

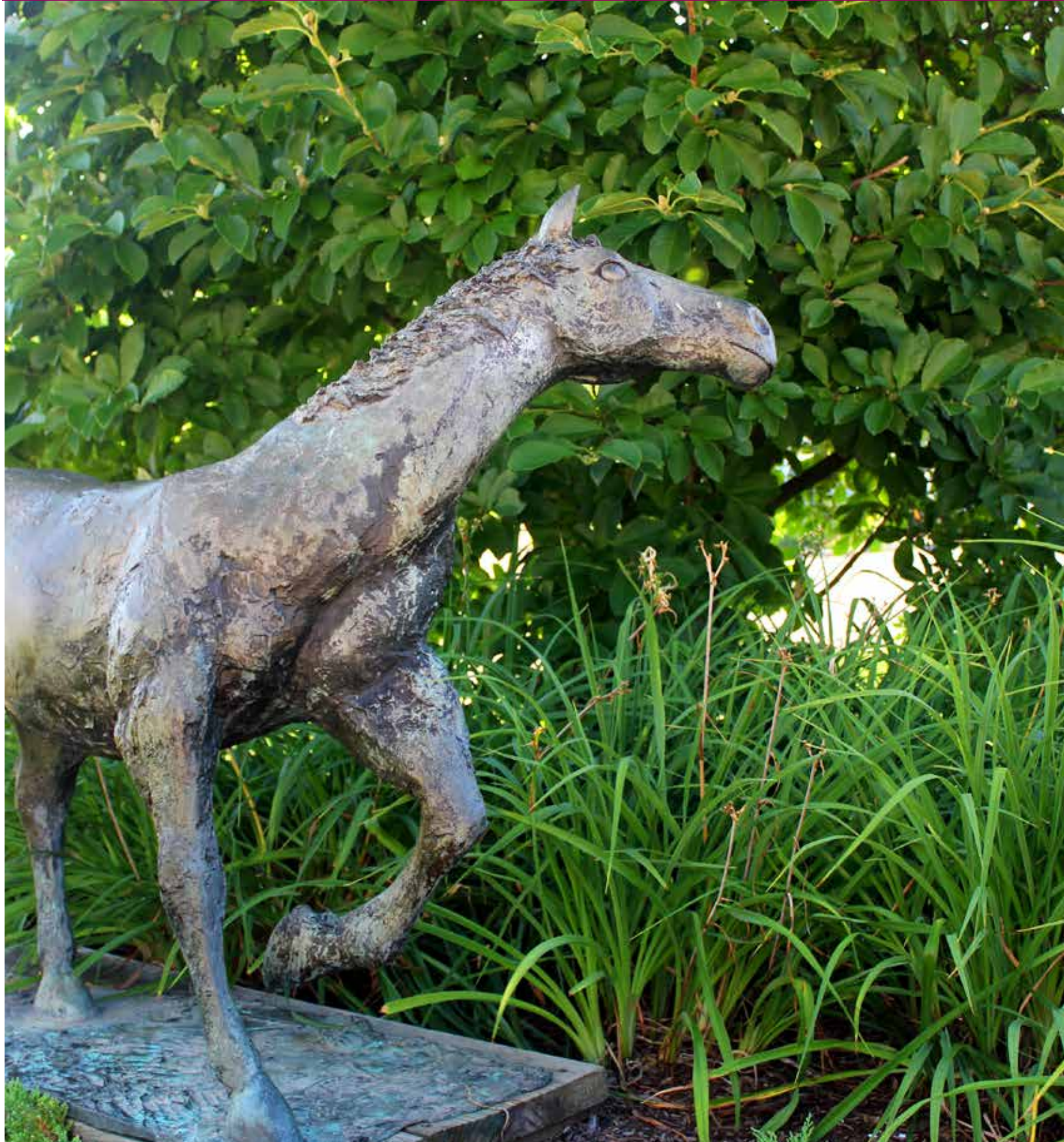
# Madison



# Events

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Volume 4 • Quarter 3 • 2013



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**New Britain Office:**  
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New Britain, CT 06052  
**(860) 229-VEIN (8346)**



On July 30, 2013 **Vein Centers of Connecticut** will be relocating its **Madison office to 1291 Boston Post Road on the first floor of the Parkview Medical Building.** Our new office is conveniently located across from Hammonasset State Park with easy access from Route 1 and I-95 Exit 62.

Doubling space enables our physicians to foster a comprehensive model of vein care along with additional aesthetics services. By offering expanded hours and a more comfortable and relaxed setting we will continue to deliver an excellent experience for our patients.

**Vein Centers Of Connecticut**



[www.ctveindocs.com](http://www.ctveindocs.com) [info@ctveindocs.com](mailto:info@ctveindocs.com)

## First Selectman's Corner

**Oh dear, its hurricane season;** hopefully they will skip us this year, but we understand that Mother Nature and her unruly children can drop by with no invitation. If it happens, we know that receiving timely communications can help us get through the situation. Please take a moment to review your telephone readiness.

