

NEWS AND VIEWS FROM ELECTED OFFICIALS



Photo by Jan Arndt

St. Paul Lutheran offered children sleigh rides last Christmas!

From
PAUL RUSK



DISTRICT 12 SUPERVISOR

County Budget

The 2007 budget passed after many months of work by board committees and county staff. The tax levy increase of 4.88% leads to an average \$15.79 increase of the county portion of the tax bill for the average \$240,000 home, but this varies depending on your individual assessment. This tax increase is at the rate of inflation plus growth.

To help address rising health care costs, all county employees are changing health care providers and there are reductions in staff positions and program expenses in our ongoing attempts to keep property tax increases reasonable. Property taxes only fund about a quarter of the County's \$488 million budget so capturing state and federal dollars is critical. Saying "no" to many worthwhile programs and proposals is also part of the picture in these difficult budgetary times.

Public safety continues to be a high priority. The budget includes funding for three new detective positions in the Sheriff's office for child abuse/domestic violence and gangs, public safety communications, the

AODA treatment center and cameras in the jail. In my role as chair of Public Protection and Judiciary I was able to sponsor and shepherd through several mental health initiatives that were funded from base budget reallocations rather than new spending, including planning money for a new mental health court, mental health case management and medications management for individuals after they leave the jail, and increases in several jail diversion treatment programs. My next goal is to foster creation of a mental health court to reduce jail overcrowding while turning lives around as in my opinion this is far preferable to spending millions to expand and staff the jail.

Conservation The budget includes \$5 million in capital spending for the conservation fund for acquisition of new land as recommended by the voters in 1999. There has been some criticism about excessive reliance on borrowing funds for capital improvements. Dane County is far below the legal borrowing limits with a triple "A" bond rating and interest rates are low. The land purchased today is an investment in the future as the county grows so rapidly. Every day as I walk through Warner Park I appreciate the efforts of Senator Warner who made this Northside treasure possible during the Depression.

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

From
DOROTHY WHEELER



DISTRICT 18 SUPERVISOR

The County Budget

On Nov. 15, the county board passed a budget of almost \$450 million. Those of you who happened to watch the proceedings on City Channel 12 did not witness a long debate! The budget process began in the summer when department heads prepared their budgets to present to the county executive. In Sept., the county board with the county executive held several public hearings on budget matters. In preparing her budget, the county executive added substantial funds to human service providers as a result of this testimony.

After receiving a copy of the executive budget, the supervisors had a chance in committee to add their own amendments to the budget. My standing committee, Health and Human Needs, offered amendments to restore several positions that had been cut earlier in the process of finding savings in the Human Services Department. We restored two vital social worker positions, a youth program leader, and an economic support specialist. We were

able to restore funds to Parent's Place and to two AODA programs. We also provided funds for specialized transportation that directly helps some seniors served by NESCO.

All of the amendments proposed by the other six standing committees were reviewed by the Personnel and Finance Committee as the last step before the budget came to the floor of the county board. At this public meeting, supervisors and public citizens had a chance to plead for their amendments, if necessary. The county comptroller sat close by and tabulated the property tax levy as impacted by each amendment! Since we supervisors and the public had chances to review the budget amendments and to speak on them at each committee meeting, debate was virtually over before the whole county board met on Nov. 15.

The \$450 million budget is composed of about 2/3 intergovernmental revenue and 1/3 county general revenue. The latter is generated by the .5% sales tax, fees paid for county services and property tax levy. Readers may want to know that the increase in property tax levy will be about 4.88% which means an increase of \$16 on the average home in Dane County valued at \$224,000.

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

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From
DAVE TRAVIS



STATE REPRESENTATIVE

Honoring Wisconsin Veterans During the Holidays

Wisconsin's blustery winter weather reminds us that the holidays are fast approaching and it is time to reflect on 2006. It is an opportunity to spend quality time with family and friends and recognize those around us who have made a difference in our lives. Some faces we know personally and others we will never meet.

During the holidays, please join me in thanking our Wisconsin veterans and their families who have and continue to make personal (and financial) sacrifices each day on our behalf and in the name of peace. These men and women demonstrate personal courage and a willingness to put their individual lives aside while dedicating themselves to helping others within the United States and abroad. To you, I say "Thank You".

This session, I was proud to join my legislative colleagues and Governor Doyle in passing a number of important bills to assist Wisconsin veterans and their families. Making education more affordable was one of our top priorities. State law now allows spouses, surviving spouses, and children of veterans to receive full academic fee remission at the U.W. System and the

Technical College System (if the veteran was a resident at the time of entry into the armed forces and died in service or incurred a service-connected disability of 30% or more). This state commitment will broaden educational opportunities and positively change lives.

