

NEWS AND VIEWS FROM ELECTED OFFICIALS

From
**BRIAN
BENFORD**



DISTRICT 12 ALDERPERSON

Dear Friends and Neighbors,

Okay folks, this is my last column. When you read this, I will no longer be an alderperson. As always, I want to thank the Northside Planning Council for this opportunity. I also want to thank Debbie Fields, who works in the Common Council office, for her tremendous talents and support in editing and submitting all of my wacky, socialist-leaning, pinko rants.

While we are on the subject of thanks, I want to thank all of you who believed in me over the last five years. Many of you will recall my early struggles in office. The first year of my service, I cared for my dying mother, hoping to ease her passing. I had to learn to balance family, work, and my service to the community. The second year offered profound political lessons as this community debated raising the minimum wage, the smoking ban and the creation of the Department of Civil Rights. Just as I was getting settled,

there was this strange phenomenon called an election. I was extremely honored to be re-elected.

If you have ever read my column, you would know that I have always been exceedingly candid about my limitations. I will be the first to admit that I was not the perfect alder - far from it. What I can say in complete honesty is that I did my best. I always understood my primary role was to make government accessible to all, especially those who were under-represented. I ran for office to provide the perspective or voice of a low-income father and community activist. Our Common Council has never reflected the community when it comes to women or people of color. I am deeply humbled to be one of a few alders of color to have served this city. For this, I thank you.

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

See pages 5 & 33 for election results and to learn about your new District 12 Alderperson.

From
**DAVE
CIESLEWICZ**



MAYOR OF MADISON

More Madisonians getting online for better service

City of Madison online services for residents and businesses continued to grow in popularity in 2006, according to the latest statistics. The City processed over 86,000 transactions totaling \$14.3 million during 2006 for everything from property taxes to bicycle licenses to Olbrich Gardens memberships.

Meanwhile, the popular "Report-a-Problem" website, launched in 2005, received over 4,900 contacts in 2006 for issues ranging from dead animal collection to pothole repair to brush collection.

Online services are an important way that city government can be more responsive and more accessible to residents and businesses. These innovations help the city to be more efficient, and provide high-quality services to a growing community.

We have received national recogni-

tion for our accomplishments, having just been ranked the #1 "Digital City" of our size for the second consecutive year.

Madison's online bill paying system was inaugurated in 2001 for payment of parking tickets. It has since expanded rapidly, and now allows for online payment in 22 different categories. Over 300,000 online transactions totaling \$50.5 million have been made since 2001. It can be visited online at www.madisonpay.com.

The "Report-a-Problem" website allows residents and businesses to conveniently alert city government to a wide range of issues. The information is routed from the Report-a-Problem website directly to the proper city staff for resolution. Nearly 6,200 reports have been filed through this website since its introduction. It can be visited online at www.cityofmadison.com/reportaproblem/.

In addition to these sites, citizens can also track a wide variety of city government business through the Online City Hall, available online at <http://legistar.cityofmadison.com/mattersearch/home.aspx>.

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

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From
**PAUL
VAN ROOY**



DISTRICT 18 ALDERPERSON

It is with mixed emotions that I sit down to write my last article as 18th District alder.

As I look back over the last six years that I have been on the City Council, it has been an interesting and rewarding experience.

Although during my career with the State of Wisconsin, I spent most of my time working with local governments across Wisconsin, it is very different to be a decision maker.

When you have to weigh the items coming before you and decide whether you support or oppose them there are many things you have to take into consideration.

First of all, how will it impact the residents of the 18th district, and how would they want you to vote on the particular issue. Will there be a fiscal impact on the taxpayer, and if so, is the cost worth the expected benefit?

Sometimes those decisions are easy and other times they are quite difficult. I hope that at least in most cases I made the right decisions.

Some of the most rewarding things are being able to help a constituent, whether it is just getting them in touch with the right City staff person to answer their questions, or being able to improve a dangerous traffic situation that someone brings to your attention.

I thank all of you for the opportunity that you gave me to serve the 18th district as your alder. It has truly been a rewarding and gratifying experience.

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

See pages 5 & 33 for election results and to learn about your new District 18 Alderperson.

NEWS AND VIEWS FROM ELECTED OFFICIALS

From
KATHLEEN M. FALK



DANE COUNTY EXECUTIVE

Fitful sleep foreshadows decade of doing

Back in September 1996, I'd wake up in the middle of the night, wrestling with all these ideas about what I'd wanted to do to make a difference for Dane County.

I still struggle to find sleep, and it's still about things I want to do to serve you. We've done a lot together in the 10 years since I took my first oath of office on April 15, 1997.

We passed the 1999 advisory referendum that showed the public's overwhelming support for earmarking \$30 million in 10 years to buy key lands for parks and natural resources for generations to come. In 2000, we unveiled the Farms and Neighborhoods initiative to create economic opportunities for our farmers and agri-businesses and to prevent sprawl.

I've instituted improvements to our 911 system, including a multi-commu-

nity agreement to get the nearest ambulance to you - no matter your zip — and another program to improve response to fires. I've added more than \$50 million dollars per year to our Sheriff's budget to improve public safety. And we are a leader in innovative cost-effective programs that hold inmates accountable for their behavior, but offer alcohol and drug treatment so they can turn their lives around.

Thanks to a variety of innovative alternatives for young offenders, we are helping to keep more kids on the right path.

In 2004, we began the family-by-family Allied Drive Early Childhood Initiative. We also transformed our Dane County Regional Airport to help our local businesses and tourist traffic. Our new courthouse, our coming new Badger Prairie nursing home and the revival of the Regional Planning Commission to focus on water quality. These are recent milestones that mean a better future for the county's nearly half-million citizens.

Thanks for giving me the opportunity to serve.