For your cell phone, go online to [ctalert.gov](http://ctalert.gov) to register your number to receive our updates.

For your land line, if you only have cordless phones, they will not work if you lose electricity. You should have at least one extension with an old-fashioned cord connecting the receiver to the base.

I don't want to repeat the entire list of things you need just in case, but please make sure you have a week's supply of oxygen and any needed medicines.

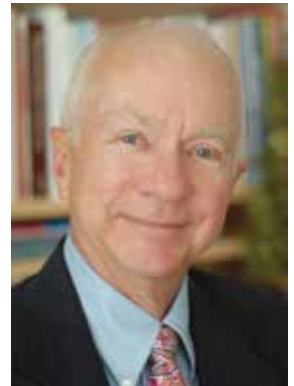
**Trunk or Treat** - Speaking of hurricanes, Sandy hit last year just in time to mess up Halloween trick or treating. We made do, however, by having a fantastically successful Trunk or Treat downtown. The main block of downtown was blocked off and people with treats to give out pulled into the parking spaces, opened their trunks, and dispensed goodies to a huge gathering of ghouls, ghosts, vampires, zombies, and fairy princesses. It was so much fun that we will repeat it this year (hopefully without the hurricane). Stay tuned for the details for this year's event.

**Streets and Roads** - The long-awaited comprehensive engineering study of the condition of all 126 miles of our streets and roads has been completed. We received this 173 page study free

of charge through a grant from the South Central Regional Council of Governments, of which Madison is a member.

In conducting the study, the consulting engineers reviewed each block or section of every road in town and assessed its condition. The reasonably good news is that our road conditions are typical of those of other towns in the state. The less good news is that work is needed. This work varies from complete rebuilds, such as we did on Overbrook Road, or repaving, such as happened on Bartlett Drive and Summer Hill Road, or merely overlay. But with the study, we can now effectively plan our actions.

**Autumn Moonlight Hike** - Every fall the Madison Land Conservation Trust and the Astronomical Society of New Haven sponsor an Autumn Moonlight Hike. This coincides with the harvest moon, the first full moon in October. This year's hike will be Sunday, October 13 at 7 pm at the Surf Club. See elsewhere in this issue for more details.



*Fillmore McPherson, First Selectman*



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## *Beach & Recreation Department News*

The Beach & Recreation Department has many exciting programs planned for your consideration and participation for the upcoming season. Whether you are looking for a passive activity or an activity to tone your body and remain physically fit we have you covered. Please visit our website [http://www.madisonct.org/Beach\\_Rec](http://www.madisonct.org/Beach_Rec) to see a complete listing of our program offerings. Participants can now register for programs on-line and pay by credit card. Any questions as you go along, please call and we will help guide you through it. (203) 245-5623 – M-F 8:30am to 4pm.

### **Civil War Re-enactment – September 27,28 & 29**

Revisit the past as the Civil War is reenacted at Bauer Park on the weekend of September 28 &29. Demonstrations, mini-battles between the Confederate Army and Union Army. Authentic camps

to tour. Fun for the entire family. Small parking fee but admission to event is free.

### **Bauer Harvest Festival - Saturday, October 19 -11am-3 pm**

Special events scheduled include Pony rides, Hay rides, Old Fashioned games, a special visitor – Atka – an Arctic Gray Wolf, music by the Dudley Farm String Band, Food, Cider pressing, and more. Free family event. Bauer Park is located at 257 Copse Road, Madison. Volunteers are still needed for this year's Harvest Festival. Planning meetings are being held throughout the year. If you are interested in becoming involved please contact Carrie Gazda, Recreation Supervisor at 203-245-5623 or by email [gazdag@madisonct.org](mailto:gazdag@madisonct.org).

## *Madison Emergency Management Department Hurricane Season Preparations*

Hurricane season is upon us, and now is the time to prepare your home and family for the potential damage and disruption that may occur. It is likely that there will be several days' notice of the approach of a hurricane. Here are some tips for preparing yourself before a hurricane hits. Think about your special needs, like pets, children and the elderly.

### **Well before any storm:**

- Refill special medications.
- Get cash (ATMs may not work for days after). Don't charge credit cards to the limit; you might need extra cash after the storm.
- Get non-perishable food and water for at least 3 days.
- Don't fill gasoline cans until right before the storm; they are a fire hazard.
- Fill vehicle fuel tank. Gas stations may run out and some will not have power to run pumps. Check your car's battery, water, oil. Make sure you have a spare tire and buy aerosol kits that fix and inflate flats.
- Check fire extinguishers.
- If you own a boat, make necessary preparations.

### **As the storm approaches:**

- Get shutters, storm panels or plywood in place on windows. If you haven't installed sockets, attach with wood screws; they're better than nails and do less damage.
- Don't tape windows; tape can create daggers of glass and bake onto panes.

