

## BACK TO SCHOOL



Carletta Stanford will lead Mendota Elementary School this year



Liz Fritz is taking over at Lindbergh Elementary School

Photos by Anita Weier

who lives in Madison.

There will be ready-set-go conferences with parents as well as registration in August, and an open house is planned after school starts.

She also hopes to have a special "backpack and snack" event for kindergarten students and parents so the youngsters can take a tour of the building and meet teachers prior to the beginning of the school year.

"I stress the importance of the home and school working together for the success of students," Stanford said. "I am a proponent of being involved and out in the community and meeting the families and going to events. I hope that parents and community members will view the school as an opportunity to work with students and see the great things going on day-to-day in Mendota."

Liz Fritz comes to Lindbergh Elementary from Thoreau Elementary, where she was principal, after serving as principal at Crestwood. She says that starting a new school year is one

of the joys of working in education, "when everything is fresh and new and exciting."

"Some of the things Lindbergh has been working on are similar to what I have worked on elsewhere, such as multi-age classrooms," she said. Second- and third-graders work together, as do fourth- and fifth-graders.

"I have done a lot of work recently with the positive behavior system that Lindbergh has implemented. About 80 percent of students do the right thing behaviorally most of the time; the model rewards appropriate school behavior. About 15 percent need more intervention, where you put in a check in-check out system and target specific behavior. And 5 percent need a third tier that can be a number of things, usually designed for the specific needs of a particular child."

She is enthusiastic about the new community garden at Lindbergh.

"It is a wonderful way to teach children how to be responsible consumers

of our planet, and to incorporate science and math into everyday learning," Fritz said.

Children can learn how plants grow and calculate that growth rate as well as the number of plants per square foot, for instance.

Her main goal is to work toward school improvement goals and math achievement. She has attended a PTO meeting, reviewed data with staff and had numerous conversations with former Principal Mary Hyde.

"The goal is to have the transition be as smooth as possible," Fritz said.

"We are going to be restarting ready-set-go conferences, an opportunity for parents to meet teachers and share thoughts, concerns and goals."

Originally from Middleton, Fritz did her undergraduate work at UW-Eau Claire and has a master's degree in special education and administrative certification from UW-Madison. She also has a school superintendent's license.

Fritz, 53, lives in Fitchburg with her

husband Chuck, who works at Covance Laboratory. Two grown sons are both in the engineering field.

Harris was appointed Gompers principal too recently to be interviewed for this story. She has a bachelor's degree in psychology and a master's degree in elementary education from the University of Tennessee as well as a master's degree in educational administration from Concordia University-Life Center in Madison. Harris previously served as the children's director of Evangel Life Center in Madison, taught in the Oregon School District for six years and spent two years as an administrative intern principal at the Netherwood Knoll Elementary School in that district.

Originally from the Madison areas, she is a graduate of La Follette High School.

"I love the Madison area and am so excited to be back in the district that gave me so many opportunities personally," she said in a written statement. ■

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SCHOOL

**East High aims for new theater**

When you attend an event in the theater at East High School, two things become apparent: East has a lot to be proud of, but its theater is not one of them.

Built in 1926, the original theater was a handsome space. A 1971 renovation reduced it by half and introduced features that are now unattractive and dated. More important, the theater is too small, its current design and equipment function poorly, and it has elements that are uncomfortable or hazardous.

A dedicated group of East High parents, staff and community members is raising funds for a new theater that will meet the needs of the school. The new design will restore the theater to its original size, construct a safe and efficient stage and replace all outdated systems and equipment. The estimated cost of renovation is \$3.5 million, and the goal is to raise these funds and renovate the theater for East's 90<sup>th</sup> anniversary in 2012. The new East High Theater will be a beautiful place for the East community to gather, perform and honor the accomplishments of its students.

Donations can be sent to the East High Theater Fund, c/o Madison Community Foundation, PO Box 5010, Madison, WI, 53705-0010. For more information, contact Biz Johnson at 35johnson@charter.net.



Vesna Vuyovich Kovach

**Garden takes root at Lake View School**

By Vesna Kovach

Lake View Elementary School's garden – named the Great Green Growing Garden (4G) by student vote – is lush and bountiful in its first year. Students and parents planned, built, planted and tend the exercise in urban, small-space, intensive, organic kitchen gardening that's paying off in plenty in tomatoes, garlic, peppers, eggplant, herbs and salad greens.

In February, teacher Susie Hobart and

several parents attended the Youth Grow Local Conference, which was put on by Community GroundWorks at Troy Gardens and drew attendance from as far away as Illinois, to learn about starting and running a youth garden.

