

FOCUS ON FOOD

The Quest for freshness

Quest Card + Market Tokens = Market Items

By Sue Morrison
The Northside News

ATTENTION ALL QUEST CARD USERS! Are you aware that you can take your Quest Card to the Northside Farmers Market on Sunday mornings from 8 am to 12:30 pm and receive \$2 tokens at the Market Information Booth? The Quest Card can be used to purchase any USDA approved item from the vendors. If you do not use all your tokens in a week, bring them back for a credit, or use them another week.

Every Sunday from May to October there are about 20 to 25 Wisconsin farmers selling their locally grown fresh produce at the Northside Farmers Market held at Northside TownCenter. Many vendors sell a variety of ethnic food (such as sweet chard, bok choy, Chinese pea pods, lamb and buffalo meat), which sometimes cannot be found in a store.

Last year, when the Northside Farmers Market opened, the use of the Quest Card was initiated following a successful program used in Milwaukee. A grant from Dane County paid for a large mailing to all Quest Card users informing them of the opportunity, but this year the market has relied upon word of mouth and posters distributed at community centers.

Great, fresh produce is available at a

Farmers market's season is event-filled

By Nan Cline

It's hard to believe Farmers Market season is half over. Including August, we still have three months to buy locally raised farm products direct from farmers right in our own community. Special events are planned for the last market Sunday of each month.

Sun., Aug. 27 Tailgate for Northside Youth Enjoy delicious picnic fare (including hot dogs and brats, popcorn, and other tasty treats), events and entertainment by and for kids. Rumors are there will be hip-hop dancers to watch and a dance contest for the limber and gifted.

Sun., Sept. 24 Fall Harvest Festival

reasonable cost. For example, at the peak of strawberry season, some vendors were selling two quarts of fresh strawberries for \$5, similar to local grocery stores. Fresh raspberries were less expensive at the market than at stores in the middle of July.

On the last Sunday of each month, come purchase produce, receive tasty recipes for using what you bought and listen to free musical entertainment.

Try using the Quest Card. Travis Kahel states as he watches the booth, waiting for the opportunity to trade your tokens, "The Northside Farmers Market is good for those who don't like crowds, and if you want good veggies, this is the place to come."

What more do you want? Eat Fresh, eat local – because it's good for you.

A repeat of the popular feast that rounded out the 2005 market, we'll be offered a variety of savory chili recipes orchestrated by master chili cook Dale Matthews. Renaissance Players will stroll in our midst in their colorful costumes. Celtic music will have us tappin' our toes.

Sun., Oct. 29 Halloween at the Market Wear a costume if you'd like, sip hot apple cider, munch treats, listen to music, say good bye to our vendor friends and have a good time at our last market of the season.

On the same dates, visit the market Tasting Tent for free samples of easy recipes prepared by MATC Culinary Arts instructor Punky Egan from market products. Some of the recipes Egan prepares are winners of local recipe contests, and you can soon test your own recipe ideas.

Fri., Aug. 18 is the deadline for the Food for Thought Festival Recipe Contest. The festival and contest are sponsored by REAP Food Group, a local non-profit organization. Why should you bother, you ask? If the \$500 cash grand prize doesn't inspire you, remember that the contest is



Kanopy Dance students Maya Egan-Roberston, Meara Sweetnam, Emma Carlisle, Isaac Roberston and Sierra Powell perform at the July 30 market. Kanopy offers classes to children ages 4 and up and offers scholarships to Northside children in need. See kanopydance.org or call 255-2211 for info.

Photo by Jim Powell

another way to promote healthy, locally produced ingredients and even a Northside theme.

Pick up an entry form from the Northside Farmers Market Information Booth or at Lakeview Library. Your entry may be any kind of dish—from soup or salad to drinks or desserts—in any of the following categories: Ethnic Heritage, Health and Nutrition, Buying Local, Gardening and Wild-Crafting, Food and Meaning, Kids' Category. Contest info and easy online registration at the link: www.reapfoodgroup.org/FFTF2006/recipecontest.htm.

Wouldn't it be fun to see a Northsider win using Northside Farmers Market products? How does Warner Park Watermelon Wonder sound? Sherman Avenue Shallots? Go wild!