- Remove swings and tarps from swing sets. Tie down anything you can't bring in. Check for loose rain gutters, moldings.
- Move grills, patio furniture and potted plants into your house or garage.
- Check your mailbox. If it's loose, secure or remove it.
- Move vehicles out of flood-prone areas and into garages if possible. If not, park cars away from trees and close to homes or buildings.

### **Inside the home:**

- Seal key documents - including passports, wills, contracts, insurance papers, car titles, deeds, leases and tax information - in zip plastic bags and get into a protected, dry place, such as a safe-deposit box or home safe.
- Set the refrigerator to its coldest setting in anticipation of the power failing.
- Fill the bathtub. It may be your main supply of water.
- Check flashlight and radio batteries and have extras on hand.
- Charge rechargeable cellphones, drills, power screw-drivers, flashlights, lanterns and batteries.
- **If you are in a flood-prone area, prepare to evacuate;** bring medications, eyeglasses, baby supplies, toiletries, change of clothes, bedding, cellphone charger, important documents and phone numbers.

Next Deadline for Madison is October 18

# Events

## MAGAZINES



### Madison Events

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William E. McMinn

**Director of Advertising/Operations**

Suzanne Spires 860-391-5534

**Coordinator/Art Director**

Kathy Alsop 860-391-4372

**Accounting**

Donna Everts

**Cover Editor**

AC Proctor 860-767-9087

**Sales Representatives**

Ward Feirer

[wfeirer@gmail.com](mailto:wfeirer@gmail.com) 914-806-5500

Betty Martelle

[betty@eventsmagazines.com](mailto:betty@eventsmagazines.com) 860-333-7117

**Magazine Layout**

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Patricia Stenbeck

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## *Permanent Absentee Ballot for Disabled*

Public Act #11-173 now allows a disabled elector in Connecticut to receive Absentee Ballots without having to complete an application for eligible elections. It requires filing an Absentee Ballot Application together with a doctor's certificate at the Town Clerk's office. The law does not prescribe an official form to be used so a note from the elector's doctor, presumably on letterhead, indicating the permanent disability and that they are unable to appear in person at their polling place would satisfy this requirement for Permanent Absentee Ballot status.

Once the application and doctor's certificate are received by the Town Clerk, a copy will be provided to the Registrars of Voters to record on the Voter Registration System.

Absentee Ballots will then be automatically mailed to the elector from the Town Clerk's office for eligible elections. Referendums or any election to be held with less than three (3) weeks' notice is not eligible and would have to follow the standard procedure for that type of election.

The Registrars of Voters will send an annual written notice in January of each year to determine if the elector continues to reside at the address on their Permanent Absentee Ballot Application. If there is no response the elector will be removed from this status.

Instructions and the Absentee Ballot Application can be found on the town website at <http://www.madisonct.org/Clerk/voting.html> or you can call the Town Clerk's office at 203-245-5672 weekdays from 8:30 a.m. to 4:00 p.m. to have an application sent to you.

*Nancy J. Martucci CCTC  
Madison Town Clerk*



## *Keeping Up with M.A.D.E.*

M.A.D.E. in Madison has been busy and is gearing up for some new and improved initiatives for this fall and winter! We invite you to attend the next quarterly meeting scheduled for Monday, September 9th at 6:30 pm in the Upper Level of Memorial Town Hall to hear about all of the exciting coalition news including:

**Past Initiatives:**

- CT Art Director's Club award winning "Be Your Best" Video
- MADE Stronger 2013 • Local and regional trainings

**Future Initiatives:**

- 2013 Student Survey
- 2013 Community Survey
- MADE Stronger 2014
- Upcoming community trainings and events

*Continued on next page*

*MADE continued from previous page*

L.I.F.E. (M.A.D.E.'s high school youth group) is also 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 an open, positive communication with kids, and what to expect as their children mature. Parents will be able to have frank discussions with the youth on topics such as communication, rules, technology, substance use, and more. Adults who choose to "host" a workshop are encouraged to invite friends and neighbors to learn from and interact with the LIFE students who facilitate the program. If you are interested in hosting a workshop please contact Melissa Balletto or Erin Corbett at 203-245-5656 or ballettom@madisonct.org or corbette@madison.k12.ct.us

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

## Social Services' News and Announcements

Madison Social Services is preparing for the Fall/Winter programs available to Madison students and families. Here's some idea of what is available to residents in need of assistance:

We will be distributing backpacks and helping students, who qualify, to apply for the Free or Reduced Lunch program. Forms for the lunch program will be sent home during the first week of school, be sure to look for them in your child's backpack. Our Backpack program is made possible by donations from Temple Beth Tikvah, Salvation Army, Madison Youth & Family Services Community Service Training Group, and the Friends of Scranton Library.

