

Madison events

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The First Selectman's Corner

Parades, Concerts and Festivities

As spring turns to summer, Madison heats up with events for the whole family. On May 25, the Madison Chamber of Commerce will host its annual Antique, Vintage & Repurposed Goods Sale on the Green from 9:00 am to 4:00 pm.

Our Annual Memorial Day Parade will be on Monday, May 27th at 10:00 am. The parade will start at the Scranton Parking Lot near Stop & Shop and proceed through downtown Madison to West Cemetery. There is a ceremony at the Town Green flagpole at around 10:15 and another at the Cemetery.

In the afternoon on June 1st the Republican Town Committee will hold the first annual Cornhole Tournament to benefit the Madison Ambulance Association. It will be at the Country School, 341 Opening Hill Rd.

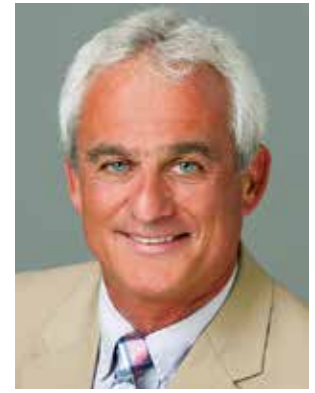
The Daniel Hand High School Class of 2019 Graduation is held on the last day of school, currently scheduled for Friday, June 14th on the lawn of the First Congregational Church. On June 15 there will be a Joint Town/School Event – “Raising Healthy, Caring and Responsible Kids in a Challenging World” on the Town Green. There will be bands, food trucks and lots of information. June 29th is the Annual Lions Day/Flea Market, Tag and Bake Sale hosted by The Madison Lions Club on the Town Green. Vendor spaces are still available at \$45.00 per space for

reservations received by 6/16/19; \$50.00 per space after 6/16. Folks downsizing who want to sell unwanted items are welcome.

The 2019 Madison Fireworks are scheduled for Tuesday July 3, 2018 at 9:30 pm (Rain date: Thursday July 5 at 9:30 pm). The main public viewing locations are from the Surf Club, East Wharf Beach and West Wharf Beach.

Parking will be very limited, so use of the free shuttle bus service is encouraged. Durham School Services will provide school buses to and from the intersection of West Wharf Road and Surf Club Road and the following parking lots, beginning at 5:30 pm: 1.) Scranton Parking Lot/Stop & Shop; 2.) Railroad Station on Bradley Road; 3.) Rt. 79 Commuter parking lot at I-95. Following the end of the fireworks, all buses will return commuters to these parking lots. Buses will run until all potential passengers are accommodated.

On Thursday, July 4th, the Madison Exchange Club hosts the 40th Annual Madison Independence Day Parade. One of the largest parades in the state, there are floats and groups from



Tom Banisch, First Selectman

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all over. This year's theme is the 100th Anniversary of the American Legion. We hope to also feature several State Championship teams from Daniel Hand HS including boys' soccer and tennis, football and girls' swimming as of this writing. Last year outdoor track and field hockey were also champs, so stay tuned.

Madison Cultural Arts presents its 37th annual Concert on the Madison Green on Saturday, July 6th. It begins with the vibrant Caribbean band, Moto, at 6:15 pm. Philip Ventre and The Wallingford Symphony Orchestra take the stage at 7:00 pm to present Dance Music From Around the World!, which will include waltzes, polkas, Gliding Girl Tango by John Philip Sousa, classics from the swing era, rock and roll hits, Jacques Offenbach's Can Can and more! The concert will conclude, as it does traditionally, with Tchaikovsky's 1812 Overture, John Philip Sousa's Stars and Stripes Forever, Salute to the Armed Forces, and You're a Grand Old Flag. Admission is free. In the event of rain, the WSO will perform at Daniel Hand High School for the first 300 concert patrons to arrive.

Throughout July and August, Madison is Musical! The Madison Beach & Recreation Department is holding its first-ever "Summer Music Festival" in conjunction with the Salt Meadow Park Committee on Sunday, June 9, 2019. Join us for live music and food from food truck vendors as we present a day of music from multiple performing artists.

Here's the schedule:

1:00 pm - Travis Winkley	4:20 pm - John-Michael Parker and Company
1:45 pm - Bill Welch	5:20 pm - The Leaf Jumpers
2:30 pm - Paradis	6:20 pm - Alex Shillo
3:20 pm - Four Barrel Billy	(headliner, hour long performance)

Bring a lawn chair or blanket and join us for an afternoon of great music and good food. Concerts are free. Food is available for purchase from the food trucks.