The Madison Area Master Gardeners Association awarded the project money that was used for building sturdy 24-inch tall wooden beds. Voss Organics, based nearby, donated a dozen organic cherry tomato plants that bore thou-

sands of fruits. Jung's Garden Center on Northport Drive donated more than \$100 worth of flower and vegetable seeds. Incarcerated youth at Lincoln Hills School in Irma, Wis., grew and donated assorted vegetable seedlings.

At the time of printing, a harvest party is planned for August. Rain barrels and a deer fence are the next scheduled improvements. Visit lakeviewgarden.blogspot.com to see slideshows and read 4G news.

**Professional collaboration time for teachers means early release for students**

Teacher professional collaboration time will be implemented starting in September at all Madison Metropolitan School District middle and high schools, resulting in the early release of these students on most Wednesdays.

Students will be released early on Wednesdays during each full week of school for a total of 29 times through-

out the school year. An exception is La Follette High School, which, due to their four-block schedule, will have 24 early release Wednesdays. The early release will be 60 minutes earlier than normal dismissal times.

The establishment of professional collaboration time is in response to the MMSD Strategic Plan, and is based

on the long-standing concept that high quality school districts provide teachers with time for collaboration in order to improve instruction and overall student achievement. Currently, middle and high school teachers have minimal time to collaborate, according to the school district.

Schedule Change continued on page 19

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## SCHOOL

## Five Madison boys to earn Eagle Scout rank

By Pamela Cotant

Five members of Boy Scout Troop 34 — all juniors at East High School — are being honored for attaining the rank of Eagle Scout, the highest rank in Scouting.

During the Troop's 64-year history, only 20 other boys previously attained the rank of Eagle Scout, and it's apparently uncommon for any troop to have five boys earn the rank of Eagle Scout at the same time.

"It's fairly unusual," said Dennis Erickson, director of the Yahara District of BSA's Glacier's Edge Council. "There are five Eagle service projects that had to take place, so all of those boys were probably working on each other's projects. So there is a lot of team work and cooperation that went into getting them there."

The Scouts received their Eagle Scout awards at a Court of Honor on May 16 at Trinity Lutheran Church, which is the sponsor for the troop.

### The five Scouts are:

**Stephen Betz**, a troop member since 2004, has served as patrol leader and senior patrol leader among other troop



Photo by Sally Weidemann

L to R: Garrett Farin, Alex Mitchell-Morton, Tyler Fass, Stephen Betz and Kyleen McClintock.

leadership posts. For his Eagle project he organized the construction of a 750-foot wooden fence at Reddan Soccer Park for the Madison Area Youth Soccer Association. As an active member of First United Methodist Church, for the past five summers he has traveled to various locations to do service work in impoverished areas. At East High he has participated in track and soccer and plays viola in the orchestra. Stephen is

interested in studying natural sciences and computing in college.

**Garrett Farin**, a troop member since 2004, has served as patrol leader and scribe among other posts. For his Eagle project he organized volunteers to build benches and picnic tables for Goodman Community Center. For the past five summers he has done service work through First United Methodist Church. He played in East Madison Little League for 10 years and has lettered in soccer and track at East High. He plays violin in the orchestra, is interested in math and science and plans to study engineering.

**Tyler Fass**, a troop member since 2004, has served as senior patrol leader and quartermaster among other posts. For his Eagle project he worked with the Friends of Starkweather Creek, organizing volunteers to remove inva-

sive species and plant native woodland and prairie flowers. This summer he will be taking his second weeklong trip to Kentucky with the Appalachian Service Project. He works weekends at the local hardware store and participates in East High track and field. He is interested in math, physics and woodworking and plans to study a field related to engineering.

**Kyleen McClintock**, a troop member since 2004, has served as assistant senior patrol leader and troop guide among other posts. He did his Eagle project at the Troy Gardens Woodlands, designing and developing an area where youth can use natural materials to build forts and play as a way of engaging them in outdoor activities. He has also helped with remodeling at James Reeb Unitarian Universalist Church. He plays tennis and soccer at East High and travels widely to participate in mountain unicycling and juggling events. After school he plans to become a designer and inventor.

**Alex Mitchell-Morton**, a member of the troop since 2005, has served as senior patrol leader and patrol leader among other posts. For his Eagle project he recruited fellow scouts and friends to build team benches for Madison Area Youth Soccer Association's Reddan Soccer Park. Alex has done service work with youth in Nicaragua, and this summer he will make his second trip to do service work with the Appalachian Service Project. At school he plays soccer and has run track and cross-country. He enjoys science, math, and languages and plans to study marine biology.

