

NEWS AND VIEWS FROM ELECTED OFFICIALS

From
**DOROTHY
WHEELER**



DISTRICT 18 SUPERVISOR

At Aberg and North Sherman in the newly-purchased county building also known as the Job Center, you may have seen the sign for NIP or Neighborhood Intervention Program over the doorway facing North Sherman Avenue. "Get on the Right Track" is the positive motto that leads the efforts in the Community Supervision Program directed by Andre Johnson, a program for youth who have been adjudicated and need community supervision to keep them out of detention or corrections. The most serious youth offenders need electronic monitoring but most of these youth are safe in the community with intense supervision: face to face check-ins, curfew checks, random drug tests, school monitoring and assistance with pro-social behavior. Mr. Johnson shows much enthusiasm when he speaks of the efforts to redirect youth with special group discussions that help them evaluate their own

behaviors and think about making wiser choices. These young people also get chances to gift the community with helpful activities and they can work on other skills needed for academics or sports.

NIP also offers early intervention services for kids that need more assets in their young lives. These youth are recommended by school staff, social workers and parents of troubled youth. The services offered these young people are as diverse as the youth who enter the programs: everything from anger management to cultural enrichment to team sports help these youngsters get involved with self-enhancing activities that promote their own self-esteem. Stephen Blue, who leads DCNIP, says he does not want to hire any staff unless they like and understand kids. "Our mission is to intervene in the cycles of risk that are part of the natural stages of adolescent development" is printed in the brochure. Stephen Blue knows that risky behavior for teens is usually not delinquent and these kids just need some help to "Get on the Right Track"!

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

From
**PAUL
RUSK**



DISTRICT 12 SUPERVISOR

Criminal Justice Program Review

As the chair of Public Protection and Judiciary I'm pleased we have a 130 page draft report from a nationally recognized firm that outlines about 100 recommendations to enhance our criminal justice system. A key finding is that we can eliminate \$2 million in inmate shipping costs (and keep inmates close to their families to facilitate rehabilitation) by reducing the average length of stay. We need to move arrestees through the system faster so they don't remain in jail. This can be done without risking public safety because virtually all of these folks are released eventually, as minimum security inmates make up approximately 63% of the jailed population. This paves the way for expansion of electronic monitoring that will further help with overcrowding. Jail should be for dangerous individuals who are a threat to public safety, not

those charged with misdemeanors or those who should be out working on electronic monitoring to support their families.

The report's major theme is that although individuals are working very hard, better management is needed to control the workload. Functions need to be coordinated as a total system rather than as individual components. My committee will be extremely busy ensuring that as many recommendations as possible can be incorporated into the 2008 budget to save taxpayer dollars while also improving the overall justice system in the county.

The report includes some fascinating crime statistics. Although Wisconsin's serious crime rate is 14% lower than Minnesota's and 34% lower than the U.S., our arrest rate is 25% above Minnesota's. Wisconsin's incarceration rate is 88% above Minnesota's. Wisconsin's violent crime rate is 19% lower than Minnesota's and 94% below the U.S. Fortunately we live in a relatively safe state.

I would be happy to email you the report if you send me a request.

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

Dane County Board of Supervisors Upcoming Meetings:

Aug. 16 ~ Sept. 6 ~ Sept. 20 ~ Oct. 4

All County Board meetings are on Thursdays at 7 pm in Rm. 201 at City-County Bldg. 210 Martin Luther King, Jr. Blvd.

From

**KATHLEEN M.
FALK**



DANE COUNTY EXECUTIVE

Dane County: First in State to Use 'Priority Fire Dispatch'

We like being the first on important matters. Dane County is the first county in the state to utilize a new tool to get help to those in crisis faster. We took another step for public safety when our 911 Center launched Priority Fire Dispatch – a response system that makes sure emergencies are answered without putting in jeopardy the next urgent call for help.

This system makes sure we get the right equipment at the right place in the right way at the right time. It's more rigorous and efficient than our previous method of gathering and passing on information. This new system provides our 911 communicators with tested and proven scripts to get the best information from a caller in

crisis to determine the level of response so the right amount of amazing responders are called to action, leaving other personnel and equipment ready for the next call.

This big improvement follows on the heels of other county initiatives including improvements that get ambulances to seriously sick or injured persons much more quickly and, in the case of people with heart problems, enable emergency rooms to receive key medical data

Like the Priority Medical Dispatch program we started in 2002, Priority Fire Dispatch also gets help quickly and directly to callers as communicators deliver safety and medical instructions over the telephone. The major difference is what gets said and how it gets said. The words are scripted. It is a protocol where you picture a flow chart and every case is handled in the same way, but with the flexibility to use questions geared toward different problems.

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

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From
**JON
ERPENBACH**



STATE SENATOR

'Healthy Wisconsin' Reform Plan Chooses Wisconsin Families over Drug, Insurance Companies

When it comes to the exploding health care crisis, Wisconsin families, businesses and local governments can no longer afford the status quo. Every year we see double digit hikes in our premiums.

Employers and employees, both public and private, shell out over \$18 billion for health care premiums. Under the state Senate's "Healthy Wisconsin" plan, that \$18 billion number falls to \$15 billion.

The plan, which the Senate passed in its version of the state budget, makes an historic investment in the state's future. Wisconsinites get the health care we all need and we save money from day one. Under "Healthy Wisconsin" \$1.3 billion in local government savings is targeted back for property tax relief and improved local service.

The Senate's "Healthy Wisconsin" reform plan says you deserve the same health care you pay your state legislators to have.

