

COMMUNITY RESOURCES

HEALTH TIPS


**From Your
Neighborhood
Chiropractor**

By Dr. Ross Royster,
D.C.

**The Power That Made the
Body Heals the Body**

This quote hangs in my treatment room. It is not a religious statement, it is just fact. To understand it and to understand what it is to be well, you will probably have to change the way you think about health. As Albert Einstein stated, "The world we've created is a result of the level of thinking we've done thus far, and it produces problems, the solution to which does not exist at the same level of thinking." And, we do have problems with our nation's health.

The *Journal of the American Medical Association* reports that of thirteen countries studied, we ranked twelfth (second from the bottom) in overall health. Yet, we pay much more for health care than anyone else: \$4,887 per person per year (Canada at a distant number two is \$2,792, and the Bahamas at number three at \$1,220). As *The New England Journal of Medicine* put it, "The American healthcare system is at once the most expensive and the most inadequate system in the developed world." The lesson to be learned here: Don't look to medicine for health. I believe that American medicine is the best in the world for emergency care, but leave it at that.

I think the crux of the problem with medicine is that it is geared to alleviate symptoms with medication. This doesn't make sense for two reasons:

1) Symptoms are the body's natural response to the environment or condition it is in. Automatically the body strives to function well. Symptoms are the natural signs of the body adapting.

For example, an elevated body temperature is a sign of the body speeding up its metabolism to control the spread of an unhealthy organism or to stop an infection. To lower the temperature with medication will interfere with the body's ability to do its job.

Another example is pain. Pain is an alarm system in the body that tells you that something needs attention, similar to the smoke detector in your home. You certainly don't want to disarm your smoke detector, and that would be your last thought if it went off in the middle of the night. Yet, how often do we take pain medication and do nothing to correct the cause of the pain?

2) All medication is, to some extent, poison, in that it all has some undesirable effects, especially if taken by the wrong person, at the wrong time, or at the wrong dose. Medication doesn't just affect the part of the body it is intended for, because it is distributed throughout the body by the bloodstream. Since the body is constantly striving to regulate itself, it will do its best to remove medication, like a foreign invader, from its blood. That is the job of your liver and kidneys. Ever wonder why so many medications cause liver or kidney damage? As the body struggles to remove medication, it shows other symptoms, or signs of change, which, unfortunately, are often met with other medication. And the vicious cycle keeps on going! In 2003, there were 11 prescriptions filled for every man, woman, and child in the country.

So, if medicine is not the answer to health, what is? Here's where the new way of thinking comes in. You must realize that health comes from within the body. Your body has a natural inclination to not just survive, but to thrive. You must trust that your body knows what it needs to do to be healthy, and this innate intelligence is far superior to your conscious intelligence, or that of any doctor.

NUTRITION TIPS



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


Holiday Eating Strategies

The Holidays! These words bring to mind different images for different people. For many, the holidays are times of sharing and caring. Others find them to be full of rushing and worrying. Many folks are fearful at holiday time because opportunities to over indulge can seem overwhelming. Keeping a level head during the holidays will be easier if you take time to consider the following eating strategies. These tips may help you feel more comfortable and in control of your eating during the busy days ahead.

Enjoy your favorite holiday treats. Make food choices based on quality rather than quantity. Allow your self-permission to savor and taste every mouthful of that special food found at this time of the year.

Eat to feel physically comforted and to nurture yourself. Simply slow down the pace of meals and snacks so you will have time to realize and enjoy the foods you are eating. Relax and enjoy.

Delay your decision to eat when faced with tempting foods. Give yourself time to decide whether you really want the food or is it a means to relax or relieve anxiety. Imagine how you will feel after you have finished eating. You want to be comfortable and satisfied- not too full.

Remember to exercise as routinely

as possible. Be an active person when traveling and visiting.

Set reasonable goals for the holidays regarding foods and weight management

Do not skip meals in anticipation of larger or special holiday meals.

Eating a variety of low-fat, fiber-rich foods throughout the day will help you to curb and control your eating when the cocktails, appetizers, candy and nuts are served before the main meal.

Establish new non-food oriented holiday traditions.

When bringing a dish to pass, choose recipes that use low-fat ingredients, fruits and vegetables, herbs and spices that bring out special flavors but not unneeded calories. Everyone will enjoy your efforts.

Plan how to use leftovers in advance. Put them away right after meal; make up dishes to freeze for quick meals later.

Plan your trip to the buffet line. Walk through the line first to see what is available and what you really wish to taste, then start slowly with a salad or appetizer, return for the main portion, and then decide what you really would like for dessert.

