

**EAST HIGH SCHOOL**

**Congratulations Competition Co-Ed Stunt Team!**

The athletes from the Madison East High School Co-Ed Competition Cheer Stunt Team are excited to announce that our team recently competed at the Universal Cheerleading Association (UCA) Milwaukee Spirit Open in Milwaukee, WI, and received an at-large invitation and qualified for the UCA National High School Cheerleading Championship. The championship will be held at the Disney-MGM Studios and Disney's Wide World of Sports Complex at the Walt Disney World Resort in Orlando, Florida on February 10-15, 2006.

Through membership on the spirit team, members are enjoying opportunities for academic and athletic

achievement, teambuilding skills and self-confidence. We have been working very hard at practice and during fundraising activities trying to raise money for members, who without financial support will be unable to participate. If you would like to make a donation please make checks payable to Madison East Cheer Team.

We are honored and privileged to represent East High School and the athletic program.

Participants included Jessica Mecum, Vanessa Smith, Jasmine Tucker, Tabatha Fried, Kara Christensen, Hilary Gehin, Morrise Phillips, Jenna McKee, Natalie Mathe, and Cody Nordness.

**Thank you!**

The **Mathematics Staff** of Madison East High School wishes to thank the people who made donations to the East High Calculator Fund. You've really made a positive difference for kids! Persons interested in making a tax-deductible donation should contact Mark Nelson at East High School.

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**East High Alumni Basketball Tournament Set for March 11**

Registration is underway for the second annual Purgolder alumni basketball tournament at Madison East High School on Saturday, March 11, 2006. "Last year's tournament was a great time. We are looking forward to seeing lots of old and new faces this year," said organizing committee member and 1980 team captain Jeff Cass. Anyone who graduated from East High School can organize and enter a team. Team members must be from the same graduating class, players can be men and women and need not have played for East.

"We are hoping that this tournament grows each year and becomes an annual reunion and celebration of East basketball and East High pride," explained committee chair Peter Oppeneer, "I think we got off to a great start last year."

Play will be 5 on 5, full court. Two games are guaranteed and teams will be grouped and handicapped by age (pun intended). Team registration fee \$125, registration deadline February 17. For more information or to register your team contact Peter Oppeneer, 249-7519, oppeneer@tds.net.

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**The Book of Daniel**

By Mike Mayhak

Pastor of Faith Baptist Church of Madison's Northside

What did you think when you read the title above? Most people today probably think about the new TV drama by this name. A very anti-Christian message is being portrayed in this program. Drunkenness, incest, homosexuality, drug dealing and use, are all practiced within this Episcopalian family. NBC is promoting this as a drama about Christian people and Christian faith.

Now compare the above to the biblical book of Daniel. Three young friends joined the Daniel of the Bible when he "purposed in his heart not to defile himself." As a result of this commitment they had "knowledge and skill in all learning and wisdom and Daniel had understanding." This did not take place under ideal conditions. Daniel and his friends were alone among thousands of their peers who did not make this commitment to the LORD. Also, they had been taken captive and were now living over 500 miles from their home and parents.

Daniel's character was so upright that it was said of him, "they could not find any occasion nor fault; forasmuch as he was faithful, neither was there any error or fault found in him." In the biblical book of Ezekiel, he is listed with Noah and Job as the most righteous of persons.

Daniel's commitment to, and relationship with, the Lord is what brought about his holiness. This is

evident toward the end of his life.

A law had been passed that no one was to make a request of any god or man other than King Darius. "When Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforesaid." You may remember that for this he was thrown into a lion's den. By the way, God protected him and shut the hungry lions' mouths.

Oh that teens today would learn from the biblical book of Daniel. Oh that we would all purpose in our hearts not to defile ourselves with the filth of this TV drama and to read the biblical book of Daniel instead.

Why read the book of Daniel in the Bible? Read chapter 6 if people are attacking you. Read chapter 4 if you are striving for the top and success? Read chapter 2 if you are attempting what seems impossible. Read chapter 3 to increase your faith. Read chapter 5 if you like to party. Read chapter 11 if you like history, only remember Daniel was given this as prophecy, and wrote this (about 537 B.C.) before it came to pass.

FAITH BAPTIST CHURCH is a church which preaches that men today can be holy like Daniel. Come learn about a faith like Daniel's. If you need more information, please call the church office at 850-7333.

Paid for by Faith Baptist Church of Madison's Northside

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**POLICE NEWS**

**THE CAPTAIN'S CORNER**

*From*  
**RICHARD BACH**  
MADISON  
POLICE DEPT.