## Youth employment opportunities

By Lorie Walker  
Northside News

While many of our Northside youngsters will be returning to school, some will not. For those youths 16 to 21 years old who are not returning to school and have not yet secured employment, the Dane County Job Center offers some alternative opportunities.

The Youth Opportunities Program is one such opportunity. This is an employment and training program serving Dane County's economically disadvantaged youth and young adults. It is operated by Employment and Training Association located in the Dane County Job Center at 1819 Aberg Ave.

The program works collaboratively with area high schools, technical colleges, employers and community-based organizations to help area youth reach their educational and vocational goals.

### Services include:

- Work preparation activities including resume writing, cover letter writing and interviewing skills
- Job search assistance and job shadowing

- Occupational skills training
- Career exploration and assessments
- Access to up to \$3,000 per year of training funds to assist with financial aid
- Assistance paying for the fees for GED/HSED testing
- Preparation for post-secondary education opportunities
- Tutoring services and connection with alternative secondary schools
- Mentoring, guidance and counseling

For additional information, parents and youths are welcome to attend an orientation session. Sessions are held every Tuesday, from 3:30 to 4:30 pm, at the Dane County Job Center. Registration in advance is not required.

### CONTACT INFORMATION:

**YO@EATA.ORG**

**Sandra Howland**

Employment & Training Specialist

Email: showland@eata.org

Telephone: 608-242-4548

**John Hiester**

Employment & Training Specialist

Email: jhiester@eata.org

Telephone: 608-242-4547



## Madison Stars welcome girl basketball players

Registration is now open for girls wanting to play for the Madison Stars Basketball Club, a youth girls basketball club based in the Madison East School District. Registration is for girls in kindergarten through grade eight. Teams in grades four-eight will participate in the Tri County League and also go to tournaments. The second/third grade teams will go to tournaments. The kindergarten-first grade teams will enter in league play. The season goes from September through February 2011.

For registration and general information, go to [www.madisonstars-basketball.com](http://www.madisonstars-basketball.com) or contact Lynelle Harrison at (608) 692-0218 or [madisonstars@hotmail.com](mailto:madisonstars@hotmail.com). Early bird discounts are available if you register before Sept. 1. Scholarships are available to those in need.

The Madison Stars Basketball Club is the only all-girls basketball club in Madison, focusing on the development of basic fundamentals of all players. We are a non-profit, 501c3 organization, which relies on our volunteer coaches and coordinators.



## Registration for North East Side Youth Basketball

North East Side Youth Basketball (NESYB) has just finished the summer season with both boys' and girls' teams having competed in a national tournament in Illinois. Congratulations to all those teams! Thank you coaches, players, parents & fans for all your hard work and support once again! With fall just around the corner, we will be having registrations for our upcoming Tri-County and Fall/Winter teams. Please check our web site, [www.nesyb.org](http://www.nesyb.org), for further information on this, camps and other activities.

NESYB is a not-for-profit organization dedicated to the youth on the Northside and Eastside of Madison. We strive to provide training and guidance to kids in regard to sportsmanship, community awareness and the importance of dedication to their education. We would like to be able to reach out even more, but we cannot do it alone. If you would like to make a monetary donation toward a scholarship fund — or if you are interested in helping us with grant requests, please contact any of the board members listed on our website. Your help would be much appreciated by our club and the individual lives you will touch.

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## Math still moving along at East High

By Cynthia Chin

**Welcome Back!** There will be many ways to indulge (or cultivate) your love for mathematics in 2010-2011. Read on ...

**Do you want to make a difference at East?** Do you have strong math skills and a desire to use your knowledge to help younger students? The math department is currently seeking senior math students to act as teaching assistants. As a math TA, you can explore teaching as a career option and gain a deeper understanding of math by teaching others directly in the classroom! Responsibilities include daily participation and meeting once per week outside of class to discuss readings and reflect on your classroom experience. East TA's may teach individuals, small groups and even whole classes. You work with your cooperating math teacher to develop what's best for you and the students in the class. This is an independent study program (pass/fail), and you earn elective credit or service E points as you help teach math students in the entry level classes of Algebra, Integrated 1, Geometry, and Integrated 2. Please see Mr. Somerson in room 3016 if you have any questions. ssomerson@madison.k12.wi.us 204-1531

Students or adult community members interested in volunteer mathematics tutoring on a less-than-daily basis

may contact Ms. Chin at cchin@madison.k12.wi.us or 204-1603 x 41534.

**UW women's Mentorship in Mathematics:** Young women are invited to meet twice monthly with female faculty and graduate students in math and science. Participants discuss college life and career options, and work on research projects suited to their current mathematics backgrounds. The projects explore both traditional and non-traditional topics in greater depth than is often available in the high school curriculum. This is a collaborative, not competitive, program. Contact Gloria Mari Beffa 263-3053 or maribeff@math.wisc.edu, and check for brochures at registration or with your math teacher.

