

Madison



Events

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Volume 5 • Quarter 2 • 2014




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First Selectman's Corner

Road Repairs – Wow! What a winter this has been with its effect on our Town roads. In addition to normal small section repairs, pothole repairs, and street sweeping, we are set to begin some major work in mid-May. Last fall we completed an engineering study of all 126 miles of our roads. This study, which was covered by a grant from the South Central Region Council of Governments of which we are a member, identified the roads that were most in need of work. As a result of this identification, Hathaway Road, Old Duck Hole Road, and Skytop Drive will be completely rebuilt. In addition, about 8,000 feet of Opening Hill Road will be milled down and repaved.

The State will also be working on some of their roads in Madison. This spring they will be milling down and repaving the section of the Hammonasset Connector from I-95 south to the Boston Post Road (US1). This fall they will be doing the same thing on Durham Road (Route 79) from County Road south to Whitman Road just below the circle. You should expect one lane traffic at times during this work. Finally, looking forward to after Labor Day, the State will be totally rebuilding the culvert under the Connector at Huzzle-Guzzle Creek. Expect complete road closures for some periods.

Calling all Veterans - The summer season is upon us. Memorial Day marks the beginning of summer, with the Monday parade a

key event. Veterans from all branches and eras are asked to march in the parade in recognition of those comrades who died in service to their flag. Rides are available if marching is physically difficult. Remember, there is no uniform inspection! Any combination of uniform items and civilian attire is acceptable. Muster at 0930 and step off at 1000 hours.

Independence Day Weekend - Celebrations over the Fourth of July are a highlight of summer for many residents and guests. Festivities kick off as the Exchange Club sponsors the Fourth of July Parade on Friday, July 4. That evening features fireworks sponsored by the non-profit Madison Fireworks Committee. Finally, on Saturday July 5, Madison Cultural Arts presents the Wallingford Symphony Orchestra's annual Concert on the Green. Many thanks to the teams of volunteers from these three organizations who create a memorable weekend each year.



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– Erika S. –

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Land Conservation Trust



Search for salamanders and other amphibians at Bauer Park on May 31 and with the Madison Land Conservation Trust on June 8. (Photo taken by Susannah Graedel)

Madison Land Conservation Trust celebrates 50 years!

Founded in 1964, the Madison Land Conservation Trust (MLCT) is one of the oldest land trusts in the United States. Throughout the town of Madison, the Land Trust protects close to 1700 acres of woodlands and wetlands, fragile and vital habitats that might otherwise have been consumed by development. These properties provide residents with more than 35 miles of trails to enjoy. The Land Trust is a nonprofit organization with an all-volunteer board of directors. We are proud to

celebrate 50 years of conserving land in Madison.

For 2014, the MLCT has planned special events throughout the year, including a 50th Anniversary Celebration in September, a two-day presentation/hike in November with guest speaker Tom Wessels, author of *Reading the Forested Landscape*, and the 2014 Trail Hike Challenge.

2014 MLCT Events

- June 8 at 1:00 p.m. Amphibian Hike on the Blinshed Loop Trail
- September 6 - 50th Anniversary Celebration by the Sound at the Surf Club
- September 21 at 3:00 p.m. Marsh Walk at Ox Pasture
- October 5 at 7:00 p.m. Autumn Moonlight Walk on the Garvan Trail
- November 7 at 7:00 p.m. Tom Wessels speaks at the MLCT Annual Meeting
- November 8 at 9:00 a.m. Forest Forensics Hike on the Summer Hill Trail

The 2014 Trail Hike Challenge

As part of our 50th Anniversary celebration, we are inviting friends and neighbors to participate in the Trail Hike Challenge. Join us on our series of guided hikes, or head out on your own to hike our trails. We'll be awarding prizes for completing 14 hikes for 2014, or for hiking all 22 trails. Details are at www.madisonlandtrust.org

Follow the MLCT at www.facebook.com/madisonlandtrust. We look forward to seeing you on the trails!

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Vista Expands in Madison

Vista Vocational & Life Skills Center has had a presence in Madison for well over a decade. Just over a year ago, Vista expanded its Madison Campus, now located at 107 Bradley Road, to include the organization's Administrative and Services Center as well as the Cultural and Community Center. This campus serves as a main hub for a number of Vista programs and services including the Vista Arts Center, Day Program, Advocacy Services and Development. Vista is proud to be a part of this thriving community and appreciates the supportive partnerships that have been deeply rooted here in Madison.

Vista recently sponsored and participated in the MADE Stronger Challenge, alongside a number of community members and local businesses. With a total of 103 staff, students and members participating in the challenge, Vista embraced the opportunity to partner with neighbors and friends to strive for success and reach individual goals while



supporting each other. The Vista Arts Center has also recently partnered with Madison's Scranton Memorial Library, which hosted a showing of student art work and a free essay writing workshop that featured community members and Vista members working and learning side by side. Additionally, the Vista Art Center will be partnering with the Madison Senior Center to hold an art show from May through June. Vista looks forward to expanding and strengthening partnerships here in Madison and is honored to be part of such an outstanding community.

Based in Madison and Westbrook, CT, Vista Vocational & Life Skills Center is a 501©3 nonprofit organization. Vista's mission is "Providing services and resources to assist individuals with disabilities achieve personal success."

For more information regarding Vista, please visit www.vistavocational.org.