Back to School is the time that Social Services begins preparations for the winter season. We will be taking applications for the winter Energy Assistance Program in October. Qualifying families can apply for the Warm the Children Program provided by the Rotary Club, to assist with winter clothing. Additionally, assistance is available through Madison Community Services for Holiday Food Baskets, providing Thanksgiving and Christmas Holiday meals. At this time requests for Toys from the Madison Police Departments Toy Drive will also be taken.

As many of you may have heard the Affordable Care Act (Obama Care), medical insurance for uninsured or the underinsured, will go into effect on January 1, 2014. The online enrollment period will begin on October 1, 2013. Information on facts, guidelines, and the plan options are available at [www.accesshealthct.com](http://www.accesshealthct.com).

For assistance applying, or to answer questions on any of the above programs, please contact Wendy Larson, Social Services Coordinator at 203-245-5655, [larsonw@madisonct.org](mailto:larsonw@madisonct.org) or visit our website at [www.madisonct.org/myfs](http://www.madisonct.org/myfs).

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## *Fashion Show Extravaganza!*

Join the Women's club of Madison on November 3rd at the Pine Orchard Yacht and Country Club, 294 Pine Orchard Road, Branford for their Annual Fashion Show. Let us introduce you to the new styles for the upcoming winter season so you can be one of the first to know what is in and what is out.

We will begin the day with social time giving you a chance to catch up with friends and neighbors while perusing all the wonderful raffle prizes that will be on display. As we enjoy the spectacular view from the dining room, lunch will be served followed by the latest fashions from local stores. Many hours are spent

by the owners and staff choosing outfits and fitting our models not to mention the transportation of same but also the time spent at the show organizing the models and outfits behind the scene.

All profits from the show will go into our general disbursement account and will be distributed to our local and extended community at the end of our fiscal year.

Here are some of the disbursements that were given out this past June:



Madison Ambulance: Women & Family Life Center, Birthright, Madison Food Pantry, Read Aloud Program - Madison Schools, Shoreline Soup Kitchens, Roses for Autism, Scranton Library, SARAH - Recycling program, Dances with Wood [wood program for seriously ill children]. In the last few years we have disbursed close to \$30,000.00

A big thank you to those stores who have supported us for many years: The Country Shop, Bella Perlina, Jolie Boutique, Khaki & Black; France-Amerique and Ella. For hair styles and make up - 'W' Salon, Hair Concepts and

Madison Avenue, plus all the stores who have helped us with our raffle and publicity - it is really appreciated.

So come join us and see what surprises we have in store for you! We thank you in anticipation for your support as we try to better the lives of those less fortunate we could not do it without you.

For further information call Josephine 203-245-0706.

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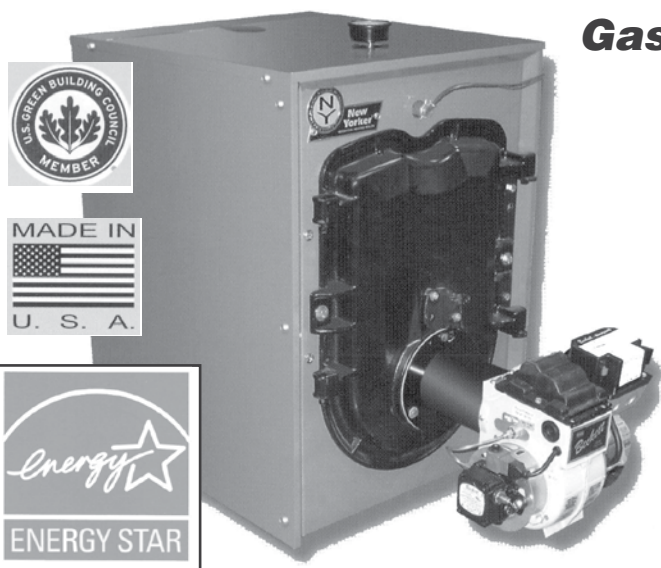
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the Affiliated Arts (NADAA).



## The Art of Deadheading

Deadheading is the removal of the spent flowers and foliage of your plants to promote new growth and keep it looking fresh. This is my favorite garden chore and essential in maintaining a well-tended garden. This time of year the garden can begin to look a bit overgrown and scruffy but with some deadheading you can really improve and change the look of your garden. Deadheading not only improves the gardens appearance but it also encourages rebloom and keeps aggressive self-seeders from sowing themselves. By deadheading spent flowers and ratty foliage you can take the focus off a plant that has had its glory and draw the attention onto a plant that is just getting ready to show off its flowers. For example when the Nepeta (catmint) or salvia begins to fade you can cut it back gradually prolonging the bloom time or you can wait until it has really seen better days and then cut the whole thing right down to the ground. Waiting and then cutting the plant to the ground is the least labor intensive approach. Within a couple of weeks fresh new foliage will appear and although you will probably not see any new flowers the plant will look tidy for the remainder of the season and allow later blooming plants like Perovskia (russian sage) be highlighted. Some plants like Dicentra Spectabilis (bleeding heart) go dormant in the summer. The foliage will turn yellow and nasty looking. Cut it all down to the ground before it looks nasty! Why look at ugly foliage when you don't have to! Another deadheading technique is sculpting. Sometimes a plant will overgrow its boundary. You can referee this by cutting off some of the foliage to make room for a neighboring plant. Take a note that you may want to transplant or split later in the year or next spring. Be sure to throw any diseased plant material in the garbage but healthy plant material can be composted.

