

NEWS AND VIEWS FROM ELECTED OFFICIALS

From  
**BRIAN  
BENFORD**



**DISTRICT 12 ALDERPERSON**

**Dear Friends and Neighbors,**

I am writing this note after returning home from the grand opening celebration of Pierce's Northside Market, and all I can say is, "WOW!" This is the nicest grocery store I have ever seen. Of course, I am biased. Not because this store is on the Northside, and we have waited over three years for a store. Not because countless folks, including the Northside Planning Council, community leaders, the Bruns, and City officials have worked very hard in concert to make this a reality. I can say this is the best store in Madison because, quite frankly, it is. All through high school and my first two years in college, I worked at a supermarket in Fort Atkinson, so I know a little about what makes for a great store. Pierce's has it all: quality organic produce, a fine wine selection, fresh meats and seafood, a great freezer aisle, a wonderful bakery and much more, at very competitive prices.

What blew me away was the commons area, complete with a fireplace and Internet. I have always said that nothing brings people together like food. This store will be more than a place to just shop for groceries; Pierce's will be a community hub that will bring us all together. Can you imagine Sundays at the TownCenter

when the Farmer's Market opens? I can't wait. I guess I'll be doing most of the shopping for my family now. I'll be sure to ditch the kids and bring a book to enjoy by the fireplace. Now that the store is open, please understand how important it is to support our local, homegrown businesses whenever possible. TownCenter has just about everything you could need, right here in the heart of our community.

With all the positive things going on here on the Northside, I think it is time for a party to celebrate them. On Saturday, September 2, mark your calendars for the 1st Annual North Side Fest. I have teamed up with the other Northside elected officials to bring us an event to celebrate the incredible cultural fabric that makes up the North and Northeast sides of Madison. We are planning for free food, entertainment, kids' activities and an opportunity to bring us all together at Warner Park. I realize that this first year the event might be modest, but with your support, this could turn into a wonderful celebration.

I hope that any proceeds from this event go to support our community centers and to help raise money for a pool. We are looking for sponsors and folks to help plan the festival. If you can help, please contact me by phone or email (see below). We are forming a work group over the next couple weeks to make this event a success.

In closing, I want to thank all of you who have called and sent me notes.

*Ald. Benford can be reached at:  
332-3098 or  
district12@cityofmadison.com*

From  
**DAVE  
CIESLEWICZ**



**MAYOR OF MADISON**

I wanted to take this opportunity to provide an update on issues of interest to the Northside and also share some thoughts on our city's upcoming sesquicentennial celebration.

I was privileged to be present at the opening reception for Pierce's Northside Market. This was a remarkable accomplishment for the neighborhood, which worked so hard in partnership with many public and private parties to get this done.

Bringing back neighborhood groceries has been one of my top priorities. The opening of Pierce's is a great step forward not only for the Northside, but for the city as a whole. It would not have been possible without the active involvement of a neighborhood that was determined to fight for this important project.

I could make similar statements about the Troy Gardens housing development groundbreaking that I also recently took part in. Through a lot of hard work and collaboration with city officials and federal leaders like Rep. Tammy Baldwin, Northsiders led the

way in the creation of an innovative project to create an exciting new affordable housing development. The well-deserved reputation of Troy Gardens as one of Madison's "hidden treasures" is now even more so, thanks to this latest step forward. I'll be back at Troy Gardens this spring to help with the prairie burn.

Finally: this summer, I will be taking a bit of the Northside home with me each week. At the recent open house for Community Supported Agriculture (CSA) programs, my wife and I signed up with the Troy Gardens CSA program. We are both looking forward a summer of fresh and delicious vegetables grown right here in Madison.

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This year is the City of Madison's sesquicentennial, as you are likely aware. Our city charter took effect on March 7, 1856, and the first mayor and council formed the first city government on April 7 of that year. To mark the occasion, the city is putting on a 3-day birthday party from April 7 - April 9. The party will be free, fun and open to the entire city.

For more details about the City of Madison's sesquicentennial, you can visit the official website, [www.madison150.org](http://www.madison150.org).

*Mayor Cieslewicz can be reached at 266-4611 or Fax: 608-267-8671 or mayor@cityofmadison.com*



*Happy Spring!*

From  
**PAUL  
VAN ROOY**



**DISTRICT 18 ALDERPERSON**

As I write this article there are two very important issues that the City Council is faced with. The first is the Allied Drive properties that are for sale, and the other is the development of the 800 Block of East Washington Avenue. In regard to the Allied Drive properties, it now appears that a private developer has made an accepted offer for the 129-unit complex. Hopefully this will lead to a situation where the City can achieve some of its goals for this troubled neighborhood without an investment of massive amounts of public funds. Watch for developments on this situation in the coming weeks.

In regard to the 800 block of East Washington Avenue, it would certainly be desirable to see that block redeveloped with residential and commercial space much as the developer, Gary Gorman has proposed. However, the developer and the City have reached an impasse regarding the level of public subsidy needed to make the project to work. The Council and the Mayor would like to see this project, which has received neighborhood endorsement, move forward, but not at the cost requested by the developer. As I write this article, the Board of Estimates and City Staff continue to negotiate with the developer, but we are still about \$2 million apart. I believe that we need to remain firm on the level of subsidy for this project, and look for other developers if necessary. Watch the news as

this project moves forward in coming weeks as well.

The exciting news on the Northside is of course the opening of the new Pierce's Northside Market. This is a great new store with a friendly staff, great customer service and a wonderful selection of merchandise. If you haven't yet had a chance to go shopping there please do so and help support the Northside community that we all love. I will plan to see you there in the coming weeks.

In other Northside developments, Cherokee Park Inc. is moving ahead with plans for the development of the property owned by the corporation. The most recent public meeting to discuss the plans was held at Warner Park on February 28th with about 140 people in attendance. There were questions about protection of the marsh and Cherokee Park. The City requires a buffer of 75 feet adjacent to wetlands and urban runoff is not allowed to flow into the wetlands. As plans are further refined, there will be additional meetings to allow for public input and questions.

There was a meeting to discuss the Cherokee Park Boardwalk held at Warner Park on February 14th. Only about 14 people were in attendance, but the consensus of the group was that the boardwalk should be replaced in its original location. The current plan is to request funding for the boardwalk, estimated to cost about \$100,000, in the 2007 City budget. Anyone interested in contributing funds for this project can do so by contacting the City Parks Department.

*Ald. Van Rooy can be reached at  
663-9500 or  
district18@cityofmadison.com*

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From  
**KATHLEEN M. FALK**



**DANE COUNTY EXECUTIVE**

Greetings! Spring is just around the corner - - I sure hope! In the winter newsletter I talked about the challenges that youth gangs present to our community, and I outlined some of the steps that the county is taking to meet these challenges. We are making progress and I want to share news and ask for your participation.

The first recommendation in the "Dane County Youth Gang Prevention Task Force Proposed Community Response Plan" called for an "enhanced" Task Force to include broader community involvement.