Remember: The holiday season lasts a relatively short period of time. Concentrate on the remaining eleven months of the year. Keep your outlook positive during this exciting but maybe stressful time. Plan to practice sensible eating behaviors and regular exercise to help you have a **healthy and happy Holiday season. Eat as well as you can as often as you can.**

Your body does have basic needs to be in balance and function well. These include a healthy, natural diet (for life, not just until you lose weight), regular exercise with complete mobility, adequate rest, efficient breathing, peace of mind and strong relationships, and, of course, avoidance and reduction of medications and unnatural substances.

Your best defense from disease is to

be healthy in the first place, and when you have symptoms, you must understand what you did or didn't do to cause them. In other words, take responsibility for your own health. When you need professional help, seek out a healthcare provider who has respect and trust in your own ability to heal and who can help you understand how to be well.

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WARNER PARK COMMUNITY RECREATION CENTER NEWS

From
BRAD WEISINGER



WPCRC Facility Manager

**HOLIDAY GREETINGS
NORTHSIDERS!**

Holiday Gift Certificates

WPCRC has Holiday Gift Certificates that can be purchased for annual memberships, punch cards or ID cards. If you are looking for a special stocking stuffer stop on over and get the gift that keeps on giving.

Important Dates in December

- December 24: Closing at 12:00 noon
- December 25: Closed
- December 31: Closing at 4 pm
- January 1: Closed

WPCRC Advisory Committee 2006 Meeting Schedule

- January 18 March 15
- May 17 July 19
- September 20 November 15

Meet Your Northside Neighbor: Carrie Buie

A terrific WPCRC staff benefit is the good fortune we receive from meeting dynamic Northsiders. Carrie Buie is no exception. We are always glad to see Carrie walk through our doors. Carrie exercises regularly and always shares a smile and a pleasantry.

Carrie both lives and works on the Northside. For the past eight years Carrie has been employed at Dane County Human Services, just across

the street from the Center. She has attended in-services at WPCRC through her employer and has used such opportunities to share Center benefits with co-workers.

Carrie is a dedicated WPCRC user. She started utilizing the Center in December of 2000 when she heard about WPCRC events through a co-worker. When Carrie started using the exercise room she learned a lot from observing the techniques used by others. She made friends along the way. Carrie and her sons eventually met with the Center's personal trainer to broaden their knowledge of the proper use of the equipment. One of her goals was to relieve stress that accompanies working mothers while strengthening her muscles and maintaining bone density. Carrie takes care of herself knowing the health benefits that come from exercising. She now has an annual family membership at WPCRC, allowing Carrie and her family to enjoy the Center.

An added bonus Carrie finds at WPCRC is the cozy, homey atmosphere; something she didn't find at the larger clubs in town. She convinced her family and her significant other, Don Braxton to visit the Center. Don then became involved as an assistant coaching basketball games for a time and enjoying the Center's large screen cable TV during breaks in the Sunday games. These days Don is a regular exercise room user. Carrie's son, Sergio, uses the Center occasionally to exercise or play basketball during open gym hours. Whether she needs time alone or time with the family Carrie



Northsider Carrie Buie is a dedicated WPCRC visitor that encouraged - and succeeded - in getting her family involved at the Center.

has found WPCRC a haven. If you see Carrie, welcome her as she is sure to share a smile with you.

A HolidayFest Thank You

Thank you vendors and visitors of HolidayFest 2005. We appreciate your patronage. We'll see you at SpringFest 2006 on April 1. Log on to www.wpcrc.com for applications. Register early as spaces fill quickly.

From the WPCRC Advisory Committee and Center staff, "Happy Holidays" to you and yours. We wish you good health and fortune in the New Year.

Have a
happy, safe
and healthy
holiday season!



WPCRC, a place where YOU BELONG

WPCRC, a place to CELEBRATE

In 2006, are you planning a wedding, anniversary or company banquet?

Call today to reserve space in the beautiful WPCRC Community Room overlooking Warner Park.

WPCRC is the perfect location to celebrate with your family and friends. Call (608) 245-3694.

WPCRC, a place to ACHIEVE YOUR FITNESS GOALS

In 2006, will you be running in your first 5K fun run? Or training for your 5th marathon?

In 2006, are you planning to lose weight? Or improve on your goals from last year?

WPCRC is the perfect place to achieve your fitness goals without breaking your pocket book. Call (608) 245-3690.

WPCRC. a place to BE PROUD OF

In 2005, WPCRC hosted 1200 events. Over 47 were discounted or free event for our community.

In 2005, WPCRC celebrated 6 years on the northside.