As we begin 2006 I would like to wish everybody the best for the New Year. As I begin my second year as Captain of the North District I want to say I have enjoyed speaking with many of you at community meetings, events or on the phone. I look forward to continuing to work with you, your neighborhood associations, alders and business groups in the coming year. Working together we can continue to make the Northside the great place it is for all who live work, learn and play here.

**Scams to be aware of**

They used to say if it sounds too good to be true, it probably isn't true. Now add to that: If it doesn't sound right; it probably isn't.

Recently, we are hearing about scams directed at businesses. A person will call on the phone and want to buy something using a credit card. They will want an item shipped to another country, usually Africa. The credit card will go through. The problem is the credit card doesn't belong to the caller and the credit card owner doesn't know their credit card number is being used. So the scam artist in Africa gets the goods and the credit card owner

gets the bill and the business owner is out the merchandise.

A similar scam often happens over the Internet, but is directed at individual persons. The scam artist will sometimes send a e-mail out giving various reasons why you should wire money to, once again, a foreign country, usually Africa. You are supposed to make money by performing this act of good will. The only thing that will happen is that you will be out the money you wired.

Sometimes the scam artists get victims through chat rooms. They chat and get to "know" the victim and then invent some tragedy that requires a

large sum of money to resolve. The victims think they "know" the person because of the heart to heart chats they have been having and send the money.... Never to be seen again.

But the most popular scam is happening right here, in person, at our front doors. People are knocking on doors or approaching residents in their yards and telling their hard luck stories. They include:

- Being diabetic and having the medication locked in a car. Money is needed to get a locksmith.
- Having the car broke down near by with a wife and baby in the car. Money is needed for a tow.

• Getting locked out of the house. Money is needed for a locksmith.

We all want to help people who are having a bad moment.... but 99% of the time it's a scam.

So how do you tell? Offer to call the police to come out and help them with their problem. If they are really locked out or broken down, we can get the help they need. If they are not, you would be surprised how fast their problem seems to go away.

**It's okay to be nice. But it's more important to be smart and careful!**

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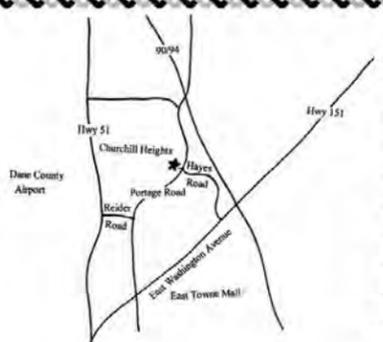


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## NEWS AND VIEWS FROM ELECTED OFFICIALS

From  
**BRIAN  
BENFORD**



**DISTRICT 12 ALDERPERSON**

Since last July I have worked at the Neighborhood House, Madison's oldest community center, founded in 1916. The Neighborhood House is located on Mills Street, in the heart of the old Green Bush community. The Neighborhood House has a rich tradition of helping people empower their selves. The earliest mission was to help new arrivals and citizens become acclimated to the larger community by providing English classes, social activities and much-needed commodities such as food and access to human services. Today, I am honored to help continue that legacy. Last year alone we served well over 4000 people, including over 250 youth with the hopes of helping folks better their lives. In my district there are numerous community centers that serve us all. The Atwood Community Center, Vera Court, Northport and Packers, Kennedy Heights and the Warner Park Recreation and Community Center have service boundaries in my district. All these centers do fantastic work and can always use volunteers and financial support. Please consider visiting the center closes to you and helping out.

Perhaps it's my day job that influences my politics more than any other factor. Everyday I see the most challenged of our neighbors being supported and helped by those who have more

privilege. Daily, I am inspired by what I witness. As I have said before, I am mystified by how in Madison there is still tremendous need. People are going without adequate food and housing. Our schools are leaving behind a disproportionate number of kids of color. Quality jobs are disappearing and supporting a family is becoming increasingly more difficult. I see seniors who have to choose between medications and utilities. I have become so furious at times that it has clouded my judgment. As a policy maker I have to try to see all sides of an issue to make an informed vote. Often times, this exercise is daunting to say the less.

About time you get this paper we will be in the middle of the sick leave proposal in which I am one of the sponsors. Some of us in our community believe that it is important to take care of your children, self or other family members when illness occurs. As a former pre-school teacher I have gone to work with my other co-workers despite being ill because the lack of sick leave and pay. As a restaurant employee I have seen countless times other workers come to work sick and prepare food due to the lack of paid sick time. In the end I hope that we can balance this important public health issue with the considerations of small business.

I will look forward to other exciting initiatives and issues as we move into spring. Please continue to contact me with your views, comments and wishes. I appreciate hearing from you.