**Math Club:** Advisers for 2010-2011 will be Mr. Galarowicz and Mr. Meloy. Watch for announcements about meetings. We are a very active group and will be busy almost from day one, setting up extracurricular events and exploring the finer points of our favorite subject. New members are welcome at all grade levels.

**Engineering Club:** East Engineers and their UW affiliates, the National Society of Black Engineers and the Society of Hispanic Professional Engineers, welcome students of all backgrounds to explore engineering as a career path or as a source of fun and interesting activities. Many of this

year's projects, as well as a UW-Madison and Nestle-sponsored competition, will focus on the role of engineering in food production and processing. Contact Ms. Chin, Mr. Cox, Mr. Lyons, Co-Presidents Khadim Niang and Giovanni Aleman, or Membership Chair Tekema Balentine.

**Technical writing:** Students interested in writing mathematics papers about real-world social, political, economic or scientific problems should join this year's Math Modeling Team. Prep sessions begin in late September and continue through our competition dates, Nov. 11-12. Check out the HiMCM link at [www.comap.com](http://www.comap.com) for information, and see Ms. Chin if you'd like to join the East team.

**Do you have a graphic calculator? Do you need one?** Information about graphing calculator purchase or rental (a Math Club subsidized program) is available at registration and from teachers during the first weeks of school. Obtaining a calculator at the very beginning of the year is strongly recommended, so that students can keep pace with progressive instruction in how to use this tool effectively. If you own one, please protect your investment -- mark it permanently with your name and record the serial number from the back. Do not leave calculators unattended.

Advance thanks to the community

members and recent graduates who are in a position to donate calculators or support fundraising efforts for this program during the coming year.

**Congratulations** to the Outstanding Seniors in Mathematics for 2010, who were announced in June: Nelson Auner, Analiese Sigleko, Tony Sisouphane and Jeanet Ugalde.

### Schedule Change from page 18

"Professional collaboration time will provide an opportunity for teachers to work effectively together in order to enhance instruction and, ultimately, improve students' educational experience," said Pam Nash, assistant superintendent for secondary schools.

The school year calendar (school days) will remain the same. The district will still be in compliance with the Department of Public Instruction requirements for instructional minutes.

Bus schedules will be adjusted to accommodate the early release times. After-school opportunities for middle school students during the collaboration times will be provided through MSCR.

The complexity of coordinating this initiative (schedules, times, transportation, etc.) has delayed this announcement. School district officials are aware that this change can affect family schedules and appreciate families making adjustments.

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**YOUTH**



**United Way expands Schools of Hope program**

United Way and Schools of Hope are expanding their tutoring support to an additional 1,000 students this summer and school year, improving math and reading scores and ultimately increasing the graduation rate.

The first investment of \$344,320 will provide 21 full-time and 28 summer AmeriCorps members serving as volunteer coordinators and tutors in Dane County elementary schools. This is a continuation and expansion of the existing Schools of Hope program.

In 2009, Schools of Hope placed more than 1,800 trained volunteer tutors in Dane County schools to work one-on-one with over 6,000 students to improve reading and math scores, and reduce and eliminate racial achievement gaps. In addition, 95 percent of teachers reported that volunteers contributed significantly to an increase in student skills and an increase in academic achievement. Information about volunteering is available at the Web site [www.mmsd.org/soh](http://www.mmsd.org/soh).

An additional investment of \$257,188 will create 20 full-time AmeriCorps positions to implement a Volunteer Mobilization Plan. These members will support strategic initiatives including high school tutoring, home visitations, financial education and employment for hard to place individuals. They will mobilize an estimated 600-plus additional volunteers expanding capacity.

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**Black Hawk Middle School teachers attend Special Olympics Conference**

While Team Wisconsin's 63 athletes competed in a variety of sports competitions at the 2010 National Games in Lincoln, Nebraska from July 18-23, two local teachers hit the books at the 2010 Special Olympics National Education Conference to learn new techniques in educating students with and without cognitive disabilities.

Black Hawk Middle School teachers Erin Anderson and Jennifer Johnson attended the four-day conference hosted by the University of Nebraska-Omaha from July 18 to July 21 to share their effective learning strategies for social networking, school climate, school and community collaborations, youth engagement and physical activity for children of all abilities.

Anderson, a seventh grade pre-algebra teacher, has taught a fully inclusive class for students of all abilities for the past three years. She was confident this conference will help her find new methods of uniting students in the classroom.