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

From
PAUL RUSK



DISTRICT 12 SUPERVISOR

New Juvenile Detention Facility

The oversight committee I chair recently toured the juvenile detention construction site on the third floor of the City-County Building that increases space from about 6,000 sq. ft. to 28,000 sq. ft. Integrating a new facility for kids into an existing office building is difficult, but the skylights and windows make the new space more home-like. We will have dedicated space for education, health care, recreation (small gym), and 24 sleeping rooms. Dane County has a national reputation for changing attitudes and behavior of troubled juveniles largely through restitution and community service rather than emphasizing secure detention. As budgets get tighter we are moving toward having shared positions between the detention facility and Shelter Home on Atwood Avenue that has a capacity of 16, which we toured late last year. I'm impressed with the skill and dedication of the

staff who dedicate their professional lives to assist young people, including the judges who make difficult placement decisions.

Airport Noise Abatement

Twice each year this committee meets to review noise complaints and mitigation procedures (Complaint Line 246-5841). As a member of the Airport Commission I serve on this sub-committee. The next meeting is Wed., Apr. 18, 5:30 p.m. in the Skuld Conference Room near the airline-ticketing lobby. Bring your parking ticket for validation.

Schools

I'm feeling very anxious about the future of our Northside schools and the options the School Board is considering to lower costs as required by revenue caps. School boundary changes are difficult enough, but the possible closing of neighborhood schools has huge ramifications that should be avoided. In my opinion much of the primary responsibility rests with the State Legislature, but now we need to focus on what to do in Madison to maintain our excellent system that significantly enhances quality of life.

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

From
DOROTHY WHEELER



DISTRICT 18 SUPERVISOR

Equal Rights

I was very disappointed that Wisconsin citizens voted to pass a referendum that took rights away from some of our citizens! I supported the efforts of Fair Wisconsin with high hopes that the good citizens of our state would not tolerate an amendment in the state constitution that reads: "Only a marriage between one man and one woman shall be valid or recognized as a marriage in this state. A legal status identical or substantially similar to that of marriage for unmarried individuals shall not be valid or recognized in this state." The first statement is already in the Wisconsin Statutes but the second statement with its vagueness could unleash all kinds of trouble for domestic partners, both gay and straight, who have gained some benefits for themselves as couples - shared health insurance is one

example.

Recently the City Council passed a resolution which shows their displeasure with this unfortunate amendment. It will allow people being sworn into service with city government the opportunity to sign a statement which states in brief: "I take the oath of office today under protest of the constitutional amendment... which besmirches our Constitution... I pledge to work to eliminate this section from the Constitution and work to prevent any discriminatory impacts from its application." The county board is in the process of considering a similar resolution which would give elected county officials the option to sign the same statement.

It will take a long time and great effort for us to undo this constitutional amendment but, in the meantime, we can pledge to support nondiscriminatory legislation at the local level. I'm proud to say that the citizens of the 18th District voted NO on this referendum by a 2 to 1 margin! Please let me know how you feel about this resolution.

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

Budget Profile: Electronic Medical Records (EMR)

Included in Governor Doyle's 2007-2009 State Budget is an innovative electronic medical records (EMR) initiative that has the ability to positively affect the lives of all Wisconsin citizens.

This measure includes funding for healthcare providers to convert patient's health care records from paper to electronic form. The creation of an eHealth Grant Program for medical providers implementing this conversion has received positive support from medical facilities and consumers.

I enthusiastically support this proactive program and believe that this will streamline medical record accessibility while improving patient safety. Transitioning toward an electronic system will involve moving volumes of individual health records onto computers. Digital scanning of reams of paper housing clinical notes, prescriptions, lab results, insurance claims and general patient information will now be

protected and backed-up on computer data files. These files can be easily maintained and, in the event of a patient emergency, shared with another medical provider making critical care decisions across town or across the country. Providing accurate and readily available information to authorized medical professionals will save time for patients and providers and ultimately save lives.

As of last year, the use of EMR's has been minimal in the United States and just a few facilities have implemented this information technology. With the future passage of this proposal, Wisconsin will again be on the cutting edge of technology ensuring an efficient, accessible and safe patient record system for other state's to follow.

An additional and equally important component of this budget initiative is the funding for the eHealth Care Quality and Patient Safety Board. This will ensure that all precautions are taken to maintain the confidentiality of patient records transitioning to this new system. This proposal will help make healthcare administration more efficient in Wisconsin.

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

From
JON ERPENBACH



STATE SENATOR

Traveling Sales Crew Bill Will Protect Young People

It has been eight years since the tragic and senseless accident on I-90 near Janesville, which took the lives of seven teenagers and injured seven more young people. All 14 were part of a travel sales crew, hired by an out-of-state company to sell magazines door-to-door in Wisconsin.

The magnitude of this tragedy remains incalculable and many of our hearts remain heavy.

Working closely with Phil Ellenbecker, the father of Janesville accident victim Malinda Turvey, we are again calling for passage of legislation regulating traveling sales crews.

The businesses hiring these magazine traveling sales crews call their employees "independent contractors" and label their summer of selling door-to-door an "internship." But that it is a means allowing them to manipulate young people into jobs walking 14-hours-a-day, door-to-door all summer long - and many times with their paychecks withheld for weeks at a time.

Our traveling sales crew legislation, often called "Malinda's Law," requires sales crews in Wisconsin to register with the Department of Workforce Development and all members of sales

crews be considered employees and prohibiting the use of independent contractors as crewmember salespersons.

We will not only protect vulnerable members of traveling sales crews, but also consumers and homeowners. In numerous states, consumers have not received the products they agreed to buy from these door-to-door sales crews. In other instances crew members have committed violent crimes including armed robbery, sexual assault and murder. In August 2006, an out-of-state magazine salesman was sentenced to 20 years in prison for the sexual assault of a Menomonie woman.

The momentum to pass this bill is on our side. The more the public hears about the abuses perpetrated by these companies, the louder are the voices for reform.

