

HEALTH

Flu Vaccination Update

Multiple Vaccination Opportunities Announced

Now that H1N1 vaccine is more available, Public Health-Madison and Dane County is providing a variety of vaccination opportunities for those at risk.

H1N1 Vaccination By Appointment

These will be held at six locations in Dane County: East Madison, Stoughton, and Middleton on Wednesdays, 2-6 pm; and Sun Prairie, Verona, and South Madison on Thursdays, 3-7 pm during the first three weeks of December.

These clinics will be opened up to those in the original CDC target populations:

- Pregnant women
- Persons who live with or care for infants less than 6 months of age
- All persons 6 months -24 years
- People 25-64 years with underlying health conditions.

For more details go to: www.publhealthmdc.com/disease/swineflu/K12/UnderlyingConditions.cfm.

To schedule an appointment, call Public Health's Flu Line at 243-0555.

H1N1 Vaccination Targeted Community Clinic

Mon., Dec. 14, 11 a.m.-7 p.m. Exhibition Hall at the Alliant Energy Center. This clinic is for:

- Pregnant women
- People who live with or care for infants less than 6 months of age
- Children aged six months through

four years

- Persons with underlying health conditions, aged 5-64 years old
- Children under 10 needing their second dose of H1N1 vaccine. This includes those children who received their first dose at the Nov. 17-18 Alliant Energy Center Immunization Clinics. The CDC recommends 21 days or more between the first and second doses.

For more information go to www.publhealthmdc.com/disease/swineflu/immunization/clinics.cfm.

H1N1 Vaccination By Dane County Emergency Medical Services

Public Health is partnering with area EMS agencies to provide vaccine to the original targeted groups in their Dane County communities.

When details are finalized, information will be posted on: www.publhealthmdc.com/disease/swineflu/immunization/clinics.cfm.

School-based H1N1 clinics will resume in January 2010

You can also get community clinic information from United Way 2-1-1 Wisconsin Flu Clinic Locator at www.wisconsinfluclinic.info.

Although the H1N1 vaccine at this time is only being offered to high-risk groups, CDC says that there will eventually be enough vaccine for anyone who wishes to receive it.



From
DEBORAH ROUSSOS
MS, RD, CD



And
ANN MARTIN
RD, CD, CDE

NUTRITION TIPS

Starting the New Year with a new health habit

Try this guide to setting a goal to change your lifestyle behaviors for 2010:

Realistic and well-formed goals have three common characteristics:

1. **Action:** in the form of a verb — I will walk. I will eat.
2. **Situation:** describes where or when the goal takes place — I will walk after dinner in my neighborhood. I will eat breakfast at the table before work.
3. **Degree:** describes how often the goal takes place — I will walk after dinner in my neighborhood for 15 minutes on Monday, Wednesday and Friday. I will eat breakfast at the table before work, three times during the work week.

- **Start with an idea for behavior change.** "I want to stop being so sedentary."

- **Make it positive (vs. negative).** "I want to exercise more." Vs. "I want to stop being so lazy."

- **Make it specific.** "I will walk in the evening after dinner."

- **Make it measurable.** "I will walk three times a week, for 15 minutes."

- **Slow down! Make it realistic.** "I will walk three times a week, after dinner for 15 minutes, and will increase two minutes each week."

- **Make it time-dated.** "I will reach my goal of walking 30 minutes, 3 days a week, after dinner, within eight weeks."

- **Reward your Accomplishments!** Don't use food for a reward. You can have it anytime you decided. "Upon reaching my goal of walking 30 minutes, three times a week after dinner, within eight weeks, I will do something nice for myself ... (allow time for reading, go to a movie, buy cut flowers, etc.)" I feel an inner sense of accomplishment, I will compliment myself, feel proud and positive."

- **Be flexible with goal setting:** If you missed the mark with your goal after sincere efforts to accomplish it, set an easier, more achievable goal. Your expectations may have been too lofty! However, if you were not able to stick with your revised goal after honest efforts, perhaps other things are taking priority.

Take time to reassess your goal progress on your weekly check-in date. Make plans to reward yourself for meeting your goal if you accomplished it or revise your old goal to make it more achievable if you didn't reach it.

Eat as Well as You Can as Often as You Can!

Dane County's environmental report card for 2008 released

Public Health Madison and Dane County (PHMDC) is pleased to announce the publication of the 2008 edition of the Madison and Dane County Environmental Health Report Card.

The Report Card presents a vivid snapshot of the collective environmental successes and challenges in Madison and Dane County, covering such key environmental issues as manganese and nitrates in drinking water, fine particulates and carbon dioxide in the air, lead paint in homes, microbial contamination of food, and sustainable usage of water and land resources.

This report is composed of data

from many sources including city, county, state, federal and private agencies. The information has been compiled to provide an accurate and accessible document that will be useful for health professionals, academics, and the general public. The full report is available from the PHMDC website at www.publhealthmdc.com/publications/documents/2008RptCard.pdf.

There have been six releases of this report over the last 15 years, the last of which covered 2005 and 2006. This was the first of these reports to evaluate sustainability efforts of Madison and Dane County.

Independent Living is in immediate need of volunteers for Meals on Wheels

Volunteers are needed to assist our professional chef in preparing and packaging meals for our Evening Meals on Wheels clients. Duties vary by shift and interest but may include: set-up, food preparation, bread bagging, handling large pots and pans, serving, packaging, tear-down and clean up.

Help is needed during the following shifts:

- 9 am -noon
Thursday or Friday
- 10:00 am-1:00 pm
Monday, Wednesday, Thursday or Friday
- 10:30 am-12:30 pm
Monday or Tuesday
- 11:00 a.m.- 2 or 3 pm
Wednesday
- 1 pm-3 p.m.
Monday, Tuesday, Thursday or Friday

Independent Living Inc.'s dedicated volunteers deliver more than 200 nourishing meals each week night to disabled, homebound and older adults throughout Dane County.