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FOCUS ON FOOD

CROP WALK prepares for another big year

Benefits Dane County food pantries and Independent Living Meals on Wheels

By Lynn Case

Recruiters for Northside churches, groups and others interested in participating in the 32nd Annual Madison CROP Bike/Hike/Rock for Hunger on Sun., Oct. 8 are invited to attend one of the three Recruiter Orientations: Mon., Aug. 21 or Wed., Aug. 23 at 6:30 pm or Sat., Aug. 26 at 9:30 am at Christ Presbyterian Church, 944 East Gorham Street. At the meeting, groups will receive pledge forms, posters, fliers, videos and all other materials needed to participate in the event.

Christ Presbyterian Church will be the host church for CROP this year and the October 8th event will begin and end there. Registration is at 12:45 p.m., with a welcome gathering at 1:15 and start at 1:30. New shorter walk routes of 1.5 or 3.2 miles will follow Sherman Avenue and go through Burrows, Johnson and Tenny Parks and back to Christ Presbyterian Church for refreshments. The 14-mile bike route will continue to follow the Lake Monona Bike Trail. Already 50 Madison area churches have signed up for the event.

Lakeview Lutheran Church is gearing up to have a large group participating again this year.

More than 70 members have participated annually in recent years, raising over \$7,000 for CROP last year.

Church member Mary Cragin attributes that to its team building activities. Each year the church purchases colorful T-shirts with the church name and a logo such as "Walking Together" to wear for the event. A trial "practice" walk is held the week before at the annual Lakeview Health Fair. Pastor Dean Kirst, a big supporter of CROP, also challenges people and rallies the congregation to participate in some way – as a walker or biker or volunteer to help register on the day of the event.

Sherman Avenue United Methodist and Bashford United Methodist are also active participants in CROP and St Peter's Catholic Church and St. Paul Lutheran Church have participated in previous years. Any church or other group interested in eliminating hunger in our world is welcome to participate. For more information about CROP or to obtain pledge forms and other materials, call 222-7008.

CROP raises money to fight local and global hunger and is sponsored by area churches and nationally by Church World Service - an ecumenical international relief and development organization helping people in need in more than 80 countries around the world. CWS was founded on May 4, 1946 and celebrates 60 years of service in 2006. CWS/CROP returns 25% of the total raised to local community food programs. The Madison event raised over \$70,000 last year with more than \$17,600 benefiting the Dane County Food Pantries and Independent Living Meals on Wheels.



Profiles of Northside artists will return in the next issue of the Northside News. Also, look for the next NSAG planning meeting!

KIDS FEED MADISON

August 1 - 28

Did you know that there are over 10,000 children living in need in Dane County alone? Begun in 2004 by an East High student, Kids Feed Madison food drive has raised over 12,000 meals for people in need.

Help Kids Feed Madison continue to make a difference in your community!

Donations may be dropped off at:

Pierce's Northside Market
DuWayne's Salon

Manna Café and Bakery
Lakeview Library

Monetary donations are welcome. Please send a check made out to *Second Harvest Foodbank of Southern Wisconsin* to:

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ENVIRONMENT

Nature comes first for all

Cherokee Park Inc. pledges to "preserve quality of life"

"I believe that the best plan is one that preserves, protects and enhances the quality of life of our neighborhood, and this plan does that," says developer Dennis Tiziani.

He and other representatives of Cherokee Park Inc. (CPI), the original developers of the Cherokee Park neighborhood, presented their proposed next phase of development for the area and outlined plans designed to protect the environment, manage the area's surface and groundwater, address traffic issues and enhance recreational opportunities.

The proposed plan will span approximately 20 to 30 years and will include annual construction of single-family homes, twin homes and condominiums on 210 acres of a 1200-acre campus

After three public meetings and several smaller ones with Northside residents, Tiziani has modified the plan "to control density and reduce massing in the area, manage the traffic flow through the neighborhood and preserve coveted open space."

Tiziani has retained Allison Tree Care, Inc., Birrenkott Surveying, Natural Resources Consulting, Inc., Schreiber/Anderson Associates, Inc. and Montgomery Associates Resource Solutions to address environmental, water and traffic issues.

Other highlights of the plan, provided by Cherokee Park Inc., include:

- ♦ A water management plan to control discharge and flooding, enhance the landscape and maintain groundwater levels.
- ♦ Providing areas that could assist the city with resolving water management quality issues created by areas outside of Cherokee Park.
- ♦ Improving access to the Cherokee Park trail system, adding extensive ped/bike paths through Cherokee Park and expanding existing public parks and green spaces.