June is Dog License Renewal Month

Every dog must be licensed when it becomes six months old and then annually in June. Additionally, kennel licenses are issued annually in June as provided in section 22-342 of the Connecticut General Statutes. The Madison Town Clerk issues licenses for dogs of residents of Madison, Connecticut. The office hours for the Town Clerk are 8:30 a.m. to 4:00 p.m. Monday through Friday, except holidays.

Fees

For neutered male /spayed female = \$8.00

For un-neutered male/un-spayed female = \$19.00

Kennel Licenses for 10 tags = \$51.00 & additional kennel packages are available.

These fees are not pro-rated by the month for dogs which become six months of age after June 30, but are the same throughout the year.

A penalty of \$1.00 per month or fraction of a month is charged when an owner fails to license a dog when it becomes six months old. However, no penalty is charged if the owner presents certain proof of new ownership; see "License by New Owners" below.

Neutering, Spaying and Rabies Certificates

The Town Clerk may not issue a license for a neutered male or a spayed female dog not previously licensed unless the person obtaining the license presents a certificate from a licensed veterinarian stating that he or she has neutered or spayed the dog.

Likewise, no license may be issued unless a valid rabies certificate, signed by a licensed veterinarian, including date of vaccination and duration of immunity, is submitted to the Town Clerk.

On or before June 1 of each year, the Director of Health may arrange a low-cost clinic for the vaccination of dogs and cats

against rabies. The licensing of dogs at an anti-rabies clinic is permitted under statute.

Guide Dogs

Any blind, deaf or mobility impaired person who is owner or keeper of a dog trained to guide and assist such person shall receive a license and tag for such dog, and no fee shall be charged. Also, dogs between 6 months and 1 year of age, placed for training as guide dogs, shall also receive a license and tag at no fee, provided satisfactory evidence is presented that the dog was placed by an organization which supplies such guide dogs.

License by New Owners

Anyone who becomes owner or keeper of an unlicensed dog over six months old must license the dog within 30 days of acquisition. If the new owner presents satisfactory evidence that the dog was obtained from a licensed kennel or animal welfare organization, or was imported into the state within thirty days, no penalties for late licensing shall be charged. Any person becoming an owner of a dog already-licensed in Connecticut may present the license and tag to the Town Clerk of the town in which the owner resides and, for a fee of \$1.00, shall receive a new license and tag in the new owner's name. The Town Clerk must retain the old license.

For more information on Dog Licenses, please visit our website at <http://www.madisonct.org/Clerk/dogs.html> or contact the Town Clerk's Office at 203-245-5672

Top Dog Contest

Each dog whose license is renewed during the month of June will be entered in a special drawing.

The winning entrant (picked at random) will receive Tag No. 1!

Meigs Point Nature Center Spring Calendar

Fireside Stories - June 7, 8:00 pm at the Meigs Point Nature Center. Ranger Russ tells native stories and folk tales next to a fire on the shore. Bring a blanket and marshmallow stick and we will provide the marshmallows.

Star Gazing or Night Hike - June 27, 9:00 pm at the Meigs Point Nature Center. Bring your telescope or look through one of ours to view the night sky and learn how to use telescopes. If cloudy we will do a night hike for owls and test your night vision.

For more information contact Ranger Russ, Director of Meigs Point Nature Center by calling 203.245.8743 or visiting www.meigspointnaturecenter.org.

Friends of Hammonasset Spring and Summer Events

August 1 - Schumann Series, Week One - Free, fun, informative and interactive nature program for the whole family. 7:00 pm at the

Meigs Point Nature Center. Call 203-245-8743 or 203-245-9192 for more information or visit www.hammonasset.org.

August 8 - Schumann Series, Week Two - Free, fun, informative and interactive nature program for the whole family. 7:00 pm at the Meigs Point Nature Center. Call 203-245-8743 or 203-245-9192 for more information or visit www.hammonasset.org.

August 15 - Schumann Series, Week Three - Free, fun, informative and interactive program for the whole family. 7:00 pm at the Meigs Point Nature Center. Call 203-245-8743 or 203-245-9192 for more information or visit www.hammonasset.org.

August 22 - Schumann Series, Week Four - Free, fun, informative and interactive outdoor program for the whole family. 7:00 pm at the Meigs Point Nature Center. Call 203-245-8743 or 203-245-9192 for more information or visit www.hammonasset.org.

Camp Scholarships Available to Madison Children

Through the generosity of Madison Community Services, the Madison Foundation's Neighbor 2 Neighbor program and the Exchange Club, we are able to help families within Madison send kids to camp. Summer camp experience can provide a stress free environment to make new friends, practice new skills, or simply play.

There are several camps to choose from like the Madison Arts Barn, Madison Beach and Recreation, Camp Hazen,

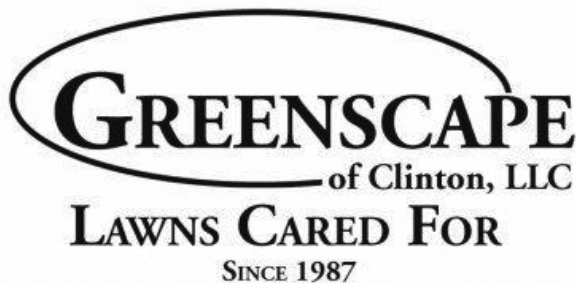
Busy Hill, just to name a few. You may also search the web at www.ctcamps.org for other camps available in Connecticut. Scholarships are available to children age 5 through 15 at the camp of your choosing. Families must meet with the Social Services Coordinator, Wendy Larson to verify the financial need. All funds are on a first come first serve basis until the funding has run out. Please don't wait, call for an appointment at 203-245-5655.

