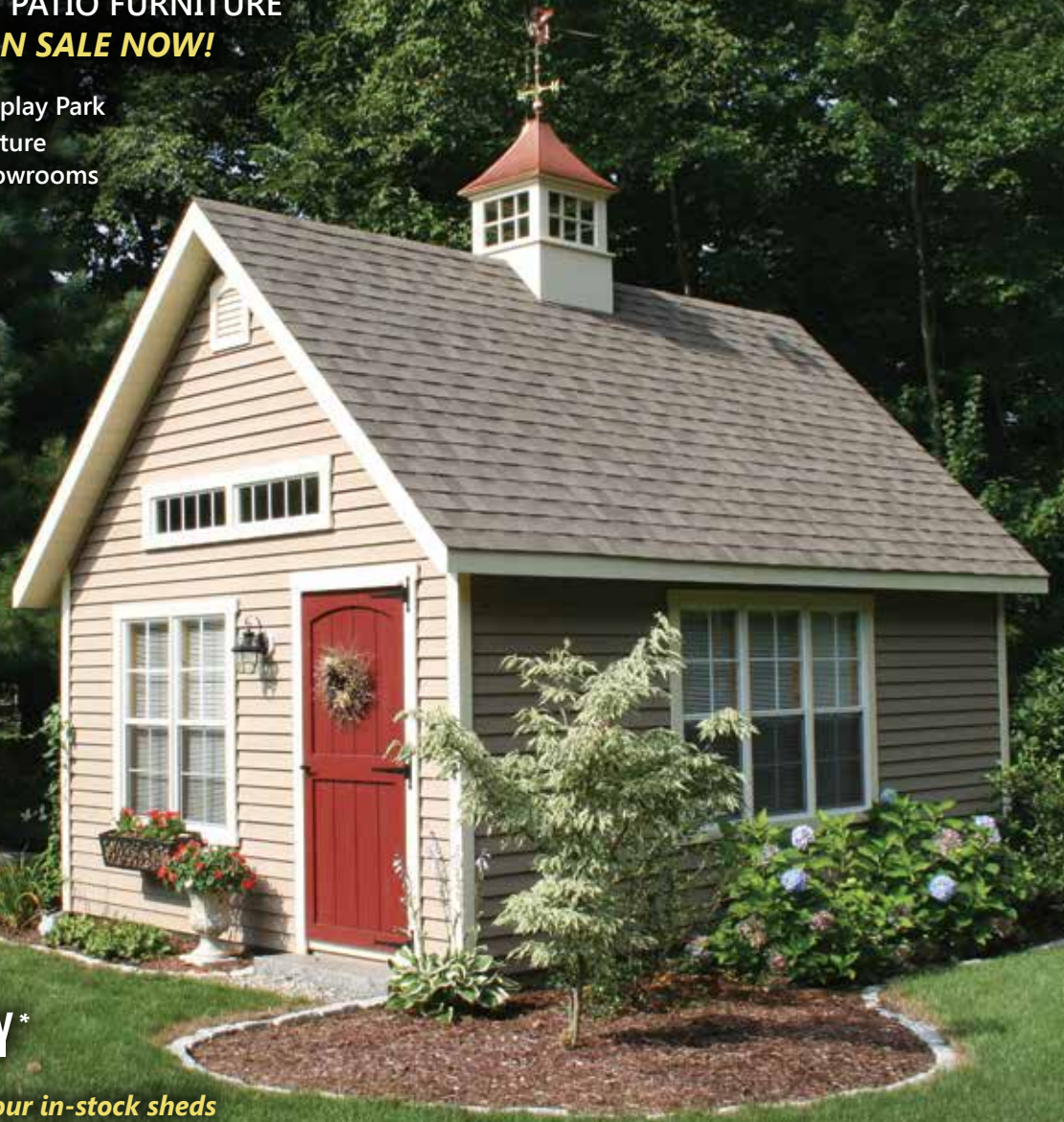
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The Madison Art Society

The Madison Art Society (MAS) has a variety of art shows and educational opportunities planned for the coming months.

Thirty-five MAS members have artwork on display at the Zahn Gallery located at the Middlesex Hospital Shoreline Medical Center in Westbrook. The exhibit is on view until September 4 and open during business hours.