I am happy to tell you that a co-chair "dream team" has graciously agreed to take leadership roles in this important work. The Task Force co-chairs being appointed by Madison Mayor Dave Cieslewicz and myself will be Milt McPike and Luis Yudice.

Milt McPike recently retired as principal of East High School where he devoted 23 years to his students and the community. Luis Yudice recently retired from the Madison Police Department where he served the Madison community for 32 years. They are both terrific.

Please help us to broaden the discussion about gangs and the ways that they manifest in different parts of our county and to help to get the word out

about this important work. Everyone has something to contribute to the solutions.

If you are interested in participating on the "enhanced" Task Force as a member, sub-committee member, or in some other way, or to receive an electronic version of the plan, please contact Ken Haynes in my office. He can be reached at (608) 266-3197 or haynes@co.dane.wi.us.

On another note, I need your help on another very important matter. Last year Dane County established a special fund to help deployed military personnel who are serving, or have served, on active duty in the Middle East. This assistance is also available to the families of these brave servicemen and servicewomen.

The special fund cannot speed up the safe return of loved ones stationed in the Middle East, but it can help to take the sting out of possibly mounting bills such as those connected to rent, mortgage, medical, dental, utilities, household and other emergencies. Please help to spread the word about this program. Our servicemen and servicewomen and their families deserve it.

Interested persons should call Eleanor Harris at the Dane County Veteran Service Office at (608) 266-4158 or email her at harris@co.dane.wi.us to make an appointment to fill out the application or bring in a completed application.

I'm sure we all join in wishing the safe return of all military members serving in the Middle East.

*County Executive Falk can be reached at 266-4114 or falk@co.dane.wi.us*

From  
**PAUL RUSK**



**DISTRICT 12 SUPERVISOR**

**New Courthouse Difficulties** My standing committee, Public Protection and Judiciary, has had several meetings concerning safety, parking and child support efficiency problems with our new courthouse that opened in January. When such a large public building opens you would expect some initial glitches, but I have been surprised at the resistance to acknowledging problems combined with a less than open attitude by leaders of the judges to address them. Many county employees have been reluctant to speak up which is very unfortunate so we keep learning more as time goes on. The County Board has formed a special committee to study issues and make recommendations.

I'm pleased that the parking issue has apparently been rectified. We were informed by the Coroner that he was having problems doing autopsies efficiently as there wasn't sufficient space for his larger vehicles in the public safety building while there were dozens of empty spaces under the new courthouse. Some of our post 9/11 safety equipment has special parking requirements which were not being accommodated. Our shared system with authority among three branches of government (legislative, executive and judicial) provides a forum to address these issues so that all taxpayer dollars are well spent.

I am especially concerned about arresting angry people under court supervision in public waiting rooms, the lack of efficient working space for our nationally recognized child support enforcement unit, and the lack of appropriate storage space for court records. Many court records are now

being stored in the old nurse's dormitory on the Lakeview Hill where they are covered in plastic as the roof leaks! The vacant space provided for future courtroom expansion would be an ideal location for records. Child support enforcement is projecting a 17% annual decrease (1400 fewer hearings of a total of 8000) they can perform because they only have a small working room in the courthouse and now must transport staff and files back and forth all day between two buildings. This means significantly less money for kids as "deadbeat dads" are not held accountable. In addition to the dollars we lose from child support for children, as revenues and efficiency drops, so do the federal and state dollars the county receives, leading to less resources to collect dollars—a classic domino effect. Hopefully in the next few months we can address these problems so that our tax dollars are being used efficiently and children do not suffer.

Homeland Security Volunteer Grant. Since September 11, 2001 Dane County has been receiving significant dollars from the federal Department of Homeland Security to help law enforcement and emergency management prepare for disasters. These dollars are approved initially by my standing committee, PP&J. Although we sometimes wonder if the federal dollars are needed, we are careful to be sure they are put to good use locally. Dane County is in the process of receiving \$53,000 to train citizen volunteers with medical, law enforcement and emergency medical service backgrounds to help respond to natural disasters. Groups like the American Red Cross are included. Training volunteers with specialized skills is a positive approach that should pay major dividends as government responds to future disasters, including tornadoes.

*Supv. Rusk can be reached at 249-9667 or rusk@co.dane.wi.us*

From  
**DOROTHY WHEELER**



**DISTRICT 18 SUPERVISOR**

**The Campaign** I am writing this before April 4th but, by the time you read this column, the election will be over. Democracy is alive and well in the 18th District. I was one of eight incumbents who had a challenger. Of course, I was disappointed on January 3rd when I made that discovery because I knew that running for office was hard work. Luckily, I had held a fundraiser early in December when many of my wonderful supporters helped me raise most of the money I needed, so I hit the ground running. Now that the campaign is almost over, I can say without reservation that it was a very good experience and maybe even a necessary one for a politician still in the early stages of representing a few thousand people in the government! I got out into the district and talked with people finding out first hand what their concerns are. I had to rethink my positions on some issues to bring clarity to the forums, and reevaluate my own performance in doing the job of representing my constituents. Then I had lots of fun reconnecting with my supporters, meeting with my awesome kitchen cabinet, and doing doors in nice weather. I got some good exercise and even lost five pounds!!

**Lake View Hill** Yes, a Lake View Hill resolution is again before the county board making its way through commit-

tee. You probably thought we were all done protecting our urban green spaces after the county board passed two resolutions making both the Hill and the Woods parkland putting them under the jurisdiction of the Parks Commission. However, there was a glitch that needed to be addressed. The Hill and buildings are still zoned R-1 by the city of Madison so we needed to finish the job.

We are now working to rezone all that property to Conservancy just as the Woods is zoned, bringing another layer of protection to bear because the area of the buildings with parking lot is not parkland and it might be vulnerable to development. Moreover, the Dane County Human Services Building, the old sanatorium, is on the National Register of Historic Buildings and is built like a fortress on a rock foundation so it can be preserved for a long time into the future. After this resolution passes the county board, the county staff will petition the city for the rezone and that action must pass the city council. (And we thought this would be easy!) When it does, we will have accomplished everything the law allows to protect our treasured green space. Now the real work by the Friends will continue - to restore and preserve the land to its natural splendor.

**With deepest gratitude** Thank you to all my supporters for their hard work during the campaign and thank you to everyone in the 18th District (the best one in the county!) for the honor and privilege of serving you by representing you on the county board.

*Supv. Wheeler can be reached at 244-4711 or djwheele@juno.com*

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From  
**DAVE  
TRAVIS**



**STATE REPRESENTATIVE**

**Renewable Energy: A Reality in Wisconsin**

Change is not always easy. In fact, it's usually down right hard. In the past couple of years in our nation, changing or even adopting energy policy has been difficult. As a nation, we have been forced to examine our energy priorities, environmental goals, and common dreams. A war that was probably begun to protect our oil supply and has killed too many Americans, has added voices to the crowd calling for a sound, reasonable, and renewable energy policy.