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The Barn



Friends of Madison Youth, Inc. (FOMY), dba, The Barn, is a non-profit organization that runs programs and events out of The Madison Arts Barn. The youth of the Connecticut shoreline can attend and participate in open mics, creative and academic workshops, skate jams and more. Programs include theatrical productions, leadership opportunities, educational support services, artistic and technology competitions and trainings, social events, summer camps and workshops. FOMY strives to create a safe, substance-free environment that nurtures artistic expression, creativity and self-confidence and empowers young people by supporting them in the exploration of their interests and passions.

Upcoming Events

Teen Open Mic Nights - The First Saturday of every month is our Teen Open Mic Nights. Come down and get some stage time or just come and listen to great music. Full bands, individual instruments or vocal numbers all welcome. House band changes every month. Admission is \$5. Next Open Mic is 6-7-14 from 7:00 pm - 10:00 pm. Open Mics do not take place during July or August. We start up again monthly on 9-6-14.

Love Writes a Deadly Verse - Murder Mystery, Sunday, June 8 - Murder Mysteries at the Barn are always a favorite and seats go quickly so get your tickets early. Come help solve the mystery of who killed Charity Homes at the meeting of the Poets Turntable.

Summer Camps - Registration is open for students entering 5th grade and up. CIT opportunities for students entering 9th & 10th grade.

Week of July 7 - Murder Mystery Camp - Campers will spend their days creating sets, costumes, props, and rehearsing for a performance for friends and families of the latest murder mystery at the Barn.

Week of July 7 - Skateboard Camp - Session One - Spend the week learning and improving skateboards skills and tricks! All abilities welcome.

Week of July 14 - MAD-LAB Science Experiment - Calling all scientists! Campers enjoy interactive and hands-on fun science activities.

Week of July 21 - Girlfriend's Getaway - No Boys Allowed! Spend the week being pampered with manicures, pedicures, making your own face scrubs, learning new hairstyles and so much more.

Week of July 28 - Art Exploration - spend your morning with DHHS teacher Greg Gallo exploring painting, drawing and sculpting and then dive into the world of technology and digital art in the afternoons.

Week of August 4 - Rising Stars Acting Workshop - Join Beth Gilchrist for a week filled with theater games, improv, monologue training and audition techniques to improve your chances of landing the part of your dreams!

Week of August 4 - Skateboard Camp - Session Two - Spend

the week learning and improving skateboards skills and tricks! All abilities welcome.

Week of August 11 - MAD Barn TV - Campers create their own productions from start to finish and work with Madison's cable access channel to air their projects.

Check out our website at www.madisonartsbarn.org for more information, to register, and/or purchase event tickets.





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Beach & Recreation Department News

The Beach & Recreation Department has many fun and 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/ to see a complete listing of our program offerings.

There are some important dates for everyone to remember and mark down on your calendars:

Beach Parking Stickers

- Seasonal Stickers must be permanently affixed to the outside of either your windshield or the rear side window on the Drivers side of your vehicle in order to gain admittance to the parking areas.
- Seasonal Stickers are on sale through the end of the summer.
- Residents/taxpayers are eligible to purchase a seasonal parking sticker
- Non-Residents may purchase a daily parking tag only.
- Stickers are available at the Recreation Office in Town Hall - Monday through Friday 8:30 am - 4:00 pm.
- Daily parking tags are sold at the Recreation office, and also at the main gate of the Surf Club Beach (cash or check only at main gate).
- Seasonal Parking Stickers may also be requested by mail. Along with your request please include a copy of your vehicle(s) registration, a copy of the registered owner(s) driver's license and check made payable to "Town of Madison", and a self addressed stamped envelope. See rate schedule below.
- Staff will process mail in requests as time permits. Please allow at least one week turnaround time if requesting passes by mail.

2014 Seasonal Rates:

Registered owners up to age 59: \$40 per vehicle. Multi vehicle discount (\$20) if registering more than one vehicle.

Registered owners age 60 & over: \$10 per vehicle.

Daily Parking Rates

Resident/taxpayers \$10 per vehicle

Non-residents - Monday through Thursday \$25 per vehicle, \$40 Weekends (Fri, Sat, Sun) and Holidays per vehicle

Beach Use Guidelines

For your enjoyment and safety at our beaches and parks, we would like you to be aware of these excerpts from the Town of Madison

Beach Ordinances: Section 14-54 thru 14-56:

- Alcoholic beverages are allowed, in cans or Cups only, in



the Surf Club Picnic grove until 10:00 pm. Alcohol is not permitted on any Beach, Athletic Field or parking Areas. No glass bottles, kegs or glass containers in our parks.

- Group gatherings of 50 or more not permitted during beach pass season.
- Pets are permitted at the Surf Club, East Wharf or West Wharf in the parking lots only during the Beach Pass Season.
- Abusive or threatening language will not be tolerated. Violators will be asked to leave the premises.
- Inflatable toys, rafts and personal flotation devices other than Coast Guard Approved Life Jackets are not permitted.
- Speed Limit in all Town Parks is 10 MPH.