*Ald. Benford can be reached at:  
332-3098 or  
district12@cityofmadison.com*

From  
**PAUL  
VAN ROOY**



**DISTRICT 18 ALDERPERSON**

As we begin another new year, several projects that will have a long-term effect on the Northside are in the works. The Troy Gardens Housing project, which was in the planning stages for several years, will begin construction this spring. There will be thirty homes constructed next to the gardens, and twenty of them will be marketed to families with incomes at or below eighty percent of the county median income. This project is being built by the Madison Community Land Trust, which will continue to own the land. The homes will be a part of a co-housing project, which allows the Trust to construct the homes at an affordable price.

In other developments, Cherokee Park Inc. is in the process of developing a master plan for the eventual development of their property. This includes the area north of the Whitetail Ridge subdivision north to the marsh, the area north of the Cherokee Golf Course and south of Cherokee Park, and the undeveloped property at the corner of Wheeler Road and Comanche Way. There was an initial public meeting to discuss the plans held at the Warner Park Center on December 14th of last year. About 90 people attended the meeting. There will be more public meetings held as the plans are developed. If you would like to view the preliminary plan maps, you can do so by going to the City web

site at the following address: cityofmadison.com, select city agencies, go to Department of Planning and Development, then select Planning Unit, scroll down to "what's new" and select Cherokee Park Maps. This will show you the proposed development areas. As plans are further developed, this web site will be updated.

In other northside developments, there will be a meeting at the Warner Park Center on February 14th at 7:00 pm to discuss the Cherokee Park Boardwalk. Si Widstrand and I will be at the meeting to discuss the options available to us and to hear your ideas for the boardwalk. A major concern is of course going to be the cost of whatever option is chosen. The old boardwalk that had been enjoyed by many northsiders over the years was removed from the marsh a year ago by the Parks Department because it was deemed no longer safe. Please plan to attend the meeting to discuss this important issue.

As you may have heard, this year Madison will celebrate the sesquicentennial, or 150th anniversary of the City. The Mayor has appointed a committee to develop plans for the celebrations that will occur during the coming months. He also recently appointed another committee to create an official song for the City. If you have any ideas for the celebration of the City's anniversary, you can let me know and I will pass them on to the committee. Watch for announcements as the events take shape, and plan to take part in the celebration of this milestone in the history of our City.

*Ald. Van Rooy can be reached at  
663-9500 or  
district18@cityofmadison.com*

From  
**DAVE  
CIESLEWICZ**



**MAYOR OF MADISON**

### Strong Neighborhoods Add to Economic Opportunity

There has been much talk lately about economic development in Madison. One point that deserves more attention is that strong neighborhoods help create a strong citywide economy.

For the Northside, the upcoming opening of Pierce's Northside Food Market is the best example of that rule. A major company is bringing jobs and investment to Madison for a business that will provide a vital service to the neighborhood.

Pierce's is investing in the Northside because of the strength of the Northside neighborhoods. This a great example of not just "economic development" but of what I like to call "community-based economic opportunity." The hard work of Northsiders to build their own neighborhood has resulted in an attractive climate for the new grocery store which will, in turn, make the Northside an even more attractive place to live, work and start a business. The end result is a higher quality of life that lifts everyone up and gives everyone new opportunities.

Countless companies like Pierce's are making decisions to locate and expand in Madison because of our strong economy. Consider Madison's record:

The lowest unemployment rate in the state and among the lowest in the nation.

The designation by a variety of objective, national publications including Forbes, Expansion and Entrepreneur magazines as one of the best places in America to do business.

A building boom that has resulted in

\$2.6 billion in new construction value from 2000 - 2004.

All of those facts describe Madison and yet there are those who claim that our city has a bad business climate. There is nothing new about these claims. According to the excellent series on Madison history written by Stuart Levitan, the business community has been raising these same concerns since the city was incorporated 150 years ago.

I have made economic development a top priority since taking office. We have returned parking to Capitol Square in response to a request from downtown businesses. We developed a "Healthy City" economic development strategy. We organized the first Madison small business conference in recent memory. Later this year, we will elevate economic development to a "cabinet level" function in city government.

I take seriously this perception that Madison is anti-business, and we have a strong record of responding to those concerns. But why does the negative perception, at least among some members of the business community, persist?

The heated debates over controversial issues like inclusionary zoning, smoking, the minimum wage and paid sick leave are largely responsible for this perception. These debates dominate the local political discourse, and overshadow the daily progress we make in growing Madison's economy.

Because Madison's fundamental political makeup is unlikely to change dramatically any time soon, we have to prosper in the context of - not in spite of - our liberal traditions. That's okay, because the record shows that we can be both progressive and pro-business. And that's a formula that works well for Madison as a whole, as for neighborhoods like the Northside.

*Mayor Cieslewicz can be reached at 266-4611 or Fax: 608-267-8671 or mayor@cityofmadison.com*

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From  
**KATHLEEN M. FALK**



**DANE COUNTY EXECUTIVE**

Winter greetings! Safety is of utmost importance every season of the year, and there are many ways that county government works hard to protect the safety of our citizens during the winter months.