WPCRC and its staff are proud to be serving the northside. And we feel WPCRC is a place to be proud of.



Warner Park Community Recreation Center, 1625 Northport Drive, Madison, WI
Phone: (608) 245-3690 website: www.wpcrc.com



Happy Holidays

- from your friends at WPCRC

SENIOR NEWS

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org



NESCO Executive Director

End of Year Thanks

The last of the leaves have finally fallen, trick-or-treaters have scurried about in the dark, and our bellies are still stretched out from the big feast. It's now time to turn our energies to the last holidays of the year—while keeping our sanity. As the end of one year approaches and another begins, it's the perfect time to me to take a few minutes to reflect on what our agency has to be thankful for—in no particular order. We are thankful for...

...All the community resources trying hard to make heads-or-tails of the complicated new Medicare D program! This includes representatives from AARP and CWAG, and focal point case managers!

...The community donors who honor our agency through their generous donations throughout the year. They humble us while energizing our collective efforts to ensure our mission is successfully achieved.

...United Way of Dane County for their continued financial support of our programs, specifically the bilingual/Spanish case manager position. The City of Madison and Dane County's long-term funding is also appreciated.

...The dynamic volunteers who donate their precious time helping our

senior adults and agency in a multitude of ways—setting tables, shoveling snow, watching "Oprah" while visiting, answering phones, stuffing envelopes, selling sloppy joes, shredding paper, calling bingo, watering plants...Any measure of our success is due largely to our volunteers.

...The death of a bad idea—assessing fees for case management services. Soliciting donations is a better way—ask our clients!

...The Madison-wide donors who pledged financial support to enable our nutrition site to remain at the Bashford United Methodist Church.

...Madison native and West Wing actor Brad Whitford for adding a fresh boost to AppleFest by donating several autographed memorabilia to the raffle—and getting the staff very excited in the process!

...Our dedicated interns who touched the lives of our seniors on a daily basis: Nora Adams, Roxane Carley, Angie Eagen, Aiesha Golden, Kevin Olsen, and Kathryn Savonne.

...Highly successful programs we hosted through the year—12th Annual Summer Concert Series, A Day for Seniors, 14th Annual Come Together Party, 5th Annual AppleFest, 3rd Annual Thanks-for-Giving Social, and the multi-cultural and inter-generational "Taking Time to Listen" play (with Madison East High School).

...The continuation of BratFest and the end of the 2004 UW hockey season! Our volunteers enjoyed selling brats and sodas at the Memorial Day fundraiser and look forward to doing it again in 2006—but were equally

happy to end scooping ice cream at the Kohl Center...after all, how much ice cream is bought in a cold ice rink?

And lastly, thanks for the memories. We've said sad good-byes to several long-time participants and friends, and

welcomed several births of healthy babies. It puts life into perspective—enjoy your blessings and be thankful for all you hold dear. Happy New Year! See you in 2006!

SENIOR FORUM

Learn about "Medicare Part D"

Tuesday, Dec. 13

11:30 am – Lunch

12:15 pm – Program

Lakeview Lutheran, 4001 Mandrake Rd. at Northport Dr.

The lunch and program are free and open to the community. Registration by Dec. 12 required by calling Anne Tigan, parish nurse at 244-6181.

SENIOR

Activities

For more information on NESCO programs, please contact Programs Director, Kryn Hoyer-Winfield at 243-5252 or khoyer-winfield@nescoinc.org.

Special Events

Trip to Governor's Mansion!

Wednesday, December 14, 4-6 pm
Join us to visit the tree display at the Governor's Mansion. Each tree is decorated to honor a different group or cause. After the tour we will drive through the Holiday Fantasy in Lights at Olin Park. Sign up in advance. The cost is \$7 and the bus has a lift.

Speaker from the Red Cross

Bashford Nutrition Site (329 North Street), December 13 at 10:30 am
Pam Moen stops by to talk about the American Red Cross and what it is currently doing to help those in need.

Winter driving with AAA

Janice from AAA is coming to Warner Park on January 17th to talk about winter driving.

Free Live Music!

John Fabke and his Banjo Buddy
December 2 at Bashford
Catch one of the city's best duos. John is a superb acoustic guitar player, and he always likes to bring a friend along to spruce it up a bit.

Michael Gruber

December 9 at Bashford
Michael brings his Good Time Music Review over to our Bashford Site. Michael plays many popular tunes using either guitar or piano.

Tom Schroeder

December 20 at Warner Park
If you appreciate a good holiday polka, then you may think about stopping by the Warner Park Site.