*Melissa Blundon, Madison Earth Care Landscaping*

## Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the "welcome teams" found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker.

*Continued on page 14*



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*Helping Seniors ... continued from page 12*

She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day - and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small "care package" arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together. You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

*Kathy Ryan, Executive Director of The Saybrook at Haddam*

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# Peer Advocate Applications

Available in Late August

Madison Youth and Family Services will be accepting applications in late August for the Peer Advocate training program for high school age youth interested in helping their peers.

Peer Advocates is a positive youth development program run by Madison Youth and Family Services. Its purpose is to train qualified high school applicants to listen to and to be resources for their peers. Training takes place during thirteen two-hour sessions spread across half a school year. Training groups of fourteen members are formed after an interview process. Group members are selected from different grades and friendship groups in an effort to plant Peer Advocate resource knowledge as widely as possible in the high school population. Group work is focused on the importance of recognizing and expressing emotions, sensitivity to and acceptance of differences, recognition of personal values and coping mechanisms, communication and decision-making skills, and the use of appropriate resources to help and support self and others. Personal insight is stressed throughout the training, as is the difference between helping and enabling. Once they finish training, Peer Advocates become part of the Alumni, and become involved in the further education/outreach/service work of Peer Advocates. Applications will be available beginning August 28 at Madison Youth and Family Services and at Daniel Hand High School's Guidance Office. Applications are due back to either location by 3:00 pm Friday, September 13, 2013. For further information, contact Taffy Bowes at Madison Youth and Family Services, 203-245-5645 or bowest@madisonct.org.

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## Dental Care:

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Patients often ask, "How often should I have my teeth cleaned?" The standard answer used to be "every six months". But recent studies and advances in oral health have shown that this may not be the case. Personalized care, tailored by recommendations from your dentist is now the rule. Oral health, like physical health, is a partnership between the patient and their dental professionals.

In the June 10 issue of the Journal of Dental Re-search, researchers from the University of Michigan School of Dentistry explored the link between long-term tooth loss and frequency of preventive dental visits in adults with and without three risk factors for periodontal disease, smoking, diabetes and interleukin-1 genetic variations. The study concluded that individual risk factors help to dictate the frequency of cleanings needed per year to help prevent periodontal disease. Based on data analysis, researchers speculate that high-risk patients would likely benefit from more frequent dental visits, while low-risk patients may see the same benefits from only one cleaning per year. The key takeaway for consumers, underscored by this study, is that personalized oral care is a necessity for good dental health. The ADA encourages people to work closely with their dentists to identify any potential risk factors that would determine the need for and frequency of follow up visits to enhance the outcomes of preventive care.

Wendy Hackett, RDH

For: Thomas P. Petrick DMD and Theodore Katz DDS, PC

## Raw Milk vs. Pasteurized Milk in Cheese

Customers often come in to our shop, having just returned from a trip to Europe, looking for that great cheese they had enjoyed in their travels. My usual reply is, "That's made from raw milk and it is not allowed in this country." The disappointment is obvious as they sadly accept the best possible alternative I can find.

Raw milk cheese has been blamed for many illnesses, hence the ruling against it here in the States. According to the CDC (Center for Disease Control), between the years 1993 to 2006 over 121 outbreaks occurred, causing over 1,500 illnesses and two deaths. Older people, pregnant women, children and those with weak immune systems are the most vulnerable.

First, we need to understand the difference. Raw milk is milk straight from the animal with no processing done to it. Pasteurized milk is raw milk that has been heated to a high enough temperature to kill most of the harmful bacteria present. You might be aware of the 60-day rule, which simply states that no cheese under 60 days old is allowed to be imported. The reason is that young raw milk cheeses are associated with salmonella, E.coli, and listeria, just to name a few. So why the 60-day rule? The reason is that any harmful bacteria present in the milk or cheese does not survive past this time period. So, if a cheese is over 60 days old, it is considered safe for consumption.

*Continued on page 17*

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## Madison Land Conservation Trust Hikes

**September 15, 1:00 p.m. - Marsh Walk at Ox Pasture** – Salt marshes are one of the most productive ecosystems on earth. Discover how plants and animals are adapted to survive in this ever-changing environment. Also, learn about research into the nesting behavior of diamondback terrapins, the only turtle species to live in the brackish waters of tidal marshes. Boots and long pants are a must for walking on the marsh. No dogs please. The trailhead is on Canoe Road, off of Garnet Park Road.