Here in the Badger State, Governor Doyle had the wisdom to convene a taskforce in the fall of 2003 to study our energy policy and make recommendations to improve efficiency and grow the use of renewable resources in the production of power in Wisconsin. This taskforce, appropriately named the Governor's Taskforce on Energy Efficiency and Renewables, made its report to the Legislature one year later with some excellent recommendations to move Wisconsin forward toward its energy goals.

The recommendations were embodied in Senate Bill 459 or the Renewable Energy Bill, which was passed almost unanimously by the Senate and Assembly in the past month. As the ranking member of the Assembly Committee on Energy and Utilities, the Renewable Energy Bill is by far the most important and progressive piece of legislation the committee has worked on this legislative session and in the recent past.

Governor Doyle signed the legislation on Friday, March 17.

At its core, the bill does three very significant things.

Requires that by the year 2015, ten (10) percent of all power provided in Wisconsin is to be generated from renewable resources, which is at least an average six (6) percent raise in the amount of renewable energy generated for Wisconsin. This power will be generated from solar, wind, hydro, bio-mass sources, etc. instead of using fossil fuels like coal or oil.

Requires that state-owned facilities, operated by the six state agencies that use the most power, use power generated with at least twenty (20) percent renewable resources. The State of Wisconsin is the largest end-use purchaser of energy in the state.

Requires the Department of Administration to create standards for all state buildings and building projects to incorporate the use of geo-thermal energy.

As you can see, the Renewable Energy law will make some major changes in our state's energy policy and through it, our state's energy use. Renewable resources will reduce our state's use of oil and coal in power production which can do nothing but cut down our bad air emissions, maintain a clean water supply, and reduce our dependence on foreign oil.

It's a big change for Wisconsin, but one that was long overdue and helps to keep Wisconsin moving "Forward"!

Rep. Travis represents the 81st Assembly District and is the ranking Democratic member of the Assembly Committee on Energy and Utilities.

*Rep. Travis, Northside resident and State Representative, can be reached at 266-5340, rep.travis@legis.state.wi.us*

From

**JON  
ERPENBACH**



**STATE SENATOR**

The State of Wisconsin has a long history of providing generous benefits, programs and services to our veterans who entered "active duty" from Wisconsin and continue to reside in our state.

A primary focus of the state's Department of Veteran's Affairs (WDVA) is to assist Wisconsin veterans in obtaining all federal benefits that they may have earned. Through the recently created WDVA "I Owe You" outreach campaign, which includes Supermarkets of Veterans Benefits held throughout the state and the newly created "Mission Welcome Home" program, our state works actively to inform veterans about and accessing federal and state benefits, programs and services.

The "I Owe You" campaign and the "Mission Welcome Home" program have been real success stories for the WDVA and for Wisconsin veterans. In the past four years, Wisconsin has seen over \$250 million in additional federal veteran's funding come into the state, mostly directed to assist Wisconsin's disabled veterans. There has also been a 30% increase in the number of vets who take advantage of the federal VA Health Care System. Because of the work of the WDVA, many veterans who were previously uninsured now have health insurance and are getting the health care they need and deserve. Those that are just coming home are finding reintegrated assistance in getting reintegrated into their communities upon returning from active service.

In addition to the "I Owe You" campaign and the "Mission Welcome Home" program, Wisconsin offers a

number of programs financed by the Veterans Trust Fund. Among these include a new program called "VetEd," the Veterans Education Reimbursement Grant program which allows returning veterans to enroll in or take coursework in Wisconsin schools. Some schools in Wisconsin also now provide academic credit for military experience.

In the last biennium, we also unveiled a new program called "Assistance for Needy Veterans" which includes Health Care Aids and Subsistence Aid Grants to provide veterans and their families with a safety net in times of extraordinary financial circumstances stemming from illness, disability or death.

The state has also created new or enhanced existing programs to provide low-interest loans to veterans that can be used for any purpose, including buying a home, entrepreneurial training and financial assistance for veterans to open or expand a small business, assistance in finding new work if a veteran has experienced a plant closing or has been downsized and transportation for veterans to and from medical appointments.

We put our trust in our soldiers to protect us from harm and ensure our way of life. They should know that when they come home, we will do likewise for them. The programs and services I have listed above are just some of the most recent additions to the long list of benefits Wisconsin proudly provides for our veterans and their families. If you feel that you or someone you know could benefit from any of these services, please feel free to contact me in writing or by calling toll-free at (888) 549-0027 anytime. Likewise, you may contact the WDVA directly at (800) WIS-VETS (947-8387).

*Sen. Erpenbach can be reached at 266-6670 or 1-888-549-0027 or senator.erpenbach@legis.state.wi.us*

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COMMUNITY RESOURCES

LIBRARY NEWS

From Lakeview Branch Library

246-4547

By Katie Scharf, Librarian



Library Hours:

Mon and Wed: 12pm - 8pm  
Tues, Thur and Fri: 10am - 6pm  
Sat: 10am - 5pm  
*Lakeview will be closed Monday, May 29 to observe Memorial Day.*

The Lakeview Branch Library staff, and the neighborhood residents who availed themselves of this valuable free service, want to express their appreciation to the AARP volunteer income tax preparers who give so much of their time with so little fanfare. We had nine weekly sessions scheduled here at the library with 23 people accommodated each session!

Programs for the whole family

Unless indicated otherwise, no registration is required. Most programs are sponsored by the Friends of Lakeview Branch Library:

Once Upon a Time with Sara Slayton, Saturday, April 22, 11am

In this fun-filled performance by professional storyteller, Sara Slayton, you'll be transported to a world of make believe. Laugh, sing, and clap along as we travel to the age of once upon a time.

Now You See It! Saturday, May 6, 11am

Quintessential illusionist "Amazing Al" presents a magic show jam-packed with sleight of hand and mystery. Enjoy lots of audience participation.

Cuentos y Cantos en Dos Idiomas/Stories and Songs in Two Languages, Saturday, May 13, 11am

Bilingual storyteller/singer and Northsider Clare Norelle invites families to sing, move, and laugh together in English and Spanish.

Wonderful World of Children's Literature Postage Stamps, Saturday, June 10, 11am

See the new Favorite Children's Book Animal stamps, hear the books that inspired their creation and take

home coloring sheets. Fun for preschoolers and their families.

To kick off the Summer Reading Program:

Truly Remarkable Loon, Monday June 12, 2pm

You'll laugh, you'll gasp in wonder at the juggling antics of TR Loon.

Lakeview Chess Club, Mondays, April 10 & 24 and May 8 & 22, 6-7:45pm

Drop-in chess dates are the second and fourth Mondays of the month. Any level of experience, all ages and beginners are welcome.

Evening Storytime, Wed, April 12, 7pm

Bring the whole family and enjoy an evening of stories, crafts, and book-based short films.

Preschool Storytime, Tuesdays, starting June 6 at both 10:15 and 11:15am

Terry's storytime series for children 3-5 years old lasts about 30 minutes.

Programs for Adults Garden Volunteers

If you are interested in helping maintain the perennial garden behind the library, call us at 246-4547.