One key area is road maintenance. Dane County can have more than 50 snowplows on the roads during large snowstorms. Our hard-working Highway Department staff has offered the following safe-driving tips: When you come upon a snowplow, **REDUCE YOUR SPEED**. Don't follow too closely. Avoid passing a snowplow. If you feel that you must pass, you do so with extreme caution and be sure you can see the road ahead of the plow. Keep your headlights on at all times when traveling during adverse winter conditions. Give snowplows and salting trucks plenty of room to operate. Remember, snowplows are wider than one traffic lane. Our wonderful Highway Department has taken additional steps to make our roads even safer by using a state-of-the-art salt brine system that causes snow and ice to melt faster with a lower environmental impact and at a lesser cost than the previous system used.

Home heating is another critically important winter safety issue. There is a moratorium on utility cut-offs from November 1 to April 15, but this winter Dane County Department of Human Services Joining Forces for Families social workers began working with families who had utilities disconnected, due to delinquent payments, prior to the moratorium. County staff worked very

hard with Madison Gas and Electric and Alliant Energy to identify disconnected customers, restore service and devise payment plans. We are grateful to MG&E and Alliant for their early actions. During the summer, Energy Services Inc. worked with households that were at risk of being disconnected. Those who were cut off prior to the moratorium were referred to JFF. These cooperative efforts, on many levels, helped to heat the homes of people who have an especially hard time coping with the rising costs of energy. Contact the Energy Assistance Bureau, Wisconsin Division of Energy for eligibility guidelines for energy assistance and other information. The phone number is 1-866-432-8947.

Winter is also a time to have fun. If you are looking for a delightful winter respite please visit the Henry Vilas Zoo's amphibian exhibit in the Discovery Center. Treat yourself to a taste of South America without leaving Dane County. This new, permanent exhibit features plants and endangered frogs from Columbia, Ecuador and Peru. Besides seeing these beautiful little creatures, kids can learn about their biology and habitat. The exhibit even features simulated thunderstorms. This great addition to the zoo is made possible by very generous financial support from the Henry Vilas Zoological Society and Maddie's Foundation. You can visit many environments in one day at the Henry Vilas Zoo. Spend time with South American frogs then visit Arctic Polar Bears. And it's free. The Henry Vilas Zoo is one of a very small number of free zoos in the country. Enjoy.

I wish you a safe and enjoyable winter, and I look forward to writing you again in the spring.

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

From  
**PAUL RUSK**



**DISTRICT 12 SUPERVISOR**

**Unopposed For Re-Election** I'm honored to run for my third term this spring without opposition. I believe I'm correct in considering this a vote of confidence, however, this year there are only ten contests on the thirty-seven member county board. Unfortunately it appears that the negative publicity over the email smear campaign and subsequent conviction of the board chair has made many outstanding citizens reluctant to consider running for local government office. The ongoing campaign finance scandals in Madison and Washington don't help to enhance the image of government. This is a sad commentary on our times, but I generally enjoy county government and look forward to continuing my work in your behalf. I especially want to see the new county nursing home and juvenile detention projects through to completion.

**Airport Nears Completion** As a member of the Airport Commission I'm pleased to report that most of the \$66 million Prairie-style expansion should be completed by March with some construction continuing until June. The long walks to gates while the escalators were being built will end. This massive project paid for by airport revenue (not local tax dollars) doubles the size of the terminal, creates more ticket counter space, increases the number of gates and expands the baggage handling area. New additions include a "meet and greet" lounge with fireplace, art gallery with display areas for local

artists and a rejuvenated mural of Truax Field found in the rafters that originally was painted as part of the New Deal artist employment program during the Great Depression. There will be substantially more local vendors offering a wide array of food, drink and retail choices. Additionally, recent additions of new non-stop service to New York LaGuardia, Atlanta, Washington, D.C., Dallas-Fort Worth, and Las Vegas makes traveling easier to many destinations, especially for the business community. The new construction is a beautiful addition to Dane County we can all appreciate.

**Shrinkage of the County Board** The Governor has signed legislation allowing counties to shrink the size of their county board, and a proposal is underway to reduce membership to 19 from the current 37. I have some serious concerns about this approach. Rather than folks from all walks of life serving in county government, we might end up with mostly professional politicians who have access to great amounts of special interest campaign money.

In Dane County we have become accustomed to having direct access to our locally elected officials, a history that would be significantly lessened by a smaller board. In general government that is closest to the people is best. At this time my preference is to approach the size issue when we next re-district after the 2010 census. Also, I would rather have redistricting done by a non-partisan group like the League of Women Voters than the county board itself. It is important to keep neighborhoods together rather than basing district lines on political considerations.