Under "Healthy Wisconsin" all Wisconsin residents and employees under 65 are guaranteed health care coverage, regardless of preexisting conditions. Coverage will be paid for by a payroll deduction similar to Social Security of \$370 a month for the average employer and \$140 for the average employee. The payroll deduction will be 4% of social security wages for employees and 10.5% for employers. Sole proprietors will pay 10%.

"Healthy Wisconsin" gives employers who want to offer care but are unable because of the outrageous premiums levied against small businesses, the ability to provide coverage. It levels the playing field.

"Healthy Wisconsin" reduces costs and improves quality and puts consumers back in control. You and your doctor are in charge, not some big insurance company or bureaucrat. You choose your doctor, and you choose your provider. You are in control.

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

From
**DAVE
TRAVIS**



STATE REPRESENTATIVE

Wisconsin's efforts to save SeniorCare

Wisconsin seniors have benefited from and greatly depend on Wisconsin's SeniorCare Program, which provides affordable prescription drug coverage. Federal government administrative officials have been trying to kill SeniorCare despite the overwhelming public support of the program and repeated pleas by Governor Jim Doyle, the Wisconsin Legislature and our federal representatives in Washington.

However, at the last minute, Wisconsin's Democratic federal representatives (led by U.S. Senator Russ Feingold; U.S. Senator Herb Kohl; Congressman Dave Obey; Congresswoman Tammy Baldwin and Congresswoman Gwen Moore) stood their ground and negotiated a two-and-a-half year extension of the SeniorCare Program. This hard-fought agreement was ultimately included in

the Emergency Supplemental Spending Bill expected to be signed into law in the near future.

This is fantastic news for Wisconsin's seniors currently enrolled in this program, as well as other eligible seniors who may be looking for a better alternative to the federal government's flawed Medicare Part D Plan. SeniorCare has proved to offer Wisconsin seniors the best possible prescription drug coverage at the best possible price. It is anticipated with the extension of SeniorCare that the state will also retain its negotiating power over the drug companies, so both seniors and taxpayers receive a great deal.

SeniorCare is so important to so many people within the 81st Assembly District and throughout Wisconsin that it would have been a financial burden for many if this program would have been discontinued. Due to the valiant and unwavering personal efforts of Governor Jim Doyle, Senator Feingold, Senator Kohl, and Congressional Representatives Obey, Baldwin and Moore over 103,000 Wisconsin low-income seniors will save over \$27 million in their prescription drug bills. I think Congresswoman Gwen Moore (D-Milwaukee) summed it up the best when she said, "Hallelujah, sweet success at last"!

State Rep. Travis (a Northside resident) can be reached at 266-5340 or rep.travis@legis.state.wi.us

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"A hundred years from now...it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child." ~Kathy Davis

I'm proud to be a sponsor of Warner Park Youth Football. After being a coach at Warner Park for over 17 years, I am convinced there is nothing more rewarding than helping kids. Now that I have retired from coaching my goal is to help Madison's Northside Youth and their families be successful through financial security. If I can help you with your family goals in education funding, retirement, investments or other needs, please give me a call today at (608)828-4307 or via email rtippery@finsvcs.com.

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COMMUNITY RESOURCES

From
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*Programs require registration. Call 246-4547 two weeks in advance.

WHOLE FAMILY

Lakeview Chess Club Mon., Aug. 13, 27; Sept. 10, 24; Oct. 8, 6-7:45 pm. Anyone welcome! Who Am I? David Stokes Solves Wildlife Mysteries Sat., Aug. 25, 11 am. Naturalist David Stokes brings live creatures, animal artifacts & puppets!

Reptiles and Amphibians of Wisconsin Sat., Sept. 22, 11 am. Join herpetologist Dan Nedrelo for lots of hands-on time with lizards, snakes, turtles, salamanders, frogs and toads. Perform frog calls!

Family Film Fun Sat. Oct. 6, 10:30 am
PRESCHOOL PROGRAMS

Preschool Storytime Tues., Sept. 18-Dec. 11, 10:15 am. Stories, songs, and fingerplays for ages 3-5. Siblings welcome.

Baby & Toddler Time Tues., Sept. 25-Nov. 27, 11:15 am. Stories, songs and rhymes for children ages 0-35 months.

SCHOOL-AGED

Disguise Lab* Tues., Aug. 14, 10:15 am. Super Spies and Library Sleuths need disguises! Create your own undercover disguise! For children in grades K-5.

Harry Potter and the Deathly Hallows Book Discussion* Thurs., Aug. 16, 1 pm. Share your opinions on

the latest Harry Potter! Join the librarian and kids ages 8-12.

School's Out Movie Party Tues., Sept. 18, 2-5 pm. Celebrate a day off from school with a film and snacks!

TEEN/MIDDLE SCHOOL PROGRAMS

Harry Potter and the Deathly Hallows Teen Book Discussion* Tues., Aug. 14, 1 pm. Want to trade opinions on the latest Harry Potter? Join the librarian and teens 13-17 for a lively book discussion.

Video Fun Madness Thurs., Aug 16, Sept 22, Oct. 17, 3-4 pm. Come play Wii!

ADULT PROGRAMS

Used Book Sale All day, Sat., Sept. 15, 9 am-5 pm. We've saved up for three months to have a great book sale!

Scrabble at the Library Wed., 10 am-12:30 pm. Word lovers - play Scrabble with other adults for fun!

Totally Beginning Computer Class For Adults* We've gotten great feedback from people attending this class! This hour session is designed for people with little or no computer experience. Never touched a mouse? You're welcome, and we won't go too fast.