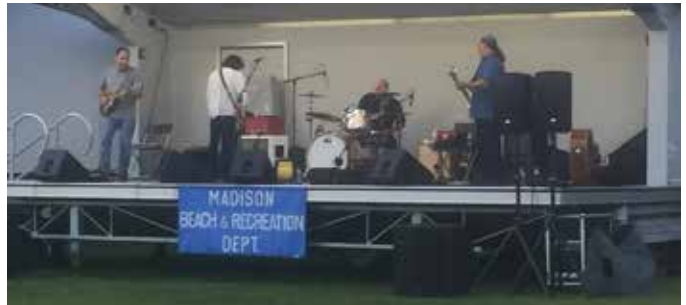
On July 13th there will be an all-day Music and Art Festival on the Green followed by the Madison Chamber of Concert free concert, "Woodstock Remembered," from 7:00 to 9:00 pm. Enjoy music from a Woodstock Tribute Band to celebrate the 50th anniversary of the festival. The Chamber also hosts its Annual Sidewalk Sale Days from July 18th to 21st in the downtown village and elsewhere.

Madison Beach & Recreation Summer Concerts on the Green are all free and family friendly. Starting at 6:00 pm each Sunday through July and August, the line-up is as follows:

- July 7** The Kerry Boys (Irish Music)
- July 14** Last Licks (Classic Rock)
- July 21** Belle of the Fall (Music of Simon and Garfunkel, original music and more)
- July 28** LA's Backstage Pass (Music of the 80s)
- August 4** Eddie Seville and Stell Rodeo (Country, Americana, Rock)
- August 11** Vinyl Revolution (the 70s)
- August 18** 1Wild Night (Bon Jovi Tribute Band)
- August 25** Number 9 (The Beatles Tribute Band)



Last Licks performs at a Sunday Evening Concert on the Green



Madison Beach & Rec Department Concert on the Green Featuring the Kerry Boys!

Concerts are held each Sunday evening beginning at 6 pm on the Town Green. All events are free of charge. Bring your own lawn chairs and a picnic dinner if you like.



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Spring Programs

ADULT & FAMILY PROGRAMS

ASTRONOMY NIGHT

Saturday, May 11 8:00-10:00 pm

Learn about the night sky with members of the Astronomical Society of New Haven. Telescopes will be set up on the Bauer Park Astronomy Platform near the community gardens. Take a close look at Mars and other celestial objects in the spring sky. All ages. FREE.

POND DIPPERS

Saturday, June 1 10:00-11:30 am

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. For ages 3-5 accompanied by an adult. \$11

BEGINNING BIRDING BY EAR

Saturday, June 8 8:00-10:00 am



Join the Great Snake & Frog Hunt at Bauer Park on June 8th.

Bauer Park is alive with the songs and calls of breeding birds in June. The secret of learning the vocalizations of birds is by locating a bird by listening and then seeing it with binoculars. Binoculars and field guides will be provided or bring your own. For adults and teens. \$5

THE GREAT SNAKE AND FROG HUNT

Saturday, June 8 10:00 am-12:00 pm

Join herpetologist Chuck Annicelli on a hunt for turtles, frogs and snakes. Learn about reptiles and amphibians, then discover where and how to search for these elusive creatures. All ages. Children must be accompanied by an adult. \$5

FAMILY NATURE SKETCHING

Sunday, July 28 10:00 am-12:00 pm

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memory you can take home. Natural Science Illustrator Susannah Graedel will be on hand to give you tips on drawing what you see. Bring a sketch pad and colored pencils for each person. Recommended for families with children age 6 and older. \$5

THE BAUER PARK FAMILY SAILING REGATTA!

Sunday, July 28 1:00-3:00 pm

Build and sail your own boat! Families will collect natural materials from the Bauer Woodland Trail. Using only these items from nature and their imaginations, they will construct miniature boats to sail and race on the pond in the annual Bauer Yacht Regatta! Recommended for families with children age 5 and older. \$10/family

AFTER-SCHOOL PROGRAMS

JUNIOR MARINE BIOLOGISTS

Mondays, April 29 – June 10 (no meeting 5/27) 4:00-5:30 pm

Come to the beach after school to explore the shore! From our home base at the Surf Club, we'll study sandy beaches, tidepools, salt marshes, and the waters of Long Island Sound. Learn how to collect and identify aquatic animals, and discover their amazing adaptations for life in the sea. Meets at the Surf Club. Grades 2 – 4. \$75