**October 13, 6:45 p.m. 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



*Search for fiddler crabs and other salt marsh invertebrates with the Madison Land Conservation Trust. Photo by Justin Coleman, 2012 MLCT Photo Contest.*

Haven will set up telescopes for viewing the moon, planets and stars in the night-time sky.

**November 3, 1:00 p.m. Shepherds Trail Hike** - This trail is one of our most demanding, with several short, steep sections and rocky areas that can be slippery when wet or icy. We'll encounter a variety of ecosystems from lowland wetland swamps, woodlands and small meadows to upland forests and rocky, exposed out-crops. The hike yields spectacular views at the summit. This hike is not suitable for dogs or very young children. The trailhead is on Shepherds Trail, off of Summer Hill Road. Trail maps and directions

are available on the MLCT website, [www.madisonlandtrust.org](http://www.madisonlandtrust.org). Hikes will be cancelled in case of inclement weather. Check the MLCT website or Facebook page for updates.

## Join the International Coastal Cleanup!

Join the world's largest cleanup event by participating in the 28th annual International Coastal Cleanup at the Surf Club on September 21 (rain date September 22) from 10:00 a.m. to 12:00 p.m.

Each year thousands of volunteers from around the world take part in this international effort to document coastal debris and promote a cleaner environment. Last year, volunteers collected over 10,000 pounds of trash from Connecticut's coastlines. This annual event makes our beaches cleaner and removes potential deadly hazards to marine life.

Along with picking up trash, we will record the types and quantities of debris removed.

The Ocean Conservancy and Save the Sound will use this data to better understand what types of materials are polluting our beaches.

Biodegradable trash bags, gloves, data cards, pencils and educational information will be provided. After the beach has been cleaned, we'll pull a seine net through the water to collect and learn about some of the marine life that we helped to protect.

For all ages. Children must be accompanied by an adult. Please register by calling Madison Beach & Recreation at (203) 245-5623, or signing up online at [www.madisonct.org/beach\\_rec](http://www.madisonct.org/beach_rec).

## How to Avoid a Facelift

No one enters into young adulthood expecting to have a face-lift one day. Unfortunately, many of us do not care for our skin when we are young and find ourselves in a bit of a predicament at a certain age. Even though aging is inevitable, there are a few things you can do to slow it down.

The most important step when you are young is to protect your skin from the sun. It may be warm and comforting, but it is not your friend. If you didn't wear a sunscreen when you were younger, I suggest you start today. Not a moisturizer which has an SPF of 15, but a separate sunscreen. If you have young girls in your life, please pass along the message.

If you smoke, it's time to stop. Smoking robs your skin of oxygen and nutrients by constricting the blood vessels in your skin, resulting in skin with no vibrancy and even a grayish hue. Smoking also breaks down collagen which is the support system in your skin, leading to wrinkles and sagging. Having smoke rise up into your eyes can cause deep set wrinkles around your eyes and mouth. If you're still slapping on a moisturizer and running out the door in the morning, it's time to re-evaluate your routine. A mature woman needs serums, eye creams, night creams and a

separate sunscreen. That includes morning and night - ok not the sunscreen at night. The point is, you can't keep falling asleep on the couch with the day's make-up on your face.

Thankfully, there are a lot of non-surgical options to keep you looking your best, even when you reach that magical age where something needs to be done. Consider Botox to relax your worry lines and forehead wrinkles; Juvederm to fill in lost volume in your flattened cheeks or nose to mouth lines; and finally do some research on machines to help you build collagen. Radiofrequency is a favorite of mine...it's been around for a long time, there is no down time and your under eye area can be treated safely and effectively.

If you are not happy with your appearance, there are a variety of surgical and non-surgical options available but these guidelines are a great place to start.

To learn more about procedures that will keep you beautiful without surgery or to receive more articles like this one, please visit us at [www.sonasmedspa.com](http://www.sonasmedspa.com).

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

*Raw Milk vs Pasteurized ... continued from page 15*

As a general rule, cheeses made from raw milk taste better than those made from pasteurized milk. The issue then becomes the taste quality of raw milk cheese vs. the safety of pasteurized milk cheese. I agree that raw milk cheese has more depth in flavor, more complex aromas, and a better finish than pasteurized cheese.

Europe takes a different viewpoint on raw milk cheese. Some countries allow distribution of raw milk cheese, while others do not. Scotland bans them, while England, Wales and Northern Ireland allow them. France is the biggest proponent of raw milk cheese, considering it a sacrilege to use pasteurized milk in cheese production. There does not seem to be any issue for France when it comes to eating raw milk cheese. The thought is that they have built up immunity to the raw milk bacteria and, as a result, they don't get sick from them.