Independent Living Inc. is a non-profit, multi-service agency that assists people with disabilities and older adults, enabling them to live with dig-

nity and independence while maintaining health and well-being.

For more information, please contact the Volunteer Services Coordinator by calling (608)274-7900, emailing volunteer@independentliving.com or visiting www.independentliving.com.

FRIENDS NEEDED

Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community.

Weekdays from 8 a.m to 4:30 p.m. Come help make someone's life happier and emotionally healthier.

To view "A Life Transformed" and "The Best Day" go to www.stmarysmadison.com and click on "Patient Stories".

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HEALTH

From
**DENNIS
McQUADE**
241-4849



COMMUNITY SOCIAL WORKER

Perinatal Depression

An article recently published by the *Wisconsin Center for Investigative Journalism* and the *Wisconsin State Journal* by Sara Jerving highlights the problems encountered by pregnant women who develop perinatal depression (depression during and immediately after pregnancy).

The article indicates that a study done by the UW-Madison School of Medicine found that black, Hispanic and other minority mothers were among the least likely to be helped. Women with health insurance were more than three times as likely to receive adequate care compared to uninsured mothers, the study found.

In her article, Ms. Jerving indicated that the symptoms of "perinatal depression include feelings that persist for two or more weeks — being overwhelmed, a lack of energy, sleep disturbances, difficulty attaching to the child, a loss of concentration, and in severe cases a desire to hurt themselves or the baby."

Also, there is much research that demonstrates that the effects of a mother suffering from depression and anxiety during her pregnancy can cause negative behaviors in children after birth. Experts say the harm to the child can be profound, including delays in the child's cognitive and language development, behavioral problems or other psycho-

logical issues. Also, women who become significantly anxious or depressed during the pregnancy are more likely to deliver a premature low-weight baby.

If you think you or someone you know has perinatal depression, here are some resources that may be helpful:

- *Badger Care Plus*, the State's insurance program for pregnant women, has a special eligibility standard for pregnant women, if they do not have other insurance. A woman may apply on-line through the State of Wisconsin Access web site, whose web address is: www.access.wisconsin.gov.
- *The UW-Madison Postpartum Depression Treatment Program*, at 263-5000.
- *Postpartum Support International* (in Madison) at 929-7629, or <http://postpartum.net>.
- *The Maternal and Child Health Hotline* in Wisconsin, 800-722-2295, www.mch-hotlines.org.

And of course a pregnant woman should be encouraged to share her concerns with her physician. Lastly, Public Health for Madison and Dane County can provide a nurse from their Perinatal Program to assist someone who thinks they may need assistance. Contact the Intake Nurse at 266-4821.

Staff from the Joining Forces for Families office are available at the Vera Court Neighborhood Center to assist a potential or existing Northside resident who is having a housing or any other social service type problem. They can be reached by phone at 241-4849 or 240-2045.

**FROM YOUR
NEIGHBORHOOD
CHIROPRACTOR**

DR. ROSS ROYSTER,
D.C.



HEALTH TIPS

Injured? Get Moving!

Have you noticed that you no longer see those foam neck collars on as many people on the street or in the mall as you used to? Is it because there are fewer auto accidents? No way! It's because it is universally understood that the sooner you get moving after an injury, the better. The old cure of "two weeks bed rest" is as dead as dinosaurs. In fact, the last thing you want to do is immobilize. If there is no bone fracture, which requires immobilization to heal, the best medicine for soft tissue (muscle, tendon, ligament) injury is motion. Here's why:

Muscles heal in two - three weeks. During this time, you want the muscle moving to stretch the new muscle cells/fibers in line with the old ones. Otherwise, the fibers will be laid in all directions, which forms scar tissue that will not function well.

The ligaments heal similarly, only slower. Your body lays down temporary fibers in the first two to three weeks, so that you can continue to

function. Then, the temporary fibers are replaced with permanent ones over the next six to nine months. Again, the stretching of movement is the key to proper healing.

The nerves in the muscles and joints that monitor movement also control the healing process. The more you stimulate these nerves with motion, the faster and better you heal. That's why balance exercises are used after injury.

The movement nerves also inhibit the pain nerves. That's why it generally feels better to move.

The cartilage of the joints, like a sponge, gets the fluid and nutrients it needs to heal and function from the pumping action of joint motion. Without motion the joints will deteriorate, or age, quickly after injury.

Movement stimulates blood circulation and lymphatic drainage, which are key components in healing.

The sooner you move after an injury, the less your lifestyle is interrupted, which puts you in a better frame of mind to heal. Study after study shows that people who return to work and their daily routines heal quicker and better, and have less long-term disability.

If you cannot move after an injury, you need help from a health care professional. But, as soon as you can and as often as you can, *get moving!*

VSA issues annual call for artwork from youth and adult artists with disabilities

VSA arts of Wisconsin, an organization that celebrates the artistic achievements of children and adults with disabilities, is issuing its annual statewide Call for Art. Artists ages five and older with disabilities are encouraged to explore their creative abilities and submit their original works of art.

Submissions may include two dimensional and three dimensional works of art. A jury of arts professionals will review submissions, looking for creativity, originality, and craftsmanship. All submitting artists will have at least one artwork publicly displayed at an exhibition site

in Madison in March and will receive certificates of participation. Adult artwork may be available for sale. Purchase, honorable mention, recognition, and viewer's choice awards will be presented to select artists during an awards reception. Works of art that receive purchase awards will be bought by VSA and will become part of the Traveling Exhibition, which is displayed at libraries, corporations, and cultural venues throughout the state.