"I teach students both with and without disabilities in my class, and I want all my students to feel comfortable in the class," she said. "This will help me create a better sense of community."

Teachers also learned about Project UNIFY — a Special Olympics program that gives youth tools to foster respect, dignity and advocacy for people with intellectual disabilities.

**About Special Olympics**

Special Olympics is an international organization that changes lives by encouraging and empowering people with intellectual disabilities, promoting acceptance for all and fostering communities of understanding and respect worldwide. Founded in 1968 by Eunice Kennedy Shriver, the Special Olympics movement has grown from a few hundred athletes to nearly 3.5

million athletes in over 170 countries in all regions of the world, providing year-round sports training, athletic competition and related programs. Special Olympics provides people with intellectual disabilities continuing opportunities to realize their potential, develop physical fitness, demonstrate courage and experience joy and friendship. Visit Special Olympics at [www.specialolympics.org](http://www.specialolympics.org).

**Volunteer opportunities abound at Madison East High School**

By Cynthia Chin

Many students at East High School find their studies challenging, as they delve into languages, music, history, politics, mathematics and science, as well as developing career skills. You can help them reach their goals.

Unless otherwise noted, opportunities are available Monday through Friday.

Most volunteers help out one or two days a week.

Board of Education policy requires all persons working directly with students to complete a form authorizing a basic background check.

Tutors were needed in the following areas as of July. For updates in September, contact [cchin@madison.k12.wi.us](mailto:cchin@madison.k12.wi.us) or (608) 204-1603 x 41534.

Volunteer Opportunity	Contact
<b>Subject Area Tutors for Classroom or Study Hall Settings:</b> English, French, Math, Science, Social Studies/History, Spanish	Cynthia Chin 204-1603 x 41534 <a href="mailto:cchin@madison.k12.wi.us">cchin@madison.k12.wi.us</a>
<b>After School Homework Club:</b> Tutoring help in all subjects needed. 3:30-5:30 pm Monday-Thursday	Letaurius Robinson 225-3804 <a href="mailto:lrobinson@madison.k12.wi.us">lrobinson@madison.k12.wi.us</a> or Cynthia Chin (see above)
<b>Japanese &amp; Arabic Language:</b> Tutor small groups or individuals in beginning conversation, reading, grammar.	Claudine Clark 204-1799 <a href="mailto:cclark@madison.k12.wi.us">cclark@madison.k12.wi.us</a>
<b>Pre-Engineering Class:</b> tutoring and guest presentations. Check time with instructor.	Richard Lyons 204-1520 <a href="mailto:rlyons@madison.k12.wi.us">rlyons@madison.k12.wi.us</a>
<b>ESL History:</b> Conversation and comprehension in a social studies context, for students new to U.S.	Amy Piaskowski 204-1809 <a href="mailto:apiaskowski@madison.k12.wi.us">apiaskowski@madison.k12.wi.us</a>
<b>ESL Newcomers:</b> For students new to U.S., conversation partners and assignment readers are needed.	Maychoua Thao <a href="mailto:mcthao@madison.k12.wi.us">mcthao@madison.k12.wi.us</a>
<b>AVID:</b> Academic/mentoring support for 1 <sup>st</sup> -generation college-bound students. Math, Science tutoring assistance needed.	Langston Evans 204-1656 <a href="mailto:levans@bgcdc.org">levans@bgcdc.org</a>
<b>Sewing Support:</b> January-June only, 8:25-9:15 am. Assist beginning students.	Dottie Winger 234-7788 <a href="mailto:dwinger@madison.k12.wi.us">dwinger@madison.k12.wi.us</a>
<b>Nursing:</b> 10:15-11:15 am, some eves. Assist with CNA lab training and skills check-off Potential to become a paid position. Application process is required.	Dottie Winger 234-7788 <a href="mailto:dwinger@madison.k12.wi.us">dwinger@madison.k12.wi.us</a>

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**Book Sale**  
The next Friends of Lakeview Branch Library Quarterly Book Sale is from 9 am–5 pm on Saturday, Sept. 18, with a Bag Sale from 3–5 pm. The sale helps fund library programs.

**Lakeview Chess Club**  
The second and fourth Monday of the month at 6 pm. Everyone is welcome — any age — any skill level. Learn a new game or sharpen your skills.

**Sweets & Stories on Second Saturdays**  
Saturdays: Aug. 14, Sept. 11 and Oct. 9 at 10 am. Storytime for the whole family with donuts, coffee and juice.

**Game Club**  
Mondays: Aug. 9 and 23 from 2:30–4:30 pm. Kids ages 8 to 18 snack and play fun board games. Beginners to advanced gamers welcome.