In any case, you will not find raw milk cheeses such as Brie or Camembert in the United States anytime soon. The older cheeses, beyond 60 days old, are available and considered safe. The decision is yours. I enjoy them, but as stated earlier, pregnant women, children, the elderly and those with weak immune systems might want to proceed with caution. [www.cheeseshopcenterbrook.com](http://www.cheeseshopcenterbrook.com).

*Paul Partica, The Cheese Shop of Centerbrook*

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## *Madison Health Department Drinking Water Tips; Well Water*

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, these other more exotic compounds are rarely 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](http://www.agwt.org) contains a great deal of good information on wells and water quality.

The next deadline for *Madison Events* is October 18

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# Hammonasset Festival

## Celebrating Nature and Native America

### October 5 & 6



Friends of Hammonasset (FOH) is proud to present the Fifth celebration of Native American traditions and respect for our Environment to be held on October 5th and 6th from 10 am - 5 pm at Hammonasset Beach State Park. This year's festival coincides with the 100th Anniversary of all the State Parks in Connecticut. This is a rain or shine event.

To start the festival off with good spirits, Allan Saunders (Mohegan) will lead a Native American Opening Blessing and Smudging ceremony both days at 10:15 am in the concert area. Featured performers are Erin Meeches Native Nations Dance Troup providing an informative variety of Native American dancing and drumming in the concert area beginning at 12 noon, then again at 3:15, both days. Do not miss this especially joyful event. On Sunday only will be a wandering Magician/Environmental Sorcerer, Cyril May. Also featured nearby will be the World Atlatl Championships, open to the public. In the Discovery Tent, *A Place Called Hope* will present Live Raptor Shows both days and provide day long live bird exhibits.

Additional participants in the Discovery Tent area will be the Meigs Point Nature Center, Denison Pequotsepos, Ansonia Nature Center with live creature exhibits and presentations. Other exhibits nearby will be the Yale Peabody Museum, Museum of Natural History at UCONN, the National Museum of the American Indian, the Institute of American Indian Studies, the Kellogg Environmental Center, the Shoreline Outdoor Education Center, the Mashantucket Pequot Museum and Research Center. Also the U.S.Coast Guard Auxillary, Trout Unlimited, Friends of the Office of State Archaeology, Watershed on Wheels, Habitat for Humanity, Shoreline Greenway Trail, Primitive Technologist, Jim Dina, as well as a variety of environmental exhibitors.

The festival features authentic Native crafts. Many vendors showcasing art, jewelry, beadwork, pottery, woodcarvings, flutes, clothing and more will be available for sale. Sly Fox's Den owned by Sherry Pocknett will be here from Mashpee, Massachusetts to provide the best in authentic Native American food.

The festival is presented by Friends of Hammonasset, a 501c3 organization whose purpose is to provide environmental education, preserve natural resources and be an advocate of Hammonasset Beach State Park. The event is generously sponsored by Liberty Bank and the Madison Foundation. David and Peter Richards from the Clinton Nursery will be honored guests for their contributions to Friends of Hammonasset annual Plant Sale.

Event Admission is \$5., children under 10 are free. Free entrance to the Park. For more information and updates, go to our website [www.hammonasset.org](http://www.hammonasset.org) or call 203 245-9192. No pets are permitted on the premises.

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[www.madisonct.org](http://www.madisonct.org)

## 8 Tips for Speeding Recovery from Childbirth

It's not unusual to feel really tired and a bit anxious or blue in the weeks after giving birth. With the sleepless nights, extra responsibilities, and physical changes - who wouldn't be on a bit of a roller coaster? Remember: This won't last forever. Plus, you can ease your recovery by taking steps like these:

1. Sleep when baby sleeps. Sneak a quick nap when you can. Shut the blinds and silence your phone, television, and all other electronic devices.

2. Nix household chores. Right now, your main job is to take good care of yourself and your baby. No one really cares about those lurking dust bunnies. If it really bothers you and your budget allows, then hire some temporary help. Also, remember to share parenting tasks such as diaper changes and feedings when possible.

3. Limit visitors. But ask any guests to help out. If not now, when? Swallow your pride and ask for a hand with the dishes, laundry, or shopping. Or take advantage of a visitor to watch your baby while you nap.

4. Eat healthy. Healthy food choices can give you more energy. But planning and cooking meals may be a challenge right now. Ask friends and family to help with this. Don't forget to drink at least 8 to 10 glasses of water a day. But avoid caffeine and sugary drinks.

5. Be active - within limits. Exercise can also increase your energy and reduce constipation. Get clearance from your doctor before you:

- Take the stairs or lift objects.
- Drive, although this is usually okay when you can wear a seat belt comfortably and are able to make sudden movements.
- Hit the gym or become really active.
- Have sex. Your doctor may ask you to wait several weeks after birth.