The deadline for submission is February 3, 2010. For more information or for entry forms, please visit www.vsawis.org/callforart.htm, email crystal@vsawis.org, or call 608-241-2131.



Become a Helper this New Year for Independent Living

Learn you can keep seniors and people with disabilities independent. Independent Living volunteer opportunities include: running errands, grocery shopping or light housekeeping through Chore Corp, prepping and packaging meals as a Kitchen volunteer, updating our donors and prospects as a Database volunteer, being a volunteer driver for Evening Meals on Wheels and more. Have a talent or skill that you'd like to share? Contact the Volunteer Services Coordinator for more information. The orientation is free and open to the public.

- January 5 and 19 – 5:15 p.m. Main Office 815 Forward Dr., Madison
 - January 13 and 27 – 12:15 p.m. at The Gardens 602 N. Segoe Rd.,
- Please RSVP to the Volunteer Services Coordinator, at 274-7900, email volunteer@independliving.com or visit www.independliving.com.
- Independent Living Inc. is a non-profit, multi-service agency that assists people with disabilities and older adults, enabling them to live with dignity and independence while maintaining health and well-being.



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Our Holiday Gift Ideas

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- handmade hats, mittens and gloves
- Artterra craft kits for kids
- bodycare gift packs
- Fair Trade chocolates
- specialty cookbooks
- Co-op gift cards
- boxes of clementines and organic satsumas
- stainless steel water bottles and tiffins
- locally made felted wool oven mitts & pot holders
- locally made Christina's Toffee



Meet some local artisans at our Local Gift Fair on Dec. 12th, 4pm-7pm!

POLICE

From
**CAPTAIN
CAM
McLAY**



NORTH DISTRICT POLICE

Greetings from the North Police District! The year 2009 in winding down, and has been a very good year for the North District.

Thus far, the crime rate generally has been on the decrease in the North Police District, with one very notable exception: thefts from autos.

Crime Prevention Tips:

As indicated in previous articles, this crime is one that we, as potential victims, have a great deal of control over. By assuring that we do not leave valuables in our vehicles, and that when we have no choice in doing so, by assuring that the valuables are secured out of sight, we can dramatically decrease our likelihood of being victimized. When we do not have the option of parking in a secure location, we can protect ourselves further by parking in well-lighted areas.

With the holiday season upon us, these simple tips become even more important. At this time each year, this season brings an increase in thefts. Please do your part to help protect yourself.

District Community Survey:

We recently received the results of our District Community Survey. This information is very helpful for us, as it enables us to better understand the crime and quality of life issues from

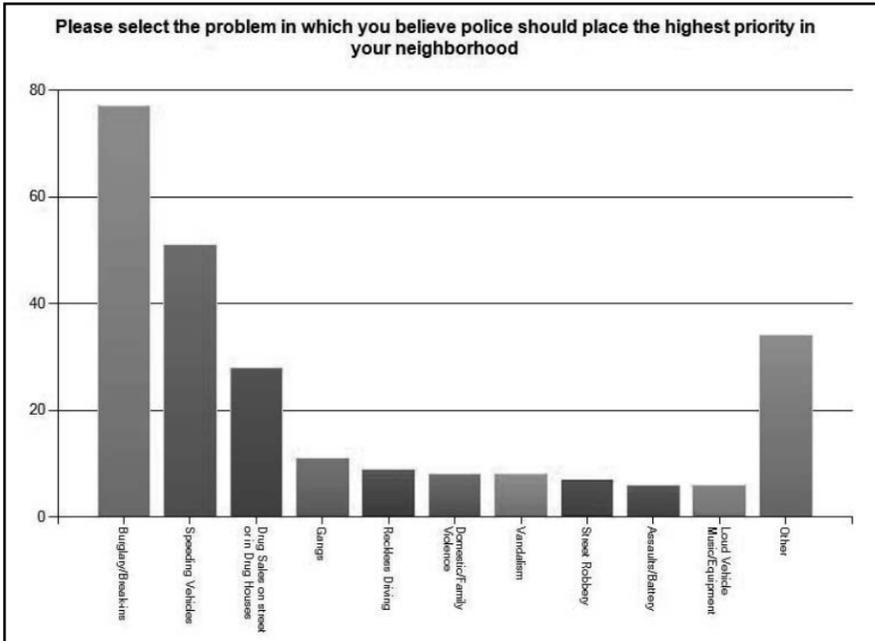
I also want to take a moment to thank all of you who took the time to complete the North District Community Survey. I am proud of the fact that we had the highest response rate of the five police districts by a significant margin.

your perspective. I will be releasing a more detailed overview of the survey results, and will be posting the complete results on the North District website in the coming weeks.

It is noteworthy that the top three problems that you believe the police should give top priority in your neighborhood are: break-ins, speeding vehicles, and drug activity. This is consistent with our recent trends: burglaries and thefts from autos are both crimes that impact our neighborhoods; drug activity is a crime pattern to which we are devoting significant efforts; and speeding is an ongoing concern. We will be using this as we develop our operational plans in the coming weeks and months.

The excellent response on this survey simply reinforced what I already knew to be the case: that the people of the Northside take pride and ownership in the quality of life in their neighborhood. More importantly, you also care enough to invest your energies when called upon to help. It is that characteristic that makes this a great place for the officers of the Madison Police Department to protect and serve!

Take care, be safe, and have a very happy holiday season.



**Railroad Safety Tips:
Look, Listen, & Live!**



Wisconsin & Southern Railroad

Approximately every two hours, a person or vehicle is struck by a train in the United States, and unfortunately injuries and even deaths are the likely result. The Wisconsin & Southern Railroad Co. would like to offer some important tips that could prevent you or your children from getting seriously injured or killed when traveling across railroad tracks or walking adjacent to railroad corridors.

