

HEALTH & WELLNESS

Pancreatic Action Network thanks sponsors

By Barb Karlen & Todd Richmond
Pancreatic Cancer Action Network-Madison Affiliate

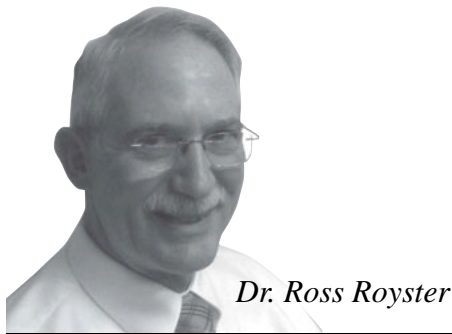
On behalf of the Madison Affiliate of the Pancreatic Action Network (PAN-CAN) we would like to give a huge shout out to those local Northside businesses who so graciously gave of their time, resources and sponsorships in support of the Madison 2013 PurpleStride Run/Walk. The event was held Sunday, April 28, at Warner Park and had over 2,000 participants and raised over \$220,000.

Our very sincere thanks go to our Gold Level sponsors:

- Big 1070 Radio
- 1310 WIBA
- First Weber Foundation
- Madison Family Dental Associates

We also thank the following Northside organizations which, along with many other businesses and individuals, helped to make this event such a success: Benvenuto's, Culver's-Northport, D&S Bait, Tackle and Archery, Don Bruns and Northside TownCenter, Jungs Garden Center, Lakeview Library, Madison Mallards, Madison Parks, Madison Police Department-North District, OmniPress and Northside News.

Organizers and participants alike agree Warner Park is a wonderful venue for our PurpleStride event, and we hope to be back here in 2014.



Dr. Ross Royster

Health Tips

Still counting sheep?

If you are racked by insomnia and the sheep-counting thing doesn't work, I have a couple of time-tested techniques for drifting off into deep slumber.

The first is a breathing game. You take a deep, long breath in, extending your stomach and expanding your rib cage to the maximum. The whole time you are taking this breath, count slowly to yourself. Then hold your breath for the same count before you exhale. You may exhale at a lower count because your rib cage will contract naturally, but pull your stomach in to expel all the air. Then hold your breath again, before inhaling, for the same initial count. If this is strenuous, start with a lower number for your count.

You will find that, as you do this, it will

become easier to do. You start adding numbers to the count as you are able to breathe more slowly. The goal of the game is to see how high a number you can reach. But this is more than a game. You will be breathing optimally, assuring that you will extract as much oxygen as possible from the air. Your oxygen-rich blood will relax your muscles, slow your heart rate, calm your mind and allow you to breathe even slower yet. Also, because you are concentrating on counting, sleep-depriving thoughts have no chance to enter your consciousness. This is usually enough to put me to sleep, but if you need more enticement, try the following.

Concentrate on complete relaxation. We subconsciously carry a lot of muscle tension

with us throughout the day. By recognizing it and releasing it, we allow the whole body to slow down, and sleep comes easily. Start with your toes. Consciously let all muscles in the toes release tension. You will feel them relax as you concentrate on them. Then do the same with the muscles in the feet. As you relax the muscles, you may feel a bit of tingling because your blood is allowed to flow more freely through the released muscles. Then work your way up to the calves, then your thighs, buttocks, back, etc. If you are still awake, you can do the same with your arms, starting with the fingers. Usually, you will be fast asleep before completing the whole body. I'm getting sleepy just thinking about this. *Good night.*

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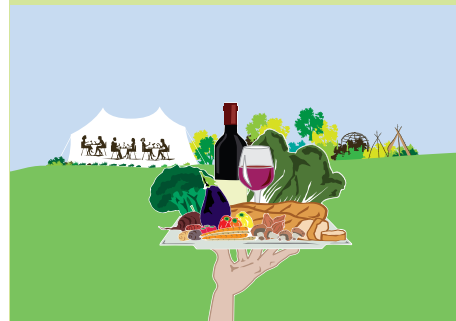
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POLICE

Letters from page 3

stressful and life threatening incidents were few and far between. Today, as officers deal with frequent stressful, high-risk incidents, their squad cars are equipped with cameras and microphones to capture every action taken. This increased oversight is occurring against a national backdrop where violent assaults and killing of police officers are increasing at alarming rates. Mass shooting incidents are a reality every officer must be prepared to face.