For the victims and their families and for the people of Wisconsin, we must move forward.

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

April 3 election results

Bold indicates winners

MADISON MAYOR
Dave Cieslewicz 30812
Ray Allen 18816

MADISON COMMON COUNCIL
District 18
Michael T. Schumacher 1,568
Jon Becker 1,169

District 12
Satya Rhodes-Conway 1,399
Mark Deadman 1,285

MADISON SCHOOL DISTRICT
Seat 3 - Beth Moss 28,673;
Rick Thomas 15,496
Seat 4 - Johnny Winston, Jr.
28,684; Tom Brew 14,164
Seat 5 - Maya Cole 23,426;
Marjorie Passman 20,416

VILLAGE TRUSTEE MAPLE
BLUFF (3 seats)
Teri L. Bruns 287
Jim Schuler 277
Peter S Duff 242
Ted Krenz 189

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COMMUNITY RESOURCES

LIBRARY NEWS

From Lakeview Branch Library
246-4547

By Katie Scharf, Librarian



Library Hours
Mon - Fri: 10am-8pm
Sat: 9am-5pm
Closed Mon, May 28 for Memorial Day

There is no registration for programs unless indicated. You can also register online by calling 246-4547 or going to www.madisonpubliclibrary.org/calendar choose "Register Online" and then "Lakeview."

PRESCHOOL PROGRAMS

Preschool Storytime Tues., Apr. 10 and Apr. 17, 10:15 am and 11:15 am. Stories, songs, and fingerplays for children ages 3- 5. Siblings welcome.

Spanish For Kids With Ellie Rogers Tues., Apr. 24 - May 22, 10:15 am. Ellie will teach colors, animals, days of the week, etc., using games, stories and songs. Call to register your 3 - 6 year old.

WHOLE FAMILY

Tim Glander's Magic Sat., Apr. 14, 1 pm. Join balloon artist and magician Tim Glander for the whole family!

Donuts With Dad Sat., May 5, 9:30 am. fun with stories, movies and snacks, for kids and their dads (and grandpas and uncles!).

SCHOOL AGED

Readers Theatre Wed., Apr. 18, 6 pm. Read a play, practice and present it to family and friends. Ages 8-12. Call to register.

Bob Bohm's Magic Teaching Workshop Sat., June 9, 11 am. For 3rd grade and up. Call to register.

Ice Age Explorers Sat., May 5, 11 am. Explore Wisconsin's past through fossils, discover what Madison looked like when mammoths roamed.

Bats Sat., May 12, 1 pm. See live bats and learn fun facts.

Chess At the Library - New players

needed! Mon., Apr. 9, 23, May 14 and June 11, 6 pm. Chess is the 2nd and 4th Monday of the month, except Memorial Day, May 28. Any level of experience, all are welcome.

ADULT PROGRAMS

Northside History, A Slide Show With Ann Waidelich Sat., Apr. 28, 10 am. Includes historical photos, 1970s photos and current photos of Northside sites. Schools, churches, houses, families, businesses and institutions will be covered. Bring questions and share memories!

Totally Beginning Computer Class For Adults Would you like to feel more comfortable with computers, but are "afraid you'll break it?" This hour session is designed for people with little or no computer experience. Even if you've never touched a mouse, you will be welcome! Call to register for a morning hour-long session followed by a half hour to play & ask questions.

Used Book Sales Apr. 21 and May 18 from 9 am-5 pm. Our used book sales are the third Sat. of every month. Drop off your used book donations anytime the library is open.

Community Writing Assistance Tuesdays, 5 to 7:30 pm. Apr. 10, Apr. 24 and May 8 at the Library. Apr. 17 and May 1 at Northport Community Learning Center. Free, professional assistance with any type of writing project is available.

Scrabble At The Library Wednesdays from 10 am -12:30 pm. Word lovers - Play Scrabble with other adults for fun!

UW Basketball Player Brian Butch

Teens and tweens, come find out what it's like to be a basketball player for the UW!

Wednesday, April 11
3:30 pm
Lakeview Branch Library

From **DENNIS MCQUADE**



COMMUNITY SOCIAL WORKER



The Northeast Joining Forces For Families office is pleased to announce that Family Support Caseworker

Marilyn Feil from the Community Action Coalition of South Central Wisconsin Inc. has joined the Northeast JFF team. As a Family Support Caseworker, Marilyn provides housing services to homeless or nearly homeless individuals and families in order to stabilize their situation, so they are able to maintain decent, safe and affordable housing. In her work, Marilyn assists clients in locating and securing housing and provides housing counseling. She also provides information and referral, landlord/tenant mediation and budget counseling.

Marilyn has been with the Community Action Coalition since 1996 and is splitting her time between the Darbo/Worthington and Northeast Madison JFF offices. She is an ex-Peace Corps Volunteer and has lived on Northeast side for five years. Her office hours at the Vera Court Neighborhood Center at 614 Vera Court are Wednesdays from 10 am to 12 pm. She can be reached by tele-

phone at Vera Court at 241-4849, and messages can be left at any time on the JFF voice mail.

Community Action Coalition is a non-profit organization established under the Economic Opportunity Act of 1964, as part of President Johnson's "War on Poverty." Its mission is to develop the economic and social capacities of individuals, families and communities, and to reduce poverty.

CAC has financial assistance programs that are available to assist some eligible households with eviction-prevention and entry costs. Another program CAC has available is the Citizen Advocacy Program, which provides advocates to persons with developmental disabilities. They also support pantries throughout South Central Wisconsin as well as 17 community gardens in the Madison area.

To find out if you are eligible for other CAC programs call the main office at 246-4730 or go to the CAC website at <http://www.cacsw.org>. Information for this column was taken from the CAC website.

Need Help with Your Utility Bill?