Cross railroad tracks at a designated public crossing equipped with a cross-buck, stop or yield sign, flashing lights, pavement markings, or a gate. If you cross at any other location, you are placing your life and the life of the person you are with at great risk.

Railroad property is private property and anyone entering railroad property without permission can be cited for trespassing and can be ticketed or fined. Fishing, walking, jogging, taking short-cuts, riding motorized vehicles, bicycling are all unauthorized uses of railroad property. Remember -- rails and recreation do NOT mix!

If you approach a railroad crossing and see flashing red lights, don't ignore them -- Stop! Do not proceed until it is safe to do so. After a train passes, wait until the lights have stopped flashing. If the crossing is equipped with gates, wait until the gates are completely up. Driving around gates or failing to stop for flashing lights can result in a fine of up to \$500.00.

According to the National High-

way Traffic Safety Administration (NHTSA) at U.S. DOT: Three out of four crashes occur within 25 miles of a motorist's home. Fifty percent of all crashes occur within five miles of home.

Trains overhang the rails on each side by at least three feet. Straps used to secure freight may hang from the side of railcars. When approaching a railroad crossing, advance warning signs alert drivers to be prepared to stop if a train is present. When stopping at a crossing, make sure to stay back of pavement markings to ensure safe clearance, and to protect yourself and your loved ones from flying debris. Always stand or stop at least 15 feet from the track while waiting for the train to pass. Trains can weigh up to 15,000 tons and can take up to a mile or more to stop. This is the equivalent to 18 football fields. Trains can't stop quickly -- you can!

According to U.S. statistics, in 2008 there were 1,199 people injured or killed across the U.S. who were involved in crashes at railroad crossings or while walking or playing on or near railroad tracks. The WSOR is an active participant and supporter of Operation Lifesaver which is an international program whose goal is to promote railway safety in our communities through education, engineering and enforcement. Wisconsin & Southern asks that when approaching a railroad crossing, you always: Look, Listen, & Live!



GROWING IN OUR FAITH
MADISON COMMUNITY
SEVENTH-DAY ADVENTIST CHURCH



Illustration
Todd Starks © 2008

For God So Loved the world

that He gave His only begotten
that whosoever believeth in **Son**
Him should not perish, but have
everlasting life. John 3:16

December 12
What is Jesus now doing in Heaven?

December 19
Is Jesus really God?

January
Sermon series on the Holy Spirit

Hmong-language worship at 2:30 pm

Join us at Madison Community Church at 11 a.m.
1926 Elka Lane, Madison, WI
Phone: 246-0974



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ELECTED OFFICIALS

From
DOROTHY WHEELER



DISTRICT 18 SUPERVISOR

The Budget and the Need

On November 16 the County Board passed the budget, both the operating and capital portions, after weeks of study and deliberations in committee. Many supervisors put forth their own amendments to be considered in committee. In the end, most of the amendments were voted down for lack of revenue so what remained and got passed was a bare bones budget with every county worker and every POS agency taking three percent cuts. The supervisors and other elected officials signed on for three percent cuts to their salaries which was only fair!

On November 19 the Poverty Task Force gave their final report to the County Board. As a member of this task force, I had a chance to get a look at the impacts of poverty on our county. My interest in young children caused me to focus on statistics involving chil-

dren under 5 years of age. The statistics are daunting when one sees that the highest percentages of people in poverty are children in this age group and as high as 53.3 percent when considering one-parent families. As the needs climb in these hard economic times, revenues fall and needs go unmet even when policy makers try hard to meet them.

Shoreland Zoning

There is much misinformation being disseminated about the Dane County Waterbody Classification Project. Because of a grant from the DNR, County staff are doing a study to classify the waters of Dane County to better understand the unique characteristics of various types of waterbodies, to judge their resilience to shoreland development and to develop strategies to protect those waters. Before any amendments to the ordinances are crafted, more public meetings will be held. There are no proposals being considered at this time. Call me if you have questions. (A scholarly DNR website for those interested: <http://www.dnr.state.wi.us/org/water/wm/dsfm/shore/documents/WT50597.pdf>)

Supv. Wheeler can be reached at 244-4711 or dorothywheeler@tds.net

From
PAUL RUSK



DISTRICT 12 SUPERVISOR

The most difficult budget process in many years has been completed. The County property tax increase will be more than the usual rate of inflation plus growth (about \$38 for an average Madison home) but we tried to be fair with reductions in all areas while avoiding layoffs and even higher taxes. Like family budgets, the National recession has hit local government hard. If you average 2009 and 2010, the increase is about \$20 per year.

County employees, including elected officials, will be taking a temporary three percent pay cut and human service agency contracts are reduced 2.8 percent. The Conservation Fund has been reduced 87 percent and the Land and Water Legacy Fund is reduced 80 percent with all capital projects frozen until the economy improves. The capital borrowing freeze will save dollars next year.

As chair of Public Protection and Judiciary committee I worked closely

with the Sheriff and 911 Center Director who had small increases as our number one goal is to protect public safety. I do not support layoffs in the Sheriff's office and believe the sheriff's deputies (average salary with benefits is \$90,000) should agree to the three percent reduction like everybody else. The County Board refused the Deputies' Association leadership who wanted to raise property taxes in excess of 12 percent to avoid taking the temporary cut. Such a large increase was simply out of the question.

My PP&J committee did make some changes in the budget to keep weekend reporting for troubled juveniles, reinstate a key court manager position paid for with federal dollars to keep the courts running smoothly, and move forward with computer software for the judiciary to assist with disproportionate minority incarceration, all using internal cost savings without adding to the levy.

Although not ideal, the budget avoids slashing salaries and mass layoffs in great contrast to Milwaukee County.