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

From  
**DOROTHY WHEELER**



**DISTRICT 18 SUPERVISOR**

Two resolutions were in our calendars for the last county board meeting on January 19th that I think you will find interesting:

**Help America Vote Act (HAVA)**

Resolution 204 gave the county permission to accept funds from the federal government to purchase handicapped accessible voting machines so that every person may cast his or her ballot without assistance. The county will receive \$6000 per machine for every polling place, which is enough money to purchase the machines as well as to maintain them into the future. With these new machines, a blind person can respond to oral cues, and people with other disabilities can get the necessary help they need so they can vote independently if they choose. These accessible voting machines produce the same ballot as the regular optical scanners so they can

be tallied in the very same way. Some of us, including me, think that the optical scan method is the most reliable method for voting. Not only is there a hard copy record but, if a mistake is made on the ballot, the tally machine will not accept it and the voter is allowed another chance to get it right. The federal government under the HAVA law accepts these optical scan machines as reliable.

**North Mendota Parkway**

Resolution 227 grants the Dane County Department of Public Works and the Highway and Transportation Department permission to acquire two acres of farmland to accommodate a portion of the reconstruction of County K. That highway along with County M are mentioned in the earliest stages of the North Mendota Parkway plan to begin to address the increased traffic north and west of Madison by making these existing highways safer for a higher volume of traffic. Some of my constituents have asked me how the North Mendota Parkway plan is coming along especially after they attended public meetings in past years. Before construction starts on the parkway itself, many steps have yet to be

taken and these actions will necessarily be slow to happen. The main reason is that there are six governmental bodies involved in the decision making: Madison, Middleton, Westport, Springfield, Waunakee and the County of Dane. The county board established two committees in June of 2005 to oversee the progress of this project; the subcommittee is working with county attorneys to monitor the governmental agreements. As part of this process, each legislative body will get a chance to vote on the agreements and perhaps to modify them. The main committee will continue to oversee the whole process including the environmental

impact statement (EIS) which is necessary before any plans can be finalized. Once all this work is done, the stakeholders must apply to the state and federal government for approval in order to get the funds needed for construction which will be very expensive - much more than local governments can handle. There is still a long road (or should I say "parkway") ahead but careful planning especially with regard to the sensitive environment of this area will yield the best results.

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

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## COMMUNITY RESOURCES

## LIBRARY NEWS

From Lakeview  
Branch Library  
246-4547By Katie Scharf,  
Librarian

## Library Hours:

Mon and Wed: 12pm - 8pm  
Tues, Thur and Fri: 10am - 6pm  
Sat: 10am - 5pm

**Free Income Tax Preparation** for low and moderate income families will be available on Thur afternoons in Feb. and March. Call to schedule a half hour appointment.

## FAMILY PROGRAMS:

**Tales of Wizardry and Magic Sat, Feb 11 at 11am.** Kids of all ages will be mesmerized by storyteller Jim Winship.

**Let's Play Birthday Party - Wed, Feb 22 at 6:30pm.** This program for families with children ages 3-8 explores a play theme with stories and activities. Registration is required.

**The Mystery of the Missing Word - Sat, Feb 25 at 2pm.** We are very excited to host this fun-filled musical mystery for young audiences, featuring the tap-dancing detective, Geraldine Hairspray. For this program, the performers need four 3rd or 4th grade students, who are comfortable reading in front of an audience, to meet with them 20 minutes before the show starts to be the "messengers" on stage. Call the library if your child is interested. No registration necessary to attend the show.

**Mendhi for Teens - Sat, March 4 at 11am.** Learn to apply henna "tattoos"! Permission slip and registration is required.

**Beading Workshop - Thur, March 16 at 11am.** A workshop on memory wire chokers and bracelets. All materials provided. Grades 1-6 welcome. Please call to register.

**A Touch of Magic - Sat, March 25 at 2pm.** Magician Walt Smith presents a visual extravaganza for the whole

family.

**Fossils- A Blast from the Past!!- Sat, Apr 8 at 2pm.** An introduction to fossils. Call to register.

**Lakeview Chess Club - Mondays, Feb 13, 27 and March 13, 27 from 6:00-7:45pm.** Any level of experience, all ages and beginners are welcome.

**Toddler Time - Thursdays through March 9 from 11am-11:20am.** Storytime for children 18-35 months with an adult. Call to register for the entire series.

**Evening Storytime - Wednesdays, Feb 8, March 22 and Apr 12 at 7pm.** Bring the whole family and enjoy an evening of stories, crafts, and book-based short films.