Utility companies can begin to disconnect service for non-payment beginning **April 15th.**

Call Energy Services to find out if you're eligible at 267-8601 or the Housing Help Desk at 242-7406.

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Over the Garden Gate

APRIL

Jung's will open their Bare Root Room. See what can be planted now. Be sure to follow instructions and soak the bare root material with Root Stimulator. The weather needs to be warm enough before seeds can be planted outside and germinate. Set out pansy plants after the ground is workable. Now is the time to cut back over wintered geraniums to 6-8" as well as your perennial grasses. Tie some rope around large clumps to make trimming easier. Is something digging up your spring flowering bulbs? Sprinkle with dried blood, which you can buy in bags at any garden supplies store, and replant. Always cut at a sharp angle when pruning shrubs and trees so that the water runs off. This prevents disease or rotting.

Many things grow in the garden that were never sown there.

MAY

Everyone is itching to get dirt under their fingernails. Keep an ear

on weather predictions for nighttime temperatures. If you have to plant annuals, veggies or hanging baskets outside, cover plants or move them inside the house or garage if it gets below 40 degrees. Remove faded flowers from spring flowering bulbs, but only cut the STEMS. Don't cut the leaves until they die down naturally. To hide the bulb leaves, plant annuals. When planting tomato seedlings, pinch off lower leaves and plant as deep as possible. Deer or other small critters can make your yard their own personal salad bar. Go to your garden center to find needed repellents. You can also tie pieces of Irish Spring Soap into pantihose to hang on sticks around the yard. Try some annual vines this year. Either plant seeds or buy some that have already been started. Either way, they make a big impact by the end of the summer climbing on anything.

Gardeners don't mind having dirt under their fingernails. That's when they are happiest.

COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Bend Backward

I was recently watching a young figure skater, and I was amazed by her flexibility. She was gliding on one perfectly straight leg, while her other leg was extended straight up in the air directly against her back. It seems impossible for a spine to be able to bend backward enough to do that, and, yet, there she was. When you think about it, we all have similar potential to bend backward. We have just failed to use our potential.

Years ago, when I was in chiropractic school, the benefits of backward bending were in question. Some felt that this motion should be limited. They argued that, since the joints are located in the back of the spine, backward bending would just jam the joints. This is exactly how it feels to most of us when we attempt it. Others argued that stretching the spine backward is just as important as stretching forward. In fact, the Williams exercises, long used for back pain, include forward and backward bending. The argument was finally settled a few years back with MRI studies. By observing the spine with MRI imaging, researchers found that by bending the spine backward, the spinal joints were actually opened up and stretched apart.

Apparently, then, the discomfort we may feel when bending backward is from tight muscles caused by not doing it

enough! The more we do it, the looser we get and the further we can go. Although you may not be looking for a figure skating career, you should be concerned about maintaining your mobility and joint health. So, how do you start to regain or improve your ability to bend backward, or extend your spine?

A good starting exercise is “the cradle” pose from yoga. Before you start any stretching exercise, though, there are 2 rules you must always obey. First, never, ever, go to the point of pain. If a position is uncomfortable, back off. You should feel the tightness of the muscles without pain. Secondly, hold the position until the tightness fades away. This usually occurs anywhere from 30 seconds to 4 minutes. You cannot be in a hurry, just be patient and relax. Now, on to “the cradle”: While on your hands and knees, raise your head up and drop your stomach down toward the floor. The more you let your stomach muscles loose and let your stomach drop, the more you will feel the stretch in your low back. Just hold that position until the tightness is gone.

Once you have loosened up a bit with “the cradle,” you can try “the cobra.” You lie on your belly, and, while keeping your pelvis on the ground and your head up, you raise your upper body up with your arms: kind of like a push-up. This is a more extreme back extension exercise, so be sure not to go to the point of discomfort. Perhaps, just resting on their elbows is enough to start. Once in a comfortable starting position, I like to let my stomach muscles loose. By doing this, it will feel like your stomach is slowly falling, or melting, onto the floor, and the stretch you originally felt in your low back will gradually creep up your

NUTRITION TIPS



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



National Nutrition Month has just been celebrated, but the theme for this year – “100% Fad Free Lifestyle” is the message to follow for the entire year.

Diet fads come and go and some may actually help you lose weight in the short term, but that weight usually comes back. The studies have shown that making small changes in your eating habits can pay off with good health and weight management.

The American Dietetic Association through its annual nutrition month campaign is focused on long-term goals for your life with good food choices.

The key messages for you to keep in mind for the coming year are:

Develop an eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to the basics and use the new Dietary Guidelines for Americans and MyPyramid.gov as your guide to healthy eating.

Choose foods sensibly by looking at the big picture. A single food or meal

won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet. Learn how to spot a food fat. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets. If it sounds too good to be true, it probably is.

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 felling of well-being and reduces the risk of chronic disease.

Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and can be part of developing a healthy eating plan that meets your individual needs. Ask your health care provider for a referral to a registered dietitian to answer your individual nutrition questions.

Take advantage of all of the opportunities in our community for healthy eating and activity. Remember to eat as well as you can as often as you can.

back. Another good extension exercise is accomplished by lying on your back on a large exercise ball. Let your arms fall back over your head, and let your back conform to the shape of the ball.

I've given you some options. Play with them. The fun part about stretching is

that your body gives you immediate feedback. If you are tight, you need to do the exercises more. You can do them less often as you loosen up. Every time you do them, you will feel results, and you will eventually enjoy your ability to bend backward with ease.

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SENIOR NEWS

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



NESCO Executive Director

Cracked Foundation
Case management is the foundation of the 15 senior focal points in Dane County. With the increasing population of the senior adult generation and decreasing funding available for case management, there is an immediate need to address this critical shortage. Due to an internal reallocation of Dane County case management funds and additional budget cuts, our agency experienced a decrease in funding for the case management program since 2003 (totaling \$15,305). This comes at a critical time when our case managers are dealing with extremely complex and time consuming cases involving an increasing number of frail/elderly senior adults in our service area. It is frustrating to hear elected Dane County officials predict these cuts are only the beginning...our foundation is seriously cracked.