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

From
JON ERPENBACH



STATE SENATOR

Time to Consider Medical Marijuana

To see a loved one or friend in pain and to watch them struggle at the end of their life or from harsh treatments like chemotherapy is terrible. With all of the extraordinary advances of medicine and all of the life-saving techniques we have, sometimes relief can be as simple as marijuana – currently a regulated illegal drug in Wisconsin. I am co-authoring the Jackie Rickert Medical Marijuana Act this session in the hope that this medical option be available to all Wisconsin patients who need it. Drafted based on the Michigan medical marijuana bill that passed by statewide referendum, this bill simply gives patients and their doctors an option to consider marijuana without fear of prosecution. The Michigan referendum passed in all 83 counties, with a 63 percent majority statewide.

In the seven states where medical marijuana was added as a ballot initiative, it passed in each state with a wide margin.

As we work to address comprehensive health care reform, consideration should be given to the benefits of medical marijuana for patients with a debilitating medical condition. The bill provides a medical necessity defense for marijuana related prosecutions and property seizure if the patient has valid prescription from their physician and an ID card from Department of Health Services. Conditions covered could include cancer, glaucoma, AIDS and HIV, and diseases as determined by administrative rule. The bill also creates a maximum amount of marijuana a patient may have, establishing clear limits for both the patient and law enforcement. If someone who is prescribed marijuana commits a crime, like operating a vehicle under the influence, they cannot use the defense created in this bill; they still have to follow Wisconsin laws. Finally the bill gives the state Department of Health the ability to create rules for a registry of people allowed to use medical marijuana and for the licensing and regulation of a non-profit corporation to distribute marijuana.

Please contact my office for additional information on the Jackie Rickert Medical Marijuana Act at 888-549-0027 or 608-266-6670 or via email at sen.erpenbach@legis.wi.gov.

From
KELDA HELEN ROYS



STATE REPRESENTATIVE

In difficult times, state resources are available to lend a helping hand

During conversations with constituents over coffee and at doorsteps, residents of the 81st district have told me that in these challenging economic times, nothing feels worse than not knowing who to turn to for helpful resources and sound advice. Northsiders facing tough times can have confidence that our state offers a helping hand when needed.

There are many resources available to lessen the economic burden for families throughout Wisconsin. I am happy to share with you that the state has been working with the Department of Workforce Development (DWD) to make the process for applying for unemployment benefits as efficient as possible.

If you are without a job and are interested in filing an unemployment claim, you can file online at www.ucclaim-wi.org or by phone at 1-800-822-5246. If you need to follow up on an existing claim, call 1-800-494-4944.

During these tough times, DWD is

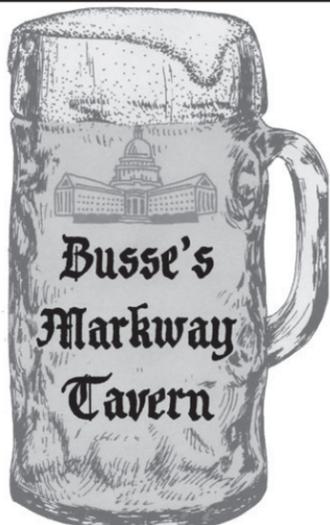
receiving an unprecedented number of contacts. To help with this, DWD has added over 80 positions and extended its hours of operation. The new times to file a claim are Monday through Friday from 7am to 5:30 pm, and Saturday from 7 am to Noon. Your best chances of getting through are later in the week or on a Saturday. If you are having a difficult time getting through, please keep trying.

It is crucial that those who are unemployed are able to find jobs and start getting back on their feet. One website that connects employers with potential employees, helps workers find employment, and provides links to other websites that might be helpful is: www.JobCenterOfWisconsin.com.

There are over 70 Job Centers located throughout the state that help Wisconsin workers. The Dane County Job Center is located at 1801 Aberg Ave and can be reached at (608) 245-5390.

Creating family-supporting jobs, growing our state's economy and getting unemployed Wisconsinites back to work will continue to be my top legislative priorities. If you need a helping hand to find the right state agency to assist you, please don't hesitate to contact my office.

State Rep. Roys can be reached at 266-5340 or rep.roys@legis.state.wi.us



"Northside home of the Chuck Norris"

Friendliest little neighborhood bar on the Northside
2005 N. Sherman Ave.

Need Help with Your Taxes?

Free Tax Preparation at Lakeview Library

Thursdays Jan. 28–Apr. 8

Every other Monday from Feb. 1 – Apr. 12

Call 246-4547 after the holidays to reserve a half hour appointment to have your Federal and State income taxes prepared for you by experienced, trained volunteers. This valuable, free service is provided by AARP and is the only service on the Northside. Tell your friends.

Don't Forget!

Alternate side parking in effect until March 15

It's that time of year again. The Alternate Side Parking Ordinance went into effect on November 15. Residents must remember to alternate the sides of the street they park on when they park any vehicle on the street overnight.

The alternate side parking rules require that vehicles must be parked on the even house numbered side of the street from 1:00 am until 7:00 am on even numbered days and on the odd house numbered side of the street from 1:00 am until 7:00 am on the odd numbered days. The Alternate Side Parking Rules are in effect through March 15 and are in effect in most of the City seven days a week regardless of weather conditions.

Please check out our winter weather website for more information about winter weather at www.cityofmadison.com/winter.

ELECTED OFFICIALS

From
DAVE CIESLEWICZ



MAYOR OF MADISON

When I started the budget process back in July, the main goal I strived for was balance. I presented a budget that found responsible savings to weather the storm without radical swings in property taxes or basic services.

I am happy to report that the 2010 city budget that I just signed maintains that balance. Instead of slashes to services, we worked hard to find many small cuts and a tax increase less than the 15-year average.