Veterans directly will benefit from many budget program changes offering tuition remission or reimbursement; temporary housing; access to medical services and job retraining; and newly-appropriated funding for veterans assisted living facilities. Separate legislation passed this year allows a person serving on active military duty to suspend or terminate his or her mobile telephone contract without penalties or additional fees – a problem brought to my attention by veterans in my district. I'm confident that veterans (and their families) will benefit from these changes in the coming years and will continue to work on their behalf next session.

In January, the legislature will reconvene and focus our efforts on other equally important matters such as continued financial support for our schools; rising health care costs; campaign finance/ethics reform; environmental protection and economic development. I look forward to continuing to be your voice in the Wisconsin State Assembly! Have a safe and enjoyable holiday season.

Rep. Travis, Northside resident and State Representative, can be reached at 266-5340, rep.travis@legis.state.wi.us

From

JON ERPENBACH



STATE SENATOR

It's a New Day in Wisconsin

The 2006 election is over and now it's time to get to work. Our televisions and radios are once again free of political advertisements and the votes have been counted. I would first like to thank the people of the 27th Senate district for their support this fall, and I look forward to rolling up my sleeves and getting to work on a new legislative agenda this fall.

I've already stated a few of my priorities this session: campaign finance reform, a new way to fund education, and health care. Time and again, across the state, the people of Wisconsin listed these "kitchen table"

issues as what is most important to their families. It's time we listened.

I've already started working on campaign finance reform with a Republican Senator from Neenah, Mike Ellis. This fall, I've also had the opportunity to serve on two interesting committees: Senate Select Committee on Health Care Reform; and the Special Committee on the Review of the State School Aid Formula.

When we return in January as the new majority party, Democrats are committed to a Working Families Agenda that includes health care reform and property tax relief. You can also expect to see energy independence and strong schools initiatives.

As always, it is important to me to hear from the people in the district about what is on their minds. .

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

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Shrink heating bills this winter season

By Jennifer Fetterly
The Northside News

When winter temperatures drop and heating bills rise, MGE Community Service Manager Annette Miller starts to hear her phone ring. The calls are from people who have just opened their first winter utility bill and want energy saving tips.

Miller said there are few basic steps that can be taken to save energy and money. She said people usually know the basic ways to save money on utilities but don't often follow through.

"When it comes to saving energy people need to be conscientious," she said. At home Miller said she follows her own advice to help save money and found out it pays off.

MGE experts estimate heating cost make up 40% of a household's energy use. Miller said a key way to save money is to control your thermostat. She said thermostat should be lowered 68 degrees Fahrenheit or lower at night or when not at home, but don't go lower than 55 degrees. Homeowners can also increase their furnace's efficiency by changing or cleaning filters once a month during the heating season. If your furnace is inefficient (60% or less), consider replacing it with a newer, more efficient model.

During the upcoming holiday season there are even more ways to save energy and money. There is no need to be

an Ebenezer Scrooge when it comes to putting up holiday lights, Miller said. She said using LED (light-emitting diode) lights save money, last longer and are safer than traditional lights.

Part of Miller's job is to go out in the community to teach people how to save money and energy. People who want to learn how to be more energy efficient can attend a free 30-minute workshop to learn energy-saving tips. She said hundreds of people take part in the workshops each year. MGE is also trying to reach more community groups by providing energy-saving information to Spanish-speaking and Hmong residents

Here are some more helpful tips to cut energy costs:

Switch to compact fluorescents. Fluorescent lights may be more expensive to buy initially, but in the long run they will save you money, Miller said.

Wash in cold water. MGE experts say 90 percent of the energy used in washing machines is used for heating water.

Turn juice off when not in use. It's a catchy reminder for people who leave televisions and lights on when not needed.

Look for the ENERGY STAR label. This label will point consumers in the right direction when looking for energy saving appliances.

For more home energy advice contact MGE at (608) 252-7117 or visit online at www.mge.com.

There's no place like a safe home for the holidays

By Lori Wirth
Madison Fire Dept.

Interest in holiday decorations has picked up speed in recent years, but additional decorations require greater attention to safety considerations.

Consider these facts and figures:

In 2002, there were 240 Christmas tree fires in U.S. homes, resulting in 23 deaths, 12 injuries and \$11.4 million in direct property damage.

During 1999-2002, an average 310 home fires started when Christmas trees ignited. These fires caused an estimated annual average of 14 civilian deaths, 40 civilian injuries and \$16.2 million in direct property damage.

Fourteen percent of the candle fires occurred in December. This is almost twice the 8% monthly average. Christmas was the peak day for home candle fires. Ten percent of the home fires reported on Christmas were started by candles.