The case management program's

goal is to reduce the isolation of seniors (age 60 & older) by enabling them to achieve or maintain optimum independence in their community through the assessment of need, coordination, and monitoring of community-based services. Case managers complete a needs assessment for seniors, provide information and referral about services and programs to enable the seniors to stay active and connected in their community. They educate seniors to make informed choices, support their decision-making ability to manage their own services in a manner that maximizes their autonomy while assisting them to remain in their own homes.

So far, our cracks are being filled with funding from other sources (United Way, City of Madison, and fundraisers). NESCO is striving to continue to offer case management services free of charge to seniors despite decreases in county support. If you feel you or someone you care about has benefited from contact with a case manager, please consider making a donation to the case management program. Next time you run into your Dane County Supervisor, please mention how vital this program is to your community.



SENIOR Activities

VOLUNTEER APPRECIATION LUNCHEON

Tues., April 17, 10:30 am – 12pm, at Warner Park Community Recreation Center, 1625 Northport Drive

We are going to be honoring all of our wonderful volunteers at a special appreciation luncheon. We are pleased to have inspirational and humorous speaker, Paul Wesselmann joining us. A native of Madison, Paul offers his Stone Soup Seminars throughout the nation and distributes a Monday morning email, Ripples.

MOVING INTO RETIREMENT, GRACEFUL AGING AND ALL THAT JAZZ!

Tuesdays, 10:30-11:30 am, April 10, 24; Warner Park Center

Calling all Baby Boomers! Are you newly retired and looking for new opportunities? Come join us as we explore the possibilities beyond retirement.

April 10: "Continued learning opportunities in Retirement" with Edna Canfield, from PLATO.

April 24: "Fraud Prevention: the do's and don'ts" with Norm Olson from WI AARP Chapter.

No reservations are needed, just come and join us, we'd love to have you!

"AMERICAN MUSICAL CELEBRATION" Day Trip to the Broadway Dinner Theater in the Dells

Thurs., April 19 at Warner Park Community Recreation Center

Price: \$69/person

Come on our trip to see a talented cast of 12 singers and dancers electrify the stage with their amazing performances, from classic rock-n-roll to country and pop music. A delicious lunch will be served. Pick up and drop off at the Warner Park Community Recreation Center. We are pleased to be partnering with Badger Tour & Travel to offer this trip. Call 243-5252 to sign up.

SPRING HEALTH FAIR

Frid., May 4, 8:30-11 am, Warner Park Community Recreation Center

Mark your calendars! Our 2nd FREE Annual Health Fair is coming up! We will have a little of everything...An Information Fair, Health Screenings, Speakers, Music, Refreshments!!! It will be an event to remember! Don't miss it!

SENIOR PROM

Friday, May 18 at Blackhawk

Middle School, 1402 Wyoming Way, Madison

The Blackhawk Middle School Spirit Club and the North/Eastside Senior Coalition invite you to a "Night in Paris," with dancing, decorations and refreshments! The Bill Terry Orchestra will entertain young and old alike with their wonderful big band tunes. We thank the Spirit Club for all their fundraising efforts to put this on and hope all of our north and east side seniors will come and make it a huge success! Put your dancing shoes on and we'll see you there! Call Nicole at 243-5252 for more information.

KNOCK 'EM DOWN FOR NESCO!

Saturday, April 28, 9:30 am, Dream Lanes Bowling Alley, 13 Atlas Court, Madison

You're invited to bowl with us again this year for our 2nd annual bowling "fun raiser"! The goal is for each bowler to raise money in pledges or pay a flat participation fee. Our goal is to raise \$8,000 and we can do it with your help! Bring your friend, bring your sweetie, bring your children or grandchildren. Come one, come all and help support us by knocking down a few pins! Call 243-5252 if you want to pledge, bowl or volunteer for the event. The more the merrier!

For more information on NESCO programs, please contact Programs Director, Betty Lefebvre-Hill at 243-5252 or blefebvre-hill@nescoinc.org.

seniorhealthfair

Friday, 4 May, 8:30 am - 11 am

Warner Park Community Recreation Center

1625 Northport Drive, Madison



- INFORMATION FAIR
- FREE HEALTH SCREENINGS
- HEALTHY BINGO
- SPEAKERS
- NUTRITIOUS SNACKS
- DOOR PRIZES

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call 243-5252 for more information

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1625 Northport Drive #125 Madison, WI 53704
608-243-5252 . info@nescoinc.org . www.nescoinc.org

Senior Prom
@ Night in Paris
Friday, May 18, 2007
6:30 - 8:30 pm
Blackhawk Middle School
1402 Wyoming Way, Madison

This FREE event is sponsored by the Blackhawk Middle School Spirit Club and the North/Eastside Senior Coalition

* Music by the Bill Terry Orchestra
* Decorations * Refreshments * Dancing
Call Nicole at 243-5252 for more information



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WARNER PARK COMMUNITY RECREATION CENTER NEWS

From
BRAD WEISINGER



WPCRC Facility Manager

Exercise Revitalized!

The exercise room cardio equipment was enhanced with new treadmills, circuit equipment and rubber coated dumbbells. Thank you Mayor Dave, Common Council and Park Superintendent for your capital budget support. Keep Exercising and Way to "Get Fit Madison"!

The Center will be hosting a free orientation to this equipment. Times and dates of this training will be posted in the Center.