The day-to-day reality faced by our officers is highly stressful, and yet, I watch in admiration as our officers retain the com-

munity service orientation that typified the MPD of old. Officers from other departments used to call us "social worker cops." That label still exists today, as our officers continue to display their commitment to community service.

The MPD has consistently remained committed to recruiting, screening for and hiring people with strong values of service and professionalism. The training our officers receive has kept pace with the challenges they must face. The training they receive continually reinforces the MPD core values of human dignity, service, community partnership, integrity, continuous improvement and diversity. Our officers are as well

trained in crisis intervention, professional communications and community policing as any time in my career. At the same time, they are trained to deal with levels of violence that are no longer merely speculative.

Our officers are prepared to be deeply engaged human servants on most days and warriors when the need arises. It takes a very special person to be able to serve both roles. We have many very special people, and I am very, very proud of our officers. I know from the feedback I receive that many of you share that appreciation.

You have excellent police officers serving you on the Northside, but we'd like to be even better. We are deeply committed to continually improving ourselves and our services. Contact me anytime if you have thoughts on how we can better serve.

Thank you,

Captain Cam McLay
North Police District Commander

Erika L. Bierma, an attorney with Stafford Rosenbaum LLP, practices collections law and handles litigation and appeals. She can help you with:

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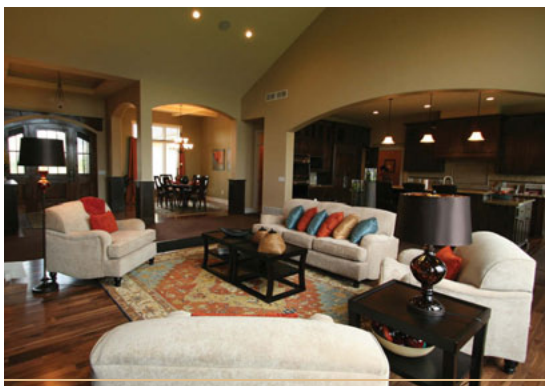
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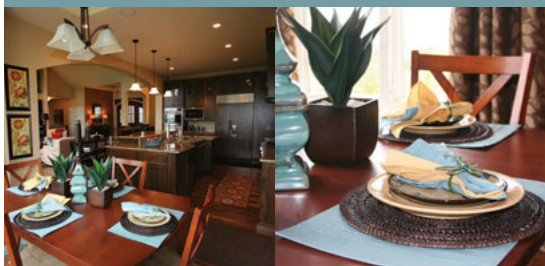
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ELECTED OFFICIALS

From
LARRY PALM
DISTRICT 12 ALDERPERSON



Greetings,
It is great to be introducing myself as your new alderperson in District 12. I'm happy to be representing you on the Madison Common Council and to start working on that list of items collected from knocking on doors in the district.
My eight years of service to District 15 have already helped me. There are several redevelopment projects that are being proposed, some road construction

issues and some safety concerns. I'm glad residents have reached out to me and involved me in their concerns.
Please consider signing up for the District 12 Alder email list. I know there are lots of ways to communicate with you, but this is the one place that I will generally be sending information. If you would like to be on the email list, enter your email address in the "Email Signup" box on the left side of the District 12 website at www.cityofmadison.com/council/district12.
You can always contact me directly at my city email account at lpalm@cityofmadison.com or on my cell phone 692-8416. I look forward to working with you over the next two years to create as vibrant a District 12 as we can.

From
PAUL RUSK
DISTRICT 12 SUPERVISOR



On Earth Day I was delighted to be honored by the Friends of Cherokee Marsh for working to expand this wonderful Northside recreational jewel that also helps prevent flooding in urban areas. The Yahara Watershed and its five lakes are all interconnected. The founder of Earth Day, Wisconsin Senator Gaylord Nelson, said, "Earth Day worked because of the spontaneous response at the grassroots level. We had neither the

time nor the resources to organize 20 million demonstrations and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself." The Friends of Cherokee Marsh is one of those key organizations that organized itself to be sure government and the private sector work together to promote environmental stewardship that enhances everyone's quality of life.