The City of Madison Fire Department recommends these tips for safety during the holidays:

Holiday Lights & Decorations

*Use caution with holiday decorations and whenever possible, choose those made with flame-resistant, flame-retardant or non-combustible materials.

*Keep candles away from decorations and other combustible materials, and do not use candles to decorate

Christmas trees.

*Purchase only lights and electrical decorations bearing the name of an independent testing lab, and follow the manufacturer's instructions for installation and maintenance.

*Carefully inspect new and previously used light strings and replace damaged items before plugging lights in. Do not overload extension cords.

*Always unplug lights before replacing light bulbs or fuses.

*Don't mount lights in any way that can damage the cord's wire insulation (i.e., using clips, not nails).

*Keep children and pets away from light strings and electrical decorations.

*Turn off all light strings and decorations before leaving the house or going to bed.

Holiday entertaining

*Unattended cooking remains the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.

*If you allow smoking in your home, provide plenty of large, deep ashtrays and check them frequently. After a party, always check on, between and under upholstery and cushions and inside trash cans for cigarette butts that may be smoldering.

*Keep matches and lighters up high, out of sight and reach of children.

*Test your smoke alarms, and let overnight guests know what your fire escape plan is.

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COMMUNITY RESOURCES

LIBRARY NEWS

From Lakeview Branch Library
246-4547

By Katie Scharf,
Librarian



Library Hours
Mon - Fri: 10am-8pm
Sat: 9am-5pm

Closed Dec. 25 and January 1 & 15

Wacky Wondrous Wetland Insects Sat., Dec. 9 at 11am. Enjoy a multimedia performance with naturalist Stephanie Feuerstein who guides children through a virtual field of wetland insects. For grades K-5.

Gingerbread Cookie Fun Wed., Dec. 13, 6:30 pm. Stories, games, and gingerbread to decorate! Children under 6 with adult. Registration begins 11/29.

Animation Workshop Thurs., Jan. 4, 2-5:30 pm. School-aged children view various types of animation and create their own video. Call 246-4547 to register.

Literary Bears: Bear Tales Worth Repeating Sat., Jan. 13, 11 am. Winnie the Pooh, Paddington, others will be on hand as Donna Manthey shares bear adventures and trivia. Bring your favorite bear.

Teen Pizza Party Fri., Jan. 26, 1 pm. Celebrate an afternoon off with pizza and DDR at the first meeting of the Teen Advisory Group. Help plan programs, suggest books to buy, and volunteer for fun projects. Teens in grades 6-12 welcome.

Music For Kids with David Landau Sat., Jan. 27, 11 am. Join storyteller and musician David Landau for an entertaining, lively program.

Soda Pups Dog Show Sat., Feb. 3, 11 am. The show kicks off with a Pomeranian arriving in a remote control Hummer. There's sure to be plenty of audience participation in this laugh-filled extravaganza.

Valentine Craft Party Sat., Feb. 3, 2:30 pm. Use papers, stamps & decorations to make the best Valentine's card ever! For ages 4 and up. Children under 6 with adult. Register beginning 1/20.

Knit at the Library! Wednesdays, 6:30-7:30pm. Drop in knitting for any level knitter.

Lakeview Chess Club Mondays, Dec. 11, Jan. 8 and 22, 6-7:45pm. Drop in chess is the second and fourth Monday of the month. Any age and

skill level welcome.

Music Together Wed., Jan. 3, 10:15 and 11:15. An interactive music program for children ages 5 and under with their families. Register beginning December 20.

Preschool Storytimes Tuesdays, January 30 - April 17 at 10:15 or 11:15am. Preschoolers enjoy stories, songs, laughs, and crafts. Siblings welcome!

Adult Programs

Interfaith Awareness Celebration Thurs., Dec. 14, 6-7:30 pm. Individuals of diverse faiths participate in a social event celebrating unity and diversity.

Used Book Sales Saturdays, Dec. 16 and Jan. 20, 9am-5pm. Our used book sales are the third Saturday of every month. Drop off your used book donations anytime.

Financing your Education Mon., Feb. 5, 5:30-7:30pm. Returning to school and need help identifying funding sources? Call 263-6960 to register

Scrabble Wednesdays, 10 am-12:30 pm. Attention word lovers! Play Scrabble with other adults for fun.

Community Writing Assistance

Free help with any writing project resumes at the library and at Northport Apartments the week of Jan. 22. Call 246-4547 for specifics.