OCEANOLOGY CLUB

Wednesdays, May 1 – June 12 3:30-5:30 pm

Explore a variety of coastal ecosystems -- from sandy beaches and salt marshes, to tidepools and rocky shores. Students will collect and analyze data, learn to identify local species, and assess human impacts on Long Island Sound. We'll also monitor horseshoe crab and shorebird populations as citizen scientists for Project Limulus. Grades 5 and up. \$120

FARM FANATICS

Thursday, May 2 4:00 – 5:30 pm

What would it have been like to live at Bauer Farm over 100 years ago? Would kids spend all day doing chores or would they get to have some fun? Join us as we play some games that were popular with children in early America along with making candles and a colonial craft. Ages 8-10. \$15

OCEAN INVADERS

Thursday, May 16 4:00-6:00 pm

Explore the world of aquatic creatures that have traveled here from other waters. Some introduced species have limited effects on our marine environment, while others can have a major impact on local habitats. We'll play games to learn how invasive species travel, then we'll search the shoreline to see

continued on page 6

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Bauer Park Programs... continued from page 5

how many of them we can find. Meets at the Surf Club.
Ages 6-9. \$17.

HORSESHOE CRABS

Thursday, June 6 4:00-6:00 pm

Learn all about these blue-blooded creatures by studying live specimens. Why are horseshoe crabs called living fossils, what makes their blood so valuable, and how do their eggs fuel the migration of shore birds? Class includes a story, craft and outdoor exploration. Meets at the Surf Club. Ages 6-9. \$17.

SUMMER CAMPS

JUNIOR MARINE BIOLOGISTS CAMP

Session I: Monday-Friday, June 24-28

Session II: Monday-Friday, July 8-12

9:00 am – 12:00 pm

Get your feet wet exploring the world of marine biology! We'll visit a different beach in Madison each day to discover what makes each one unique. Learn how to collect and identify an assortment of aquatic algae and animals, and discover their amazing adaptations for life in Long Island Sound. We'll also measure water chemistry and study sand samples at each coastal habitat. In case of inclement weather, indoor marine science activities will be held at Bauer Park. Ages 7 - 10. \$143

WOODWORKING ADVENTURES:

BUILD A WOODEN DRUM

Monday-Friday, June 24-28 1:00-4:00 pm

Campers will build their own wooden drum, talk about their hopes and dreams, design and decorate their drums, and learn a basic drum pattern to play. Campers will also participate in outdoor team building games, explore pond life and hike Bauer farm. Ages 6 - 11 (entering grades 1-5). \$170

COOL-OLGY SCIENCE & ENGINEERING CAMP

Monday-Friday, July 29 - August 2 9:00 am-12:00 pm

This camp introduces young children to science and engineering through hands-on, inquiry based learning experiences sure to thrill and delight! These STEM-based lessons are geared toward capturing your child's natural curiosity while teaching the scientific and engineering design process and critical thinking skills in a safe, fun environment. Topics include: catapults, flight, roller coasters, bug engineering, robotics and a whole lot more! Ages 7-10. \$157

NATURE CAMP

Monday-Friday, August 5-9 10:00 am-1:00 pm

Find animals, make field guides, play games, and explore the habitats at Bauer Park. Topics include pond life, invertebrates, amphibians, reptiles, mammals, birds, animal bones and using plants as natural dyes. Ages 6 - 9. \$142

continued on page 8



Project Oceanology

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Bauer Park Programs... continued from page 6

MARINE BIOLOGY CAMP

Monday-Friday, August 12-16 11:00 am – 4:00 pm
Become a field biologist and investigate Connecticut's coastal waters. Using a variety of field research techniques, both in and out of the water, we'll increase our knowledge of local shorelines. Four days will be based in Madison, as we explore the town's beaches, tidepools, and salt marshes. On the fifth day, camp will travel by bus to Project Oceanology in Groton, CT where we'll

visit science labs and embark on a marine study cruise. Campers should have a serious interest in math, science and the marine environment. Ages 10 – 14 (entering grades 5-10). \$300

Register for all programs in the Madison Beach & Recreation office or at www.madisonct.org/recreation. Questions? Call 203-245-5623.

Spring Into Rosé

Spring is finally here and as the days become longer and the weather warms up, the perfect wines to drink are rosés. The rosé style of wine has become increasingly popular every year, and why not? Aside from being refreshing, rosés pair well with a vast array of foods and are extremely palatable to almost any wine drinker. Rosés are comprised of mostly red varietals but are occasionally blended with a small amount of white grapes. You might ask, where does the pink color come from? Well, the juice from all grapes is clear, the color of the wine depends on how long the skins stay in contact during the wine

making process. The longer the skins stay in contact, the darker the color of the rosé. In my experience, the deeper rosés tend to have dark fruit flavors such as blackberry, cassis and plum, while the pale rosés taste of strawberry, cherry and watermelon. French rosés from Provence, for example, tend to be a pale salmon-like color and are light and refreshing in body, while Cotes-du-Rhone rosés are brighter pink and weightier in the mouth.