**Preschool Storytime - Tuesdays, through April 4 at 10:15am and 11:15am.** Note: March 14th storytime is at 10:15 only. Bring your preschoolers in for a fun-filled storytime.

**Music Together with Eliza Tyksinski - Tues, March 14 at 10:15am.** Eliza is back to sing and dance with preschoolers, their older siblings and parents. She uses a creative, play-oriented approach to early childhood music development.

**Book Baby Storytime - Thursdays, through March 9 from 10:15 - 10:30am.** Bring your baby to the library. For babies 0-18 months and their grownups.

## PROGRAMS FOR ADULTS:

**New Medicare Prescription Drug Program.** If you would like further information about this Medicare Part D, call the library, leave your name and number, and we will schedule another session with the Coalition of Wisconsin Aging Groups.

**Used Book Sales Saturdays, Feb. 18 and March 18 from 10am - 5pm** Book sales help the Friends of Lakeview fund all the programs about which you've just read!

**Knitters Unite !!** Every Wed. through Feb. 22 and then every other Wed. starting March 8 6:30-7:30pm. Knitters beginning and advanced are invited to join Jayne Coster for knitting fun at the library.

From  
DENNIS  
MCQUADE

## COMMUNITY SOCIAL WORKER

With the coming of the New Year it may be timely to review information about some food pantries that are available to Northside residents. The first group that are listed below require phoning for a referral through the **United Way's 211 or 264-HELP** after 7:00 AM on the day you wish to use the pantry.

The **Lakeview Lutheran Church** pantry at 4001 Mandrake Rd. is open Mondays from 9:00 to 10:00 AM and 6:30 to 7:30 PM., while the **Bashford United Methodist Church** pantry, 329 North St., is open Mondays, Wednesdays, and Fridays from 9:00 to 10:30 AM, and Tuesdays and Thursdays from 6:00 to 7:00 PM. Also, the **Bethel Lutheran Church** pantry at 312 Wisconsin Ave. is open Monday to Friday from 12:00 to 3:00 PM., while the **First United Methodist Church** pantry at 203 Wisconsin Ave. is open Mondays, Wednesdays, and Fridays 10 AM to 12:30 PM, and Mondays and Thursdays from 5:30 to 6:30 PM.

The last two pantries which require referrals from 211 or 264-HELP are the **Seventh Day Adventist Church** pantry at 900 Femrite Dr., which is open Tuesdays from 5:00 to 6:20 PM, and the **St. Stephens Lutheran Church** pantry at 5700 Pheasant Hill Rd., which is open Monday to Thursday 11:30 AM to 3:00 PM.

There are also two pantries, which require you to call them directly to

sign-up ahead of time: The **United Refugee Services** at 312 N. Third St. has a pantry the 1st and 3rd Friday of the month from 12:00 to 3:30 PM. Call 608 256-6400 to sign up ahead of time. Also, the **East Madison Community Center** at 8 Straubel Court has a pantry on the 4th Tuesday of the month from 12:00 to 3:00 PM. Call 608 256-249-0861 to sign up.

In addition, there are some walk-in pantries, which are available to Northside residents. They include: the **Atwood Community Center** pantry, 2425 Atwood Ave., which is open Thursdays from 1:00 to 3:30 PM. Also, the **Salvation Army** pantry, 3030 Darbo Dr., assists the first 25 families to sign up beginning at 9:45 AM Monday through Thursday.

In addition, the **Evangel Life Center** at 4202 Femrite Dr. has a walk-in pantry open Tuesday to Fridays 9:00 AM to 3:00 PM. Also, the **Grace Episcopal Church** at 116 W. Washington Ave. has a walk-in pantry that is open Tuesday to Thursday from 1:00 to 3:00 PM and Saturdays from 11:00 AM to 12:00 PM. In addition, the **Wil-Mar Neighborhood Center** at 953 Jenifer St. has walk-in pantry, which is open from 1:00 to 3:00 PM Wednesdays.

Finally, **St Vincent de Paul** operates the largest food pantry in Dane County and recently moved to a new location at 1309 Culmen Street off Fish Hatchery Rd., a half mile south of the South Beltline Highway. This pantry has adopted a customer-choice model of distribution operating more like a grocery store. It is open Mondays, Tuesdays, and Fridays 11:00 AM to 3:00 PM; Thursdays from 3:00 PM to 7:00 PM and Saturdays from 12:00 to 1:00 PM.

Please remember that most of the pantries require current identification for all members of the family (driver's license, MA card, WIC ID, birth certificate). Also, you may contact 211 or 264-HELP or the Northeast JFF office at 608 241-4849 for any additional information.

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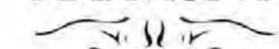
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COMMUNITY RESOURCES

HEALTH TIPS



**From Your Neighborhood Chiropractor**

By Dr. Ross Royster, D.C.