The renovation of the Scranton Memorial Library necessitated venue changes for MAS. The Guilford Free Library will host the Elected Artist show August 29 – September 15. The opening reception will be on September 6 from 5-7 pm. Elected artist status is earned by artists having work accepted into two MAS juried shows within a five year period.

On September 7 Frank Bruckmann will present an oil painting demo on Figures in the Landscape. The free demo is open to the public and will take place at the Madison Senior Center, 29 Bradley Road, Madison. It will begin at 6:30 pm.



Beverly Shirmeier, Elected Artist and MAS President

Bauer Farm is a popular outdoor painting spot for artists. Artwork, inspired by the farm, will be offered for sale during the Bauer Farm Festival on October 14. Artists will also be painting on the grounds that day. Come by and see artists at work in a beautiful setting.



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Summer Happy Hour at the Madison Senior Center



Join the Madison Senior Center each Thursday in August for a summer happy hour. From 4:00 pm-5:30 pm the Madison Senior Center will provide a non-alcoholic summer cocktail and an appetizer for you to enjoy. Come with a group of friends or make new ones in this laid back setting. No alcohol is allowed at these events.

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Attention Madison Veterans And Families

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 any needed 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.



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Our Boys, Our Community



It's easy to see that we live in a culturally rich and beautiful community. It's not as easy to see that our communities are also home to boys and young men who are in at-risk situations.

That's why the At-Risk Boys Fund at the Community Foundation of Middlesex County is so important. Through the Community Foundation, the At-Risk Boys Fund has provided grants that have helped sixth-grade boys find their self-worth and success in school. The fund helped teenage boys and police build positive interaction instead of skills confrontation. The fund has even provided temporary shelter for boys and their families.

These are just some examples of how the At-Risk Boys Fund and the people who support it have improved the lives of boys and young men throughout Middlesex County.

You too can help at-risk boys when you attend the At-Risk Boys Fund's biggest fundraising event of the year – the third annual Cruise Blues & Brews Festival on Saturday, September 30th from 10 am to 4 pm at the Chester Fair Grounds.

You and your family will enjoy a great fall festival and you will be helping the At-Risk Boys Fund do its incredible work assisting boys and young men to achieve a better life.

How many boys we can help is up to you.

By Bill Guerra, Volunteer Chair
At-Risk Boys Fundraising Committee

Festival Details:

3rd Annual Cruise Blues & Brews, Saturday September 30 at the Chester Fair Grounds from 10 am to 4 pm (rain date October 1st). A fun-filled family event featuring antique and unique cars, the area's top blues bands, craft beer, up-scale food trucks, marketplace of vendors, kids play area, games, prizes and surprises. For additional information and to purchase tickets at \$5 (kids under 12 free) go to www.atriskboysfund.org.

All proceeds benefit the At-Risk Boys Fund at the Community Foundation of Middlesex County.



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Town of Madison Rolls Out Pilot Program for Summer Hours Schedule

Madison First Selectman Thomas J. Banisch announced today that the Board of Selectmen voted unanimously at its April 24, 2017 meeting to approve a Pilot Program for a Summer Hours Schedule affecting Town Campus Offices, Madison Youth & Family and the Senior Center.

The intent of this action is to provide service to the public beyond the traditional work day hours by staying open late on Thursdays. The Town Buildings will be open to the public from 8:30 am - 4:00 pm on Monday, Tuesday and Wednesday; from 8:30 am - 6:00 pm on Thursday, and from 8:30 am - 2:00 pm on Friday. The Pilot Program began on June 1st and will end on September 4, 2017.

First Selectman Banisch stated that this Pilot Program was as a result of a comprehensive review of policies and procedures which he commenced upon his taking office last year. "I am hopeful that the extended hours on Thursday will benefit the public as they will be able to conduct Town business outside of their normal working hours, eliminating the need to take time away from their careers in order to pay taxes, apply for beach passes, etc.," the First Selectman added.

The schedule will be evaluated after September to determine whether the hour changes assisted the public in a positive manner.

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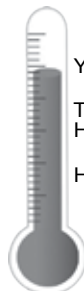
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Protecting Against Garden and Yard Critters

Spring rains brought relief to the drought and finally the Gypsy caterpillars subsided thanks to the rain that brought on a fungus killing them. But gardeners face other challenges this summer. The past two warm winters have produced a boom in the tick and critter population. Gardeners are determined though, never giving up. We know that since we cannot control the weather we must make the best of what Mother Nature presents. Focus on the positive like the magnificent blooms that the rain resulted from the generous rainfall. Nevertheless, the toll the critters take on us and our gardens can be discouraging to say the least.