Friends to "protect, preserve and restore"

The Friends of the Cherokee Marsh and Upper Yahara Watershed aim to "protect, preserve and restore ... the whole Yahara River watershed, which extends from Goose Pond to Stoughton", according to the recently adopted mission statement,

The top priority is to save the "fifth addition," the 45-acre parcel that adjoins the Cherokee Conservation Park, said Lee Hayden.

Don Hammes, steering committee chair, said "Because of its proximity to the wetlands we felt that this is the most critical area to preserve. We don't think there should be any development there."

Remaining priorities include supporting the land swap proposed by Cherokee Park, Inc. which would give the wetland which abuts the "Wheeler triangle" (west of the Wheeler Road - Comanche Way intersection) to the City of Madison for restoration; and encouraging Cherokee Park Inc. to develop an open space further east on Wheeler Road rather than the Wheeler Triangle.

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The Friends of Cherokee Marsh & the Upper Yahara Watershed will meet on Wednesday September 20 at 7:00 pm at the Sherman United Methodist Church, 3705 N. Sherman Avenue.

All interested community residents are urged to attend the meeting and join in our efforts to protect the Marsh and watershed.

Contact Ellen Barnard at 576-3734 for more information or go to <http://www.cherokeemarsh.org>

cont. from page 1

## Cherokee plan

compensate for high quality wetlands" and requested a 200-foot shoreline buffers, rather than the 75-foot standard being applied.

Dan Hammes of the Dane County Conservation League and Wisconsin Wildlife Federation worried about "retention basins silting in" and the loss of groundwater recharge due to increased impervious surfaces (roads and roofs). He asked for an environmental assessment by the Dept. of Natural Resources.

County Supervisor Dorothy Wheeler testified that "aspects of the development" upset many residents in her district and that the area needs "environmental protection."

Nik Meiers recently bought a condo in Cherokee and said the proposed development "feels like a conservation project to me."

Robert Alesch, who bought the first condo in the original Cherokee devel-

opment, said that "development would better be than the cornfields for runoff."

Paul Noeldner, a Madison Audubon Society member, said that the area is a sensitive habitat for birds and plants and that the 5th addition should be made into conservancy, citing that birds need "ten acres of upland for every acre of lowland."

Commissioner Rothbart said he'd like to see "higher density around Wheeler/CV and more open space elsewhere" in the plan.

In an interview, Planning Unit director Brad Murphy said that he is working with "other city agencies to address questions asked by the Plan Commission." Topics include a hydrology study, traffic impacts, appropriate upland buffers, flooding issues, storm water management and compatibility of development with existing neighborhoods.

A revised special area plan may be presented to the Plan Commission as early as August 21, but may be sometime in September, said Murphy.

## Environment-friendly changes considered for Madison's highest elevation



By Jon Becker

The Friends of Lake View Hill are hosting a community meeting regarding the green space on and around Lake View Hill where they will be considering plans that would reduce mowing of the lawn, which currently costs the county over \$16,000 annually.

Current community uses such as winter sledding and one-day lawn seating for Rhythm & Booms would be preserved. All savings would be redirected toward conservation efforts.

Lake View Hill's lawn area is in the final stages of incorporation into the existing Lake View Hill conservation park.

The park's hill top forest has some interesting trees and other forest and oak savannah flora to which natural diversity documented in surveys of the 1830s is being restored, under the supervision of the Friends of Lake View Hill.

## Friends of Lake View Hill

What will be the future of the lawn?

Wednesday, August 16  
4:30 - 6:30pm

Dane County  
Human Services Building  
1202 Northport Drive  
(Just northwest of Warner Park)

Besides the park's conservation values, it also hosts several buildings with cultural interest due to their former use as a regional tuberculosis treatment facility beginning in the 1930s.

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# Northgate, diversity and the American Dream

*Local businesses offer multicultural customer service*

**By Marcus Watson**

*The Northside News*

Something special is happening at the corner of Aberg and North Sherman Avenues. American citizens have worked hard, saved money, planned, plotted, dreamed...chasing the eternal lexicon of a free market society. Work hard and you will succeed.

The venerable Northgate Shopping Center now features four minority-owned businesses in various stages of development. The old guy on the block, Sonny Phon, has run the Angkor Thom Market for almost four years.

"We now carry Korean, Philippine, and African foods," he says, "We want to serve as many cultures as we can."

The next veteran in line is the China Palace with its charming owner Dan Qi (pronounced "don-chee", she is better known as Jenny).

"When I first came to America, I worked at a Chinese Buffet. I knew that Chicago and Saint Louis had good Chinese food, but this stuff I was serving was no good."