Because of the long run of White Zinfandel in the United States, many people believe that all rosés are sweet. White Zin-

fandel is made in a different fashion than true rosés. It has lower alcohol and higher residual sugar. Most rosés are in fact drier than one would expect. This makes them easy to pair with many different foods, from appetizers to entrees and desserts.

It is time to invite your friends over, uncover and strike up the barbecue grill, and crack open a refreshing bottle of rosé. It will surely please your entire crowd. Happy Spring!

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9 PM Routine

Too often, cars are left unlocked and thieves are helping themselves to the contents, or sometimes stealing the car. A good habit to develop is the 9 PM Routine.



Every night by 9 PM make sure:

- car doors are locked
- items are not left in plain sight in your car
- key fobs are stored a sufficient distance from the car
- lock your home

Getting into the habit of locking up every night will help keep your items safe.

Town Hall has been posting some reminders on social media to help you remember to do the 9PM Routine. Follow us on Facebook at <https://www.facebook.com/madisonct.org/> and on Twitter at <https://twitter.com/madisonct06443>.

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The Dangers of Xylitol

Most people know not to feed their pets food like chocolate and grapes, but sometimes danger can come from unexpected places. Due to an artificial sweetener called “xylitol,” a pack of gum can be more dangerous to dogs than an entire bar of chocolate. Xylitol is often used in gum and “sugar-free” foods like candies, gummies, and baked goods. While harmless to people, xylitol can be extremely dangerous to cats and dogs. Even if a large dog eats just a few pieces of gum, it’s still enough to cause hypoglycemia (low blood sugar), liver failure, and seizures. As xylitol’s popularity grows, it’s important to be vigilant about what food you give your pet. Even typically dog-friendly treats like peanut butter can now sometimes contain xylitol. It can also show up in items such as toothpastes, deodorants, and over-the-counter medications, so make sure to always check the ingredients list before giving your pet anything not specifically made for animals. If you keep products or foods containing xylitol around your house, make sure they are in a secure location away from curious cats and dogs.

Symptoms of xylitol poisoning include vomiting, weakness, tremors, and seizures, and can start to show as quickly as 15 minutes after ingestion. With immediate and aggressive veterinary care, most pets will recover. However, if left untreated xylitol can cause liver damage, seizures, comas, and can even be fatal. If you suspect your pet has eaten any amount of xylitol, call your local emergency veterinarian or animal poison control for help.

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Madison Land Conservation Trust



Join the Madison Land Trust for a Spring Birding Hike on May 18th.

Saturday, May 4, 1:00 pm. Botany Hike, Rockland Preserve
Join Yale botanist Michael Donoghue for a spring flora hike in Rockland's Wildflower Preserve. We'll explore the preserve's five ecological niches to look for wildflowers, and other plants common to our own backyards.

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**Saturday, May 18, 8:00 am. Spring Birding Hike,
Rettich Preserve**

Join nationally recognized wildlife artist and birder Mike DiGiorgio for a spring nature walk with an emphasis on birds. With its location along the Hammonasset River, the Rettich Preserve is an excellent site to spot waterfowl and migrant songbirds. Binoculars are recommended. This will be a quiet hike, since we'll be locating birds with their calls. No dogs, please. Meet by the parking area at 274 River Road.

Sunday, June 2, 1:00 pm. Amphibian Hike, Blinnshed Loop

Join Yale ecologists Kealoha Freidenburg and David Skelly on a Connecticut Trails Day hike to search for frogs, toads, salamanders and newts. Please wear boots and bring a dip net if you have one. The trail features extensive wetlands and old logging roads through the woods. The hike will run rain or shine. No dogs, please. Meet in the parking lot of The Country School at the intersection of Opening Hill and Blinnshed Roads.

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

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Veterans Advisory Committee

Attention Madison Veterans and families:



The Joint Guilford and Madison Veterans Advisory Committee is a resource for veterans and their families.

The Committee members are not experts in veteran's benefits, but they are dedicated and passionate volunteers committed to assisting veterans to obtain the benefits and support they deserve.

If you are a veteran, or know of a veteran, that needs assistance in contacting the appropriate agency for benefits or support, please call 203-245-5672. 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. Find us on the web at: <https://www.madisonct.org/240/Veterans-Advisory-Committee>.