Introduction to the Internet for Adults* This hour-long session enables you to use a search engine or an address to access a website, and navigate within a website. Prerequisites include the ability to use a computer mouse and basic understanding of Windows or the class listed above.

Senior Book Group! If you'd like to talk to other seniors about good books, call Terry at the Library at 246-4547 and she'll get you set up with the book being discussed that month. We meet at Warner Park Community Recreation Center, the third Friday of every month at noon. Co-sponsored by the North/Eastside Senior Coalition and the Library. It's fun!

From
**DENNIS
MCQUADE**



COMMUNITY SOCIAL WORKER

Cynthia is a northside single parent who contacted the Joining Forces for Families office to seek assistance in finding employment. She said she had been out of work for about six months and was becoming increasingly frustrated and irritated at her inability to find a job. As she described her situation more fully, it seemed that she might be suffering from a depressive disorder.

The JFF worker recommended that she discuss the possibility that she could be depressed with her family physician or a mental health professional. She did so and was eventually diagnosed as having a depressive disorder and was placed on antidepressant medications. She was also referred for mental health counseling.

According to the National Institute of Mental Health in any given one-year period, 9.5% of the population suffers from a depressive illness. Depression can affect ones family and job performance, and interfere with sleeping, eating and feeling good about one's self.

According to the N.I.M.H. the following are signs or symptoms of a depressive disorder:

- A persistent sad, anxious or "empty mood";
- Feelings of hopelessness, pessimism, guilt, worthlessness, helplessness;
- Decreased energy, fatigue, being "slowed down," difficulty concentrating, remembering, making decisions, insomnia, early morning awakening,

or oversleeping;

- Thoughts of suicide; suicide attempts, restlessness, irritability;
- A decreased appetite and/or weight loss; and/or
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.

Women experience depression about twice as often as men and often face substantial pressures from single parenting and caring for aging parents. Also, many women are particularly vulnerable to post-partum depression after the birth of a baby. Studies show that depressed women have lower incomes, often under the poverty level. They also are more likely to be unemployed or underemployed and lack home ownership.

In addition, low-income people including those on Medical Assistance and Badger Care have less access to mental health services, since most mental health professionals don't accept them.

If you feel you feel you may be depressed, you should discuss your concerns with your physician and/or a mental health professional. One resource that is available to assist consumers in locating mental health and/or alcohol and drug treatment services, including providers whom accept Medical Assistance, is the New Directions Information Center at 280-2674.

You may also contact the Joining Forces for Families office at 241-4849 or 240-2045 to obtain assistance in arranging mental health services.

Want to see some new businesses on the Northside?
Take the Northside Consumer Survey!
See page 3 or visit www.northsidenews.org

Over the Garden Gate

By Judy Metz
Master Gardener

Gardeners' official waves are with their bottoms in the air as they bend over weeding.

AUGUST
The weed war is far from over. Don't let annual weeds go to seed. Chop them out, Round-up, pour vinegar on them or even pour hot water on them.

Continue to water any new plantings until you see new growth. Flowerbeds looking stressed from the heat? First, go out in the morning while it's cool and tidy up. Clip off spent blooms and remove bedraggled and excessive growth. Second, add or renew mulch. Mail order bulb catalogs will show up in mailboxes or shop online. Shop sales at garden centers. Some annuals have exhausted themselves. Yank them out, compost them and replace with fresh mulch.

If critters are still calling your yard home, visit garden centers and see the different repellents available. If they

get used to one thing, then you have to try something else. A garden is a work of art in progress.

SEPTEMBER
Garden centers will sell fall blooming asters, icicle pansies, mums and flowering kale and cabbage. Take notes where you want to fill next year with a new or different perennial. If you have had something for more than 5 years and are not happy with it, dig it out, get rid of it or give it away.

Visit Olbrich Gardens or Allen Centennial Gardens, take your camera and photograph what you find interesting and get ideas for next year. Want to add to your garden? If you have an old spare garden hose or rope, lay out your design and move it around until you find what you like. Enjoy the start of fall and don't overdue raking or blowing your leaves. Don't rake anything into gutters because it ends up in the lakes. The leaves can be mulched up, bagged and saved for next year. Plant smiles, grow giggles and harvest love.

THE 2008 NORTHSIDE HISTORY CALENDAR Is Here
See page 6 for more info

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COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

It's Your Choice

Let's see. Do you want health, or would you rather have disease? Do you think it's as simple as that? Well, consider this. Experts insist that 85% to 95% of disease is the result of our life style (genetics and injuries play a minor role). Guess who chooses your life style!

Yes, you are choosing your health, for now and the rest of your life, by what you do today. Does skipping breakfast today affect your overall health? Of course! If today is the only day you skipped or woofed down a jelly donut, and you normally start your day with a healthy meal, there is no need to panic. One bad choice will be overcome by a habit of good choices. If you make jelly donuts, or Poptarts, or (you name your poison) your daily fare, you are choosing disease. Habits are big choices.

Procrastination is a big choice, too. You can always start exercising in the fall, once it has cooled. Once fall is here, you have so many other things to

do, and you can put off exercise until winter when you will have more time. It's easy to come up with excuses. The truth is pretty brutal - you only have right now. Now counts. Everything else is fantasy. The best way to start a new habit or change a bad one is to tell yourself that you are already doing it. Then, just keep on doing it.

"So what?" you think. "Humans are adaptable beings. My body will adapt to what ever I throw at it." Yes, we are adaptable to a certain degree, but there are limitations. Recent research has linked low-level inflammation in the body to more and more chronic diseases that plague our society. This low-level inflammation comes from poor diet, lack of exercise, mental stress, inadequate rest and environmental toxins. When the body is over-stressed from these factors, low-level inflammation results. This inflammation, depending on which organs and tissues it first affects, may manifest as diabetes, cancer, heart disease, arteriosclerosis, arthritis, fibromyalgia, chronic fatigue syndrome or just about any other chronic disease.