Medicare Part D Informational Session, Thursday, April 20, 10:30am

Jill Watskey, an attorney with the Coalition of Wisconsin Aging Groups, will conduct an interactive workshop for seniors who need to make a decision about their prescription drug coverage. Please bring your questions, as Jill will stay as long as needed to cover your concerns.

Used Book Sale, Saturdays, April 15 and May 20 from 10am-5pm

Our used book sales are held the third Saturday of every month. Drop off your used book donations anytime the library is open. Book sales help the Friends of Lakeview fund all our well-attended programs for both children and adults.

Knitters Unite! Every other Wednesday: April 5, 19, May 3, 17 and 31 6:30-7:30pm

Knitters young and experienced; beginning and advanced, men and women, are invited to join Jayne Coster and the fun crew of knitters who meet at the library.

From DENNIS MCQUADE



COMMUNITY SOCIAL WORKER

From Joining Forces for Families

Many Northeast residents find it difficult to be able to afford clothing for their families and seek alternatives to department stores that sell new clothing. There are both agencies that provide free used clothing to low income Dane County residents as well as "thrift stores" that provide low cost used clothing.

St. Vincent De Paul Society (257-0919) provides clothing vouchers for both children and adults who are residents of Dane County. The vouchers, which are redeemable at the St. Vincent Dig and Save on Park St, are issued at 1309 Culmen St., which is located east off 2000 Fish Hatchery Rd. The Service Center can be accessed by bus on routes 4 or 47.

The Community Action Coalition (246-4730) also provides free clothing to individuals and families at 1717 Stoughton Rd. Customers may obtain one free bag of clothing per month, and pay \$1.00 per bag after that. The CAC can be reached on bus routes 6, 20 and 34.

In addition, the River Food Pantry at 2201 Darwin Rd. also distributes free clothing on Friday evenings from 6:00 to 8:00 p.m. Darwin Road is located east of Packers Avenue one block north of Northport Dr. It is accessible on bus route 24.

Also, the Y.W.C.A. of Madison (257-1436) provides free professional clothing to low income women entering the job market through its Suited for Success Boutique. The Boutique is

located at 101 East Mifflin St. (on the Capitol Square) and is open Tuesdays 9:00 a.m. to 12:00 p.m. and Thursdays 2:00 to 5:00 p.m.

In addition, the Wisconsin Rescue and Halfway House (241-1522) provides free clothing to low income individuals at 2540 E. Mifflin St. and is open Tuesdays to Sundays 8:00 a.m. to 12:00 p.m.

Finally the Seventh Day Adventist Church (221-3326) provides free clothing and shoes Tuesdays from 5:00 to 7:00 p.m. at 910 Femrite Drive.

There are also numerous thrift stores that sell used clothing at low prices. The St. Vincent De Paul Dig and Save (250-6370) provides used clothing for \$1.00 per pound (\$.50 on Wednesday). It is located at 1900 S. Park St. and can be accessed through on bus routes 47 and 53. The Dig and Save is open Monday through Saturday from 10:00a.m. to 5:00 p.m.

St. Vincent de Paul (257-0673) also operates a thrift store at 1309 Williamson St. It is open Monday through Friday from 9:00 a.m. to 6:00 p.m. and Saturday's from 9:00 a.m. to 4:30 p.m. The store can be reached on bus routes 3, 4, 11, and 38.

In addition, Goodwill Industries (246-3147) operates at thrift store at 2127 Springs Dr. and is open Monday through Friday 9:00 a.m. to 9:00 p.m. and Saturdays and Sundays 10:00 a.m. to 5:00p.m. It is in the East Towne area and is on bus route 6.

Finally, with spring here there are many garage sales on the northside that have lots of quality low cost used clothing items available. Check the classified ads in the newspapers for dates and times.

As always, if you have questions about clothing resources or anything else, contact the Joining Forces for Families office at 608 241-4849.

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COMMUNITY RESOURCES

HEALTH TIPS



**From Your Neighborhood Chiropractor**

By Dr. Ross Royster, D.C.

**Take Responsibility; Get Informed!**

You know, I remember when my father was sick, he used to say, "I don't want to know what's wrong with me, just take me to the doctor, and let him figure it out." I still don't know if Dad had complete trust in medicine, or if he just felt overwhelmed at the prospect of trying to understand how his body worked. He seemed to come from a whole generation of people who were willing to entrust their most valuable asset, their health, to someone else without question.

I came from a different generation. We rebelled against authority; whether we had the knowledge to back us up or not. Eventually, we realized we were not always right, but we were not afraid to ask questions and demand answers from those who should know. Many of the older doctors did not like us; they would rather deal with my father.

My kids' generation is different, yet. By the time my daughter gave birth, she knew more about her pregnancy and the development of her child than I had learned in my obstetrics class in chiropractic school. Between the Internet and a multitude of books written for the average person on the street, there is now a world of information available to everyone.

Although the younger generation knows how to find the information they need and want, a lot of us older folks need to catch up. We really need information to take responsibility for our own health.

A patient recently gave me a book to read about Post Polio Syndrome. This is just one of countless conditions that you would have been hard pressed to find any information on just a few years ago. The book, "The Polio Paradox," by Dr. Richard Bruno is an excellent tool for polio survivors, but the last section, titled "Knowledge, Power, and Responsibility" really struck me as sound advice for all of us.

Dr. Bruno states, "The advent of the Internet has put the world's medical knowledge at everyone's fingertips. Those with disabilities – everyone with any medical diagnosis – must mine the wealth of medical information available to them and use doctors not as ultimate authorities, but as expert consultants and advisors. Patients and doctors must join in a partnership where decisions are made together, not only about how to treat a specific condition but also about how to manage its symptoms, maintain function, and maximize quality of life. We all need to embrace our new power as informed consumers, take responsibility for our own well-being, and "shop" for the most receptive, knowledgeable and compassionate medical professionals."

It is my fervent hope that this will be commonplace procedure for my granddaughter's generation.

NUTRITION TIPS



By Deborah Roussos, MS, RD & Ann Martin, RD



The theme for National Nutrition Month this year was Step Up to Good Nutrition and Health, and even though March Nutrition Month has passed the message rings true for the entire year. Each day is the perfect time to incorporate the key messages from the new 2005 Dietary Guidelines for Americans that emphasizes healthy choices and physical activity. The goal is to eat healthy and move more, each and every day.

Remember the following key messages from the American Dietetic Association to eat smart and stay physically active this month and all year:

The food and physical activity choices you make today – and every day – affect your health and how you feel now and in the future. Eating right and being physically active are keys to a healthy lifestyle.

Make smart choices from every food group. The food groups are the grains, vegetables, fruits, milk, meats and beans, oils/fats. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Think at least 3 of the food groups at each meal and aim for at least three meals a day. Just be sure to stay within your daily calorie needs.

Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group – those packed with vitamins

minerals, fiber and other nutrients but lower in calories. Put more color on your plate each day; choose fruits and vegetables to add fiber and color. Fresh, cooked, frozen and canned all work to round out your meal plan.