One byproduct of the 2010 budget is the Adopt the Ice Program from Madison Parks. While this budget won't cut any city support of ice rinks, we hope we can improve ice condition and get neighborhoods more involved.

By adopting an ice rink, neighbors occasionally spray the ice with water and help shovel snow off the rink soon after it falls. Getting snow off ice rinks quickly is important for ice condition, but is usually not possible because our

hard-working Madison Parks crews are busy clearing bike paths and walkways for days after a storm.

So the extra help from neighborhoods will result in improved skating conditions. And, if good ice wasn't enough benefit, all that teamwork and coordination should help bring neighbors together and strengthen our community.

If you're interested in being a human Zamboni, you can get more information at www.cityofmadison.com/parks/.

The 2010 budget also includes funding to replace the bleachers at Warner Park. While we don't know yet if the Madison Mallards will be able to raise the private funding this year to complete the project, city support remains in our budget and we hope we'll be able to make improvements at Warner Park very soon.

Along with the budget, the Council also recently approved the Northside Plan. I want to thank Alders Satya Rhodes-Conway and Michael Schumacher, as well as all the community members that worked on this important plan for the Northside.

Mayor Cieslewicz can be reached at 266-4611 or mayor@cityofmadison.com

From
KATHLEEN M. FALK



DANE COUNTY EXECUTIVE

New Year Opportunity for Reflection, Renewal

The dawning of the New Year is about more than just hanging new calendars and reviving old resolutions. It's also a chance for reflection of how far we've come in 12 months time, along with renewal and refocus on the future. In Dane County we have much to be proud of as 2009 comes to a close and there's much more to do!

A year ago, I asked all of us to come together and work on ways to confront the many problems our kids, families and communities face daily because of people drinking too much alcohol. We pulled together a first-of-its-kind county coalition to work on changing cultural norms and laws.

A year ago we invited parents and students to a local high school to talk about the problems of alcohol abuse and only a handful came. This past summer the same invite went out and the event drew a large crowd. Our

work in middle schools is reaching kids who drink alcohol and changing their behavior. We've lobbied the state legislature to adopt long-overdue reforms on drunk driving.

We also took significant steps forward in 2009 to clean up our lakes and create "green" energy and good paying jobs. Dane County will have what we believe is America's first "community" digester that substantially removes the phosphorus found in cow manure and keep it from polluting our lakes. The privately-owned and operated "Cow-Power project" near Waunakee will generate electricity to run 2000 homes, help our thriving dairy industry and serve as a model for the rest of the country.

By securing every federal stimulus dollar we can, we're improving our airport and roads to keep commerce moving and we're building a new county nursing home to care for our most vulnerable. Teamed with the Dane County Housing Authority, we're keeping more families from falling into the pitfalls of foreclosure.

What a difference a year can make. Let's keep working hard together in 2010!

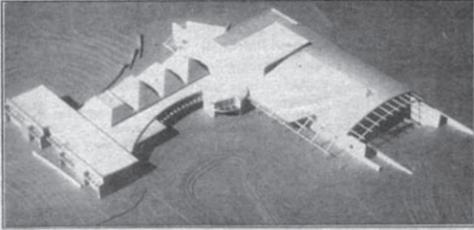
County Executive Falk can be reached at 266-4114 or falk@co.dane.wi.us

A FREE COMMUNITY NEWSPAPER PUBLISHED BY THE NORTHSIDE PLANNING COUNCIL

NORTHSIDE NEWS

Vol. 1, No. 1 August / September 1995

Warner Park Center Moves Ahead!



CITY COUNCIL APPROVES INITIAL DESIGN ON JULY 18

After over two years of planning, presentations, and lobbying, the idea of a community recreation center for Warner Park has moved forward. The City Council has approved the initial design for the center. The center will be a multi-purpose facility for year-round recreation and community activities. Its location in a city park means the facility will be owned and operated through the city Parks Department. While not in the current project budget, the center will include a playground, a tennis court, and a basketball court. The center will also have a parking lot and a rest area. The center is expected to be completed in 2010.

Model and Photo by KEE Architecture

A look back at the first issue of the Northside News

August, 1995: The Northside Planning Council is extremely pleased to bring you this premiere issue of the "Northside News", a free community newspaper for the residents, businesses, and organizations of Madison's Northside, that naturally beautiful, diverse, and often under-appreciated swatch of Madison between the airport and Lake Mendota.

Outside of being recognized as "you know, that place where they have the fireworks every year", your friends from other parts of Madison and you yourself may not know much about the neighborhoods around Warner Park..

We hope the *Northside News* will

help you get better acquainted with all the Northside has to offer, helping create a greater sense of community identity and a renewed commitment to your neighbors.

This publication is intended to keep the Northside aware of events, programs, services, initiatives, changes, concerns, ideas and issues that have direct local impact on our community.

We look forward to hearing from our elected officials, schools, neighborhood organizations, businesses, and most importantly, from YOU, as we all learn more about each other and the neighborhoods we call home.

Thanks for reading our first issue - we hope you enjoy it!

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SENIOR

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org



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- Joan Ristey
- Barb Thoni
- Barb Turkow
- Brad Weisinger
- Joyce Williams
- Gray Williams
- Hooyung Young

Time is Money

After lamenting about budgets in my last column (I'm still wearing the clown nose!), I'd like to turn to another sore subject: meetings. Meetings just slay me. Not the ones that are short, sweet, and get a lot done. I'm talking about those long winded ones that go on for days. And at the end of these marathons, you find yourself walking out, scratching your head, muttering "Who called that meeting and what exactly did we accomplish?"

Unfortunately, these are the meetings that eat at my positive energy — I try to brush them off, making a mental note to schedule a root canal the next time they are called.