So what are we to do?

Take measures to protect against ticks. Use sprays, cover up and most importantly check yourself for ticks after exposure. For someone like myself that means showering and checking every single day after work! There are some excellent organic yard sprays for ticks. You can find this at Madison Earth Care.

The critters, especially the rabbits, are out of control! I have never seen so many rabbits before. And they are eating everything, even the plants they are not supposed to like.

Repellants are helpful but not fool proof. I find the best repellent for rabbits to be Liquid Fence. Though, I must warn you... it smells awful! I have resorted to installing rabbit fencing in some of my flower gardens. Deerbusters has a good rabbit fence kit. Voles and chipmunks are just as much a menace. A product I recommend is Repels All. Another helpful thing to do is rotate repellents. I find rotating Liquid Fence and Repels All to be a good combination. These products are also available at Madison Earth Care.

And of course there is the notion of planting critter resistant plants. Although as I mentioned this is not always fool proof either it does help. Keep up the good fight against the critters but most important remember to enjoy the summer!

Melissa Blundon CANP, AOLCP
Madison Earth Care



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The Madison Historical Society's forty-sixth annual Antiques Fair will be held on Saturday, August 26, from 9 to 4. Up to ninety dealers of fine antiques and collectibles will have their wares on view during this highly anticipated end-of-summer event. As one of the shoreline's oldest and best outdoor fairs, visitors can expect to find everything from porcelain, paintings, and pottery to furniture, rugs, jewelry, and much more. All proceeds support the MHS's mission to preserve the past and protect the future. A coupon offering a discount on the entry fee is available on our website, www.madisonhistory.org. We hope to see you at the fair!

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The MHS is also proud to announce that its ongoing exhibition "Over Here, Over There: Madison in WWI" received a 2017 Award of Merit from the Connecticut League of History Organizations. This award is a prestigious recognition for achievement in the preservation and interpretation of Connecticut history.

The exhibition, a collaboration of the Madison Historical Society and the Charlotte L. Evarts Memorial Archives, is on view at Lee's Academy each Saturday through November from 11 - 4 and at the Memorial Town Hall. Please make an effort to tour this award-winning exhibit before it closes.

Later this summer we invite you to explore Madison's historic green on a self-guided audio tour. The Madison Green National Historic District Tour is an exploration of the people, significant buildings, and monuments near and on the green. The story of this district shows how and why this area became - and is still - the heart of the community. It also offers clues to local, regional, and national history during the course of nearly 400 years. In its centennial year, the MHS hopes that these stories will spark lively conversations about our community's past and present places and people.

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Hammonasset Festival at Guilford Fairgrounds

10 am-7 pm, Saturday, September 30th

10 am-5 pm Sunday, October 1st

Guilford Fairgrounds, 111 Lovers Lane, Guilford, CT

Building on past success, the Hammonasset Festival has expanded to better honor Native American traditions and cultures and celebrate our Natural World. The Hammonasset Festival comes to the Guilford Fairgrounds this fall for two days of celebration, education and entertainment. Each day will begin with a Native American blessing and smudging ceremony, led by Allan Saunders (Mohegan), followed by music, dance, art and crafts vendors, exhibits and demonstrations, activities for the whole family, storytelling and a variety of food choices.

Featured performers

The popular Native Nations Dance Troupe, led by Erin Meeches (Schaghticoke), will return with multiple performances each day. The Dance Troupe is made up of Native American performers who travel nationally and come together for specific events. They will gather in the Dance Circle to share their dances and interpretations, dressed in traditional regalia and accompanied by live singing and drumming of a Native Drum group. The Redhawk Native American Arts Council, with performances by Aztec Dancers and Peruvian Scissor Dancers, will be making its Hammonasset Festival debut. Since 1994, the Redhawk Council has been dedicated to educating the general public about

Native American heritage through song, dance, theater, works of art and other cultural forms of expression. The Council will bring two dance groups who will perform multiple times during the weekend.