So, health is rarely a roll of the dice. It is a direct consequence of what you choose daily. Make up your mind about how healthy or ill you will be and take the responsibility to make it happen. Choose well!

NUTRITION TIPS



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



Portion Distortion: A Guide to Sizing-up Serving Size

It's no secret. Americans are getting larger. It's clear that huge portion sizes aren't helping. The last time you ate out at a restaurant, how big was the plate? Was the food heaping on the plate?

A serving is a standard that the USDA created as a guideline to tell you how much to eat and how much of certain nutrients are in food. Here are some tips to help you size-down portion sizes.

- Meats: One serving of meat is 3 oz. This is about the size and thickness of the palm of a woman's hand or a deck of cards.
- Nuts: They're yummy and have good nutrients, but they're loaded with calories. One serving is only 1 oz or 1/4 cup or one small handful.
- Cheese: One serving of cheese is also 1 oz, which is about the size of 4 die stacked together.
- Pasta/grains/potatoes AND fruits and veggies: 1/2 cup is a serving, the size of your fist or baseball.

Soft drinks, drink mixes, specialty coffee and tea drinks, fruit drinks and alcoholic drinks can provide large

amounts of calories because of their sugar content. 12 ounces of sweetened soda contains 10 teaspoons of sugar. Fruit juice does offer more vitamins and healthy nutrients than soda, but 4-8 ounces a day is usually enough to provide these

nutrients for the day.

You can also use some of these tips: Eat from a smaller plate like a salad plate.

Serve yourself then measure what you normally eat to see how portions compare.

Plan your plate. Make half the plate vegetables, 1/4 a meat or other protein source and 1/4 a starch like pasta, rice or bread. Add a fruit and milk on the side or as a snack or dessert.

Start out with one portion of each food on your plate, and if you want seconds, wait five minutes to assess your real hunger, then go for the fruits and veggies.

When eating out, split the meal with a friend or family member, or have half of the meal boxed up right from the start. And ask for sides or substitutes of vegetables or fruits.

Look for beverages with fewer calories (water).

Here's a website that offers a quiz on portions <http://hp2010.nhlbihin.net/portion/>

Remember - eat as well as you can as often as you can.

Lindsay Kneisler, Dietetic Intern, also contributed to this column.

Want to see some new businesses on the Northside?
Take the Northside Consumer Survey!
 See page 3 or visit www.northsidenews.org

Join Northside Discuss and keep on top of your neighborhood issues
 Email info@northsideplanningcouncil.org to join.

How to Beat the Summer Heat Tips from MG&E

Here are some simple steps you can implement to control your energy usage.

- Use shades and drapes to block out direct sun during the day.
- Cook outside or with a microwave oven instead of a stove. Save money and improve comfort.
- Use a whole house fan, or room ceiling fans instead of air-conditioning.
- Set your thermostat to 78°F or higher. Turn off the air conditioner when no one is home. To control cooling times: Use a programmable thermostat for central air. Save 10 to 35 cents per hour. Use a timer for room air conditioners. Save 5 to 15 cents per hour.
- Put compact fluorescent bulbs in your most-used fixtures and lamps. Fluorescent bulbs put out less heat, plus you will save \$30 to \$40 over the life of each bulb.
- Unplug second refrigerator if not needed. Save \$5 to \$10 per month. Turn off appliances including computers and televisions when not in use.

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SENIOR NEWS

SENIOR Activities

Located in the Warner Park Community Recreation Center (WPCRC), the North/Eastside Senior Coalition (NESCO) is a non-profit agency whose mission is to enhance the quality of life for all senior adults by providing programs, advocacy, and resources that assist them to remain independent, active, and influential in the community.

August Special Events

Fur, Fin, and Feather Fun! Warner Park Nutrition Site, Aug. 14, 10 – 11:30 am. Join us for this intergenerational zoo and pet program! Henry Vilas Zoo staff will be bringing in zoo animals to show off to kids and “big kids” alike. This will be followed by a few family pets coming in to visit as well!

Talent Show, Tea, & Cookies! Aug. 21, 10 – 11:30 am. Dust off those tap shoes, bring out your flute, show off your talent, it’ll be a hoot! That’s right, our very own, in-house talent show with seniors, kids and staff! Come and join in the fun and win 1st, 2nd, or 3rd prize! If you have a special talent to share, contact Noreen and she’ll put you on our lineup extraordinaire! We look forward to seeing you there.

September Special Events

Energy Fair and Fun! Warner Park Recreation Center, Sept. 14, 8:30 – 11:30 am. We’re having an energy party! Energy resource information, Power Bingo, music, prizes, snacks, energy “tips n tricks”, special speaker,

and energy assistance appointments! What more could you ask for? Come on down, enjoy, play and learn some to boot! We’ll see you then!

Fall Showcase with the Stark Duo! Sept. 11 and 18, 10:15 – 11:15 am

Join us Tues., Sept. 11 at the Warner Park Community Recreation Center, (1625 Northport Dr.), from 10:15 – 11:15 or Tues., Sept. 18 at Bashford Methodist Church, (329 North St.), from 10:15 – 11:15 am for the musically talented duo - Sandy and Charlie Stark - as they wow you with their special Fall tunes!