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From **DENNIS MCQUADE**



COMMUNITY SOCIAL WORKER

Community Energy Resource Fair

Tasha is a single mother with three children (composite of more than one family; names and characteristics changed to protect confidentiality). She works in a fast food restaurant and has a net income of about \$850 per month. Her rent is \$600 monthly and her utilities average about \$125 per month. She also receives some money to help buy groceries through the FoodShare program and uses food pantries when necessary. For the last few years, Tasha has not paid her utility bill during the Wisconsin Utility Moratorium.

The Moratorium is the result of Public Service Commission of Wisconsin Rules that prohibit utilities from disconnecting customers between Nov. 1 and April 15. However, after April 15, utilities are not required to provide service to customers who are behind on their bills. So on April 15 customers such as Tasha, who have built up a large utility bill risk having their utilities disconnected, if they cannot begin making adequate payments.

It is often difficult for customers to keep up the payments, because they are paying both the present bill and a large back monthly bill. While a customer such as Tasha would normally have a budget payment of \$90 to \$125, when past due amounts are added into their budget plan, their payment could jump to over \$200 a month.

Tasha and others could avoid the stress and inconvenience of possible disconnection if they would contact the utility long before April 15 and set up a payment plan with the utility. To set up a payment plan Madison Gas and Electric (MG&E) customers should contact 252-7222. If they are low income, are having an income crisis, or have special needs, they may want to ask to speak to the MG&E Cares staff, which addresses these types of needs.

To assist customers with setting up a payment plan and obtaining possible financial resources several organizations are sponsoring two Community Energy Resource Fairs on the Northside for the second year in a row.

These sponsors include MG&E and local community agencies such as the Community Action Coalition, Energy Services Inc., Joining Forces for Families (JFF), the Northside Planning Council, the North/East Senior Coalition, Project Home and Porchlight Inc.

At the Fairs customers will be able to set up payment plans, receive information on financial assistance, learn energy saving tips, and learn monthly budgeting tips. Food will be available and those attending may be eligible to win or receive prizes and other incentives. Contact the Northeast JFF Office at 241-4849 to learn the time and location of the Community Energy Resource Fairs.

If you need to contact the agencies themselves to obtain services the numbers are: Porchlight-252-8522; Community Action Coalition-246-4730; Project Home-246-3737; Energy Services Inc.-267-8601; NESCO-243-5252.

If customers cannot reach a payment agreement with their utility, they are encouraged to contact the PSCW's Consumers Affairs Unit at 266-2001.

MGE Energy Assistance

Households with low to moderate income may be eligible for assistance from the Wisconsin Home Energy Assistance Program. Many households with income from farms, offices, factories and other work places receive this assistance that helps with space-heating and electricity costs. Funds are limited, so apply early while money is available.

To be eligible for assistance, you must must pay heating costs directly to a fuel or utility company or heating costs are included in the rent and meet income guidelines.

For more information, contact MGE at 252-7000 or visit www.mge.com/Home/services/energy_assist.htm

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COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Sitting Well

Almost every aspect of our lives has been influenced by computers, including our health. We now have an array of physical complaints from spending time in front of the monitor. In fact, office workers and computer junkies seem to have more problems than physical workers. Dr. Scott Donkin, in his book "Sitting on the Job" addresses these problems with simple solutions. The following health tips are taken from this book:

Wrist, hand, and finger pain, numbness, or tingling can result from improper positioning of your keyboard. It is better to keep your elbows close to your body and your wrists parallel to the keyboard. By keeping your wrists straight in line with your forearms, you reduce stress on your wrists, forearm muscles, upper arms, shoulders, and neck. A pad in front of your mouse and keyboard may be helpful to keep your wrists straight.

Eye strain results from long hours at a computer. Reduce eye strain by frequently changing your focus to an object far away or by closing your eyes. Your eyes need frequent vision breaks to minimize strain.

Headaches are a common result of tension, eye strain, and poor posture. Headaches are reduced with proper posture and good lighting. The elimination of reflective glare and the proper arrangement of work materials and equipment also helps.

Neck pain can result from repetitious or prolonged forward head tilting or one-sided head and neck turning. This affects the joints, muscles, ligaments, and nerves in the neck. Adjusting the workstation to fit your body so that your head is not unnecessarily tilted or rotated reduces neck strain. Also, periodic breaks to move and exercise your neck, shoulders, arms, and upper back are essential to counteract the effects of head tilting.

Back pain caused by unsupported sitting increases strain and fatigue. Reduce back pain by sitting back in your chair with your buttocks aimed at where the seat and backrest meet. Adjust the backrest down to support your lower back more than your upper back, and lock it so that it does not tilt.

Leg and foot symptoms often result

from poor blood flow through the legs because of lack of movement. If your chair's seat is raised too high, the resulting pressure on the backs of your thighs impedes blood flow and, at times, even affects the nerves that go down the legs. Your chair height should allow you to plant your feet firmly on the floor. Use a footrest, if necessary, so that your knees are just slightly higher than your hips. It is essential to move your feet and legs in order to keep your blood flowing.