Drop-in Childcare through June 14, 2007:

Mon, Wed & Thur: 5 pm – 8 pm
Tues & Thur – 8:30-11:30 am

Childcare Fee Options per hour
Annual Membership holder: \$1 first child, 75¢ second
WPCRC ID card holder: \$2 first child, \$1 second

Things that make you go mmmmm

The roof at the Center will be under renovation starting mid-April 2007. The gymnasium will be worked on first and then the community rooms. Work will proceed from west to east. This isn't costing the taxpayers additional funds. The money was from a settlement. Thanks for your understanding during this period of renovation

Scrambled Eggs!

The Circle of Friends is planning a Golf Scramble on June 8 at Bridges Golf Course. Please visit the Circle of Friends website at www.wpcrcfriends.com to get your team's application. All proceeds will go to a Warner Park pool.

Banking at WPCRC?

Help build financial health and freedom. Courses in Checking Account Management, Credit Reports and Scores, First Time Home Buyers and Kids and Money. The classes are all free; refreshments served. Free Childcare. Material provided in English and Spanish. These are MSCR classes sponsored by Home Savings Bank. For more information call 245-3669.

Customer Satisfaction

The WPCRC Advisory Committee conducted a 2006 customer satisfaction survey. One hundred participants of varying ages and ethnicities were evaluated at random times of the day and week.

Four key areas of customer satisfaction were assessed:

- Level of Customer Service
- Cleanliness of Facility
- Fees for Service
- Hours of operation.

Results:

98% of surveyed Center users rated customer service good to excellent
98% of surveyed Center customers rated Center cleanliness good to excellent

91% surveyed users believed fees for service were good to excellent, and 91% of surveyed users are satisfied with hours of operation.

There were NO poor ratings!

Committee supports Warner Park Center expansion

When the Warner Park Community Recreation Center opened its doors in 1999, it promised to be a "gathering place, which provides innovative growth and enrichment opportunities for the Madison community and connects people of all ages, races and cultural backgrounds."

Its success is best measured by "a 74% increase in hourly participations since the Center's opening, an actual increase of 115,000 users," according to the Center Advisory Committee chairperson JoAnn Walker. Hourly participations are calculated from exercise room, gymnasium and game room users, participants in NESCO and MSCR programs, plus facility rentals and drop-in users.

The Center, which is open 92 hours each week, faces limitations to further growth and services due to space needs. Ironically, the Center's success

has led to these limitations, which "greatly threaten revenues, which will directly affect the operating budget and services," according to Walker.

"Building another large, multi-use space would primarily serve the growing fitness needs," she said.

"The Advisory Committee is aware that city capital funding is unlikely, so we are willing to work with the Circle of Friends to initiate a capital campaign for the Center's expansion in conjunction with the Warner pool capital campaign. The total costs of the two construction projects, merged into one, would hopefully be reduced from the cost of two separate construction projects."

"This would allow the Center to continue its history of great service, not only to the Northside, but also to the City of Madison as a whole," Walker concluded.

Golfers and walkers wanted for Circle of Friends events

By **Roberta Statz**

Circle of Friends

Golfers, get ready to tee-up for the 2nd Annual Celebrity Golf Scramble at Bridges Golf course on Friday, June 8. This is definitely a red carpet event you don't want to miss! Over twenty celebrities joined us last year, including: Pat & Barry Richter, Milt McPike, Kevin Dean, Lisa Stone, Mitch Henck, Pat O'Donahue, and Paul Braun, just to name a few. About 100 sports fans showed up to show what good sports they were by supporting the silent auction and raffle. Everyone also enjoyed a good meal, a few hands of cards, and a great time with old and new friends. Don't golf? Not to worry, come mingle with the "celebs," join us for dinner, the auction and raffle. The event is limited to the first 100, so get your money and reservations in early!

Attention all walkers! Mark your calendar! The 3rd Annual "Pounding the Pavement for a Pool" is scheduled for Saturday, August 25. Last year, eighteen teams pounded the pavement, with 429 individuals registered to walk!

The Northside Business Association won the traveling trophy for the largest team with 58 registered walkers. DuWayne's Beauty Salon came in second with 54 registered walkers, followed by Public & Private Partnership with 51 registered walkers. Even Mayor Dave himself laced up his walking shoes to join us, and several of Madison's TV stations came to film all the excitement

The Circle of Friends is hoping for even a bigger "splash" this year. So, dive in early by organizing your team now for the August 25th walk. You can enter as an individual or a team with 10 or more walkers and get your team name on the back of the shirts. You can enter as a business, a neighborhood, or simply a bunch of friends. If you have the largest team, you will get to take the traveling trophy home! We always need more sponsors for both events.

Please contact Dorothy Borchardt at dborchardt1@charter.net or check out our web page at wpcrcfriends.com

2ND Annual Golf Scramble



Where: The Bridges Golf Course



Friday, June 8, 2007

9:30am Registration
11:30am Shotgun Start
5:00pm Cash Bar, Dinner and Prizes
Contact Dorothy Borchardt
dborchardt1@charter.net
Steve Nelson
onelly@charter.net

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Mail to: **WPCRC Circle of Friends**

1625 Northport Drive
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\$400 per foursome \$100 per person
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Registration Form

Team Name _____
Your Name _____
Address _____
City _____ Zip _____
Phone _____

Others in your foursome
2 _____
3 _____
4 _____

____ Players
at \$100 each
Total = \$____

Madison Parks Foundation, Warner Park Pool
Pavable to: MPF – COF – Warner Pool

Warner Park Youth Football continues its tradition

By Jon Schwichtenberg

Warner Park Youth Football

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



Photo provided by Jon Schwichtenberg

Fourth through eighth graders can participate in Warner Park Football. Registration is at Warner Park Center on May 1, 8, and 15.

achievements.

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

The organization is in need of volunteers to assist in our operations. We currently have two open positions as follows:

Equipment Coordinator – This position involves organization, distribution and care of our equipment. It involves being at the park Monday evenings from 5:00-6:30 during the weeks of our season (August through October). This person would also need to attend the equipment nights, which are typically two evenings or one Saturday prior to our season. This position is paid \$500 per season. We also get sev-

eral parent volunteers to help assist.