**TAKE WITH CAUTION!**

In my last article, I stated that, "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." This may have ruffled a few feathers. Our society values its medication, as attested by more and more Walgreens popping up on our street corners and the pharmacies that are now in most supermarkets and discount stores.

A recent article in the Wisconsin State Journal (Dec. 27, 2005) confirms what I was saying about the dangers in taking even the most common and "safe" medications. Lauren Neergaard of the Associated Press writes, "Accidental poisonings from the nation's most popular pain reliever seem to be rising, making acetaminophen the leading cause of acute liver failure. Use it correctly and acetaminophen, best known by the Tylenol brand, lives up to its reputation as one of the safest painkillers. It's taken by some 100 million people a year, and liver damage occurs in only a small fraction of users. But it's damage that can kill or require a liver transplant, damage that frustrated liver specialists insist should be avoidable. The problem comes when people don't follow

dosing instructions – or unwittingly take too much, not realizing acetaminophen is in hundreds of products, from the over-the-counter remedies Theraflu and Excedrin to the prescription narcotics Vicodin and Percocet."

"Just doubling of the maximum dose can be enough to kill, warns Dr. Anne Larson of the University of Washington Medical Center. Yet, "if two is good, 10 is better in some patients' minds," she says with a sigh. The Food and Drug Administration has long wrestled with the liver risk, warning two years ago that more than 56,000 emergency-room visits a year are due to acetaminophen overdoses and that 100 people die annually from unintentionally taking too much."

The combination of acetaminophen and alcohol also has devastating effects on the liver. It is easy to understand how people who are unaware of this danger may take a couple of Tylenol tablets to relieve a headache and wash them down with wine or beer. Active alcoholics, of course, are at greater risk.

Damage to the liver caused by acetaminophen can be cumulative over a lifetime. So, a little bit of abuse here and there does add up. Also, keep in mind that we have been talking about "one of the safest" medications for pain relief. All medications have potential risks. You can minimize the risks by 1) taking the medication only when you really need it, 2) being aware of the risks involved in taking it, and 3) strictly following the instructions with the medication. Treat all medications as potential poison, and you will be much better off for it.

NUTRITION TIPS



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



**VITAMIN D, THE SUNSHINE VITAMIN**

Your mother's suggestion to "go outside and play" may still be good advice. High blood levels of vitamin D "the sunshine vitamin" have been connected with less risk of developing cancer including breast, colon and prostate. These same high levels of vitamin D are also associated with a healthier immune system preventing rheumatoid arthritis and multiple sclerosis. There is even evidence that adequate vitamin D aids in insulin secretion to control blood sugar levels preventing insulin resistance. It also helps prevent muscle pain, high blood pressure, falls and depression. It is well known that vitamin D aids calcium in creating healthy bones.

Luckily, most of us activate the vitamin D in our skin with sunlight exposure in the sunny months that almost carries us through the long dark winter months. Minimal sunlight exposure of 5-15 minutes (30 minutes for those with dark skin) 2-3 times a week on the hands, arms and legs is adequate although some experts recommend getting sunlight before we apply our sunscreen. The sun is the single largest source of vitamin D.

Some of us may not be receiving adequate vitamin D: those who stay inside, those who take certain medications (such as anti-seizure or laxatives), older adults who may need more skin exposure to activate the vitamin D, overweight people who may store more vitamin D in their fat than in their blood, and those who don't eat enough vitamin D.

So how do you get your vitamin D in

a sunless Wisconsin winter? Our diets fill the gaps. The daily values required are 200 international units (IU) until the age 50, then 400 IUs from 51 to 70 years, and 600 IUs for those over 71 years. Many nutrition scientists suggest the daily value

should be 400 IUs, 600 IUs and 800 IUs respectively. Toxic levels start at 2000 IUs a day.

The richest natural sources of vitamin D are seafood, not common in everyone's diet. That's why some of us grew up taking cod-liver oil for 450 IUs in 1 teaspoon.

Food sources:

- 3 oz herring - 750 IU
- 3 oz salmon/oysters - 500 IU
- 3 oz sardines - 250 IU
- 1 cup fortified milk - 100 IU
- 2 oz mushrooms  
shitake/chanterelle - 50 IU
- 1 egg yolk - 25 IU

Check the label on fortified foods (yogurt, breakfast cereal, beverages). A multiple vitamin-mineral supplement contains 400 IUs which is well absorbed, preventing the problems associated with living in a sunless climate.

So drink your 24 ounces of milk in 24 hours for 300 IUs of vitamin D and take your cheap, low dose, USP approved vitamin for 400 IUs so you obtain a total intake of 700 IUs of vitamin D daily. And of course, enjoy any sun that you can this long winter!