Bus Trip to the 35th Annual Cranberry Festival in Warrens, WI, Sept. 28, 7:30 am – 6 pm Cost: \$37.00/person Taste everything cranberry! A wide variety of American and ethnic foods can be found at over 70 different food booths. Shop at the 850 art and craft booths and over 100 farmers market booths. Enjoy the music and the scenery. Take a cranberry marsh and museum tour (additional \$6) if you like. Walking is involved so wear comfortable shoes. Call 243-5252 to sign up and pay by Sept. 4. We will have a pick up and drop off at Warner Park Community Recreation Center with sufficient participation. We are pleased to be partnering with Badger Tour & Travel to offer this trip.

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

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org

NESCO Executive Director



Help for Ginny

Ginny arrived to the local area over 10 years ago. After struggling with emphysema and the high altitude found in Salt Lake City, she was excited to move closer to her daughter but was also very nervous about being new to the area. Her goal was to find a home that would allow her to be totally independent but would also address all her medical challenges as a result of being on oxygen 24 hours a day.

After searching for several months, she discovered a delightful apartment a short block away from a senior center. Soon she was participating in activities, making new friends and volunteering several hours a week.

As her health slowly declined, she worked closely with a case manager to identify community resources available to enable her to remain living in her home safely. A neighbor delivered her mail from their street-side mailboxes. Her apartment was cleaned once a month by a local agency. She

even started attending the adult day center hosted by the senior center before she became too frail. But as this debilitating disease naturally progressed, the day arrived when Ginny needed 24 hour medical care. At this point, she made the decision to move to a nursing home. But she proudly announced to all, “I lived by myself for eight long years despite dragging an oxygen tank around!”

Ginny is just one example how senior focal points help seniors throughout Dane County. Their programs and services enable seniors to



live active, independent lives while remaining in their own homes. They do this by sponsoring senior dining sites, educational & social programs, case management services, caregiver support groups, local trips, volunteer opportunities, community resources, health & energy fairs, advocacy, and card games—just to name a few.

Photo by Cheryl Batterman

I’m proud of Ginny’s ability to reach her goal, but then I’m probably biased since Ginny is also my mom.

NOTE: After struggling for 17 years with emphysema, Ginny recently passed away on her 75th birthday surrounded by her family. She will be missed.

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Learn to Square Dance
with the

Westport Squares

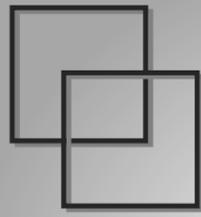
Sunday, September 16

6:30-8:30 pm
Snacks Served

Westport Town Hall
5399 Mary Lake Rd.
North of Madison off Hwy M

First 2 classes are Free!
Thereafter adults \$3 youth \$1.50

For more information, call 244-1185 or visit www.westportsquares.com



THE 2008 NORTHSIDE HISTORY CALENDAR
Is Here! See page 6 for more info

Square dancing is fun

By Paul Van Rooy

Looking for something to do this fall and winter? Want to meet new friends? Need to get some good exercise and have fun doing it? Then try Modern Western Square Dancing.

The Westport Squares is offering an introduction to square dancing beginning Sun., Sept. 16. Square dancing offers mild aerobic exercise in a non-smoking atmosphere. Anyone can square dance and enjoy the healthy benefits as well as being involved in the world’s greatest social mixer.

Come to the Westport Town Hall, 5399 Mary Lake Road just off of Hwy M near the north edge of Madison on Sun., Sept. 16. The lessons are from 6:30 to 8:30pm. The first two classes are free; thereafter the cost is \$3 for adults and \$1.50 for youth under 18. Refreshments are served and a good time is guaranteed.

Give it a try; if it is not for you, there is no obligation to continue.

For additional information call 244-1185 or check our web page at www.westportsquares.com.

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WARNER PARK COMMUNITY RECREATION CENTER NEWS

From
**BRAD
WEISINGER**



WPCRC Facility Manager

**Greetings Northsiders!
Clean as a whistle**

The WPCRC's annual weekly cleaning schedule is August 27 - 31. Floors will be stripped and waxed, carpets shampooed, furniture and exercise equipment scrubbed - all in hopes that your visits here will remain enjoyable and comfortable. Thank you for your patience.

Childcare Room

Updated schedule starts Sept. 5.

Mon, Wed, Thurs: 5-8 pm

Tues, Thurs: 8:30-11:30 am

Playroom Fees

Annual Membership holder: \$2 first child, \$1 second; WPCRC ID card holder: \$3 first child, \$2 second

HolidayFest 2007

December 1 marks the eighth year for WPCRC's annual HolidayFest Art and Craft show, featuring 100 vendors offering unique, one of a kind gifts from 9 am-3 pm. A \$1 admission fee provides access to entertainment and food and door prizes throughout the

day. Free parking available, so come early for the best spots. Mrs. Claus said this is the best-kept secret for your holiday shopping!

Food for Free Fitness

WPCRC wants to help those in need. During October 10-31, bring a non-perishable, not expired item (canned goods, sealed boxed foods, sugar, flour and hygiene products) to WPCRC. Your non-perishable items will give you access to the exercise room or open gym. WPCRC ID cards are still required. We will support our Northside neighbor Lakeview Food Pantry. So, help us help others during October. Let's show all Northsiders that together we can make a difference. Just bring your item to the front desk and you have helped two people - you and your Northside Neighbor.

Room with a View

Are you planning a business meeting, birthday party, wedding anniversary or a neighborhood event? Whatever the occasion, WPCRC has the perfect space for you. The price is right, the environment is great, the surroundings are amazing and the customer service is awesome! Stop in for a visit and see for yourself or call 245-3694 for any of your rental needs.