Have at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose low-fat or fat-free milk, yogurt and other milk products. For your meat, bake it, broil it or grill it. Select low-fat or lean meats and poultry. Vary your protein; choose more fish, beans, peas and lentils. Limit solid fats like butter and stick margarine, use soft tub margarine, olive or canola oil, nuts and seeds.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases. Visit Warner recreation center, or take walks through Warner Park. With the warmer weather coming, gardening and bike riding will add variety to your activity. Aim for a minimum of 30 minutes of activity most days of the week.

Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Step up today by making healthier lifestyle choices to improve your health and the health of your family. You will reap the benefits for years to come. Small steps equal big rewards.

Check out MyPyramid.gov and eatright.org for more nutrition information. Remember to eat as well as you can as often as you can.

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# The Northside TownCenter Almanac



## What's Happening in Your Neighborhood

The "Spa Special" at **Serenity Salon** for the month of July is 15% off any facial (no other discounts may be used with this). Darcy reminds us that, "This is a great time of the year to make that change you have been considering. Our staff is extremely skilled at enhancing features and overall makeovers to obtain the most flattering look for any individual." 246-2002

**Curves** would like to welcome all mothers and their daughters this summer with great news! A new study from Baylor University shows that the Curves workout can burn more than 500 calories in just 30 minutes. Laura tells you that between June 5th and July 15th you can join for 50% off and your teenage daughter can workout the entire summer with you for FREE! Call 241-5311 and the professional staff at Curves will tell you all about!

Summer fashion fabrics are 40% and 50% off at **Hancock Fabrics** through June 24th. And Paul demonstrates to us how KidCraft projects are great for a summer day at home, parties or summer camp. Creative fun for kids ages 3 and up. Hancock Fabrics is also your headquarters for outdoor spun-polyester fabrics, perfect for updating patio furniture or picnic table cloths: Regular 11.95 per yard, on sale for \$9.99 per yard.

### Books the Lakeview Branch Library Staff Recommends:

- Todd:** Black Hawk: Battle for the Heart of America by Kerry Trask
- Kiki:** Raw Meaty Bones: Promote Health by Tom Lonsdale
- Chriss:** Sweet Shattered Dreams by Stanley Gordon West
- Katie:** The Poe Shadow by Matthew Pearl
- Lori:** Garlic & Sapphire: The Secret Life of a Critic in Disguise by Ruth Reichl
- Sarita:** Assassination Vacation by Sarah Vowell
- Sarah:** Bone by Fae Myenne Ng

Pants are longer, skirts are shorter, waistbands get lower, shoes are higher and colors are brighter...fashions and styles are constantly changing. **At Altered States Alterations** you can always expect Darlene's consistent superior service for all your alteration needs. 244-2017

Join **AAA** and save \$10 on your first year enrollment and also enroll eligible family members for half off. Call Janice at 1-800-725-6581 ex 202 for details.

Cheng at **State Farm Insurance** is giving a \$5 gift card to Benvenuto's with a free quote. Pick up your free Road Atlas while you're there and never be lost again.

You'll love these sale items from **Walgreen's**: a cordless telephone with caller ID (black or white) \$15.99; disposable Kodak cameras, 27 exposure, \$8.99; CD favorites \$5.99; portable black and white 5 inch television with am/fm radio, only \$19.99 with rebate; and a 10 foot wide by 30 inch deep Dolfino pool system (includes electric pump, filter and hose system) for \$59.99 after mail-in rebate.

**Reminder:** the very popular **Northside Farmers Market** is 8am to 12:30pm every Sunday in the TownCenter parking lot through October 29th. What a great way for you and your family to start the week. And don't forget Mallards' baseball in Warner Park right across the street.

**Rocky's** is featuring the "Extreme Bakeover" for \$13.99 and Taco City is home to 3 tamales for only \$1.99. Bring the kids!

Behind the scenes: Dave and Don would like to thank Scott, owner of Spirits Unlimited and Laura at Curves for helping pave the way for Pierce's

Northside TownCenter Market. They willingly made some business sacrifices to do the right thing for the neighborhood. We are indebted to both.

Joy at **ABC Mortgage** reminds those wanting to purchase a home or home owners thinking about refinancing that rates are changing daily. Now is the time to act, good credit or bad. 443-2590 And if you need help finding or selling a home call Nortsider Chris Bruns, Centruy 21, at 576-3625.

Ron, the very busy manager of **Pierce's TownCenter Market** wishes to thank the Northside neighborhood for its warm reception. He says, "We want to be an active part of the community we serve." Customers especially love Pierce's high quality deli items, meats, fresh seafood,

vegetables and fruit. Pierce's has provided 75 new jobs for our area.

**Sherman Plaza Hairstyling** is planning a cookout to show its appreciation for its customers before Rhythm & Booms (5pm-7pm). Way to think summer fun, Tim. 244-3120

**Benvenuto's Italian Grill** has a great "to-go" menu. There are dozens of entries for \$8 to \$8.75 depending upon the number of people in your backyard gathering—plus all orders receive a 10% rebate in gift certificates. 241-1144

Keep cool and remember Road Ranger, Cash Express, Family Dollar, Associated Podiatrists, The Trafalgar Apartments and Madison's Hair Transplant Clinic are there for you.



Smoothies are hot weather favorites at **Coffee Gallerie** but Jon is also introducing a new salad each month. There's still a new free book with any purchase of \$4 or more (with a selection of 100s to choose from). Water quality may be an issue for Madison, but it's not at the Northside's most popular coffee shop. The Coffee Gallerie has a state-of-the-art water filtering system from Culligan which is one of the reasons why it offers the best tasting coffee around (another is the fresh Johnson Brothers real roasted coffee). Stop by or use the handy drive-thru window and enjoy your ride to work.

It's picnics, parties, fireworks and holidays time at **Spirits Unlimited**. Check out the Coor's special that includes a cooler and 36 pack for \$18.99 Aaron says, "Just add ice." By the way, their prices on 24 and 30 Bud and Miller packs are the lowest on the Northside. Or there's Castoro Cellars White Zinfandel for \$4.99 for the crisp, slightly sweet Zinfandel taste. While you're there, drop your name in a box for the weekly drawing of 4 Mallards' tickets.

**True Value** is having a "1¢ Rose Sale—buy one plant at full price (\$11.99) get a second for only a penny." Tom has a terrific selection of annuals and perennials (4 pack of annuals are \$1.49 and perennials, regularly \$3.49 are \$2.99) as well as a complete line of garden tools and supplies.



## The World Within An Easy Walk!

**WARNER PARK COMMUNITY RECREATION CENTER NEWS**

From  
**BRAD WEISINGER**



**WPCRC Facility Manager**

**Exercise Revitalized!**

The exercise room cardio equipment was enhanced with 4 new Ellipticals and a Stairmaster. Thank you Mayor Dave, Common Council and Park Superintendent for you capital budget support. Keep Exercising and Way to "Get Fit Madison"!

**Growing Pains – they hurt so good**

In a short seven years WPCRC has matured into one of the finest recreational establishments in the City of Madison. Customers label the Center as a treasure. To us, that is a compliment for the years of dedicated service given by public servants and local advocates.