To that end, she and her business partner, Michael Zhang, hired an award-winning, twenty-year tested Chinese chef. This is paying off as several recent reviews name China Palace as the best Chinese food in Madison.

Jenny was sending money home to put her son through a private high school. He has graduated, and she will send him to the UW this fall.

"I am tired to death," she says, "but I must keep going."

The new kids on the block are the Vang brothers. Tou and Doua (pronounced "too" and "doo-wa") bought the VideoLand store two months ago.

"We've worked in America since 1978," says Tou. "This is our first business."

Specializing in Korean, Japanese, Chinese, Thai, Latino and some Hmong releases, their selection is like no other.

"All our DVD's have English subtitles," says Tou. "It offers a chance to see what other filmmakers are doing."

The newest comer bought Mattresses and More from Sonny a month and a half ago.

Bou Sok (pronounced "bo sock") and his wife Celina have used their ten years in America working for and learning the retail business. By doing their own buying in Chicago, they have amassed truly unique merchandise.

They kept the name Mattresses and More from the previous owner, but the emphasis is on the "More." Everything from the latest rug design to Asian wedding and funeral wear is on display. More a cultural display than a retail outlet, the store is quite an eye opener.

All of these business people have toiled, sweated, and labored long hours chasing the dream.

Perhaps the simple tenet of one Celina Sok says it all: "You've got food on the table, you're good to go."

Photos by Marcus Watson



**Sonny Phon, owner of Angkor Thom Market**



**Dan Qi (also known as Jenny), owner of China Palace**



**Celina Sok, owner of Mattresses and More**



**Tou Vang, owner of VideoLand**



## Festivals Galore!

Check out page 17 for a listing of upcoming Northside festivals. Attend all the festivals, and your picture could show up in print!

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**BUSINESS NEWS**

# Barbershop quartet works harmoniously

## After 40 years, four cutters still coif your curls

**By Lee Hayden**  
*The Northside News*

In 1966 Doug Roberts found that he needed more parking for his barbershop customers at the intersection of Sherman and Commercial Avenues. So he decided to move to the brand new Sherman Plaza mall where space was plentiful.

Since then, more than 60 businesses have come and gone in the shopping center, but Sherman Plaza Hairstyling still thrives as a neighborhood barbershop in its original location, almost exactly where the Bruns family farmhouse once stood.

The barbershop started with unpainted cinderblock walls and one unmotorized chair that had to be pumped by foot.

This was the era of the Vietnam War, the Beatles and long hair. Barbers at the shop often got caught in the middle of fights between parents and their children over how long to leave their hair. As the ones who paid the bills, the parents usually won.

Doug, originally from Arena, Wis., and a graduate of barber school in Chicago, laid the foundation for the remarkable long-term success of the business by managing it as a family-style operation, which attracted loyal customers. He also employed one of the first woman barbers in Madison.



**The Sherman Plaza Hairstyling crew, from left to right: Ross Zanto, Shirly Glackin, Tim Roberts, and Curt Personke. The barbers have over 123 years of haircutting experience between them.**

In 1968 Doug hired Ross Zanto who had also graduated from barber school in Chicago. Ross, who had lost his dad when he was young, soon came to regard Doug as a second father.

When Doug died in 1980 as a result of injuries suffered in an auto accident the year before, Ross bought the business and continued its family-style operation.

As a child, Doug's son Tim got his hair cut regularly at the barbershop. Heeding his father's wishes that he "use his brains, not his hands," he enrolled at the UW to attend the Business School. However, his father's

death was a profound shock and caused Tim to rethink what he really wanted to do with his life.

He soon realized he wanted to follow the family tradition and entered MATC for barber training. After graduating in 1982, Tim began working at the shop and a father-son relationship in turn developed between Ross and Tim.

In 1992, after being mentored by Ross, Tim took on ownership of the business and now leads a quartet of dedicated and consistent barbers including Ross as well as Shirly Glackin and Curt Personke.

All of the barbers have each owned

their own barbershops and between them have 123 years of haircutting experience.

The barbers enjoy the interaction they have had with customers over the years, including well known local personalities like Pat Richter and Chris Farley.

But Tim does remember a few trying moments, such as the time that a belligerent customer just out of jail refused to pay because he didn't like his haircut.

"He threatened to punch me out," recalls Tim, "even though I did exactly what he wanted and even worked right through my lunch hour."