Fatigue is difficult to measure, but it is often described as a feeling of tiredness, lack of enthusiasm or no energy. The answer to fatigue is exercise. Stretch and move during scheduled breaks, and take several micro breaks throughout the day. Don't let your computer get the best of you!

NUTRITION TIPS



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



Food for Thought – Happy 2007

With the New Year approaching many people start working on New Year Resolutions. Health concerns, especially related to food and activity are often a major focus of these resolutions. It is hard to sort out where to begin; with each day in the news or on TV suggesting some new take on foods and exercise.

The following suggestions may help you to set New Year's resolutions that you can follow and maintain. Be reasonable in setting your goals for the New Year.

*Shop for groceries on a regular schedule. Make a list and use it at the store. It is much easier to make a quick lunch for work if foods are available.

*Eat out less. Planning and shopping help save money and may be healthier.

*When eating out look for lower fat foods and choose sides of vegetables and fruits.

*Buy more fruits and vegetables for your meals and snacks. The new dietary guideline slogan is "Fruits and Vegetables – More Matters." Five or more servings a day is the goal.

*Aim for three meals a day. Skipping meals makes weight management difficult. Eating on schedule helps you to make healthy food choices.

*Hunger can make you grab for foods with more calories and fewer nutrients. Limit snack calories with portion control packages.

*Pay attention to the foods you eat, eat slowly, enjoy and savor your foods. This can help you to eat less. Eat at the table or away from the TV or computer.

*Check your serving sizes. Portion control pays off. Have the good foods you like, just have a smaller amount at your meal.

*Aim for three or more servings of whole grains each day. These are tasty foods with beneficial nutrients.

*Activity is the other area to include.

*Work to move more each day. Aim for 30 minutes of activity a day, 10 minute blocks of activity, three times a day will help you get started.

*Get a pedometer (step counter). Find your baseline of steps a day, then work to add 1000 -2000 steps to your baseline. A good goal is 10,000 steps per day.

*Find fun activities that the family can do together to be active. Skate, sled, ski, for some winter fun. Buy or ask for active holiday gifts (exercise DVD) instead of inactive gifts. (movies, games, clothes)

*Take stairs when available. Walk at break at work.

*Check out americaonthemove.org for tools to track your activity and find nutritious recipes and health news.

*Have a healthy New Year. Remember to eat as well as you can as often as you can.

Holiday Toy Drive



December 1st- 15th

New or gently used items including:

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COMMUNITY RESOURCES

MSCR cooking classes offered close to home

Tantalize your taste buds with new tips and treats

By Nicole Graper
MSCR

Madison School & Community Recreation (MSCR) offers a variety of affordable recreation classes for all ages. Cooking classes at Warner Park Community Recreation Center teach a wide variety of delicious, but easy-to-make recipes and are taught by Lydia Critchley.

Critchley taught for MATC, Waunakee Village Center, MSCR, Willy Street Coop, Meriter Hospital, Verona Library, childcare facilities, private residences and various businesses. She will teach at Wisconsin Dietary Manager's Association Convention and has taught at Wisconsin Early Childhood Association (WECA) for childcare providers. She has owned her business, Creative Cooking by Lydia, for several years.

She teaches "Mom at your side" type classes, hands-on style, for children and adults. Classes include diabetic, quick and healthy for singles or families, desserts, allergy related cooking, homemade soap and more.

According to Critchley, a common mistake that people make while cooking is that they seldom mix sugar, salt and other seasonings in a liquid before adding them to a dish or sauce that contains fats. The fats coat the granules of the seasoning and thereby inhibit the speed of their ability to flavor the other ingredients. If the sea-



Photos provided by Nicole Graper

sonings are dissolved in a tablespoon or more of water, vinegar or any other liquid being used in the recipe before adding to the dish, the flavor can be tasted much sooner than if it was tasted several hours after preparation time (after the moisture of the recipe ingredients managed to penetrate through the fat's barrier).

A secret ingredient she recommends is Summer Savory, vanilla and granulated sugar. She enjoys using Summer Savory when used in pasta dishes and beef roasts and various other dishes. When the flavor lacks something, she adds this for the final touch, even in scalloped potatoes.

"Vanilla is a great item to make foods taste sweeter while allowing you to reduce sweeteners such as sugar products. The taste buds associate the flavor with sweetness and allow you to



Left: Class members sample the recipes they learned at MSCR Cooking classes held at WPCRC. Above: Linda Critchley shares tips of the trade in her cooking classes.

reduce calories and not suffer in flavor in your recipe," said Critchley.