**Beach Frames**  
Thursday, Aug. 12 at 2 pm. Make a picture frame to remind you of sun and

sand. Everything provided. Ages 7 and up. Register by calling 246-4547.

**Pirate Party**  
Thursday, Aug. 19 at 11:30 am. Come to the library for pirate stories, games and fun. Register by calling 246-4547.

**Here Comes the Fire Truck**  
Wednesday, Aug. 25 at 10 am. See Madison's firefighters in their gear. Get close to a real fire truck.

**Soda Pups Dog Show**  
Saturday, Aug. 28 at 1:30 pm  
Trick Pomeranian pooches have the whole family giggling.

**Drop-in Crafts**  
Wednesdays: Sept. 8 and Oct. 6, at 3:30 pm. For grades K-5, make a fun craft to take home.

**Video-Game-a-thon**  
Friday, Sept. 10 and Oct. 1 at 3:30 pm. Video games and pizza — a winning combination. For kids in grades 5-12.

**Family Wii Night**  
Monday, Sept. 20 and Oct. 18 at 6:30 pm. Beat your parents, or...?

**Lego Club**  
Monday, Sept. 27 from 3-4:30 pm. School-aged kids, come build your masterpiece.

**Preschool Storytime**  
Tuesdays, Sept. 14–Nov. 23 at 10:30 am. Stories, songs and fingerplays for ages 3-5. Younger siblings welcome.

**Storytime for the Very Young**  
Tuesdays Sept 14–Nov 23 at 10:30 am. Stories, songs and rhymes for ages 0–35 months. One adult per child recommended.

**Lakeview Library/Troy Gardens Book Discussion and Potluck**  
Thursday, Sept. 9 at 6:30 pm at Troy Gardens. Rain Location: Lakeview  
A potluck and discussion of "The Immortal Life of Henrietta Lacks" by Rebecca Skloot will be held at Troy Gardens, part of Go Big Read, UW–Madison's common-reading program.

**Book Discussion of The Soloist by Steve Lopez**  
Thursday, Sept 23 at 6:30 pm at Lakeview. A collaboration with Porchlight, which provides housing and support services to the homeless and mentally ill in Madison. Co-facilitated by Susan Webster, UW School of Social Work; Ann Falconer, Madison Public Library Board; Porchlight Board members Dr. Tom Hirsch and Barb Karlen.

**Adult Noon Book Group**  
The second Thursday of each month  
Aug. 12: Rabbit, Run by John Updike  
Sept 9: Handle With Care by Jodi Picoult. Copies are always available at Lakeview.

**Knitting at the Library**  
Every Wednesday at 6:30 pm  
Beginners welcome.

**Scrabble for Adults**  
Every Wednesday at 10 am

**Lakeview Library and Troy Gardens book discussion and potluck**

A potluck and discussion of "The Immortal Life of Henrietta Lacks" by Rebecca Skloot will be held Thursday, Sept. 9 from 6:30-7:30 pm at Troy Gardens. Part of *Go Big Read*, UW–Madison's common-reading program, the event is sponsored by Community GroundWorks and the Lakeview Branch Library.

Katie Scharf, neighborhood librarian, and Troy Gardens staff will facilitate the discussion. The story of Henrietta Lacks, the African-American cancer patient who was the unwitting donor of the "HeLa" cells that have directly aided many advances in modern medicine, raises issues of medical ethics, poverty, racism, ownership rights and the law. Copies may be reserved by contacting any Madison Public Library or by stopping in at Lakeview and saying you are a part of the Troy Gardens' discussion group. Frugal Muse bookstore will also stock copies.

Join the discussion at beautiful Troy Gardens with a dish to pass, a place setting and your opinions of the book. In case of rain, the group will meet at the Lakeview Library in the Northside Town-Center. Call Katie at the Library, 246-4547, with any questions.

# School Supply Drive

August 1<sup>st</sup> - 20<sup>th</sup>

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LIBRARY



## What Northsiders are Reading

Compiled by Anita Weier

**Rita Cairns**, who works with aging programs for the state:

"I'm reading 'Taking the Leap' by Pema Chodron, a spiritual book about experiencing discomfort rather than rejecting it. If you have any feelings, don't say 'don't think about that'. Go deep inside and try to work it out."

**Doug Ayers**, a retiree from the Great Lakes Higher Education Corp, who is a board member and treasurer of the Cherokee Gardens Condominium Association Board:

"I just finished 'The Appeal' by John Grisham. It's about a town in Mississippi in an area they call 'Cancer County' where people fight big business by suing a chemical company. They win, but their appeal gets in trouble because of a corrupt fundraising process for one of the Supreme Court justices. I read a lot of Grisham. It's hard to put them down. They're an easy read, fast moving and intense."