SPECIAL EVENTS

Summer Concerts on the Green

Concerts are held each Sunday evening beginning at 6:00 pm on the town green. All events are free of charge. Please no alcohol as per Congregational Church request.

- July 11 - Salt Meadow Park - Nifty Fifties Band
- July 13 - The Kerry Boys - Irish Balladeers
- July 20 - The Taxmen - Local Favorites
- July 27 - The Larry Stevens Band - Rock/Country /Pop
- August 3 - Orange Crush - 80's music
- August 10 - Tracy Walton - Americana - Country/ Rock
- August 17 - Disco Inferno - 70's Music
- August 24 - Mystery Tour - Beatles Tribute band

Outdoor Movies

Family Outdoor Movies at Bauer Park, sponsored by Guilford Savings Bank. All movies begin at dusk (approximately 9:00 pm). Bring a blanket or beach chair, sit back and enjoy the flick!

- Friday, July 18 - The Croods
- Friday, August 1 - Big

Bauer Harvest Festival - Saturday, October 18

Volunteers are needed for this year's Harvest Festival. Meetings 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.



Independence Day

July 4

11:00 am - Parade

9:00 pm (approximately) - Fireworks

July 5

5:00 pm & 7:00 pm

Concerts on the Green

Tax Collector's Office

Local tax payment season will be upon us shortly. Three types of property are assessed and subject to taxes: Real Estate, Motor Vehicles, and Personal Property. Any land or buildings you own are considered real estate. Registered motorized or non-motorized vehicles, (including cars, trucks, trailers and motorcycles) are considered motor vehicles for tax purposes. Personal property is a general category of fixtures/equipment either owned or leased by a business. Unregistered motor vehicles are also taxed as personal property. The property tax rate is expressed in mills, or thousandths of a dollar. A tax rate (mill rate) of 20.39 mills is equivalent to \$20.39 in tax per \$1,000 of net assessed value. The Board of Finance sets a mill rate annually (May) after the budget has been passed by referendum.

Tax bills for the Fiscal Year 2014-2015 will be mailed by the Tax Collector's Office the third week in June. These bills are due July 1, 2014 and payable by August 1, 2014. The following provides some important information regarding these bills:

- If you have recently sold your property, please be sure there is an exchange of the tax bill between the seller and the buyer.
- If you receive a real estate tax bill and a bank or Mortgage Company pays the real estate taxes for you, please promptly send them the bill.
- If a motor vehicle has been sold and not replaced, please contact the Assessor.

- If you recently moved out of state and you send a copy of the new vehicle registration along with the receipt for turning in the Connecticut registration, you will receive a tax adjustment. Please contact the Assessor at 203-245-5652.
- Motor Vehicle taxes unpaid after August 1, 2014 will be reported to the Motor Vehicle Department and registrations will be denied as provided by law.
- All back taxes must be paid in full before money can be applied to the current tax bill.
- Receipts will not be mailed unless a stamped envelope is included with the payment.
- Mail received with a USPS POSTMARK on or before AUGUST 1, 2014 is considered an ON TIME PAYMENT for the July installment.
- Please make checks payable to Town of Madison.
- To pay by credit card, please go to www.madisonct.org and click on Online Tax Payments and follow the instructions. There is a convenience fee charged by Official Payments Corporation for this service.

If you have any questions regarding your bill or taxes in general, please contact our office at 203-245-5641.

*Alma D. Carroll, CCMC
Director of Town Services/Tax Collector*



**COMMUNITY
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of Middlesex County

Philanthropy • Leadership • Legacy

No Bully Zone program, an initiative of CFMC's Council of Business Partners, can make a significant difference in our schools and communities by

- ✦ Empowering students
- ✦ Reducing incidents of bullying
- ✦ Improving school climate
- ✦ Increasing school staff awareness
- ✦ Increasing communication between students, teachers and parents

*implemented in partnership with
Rushford, a Hartford Healthcare Partner*

Did you know on any given day
160,000 students in the U.S. stay
home for fear of being bullied?



For more information, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or Cynthia@MiddlesexCountyCF.org.

We Can ALL Take a Stand!

Join **CFMC's Council of Business Partners** and stand up to bullying.

John J. Sullivan: A&A Office Systems, **Arlene Mazzotta and Laura Pedersen:** A.R. Mazzotta Employment Specialists, **Bill, Susan and Shawn McCann:** Best Cleaners, **Colin Burr:** Brown & Brown Insurance, **David Director:** Connecticut Lighting Centers, Inc., **David Gilbert:** Direct Energy, **Dan Zimmerman:** DLZ Associates, LLC, **Mauricio C. Salgar:** Gabrielle's, **James Mahoney,** Mahoney Sabol & Co., **Marc Levin:** Malloves Jewelers, Middletown, **Nancy Raczka:** Attorney, **Theodore Rossi:** The Rossi Companies, **David Shulman:** Suburban Stationers, Inc., **St. Mary's Church, Portland and Congregation Adath Israel, Middletown, Interfaith Golf Open Tournament.**

How to Get Noticed

By the time we reach our 40's many of us find ourselves applying more than one product to get the desired results that use to come for free when we were in our 20's. In order to get the best results from your anti-aging products, they should be applied in a specific order.

