

# Madison



# Events

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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*.

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## 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.

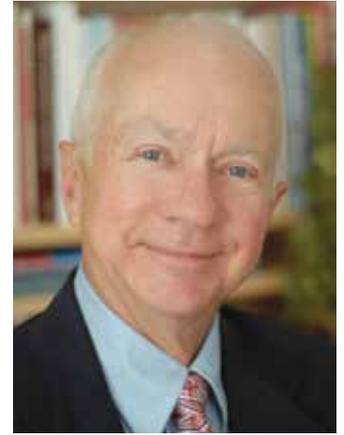
After the tree has been lit, stroll over to the Madison ABC Holiday Concert at the First Congregational Church. This year's concert features the Shoreline Youth Symphony Orchestra, the Guilford High School Voices, the ConnArtists, and the Waes Hael and Encore choruses from Daniel Hand High School. The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

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## 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](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](mailto:gazdac@madisonct.org).

Visit the Madison Beach and Recreation Department online

at [www.madisonct.org/Beach\\_Rec](http://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!

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## 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

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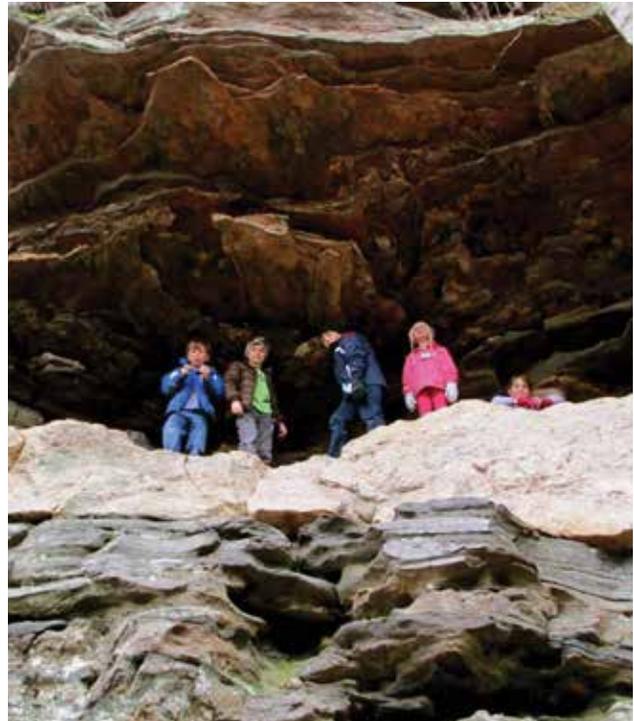
## Land Conservation Trust

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](http://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](http://www.facebook.com/madisonlandtrust).



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

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## 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](http://www.madeinmadison.org). Also, be sure to "like" us on Facebook!

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# Events

MAGAZINES



Madison Events

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## 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](http://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](http://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.



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## 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](http://www.thesaybrookathaddam.com)



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## 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](http://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 Leeanne 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](http://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**



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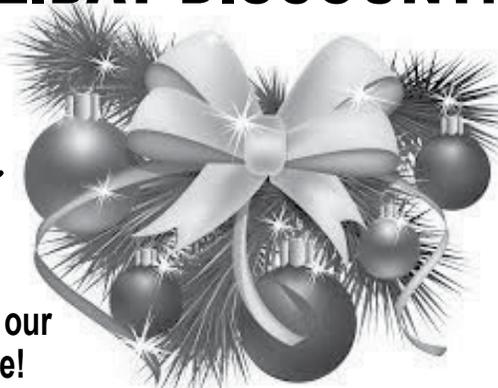
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**THREE GENERATIONS, OVER 60 YEARS OF CONTINUOUS AND RELIABLE PERSONAL HEATING OIL DELIVERY**

*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
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## 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*

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## *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](http://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](http://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.

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## 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*



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## 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,  
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# **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**

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**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)

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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](http://www.clintonlandtrust.org)

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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**.

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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*

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## 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.

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## 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.

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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.

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