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

2007 Celebrity golf outing

A hole in one for Warner Park Pool Fund

By Dorothy Borchardt

Circle of Friends

Thanks to our wonderful Sponsors, Celebrities, Golfers & Volunteers the Second Annual Celebrity Golf Outing added over \$10,000 to the Warner Park Pool Fund! The participants loved golfing with our celebrities. Celebrities Pat & Barry Richter, Bob & Ryan Suter, David & Wayne Kelliher, Mitch Henck, Pat O'Donahue, Ron Carlson, Ray Jarvis and Ken Huxhold donated their time to help make the outing a success. We couldn't have done it without them and more celebrities will join our larger event in 2008.

Mark your calendar for Wed., June 4, 2008. Watch the *Northside News* or stop by the WPCRC for more information. **We can't do it without YOU!**

Please patronize and thank the following businesses and individuals who gave so generously to the 2007 golf outing and the walk:

Madison Chiropractic ~ Continuum Investments ~ DuWayne's Salon ~ M&I BankDirect ~ Fitness Solutions ~ Ryan Funeral Home ~

Borchardt Builders ~ Tiziani Golf Cars Company ~ JoAnn Walker ~ McKinney Dental ~ American Family Insurance ~ Culver's ~ CAZAM Training ~ Oscar Mayer/Kraft Food ~ Anchor Bank ~ Mallards ~ Magna Publications ~ PDQ ~ Savidusky's ~ Northside Business Assoc. ~ Ryan Suter ~ Benvenuto's ~ Excellence in Dentistry ~ John & Betty Nicka ~ Veridian Homes ~ Martinson Real Estate ~ MG&E ~ Pedro's ~ Pat and Renee Richter ~ Massage East ~ Rocky Rococo Pizza ~ Pierces Northside Market ~ Silver Leaf Design ~ Club LaMark ~ Z a c h ' s Avenue Bar ~ Walgreen's ~ Blue Plate Catering ~ Chet's Car Care ~ Pizza Extreme ~ Eleanor Borchardt ~ Braun Communications ~ Donahue Agency ~ Golf Shack ~ Lou Saloutos ~ Copps ~ Yahara Golf Course ~ Madison Coffee & Vending ~ New Orleans Take Out ~ Brennan's ~ Chet's Car Care.

COF Walk for a Pool on August 25

See article on page 5 for more information, stop at the Center, visit the COF web page at wpcrcfriends.com or contact Dorothy Borchardt at dborchardt1@charter.net.

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SPORTS & RECREATION

NESYB fundraiser Sept. 6

Pig roast dinner set for second annual event

By Nikki Moriarity

The North/East Side Sherman Youth Basketball Program (NESYB/Badger Sporting Goods) has been in operation for the last 20+ years. Its mission? Teaching area youth (kindergarten to 8th grade) sportsmanship, teamwork and basketball skills. Last year approximately 160 boys and girls participated in this phenomenal program during the fall/winter season.

This September, NESYB is holding its 2nd Annual Silent Auction, Raffle & Pig Roast Fundraising Event. Last

year, over 300 people attended this fundraiser and enjoyed the delicious pig roast, which included fresh ears of corn, fruit and much more! Proceeds from this fundraiser are going to the Eric A. Christenson Scholarship Fund and also to help the boys and girls teams in the 2007-2008 basketball season.

Mark your calendars for Thurs., Sept. 6, at Warner Park Community Recreation Center. Silent auction bidding starts at 4 pm and will conclude at 6:30-7 pm. The pig roast dinner will be served from 5-6:30pm. Advance tickets are \$15 for ages 11



Save the Date!

Thurs, Sept. 6

WPCRC

4 pm ~ silent auction
5 pm ~ pig roast dinner

and up, \$9 for kids age 4-10, and free for kids 3 and under. Take out orders are available.

To purchase advance dinner or raffle tickets, contact anyone affiliated with the program, or Lynelle Harrison at 575-4751 or nesyball@hotmail.com.

NESYB girls basketball tryouts

Sunday, Sept. 9

WPCRC

K-5th grade girls: 1-2 pm

6th grade girls: 2-3 pm

7th/8th grade girls: 3-4 pm



By Lynelle Harrison

NESYB

The North/East Side Sherman Youth Basketball Program (aka Badger Sporting Goods) girls basketball tryouts and registration for the fall/winter season.

More detailed info is on our website at www.nesyb.org. A parent/guardian must attend the team placement tryouts in order to register their child. Fees vary by team. Fundraisers are available to help offset the fees.

We have competitive and developmental teams available - all skill levels are welcome. Players will play in a YMCA or Tri-County League. Competitive teams will also travel to tournaments throughout southern Wisconsin. Please go to our website for more info: www.nesyb.org or contact Lynelle Harrison at 575-4751 or nesyball@hotmail.com.

For more information on this class, call 245-3669 or stop at the Warner Park Community Recreation Center, 1625 Northport Drive.

Northsider keeps up 50+ fitness at Warner Park

By Nicole Graper

MSCR

Madison School & Community Recreation (MSCR) offers a variety of fitness classes for all ages. Mary Brennan teaches the Goodman-Rotary 50+ Conditioning for Quality Living.

Brennan graduated from the University of Wisconsin-Madison with a degree in Education and a minor in teaching Physical Education with certification to teach grades 3-8 and physical education classes. In those days, according to Brennan, aerobic exercise in the form of "dancing to music" was not part of the curriculum.