I'm often reminded of my aversion to meetings when I find myself scheduling my own meetings. So when my agency embarked on a long process to apply for national accreditation in January — a lofty goal since there were only four other senior centers throughout Wisconsin who had achieved this distinction — I vowed to keep our meetings short and productive.

Having been awarded state accreditation since 2002, our Board of Directors and staff initially started the application by reviewing workbook pages and drafting documents.

We then formed a Review Panel during the early summer months, soliciting our clients, members, participants, volunteers, funders, and building partners to serve on the panel; they included

After meeting to receive copies of the workbook pages and draft documents, they were asked to carefully review the draft and return a week later to provide comments. I received several calls and emails throughout this week from panelists asking for clarifications and offering suggestions — it was obvious they took their assignment very seriously!

At the second meeting, their input was synthesized and incorporated into the Site Review Notebook, which was then submitted and evaluated by both off-site and on-site reviewers. All of this work resulted in being awarded national accreditation — the first non-profit senior center in Madison with this distinction!

So when you are asked to attend a meeting, insist they be short, sweet, and productive — or just say "no, thanks." After all, your time is valuable, and you can make only so many excuses (like a root canal appointment) before people will begin to worry about your poor dental hygiene!

North/Eastside Senior Coalition receives national accreditation

North/Eastside Senior Coalition (NESCO), which provides programs, meals, and case management services for senior adults, has been awarded national accreditation by the National Institute of Senior Centers (NISC), a unit of the National Council on Aging, a service and advocacy organization headquartered in Washington, DC.

The accreditation is a stamp of excellence — official **recognition that a senior center is meeting its mission** in a nationally accepted professional fashion. NESCO joins four senior centers in Wisconsin and 175 senior centers nationwide to have earned the prestigious designation.

"NESCO is an excellent model for other senior centers. It demonstrates outstanding leadership and commitment to quality programs and services. It has a dedicated, professional and caring staff, while its board of

directors is knowledgeable and involved," said NISC Peer Reviewer Jo Arnold. "It is exceptional and unique in a number of areas," Arnold added, citing its cultural diversity and bilingual case management programs, which, of the 16 Dane County senior centers, are offered only by NESCO.

"This is a tremendous honor," said NESCO Executive Director Cheryl Batterman. "We work very hard to enhance the lives of senior adults and provide the comprehensive support they need to age in place in their homes. Receiving national accreditation is a significant statement to our staff, board, clients, participants, volunteers, families, community, and funders that we that we are fulfilling our mission, in spite of difficult budget constraints," said Batterman.

SENIOR Activities

For over 33 years, the North/Eastside Senior Coalition (NESCO) has been enhancing 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. Programs and services are offered at Warner Park Community Recreation Center/WPCRC (1625 Northport Drive) and include the following:



Bingo: Every Friday, 10:30 am WPCRC; Also second Tues. of every month. 5¢ a card (two card limit/game) with cash prizes.

Cards & Puzzles (FREE): Monday-Thursday, 10:30 am/WPCRC; Euchre, Mon. 9:30 am; Sheepshead, Third Wed. each month, 1 pm, Bridge, second and fourth Wed. each month 12:30 pm, call ahead to assure correct numbers.

Caregiver Support Group: First Tuesday each month, 10 am WPCRC, first Thursday each month 7 pm Bashford United Methodist Church, 329 North St, Madison.

Case Management: Provides support, resources, and community services to enable seniors to safely remain living in their own homes; Call 243-5252 for more information.

Cultural Diversity: Hosts monthly programs for African American and Latino seniors; call 243-5252.

Foot Care Clinics: NESCO and Interim Health Care co-sponsor six foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. The cost is \$15; call 243-5252 to make an appointment.

Home Chore Program: Volunteers are needed to help with spring cleaning for seniors. This is a flexible volunteer opportunity that can fit into your busy schedule and is very rewarding. Call Katie at 243-5252.

Low-Vision Support Group: Third Thursday each month, 10:15 am at WPCRC.

Nutrition Education (FREE): Wed. Dec. 23 and Wed. Jan. 27, 11:00 am at WPCRC.

Nutritious Lunches: Monday-Friday, 11:30 am at WPCRC; door-to-door bus service is available (50¢ each way and free on Tuesdays and Fridays). Guests 60 years of age and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation \$3. Anyone under 60 is asked to pay the full \$5.75 cost of the meal. Reservations required by 11:30 am the day prior.

Senior Exercise (FREE): Wednesdays, 10:30 am at WPCRC.

Mark your calendars for these special upcoming NESCO events:

- Dec. 9, 10:30 am Holiday Cards & Crafts w/ School Kids WPCRC
- Dec. 10, 6:00 pm Come Together Party ** Madison Senior Ctr.
- Dec. 15, 6:00 pm Holiday Lights Tour ** WPCRC
- Dec. 16, 10:30 am Tea Party WPCRC
- Dec. 17, 11:30 am Energy Saving Tips w/ MG&E St. Paul Church
- Dec. 22, 10:30 am Holiday Concert w/ I Hear Singing WPCRC
- Jan. 12, 4:30 pm NESCO's Accreditation Celebration WPCRC
- Jan. 19, 10:30 am Readings Teashop Girls author L. Schaefer WPCRC

**** MUST PRE-REGISTER at 243-5252**

For more information on NESCO programs, please call 243-5252 or email us at info@nescoinc.org.



244-0044

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PARKS



Winter Fun in Madison Parks

Sledding hills in Madison parks

What is more exhilarating than zipping down a snow-covered hill, with the wind and snow crystals in your face? Dust off your toboggan or sled and hit the hills!

There are six parks with sledding hills: Elver, Olbrich, Sycamore, Heistand, Berkley and **Warner Parks**. If the temperatures cooperate, but the snow doesn't, no worries! Thanks to a grant from the Madison Community Foundation, staff can now make snow for the Elver Park sledding hill.