Learn more from Critchley and register for an MSCR cooking class at Warner Park Community Recreation Center. Classes are Wednesday evenings, 5:30-7:45 pm. The winter session begins January 17. Please call 245-3669 for more information or visit Warner Park Community Recreation Center, 1625 Northport Drive. MSCR Winter Program Guides are also available at Madison Public Libraries.

"Breakfast Foods" Food Drive by NESYB

The North/East Side Sherman Youth Basketball Program players will be collecting non-perishable breakfast food items for their "Breakfast Foods" Food Drive. Items include cereal, pancake mix, syrup, cocoa, canned/bottled fruit juice, oatmeal, cereal/granola bars, pop-tarts, muffin and bread mixes, and more. The Food Drive benefits the Lakeview Food Pantry.

Please drop off your donation on the following date/location:

Sunday, Dec. 10
2-4 pm

Warner Park Community Recreation Center

You will not need to get out of your car. Simply drive up and we'll have one of our young boys and girls there to get your donation!

If you would like to donate but cannot make it to the Food Drive, contact Lynelle at 575-4751.



MADISON SCHOOL & COMMUNITY RECREATION
Warner Park Community Recreation Center
1625 Northport Drive

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Parent & Child Playtime
Mondays, Wednesdays & Fridays
9:30 am - 12 pm, Only \$3 per day
Parent/Child Art
Wednesdays, begins January 17,
9:30-10:15 am
Parent/Child Pottery
Thursdays, begins January 11,
9-10:15 am
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MSCR offers a variety of affordable recreation programs for all ages. Scholarships Available.

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Thank You!
To all of our sponsors and donors that made our 1st Annual Silent Auction, Raffle and Pig Roast Fundraising Event a huge success! We raised over \$5000, all to benefit the young boys and girls in our youth basketball program.

SPONSORS:

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The North/East Side Sherman Youth Basketball Program

Gordy Meicher Janet Dyer Tyrone Cratic, NESYB Joel & Kelly Boado Maria & Vito Zara 5th Grade Girls NESYB Team 6th Grade Boys NESYB Team 7th Grade Girls NESYB Team 8th Grade Girls NESYB Team Dawn Block Gail Bilansky Jeffrey Stone Kevin Torrence Lisa Hull Shelly Kubicek Steve Roffler Action Packed Paintball Anchor Bank Applebees Ashley Furniture Badger Bowl Badger Swim & Stix Best Western East Towne Suites Boulder's Climbing Gym Bowl-A-Vard Lanes Budget Bicycle Candice & Henry Lukasavage Caribou Coffee Clayton Photography Community Pharmacy Cost Cutters Curves Damon's Grill Dick's Sporting Goods Donna Fowler East High Booster Club Ella's Deli Fontana Frugal Muse Books Green Bay Packers Harbor Athletic Club High Rock Café IHOP Just-A-Game Fieldhouse Kalahari Resort-WJ Dells Keva Sports Center Klinke Cleaners Kneaded Relief Day Spa	Madison Children's Museum Madison Mallards Markie Jett Massage East MATC Fitness Center Menard's Milwaukee Brewers Mounds Pet Mr. DuWayne's MSCR Nature's Bakery Coop Noah's Ark Pet Center Northern Light Portrait Studios Octopus Car Wash Orange Tree Imports Original Wisconsin Ducks Outlaw Steakhouse Overture Center Penzey's Spices Perkin's Restaurant Pizza Hut of So. WI Ponderosa Steakhouse Prime Quarter Steak House Princeton Club Ripleys Believe It or Not Roman Candle Pizzeria Scrapbook Superstore Star Cinemas Starbucks Coffee Steve and Barry's Sukho Thai Restaurant Suter's Sports Tanya By Design Target The Comedy Club on State The Paddlin' Shop The Ultimate Spa & Salon The Young Gourmet Tommy Bartlett Inc. Topper's Pizza Tyrol Basin Uno Chicago Grill UW Athletic Dept. Vintage Photos Vitense Golfand Wizard Quest Woodman's YMCA of Dane County
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SENIOR Activities

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org



NESCO Executive Director

Cheryl Batterman's column will return in the next issue.



Home Chore Program

Volunteers are needed to shovel snow for senior adults this winter. This is a flexible volunteer opportunity that can fit into your busy schedule and is very rewarding. Call Nicole at NESCO at 243-5252 to learn more.

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

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

Special Events

15th Annual Come Together Party, Dec. 14, 5-7:30 pm. This traditional end of the year gathering invites African American, Asian and Latino senior adults for an evening of delicious ethnic food and a variety of entertainment at the Madison Senior Center (330 W. Mifflin Street). Please bring a dish to share and, if you wish, a gift to exchange (under \$5). For more information, contact Pam Bracey (pbracey@nescoinc.org), Yolanda Salazar (ysalazar@nescoinc.org) or call 243-5252. We can't wait to see you there!