**EAT AS WELL AS YOU CAN AS OFTEN AS YOU CAN!**

**Library Garden Volunteers Needed!**

If you are interested in helping maintain the perennial garden behind the library, come to this organizational meeting.

**Monday, March 6 at 6:30pm**

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## SENIOR NEWS

From  
**CHERYL  
BATTERMAN**

cbatterman@nescoinc.org



**NESCO Executive Director**

### Seniors Wear Many Hats

Like many other women my age, I wear many hats. My "mother" hat resembles the competing two billed ball cap with the words Which Way Did They Go??? depicting raising twin boys—who are now 19 years old but still going in different directions. My "daughter" hat looks amazingly like the old fashioned starched-white nurses cap, being the family member closest to my mom living in a nursing home—ensuring she receives the best medical care as her health continues to decline. I'd love to describe my "wife" hat having feathers, lace, and a peak-a-boo veil—but the truth is it actually resembles a bee keepers hat, constantly swatting away pesky bees vying for attention. My "director" hat can be very heavy at times (during budget times it's a pith helmet) but more times than not, it's a beanie cap with a propeller on top, reflecting the energy it takes to lead a non-profit agency during these challenging financial times.

In between changing hats, I am also able to wear my "volunteer" hat. For the past seven years, this hat has resembled a construction hard hat, relating to my serving on the Sun Prairie School Board. In fact, I was able to take a few days of vacation time recently to attend the state-wide School Board conference in tropical Milwaukee. As I looked over the

thousands of other attendees who serve as Board members in their school districts, I was amazed how much grey and white hair was peeking out from under their "hats."

Today's senior adults continue to be active in their community in many ways. Their "volunteer" hats can be found in churches, libraries, schools, community gardens, senior centers, or even homes of other seniors—making a lasting impact. Senior centers recognize the importance of active seniors; in addition to improving their health, it also makes them more self-sufficient. There's even a statewide campaign to market programs and volunteer opportunities aimed at seniors, known as Add LIFE (Laughter, Independence, Friends, and Energy). Encouraging seniors to be active, either by attending programs or volunteering, is a vital mission to our agency. We've experienced a 14% increase in the number of senior adults volunteering for our programs since 2003. An amazing 10,087 volunteer hours were reported in 2005—and we know a few hours slipped through the cracks.

Volunteering brings many benefits to our seniors—some in a very personal way. One of our office volunteers recently experienced severe medical challenges and was unable to cover her weekly shift. Throughout her convalescence, we received several emails and phone calls informing us of her progress and that she "looked forward to coming back—soon!" I'm pleased to announce she is now sitting at our front desk, beaming from ear to ear. "Volunteering maintains my positive attitude and makes me feel young!" she says with a twinkle in her eye.

# SENIOR Activities

**Trip to the Mitchell Park Domes in Milwaukee Wednesday, March 8th 9:00 am to 3:30 pm**

Experience a desert oasis, a tropical jungle and special floral gardens . . . all in one afternoon! Sign up at NESCO offices in the Warner Park Community Recreation Center. The cost is \$18.00 and must be paid to reserve your seat.

**Zoo Visit Tuesday, February 21st**

Rick Bilky from the Henry Vilas Zoo will be bringing some of his friendly residents to show here at Warner Park. Come see the animals and learn some new information about what's going on at the Henry Vilas Zoo.

**Wear Red and Win Big! Friday, February 3rd 10:30 – 11:30** Celebrate Wear Red Day and win some prizes at our Friday Morning Bingo. Students from East High will be visiting to help with lunch, and prizes will be given out to those wearing the most red.

**Valentine Day Crafts Tuesday, February 14th 10:30-11:30** Stop by either Warner Park or Bashford Nutrition Site to decorate some heart-shaped cookies and tell stories of past sweets.

**Free Live Music! Sugar River Singers Tuesday, March 21st 10:30-11:30** Drive down to Warner Park or take the free bus to see this wonderful choir on the 21st. Coming from Stoughton, this group will sing some classics in addition to some songs you may appreciate discovering.

**Regular Programming:**

**Tasty, Nutritious Lunches**

**Monday - Friday at 11:30 am**

NESCO offers nutritious mid-day meals at the Warner Park Community Center, (1625 Northport Dr.) and at Bashford Methodist Church, (329 North St.). 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 Tuesdays and Fridays.

**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 exercise group at the Bashford Nutrition site every Thursday at 10:15.

**Scrabble** Come down on Wednesdays at 9:00 am to play with some of the most fun word-smiths around. All skill levels are invited.

**BINGO** Each Friday at the Warner Park Nutrition site we host a fun session of BINGO at 10:30 am. Each game costs 5¢ 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 Feb. 17th at 12:15.

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