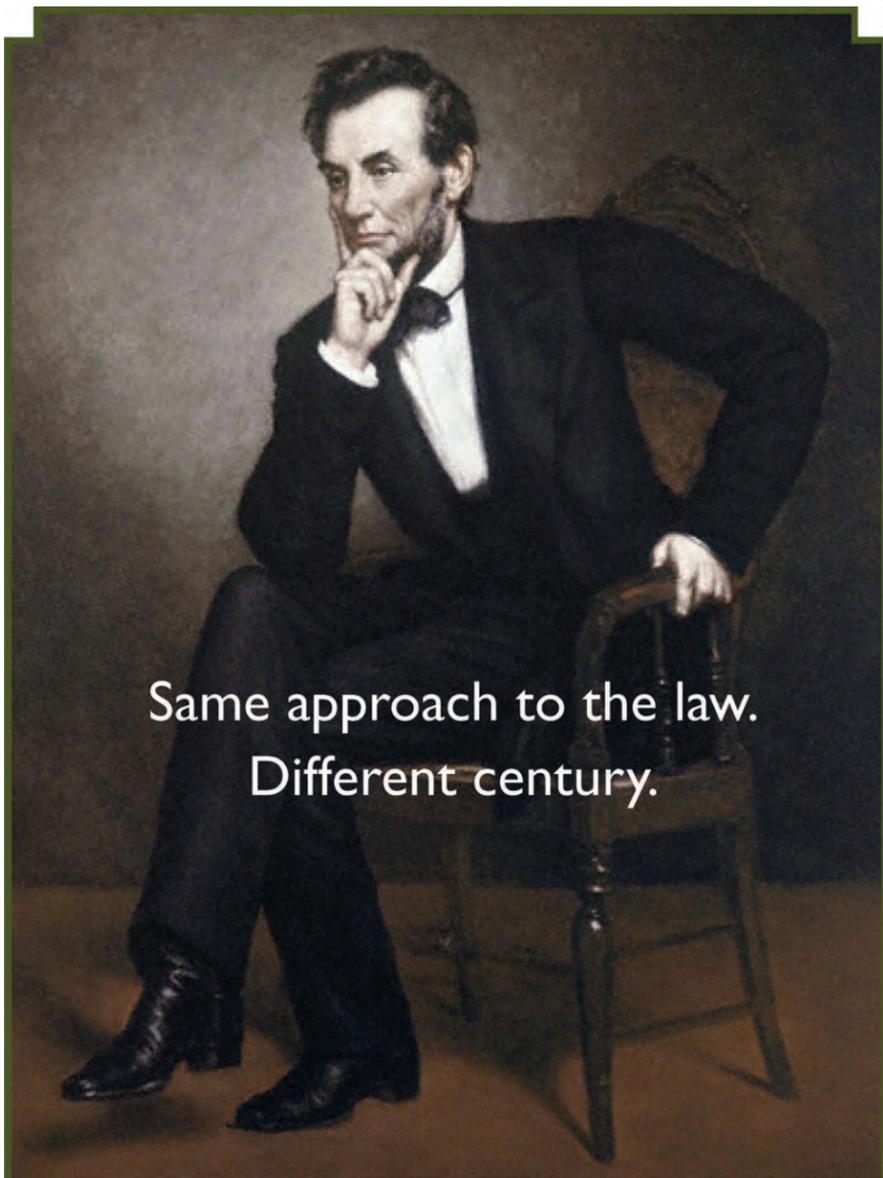
She began teaching fitness 25 years ago, when a childhood friend was diagnosed with cancer. Her friend responded in a pro-active way, researching every possible way to fight the disease including increasing her exercise regimen. This led her to form the company Motion Aerobics, and Brennan became the company's East side teacher.

Through a chance meeting with Barbara Olson, former coordinator of the MSCR Goodman-Rotary 50+ Fitness program, Brennan became part of MSCR. Olson encouraged her to begin focusing on the age group she of which she had become part. When

Warner Park Community Recreation Center opened, close to home, she was thrilled to expand classes and teach in perfect conditions with the luxury of a large, full-size wood floor.

Brennan never expected to still be at it so many years later but it's made a difference in her quality of life. In fact, when she had to care for elderly parents, teaching exercise classes was the one thing she chose not to give up and learned, in a new way, the value of exercise in helping maintain balance in stressful situations.

She continues to follow the latest fitness trends and research, most recently training in Pilates.



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The Northside TownCenter Almanac



What's Happening in Your Neighborhood

True Value Hardware

Light bulbs get a big workout. If you can do just one thing to be more energy efficient, replace old incandescents with compact fluorescent bulbs-one saves \$15 annually. Multiply that by the number of lamps and fixtures in your home and watch the savings add up.

Serenity Salon & Day Spa

Did you know that men's scalps are actually thicker than women's and on average produce twice the level of oil. This can make men more prone to the dryness, itchiness and irritation it produces. Serenity Salon is featuring a new line of hair products specifically for men. After just two weeks of using the new Aveda shampoo and conditioner, 80% of the men said their scalp never felt so refreshed, 72% experienced a reduction in oiliness and 65% experienced a reduction in scalp dryness and itchiness. 65% said their scalp never felt so great.

Altered States Alterations

For a limited time only, \$10 off your first home or office delivery from Block Cleaners-easy monthly billing, no need to be home, free drop bags, dry cleaning, laundry, etc. Stop by Altered States to pick up your coupon.

Benvenuto's Italian Grill

We are now serving dinner until 10:30pm Friday and Saturday. Ask about our wine specials. Benvenuto's is also delivering to area businesses Monday through Friday (11:30-2pm). Call for details or drop by. We are also pleased to announce Sarah Paulick is a new member of our management team.