Medicare Part D Wed., Dec. 13, 9am - 1pm, Warner Park. Benefit Specialist Carrie Schneck will be setting up individual, one-hour appointments to meet with seniors to help them sign up for Medicare Part D. Time is short and registrations must be in! Call 243-5252 to register for this one-on-one opportunity!

Reminiscence: Holidays Past Fri., Dec. 8, 10:30 am, Bashford Methodist Church. Come and talk with us about your most cherished memories of Christmas, Hanukkah and Kwanzaas...whatever they might be! Memories of the heart are best when shared!

Financial Exploitation Awareness Mon., Dec. 4, Noon, Bashford Methodist Church. Stay after lunch and listen to Attorney Iris Benoehr, as she speaks about the ways to identify and avoid financial exploitation.

Moving Into Retirement, Graceful Aging and All That Jazz! Join us for a six week exploration of aging issues such as finances, travel, health care, volunteerism, continued learning and more! Let's learn what's out there together! Tuesdays, Jan. 23 and 30, Feb. 6, 13, 20 and 27 from 12:30 -

2:00 pm at WPCRC. Call 243-5252 to find out more.

Holiday Celebration! Warner Park Nutrition Site, Dec. 26, 10 am - 12:30 pm and Bashford United Methodist Church Nutrition Site, Dec. 19, 10 am - 12:30 pm. Join us as we enjoy a delicious Christmas dinner and are entertained by Randy Kiel, a one-man band. Randy plays a variety of music including Classic Country, Big Band, and some good old Rock & Roll! You'll hear a little Elvis, Jim Reaves, Johnny Cash, Eddie Arnold, Frank Sinatra, Ray Price and more! Bring a friend to share in the fun! And keep in mind, Elvis still lives!

Regular Programming

Tasty, Nutritious Lunches Monday-Friday at 11:30 am NESCO offers nutritious mid-day meals at the Warner Park Community Recreation Center, (1625 Northport Dr.) and at Bashford Methodist Church, (329 North St.). Reservations for the meal are required by 11:30 am the day prior to the day you will be eating lunch. Transportation is available daily for .50 and free on Tuesdays and Fridays. Guests 60 years of age or older are invited to enjoy their meal on an anonymous donation basis. Anyone under 60 is asked to pay the full cost of the meal (\$5.85).

Nutrition Education Joy Fletcher, UW nutritionist, shares great tips for nutritious eating and increased health and wellbeing at our nutrition sites. She provides this education on the second Thursday of the month at Bashford Methodist Church and on the fourth Tuesday of the month at Warner Park Community Recreation Center.

Exercise Get out and stretch those legs! Wednesdays at Warner Park Carolyn Ganther teaches a free Chair-Based Yogacise at 10:30 am. There is also an excersize group at the Bashford Nutrition site every Thursday at 10:15.

Needlework Network Stop out on the second Thursday of the month at 10 am to share some of the projects you have been working on. Group open to everyone from knitters to crocheters to cross-stitchers.

CASH BINGO at Warner Park Community Recreation Center Tues., Dec. 5 and Jan. 2 at 10:30 am and Fri., Dec. 1, 8, 15, 29 (Closed 12/22) and

Jan. 5, 12, 19, 26 at 10:30 am. Each game costs 5¢ with all proceeds paid out to the winners.

PRIZE BINGO at Bashford United Methodist Church. Tues., Dec. 12 and Wed., Jan. 10 at 10:30 am. Come and win some great prizes.

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 our Warner Park office.

Euchre, Bridge, Dominos and Scrabble Various cards and games are played at Warner Park Community Recreation Center and at Bashford United Methodist Church throughout the month. Come join us in the fun! Call 243-5252 for more information.

Low Vision Support Group This group meets at WPCRC the third Thursday of each month. Join us for education and support in a warm and caring environment. Stay for lunch afterwards, if it fits in your schedule!

Warm Up America Intergenerational Needlework Group

Starting Jan. 9, 2007, a six week intergenerational needlework club will begin meeting at the Lakeview Library (2845 N. Sherman Ave.) on Tuesdays at 4 pm to create handmade afghan blankets, clothing and accessories to help those in need. These items provide warmth and comfort to people who have lost their homes, fled abusive relations, or are being cared for in hospices, shelters, hospitals, and nursing home. Please bring your own supplies; limited supplies will be available for beginners. Novices and experts are welcome! Please contact Nicole at 243-5252 or nmurphy@nescoinc.org to get more information or to sign up. Donated supplies are welcomed!