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Spring is Nature's way of saying let's party! - Robin Williams

Winter has surrendered to the glory of spring. No matter how extreme or mild the winter we are always glad to bid it farewell and thrilled to welcome spring. It is just such a glorious time of year! Fortunately this past winter was relatively mild and we have much to be thankful for. Our heating and snow removal bills are lower. This past year's increased rainfall continued through the winter. The generous rainfall will ensure heavy flowering this year. The rainfall combined with relatively mild temperatures this past winter will mean minimal winter dieback for plants like butterfly bushes and roses. But mild temperatures and lack of snowfall does not come without its own problems. Frost heaving occurs with fluctuating freezing and thawing causing some plants to push up through the soil. Without a blanket of snow to provide insulation plants are more likely to frost heave. Especially shallow rooted plants such as foamflower (*Tiarella cordifolia*), coral bells (*Heuchera*), seathrift (*Armeria*), Pincushion (*Scabiosa*), hens and chicks (*sempervivum*). Perennials planted late last fall have not fully established their root systems and are more susceptible to heaving. New plantings that were not mulched last fall will be more likely to frost heave. Hardscape patios and walkways also suffer casualties due to frost heave.

continued on page 16



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Let's Party... continued from page 15

Another unwanted problem that occurs after a mild winter is the increase in tick population. Be diligent about checking pets and yourself for ticks. In general insects that are usually killed off by freezing temperatures will be more active this year. The same could be said of mice and other rodents like voles. These problems are not really anything more than gardening challenges. Every year we have to take the

good with the bad from what Mother Nature gives us. I like to always look at the good myself. As my dear friend Amanda Bernier said, "There is good in everything." So put away the winter gloves. Put on your garden gloves and let the celebration begin!

*Melissa Blundon - CANP, AOLCP,
Madison Earth Care*

Rockland Bike Camp

A Beach and Rec Rockland Preserve Program - 2019 - Now offering junior riders April 30-May 16 after school for ages 5-9 and tiered ability levels all summer for middle and high school riders. More details available at www.singletracksofrockland.com, or www.madisonct.org/recreation.



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The Madison Winter Club

Invites you to our open house: Friday May 3rd from 6:00 to 9 pm.
251 Boston Post Road, Madison. Call 203-245-9377 ext. 6 by May 1st. Visit www.madisonwinterclub.org or contact: Info@madisonwinterclub.org.

Madison Beach & Recreation

Our department is now taking registrations for summer programs. Go to www.madisonct.org/recreation or stop in the office. Call 203-245-5623 for more information.

The Women's Club of Madison

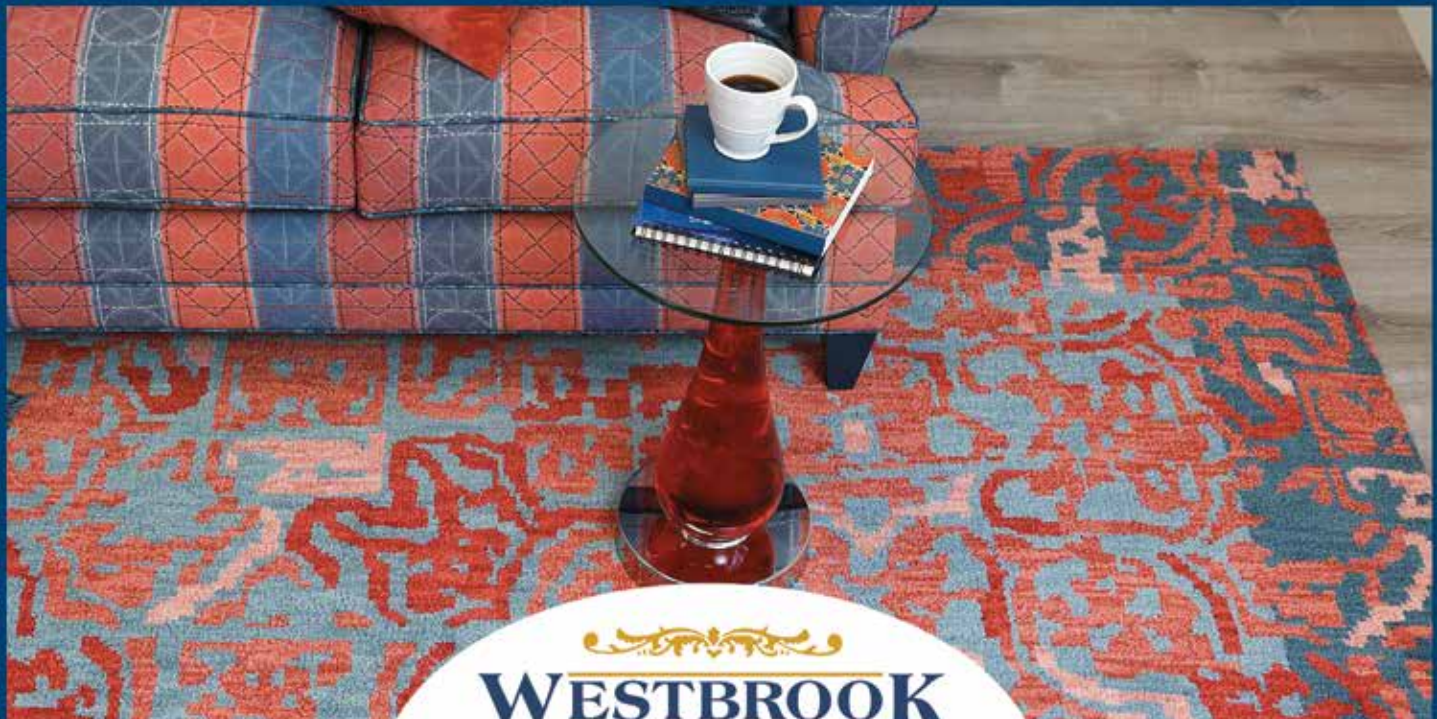
The Women's Club will be participating in the annual tag sale on the green Saturday June 29th 9:00 - 3:00 pm. Please put aside any items that we may be able to sell. Drop off your items the morning of the sale any time after 8:00 am. It's helpful if you price them beforehand. If you wish your items returned if they do not sell, please check in at the end of the day. All unsold items are donated to Goodwill. Proceeds will be applied directly to the annual High School Scholarship award which is \$1500.00 this year. We thank you in advance for you donations and remember as you clean out "One man's trash is another man's treasure."
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www.madisonct.org