Tim remains optimistic about the barbershop, which continues to offer traditional haircuts in a variety of styles at a reasonable price along with lots of lively conversation.

However he does occasionally wonder where he will find new employees if he needs them because students at barber/cosmetology schools are now being trained as stylists and have less interest in cutting short, tapered hair.

Nevertheless don't expect very much change at Sherman Plaza Hairstyling for the foreseeable future.

After all, as Tim pointed out, some of his current customers came to the shop as children with their parents 40 years ago and they're still coming in.

Photo by Lee Hayden



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- |                                                                                     |                                                                              |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
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| Dean Health Works (blood glucose—\$10.50 or cholesterol—\$10.50, with Dean HMO=\$5) | UW Health Services Talk on “Binge Drinking”                                  |
| UW Poison Prevention                                                                | Breastfeedingmadison                                                         |
| “Buckle Bear” Car Safety                                                            | Domestic Abuse Intervention Service                                          |
| Karate America martial arts demo                                                    | AIDS Support Network                                                         |
| Reiki Energy Work                                                                   | ElderCare fitness assessment for Seniors—strength and hand coordination test |
| WAGS Wisc. Academy for Graduate Service Dogs                                        | HomeInstead Sr Care                                                          |
| Windemere School of Healing Arts                                                    | Blood pressure checks                                                        |
- Refreshments, special talks, massage, service dog demo and much more!

### Senior Forums resume at Lakeview Lutheran

Monthly Senior Forums will resume on Tuesday, Sept. 12, 2006 at Lakeview Lutheran Church. Join us for lunch at 11:30 a.m. in West Hall. A social worker and geriatric nurse practitioner from ElderCare will present on “Myths and Facts on Aging.” The meal and forum are free and open to all. Please pre-register by Monday, Sept. 11 by calling 244-6181. West Hall is accessible.

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# Experience It!

## Rally Day at Lakeview Lutheran Church

**Sunday, September 10** 4001 Mandrake Road  
**244-6181**

|                                                                                                           |                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 8:00 am <b>Worship In the Sanctuary</b>                                                                   | Dean Kirst<br><i>Pastor</i><br>Timothy Mueller<br><i>Dir. of Liturgical Arts</i><br>Anne Tigan<br><i>Parish Nurse</i> |
| 9:00 am <b>Confirmation</b> for grades 7-9                                                                |                                                                                                                       |
| 9:15 am <b>Sunday School</b> for age 3 -grade 6                                                           |                                                                                                                       |
| 9:15 am <b>Adult Bible study</b><br><i>Who is Jesus?</i> with Pastor Kirst                                |                                                                                                                       |
| 10:30 am <b>Worship On the Lawn</b><br>Dress casual! Bring a lawn chair!<br>Special music and activities! |                                                                                                                       |

Plenty of parking • Completely accessible  
 Hospitable to all of God's people

## Discover :: Together

*a new church on the Northside...*

<http://northviewmadison.blogspot.com/>  
 email : northviewmadison@yahoo.com

mark your calendar... Sun. Sept. 24...a preview of things to come...  
 see <http://northviewmadison.blogspot.com/> for details.

A Stephen Ministry — Care Ministry Congregation

ChristCare Small Group Ministry

**ST. PAUL LUTHERAN CHURCH**  
 2126 N. Sherman Ave 244-8077

Worship Times

|                               |  |
|-------------------------------|--|
| Sundays 8:00 a.m. Traditional |  |
| 10:30 a.m. Contemporary       |  |
| Wednesdays 6:45 p.m. Blended  |  |

Education Ministries  
 Promiseland for Kids  
 Sunday 9:00 a.m. {Pre K -5<sup>th</sup> Grade}  
 Adult Bible & Topic Studies  
 Sunday 9:15 a.m.

Bringing People into a Saving Relationship with Jesus

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## Sherman Avenue United Methodist Church

Pastor Jakes Voker  
 3705 N. Sherman Avenue, Madison, Wisconsin 53704  
 608 244 0868 [shermanumc@sbcglobal.net](mailto:shermanumc@sbcglobal.net)

|                        |                          |
|------------------------|--------------------------|
| <b>Free Breakfast:</b> | <b>Sunday 8:30 a.m.</b>  |
| <b>Church School:</b>  | <b>Sunday 9:00 a.m.</b>  |
| <b>Worship Hour:</b>   | <b>Sunday 10:00 a.m.</b> |

Mark Your Calendar NOW. Ham Dinner, October 7th