6. Get emotional support. You might be surprised by feeling irritable, sad, or anxious right now. But many new moms experience a wide range of feelings in the days following delivery. Part of this is related to changing hormones or fatigue and part of it is simply a response to a major life transition. These baby blues will subside soon.

If you have extreme feelings that really last, seek professional help, especially if you have a history of depression. You may be experiencing postpartum depression. Up to one in seven new moms go through this - but no one should go through it alone. Some women need therapy or medication.

7. Set aside time to relax. Chances are no one will put this on the calendar for you, so you'll need to do it for yourself. Listen to some relaxing music, read a book, or meditate. Even just a few minutes can make a difference. And try to carve out a few minutes each day to touch base with your partner or husband.

8. Seek out other new moms. There's nothing like sharing tips and support with people who are going through similar life changes. Maybe you can even start up an informal support group in your neighborhood or among your friends.

Your doctor and I are good resources for answering your questions. Some say it takes a village to raise a child - just think of us as your well-informed neighbors.

*Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

Keith Lyke, Registered Pharmacist  
Killingworth Family Pharmacy

## The Epilepsy Foundation of Connecticut

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

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

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## Vista Vocational & Life Skills Center

With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving nearly 200 adults. Vista students and members have an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities.

Vista offers a community-based training program designed for individuals who would like to succeed at work and independent living, and who are seeking a



*Vista Graduate Nicole Martines holds her graduation certificate while Vista Executive Director Helen Bosch looks on.*

non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 20 beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 27 taking place at Hammonasset State Park in Madison.

The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by beautiful 3 and 5 mile walk routes along the Connecticut

Shoreline! To learn a more about the Vista and all of our upcoming events, visit [www.vistavocational.org](http://www.vistavocational.org).

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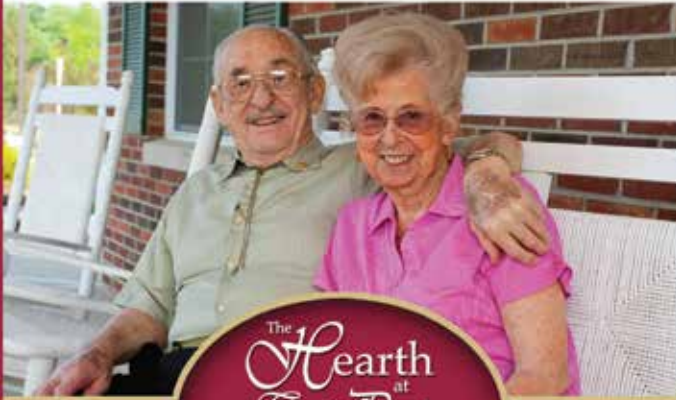
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# “REACH OUT 2013”

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“REACH OUT” is a student-organized and energized welcome/orientation program run each year by Madison Youth and Family Services Peer Advocates in collaboration with Daniel Hand High School’s Department of Guidance and Counseling. “REACH OUT” was created to give students entering Daniel Hand High School from other schools and school systems chances to connect with DHHS kids before classes begin. New folks have the opportunity to learn about the town and the school from peers, to interact with each other, and to acquire a group of familiar faces to greet in the hallways once school begins. Peer Advocates meet with new students in large group sessions at Madison Youth and Family Services before school starts and at Hand during the first two months of the school year. A parent/Peer Advocate information session is offered to give parents a chance to hear from students about the school culture their children are entering. Each year the program is re-created by involved Peer Advocates so that it remains fresh. Organizers put in time and energy during July and August deciding on number, location, and length of events, and the activities involved in each. Incoming ninth graders who were Peer Helpers at Polson Middle School are invited to train to be

part of the welcoming group. “New” students entering Daniel Hand High School will be contacted by the Peer Advocate organizers. A welcome letter and brochure will be given to incoming students and their parents at the Daniel Hand High School Guidance office when the families come in to register.

The goal of “REACH OUT” is to make the transition to a new town, new school, or both, less difficult and more comfortable than it would otherwise be. “REACH OUT” was created in 1989 by Peer Advocates concerned that “kids coming to Daniel Hand who didn’t go to Middle School here have a hard time making friends”. The program debuted in the fall of 1990 and over the past twenty-three years has connected with over 760 new students.

The first 2013 “REACH OUT” meetings will take place during the week of August 20th. For dates and times of these meetings, as well as information about the program, please contact Taffy Bowes at Madison Youth and Family Services at 203-245-5645 or at bowest@madisonct.org. Information is also available at Daniel Hand High School’s Office of Guidance and Counseling 203-245-6360.

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Red Onion – Medium size-half coarsely chopped	Black Pepper – 1 tsp.

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  - Mix dry & liquid ingredients in food processor & blend
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  - Pour over meat or vegetables & let sit at room temp 1 hour or a few hours in the refrigerator
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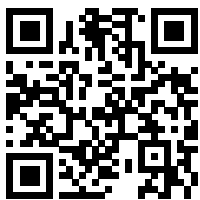
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