The Madison Arts Barn



The Friends of Madison Youth is a non-profit organization that runs programming out of the youth center at The Madison Arts Barn. The Barn aims to act as a creative outlet and venue of expression for local teens and young adults. The youth of the Connecticut shoreline can attend and participate in concerts, creative workshops, theatrical performances, social events, and more all in a safe and supportive environment. It is our goal to bring the community together through music, arts and culture and to empower young people by supporting them in the exploration of their interests and passions.

Upcoming Events - Shrek The Musical JR. Come watch an amazingly talented cast take the stage and put on a one-of-a-kind, hilarious fairy tale in which curses are reversed, monsters get the girls, donkeys and dragons find love, and princesses are beautiful in all shapes and sizes. Showtimes:

Friday, May 3rd 6:30 pm / Saturday, May 4th 2:30 pm
Saturday, May 4th 6:30 pm / Sunday, May 5th 2:30 pm

Game Night - Come join us for BINGO! On Friday, May 10th from 6-8:30 pm. There will be awesome prizes to be won, fun to be had, and memories to be made! This includes a booklet with 10 games/ 3 cards per game. Open to all ages. Anyone under 9 must be accompanied by an adult.

Dances - We welcome all local 5th graders to attend our Spring Fling on Friday May 17th. Grab your friends and come make some new ones! From 7-9 pm. DJ Bry will be playing the latest music, there will be amazing dance lights, game tables, and a fully stocked Madbarn Cafe with snacks, drinks, and novelties for sale!

Moondust Cafe - On Friday, June 21st you will have the chance to experience The Madbarn's Moondust Cafe, a shoreline spin to Ellen's Stardust Diner! The Cafe will be selling pizza, fries, nachos, treats, colossal milkshakes, floats, and more. Not only will the talented waitstaff be serving your favorite foods, they will be singing Broadway hits! Performers will sing from 6-8 pm, then convert over to open mic from 8-9 pm. All ages welcome!

Summer Camps- 8 WEEKS of amazing themes & experiences. Most camps are open to students entering 4th grade and up. Check them out and register now at madisonartsbarn.org!

To register, purchase tickets, or even just keep up with our amazing events follow us on facebook or head to our website at www.madisonartsbarn.org.

Somebody loves your "Used" Books... Really!

During the weekend of March, the Scranton Library Friends held their second of four used book sales. Success! Yes! And due to the limited space, the next Book Sale is already scheduled for May 24th, 25th and 26th. The hours for Friday and Saturday are 9 am to 6 pm and Sunday hours are 1 pm to 4 pm. The sale will be at the 114A Bradley Road.