Cross-country ski passes

Madison Parks has groomed cross-country ski trails at Elver Park, Odana Hills Golf Course, Monona Golf Course, Turville Woods, Owen Conservation Park and South Cherokee Marsh. A ski pass is valid in City of Madison Parks and Dane County Parks. If you don't own skis, you can rent them Elver Park and Odana Hills Golf Course. For details, please visit the Madison Parks website at www.cityofmadison.com/parks.

When do ice rinks and ski trails open?

While winter officially begins December 21, please remember that Mother Nature decides when these outdoor winter sports can start, not the Parks Division! For the equipment to safely prepare the rinks for skating, staff needs two to four weeks of below-freezing temperatures. And in order to groom the ski trails, staff needs at least 4 inches of snow. For up-to-date conditions, sign up for FREE email notices on <https://my.cityofmadison.com>.

Adopt Ice Partnership

For the 2009-2010 winter season, Madison Parks created a new community initiative. Adopt Ice Partnership is designed to provide neighbors and volunteers the opportunity to be involved in the maintenance of the neighborhood skating rink, including the one at Warner Park. The Partnership will work with the level of service that fits their interest and ability. From cleaning snow off the ice to program development all areas of assistance will improve service and spur new creative opportunities for the future. If interested, call Madison Parks at 266-4711.



Where are the ice rinks?

Elver Park (rentals available)
1236 McKenna Blvd
Mon-Fri, 4:00 p.m. – 9:30 p.m.
Sat-Sun, 11:00 a.m. – 9:30p.m.

Garner Park
333 S. Rosa Rd.
Mon-Fri, 4:00 p.m. – 8:45 p.m.
Sat-Sun, 1:00 p.m. – 8:45 p.m.

Goodman Park
1402 Wingra Creek Pkwy
Mon-Fri, 4:00 p.m. – 8:45 p.m.
Sat-Sun, 1:00 p.m. – 8:45 p.m.

Olbrich Park
3300 Atwood Ave.
Mon-Fri, 4:00 p.m. – 8:45 p.m.
Sat-Sun, 1:00 p.m. – 8:45 p.m.

Tenney Park (rentals available)
1330 Sherman Ave.
Mon-Fri, 2:00 p.m. – 9:30 p.m.
Sat-Sun, 11:00 a.m. – 9:30 p.m.

Vilas Park (rentals available)
1339 Vilas Park Dr.
Mon-Fri, 2:00 p.m. – 9:30 p.m.
Sat-Sun, 11:00 a.m. – 9:30 p.m.

Warner Park
2930 N. Sherman Ave.
Mon-Fri, 4:00 p.m. – 8:45 p.m.
Sat-Sun, 1:00 p.m. – 8:45 p.m.

Westmorland Park
4114 Tokay Blvd.
Mon-Fri, 4:00 p.m. – 8:45 p.m.
Sat-Sun, 1:00 p.m. – 8:45 p.m.



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Shrimp.....\$9
Walleye.....\$11
Chicken Strips.....\$6

Sunday Breakfast
Every Sunday, 8am-Noon, \$6

Lunch Specials
Monday-Friday, 11am-2pm, \$5.50-\$6.50

Happy Hour
Monday, 4pm-close
Tuesday-Friday, 4-6pm

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The Northside *TownCenter* Almanac



What's Happening in Your Neighborhood

Benvenuto's: Looking for some holiday help? Enjoy large gatherings with family or employees and let Benvenuto's do all of the hosting and cooking work. Additionally, Benvenuto's gift certificates make for great holiday gifts. For every \$50 gift card you buy, you will receive a \$9 lunch certificate for yourself or someone else.

Spirits Unlimited: 'Tis the season for holiday eggnog, wine and champagne. Find reasonably-priced beverages of all types for your parties and gifts at Spirits. Enjoy!

Serenity Salon: The holiday season is a great time to pamper yourself, as well as those close to you. So, come on in and treat yourself to a holiday makeover and purchase gift certificates for family and friends - 10% off between December 7th and December 19th.

Altered States: Winter is just starting, so there's still plenty of time to bring those winter coats in for repairs at Altered States and/or for cleaning by Block Cleaners. Or why not tuck in a gift certificate from Altered States with some of the clothing you'll be giving as gifts?

Walgreens:
With a wide selection of holiday figures, cards and candy, Walgreens is a great place for all of the things that make the giving season special.

Lakeview Library: Looking for some fun family entertainment over the holiday season? Come and enjoy an abundance of upcoming events including "Wild Rumpus at the Library" Wednesday, December 2 from 10:30-11:15 a.m. and "Gingerbread Cookie Fun" on Tuesday, December 15 from 3:30-5 p.m.

True Value:
Don't be left out in the cold. True Value has all of your winter necessities from sidewalk salt and snow shovels to windshield wiper fluid and scrapers. Come on in and check out the value, at True Value.

Hamann Charcuterie: To be sure this season's parties stand out, Hamann's holiday meats are a sure way to savor the season. Hamann Charcuterie carries all of your favorites including hams, bacons, corned beef, Spanish chorizo, range chicken and more. Stop in to see this seasons smatterings for yourself!

Pierce's Northside Market:
Great winter specials and a giving holiday program signifies Pierces holiday tradition. Through Pierces holiday program, customers can purchase bags of food as a donation to the River Food Pantry. Store venders are also buying bags and Pierces will donate one bag for every ten sold. Make it a great holiday season for yourself and the Northside community at Pierces!

Subway: "Season's Greetings from your Northside Subway. We look forward to serving you throughout 2010."

"The Northside TownCenter wishes you all a safe and happy holiday season."

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