Cleansing is an important first step. You should be using a cleanser that is specifically designed for your face and not any old thing that you have in the shower. Some cleansers that contain ingredients like glycolic and salicylic acids might be too harsh for over 40 skin.

If you use a good facial cleanser, you should not need a toner. And when it comes to drying, please put down the hand towel. Reach for a tissue and pat your skin dry.

By the age of 40 all women should incorporate a serum into their daily routine. Moisturizing is essential for hydration, but a serum can help repair damage. My personal favorites are serums that contain growth factors.

You should wait for a few minutes for your serums to dry before applying a moisturizer. So use that time

to do something - brush your teeth, dry your hair. Just something so you won't notice the time. If you're new to layering products, it will make your new routine much easier.

Your next step is a sunscreen. This is the most important step and is often neglected. You should be in the habit of wearing a separate sunscreen every day, not only in the summer months.

Many women seek out moisturizers that have an SPF and think that they have adequate protection from harmful UV rays. While this is a good first line of defense, it is not enough protection. You should be using a separate sunscreen that contains either Zinc or Titanium Dioxide for maximum protection.

Aging is a complex process and one product or procedure rarely gives the desired result. Most skin rejuvenation plans include more than one topical treatment and tightening or volumizing procedures to enhance the results.

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Sonas Med Spa

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Woman's Club of Madison Bi-Annual Garden Tour



June 1, 2014

There is nothing like a breath of fresh sea air while walking among a profusion of flowers, trees, and blooming bushes that lifts the spirits and celebrates Spring! Come visit some of the loveliest, unique, private gardens in Madison in the Gardens by the Sea Garden Tour. The June 1 tour begins at 12 noon at the Madison Visitor Information Center on the Madison Town Green and wanders through 7 delightful gardens until 4:00 pm (rain or shine). Tickets are \$15 advance sale in May at RJ Julia Booksellers in downtown Madison and \$20 Day of Tour at the Madison Visitor Center.

Enjoy a rare salt marsh garden and then just a few blocks away, stroll through a microclimate garden that has combined a profusion of flowers and native grasses with herbs and vegetables, along with a spectacular Flowering Cherry Tree and a Golden Delicious Apple Tree! This bi-annual, coastal garden tour is sponsored by the Women's Club of Madison, GFWC, a 114 year old civic organization dedicated to meeting the needs of the Shoreline area. The proceeds from this year's tour will benefit the Land Conservation Trust.

Tag Sale - June 28

We will again be participating in the Tag Sale on the green Saturday June 28 starting at 8:00 am. As you do your Spring Cleaning please keep us in mind, you may bring your items to the green priced as you see fit the morning of the sale. Remember one person's trash is another's treasure. Some suggestions: toys, jewelry, picture frames - anything - don't throw it out just bring it down. Any extra bags with handles would also be appreciated.

Lenny & Joe's Carousel

One of our last fundraisers for the club year is one of our favorite days, Lenny & Joe's kindly gives us one day to relax and watch the children ride the carousel and promote our Club. They kindly donate all the proceeds from the Carousel that day to our Scholarship Fund. We distribute literature regarding the Women's Club and meet and chat with new and old acquaintances. The date has not been confirmed yet but is it usually the middle to the end of June and will be mentioned in The Source. Thank You Lenny & Joe's.



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| Assessor | 203-245-5652 |
| Beach & Recreation | 203-245-5623 |
| Building Department | 203-245-5618 |
| Emergency Management | 203-245-5681 |
| Fire Marshal | 203-245-5617 |
| Health Department | 203-245-5681 |
| Human Resources | 203-245-5603 |
| Inland/Wetlands | 203-245-5632 |
| Madison Public Schools | 203-245-6300 |
| Planning & Zoning | 203-245-5632 |
| Police Department | 203-245-2721 |
| Probate Court | 203-245-5661 |
| Public Works & Engineering | 203-245-5611 |
| Registrar of Voters | 203-245-5671 |
| Selectmen's Office | 203-245-5602 |
| Senior Services | 203-245-5627 |
| Tax Collector | 203-245-5641 |
| Town Clerk/Vital Statistics | 203-245-5672 |
| Youth Services | 203-245-5645 |
| Zoning Board of Appeals | 203-245-5632 |

www.madisonct.org

What Every Parent Needs To Know About Safe Rides

The number for Safe Rides is 203-245-8347

On the recent youth survey administered to all DHHS students in grades 9-12 in October 2013:

- 25% of seniors reported they drove after drinking once or more in the past 12 months, and
- 28% of 9-12 grade students reported they rode (once or more in the past 12 months) with a driver who had been drinking (The question did not specify if this was with another youth or with an adult.)

Safe Rides is a confidential, community-wide, student-to-student transportation service, which operates on Friday and Saturday nights from 10:00 p.m. - 1:30 a.m. The primary purpose of Safe Rides is to keep people alive and safe. Reasons why kids should call Safe Rides:

- They don't want to get in the car with the person who is giving them a ride because that person is under the influence, is too tired, or has changed plans
- They are babysitting and need a safe ride home when they suspect the adult who would provide them with a ride is under the influence or they have children asleep that they don't want to wake or leave to give the sitter a ride home
- They are under the influence of alcohol or another drug
- They are past driving curfew time and need a ride home
- They are at work and need a ride home (as long as they are within Madison)
- Or they are uncomfortable in their surroundings, make the decision to leave, and need a ride
- They have no ride home for whatever reason

How it works

When a person calls the Safe Rides number, they will speak with the dispatcher (a student). The dispatcher will ask for their location, their cell phone number, and where they need to be dropped off which must be their home address. The reason we ask for a cell phone number is so we can call them when we arrive at their location. If the caller is not comfortable giving their name to the dispatcher, they do not have to do so. All calls are confidential.