Dane County Public Safety Communications (PSC), commonly referred to as the 911 Center, is now one of only seven agencies worldwide to achieve a triple "Accredited Center of Excellence" status for fire, medical and law enforcement calls by the International Academies of Emergency Dispatch. This accreditation requires specialized training and many quality assurance efforts to ensure that the staff is well-prepared for the general public and first responders who rely on the PSC. There have been many enhancements in recent years under the leadership of PSC Director John Dejung.

In my role as chair of Public Protection and Judiciary, I'm involved in numerous initiatives, including building a new facility near the interstate that will house the medical examiner's office and, eventually, a second pathologist; working with the Dane County Sheriff on a jail master plan as we try to add special-needs beds and relocate the Huber Center away from the Alliant Energy Center; and pursuing several grants to address racial disparities throughout our justice system. There is never a dull moment.

Supervisor Rusk can be reached at 249-9667 or rusk@countyofdane.com.

From
ANITA WEIER
DISTRICT 18 ALDERPERSON



For years some people who live near Rhythm & Booms have complained about fireworks debris on their lawns, cars and roofs, as well as the behavior of drunken individuals. However, other people who live nearby love the event and invite friends and relatives for parties.

Rhythm & Booms was also costly because police, fire and parks personnel had to work on the weekend when pay is higher. In 2012 the cost to the city was \$100,000.

Last year we discontinued the carnival, where some violence had occurred, and started Rhythm & Booms later.

This year — after a community meeting attended by more than 80 people — we have moved the event to July 3, a Wednesday night on the eve of Independence Day, which is a holiday for many.

Written and spoken comments at that meeting, as well as emails and phone calls from people who could not attend, totaled 114. Of those, 59 supported R&B as it has been in the past, 50 favored a smaller neighborhood event, and five wanted it to occur somewhere besides Warner Park or not at all.

As in past years, residents were quite evenly divided. Therefore, we made the change to a less expensive event on July 3. There will be no music stage and no military parachuting. There will likely be no flyover due to federal funding cuts. But people will still be able to watch the fireworks that many enjoy, and families and friends can still gather, closer to the Fourth of July than in the past.

New District 12 Alder Larry Palm and I plan to hold a meeting on July 18 at the Warner Park Community Recreation Center to obtain input on how the reorganized event went. Starting the discussion early will allow an opportunity for more input than last year.

Those with comments can reach me at district18@cityofmadison.com or 320-5820.

From
MELISSA SARGENT
DISTRICT 18 SUPERVISOR



It is an honor to represent District 18 on the Dane County Board. I have grown to love our community in ways I never would have imagined. I have always been proud to be able to say that I am a Madisonian, born and raised in this great city. However, after having conversations with many of you at your doors, or as we picked garlic mustard at Lake View Hill, or as we shared the hiking paths at Cherokee Marsh, or as we walked the halls of our wonderful neighborhood schools, I now know that you are what makes our community so special. Your passion and pride for the Northside is contagious, and anyone who visits our neighborhood is touched by it.

Serving on the county board has not only introduced me to the neighborhood in a new way, but I have also developed an amazing amount of respect for the countless people who make our county run. From A to Z — airports to zoos — county staff ensures that we have fabulous parks and open spaces, high-quality human services, and a top-notch public safety system. Our county staff members are some of the most dedicated and hard-working people I have ever met.

Although I am not running for reelection as your county board supervisor next April, I look forward to continuing to talk with you about your values and working hard to protect them. I also encourage you to think about how you may be willing to serve our neighborhood, city or county. I am happy to meet with people and help them find a way to best be engaged in our shared values and to protect our quality of life.

Contact me at 220-2273 or Sargent@countyofdane.com.

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ELECTED OFFICIALS

From

PAUL SOGLIN



MAYOR

You may have read recently about a program called Adaptive Management. I would like to add some additional explanation as this plan will help us clean up our lakes. The City of Madison was the first to sign on to this pilot project, and we remain its largest financial backer. I fully support this program as it holds tremendous potential to help us reduce the phosphorus in our lakes.