**Salud Garcia**, who works for non-profits:

"I read 'Dark Matter,' an anthology of science fiction stories by African-American writers. I do like science fiction. It offers new ways to think about different dynamics in the world."

**Ann Scott**, an insurance industry worker:

"I read history, historical fiction and science fiction. I just finished 'Those Who Save Us' by Jenna Blum, about how children were saved during the Holocaust. I also love Alan Furst's spy novels. They are very intriguing."

**Lesleigh Luttrell**, who is semi-retired from the UW-Madison and is involved with several Northside organizations including NESCO and the Northside Community Council:

"I am reading 'There But for Fortune: The Life of Phil Ochs,' a biography by Michael Schumacher (the Kenosha author, not the Northside alder). Ochs was a songwriter/singer and political activist in the 1960s/'70s. He wrote some well-remembered songs, and seemed to be everywhere things were happening. He was part of the Greenwich Village folk scene in the early '60s, traveled in Europe, South America, Australia and Africa, meeting musicians and activists everywhere. An interesting person, an interesting life, a sad ending with his suicide in 1976. Author Schumacher has written a number of biographies but he calls 'There But for Fortune' his favorite. I will definitely have it on my favorite books read this year list."

## Community Read discussion planned at Lakeview Library

By Barb Karlen

A Community Read discussion of "The Soloist: A Lost Dream, an Unlikely Friendship, and the Redemptive Power of Music" lost" will be presented at the Lakeview Branch Library on Sept. 23 at 6:30 pm.

The book by Steve Lopez, which became a movie starring Robert Downey Jr. and Jamie Foxx, is a remarkable story of the bond between a journalist and a mentally ill, homeless, classically trained musician in Los Angeles. It gives insight into the challenges that confront a gifted violinist suffering from paranoid schizophrenia and those who would help him.

Many of Madison's homeless suffer from serious mental illness, and our community struggles to meet their needs as well as to address the ramifications for our neighborhoods and businesses. Here in Lakeview's service area, Porchlight operates three res-

dential facilities, The Road Home has opened supportive housing units on Vera Court, and neighborhood centers and food pantries help people make it through another day and another week.

The Madison Public Library has partnered with Porchlight Inc., to offer discussions of this book at the Central Library and its branches. The series concludes at Lakeview on Thursday, Sept. 23, at 6:30 pm. This gathering will be facilitated by Northsiders Ann Falconer, Barb Karlen, Dr. Tom Hirsch, Tom and Kris Thommesen, and Susan Webster. They represent the Library Board, Porchlight, the National Alliance of the Mentally Ill and the University of Wisconsin School of Social Work.

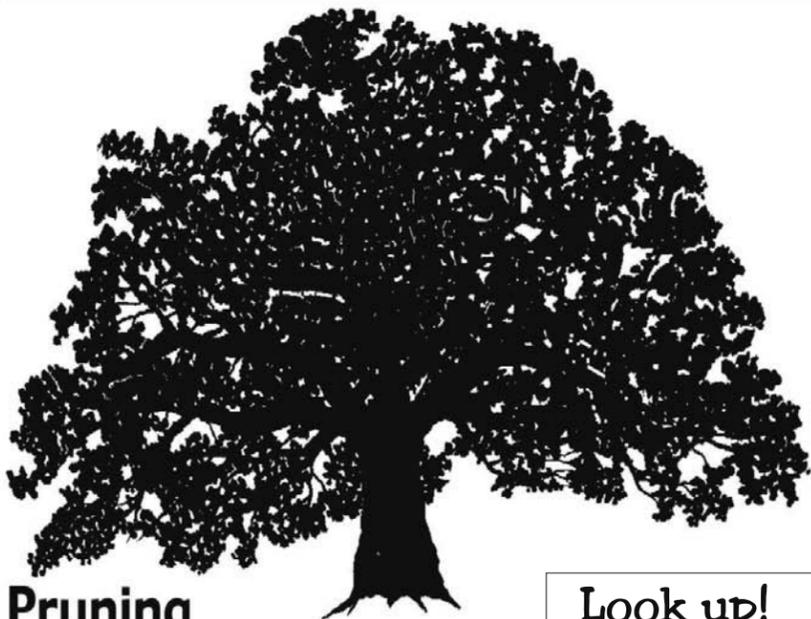
Copies of the book and DVDs of the film are available from the library. Please read or watch "The Soloist," and join us that evening for a thoughtful conversation.