A prospective passenger is met outside the pick-up address, as Safe Rides personnel are not to go into the house where a party is being held or into any other location where the caller is located. Safe Rides may take people only home - not to other

parties or other people's houses. No one who has been out of high school for over 6 months, who is exhibiting violent or aggressive behavior, or who is passed out, is to be given a ride. In the case of finding someone vomiting or unconscious, the shift is to call 911 immediately. Two Safe Rides members go out on all calls. No one may be transported across town lines.

Safe Rides is run by Madison Youth and Family Services with the support of The Exchange Club of Madison and operates only within Madison town borders. 3-8 high school students and 1 adult staff each shift. Adult responsibilities include interacting with student volunteers, reinforcing program and transportation guidelines, and canceling the shift if the weather is bad. The student's volunteers are registered through Madison Youth and Family Services and insured through the town. Safe Rides drivers must have a license for at least six months, so most drivers are high school juniors and seniors. Volunteers use their own family's cars. The number of seatbelts in the car determines the number of passengers who can be carried per trip.

Confidentiality is a vitally important part of the program. Neither adult nor student volunteers talk about the shift or divulge the names of any passengers during or outside the shift.

It is our hope that parents will discuss using Safe Rides with their teens and support their son/daughter for making the choice to call Safe Rides, even when a family rule has been broken or a behavioral expectation is unmet. Teens sometimes make bad choices, but calling Safe Rides is never one of them.

Adult volunteers needed

Adults are a vital part in making Safe Rides a successful program. We not only need parents to reassure their child that calling safe rides is a responsible decision but we also need parents to volunteer for the program as well. Your basic responsibility is to be there for and with the other shift members as an advisor. The kids run the nuts and bolts of the program, but your wisdom will sometimes be needed in judgment call situations, including whether or not to cancel shifts in icy weather conditions. If you would like more information on being an adult volunteer or on the Safe Rides program, please contact Melissa Balleto, Program Coordinator at 203-245-5656 or ballettom@madisonct.org.

Speeding Recovering From Surgery

A sudden fall. A serious diagnosis. Surgery isn't always something you can plan for. Even so, you can take steps to make recovery at home a little faster and safer. You just might need to depend on others for extra help. With the benefit of advance planning, of course, do what you can before the day of surgery.

Simplify. What felt easy before surgery may suddenly feel a little like mountain climbing. Take a few simple steps now to eliminate steps later.

- Stock up on food and other supplies. Buy ready-made meals or prepare and freeze single meals.

- Put items you use often within easy reach - between waist and shoulder level.
- Make sure your bed is firm enough to support you while you recover.
- Stay on the same floor as a nearby bathroom. Or buy a portable commode to put by the bed.
- Put a portable or cell phone within easy reach. Keep handy the numbers you will need to call, like the doctors office, neighbor, relative and pharmacy.
- Place a firm-backed chair in rooms you use most often.
- Use a fanny pack to carry items with you around the

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house. Place the phone inside the fanny pack in case you fall and need to call for help.

Ask for help. If not now, when? Remind yourself that most people feel good about helping out. So when someone says, "What can I do?" be specific. You might say something like this: "I need help getting the dog walked twice a week." "A home-cooked meal tomorrow would be terrific." "If I give you a list, can you run to the store for me once a week?"

Will you need help with basic things like bathing and transportation, but don't have anyone at home who can help? Ask the doctor, nurse, or social worker how to find trained caregivers.

Safe-proof the bathroom. Unless you make a few changes, this room can be downright dangerous.

- Consider buying an elevated toilet seat and a shower or bath chair.
- Install grab bars vertically or horizontally. Don't ever use towel racks as grab bars.
- Add non-slip suction mats in the tub and a non-skid mat outside the tub.
- Place soap and shampoo where you won't need to reach for it.

Remember that you can purchase some of these special items in our store.

Prevent falls. Do what you can to remove tripping hazards.

Remove loose wires, cords, and throw rugs in walkways. Add extra lighting, for example, nightlights to hallways and bathrooms. Keep your hands free when moving from room to room.

Practice using crutches, a walker, or wheelchair. Also, have someone show you the safe way to go up and down stairs and get in and out of the shower.

Follow instructions. After surgery, you'll likely go home with special instructions on incision care. To prevent infections, make sure you understand how to care for your incision. For example, call the doctor if you see pus or the incision becomes really painful.

Also, take medications exactly as prescribed. If you have questions about any of this, remember that I'm here to guide you in the proper use of your medications. Remember that pain control can help you get moving, which can speed your healing and help prevent complications. Let your doctor and me know if pain medication isn't working or is causing side effects. There's no reason to suffer in silence!

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*

Spring and Summer Programs at Bauer Park

Madison's Agricultural and Environmental Center
257 Copse Road

The Twelfth Great Snake and Frog Hunt

Saturday, 5/31

10:00 a.m. - 12:00 p.m.