Phosphorus is an essential plant nutrient and is a chief component in fertilizers. However, the discharge of phosphorus is what causes algae to grow in our lakes. Recently, the Environmental Protection Agency (EPA) and the Department of Natural Resources (DNR) implemented new limits on the amount of phosphorus that can be discharged into our watershed. This is a very positive step for the environment. The options for reducing the remaining phosphorus are very expensive.

Adaptive Management allows municipalities and the Madison Metropolitan Sewer District to get credit for reductions by paying for improvements on farmland. This has the potential to save millions of dollars by avoiding the construction of another treatment plant. In addition, the program helps put in place agricultural best practices. At the same time, these improvements will have a greater impact on our lakes because they occur upstream, before the phosphorus enters the lakes.

Prior to these new rules, however, the City of Madison had already taken many steps to reduce phosphorus. We have a pilot program monitoring leaf collection, city staff is using alum to reduce phosphorus in settling ponds, and we continue to manage construction runoff. We are optimistic that, through the cooperative effort of all the partners, we will continue to drop the levels of phosphorus in our lakes, which are an incredible asset to Madison and Dane County.

The cleanup will not happen overnight, but if we all do our part, we can make a difference. Enjoy the summer and our wonderful lakes.

From

JOE PARISI



DANE COUNTY EXECUTIVE

New year-round Clean Sweep helps lose the "wait" this summer

For many people the long wait for winter grays to fade into summer sunshine goes hand-in-hand with waiting to declutter until the county's Clean Sweep hazardous waste collection site opens. With Clean Sweep's new green facility and year-round schedule, the wait isn't over just for the year — the wait is over forever.

Households, farms and businesses will no longer have to hold on to unused oil-based paints, poisons, pesticides, car batteries, gasoline or aerosol cans. Just bring your unwanted items to Clean Sweep for easy and safe disposal.

And for the first time in Clean Sweep's history, electronic waste — broken or unwanted TVs, computers, cell phones and more — will be accepted.

The Clean Sweep program has helped

keep our community safe and healthy for nearly two decades by preventing an estimated 10 million pounds of hazardous household waste from entering our water and soil. It has also expanded the county's recycling efforts and extended the life of our landfill.

Fittingly, our new Clean Sweep facility contains a number of green features to reduce its footprint on the environment and reduce operational costs. For example, in colder months the building will be warmed entirely by heat generated from on-site engines that convert gas from decaying landfill trash into renewable electricity for the grid.

We hope you'll visit Clean Sweep at its new location at 7102 US Hwy 12, Madison (the county landfill), Tuesday–Friday from 7 am–2:45 pm, or Saturday from 8–10:45 am. Clean Sweep is closed every Sunday, Monday and holidays.

Dane County households and farms will be asked to pay \$10 per drop-off; out-of-county households and farms will be asked to pay \$75.

Please call 838-9555 or visit www.dan-countycleansweep.com for additional details, including a full description of products and electronics that will be accepted, fee structure and exceptions.

From

MARK MILLER



STATE SENATOR

Wisconsin's long history of quality public education will be seriously at risk if the legislature adopts the governor's proposal to expand private school vouchers while simultaneously putting a strangle hold on public education funding.

Wisconsin's history of good public education is reflected in our being the first state to adopt publicly funded kindergarten. It is reflected in Wisconsin high school students consistently ranking near the top in ACT scores.

Private school vouchers began in Milwaukee in 1990. Once private school vouchers got a foothold in Milwaukee, free-market advocates have continued to successfully expand the program despite the failure of voucher schools to improve educational outcomes for students and the negative impact the program has had on Milwaukee public schools.

The governor proposes expanding the use of public funds (vouchers) for private school students despite the program's demonstrated shortcomings. Only recently have voucher school students had to take the same standardized achievement tests as public school students. The results demonstrate that voucher school students do not perform any better than public school students. In addition, the voucher program increases the total cost of educating K-12 students by providing public funding for private school students whose parents have already chosen to use private or religious schools and reducing state aid to school districts who lose students to private schools. School boards increase taxes to make up the shortfall. Residents in voucher-funded districts pay twice.