Featured Wildlife Shows

- Live raptor show by A Place Called Hope, a raptor rehabilitation center in Killingworth, CT
- Live reptile show by The Meigs Point Nature Center of Hammonasset Beach State Park

Find more information and schedule of events at [Facebook.com/HammonassetFestival](https://www.facebook.com/HammonassetFestival) or the Friends of Hammonasset website: Hammonasset.org

White Wines - Steel vs. Oak

Steel vs. Oak is a choice made by the winemaker. During the wine making process, white wines are fermented in steel tanks, French oak or American oak barrels and, although not as common, in cement vats. By the mere selection of what type of barrel or tank is used, the winemaker can impart a particular flavor from that source into the wine. If you are a person who enjoys Pinot Grigio or Sauvignon Blanc, it is the crispness that excites your palette. This also includes citrus and tropical fruit ending with a clean sometimes tart finish. The brightness of these wines are due mostly to the stainless steel tanks. That's not to say that these and other similar wines are never put in oak. They may rest in oak for a few months or small percentages of the wine.

Chardonnays are fermented in stainless steel or oak barrels and then might be aged for 6 months up to a couple of years. This additional aging enhances the flavor of the wine with a rich, woody taste. It may impart flavors of vanilla and sometimes smoky and spicy. This leaves the wine with a full and rich finish. It is well known in the industry that the use of new oak barrels gives a fuller taste than older or used barrels. Also smaller casks produce more of that oak flavor than larger ones. All of these choices give the winemaker freedom to develop their own unique structure and taste of a particular wine.

Looking for a crisp dry Chardonnay? Try a French Chablis. The wine has a mineral and limestone finish, great with seafood. Sauvignon Blanc and Pinot Grigio are an excellent choice if you are having a light dish. Something heavier such as creamy chicken warrants a rich oaky chardonnay.

I hope this has given you a better insight towards white wines and their particular fermentation process. Enjoy your choices, of which there are many.

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SeaSide Wines and Spirits Manager

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Madison Health Department

RESIDENTS WITH PRIVATE WELLS

Most wells in Madison are drilled wells; i.e., holes bored into the underlying bedrock. Generally, these wells produce water of very good quality. The presence of bacteria is rare in such wells and is a potential cause for concern. Other chemical constituents are found at various concentrations, reflecting background ground-water quality.

Iron and manganese are very often found in ground water in Madison at concentrations that are aesthetically objectionable. There are treatment systems that can correct most water-quality problems found in local ground water. In no case should the backwash from any such treatment system discharge to the septic system, because this can add unnecessary amounts of water to the system.

It is important to remember that any well water analysis represents the quality of the well water only at the time the sample was collected. Periodic tests of well water quality are not required by the Health Department once a Certificate of Occupancy is issued for the home, and responsibility for the well is then entirely in the hands of the homeowner. Factors affecting the quality of the ground water in an area can change, and therefore, the potential for changes in the ground water quality also exists. For these reasons, the Madison Health Department suggests retesting the well water every few years.

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

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



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Madison Health Department

LYME DISEASE & TICK-BORNE DISEASES

What you should know - What you should do

Prevention of Lyme disease and other tick-borne diseases starts with reducing your exposure to tick bites. Tick-borne diseases generally occur during the summer months when ticks are most active. There are no vaccines available for Anaplasmosis, Lyme disease, or Rocky Mountain spotted fever. To prevent these illnesses you must prevent tick bites.

Use the following personal protection measures:

- Avoid tall grass and over-grown areas.
- When hiking stay in the middle of trails
- Consider using tick repellent
- Tuck pant leg into socks
- Wear long-sleeved shirts and closed shoes
- Wear light-colored clothing to see the ticks easier for removal.
- Examine yourself, your children, and pets for ticks when returning indoors.

- When returning home after an outing, shower using a washcloth or puff to remove unattached ticks.
- Talk to your veterinarian to find out how to protect your pets from tick bites, and the roll of vaccine for dogs.

Tick Removal

To remove a tick: use tweezers and grasp the tick's mouthparts as close to the skin as possible. Pull the tick with steady pressure in an upward motion. Don't "yank" the tick out of your skin. Don't use petroleum jelly, hot matches, nail polish remover, or any other substance to remove a tick. Don't crush the tick's body because it may contain infectious fluids. When the tick has been removed, wash the area of the bite with soap and water, and then apply an antiseptic. Write on the calendar the date



you removed the tick and the part of the body from which it was removed.