Perhaps you prefer to shop without the jostling of a crowd? If you would like to book an appointment to shop our collected books in an unhurried atmosphere without distraction from other shoppers, please TEXT any of the individuals listed below. They will schedule your private shopping experience. Marsha: mlsb410@gmail.com /

Marta: marta.carbone@comcast.net / Joyce: joyce.rourke@comcast.net. YOU can donate your used books, CDs, DVDs, textbooks, hard cover and paperback at any time. Behind the old Tuxis Laundromat at 114A Bradley Road is a small white house and beside it, a cabinet where you can leave your donations when it is convenient for you. The cabinet is emptied regularly. SLF is receiving donations often and the selections change with each sale. So don't think you've seen it all. There are always new additions.

YES, Somebody loves your "Used" books, so keep 'em coming in. The Scranton Library Friends THANK YOU for your constant and enduring support.



Keep 'em coming!

Sleep Soundly with Inspire

Sleep apnea is a serious problem that can cause high blood pressure, heart failure and stroke.

Symptoms of sleep apnea include, but are not limited to, getting up frequently to use the bathroom, waking up feeling tired and not well rested, excessive daytime sleepiness, waking up with headaches and problems with memory or concentration. If you experience any of these symptoms, you should see your doctor.

The standard treatment for obstructive sleep apnea is the use of a CPAP machine, which is a positive pressure therapy that involves the use of a mask, hose and small machine. The CPAP mask works by having a flow of air create a pressure in the back of your throat and mouth to hold open the soft tissues that are falling back and closing your airway.

If patients cannot use a CPAP machine then they may be offered an oral appliance or surgery, such as transoral robotic-assisted surgery. They may also be offered an implantable device called Inspire Therapy, which is similar to a pacemaker.

Dr. Mark D'Agostino, Middlesex Health's chief of Otolaryngology, was one of the first in the country to offer Inspire Therapy, which treats sleep apnea by implanting into patients a small device that senses breathing. A stimulation cuff is placed around a nerve that controls the tongue, allowing patients to breathe normally through the night. Patients control the therapy with a remote control.

To receive Inspire Therapy, you must be 22 or older and have failed CPAP therapy, and you must have moderate to severe obstructive sleep apnea with an apnea-hypopnea index between 15-65 and less than 25 percent central sleep apnea.

You must also have a body mass index at or below 32. You should not be significantly overweight. To learn more, visit www.middlesexhealth.org/sleep.

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Spring is Finally Here!

By Leigh, Your Village Horticulturist

It's April, and the landscape is awakening. Lawns are brightening, and the emerging leaves of trees and shrubs are a special fresh shade of green. Bulbs and perennial plants are sprouting out of their winter dormancy. As exciting as it is to see the daily changes, it's easy to feel overwhelmed by the thoughts of maintenance. Take a few minutes to walk through your outdoor living spaces. Take some photos and make some notes about what you see, and what you envision.

Having a simple plan can help you prioritize tasks, save maintenance and planting time, and allow you more hours to relax and enjoy your yard. Repairing winter damage should be the first item on your list. Snow plow damage needs to be raked out and levelled. Soil may need to be added to fill ruts, and fresh seed should be planted. The area under your bird feeder should be raked clean of seed hulls and debris. Broken branches on trees and shrubs should be removed, and corrective pruning can be done now.

If not already done, the dead stems of perennials should also be cut at this time, allowing space and light for this year's shoots. Next comes the fun of planting! April is still early for many of the annual flowers, but perennials, trees, shrubs, pansies and early vegetables can readily be planted. Again, a plan of what you envision will help streamline the time spent selecting and planting. If you haven't already started, consider planting some native plants in your landscape. They are adapted to our Connecticut climate, and support pollinators and wildlife.

Don't forget to include mixed planters as a source of easy all season color for your steps, deck, or patio. Let your imagination run as you consider these. They may be herbs, vegetables, tropical plants, flowers... plant your own in a decorative planter, or find a custom, already beautiful and full design.

To find specific, detailed plant information, fun things to do in the yard, and chores that need to be done at this time, visit www.villagegreene.net. This new resource lists hundreds of plants.

Finally, enjoy your time outside! Time spent to get a good start and strong foundation early in the season will reward you with leisure time in a comfortable outdoor space through the summer and fall.



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Scranton Memorial Library Needs You!

**Dig Deep
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Thanks to the ongoing and tremendous support of its donors, Scranton Memorial Library is approaching its fundraising goal of \$15 million for the renovation and expansion of the library building. Please help the library cross the finish line by becoming a member of the Golden Shovel Society.