Now that we know voucher school students fare no better than public school students, we should be redoubling our efforts for continuous improvement of lower-performing schools rather than pulling the rug out from under them. Adding money for public funding of private schools, while cutting funding for public schools, is a recipe for mediocrity, or worse. Our parents and grandparents invested in educational excellence. We should do the same.

From

MELISSA SARGENT



STATE REPRESENTATIVE

Redistricting Reform Needed

Since the redistricting bill was passed last session, an election has come and gone. We can now see the true effects of the newly drawn district lines that Republicans created behind closed doors. While there has been some public outcry, people should become informed of just how skewed our state government has become as a result of this process.

The process behind the redistricting is, in fact, at the heart of this matter. We now know that Republican members of the legislature were required to sign secrecy oaths in order to look at the proposed maps before Democrats or the public were allowed to have any input. We recently learned that the staff members in charge of the redistricting destroyed thousands of files and even went so far

as physically damaging computer hard drives to hide their actions.

So what was the result of redistricting in the 2012 election? Democrats received nearly 200,000 more votes than Republicans statewide, yet the GOP holds a 60-39 advantage in the State Assembly.

We must remove partisan politics from the redistricting process. The current process allows politicians to pick their constituents rather than allowing constituents to elect their representatives. Because of this clearly flawed process, I am a proud sponsor of a redistricting bill with my colleagues in the Assembly.

Our bill takes the responsibility for drawing new maps out of the hands of politicians and puts it into the hands of a nonpartisan commission. By limiting consideration to population changes based on census data and making the districts as compact and contiguous as possible, the ability to gerrymander a district would be much more difficult.

We must act to create a fair redistricting process to ensure that our legislature truly reflects the will of the citizens of Wisconsin.

Contact Information: 266-0960; Rep.Sargent@legis.wi.gov



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SENIOR

From
JIM KRUEGER
NESCO EXECUTIVE DIRECTOR



Please let them know how much you appreciate their financial support of our concert series.

Grilled brats and hot dogs, freshly popped popcorn, delicious root beer floats and brownies will be available for purchase at the concerts. Transportation is also available for senior adults in the north/east side of Madison. Please call 243-5252 to arrange a ride. Free-will donations are collected during intermission. Additional details can be found at www.nescoinc.org.

Bring your lawn chair, dance shoes and a big appetite, and be ready for a delightful evening — rain or shine.

19th Annual Summer Concert Series

The North/Eastside Senior Coalition has had the honor of hosting 108 free summer concerts over the past 18 years. Averaging six concerts a year, one can only imagine the number of community members who have attended these traditional summer outings. Offered on Monday evenings at the Warner Park Shelter (6-7:30 pm), senior adults and their families (of all ages) can sit under the beautiful skies and enjoy a diverse selection of live music. This year's artists include: Hanson Family Band – jazz (June 10), Ladies Must Swing – big band (June 17), The Dang-Its – country (June 24), Primitive Culture – blues and reggae (July 8), Madisalsa – Mexican (July 15), and Fuzzy Side Up – 60s and 70s rock (July 22). In case of thunderstorms or excessive heat, July 29 will be the makeup date.

These concerts would not be possible without the continued support of our wonderful community sponsors: Alliant Energy Foundation, BMO Harris Bank, Dane Arts (with additional funds from the Foundation), Door Creek Church and Boomerangs Resale Store, Madison Arts Commission, Madison Mallards, Oak Park Place, Thrivent Financial for Lutherans, Dennis Tiziani, UW Credit Union and Westmont Law Offices.



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SENIOR Activities

NESCO North/Eastside Senior Coalition • 243-5252 • info@nescoinc.org

For over 35 years, the North/Eastside Senior Coalition (NESCO) has been enhancing the quality of life for all senior adults by providing programs, advocacy and resources that assist them to remain independent, active and influential in the community. The following programs will be offered at Warner Park Community Recreation Center (WPCRC) at 1625 Northport Dr., unless indicated otherwise.