The Center had over 260,000 hourly visitors in 2005. For the last three years the Center has reached maximum capacity during its peak hours. This increase in usage and interest prompted us to think about the future needs of WPCRC. With the growing baby boomer generation and the benefits of health and fitness we believe a fitness facility is in line for WPCRC. A development of such a facility would free up gymnasium and community space thus enhancing our abilities to better serve you.

**Neighborhood Center nights**

One of the most amazing features of the Northside is its diversity. Neighborhood Center Nights are a testament to the Center's Mission which is: Warner Park Community Recreation Center is a gathering place which provides innovative growth and enrichment opportunities for the Madison community and connects people of all ages, races and cultural backgrounds.

It's just so wonderful to see Vera

Court, Kennedy Heights, Northport and Packers and East Madison all come together for a free night of fun and socialization. Just look at the photo of smiling and happy faces next to this article.

**Get your feet wet**

The Circle of Friends is planning a

Golf Outing on May 12 at Bridges Golf Course. Please visit the Circle of Friends website at [www.wpcrc-friends.com](http://www.wpcrc-friends.com) to get your team's application. All proceeds will go to a Warner Park pool.

Share your Center with a friend, It's where you Belong.

**Childcare Availability and Pricing**

DAYS	TIMES
Mon, Tue, Wed & Thur	5pm – 8pm
Tuesdays & Thursdays	8:30-11:30am
Childcare Fee Options	Service Fee Per Hr
Annual Membership holder	\$1 first child, 75¢ second
WPCRC ID card holder	\$2 first child, \$1 second

**Your Center at a Glance**

Participations Served	2004	2005	% Change
Facility Reservations, 44% free	1,211	1,325	9% increase
Exercise Room Visits	28,133	29,739	6% increase
Gym Visits	2,713	2,482	-9% decrease
Game Room Visits	3,743	4,544	21% increase
Gross # of Drop-in Visits	34,589	36,765	6% increase
MSCR Participations	48,626	57,904	15 %Increase
Facility Rental participations	145,297	150,301	3% Increase
Special Events	7,500	8,150	8% Increase
NESCO Lunch Services	6,709	6,398	-5% Decrease
Senior Other	8,120	8,847	8% Increase
WPCRC Participations	250,841	268,365	7 % Increase

**244-0044**  
Drs. Brent McNabb, Ross Royster, Dan Soderholm  
2205 North Sherman Avenue, Madison, WI 53704

# Warner Park Community Recreation Center



**Where You Belong This Summer**



- To get in shape and enjoy your summer, join WPCRC. Memberships as low as \$160/year. Best deal in town!
- MSCR Summer Kids' Camp Registration now open.
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Warner Park Community Recreation Center, 1625 Northport Drive, Madison, WI 53704  
**Phone:** (608) 245-3690 **Web:** [www.wpcrc.com](http://www.wpcrc.com)

From  
**CHERYL  
BATTERMAN**  
cbatterman@nescoinc.org



**NESCO Executive Director**

**2nd Annual Senior Health Fair**

Are you ready for a day of fun, information, and entertainment—focusing on your health? The date has been set for the 2nd Annual Senior Health Fair: Friday, 27 April, 9 am–2 pm at the Warner Park Community Recreation Center. Sponsored by the North/Eastside Senior Coalition, this day-long event will focus on the health and wellbeing of senior adults age 55 and older. Not only is it one of the most requested program areas by the seniors we serve, but we find it is an unmet need in the east and north side communities.

The idea that seniors in Madison are not sufficiently informed about health issues is not only the assessment of our agency, but also that of Dane County After Dane County's Task Force on the Aging completed its 2004 Report, one of the issues it cited as being of greatest concern was "the shortage of preventative medical care, the increasing costs of health care and prescription drugs, and lack of health insurance [to seniors]." The task force also found that communication linkages are weak between the medical profession and people in the community, stating "the community should be galvanized to learn about issues and provide help." Accordingly, one of the primary rec-

ommendations of the task force was to "educate the pre-old and the old about issues that affect the health of our seniors."

With this challenge in mind, NESCO initiated a small health fair last year and plans to enhance this year's event by adding new components and increasing the publicity. The 2nd Annual Senior Health Fair will fulfill an existing need that is not yet being met by the city, county, or other non-profit agencies. It will address the need for more information through keynote speakers and resource booths featuring local health agencies; in addition, it will address the need for knowledge of personal ailments, through numerous screening areas (free). It will also offer some musical entertainment, so as to not have the atmosphere of a medical symposium.

As many local senior adults know, NESCO Fridays are normally reserved for several rousing games of bingo; but never fear, we have incorporated "Healthy Bingo" into the schedule with a special nutritious meal served at the senior dining site. Although the health fair is free, the cost of the lunch is an anonymous donation for seniors age 60 or older; those under age 60 are asked to pay \$5.85. To make a reservation for the meal or to request transportation, call 243-5252 by noon, 26 April. A late bus will be provided for those seniors wishing to stay until the completion of the fair (2 pm).

For more information concerning the 2nd Annual Health Fair, contact Kryn Hoyer-Winfield (243-5252 or khoyerwinfield) or visit our website at [www.nescoinc.org](http://www.nescoinc.org).

**SENIOR** Activities

For more information, please contact Programs Director, Kryn Hoyer-Winfield at 243-5252 or [khoyerwinfield@nescoinc.org](mailto:khoyerwinfield@nescoinc.org).

**SPECIAL EVENTS**

**Medicare Pt. D Talk**, Wednesday, April 19, 10:30 at Bashford Methodist Church AND Tuesday, April 25 – 10:30 at Warner Park Community Recreation Center. Jill Watskey, Attorney with the Coalition of Wisconsin Aging Groups, will stop by to help people decide whether Medicare Part D. is right for them. Bring your tough questions.

**Accordionist Mike Ashworth**, Tuesday, April 11, 10:30, WPCRC. If you like the big band standards, take a sentimental journey with Mike Ashworth and the Warner Park crowd. With decades of experience under his belt, Mike is sure to please.

**Spring Bonnet Bingo**, Friday, April 7, 10:30 - Warner Park Community Recreation Center. Help celebrate spring by wearing your favorite bonnet down to the center. With a little luck you may take home the bingo pot, with a lot of luck you may help bring an early spring.

**Talk by Vi Bergum: "May is..."**, Tuesday, May 9, 10:30 - WPCRC. Ever wondered what makes May so special? Vi will elaborate on special dates, hidden holidays, and a myriad of other interesting information.

**New Group! Needlework Network**, Thursday, April 13 & May 11, 10:00 WPCRC. Do you like to knit, crochet, chicken scratch, or any other type of needle work? The ladies in this group meet the second Thursday of every month to show their work and talk

about technique.

**REGULAR PROGRAMMING**

**Tasty, Nutritious Lunches**, Monday-Friday at 11:30 am NESCO offers nutritious mid-day meals at Warner Park Community Recreation Center, (1625 Northport Dr.) and Bashford Methodist Church, (329 North St.). All meals are served by Gaylords Catering and are paid for on a donation basis. Reservations are required by 11:30 am the day prior. Transportation is available daily and free on Tuesdays and Fridays.