244-0044

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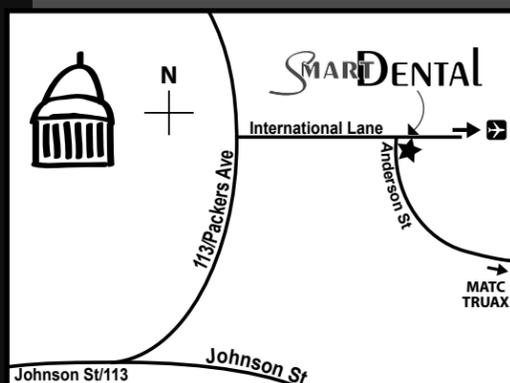
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HEALTH

**FROM YOUR NEIGHBORHOOD CHIROPRACTOR**

Dr. Ross Royster, D.C.



**HEALTH TIPS**

**Sometimes less is more**

In the recent debate about health care, everyone was focused on providing more care to those who have been without. There was little attention paid to streamlining the care that we presently give to make it more effective. Unfortunately, we have a lot of waste in our health care system that remains to be addressed. A recent Associated Press article by Lauran Neergaard in the Wisconsin State Journal stated: "anywhere from one-fifth to one-third of the tests and treatments we get are estimated to be unnecessary, and avoidable care is costly in more ways than the bill: It may lead to dangerous side effects."

The article went on to say, "Back pain stands out as the No.1 over-treated condition, from repeated MRI scans that can't pinpoint the trouble to spine surgery on people who could have gotten better without it. About one in five who gets that first back operation will wind up having another in the next decade."

In my practice, I often see people who have already had a multitude of tests and even hospital stays with no resolution to their back pain, which is often simply addressed with chiropractic care and exercise.

Even chiropractic care has changed over the years. When I initially began practice 30 years ago, we X-rayed practically everyone. That was the standard of care taught at all the chiropractic schools. Research over the years has shown insufficient benefit from routine X-rays to counter the risks involved. Now, I X-ray only a small percentage of new patients, who show the need from their history and examination.

Another way my practice has changed over the years is a shift from passive care (what the doctor does to you) to active care (what you can do for yourself). I have my patients start exercising immediately. Not only is this cost effective; it speeds up the healing process. Once patients have learned what to do themselves, they are also less likely to have repeated episodes of the same condition, which further saves health care dollars.

What can you, as a health care consumer, do to avoid unnecessary testing or treatment? Ask your doctor or other health care provider for more information. What is the benefit of this procedure? What are the risks? Are there other options? Sometimes, just asking for time to think it over is a good option. This may allow you an opportunity to browse the Internet for more information. Above all, don't be afraid to speak up and participate in your health care decisions: your health, not just your pocketbook, depends on it.



From **DEBORAH ROUSSOS**

MS, RD, CD



And **ANN MARTIN**

RD, CD, CDE

**NUTRITION TIPS**

**Healthy eating means less sodium**

The average American eats 3,500 milligrams of sodium every day. About one-fourth of that sodium comes naturally in our food. The rest we add with the salt shaker or eat as processed foods.

Choosing foods to lower the sodium in our meal plan has been recommended to help with heart disease, kidney disease, high blood pressure and liver failure. Decreasing sodium in the American diet has been encouraged for all Americans.

The 2005 national Dietary guidelines recommend that people aim for less than 2,300 milligrams of sodium a day, the recommendations from the new 2010 Dietary guidelines will be to aim for 1500 milligrams of sodium a day.

Salt is sodium chloride; limiting salt will help prevent the body from retaining water and control blood pressure. Salt is an acquired taste. Studies have shown that we can change our need for the taste of salt in 8-12 weeks.

Now is the time to taste the flavor of your favorite food and not just the salt taste.

**Tips to lessen your salt use:**

- Keep the salt shaker off the table.
- Cook potatoes, rice or pasta without salt and use fewer instant or flavored rice or pasta packages.

- Buy fresh, plain frozen or canned "with no salt added" vegetables.
- Use fresh poultry, fish and lean meat rather than canned or processed types.
- Use herbs, spices and salt-free seasoning blends in cooking and at the table. Onion powder, garlic powder, basil, onion, garlic and Mrs. Dash seasonings are just a few of the spices and herbs that add great flavor but no salt.
- Limit cured foods (bacon or ham, foods packed in brine — pickles, olives and sauerkraut).
- Use unsalted pretzels or nuts for snacks.
- Check the food labels for the sodium content per serving. Many restaurants list the sodium in their foods, too.
- Review the sodium level of your quick meal packages — aim for 500-600 milligrams per meal.

Check out these Web sites for more healthy eating tips to lower sodium in your meal plan: [www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm), [www.deliciousdecisions.org](http://www.deliciousdecisions.org)

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

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