UPCOMING EVENTS

- June 10, 11:30 am** — *Euchre tournament and lunch at Lake View Lutheran Church
- June 10, 6 pm** – Summer Concert Series – Hanson Family Jazz Band – at Warner Park Shelter
- June 14, 11 am** – Presentation about the Aging and Disability Resource Center (ADRC) and how they can help you at WPCRC
- June 17, 6 pm** – Summer Concert Series – Ladies Must Swing – at Warner Park Shelter
- June 24, 6 pm** – Summer Concert Series – The Dang-Its – at Warner Park Shelter
- July 8, 6 pm** – Summer Concert Series – Primitive Culture – at Warner Park Shelter
- July 15, 6 pm** – Summer Concert Series – Madisalsa – at Warner Park Shelter
- July 1, 11:30 am** – *Euchre tournament and lunch at Lake View Lutheran Church
- July 22, 6 pm** – Summer Concert Series –

Fuzzy Side Up – at Warner Park Shelter
July 25, 5 pm – Mallards tailgate and game at the Duck Pond
*Must pre-register at 243-5252
NESCO office is closed Thursday, July 4.

ONGOING PROGRAMS

The following ongoing programs and services are offered at WPCRC, 1625 Northport Drive:

- Bingo:** Fridays, 10:30 am, five cents a card (two-card limit per game) with cash prizes
- Book Club:** First Tuesday, 10 am
- Cards and Puzzles:** Kings Corner, Monday–Thursday, 10:30 am; Euchre, Monday, 9:30 am; Sheephead, first and third Wednesdays, 1 pm. Call ahead to assure correct numbers.
- Case Management:** Provides support, resources and community services to enable seniors to safely remain living in their own homes.
- Cultural Diversity:** Hosts monthly programs for African American and Latino seniors.
- Foot Care Clinics:** NESCO and Interim Health Care co-sponsor four foot care clinics each month for individuals who cannot do their own foot care and do not have diabetes. The cost is \$15; call 243-5252 for an appointment.

Home Chore Program: Volunteers are needed to help with cleaning for seniors. This is a flexible volunteer opportunity that can fit into your busy schedule and is very rewarding. Call Laura at 243-5252.

- Low-Vision Support Group:** Third Thursday each month, 10:15 am
- Nutrition Education:** Fourth Wednesday each month, 11 am
- Nutritious Lunches:** Monday-Friday, 11:30 am; door-to-door bus service available (50 cents each way and free on Tuesdays and Fridays). Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis. Suggested \$3. Anyone under 60 costs \$6.15. Reservations required by noon the day prior.

Senior Exercise: Wednesdays, 10:30 am.
For more information on NESCO programs, please call 243-5252 or email info@nescoinc.org.

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SENIOR

Theater Bus provides entertainment for those 55 and over

Theater Bus, Inc. is a nonprofit organization committed to enriching the quality of life for Madison adults over 55 by providing safe, affordable, escorted outings to theatrical, cultured and social events.

June 1, *Annie Get Your Gun* at the Fireside Dinner Theater in Fort Atkinson. Enjoy the tale of Annie Oakley, the world's greatest sharpshooter, and her hilarious journey to fame, fortune and true love. Cost is \$95.

June 8, *Starlight Express* at the Stalight Theater in Rockford, IL. This high-tech spectacle was conceived by Andrew Lloyd Weber in 1973 as a television series loose-

ly based on The Little Engine That Could. Lunch is at Cliffbreakers. Cost is \$67.

June 17, *Waupaca Cruise*, View the beauty of the Chain O' Lakes on a relaxing narrated tour and learn the local history. Lunch is at the Waupaca Country Club. Cost is \$62.

June 23, *Peter Pan*, One of Broadway's most celebrated musicals is presented by the Verona Area Community Theater. Lunch will be served at Hawk's Landing. Cost is \$56.

Call 257-0003 now or email theaterbus@tds.net.

Do something special for a senior or person with disability

By Sue Berg
Independent Living

Volunteer opportunities await a kind-hearted person willing to help a senior or adult with disability remain independent. Independent Living, Inc. has clients hoping for help with running errands, yard work, shopping for groceries or doing light housekeeping. Others would enjoy a friendly visitor or someone to provide a safety check as a regular telephone reassurance caller. Volunteers also are needed to deliver evening Meals on Wheels. Do you have a talent or a little time to share? Please contact the Volunteer Services Program Manager at 268-9641 or email volunteer@independentlivinginc.org.