Should you experience any symptoms of any diseases mentioned within the time-frame indicated, contact your physician to be evaluated. Preventing tick bites is the key to preventing Lyme disease, Anaplasmosis, Babesiosis, and Rocky Mountain spotted fever.

Prompt treatment is the key to preventing severe illness. For more information, feel free to contact the Madison Health Department at 203-245-5614.

PLAY IT SAFE IN THE SUN

With the start of summer, the Madison Health Department reminds residents to protect their skin from the sun's ultraviolet (UV) rays and use sunscreen correctly.



According to federal health officials, skin cancer is the most common form of cancer in the United States and the most common cancer among 20 to 30 year-olds. It's estimated that one American dies every hour from melanoma, the deadliest form of skin cancer. In Connecticut, there were 930 cases of malignant melanoma diagnosed in

2009, and 100 deaths from the disease. Melanoma rates continue to rise, especially among adolescent girls.

Connecticut residents and visitors should protect their skin to help reduce rates of skin cancer from overexposure to the sun's UV rays. Sunscreen can offer some protection. However, products with a high (over 50) SPF (sun protection factor) rating offer an insignificant amount of added protection. Sunscreens with SPF ratings over 50 may mislead people to believe they are more protected than they actually are, causing them to stay in the sun too long or not reapply sunscreen as often as recommended.

HOW TO PLAY IT SAFE?

Avoid Too Much Sun: Wear protective clothing (shirt, hat, pants, and sunglasses) when in the sun; seek shade as much as possible; avoid mid-day sun.

Apply Sunscreen to Exposed Skin

Apply 15 minutes before sun exposure; apply a generous coat and reapply every 2 hours or more often if getting wet or sweating heavily.

Choose Sunscreen Wisely...

Look at the label - Choose a sunscreen that:

- Offers broad spectrum (UV-A & UV-B) protection.

Is rated as SPF 15 or higher?

Products with SPF ratings over 50 do not provide significantly more protection. SPF numbers only indicate protection against UV-B radiation.

- Contains zinc oxide as the active ingredient or as a blend with titanium dioxide. These mineral blockers are preferable to chemical absorbers. Avoid products with oxybenzone which has endocrine-disrupting activity.
- Is it water resistant?

For more information:

U.S. Environmental Protection Agency SunWise Program:

www.epa.gov/sunwise

Environmental Working Group 2013 Sunscreen Report:

www.ewg.org/2013sunscreens



MADISON: CHARMING year round or vacation home in the heart of Middle Beach is just steps from East Wharf Beach . This 4BR, 2.5 Bath, 3208 sf house radiates summer vibes. Walk or bike to town and Hammonasset State Park. \$1,350,000
Anne Foley 203-245-1593



MADISON: New construction! First flr BR w/full bath! This is a fantastic 5 BR, 8 room, 4403 s.f. home with an open floor plan. Your kitchen includes a wine fridge and a countertop warmer!
Heated garage floor. \$949,000
Steve Spurrell 203-453-6511



MADISON: Walk to town green, town center and beaches. 4BR, 3.5 BA home with renovated granite, E.I. Kit that opens to spac. FRM w/gas FPL.
Sits on almost an acre of park like grounds. \$789,000
John Campbell 203-245-1593, X 1103



MADISON: Architect designed 4BR, 4.5 BA home with open and airy flr plan w/9' clg's. Chef's kit with wolf and sub-zero appliances. Screened porch leading to 27' long deck. \$750,000
Jeanne Thomsen/Karen Scott
203-453-6511, X 2106 or X2113



MADISON: Beautifully appointed 4BR, 3.5 BATH home on 2 acre close to the Madison Town Center. Home features a generous 1st Flr MBR Ste w/FPL, large W.I. Closet and Carrera marble bath. . \$679,000. John Campbell
203-245-1593, X1103



MADISON: Your back yard oasis awaits! Extraordinary outdoor kit area, patio, fire pit. Only 1.5 miles from the center of town, train & beaches this lovely 3,471 sq. ft. 4BR, 3.5 BA home consisting of 2 Master Suites has it all!
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MADISON: Beautifully updated 4BR, 3.5BA Colonial is over 3,500 sq ft . Recently remodeled Kit features granite counters w/newer SS appliances as well as a pantry. Finished basement with walk-out to a lovely patio \$575,000.
Linda Toscano 203-453-6511, X 2117