Join a herpetologist 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.

Instructor: Chuck Annicelli

Fee: FREE but pre-registration is required

Mini-Explorers

Fridays, 10:00 - 11:30 a.m. or 1:00 - 2:30 p.m.

5/30 Damsels and Dragons

6/13 Pond Dippers

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. For preschoolers ages 3-5, accompanied by an adult. Indoor/outdoor programs - dress for the weather.

Fee: \$8 per child

Float Your Boat!

Sunday, 7/13

1:00 - 3:00 p.m.

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 Bauer Park annual Boat Regatta!

Recommended for families with children 5 years and older.

Children must be accompanied by an adult.

Instructor: Susannah Graedel

Fee: \$5 per person

Dissect Flowers Through The Microscope

Monday, 7/14

1:00 - 3:00 p.m.

Dissect several species of flowers growing at Bauer Park and examine them under the microscope to reveal their intricate beauty. Learn why a daisy is not a flower. Discover how flower structure relates to pollinators. The instructor holds a Certificate in Botanical Illustration from the New York Botanical Garden.

For adults and high school students.

Instructor: Susannah Graedel

Fee: \$8

Leaf and Bark Tee Shirt Art

Sunday, 7/27

1:00 - 3:00 p.m.

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

All ages. Children must be accompanied by an adult.

Instructor: Susannah Graedel

Fee: \$8 per person

Comparing Animal Skeletons

Saturday, 8/2

1:00-3:00 p.m.

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Give Green a Chance Program

Give Green a Chance Program at Madison Earth Care is powering up and hoping to inspire our community. The program is an effort to raise awareness of practices that the Landscape Industry can offer to be more environmentally friendly. Madison Earth Care Landscaping has been serving our customers since 1973. Since that time there have been many changes in the Landscape Industry. Many of the conventional practices that have been used for years are now being reconsidered. As leaders in our Industry we feel that we have a responsibility to look at alternative practices.

To start, owner Bob Blundon came up with an innovative way to harness the energy of the sun to power our equipment. The Give Green a Chance trailer can be seen riding around the area. It is outfitted with solar panels which power battery operated trimmers, hedge shears, blowers and chain saws. The battery operated equipment is also quieter which reduces noise pollution. Another step we have taken is running propane powered mowers as opposed to gas. Propane burns cleaner than gasoline and is considered more environmentally friendly. In addition we have two Accredited Organic Land Care Professionals

on staff and Madison Earth Care is a NOFA business member. This means that if a client is interested in an organic landscape our Organic Land Care Professional can advise them with the necessary information for a successful landscape. This is only a start but it is a step in the right direction. As Industry leaders and as consumers we all need to start rethinking the way in which we take care of our earth.

Melissa Blundon - Madison Earth Care Landscaping

"We stand now where two roads diverge. But unlike the roads in Robert Frost's familiar poem, they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road - the one less traveled by - offers our last, our only chance to reach a destination that assures the preservation of the earth."

Rachel Carson, Silent Spring

Spring Into Rosé

Spring is finally here and I am sure everyone will agree that it has been a long cold winter. 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 Zinfandel 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!

Art LiPuma, Manager, SeaSide Wine & Spirits

continued from page 17

What kind of animal would you be if your finger bones grew so long that they reached your feet? Or what if you didn't have any arm or leg bones at all? Learn the answers to these questions and more on how we are both similar to and different from other animals with Sara Levine, biology professor and author of *Bone by Bone: Comparing Animal Skeletons*. This program will include a reading, games and activities including putting together a real human skeleton. Geared to families with children ages 5-11, but all interested are welcome to attend.

Instructor: Sara Levine

Fee: \$10 per family

Butterfly Walk

Saturday, 8/9

10:00 a.m. - 12:00 p.m.

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

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

PLUS SUMMER CAMPS FOR AGES 3 - 14!

Registration and more information at www.madisonct.org/bauer/programs.htm or in the Madison Beach & Recreation office. Questions? Call 203-245-5623.

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

Renters' Rebate Program for Elderly/Disabled Renters

State law provides a reimbursement program for Connecticut renters who are elderly or receive disability income, and whose incomes do not exceed certain limits. The gross annual income for a single person must be less than \$34,100 and less than \$41,600 for a married couple.

Persons renting an apartment or room, living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

To qualify by age, the recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters'death, or 18 years of age or older and permanently and totally disabled. Recipient must also meet a one year state residency requirement.

The following are the document requirements to apply:

- Proof of income for 2013
 - Including: 2013 Income tax Forms
 - 1099 Social Security Statement

- Statement of Disability Benefits & Proof of Disability (TPQY from Social Security)
- Statement of Pension
- Interest and Dividend Statements

- Proof of monthly rent paid from January 2013 to December 2013 (copies of returned checks, printout from Rental Management Company, or letter from landlord)
- Proof of payments made to CL&P from January 2013 to December 2013 (copies of returned checks or printout from CL&P)
- Proof of payments made to the water company from January 2013 to December 2013
- Proof of payments made for heating costs not associated with electric heat from January 2013 to December 2013
- Proof of Disability

A qualifying application will receive a benefit to help offset rental expenses in the form of a check, to be received before the end of the year.