Regular Programming

Good Company, Excellent Food!

NESCO offers nutritious mid-day meals at the Warner Park Center, (1625 Northport Dr.) and at Bashford Methodist Church, (329 North St.) Mon-Fri at 11:30 am. All meals are served by Gaylords Catering and are paid for on a donation basis. Reservations are required by 11:30 am the day prior. Transportation is available daily and free on Tues and Fri.

"500" & Euchre

Join us for a card party each Tuesday from 12:15 pm to 2:00 pm. There is a 2:00 pm bus for lunch participants that would like to stay for cards.

Scrabble

Come down Wednesdays at 9 am to play with some of the most fun word-smiths around. All skill levels invited.

BINGO

Each Friday at the Warner Park Nutrition site we host a rousing session of BINGO at 10:30 am. Each game costs \$.05 with all proceeds paid out to the winners.

Foot Care Clinics

NESCO and Home Health United co-sponsor six foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made up to a year in advance by calling 243-5252. There is a \$10 fee.

Book Discussion Group

Enjoy discussing a good book? Stop by to pick up our next book at the Warner Park Center on Dec. 16 at 12:15.

Come inside, it's cold out there...



Now's the time to make your move! Settle in to Legacy Gardens and enjoy the winter in a safe, warm environment.

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The Northside *TownCenter* Almanac



What's Happening in Your Neighborhood

Box Office Video announces some big new titles coming out in November and December: *Madagascar*, *War Of the Worlds*, *Mr. & Mrs. Smith*, *Polar Express*, *Fantastic 4*, *40-Year-Old Virgin* and *Dukes Of Hazard*. Buy many hot previewed DVD's for less at Box Office - *Batman Begins*, *Star Wars Episode 3*, *House of Wax* and more will be available for sale before Christmas and Box Office is now accepting Visa/MC Credit and Debit Cards.

Lori from **Benvenuto's** says: Starting Nov 14th for every \$50.00 in gift cards purchased, you will receive a \$8.00

lunch coupon valid from 11am-4pm. Also, Sign up for your free Frequent Diner Card, for every dollar you spend you will earn points towards free desserts, appetizers and drinks! Book your holiday party! Call Ahead seating accepted. Don't want to cook? Call in your order (241-1144) and pick it up with our convenient carry-out.

The **Trafalgar Apartments** are getting rave reviews because of Barry Avery's interior design upgrades—stainless steel appliances, upscale carpet, solid surface countertops, tile floors, sound insulated walls, four distinctly different color schemes—something seldom seen in apartment units. Sheryl Theo, Manager of Business Development Relocation, First Weber Realty says, "The quality of The Trafalgar Apartments is superior to any apartments I've seen in Madison and even most condos don't have these kind of upgrades. The attention to interior detail is incredible!"

The name of the new **Pierces Grocery Store** Manager is Ron James. The most interesting thing about Ron was that his start in the grocery business was as a stock/bag boy at the Sherman Plaza Kroger Store in the late 1960's. Work for the new facility is proceeding according to schedule it should be opened in March.

The **Coffee Gallerie** is turning four years old. Congratulations! To celebrate Jon is offering a free book with any \$4 purchase (food or drink) during December. There are always coffee specials (eggnog latte this month), come by or stop at their handy drive-in window.

The **Madison Hair Transplant Clinic**, midwestrealhair.com, boasts having the most experienced hair restoration surgeon in Wisconsin. Come in for a free personal consultation and DVD. New patients mentioning this ad in the Northside News receive free Propecia staging photos and 2 weeks of Propecia (a \$50 to \$100 value).

Laura at **Curves** asks: At Curves, women who thought they could never get fit have discovered they can. Please join us on Wednesday, December 7th from 4:00 to 7:00pm for our Holiday Open House and a special first visit discount. Call (608) 241-5311 for details.

Happy Holidays from **Altered States Alterations**! Mrs. Claus has already visited our shop to have her alterations for the holiday season, have you? In addition to quality alterations, we were recently added as a drop-off point for Block Cleaners and also sell beaded earrings in addition to earring and bracelet sets. Altered States Alterations will be closed for one week between Christmas and New Year's, so come in to have your alterations and dry cleaning completed in time for your festivities.

Cheng at **State Farm Insurance** invites you in to get a free Road Atlas—which includes detailed colored maps for driving in each of the fifty states—plus a free insurance quote. It's a great way for 2006 to see if you're paying too much.