MADISON: This 2 BR, 2.5 BTH home has ever changing views of the river. Walkout basement with walled bookcases, heat stove, cedar closets, storage room and a half bath. Work room with a sloop sink. HW Floors except BR's, FPL w/gas logs in LR.
\$ 514,999. Gail Wood
203-245-1593, X1102



MADISON: Private & Quiet! This beautifully updated 4BR, 2.5 BA contemporary home sits on almost 2.5 acres. MBR Ste features a large W.I. Closet and a beautifully updated bathroom. \$424,900.
Jake Wyman 203-453-6511 X 2116



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Adult & Family Programs at Bauer Park

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257 Copse Road

BUTTERFLY WALK

Saturday, July 29

10:00 am – 12:00 pm

Led by members of the Connecticut Butterfly Association (CBA), this walk will focus primarily on the open fields. Please wear clothing and footwear for protection from poison ivy and ticks. Sunscreen and water are also recommended. Children are welcome with adults.

FREE and open to the public. Registration is not required.

POND DIPPING FOR FAMILIES

Sunday, August 6

10:30 am – 12:00 pm

Have you ever wondered what critters live in the pond at Bauer Park? Join us for some pond dipping with nets, and you'll have the chance to observe some freshwater creatures up close. Please wear clothes and shoes/boots that you don't mind getting a little wet and muddy.

All ages. Children must be accompanied by an adult.

\$10/family.

KIDS GARDENING CLUB

Mondays, August 7, 14, 21, 28

1:00–4:00 pm

Using the Bauer Farming Project's organic vegetable garden as an outdoor classroom, participants will observe and engage with the natural world through a variety of activities including planning, planting, harvesting, tasting and sharing the fruits of our labor. We will harvest produce from the garden to sell at our farm stand and donate to the Madison Food Pantry. Be prepared to be outside; bring a water bottle and a snack. Learn more about the Bauer Farming Project at www.bauerfarming.weebly.com. \$77. Ages 4-11

WEARABLE BAUER NATURE ART

Saturday, August 19

1:00-3:00 pm

Use nature to create artistic expression that you can wear! Participants will collect natural objects from Bauer Park's woodland trail to make colorful prints using fabric paint. Bring a tee shirt, pillowcase or other articles of your choice. As fabric paints are permanent, participants should dress accordingly. All ages.

Continued on page 22

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Bauer Park Programs... continued from page 20

Children must be accompanied by an adult. \$10.
 Visit www.madisonct.org/recreation for registration and more information. Questions? Call 203-245-5623.

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

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

Photo: Create Nature Art at Bauer Park on August 19.



Madison Arts Barn

July 22nd

Karaoke/Open Mic Night
 7 PM – 10 PM
 \$5 advance tickets / \$10 at the door
www.madisonartsbarn.org
 org - madisonartsbarn@gmail.com
 203-245-2689

July 23rd

Can U Sing Auditions
 4 PM – 6 PM
 \$25 entry fee
www.madisonartsbarn.org
 org - madisonartsbarn@gmail.com
 203-245-2689

July 24th

Can U Sing Auditions
 7 PM – 10 PM
 \$5 advance tickets / \$10 at the door
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July 29th

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www.madisonartsbarn.org - madisonartsbarn@gmail.com - 203-245-2689

July 31st - August 4th

Art Exploration Camp
Madison ArtsBarn - 8 Campus Drive, Madison, CT 06443
Join us for a week learning and improving your art skills. Explore art through traditional methods such as painting, drawing, sculpting and more. The week ends in an art show for friends and family. All skill levels welcome. Open to students entering 5th through 12th grade.
8:30 AM – 3 PM / \$250
www.madisonartsbarn.org - madisonartsbarn@gmail.com - 203-245-2689

August 7th - August 11th

Film and Animation Camp - Currently SOLD OUT but taking names for wait list
Madison ArtsBarn - 8 Campus Drive, Madison, CT 06443
Campers will be introduced to designing, producing and editing short films and animations. Open to students entering

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8:30 AM – 3 PM / \$250
www.madisonartsbarn.org - madisonartsbarn@gmail.com - 203-245-2689

August 13th

Can U Sing Finals Show
7 PM – 9 PM
\$15 advance tickets / \$20 at the door / Priority Reserved Seats \$25
www.madisonartsbarn.org - madisonartsbarn@gmail.com - 203-245-2689

August 14th - August 18th

Show Choir Camp
Madison ArtsBarn - 8 Campus Drive, Madison, CT 06443
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Vista Member Shares Passion for Music with Shoreline Youth



Vista Life Innovations member Ken Epstein is a bit of a celebrity at Madison's Educational Playcare. When he walks through the door with his acoustic guitar in hand, he is greeted with smiles and excitement. And then, it's show time.