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WARNER PARK COMMUNITY RECREATION CENTER NEWS

From
**BRAD
WEISINGER**



WPCRC Facility Manager

Holiday Gift Certificates

Looking for a great gift idea? WPCRC has Holiday Gift Certificates for annual memberships, punch cards or ID cards. This gift is Heart Felt and is a great stocking stuffer. We also have nice zip up hooded sweatshirts for ladies and pullovers for men.

Reflections in the windows

2006 is almost complete and is leaving us with lots of positive memories. We received new elliptical machines in the exercise room, remote blinds in the community rooms, plenty of material donations from our unselfish Northside community and lots of cash donations for our Circle of Friends (COF). COF is the Center's non-profit fundraising committee. The purpose of organizing a non-profit group, separate from the city, is to raise money to aid in the funding for important items and capital projects that the city cannot provide. All gifts are tax deductible.

If you happened to glance in the windows of WPCRC, you would have witnessed many neighborhood associations having their holiday parties in the Center while enjoying each other's good spirits and camaraderie. We are always happy to serve our neighbors.

We thank the Mendota Gardeners for

their continued TLC that promotes the growth of the Center's indoor plants and for their most generous contributions to outside landscaping at WPCRC. And of course, we thank YOU, our valued customers. We are both pleased and proud to have served you this past year. We are excited about 2007 and hope to bring you lots of fitness, fun and good spirits.

Free Food For Fitness

The 2006 campaign generated over 620 pounds of food and toiletries for the Lakeview Food Pantry. Thank you all.

Important upcoming dates

Dec. 24 & 25 closed
Dec. 31 close at 4 pm
Jan. 1 closed

WPCRC Advisory Committee 2007 meeting schedule

Jan. 17
March 21
May 16
July 18
Sept. 19
Nov. 28

Members of the 2007 WPCRC Advisory Committee are:

Bill Barker, Michael Basford, Brian Benford, Soni Clair-Thomas, Maggie Dohm, Susan Ihler, Emy Imhoff, Paul Van Rooy and JoAnn Walker.

A HolidayFest Thank You

Thank you crafters and shoppers of HolidayFest 2006. We appreciate your patronage. We'll see you at SpringFest 2007 on April 7. Looking for an application? Log on to www.wpcrc.com - look within calendar of events. Register early - spaces fill quickly.

From the WPCRC Advisory Committee and Center staff, "Happy Holidays."

How sweet it is: COF bakesale

By **Roberta Statz**

Circle of Friends

On Election Day at the Warner Park Community Recreation Center, voters got a sweet surprise! The Warner Park Circle of Friends (COF) sold fresh-baked, chocolate-chip cookies for voters to munch while they waited in line or to fortify themselves on the way back to work or home.

"Even some of those who stuck to their diets donated money because they really believe in the cause," commented JoAnn Walker, coordinator of the event and chief cookie flipper.

The cookie sale made about \$500, which is a small amount of "dough" (pun intended) in the scheme of things, but it gave a chance for the COF volunteers to answer questions about the pool and just raise general awareness. Event workers commented on how supportive people seemed about the concept of an indoor, open-air, energy efficient, year-around pool.

Raising funds for the pool has been going on for over two years with sev-

eral large, successful events, including our first and second annual "walks" around Warner Park (called Pounding the Pavement for a Pool) and the first annual golf outing last May.

These events already have raised almost \$35,000. But, just as important, the COF also wants to do everything possible to get the word out! And not just to the general public, but hopefully to some possible lead donors to let them know about this great opportunity to leave a lasting legacy to the community they love. Naming rights for the facility, the warm water therapy pool, the diving well, and the main pool are a few of those opportunities.

If you have any questions, would like to donate, or volunteer for future projects please call Dorothy Borchardt at 249-7202. We are always looking for more ideas for events, and more help for existing events. Also, please go to the website at www.wpcrc-friends.com to learn all the exciting details about COF.

**The Madison Parks Foundation is the fiscal agent for the Circle of Friends*

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In 2007, 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 2007, will you be running in your first 5K fun run? Or training for your 5th marathon? Will your New Year's resolution include starting an exercise program and getting into shape?

WPCRC is the perfect place to achieve your fitness goals without breaking your pocket book.



WPCRC, a place to **LEARN A NEW SKILL!!**

Would you like to learn how to scrapbook? Or learn how to cook healthy meals?

Sign up today for the winter MSCR classes! There are over 62 different courses offered at WPCRC.

For more information and class listing, to go www.wpcrc.com.

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Community Recreation Center
1625 Northport Drive
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Happy Holidays - from your friends at WPCRC