Field Striper – This position maintains the striping of lines on our practice and game fields, during the season. This is typically a once a week task that takes around approx. 4-6 hours. This can typically be accomplished in one evening. This position is paid \$300 per season. These positions can be filled by anyone, including player's parents. For more information please contact Jon Schwichtenberg.

We will be conducting signups at the Warner Park Recreation Center on Tuesday May 1, 8 and 15, from 6 pm - 8 pm. For more information please contact Jon Schwichtenberg at 332-2486.

WARNER PARK YOUTH FOOTBALL WANTS YOU!

All kids entering 4th through 8th grade in the Fall of 2007 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 1, 6-8 p.m. OR May 8, 6-8 p.m. OR May 15, 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 \$160 for your first child. This includes all equipment needed except for shoes. Every child after the first is half price or \$80.00 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 (copy of tax return). 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 \$60.00 per child or \$40.00 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. For more information please visit our Web site at www.geocities.com/wpyouthfootball.

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

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SPORTS & RECREATION

MSCR art classes – meet Nancy McGregor



By Nicole Graper
MSCR

Madison School Community Recreation offers a variety of arts and enrichment classes. Nancy MacGregor teaches adult drawing drawing-figures, portraits and sketchbook, watercolor painting, decorative art patterns and styles, gourde painting and working with paper classes at Warner Park Community Recreation Center.

MacGregor has been teaching art since 1991 and for MSCR for the last three years. She earned her degree from Layton School of Art in Milwaukee in commercial art. She worked as an art director/television producer in Chicago for several years. She then opened her own studio in downtown Chicago as a freelance illustrator/designer. Advertising agencies, book publishers, *The Chicago Tribune* and the CBS affiliate were some of her clients.

Returning to Madison, where she was

born, she studied serigraphy in the University of Wisconsin Graduate printmaking program and earned a teaching position at MATC.

MacGregor has continued to study different art fields during her professional life and has created a variety of exhibits and one-woman shows.

According to McGregor art is “a good way to relate to people, very satisfying to see people grow in their self expression, I learn a tremendous amount from my students, and share my love for visual arts. My students develop a voice. They learn to use art tools to communicate, and to release their feelings. They spend time enjoying others with similar interests which enriches all of our lives as we grow and learn from each other.”

MacGregor is involved in the upcoming Gallery Night at Warner Park Community Recreation Center on Friday, May 4. Last year, some students were pleased to sell their work for the first time.

In addition, she currently teaches at Oakwood Village. She feels retired people really enjoy expressing their creativity, since many had little time for it during their professional lives. Many are wonderfully dedicated to their work.

To take one of MacGregor’s classes call MSCR at 245-3669 for more information.

A new band of brothers Gay men’s rugby comes to Madison

By Marcus Watson
The Northside News

A March 10 recruitment meeting at the Warner Park Community Recreation Center brought almost 30 potential members of the first gay men’s Madison rugby club. The gathering, hosted by the Chicago Dragons, one of 20 gay men’s rugby clubs in the nation, introduced the attendees to the “barbarian’s game played by gentlemen.”

In the early 60s, rugby in Madison was played by college professors, beatniks and disaffected bohemians. Recent years have seen a rugby club on every college campus and now boys and girls high school teams. While international rugby is wildly popular, Americans have been slow to warm to the sport.

As the brainchild of Brandon Connett, a straight member of the gay Minneapolis Mayhem, a gay Madison club was the next logical step.

“I sent e-mails to gay web sites in Milwaukee and Madison and by far the Madison response was better,” he said.

With so few teams in the league, traveling is a problem.

“The eight hour trip to Chicago to play the Dragons twice a year was getting old,” said Connett. “Having a club at the halfway point to play will be nice.”

The Chicago Dragons are definitely behind the plan as six of them showed up for the meeting fresh from their



Photo provided by Marcus Watson

Rugby goes back many decades in Madison, and a new club is about to be launched.

morning practice, still in kit (in their uniforms) and muddied and bloodied as well. After a talk and a video, a full-scale practice was held in the Warner gymnasium followed by a social at a local tavern, which ends most rugby events, and includes drinking and singing.

Members of the men’s and women’s Wisconsin Rugby Club have pledged their support to the fledgling team, and all the players marched together in the recent Saint Patrick’s Day Parade.

For more information contact www.mayhemrfgc.com or www.igrab.net.



MADISON SCHOOL & COMMUNITY RECREATION

**MSCR Classes at Warner Park
Community Recreation Center**

Youth Tap Dance	Monday nights
Teen & Adult Aerobics	Monday nights
Cooking	Wednesday nights
Knitting	Tuesday nights
Drawing	Monday mornings
Watercolor	Thursday mornings
Pottery	Monday-Thursdays nights
Scrapbooking classes	Tuesdays nights & Fridays & Saturdays
Scrapbooking Drop-in	Thursdays mornings
Line Dancing	Tuesdays & Thursdays
Meditation & Relaxation	Thursdays
Mind & Body Wellness	

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The Northside TownCenter Almanac



What's Happening in Your Neighborhood

Northside TownCenter

Dave: "Once again we're going through some changes. In the long run challenges make us stronger and in business they are often opportunities to better meet the current needs of customers. I asked a sampling of our tenants to comment on their successes and how they reflect on the character of the Northside neighborhood itself. Here's what they said."