A free orientation session, open to the public, explains the program and opportunities. Upcoming sessions are:

Tuesdays, June 11, July 9 and July 23 at 12:15 pm at The Gardens, 602 N. Segoe Rd., Madison

Tuesdays, June 4, June 18, July 16 and July 30 at 5:15 pm at Main Office, 2970 Chapel Valley Rd. Suite 203, Madison

Please RSVP to the Volunteer Services Program Manager at 268-9641 or email volunteer@independentlivinginc.org or visit www.independentlivinginc.org/volunteer.

Make an impact on the life of a senior adult.

Assist a senior adult to remain independent and living in their own home through the Home Chore Volunteer Program. Volunteers are matched with a senior adult and help with light housekeeping or other tasks once a week or bi-weekly. Help with indoor or outdoor chores, and maintain a rewarding friendship. To get involved in this flexible program, please contact Laura with the Madison Coalition of Older Adults at 243-5252 or Isherrington@nescoinc.org.



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From

BRAD WEISINGER
245-3690



WPCRC FACILITY MANAGER

You can do it

At Warner Park Community Recreation Center (WPCRC), our goal is to provide, among many other things, a comfortable place to exercise. Of course, no two people have the exact same fitness needs and goals, a reality we understand and embrace at WPCRC.

A case in point: meet Gina Currie, our personal trainer. Originally a nurse, she has an inherent appreciation for good health and vitality, a passion she has fostered in her clients for over 10 years at WPCRC.

“There is a moment of joy when you help a person to heal and return to a renewed health status,” Currie said.

Currie works with people of all ages and lifestyles, from youth to seniors, from those who exercise on a regular basis to those looking to start a new routine. Guiding and supporting her clients in their fitness regimen, she teaches them not only what to do, but why they need to do it.

“Through my training, I want people to learn both why and how they can exercise,” she said. “I would love to see them learn movement in a way that allows them to fall in love with their bodies.”

According to Jennifer Frederick, this is exactly what Currie has done for her. Frederick has been seeing Currie since early October and has seen great results from her work with a personal trainer.

“I tend to get bored with the same repetition, but Gina has made working out more fun and continues to challenge me,” she said. “My endurance and strength have vastly improved since I started.”

We offer a number of programs that move people to “fall in love with their bodies” and accommodate both beginners and those who are advanced. Whether you are looking to lose weight, change your exercise routine or simply stay active, we have a program suited for your goals.

Teen Equipment Orientation – \$15

A 30-minute session designed for teens (ages 12-15) covering safety, etiquette and fitness goals.

Adult Orientation – \$20

A 30-minute session in which Currie demonstrates proper technique on both cardiovascular and strength training stations.

Initial Program Design – \$50

A 60-minute session with Currie in which health history is reviewed, exercise goals are established and a progressive routine to meet those needs is crafted.

Healthy Start – \$135

A one-hour program-design appointment, followed by two one-hour sessions that focus on cardiovascular, respiratory and muscular strength training using weights and resistance.

Get Serious – \$225

A one-hour program-design appointment, followed by four one-hour sessions that focus on cardiovascular, respiratory and muscular strength training using weights and resistance.

One-on-One – \$55/session or six sessions for \$300

A one-hour program-design appointment, followed by in-depth program planning based on moderate aerobic activity, muscular growth and endurance, bone health and nutritional counseling. Individual one-on-one, hour-long sessions will be tailored to meet your fitness goals.

Duets – \$90/session or six sessions for \$500

Designed for you and a buddy. A one-hour program-design appointment, followed by in-depth program planning based on moderate aerobic activity, muscular growth and endurance, bone health and nutritional counseling. One-hour sessions for you and your buddy will be tailored to meet your fitness goals.

For more information on personal training at WPCRC or to schedule your first appointment, call 628-3241 or visit us online at www.cityofmadison.com/parks/wpcrc.