**Exercise**, Get out and stretch those legs! Wednesdays at Warner Park Carolyn Gantner teaches a free Chair-Based Yogacise at 10:30 am. There is also an exercise group at the Bashford Nutrition site every Thursday at 10:15.

**Scrabble**, Come down on Wednesdays at 9 am to play with some of the most fun word-smiths around. All skill levels are invited.

**BINGO**, Each Friday at the Warner Park Nutrition site we host a fun session of BINGO at 10:30 am. Each game costs 5¢ with all proceeds paid out to the winners.

**Foot Care Clinics**, NESCO and Home Health United co-sponsor six foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made up to a year in advance by calling 243-5252. There is a \$10 fee.

**Book Discussion Group**, Enjoy discussing a good book? Stop by to pick up our next book at the Warner Park Center on April 21 at 12:15. We will be discussing a murder mystery called *The Dante Club*.



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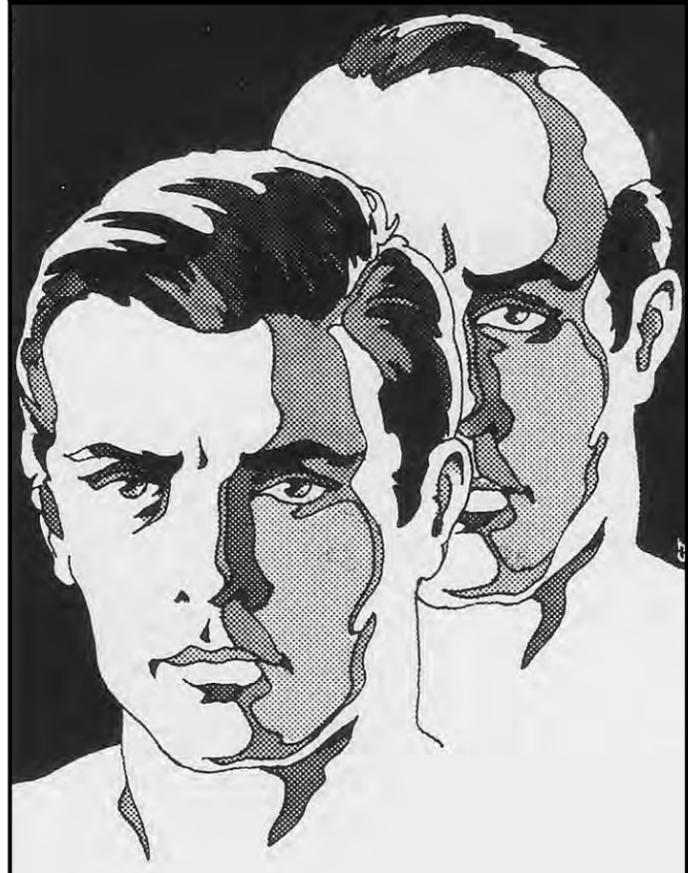
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## SPORTS &amp; RECREATION

## East High winter sports wrap-up

By Jill Jokela

East High winter sports teams recently completed competition for the season. Here are some of the highlights for each team:

**Boys Basketball:** The boys basketball team treated East fans to the most exciting season in recent history, finishing in a tie for second-place in the Big 8 with a 12-4 conference record. Overall, the varsity boys finished 16-6 and advanced to sectionals, where they received a bye in the first round and ended their season with a loss to Beaver Dam. The sophomore team went 11-9 and the two freshmen teams were 14-6 and 8-12.

**Girls Basketball:** The girls basketball team competed hard, but had mixed success this year, with the varsity finishing at 1-19. The sophomore team went 18-1 and the freshmen were 1-17. The future looks bright if those super sophs continue their winning ways as they move up to varsity next year.

**Girls Gymnastics:** The girls gymnastics team was small in numbers, but big in talent this year, finishing with a 2-5 record in conference duals. Lindsay Parker and Lauren Phelan, both underclassmen, advanced to the State Meet in individual events, with Parker competing on uneven parallel bars and Phelan on the balance beam.

**Boys Swimming:** After graduating a large class of senior swimmers last year, the boys swim team went 2-5 in conference dual meets. Sampson

Simeon represented East at the State Meet, swimming the 50 freestyle in a personal best 22.48 seconds and finishing in 16th place overall.

**Boys Wrestling:** The wrestlers were 3-5 in conference duals. Senior Ryan Reda advanced to the State Individual Meet for the second straight year, where he won his first match, then lost the next two, ending his season with an impressive 29-3 record.

**Boys Hockey:** After a winless season last year, the boys hockey team played a mixed JV and varsity schedule this year and improved to a 3-15-3 overall record. East and LaFollette recently agreed to form a co-op team for varsity competition for next school year.

**Spirit Squad:** The East spirit squad competed in the UCA National High School Cheerleading Championship in Orlando in February, earning an 8th place.

Congratulations to all our East High student-athletes who participated in winter sports!



Photo provided by Jon Schwichtenberg  
**Warner Park Youth Football registration is May 2, 9 and 16 at Warner Park Recreation Center.**

## Warner Park Youth Football: Proud tradition continues

By Jon Schwichtenberg

Warner Park Youth Football (WPYF) has served the Northside neighborhoods of Madison for over thirty years. The Warner Park Youth Football Program (WPYF) was established in 1972 by an interested group of individuals that cared about the children of the Northside communities. Over the years, the organization has grown and began to take shape into a vibrant organization that is well respected in our community and is comprised of mostly volunteers who give their time and energy to fulfill our mission.

We have helped teach the youth of our area leadership, teamwork and discipline. We have been a contributor to the well-being and development of thousands of children. Last year we served over 280 children in our football and cheerleading teams. Both football and cheerleading, cover 4th through 8th grades (fall grade). The game of football is just that - it is a game. The number one reason children participate in sports is to have fun. If they don't have fun, they will soon quit or lose interest. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of the game. Youth football is not about how many wins or losses are accumulated. Proper football development means children playing age appropriate activities, so they are able to experience, comprehend and

execute the game as it relates to where they are in their cognitive development. It is about players learning the skills necessary to develop in the game. It's about receiving equal playing time, so that each player is given an equal opportunity to learn. As a result, players should come out of their experience with WPYF as better people and better citizens, not just better football players.

The overall goal of WPYF is to deliver a full contact youth football program to the youth and families of the Northside communities, so that they may:

Build character, self-esteem and personal confidence through performing as a team and through their individual accomplishments.

Develop their athletic skills and techniques of football.

Understand the proper definition of a team - a collection of players united in the pursuit of a common objective and of which each player is an integral part.

Have an equal opportunity to develop and achieve with teammates.

Provide recreational experiences that balance fun, safety, individual athletic abilities and satisfaction from team achievements.

Have an enjoyable season that can be remembered for the rest of their lives.