The Lakeside Library

Katie: "We have long-term staff. There are adults coming into the Lakeside Library we've known since they were children. We know most of our regular customers by their first names and that is something in today's automated life. This makes for a real sense of community. This is a neighborhood of diversity, and the library is a place many different kinds of people rub shoulders and share what is important to them. The remodeled library reflects this. There's a quiet room but also there are groupings of tables and chairs; books, CDs and movies are showcased in easy to enjoy displays. Usage is way up. In December of 2005 we had 11,531 visitors for the month. This last December that had increased to 16,752. It comes from being in touch with the needs of the people we serve. We have a collection of African-American authors, basic computer classes and four preparers every Thursday to help people with their taxes. All for free. And because of the increased numbers our hours have increased (Mon-Fri: 10am-8pm and Saturday 9am-5pm)."

True Value

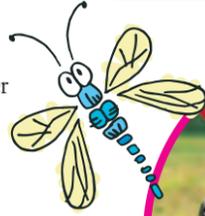
Tom: "Mine is a family business. Based on our success here we've recently expanded to a second location. There certainly are some successful chains, like Subway, Rocky's, Family Dollar, Walgreens, that know how to offer people what they want at a great price. Ours is a destination business that depends upon personal contact. People come to us with a problem to be solved and for us customer service means having a competent staff that know how to help people with those problems. And, of course, having products at a fair price that provide solutions. We've been here for 30 years and I never intend to leave this location. There have been changes, but the essentials remain the same. The rental department is a nice niche for tools people need but don't want to buy. Hard work has never bothered me and I see it pay off in the place we've secured in our customers lives."

Benvenuto's

Brian: "Benvenuto's has made a bold move by eliminating all of its big media advertising and instead giving the money to the community. As the owner I want to see part of our earnings go to neighborhood groups, kid's organizations, local churches, Meals on Wheels and other community functions. This is neighbors helping neighbors. And good business, just as paying our team members (employees) well and subsidizing their insurance leads to less turnover. I firmly believe numbers don't run a company, people do. Your support is sincerely appreciated by everyone at Benvenuto's. We want to be the neighborhood place with great food reasonably priced. We love this Northside location and the friends we've made here."

Serenity Salon

Darcy: "We're also expanding. The key to our business is providing a bridge between the fashion look we see in magazines and on the red carpet at awards events and the reality of our customers' lives. There's no question about it, today people are investing in their appearance. It makes them feel good; it generates a positive reaction from others. Our staff is continually participating in training programs that help the people we see change. A client's biggest fear is that change has to be drastic. We begin with a consultation that addresses maintenance, lifestyle, and what is an age-appropriate look. We identify colors that are flattering to a particular skin tone and discuss which features you want to emphasize and which you want to minimize. Then we accomplish these changes over time so you are comfortable becoming the sophisticated, eye-catching person you are. When I see the positive results for the people we work with, I know change can be really good."



The Coffee Gallerie, Spirits Unlimited, The Trafalgar Apartments

Jon: "Coffee drinkers love the neighborhood feel of our place as much as the specialty drinks and fresh baked goods we offer; and my brother, Chris, who is a real-estate agent has been putting in some time here also so to me it now has a family feel too. He lives in the Trafalgar Apartments, on the next street over. This "new urbanism" has become very

popular. You come home and park your car for the night because you're within easy walk of a grocery, restaurants, library, fitness center, summer baseball and, of course, your favorite coffee house."

Aaron: "I'm another TownCenter success story. I started out as a clerk at Spirits Unlimited. Now I'm manager as well as running my folks liquor store in Platteville one day a week. What I've learned is how to budget money, stock what my particular customer base wants and price it competitively. I know many of my customers by first name and since there are many places a person can buy liquor within a one-mile radius that personal interaction makes a difference. Also people like price consistency, not just having one or two items at a get-them-in-the-door sale special. And we're convenient. Someday when I'm ready I want to be the owner. This is a great location, and our business has steadily increased over the years. Hey, it's spring. Life is good."

Pierce's Northside Market

Ron: "It's been quite a first year. In mid April we'll have first anniversary giveaways, specials, demos and other surprises. At this time last year I was putting in over 100 hours a week just to get things going, then the store opened and I put in even more time. But the extra hours paid off. I got to work closely with employees on all shifts and together we set expectations high. We're going to partner up again with the Mallards, supply coffee and baked goods to the Sunday Farmers Market (that will be upgrading this year) and kick off a program to help schools. We're honored to have been named 2006 Northside Business Neighbor of the Year and look forward to being here for many years to come."



And Don't Forget

Laura tells us, "During the month of April join Curves with a friend and split the service fee. (Curves would also like to thank all the women who dropped off groceries for our Annual Food Drive in March. It was a great success!)."

Walgreens is your Easter candy headquarters—with plush toy snuggle bunnies, big plush bunnies and giant plush Easter bunnies. Congratulations to Suey of Wong's Acupuncture in the TownCenter Professional Building. He has become recognized by people from several parts of the world for his successful treatment of a rare type of debilitating motion sickness recently featured on ABC News Medical Mysteries. Meanwhile the clippers at Sherman Plaza Hairstyling are buzzing and there's a little bit of everything for only a buck at Family Dollar. And don't forget Anchor Bank, Road Ranger, Cash Express, Associated Podiatrists, Rocky's, ABC Mortgage, Madison's Hair Transplant Clinic and State Farm Insurance are here for you.

Altered States

Darlene: "I began my alterations business ten years ago in my home. I worked hard, built up a loyal customer base and finally got to the point where I could invest in a retail location. The thing that's great about the TownCenter is that you can start out small and grow. I added services (such as dry cleaning) and even some jewelry. Now I have this idea for doing bridal capes. Nothing spoils the vision of a glorious wedding dress more than the bride having to wear a pea coat over it to keep warm. Altered States will be making special order capes, capelets, wraps, stoles, shrugs, jackets or boleros from a variety of fabrics. I am not only going to be offering these capes at my location, but am expanding into the recently vacated AAA space to supply these to other retail businesses in the Midwest. I think is emblematic of the exciting things happening here on the Northside." **Grand Opening, Tuesday, April 10th!**

The World Within An Easy Walk!