Create Waves

A great team sport at the Goodman Pool for 2013 is our Waves swim team for ages 6-18. This is a community partnership between the Shelley Glover Sports Education Foundation, the Irwin A. and Robert D. Goodman Foundation and Madison Parks. Registering for the Goodman Pool Waves Swim Team is easy and convenient. Go online to www.cityofmadison.com/parks/pool, then link to Online Registration. Use course number 19900-1 to register. You may also register by mail using the form at the back of the Goodman Pool 2013 catalog. Scholarships are available. You must register by June 1. Questions? Call Brad Weisinger at 245-3691.

The City of Madison Parks Division is now taking summer registration for swim lessons and memberships for the Goodman Pool. The website for registration

is www.cityofmadison.com/parks/pool. If you don't have an active household at the Goodman Pool, email bweisinger@cityofmadison.com and I will be glad to set up your household. Needed are your full name, street address, city, state, zip, phone number with area code and email address.

Kids Kamp

Register now for the Madison School & Community Recreation (MSCR) Kids Kamp at the WPCRC. This summer camp program for elementary school aged children will be held June 24-August 23, Monday-Friday, 7:30 am -5:30 pm. Dane County childcare assistance is accepted and fee waivers are available. Call 204-6561 for more information.

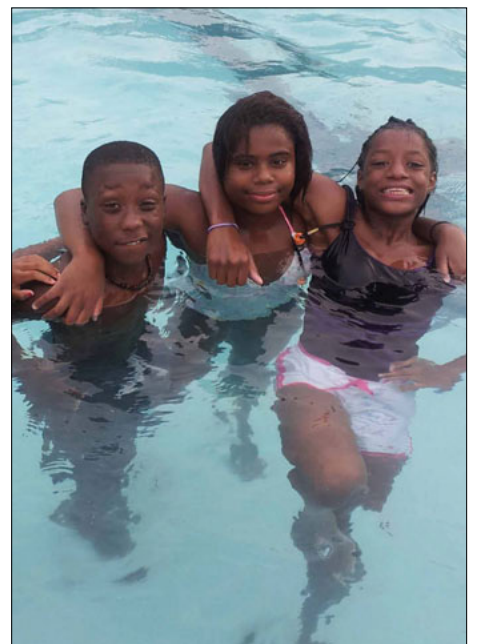
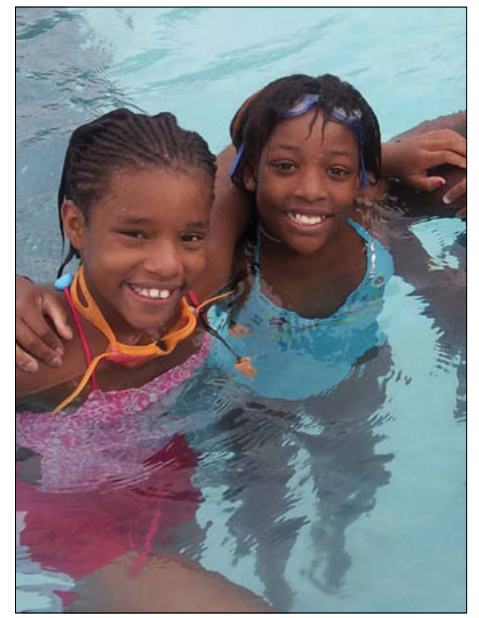
Facility Rentals

Northsiders and other Madison residents have been taking full advantage of the lovely WPCRC community rooms and meeting room. Wedding ceremonies and receptions, business meetings, community suppers, arts and craft shows, non-profit seminars, City of Madison training sessions, baby showers and neighborhood association potlucks and meetings have all enjoyed the use of the rooms. If you have an event — large or small — give us a call at 245-3690 and we'll be happy to show you around and provide additional details.

Something Batty

A great event for all ages is the Bat Festival sponsored by the Wisconsin Department of Natural Resources. This event is taking place on June 1. Come and see some examples of this very interesting species. The WPCRC gym will be filled with bats flying all around — in cages, of course. Adult admission is \$5 and you can bring children for free.

Speaking of the gym, Northeast Sherman Youth Basketball has plans to use the gym June 8 for a fundraiser. Basketball games will take place featuring East High School alumni. Raffle tickets for great prizes will be sold in the gym hallway. Games will be played from 2-5 pm. Come early and get a good seat.





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