The Golden Shovel Society is the final fundraising campaign of the library building project and seeks pledges of \$1,000 from civic-minded individuals, families, organizations, and businesses. Pledges can be satisfied with a one-time payment or in monthly or quarterly installments made over the course of one year. In recognition of each \$1,000 contribution, the names of society members will be permanently and prominently displayed in the newly renovated and expanded library.

Donations to the Golden Shovel Society ensure that everyone will continue to receive free benefits of the library that include computer access and WiFi, lectures, art exhibits, and cultural programs, spaces to study, work, or hold a meeting,

and when the building project is completed - free onsite parking!

The iconic Scranton Memorial Library building, designed by eminent architect Henry Bacon, is a structure of architectural and historical prominence that is invaluable to our community and town. The library is an inviting and inclusive environment that attracts 8,000 visitors per month to the heart of Madison, connecting residents of all demographics and benefiting local businesses.

For more than a century, the library has educated, informed, and entertained its patrons, and for current and future generations, the library will offer a space to create, innovate, collaborate, and dream.

Whether or not you use the library, we encourage you to show pride in your community by digging deep and becoming a member of the Golden Shovel Society. You can encourage others to join, too! For pledge forms and more information, please visit: scrantonlibrary.org/futures or call the library at 203.245.7365.



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The Madison Historical Society Honors Jack and Helen Davis at Spring Gala

On May 16 the Madison Historical Society will honor Jack and Helen Davis for their legacy of supporting the arts and culture of Madison through their philanthropy. Few others have shaped our town like this dynamic duo, who have been residents since 1956. All are invited to celebrate the extraordinary lives of Jack and Helen at a gala event at the Madison Beach Hotel.



A graduate of Stuyvesant High School and New York University, Jack earned his Ph.D. in psychology in 1949 and developed a career that focused on cutting-edge treatments for mental health issues. He and Helen met on a blind date and were married in 1955. By that time, Jack had already had several careers. He sold fruit and vegetables from a pushcart as a young boy, was the youngest faculty member of NYU while working toward his doctorate, hosted a psychology segment for a local television show, and worked at a top-secret naval research think tank - all before age thirty.

The pair was drawn to Madison by the opportunity to transform the Grove School from a boarding facility for severely mentally and physically handicapped children into an intensive therapeutic and educational learning center. Helen earned her master's in special education from the University of Hartford - a degree essential to her varied roles in running all aspects of the school. Together the Davises created a world-renowned holistic treatment center for children with behavioral, social, and emotional problems.

Redefining the Grove School and raising their three young sons would have been enough responsibility for most couples, but not for Jack and Helen. Extremely active in town politics - serving on town boards and hosting political fundraisers - the pair also established a foundation that funds arts and culture projects, student scholarships, and local civic organizations. At the Madison Rotary Club, Jack is the longest-serving member. He also created a commercial real estate business in 1975 to breathe new life into Madison's downtown, and he and Helen helped found Temple Beth Tikvah to create a place of worship for the Jewish community on the Shoreline.

The Davises also found time to travel the world. Trinkets and mementos from more than one hundred countries they have visited adorn their home. Jack and Helen have spent a lifetime giving of themselves to make the lives of others better. For additional information on the May gala that will celebrate their legacy of philanthropy, visit www.madisonhistory.org.

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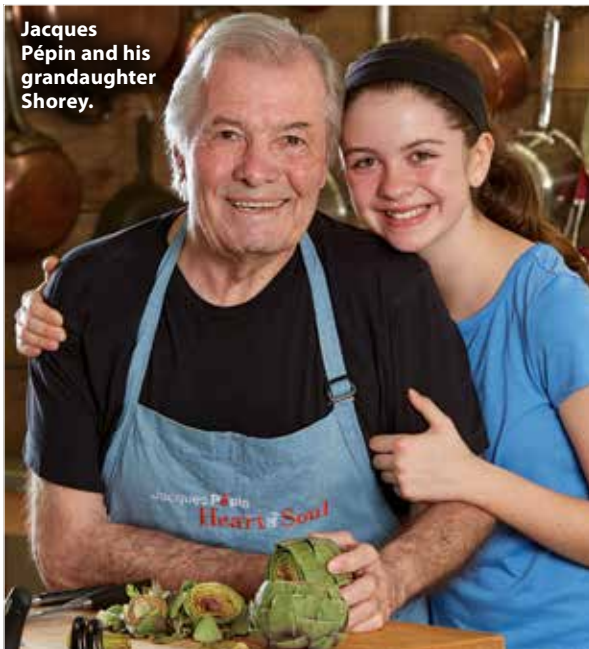


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Jacques Pépin and his granddaughter Shorey.



A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking."

All photographs by Tom Hopkins

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."

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