Chris Bruns, Century 21 Realtor

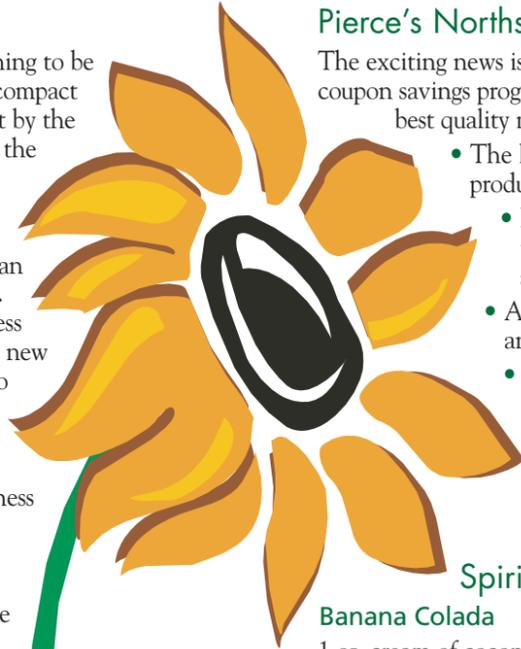
Go with Chris. He knows the neighborhood and what's best whether you are buying or selling. He is always available for you, 576-3625, right here at the Northside TownCenter.

Sherman Plaza Hairstyling

The scissors-clicking crew would like to welcome all the new customers from the Cost Cutters that recently closed down the street. Professional results for comparable prices; appointments or walk-ins.

Rocky's Test Your Italian Quiz

1. Who was the Italian that painted the Mona Lisa?
2. Who was referred to as the "Yankee Clipper"?
3. Who is the blind tenor from Tuscany?



Pierce's Northside Market

The exciting news is Pierce's New Market Club Card promotion and the new coupon savings program that will save 10-20% off your grocery bill. You get the best quality meats, deli, produce, and save big at Pierces. Plus:

- The largest variety of authentic Hispanic, Asian and Italian products in town.
- Fresh seasonal produce from local family farms, ripened in the sun to perfection then delivered fresh to our market, ripe and ready to enjoy.
- A beautiful selection of bouquets designed by a local florist and handmade from the freshest flowers available.
- Custom-made cakes including personalized photo cakes and custom designs.
- Custom party platters made from only the highest quality ingredients including fresh vegetable or fruit trays, bite sized meat and cheese platters, premium sandwich trays and more...

Spirits Unlimited Summer Drink

Banana Colada

1 oz. cream of coconut
1 1/2 oz. rum
1/2 ripe banana
1/2 oz. banana liqueur
Combine in a blender with 1/2 cup of ice. Then serve without garnish in a large stemmed glass.

Walgreens for Print Cartridges.

Refill or recycle your ink jet cartridges. Refills are 100% guaranteed, take only minutes and you can save up to 50% over the cost of buying new. Another popular service is sending digital pictures to Walgreens by the Internet. Prints (4 x 6) can be picked up an hour later for only 19¢ each.

Lakeview Library Staff Picks

- Jill:** *The Post-Birthday World* by Lionel Shriver
Easter: *Kate: The Woman Who Was Hepburn* by William J. Mann
Dan: *Elsewhere* by Gabrielle Zevin
Sarah: *A People's History of the United States* by Howard Zinn
Katie: *The New Yorkers* by Cathleen Schine
Nancy: *Plum Wine* by Angela Davis-Gardner

Coffee Gallerie Specials

Introducing The Coffee Gallerie English Muffin Breakfast Sandwiches-available in Bacon Egg & Cheese or Ham & Cheese. AND it's the 1-2-3 Happy Hour after 2:00 Monday through Friday:

- \$1 for Bakery
- \$2 for Medium Specialty drinks
- \$3 for Smoothies

Look for Coffee Gallerie 50/75 cent off coupons this month when you check out at Pierces Food Market with your Pierces Market Club Card. Coffee Gallerie selections include:

- Specialty Drinks** • Cafe Latte • Cafe Mocha • Cappuccino • Redeye • Cafe Aulait • Americano • Coffee O' Day (House, Dark, Decaf) • Tea • Chai Charger • Steamer • Hot Chocolate • French Soda • Italian Soda

- Blenders/Fruit Smoothies** • Mocha Blender • Vanilla Latte Blender • Carmel Latte Blender • Strawberry Smoothie • Strawberry Banana Smoothie • Wild Berry Smoothie

- Bakery -Scones** • Cinnamon Raisin • Chocolate Chip • Maple Nut • Blueberry

The TownCenter Is Here for You

This issue of The TownCenter Almanac has focused on specific information from a sampling of our stores, restaurants and professional services. But please keep the rest in mind as you enjoy this summer:

Walgreen's, Suey Wong's Acupuncture, Rocky's, Anchor Bank, Subway Subs, Family Dollar (40% off certain items), Associated Podiatrists, ABC Mortgage, Road Ranger, Cash Express, Madison's Hair Transplant Clinic, Curves (offering a free week in August), State Farm Insurance and The Trafalgar Apartments.



Northside Farmers Market
The Sunday Morning Meeting Spot

WIN
a basket of market goodies!

Bring this form to the Northside Farmers Market on August 19 or August 26!

Name _____

Address _____

Phone _____

E-Mail _____

One prize to be awarded. Prize includes products from participating market vendors. Drawing on or around August 26, 2007. Need not be present to win. Winner will be notified by phone or e-mail. No purchase necessary. One entry per household. By providing your e-mail address you agree to receive e-mails from the Northside Farmers Market.

www.NorthsideFarmersMarket.org