We will be conducting signups at Warner Park Recreation Center on Tuesday, May 2, 9 and 16, from 6-8 pm. For more information, contact Jon Schwichtenberg at 608-332-2486

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## WARNER PARK YOUTH FOOTBALL WANTS YOU!

All kids entering 4th through 8th grade in the Fall of 2006 are eligible.

**Warner Park Youth Football is about teaching your child the fundamentals of football while learning valuable skills, including team work, discipline and leadership.**

If you and your child would like to be a part of our organization, please join us at our **Annual Spring Football/Cheerleading Registration** on one of these dates:

**May 2**, 6-8 p.m. OR **May 9**, 6-8 p.m. OR **May 16**, 6-8 p.m.

Registration takes place at **Warner Park Community Recreation Center** located at 1625 Northport Dr.

**Be sure to mark these dates on your calendar or send your registration in today!**

**Team sizes are limited and are formed on a first-come basis.**

**Player's fees are \$130.** This includes all equipment needed except for shoes for your first child. Every child after the first is half price or \$65.00 each. **Payment plans are available.** A limited number of scholarships are available for those in real need. If you need financial aid, you must provide proof of your household income. (New participants will need to provide a copy of your birth certificate.) Anyone paying the fee in full the day of signup will receive tickets for a raffle.

**Girls/Boys who are interested in becoming cheerleaders,** please come to one of the above sign-up dates to register or get more information. Fee for cheerleading is \$55.00 per child or \$30.00 for those families who have a child in each program.

**If you have any questions** please call Jon Schwichtenberg at 332-2486 or email us at [wpyouthfootball@yahoo.com](mailto:wpyouthfootball@yahoo.com). For more information please visit our Web site at [www.geocities.com/wpyouthfootball](http://www.geocities.com/wpyouthfootball).

\*\*\* This is not a school-sponsored activity. The MMSD does not approve, support or endorse this program activity. \*\*\*

# The Northside *TownCenter* Almanac



What's Happening in Your Neighborhood

## Feel Beautiful!

SERENITY SALON & DAY SPA

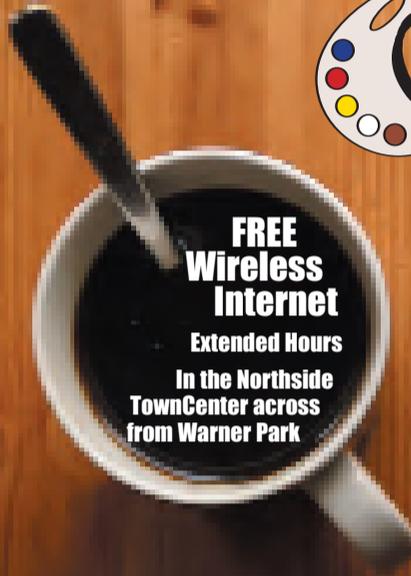
### Any Massage And Any Facial Combo 15% Off!

Summer brides, book your appointments today! We have a great bridal package. And the latest addition to the Serenity team is Leah, a massage therapist, esthetician and make-up artist with a great deal of experience

For your appointment call

# 246-2002

NORTHSIDE TOWNCENTER—NORTHPORT DR.



**FREE Wireless Internet**  
Extended Hours  
In the Northside TownCenter across from Warner Park

THE COFFEE GALLERIE IS A COZY NEIGHBORHOOD PLACE TO MEET FRIENDS, SURF THE INTERNET OR READ BY THE FIREPLACE.

- THREE DIFFERENT SAVORY SOUPS DAILY, SUCH AS, CHEESY HASH BROWN WITH GROUND BEEF (ALWAYS ONE VEGETARIAN)
- FRESH GREEN SALADS, SALADS, SALADS
- SANDWICHES TOO BIG TO FINISH
- DRINK OF THE MONTH: PEACH BERRY LATTÉ
- MILKY WAY CHOCOLATE & CARMEL LATTÉ PLUS OTHER SPECIALTIES
- EASY PARKING AND HANDY DRIVE-THRU

## Altered States Alterations

"Madison's Premiere Alteration Shop"

Bring in this ad by April 30th and your name will be entered in a drawing for complementary alterations!

The hectic **bridal, prom** and **graduation** season is here! Call us today about your special event or to answer your questions and alleviate your concerns.

Stop in and check out our other services and products and you will agree that we are your best alteration value in town!

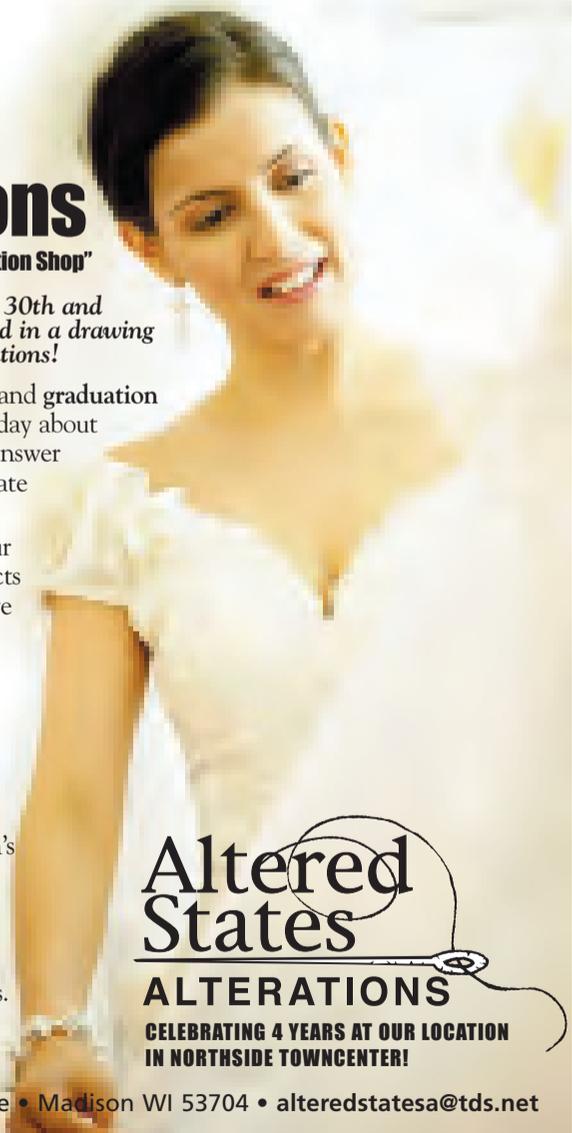
- Quality alterations at competitive prices ASAP.
- Extensive list of alterations on men's, women's and children's clothing.
- Zipper replacements and other repairs.
- Hand-made beaded earrings and bracelets.
- Drop-off point for Block Cleaners.

## Altered States

ALTERATIONS

CELEBRATING 4 YEARS AT OUR LOCATION IN NORTHSIDE TOWNCENTER!

1857B Northport Drive • Madison WI 53704 • alteredstatesa@tds.net



## CHRIS BRUNS REALTOR®

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NORTHSIDE  
**TownCenter**

We're proud to be part of our amazing Northside Community.

Retail ♦ Residential ♦ Professional