With a set list comprised of well-known children's songs, the Clinton resident voluntarily performs for half an hour at the center once a month. "It has been nothing but a pleasure having Kenny sing for the children here each month," Center Director Liz Quinn said. "They get excited to see him, and he does a wonderful job keeping them entertained and introducing new songs each time." Music is more than a hobby for Ken - it's a lifelong passion that he aspires to do full time. His love for singing can be traced back to his childhood role model, Raffi, a famous children's singer and guitarist.

"He inspired me to be a children's performer," said Ken, a 10-year Vista member. "I want to motivate and inspire kids like Raffi inspired me." In addition to Educational Playcare, Ken is a regular at the Trisha White Family Day Care in Clinton. He has performed at both centers for the past two years. "I love sharing my music with children and making them happy," he said. "They have lots of fun singing with me and don't want me to leave when my show is over. This makes me very proud." Hoping to take his passion to the next level, Ken recently launched his own business; "Sing Along with Ken." For booking information, contact Ken at 860-664-5675.

With campuses in Madison, Westbrook and Guilford, Vista Life Innovations has been supporting the personal success of individuals with disabilities for over 27 years.

Weighing In

Middlesex Hospital's Center for Weight Loss Surgery can help patients reduce the risk and severity of their weight-related problems and improve their quality of life. Weight loss surgery is sometimes the best option for patients when they've tried more conservative ways to control weight and failed. Surgery options can include gastric bypass, LAP-BAND® and sleeve surgery. Weight loss surgery is only for those diagnosed with clinically severe or morbid obesity.

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Doctors will review your medical history to determine if it's the best option for you.

Morbid obesity is a serious, chronic disease that affects more than 25 percent of American adults and 14 percent of American children. Every day, more than 1,000 people in the United States will die from obesity and related health conditions. People who are obese also have an increased risk of developing diabetes, heart disease and respiratory illnesses.

Middlesex Hospital's Center for Weight Loss Surgery has earned the American Society of Metabolic and Bariatric Surgery's Center of Excellence designation for its demonstrated track record of favorable outcomes following bariatric surgery procedures, a designation that gives patients extra peace of mind.

The center recognizes that having weight loss surgery is a big decision. In addition to providing high quality medical care, the center facilitates support groups. This gives patients a chance to gain insight from a dietitian and psychologist before having surgery. It also allows them to connect with other patients after surgery.

For more information, or to find a weight loss surgeon, visit www.middlesexhospital.org or call 860-548-2394.



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Madison Bike Share Returns for Summer

Forget the hassle of fighting for parking this summer: the Madison Bike Share program is back for its third year and provides local residents and tourists alike the opportunity to explore the town on two wheels. Bicycles, helmets and locks are available to rent for \$12 a day at four locations: Creations (712 Boston Post Road), Madison Beach Hotel (94 W. Wharf Road), Scranton Seahorse Inn (818 Boston Post Road), and Tidewater Inn (949 Boston Post Road). Individuals must be 18 or older to rent a bike or accompanied by an adult.

Launched in 2015, the Madison Bike Share doesn't only provide a convenient and affordable way of getting around town - it also creates employment opportunities for members of Vista Life Innovations, a community-based program supporting the personal success of individuals with disabilities. The fleet of nearly 20 bicycles is serviced and maintained throughout the season by two trained Vista member employees. The 2017 Bike Share season will run through early October.

Sponsorship opportunities are available to local businesses and individuals at \$250 per bike. For more information about sponsorships, contact the Madison Chamber of Commerce at 203-245-7394.



Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit www.vistalifeinnovations.org.