AnchorBank is again sponsoring the Jingle Bell Run/Walk for Arthritis (Saturday, Dec 10th at 11am, Vilas Park Shelter). This marks the 20th anniversary for the event. And the annual toy drive is in full swing. Simply bring in a new or like-new toy before Dec 9th and AnchorBank will deliver it to a local charity for children. Also check out their new self-service quick coin-sorting machine.

Hancock Fabrics is offering some exciting fashion choices at incredible savings through December 17th: 50% off on no-sew scarf kits (regular \$15.99, sale \$7.99), 30% off premium fleece prints, micro-fiber fleece and novelty solid fleece, plus 25%

to 50% off on holiday fabrics, ribbons and accessories. And for there are great deals on Janome, Singer and White sewing machines just in time for Christmas giving (and receiving).

Lakeview Branch Library Staff recommendations for reading on cold winter days:

Todd: Trawler by Redmond O'Hanlon

Amanda: My Friend Leonard by James Frey

Sarah: A Small Place by Jamaica Kincaid

Katie: Liberating Paris by Linda Bloodworth-Thomason

Alicia: The Other Boleyn Girl by Philippa Gregory

Barb: The World is Flat by Thomas L. Friedman
Terry: I'm Not the New Me by Wendy McClure

America takes its digital pictures to **Walgreens** and now you can send them from your computer and pick up prints in one hour (4 x 6 are 19¢ each)—there's a great selection of reasonably price digital cameras too. And simply incredible, a gourmet 12-cup coffee maker, 6 speed blender, 8 cup rice cooker or deluxe food processor are each only \$9.99 after mail in rebate. There's a full selection of Christmas cards, wrapping paper, fancy bags and ribbons.

Joy Manley of **ABC Mortgage & Financial Services** (the TownCenter Professional Building) tells us, "Mortgage rates are starting to inch up but this is a great time to refinance because things slows down in winter and mortgage companies are looking for business." Her web site is abcmortgage.instantlender.com. Popular Century 21 realtor Chris Bruns (pictured with Joy) has been working with many first time homebuyers. He says, "It's a big decision and they need time to make sure it's the right one." He's at 576-3625.

Sherman Plaza Hairstyling is getting everyone's hair ready for the holidays. Tim reminds you that hours are Monday through Friday 8am to 5:30pm and Wed 8 am to 8pm—you can call ahead for an appointment if you like, 244-3120. He's sticking with the old business name that he says has served them well for forty years. Tim's new goatee looks great and is well trimmed.

True Value Hardware thrives on bad weather with its snow blowers, snow shovels (from \$5.99 to \$26.99), salt and insulating materials. You can even purchase a packaged bale of straw for kennel bedding. And check out the latest in Christmas tree stands, the Incredible Genie L, with foot pedal insulation—step on the pedal, set the trunk of your tree in the middle of the tree stand and release the pedal to lock the trunk into position. And don't forget wild birdseed and fireplace starter logs.

At **Subway**, six inch or foot-long ranch sandwiches are best sellers. Kurt Sonnentag, the owner of four other Subways, says this one in the TownCenter does the most business. Meanwhile, Rocky Rococo & Taco City, with an always fresh salad bar, are proudly offering a large pizza for \$10.99 and a special ten taco deal perfect for trouble-free holiday get-togethers.

Aaron at **Spirits Unlimited** is into special holiday brews: Leinenkugel Christmas beer and Leinenkugel apple spice beer to be served warm with a cinnamon stick or Sierra Nevada raisin ale, which he says is very good. A twelve pack of Heineken (bottles) is \$12.99—24 is \$24.99. Corona Extra (12 bottles) is \$12.99. There's a punch making party pack for \$17.95 plus a full range of Champagnes and Spumoni's from \$4.69 on up.

Serenity Salon's Darcy is excited about new hair coloring trends that are more creative than ever. Discover the latest, innovative hair and body treatments as well as new mini-services for those on a busy time schedule. The salon is again featuring specially grouped product gift packages for the holidays. And mark January 18th on your 2006 calendars. That's "men only" night, for males reluctant to go into a spa though desirous of its services. Beer and pretzels provided.

And don't forget **Associated Podiatrists, AAA, Wong's Acupuncture, Madison's Cash Express** and **Road Ranger**—friendly, important services that helped make 2005 a great year.

Happy Holidays from The Northside Town Center, The Northside Professional Building and The Trafalgar Apartments!



Justin Ballard of Advanced Building Corporation and Barry Avery admire a luxurious Trafalgar interior.



The Family Dollar Store has taken off as an immediate TownCenter hit.



Joy Manley of ABC Mortgage and Chris Bruns of Century 21



Extensive construction prepares the way for Pierces Grocery

We're proud to be part of our amazing Northside Community.