For further information or to apply contact Heather Castrilli, Municipal Agent for the Elderly at 203-245-5687 or Wendy Larson Social Services Coordinator at 203-245-5655 to make an appointment to apply. Residents can apply between May 1, 2014 and September 15, 2014.

9TH ANNUAL ANDREW'S GOLF BENEFIT FOR EPILEPSY

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Educating Children about Invasive Crabs in Long Island Sound

The Asian shore crab (*Hemigrapsus sanguineus*) has become a commonly known invasive species along the coast of Connecticut. An “invasive species” is any organism that colonizes an area that is not in its native range.

It is speculated that the Asian shore crab first came to the U.S. in the ballast water of cargo ships docking in New Jersey in 1988. In just over 25 years, the distribution now ranges from Maine to North Carolina. The shore crab has no natural predators, which allows for the population to grow and spread exponentially. This growth causes it to compete with other important species to us, such as: the blue crab, green crab, and lobster. While these other crustaceans have natural predators, the Asian shore crab does not. Thus, it has the potential to overwhelm and decrease the other crustacean populations, which we rely heavily upon. It is incredibly important to understand the negative impacts of invasive species such as the Asian shore crab and

even more important to teach our youth.

Cedar Island Marina has instituted a summer camp for children between the ages of 9 – 15. These children will have the opportunity to work side-by-side with real marine biologists doing fieldwork. One major focus of this camp will be to educate children about the fragility of our local marine environment and to show them how invasive species can be so damaging.

They will quickly realize that other crab species that were once common, such as: the green crab, Atlantic marsh fiddler crab, and purple marsh crab, have decreased in abundance. It is incredibly important to educate younger generations on invasive species and their effect on various habitats because they will soon be the “stewards” of our local environment.

*Beth Patrizzi and Kris Shapiro
Cedar Island Marina Research Laboratory*

Play it Safe in the Sun

The sun sends us heat and light and is beneficial to our health. Ninety percent of our Vitamin D comes from sunlight hitting our skin but too much sun can cause skin cancer. It is important to balance the benefits and risks of exposure to sunshine and use sunscreen correctly.

4 Steps to Playing it Safe in the Sun

1. **Avoid Too Much Sun:** Wear protective clothing (shirt, hat, pants, sunglasses) when in the sun for more than 15 minutes; seek shade as much as possible; avoid mid-day sun.

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

3. **Choose Sunscreen Wisely:** Look at the label. Choose a sunscreen that:

- Offers broad spectrum (UV-A & UV-B) protection
- Is rated as SPF 15 or 30
- Contains zinc oxide as the active ingredient or as a blend with titanium dioxide. These mineral blockers are preferable to chemical absorbers.
- Is water resistant

4. **Do Get Some Sun Every Day:** Your body needs a daily dose of Vitamin D from the sun.

For most people 15 minutes of sunshine without sunscreen will not damage the skin and will give you enough Vitamin D

Why Does Sunshine Cause Skin Cancer?

The sun's rays are composed of ultraviolet radiation called UV-A and UV-B. Both UV-A and UV-B radiation can harm the skin. UV-B rays stop at the skin's surface and cause a tan, but can burn the skin if you stay in the sun too long. UV-A rays penetrate more deeply and can damage the elasticity of the skin, leading to wrinkles and premature aging. Both UV-A and UV-B can contribute to cancer by harming the skin's DNA. Further, sunburn damages the skin and is an added risk factor for skin cancer. A sunscreen must filter out both UV-A and UV-B to prevent skin cancer.

How Does Sunscreen Protect You From Skin Cancer?

There are two basic types of protection afforded by sunscreens: mineral blockers and chemical absorbers.

Mineral blockers form a temporary shield or barrier from sunlight, reflecting harmful rays away from the skin. The main blockers used in sunscreen are zinc oxide and titanium dioxide. They are both good at blocking UV-B and thus preventing sunburn. Zinc oxide can also block the UV-A rays and has the broadest spectrum of protection of any single sunscreen ingredient. Titanium dioxide only blocks some of the UV-A rays and so needs to be complemented by the chemical absorbers or zinc oxide.

Chemical absorbers actually transfer the sun's UV energy into their chemical structure, preventing damage to the skin below. Common absorbers in sunscreen are para-aminobenzoic acid (PABA), avobenzone, oxybenzone, cinnamates, and salicylates. Any individual absorber offers only partial protection and has to be combined with other chemical absorbers or mineral blockers to obtain broad spectrum coverage.

How Do I Choose A Sunscreen?

Read the label for the following features:

SPF 15 or 30: The SPF (sun protection factor) is an indication of how much extra time you can spend in the sun and not get a sunburn. For example, if it normally takes you 1 hour to get a sunburn, using a SPF 15 sunscreen will prevent a burn for 15 hours. But that is not realistic as the sunscreen will wear off from swimming, sweating and contact with other surfaces. Proper use of a SPF 15 or 30 sunscreen is usually sufficient to protect the skin. A higher SPF is not needed and would still need to be reapplied just as often.

Should I Apply Sunscreen To My Infant Or Young child?

For babies under six months of age, it is best to shelter them from the sun with hats, clothing and shade. If there is sun exposure, use sunscreen sparingly over small areas of exposed skin. Beyond 6 months of age you can use sunscreen normally but avoid the area around the eyes because children may wipe it into their eyes and cause irritation.



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