Pictured from left are Vista staff Linnea Carlson, Jim Uihlen and Lisa Limone, Tom Naughton of Zane's, and Nick Baiocchi and Austin Kozicki (the Vista member employees).

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Rockland Bike Park is becoming reality, with ambitions to bring family adventures to North Madison. Volunteers have undertaken a project to build a bicycle pump track, a skills area, and a kids area with a toddler trail and natural playground. 20 miles of pristine singletrack trails are already in place. Construction of Rockland Bike Park is underway and will likely be complete in 2018. Organizers have already fundraised for most of their needs but need a final push to reach their target. Check out their website at www.madisonct.org/RBP for details about their plans or donation options. Purchase a t-shirt and help them bring families to North Madison.

Four Sunscreen Mistakes

By now you are aware the sun is not your friend and you need to protect yourself against its harmful rays. Unfortunately many women rely on SPF numbers alone and think that they are totally protected. In spite of the push to wear sunscreen, many women are still making some mistakes when it comes to choosing and applying sunscreen.

RELYING ON SPF IN MOISTURIZER

Many of us think we are protected because our moisturizer has an SPF. We seek out and sometimes pay extra money for these products. Most moisturizers contain ingredients that protect against UVB but not against UVA. It is the UVA rays that are most responsible for wrinkles.

NOT REAPPLYING

Sunscreen wears off. This is especially important to remember if you are outdoors for a good part of the day. In order to get maximum benefit, you need to re-apply every two hours.

LAYERING SPF'S

Many women think we are totally protected because our moisturizer and make-up both contain sunscreen. Unfortunately, if you are wearing a moisturizer and make-up that both contain SPF 15, this does not equal SPF 30. You are still wearing an SPF 15, which is not enough coverage to protect your face.

RELYING ON SPF IN MAKE-UP

Many of us now wear mineral make-up and rely on this for total protection. Unfortunately, the SPF in these make-ups is usually between 5 and 15, which is not high enough. My favorite ingredients for the best protection are minerals - either zinc or titanium dioxide. So don't get fooled - protect your face!

Dr. Susan O'Malley
Owner and Medical Director of Madison Med Spa



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Summer Eye Health

Summer brings numerous eye problems such as burnt corneas, chemicals in eyes, and many more. There are studies that show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. Also, UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours.

Here are a few tips to ensure eye health during the summer months:

Wear sunglasses with UV protection: Most people already know to use sunscreen during the summer to protect their skin against UV rays but our eyes need the same protection. The best way to protect against harmful AVA and UVB rays is to wear sunglasses with protection from both. It's also important to note that sunglasses need to be worn even on cloudy days.

Use goggles at pools: The chlorine that is in most pools is designed to protect you from germs, but has the potential to be

harmful for your eyes.

Wear eye protection doing home projects: It is important to remember to shield your eyes even during simple home improvement and maintenance, like mowing your lawn. Rocks and other debris commonly fly up and into your eyes.

Use eye drops: To soothe dry and tired eyes during the summer, it is best to use artificial tears. Despite best attempts sometimes your eyes are irritated or in discomfort.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

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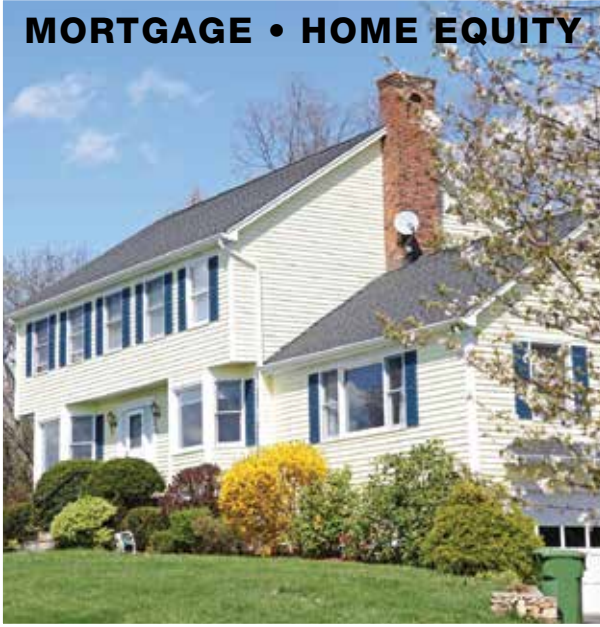


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